
**COMPILATION FROM THE 3
“FROM LIGHT TO LIGHT” BOOKS**

MEDITATION



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“FROM LIGHT TO LIGHT” BOOKS**

MEDITATION

VAHE SIVACIYAN



**TORONTO
- 2017 -**

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NOTE

The quotations from the Bible
are taken from
the NIV Study Bible
by
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1985



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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.

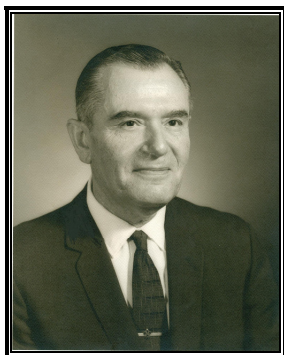


He immigrated to Toronto, Canada with his parents, where he completed his high school education. In 1968 received his Bachelor of Science degree from the University of Toronto, and in 1972, his Medical Doctorate degree from the same university. He specialized in Internal Medicine and in the sub-specialty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



DICTIONARY

Webster's Dictionary:

To meditate – To ponder or reflect on.

Meditation – A private devotion or spiritual exercise consisting in deep continued reflection on a religious theme.

Mindfulness – Inclined to be aware

Encyclopedia Britannica:

Meditation – Private devotion or mental exercise consisting of any innumerable techniques of concentration, and abstraction, regarded as conducive to heightened spiritual awareness or somatic calm.

Other Dictionary:

Meditation – Continuous and profound contemplation or musing on a subject or series of subjects of a deep or abstruse nature the habit of meditation is the basis for all real knowledge.

(Religion) - Contemplation of spiritual matters (usually on religious or philosophical subjects).

PREFACE

The content of this booklet, with the exceptions of this “Preface” and at the end “In lieu of epilogue reflections”, are not new writings. There are two parts (chapters) to this book. The first chapter titled “The life and the purpose of life” presents the reason and the purpose for which we need to meditate. The second chapter titled “The means of realizing the purpose” gives various types of information regarding meditation.

The content of this book is a compilation of writings from the three books* that I have previously published. In those books, various topics were presented which included references to meditation. All the sections that referred to meditation are collected in the above two chapters. The writings about meditation contained in the three previous publications were spread here and there, so that the topic would constantly remain fresh in the mind of the reader. Considering the fact that meditation is the highest, the most effective and the most meritorious form of prayer, I decided to collect all the various writings about meditation in this booklet.

As previously indicated in all three books in different chapters, the purpose of life is the realization of God revelation within the individual. This is possible only through achieving a higher level of consciousness. This is possible by following the teachings of Jesus. This is the only means of “salvation”. The only means of achieving a higher level of consciousness is through meditation. As Ghandi has said: “Prayer is not asking. It is a longing of the soul”. Prayer also is not asking for salvation, because by asking for salvation we show that we are still attached to our individuality and “Ego”. Instead prayer should be the yearning of the soul to join with Christ, and at that, not after death, but here and now. It is, for the individual, to take up

his cross and to follow Jesus. Hence, meditation is the only form of prayer that can make the realization of such a yearning. The “rapture” mentioned in the Bible is the sudden change in the level of consciousness. It is imperative that before starting meditation, the individual prepares himself for that rapture by changing his nature and character. This is what religion teaches us as to how we should behave in this world. In our Apostolic Church the purpose of all the various services, rituals and the mass through the mystical philosophy and wisdom is to teach us the yearning and the proper conduct in life. This is known as the “the spiritual path”. In contrast, what do we do? With a superficial understanding, mostly on an emotional basis and perhaps to a minor degree on an intellectual basis, we have transformed them into an engaging tradition. In the same way when we read the Bible with a similar emotional, superficial and literal understanding of the presented information, we do not understand the mystical teachings of Jesus contained therein. The reading of the Bible should also be with meditation.

As one of the saints of the Roman Catholic Church, Padre Pio has said: “Through the study of books, one seeks God; by meditation, one finds him”. Therefore it is every individual’s duty to first prepare himself and then start meditation, of course only if we have the yearning to “find” God and we are not satisfied by just only searching for Him. If we do not want to detach ourselves from this world and “find” God, or we only want to find God after death, we need not start meditation.

Some may think that there are no references to meditation in the Bible. This is wrong. In the first three books, I have quoted from the Bible the following quotations indicating as to how a true prayer should be:

“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)

For some, these quotations may not be as explicit. It is true that the reference to meditation appears to be indirect, because they only refer to the method of meditation. The following verses from the Old Testament appear to be a more direct reference.

“And Isaac went out to meditate in the field at the eventide; and he lifted up his eyes and saw, and behold, the camels were coming.”(Genesis 24:63)

“The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil”. (Proverbs 15:28)

“Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.” (Joshua 1:8-9)

“On my bed I remember you; I think of you through the watches of the night”. (Psalm 63:6)

“In your thoughts you will ponder the former terror:” (Isaiah 33:18)

(In the last two quotations “think of you” and the word “ponder” have been used in translation rather than the word “meditation”).

*- The three previously published books:

- 1- “From Light to Light” 2013
- 2- “From Light to Light II – Awakening” 2015
- 3- “From Light to Light III – Universal Laws” 2017



A strong believer in Christian meditation,
Padre Pio stated:

**“Through the study of
books one seeks God;
by meditation
one finds him.”**



-I-
LIFE
and the
PURPOSE of LIFE



LIFE and the PURPOSE of LIFE

**The following is taken from "From Light to Light" (book I),
Chapter V "What is Truth?". Pages: 82-83 & 85-86**

Therefore, what is Truth?

Sometimes when we watch a two hour long movie, we become so taken up by the story that we do not even realize the passing of the time. And if the subject is also enticing, it may even affect and change us. Why are we affected? Is it possible, that the succession of the scenes in the movie represent reality? The whole story, as affective as it may have been, was not reality. It was only different colored lights in harmony that appeared as moving pictures, creating an illusory story on a screen. In this whole process, the only reality was the light. Passing through the film the light took on different colors and reflected off the screen for us to see. We therefore enjoyed all the pictures of people, places and situations which made up the story. And if we change the film, the story also changes. But the light stays the same, it is unchanging, permanent. That permanence is the only Truth. The Light of God is also reflecting off the screen of the universe creating our world and this story of our lives.

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

Therefore, during this life of ours, it is our duty to reveal that Truth, the Christ and not to be content with our illusory existence.

**The following is taken from "From Light to Light" (book I),
Chapter IV "Is there a God or not?". Pages: 68, 71-75**

It is the same Life Force that is operative in all, in all plants, in all animals in you and me. But it appears in different forms. No two snow flakes are the same. Variety is the spice of life. Light bulbs come in many sizes, many colors and variable brightness. But the electricity that flows

through all of them is the same. The differences belong to the lamps and not to the electricity. In the depth of our being lurks a “Being”. Through It, our physical, emotional and intellectual bodies come to life. That Being, that Consciousness, we call God.

In western Armenia during the late 19th century, two close friends both graduate from the same seminary and are both ordained priests on the same day. One remains in the monastery and over the years proves himself to be worthy and is elected as the abbot in charge. The other soon after graduation, decides to live the life of an ascetic and lives as a hermit in a cave high up on a mountain. He passes his time with prayers and meditation. Many years pass. The abbot decides to send some students, for short periods of time, to learn from his friend the hermit, the benefits of an ascetic life. Some years later, when they are both old, the students urge the hermit to come down the mountain to visit the monastery. After many refusals, he finally consents. After so many years when the two friends meet, they embrace each other and retire to the office of the abbot to exchange information of their experiences. Being late afternoon and the sun mercilessly hot, the room becomes very uncomfortable. The abbot goes to the wall, turns a switch and a fan hanging from the ceiling starts rotating, creating a nice refreshing breeze. The hermit never having seen an electric fan immediately asks as to what that is. The abbot replies: “that is electricity”. The hermit indicates that he had heard about a new discovery of electricity from the students but did not know what it was. Now he had understood. Some time later the sun starts to go down and the room becomes darker. The abbot goes to the wall again and

turns another switch and suddenly the room lights up. The hermit, surprised, right away asks: "What is this?" The abbot again answers: "It is electricity." The hermit gets confused and has difficulty accepting the answer, but says nothing to keep the peace. A short time later, the abbot goes to a box, turns a knob and the box starts talking. He says he wanted to get the daily news. The hermit now even more curious asks: "What is this?" The abbot answers the same way: "electricity". The hermit can no longer contain himself and bursts out with an accusatory tone: "You told me that the fan was electricity; I believed you. When the light went on, you said that that was also electricity. I did not believe you, but to keep the peace, I did not say anything. Now you tell me that this talking box is also electricity. I think you are making fun of me". The abbot says: "No". "Those are what electricity can do, but not the electricity itself." "The electricity is in the wires and in those two holes you see on the wall", and points to a wall receptacle. The hermit immediately goes and looks in the holes and says that he sees nothing. The abbot tries to explain what electricity is but can not make him understand. Finally, frustrated he says: "Do you really want to know what electricity is? Put your finger in that hole." The hermit, curious to know, pushes his little finger in the hole and promptly gets an electric shock. He gets thrown clear across the room against the opposite wall all the time yelling "AAUUU". Now the abbot, who had never been electrocuted before, asks him as to what he felt. The hermit tries to explain that some-thing had passed through him and over him. The abbot says that he was watching him at all times and did not see anything passing over him.

The hermit, despite all his efforts to explain what he had experienced, could not make his friend understand. Finally, he gives up and says: “if you also want to know what electricity is, you also have to put your finger in that hole”. The abbot, now also curious, pushes his little finger into the hole and promptly he also gets an electric shock. He also is thrown clear across the room against the opposite wall all the time yelling “UUAAA”.

People usually see only the superficial. When we look at a string of different bulbs on an electrical circuit, we usually see their differences. We do not see the electricity that flows through them, which is the same for all and lights up all of them. Perhaps we also need to put our finger in that hole.

If through prayer and meditation, we turn the direction of our minds (thoughts) inward toward the Christ within, then we can have that divine experience. Then we can say: “I have also put my finger in that hole in the wall.” But if we continue with the direction of our minds (thoughts) outward, towards the things of the world, then we experience the world as well as hell. After all, the world is the domain of the devil, is it not?

**The following is taken from “From Light to Light” (book I),
Chapter X “What are belief and Faith?”. Pages: 247-248**

How to develop faith?

a- The first step is hearing about it, that this possibility exists. I am certain by now most of the people in the world have heard because all religions say the same. It is not important that different names are given such as “saved”, “freedom from suffering”, “going to heaven” ... etc. This should be the start of understanding.

b- The second step is in the domain of the intellect. The great majority of the world’s population lead their lives according to their nature which they have inherited from

their parents. Each person's nature is pre-determined from birth. As much as genetics determine our natures, we also should not forget the influence of the environment which also helps mold one's nature. It appears as if we act according to our free wills, but careful observation shows us that most decisions we make are in harmony with our natures. It is essential for us to use our intellects and assess each situation properly and wisely in order to decide if our actions are good and beneficial or bad and detrimental to us and to everyone else. We should exercise true free will coupled with wisdom in what we think, in what we say and in what we do, to make sure that they are good and the best and beneficial, even though they may be contrary to our natures. This is the first step in changing ourselves and it opens the way to trust and surrender. It is possible for a person with perseverance and constant effort to change his nature in a positive way.

c- The third step is prayer and meditation, which put to action all that one has learned. This also tests determination, sincerity and perseverance. The purpose of prayer and meditation is to change belief to unshakeable faith. The subject of prayer should be for God's mercy, so that He strengthens the person's resolve and will-power, for him to be successful in changing his personality, his nature and making surrender possible. Meditation centers the person's mind on his true Self, the Christ within. It also illuminates the way to spiritual growth.

Faith in itself does not change life circumstances, but it does change the person. People with faith have their minds fixed on God. Sincerity and perseverance are essential because there will be questions and doubts that will rise in one's mind. These are also essential to test one's resolve and the strength of one's faith.

**The following is taken from "From Light to Light" (book II)
"AWAKENING", Chapter IV "SICKNESS". Pages: 174-179**

The true mystic knows that only the true Self of the individual knows all and is conscious of all. Also knowing time, the Self objectifies time as well; hence, It is eternal and lives only the present, meaning the mind It controls is centered only on the task at hand. Such a mind also objectifies his experiential self, his individuality. Such a person knows that it is impossible to know the true Self. The true Self is the Son of God, the Christ; hence, It transcends all our human characteristics and is not subject to them. It, being common to all, sees all individuals as himself. To be a mystic is the duty of every individual. This is to respond positively to God's call. It is to understand the invisible within the visible and by the visible. The mystics are those who see God in all of His mysteries. Each person despite continuing his daily activities and completing all his duties and tasks, can still be a mystic. This requires spiritual awakening and meditation. Meditation is not a fleeting unimportant undertaking. It is a scientifically, practically and experientially proven method of achieving spiritual awakening. For its success one needs faith, patience and perseverance. The gifts of the Holy Spirit are God's energies, and the mystic has the ability to mobilize these energies. Because of this, it is essential for the priest, performing the ceremony of a Sacrament, to be a mystic. Every person's aim in life should be to live truthfully and to live "consciously" (see chapter VIII – part 2) and to strive for perfection. Everyone is searching for God, but surprisingly they do not want to find Him because they know very well that if they find Him, their lives will change completely. With a higher level of consciousness comes also greater responsibility. Because of this added responsibility, many are satisfied with just a simple belief system which is passive, rather than

choose faith which is active.

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

a- Why was I born?

b- What is the purpose and meaning of life?

c- How can I serve?

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

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

B- Praying: Prayer is the key for the individual to commune with his/her soul, the Christ within; hence it is the means to get in touch with God. Prayer connects the individual with the energy source within him/her self. Prayer is not parrot like repetition of previously learned words. Instead it is the means, the longing and the desire to "know" the Self and find God. Prayer should separate us from all external influences. It should cause and result in a change in

level of consciousness. For the individual to be self aware, it is important to pray constantly, meaning the person's whole life becomes a prayer. The prayer should contain and analyze all the day's thoughts, words and deeds. The true prayer is not audibly talking and asking, instead it takes place in silence and in quietude, so that one recognizes all of God's graces he/she has enjoyed and it is only in that silence that one can "find" God.

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

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

E- Love: Love is the presence of God, hence His revelation through the individual. Expression of love is seen in the service, the mercy and the compassion as well as the piety, the kindness and the devotion in one's words and

deeds. Worshipping God is not just saying: "I love Jesus". There should be no doubt that we love Jesus. How can we not love our teacher? There should be no doubt that Jesus Christ is our God. How can we not love our God? But if we do not love even a single person, then our love for God is false and a sham, because Christ is also in that person

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" (Matthew 25:40)

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

Man is not a simple creation, rather a very complicated one. He has a consciousness and also sub-consciousness. He also has a conscience that gives him the ability to be remorseful and to feel shame. The individual shuns the remorse and the shame and therefore prefers not to self-examine. Hence, there appear to be some impediments to the self-examination. We already mentioned one above. There are other ones as well, such as selfishness (love of self). The individual, being attached to his self (ego), does not see the need for self-examination. Impatience also may present as an impediment. The person may have good intentions but may not have the patience to continue. Self-examination should be done throughout our living days. So that one does not fail, one has to be "awake", vigilant and watchful life-long.

When the person succeeds in becoming a true mystic, his mind centered on God and having abandoned any attachment to materialism, with Christ's grace, he may receive the gift of "awakening" (higher level of consciousness). Through this awakening and the knowledge that it imparts, he becomes aware and sees that God is everywhere and in every person.

The following is taken from "From Light to Light" (book II)

"AWAKENING", Chapter IV "DEATH". Pages: 182-183

We are blessed for having a teacher like Jesus. He

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

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

“But he continued, ‘You are from below; I am from above. You are of this world; I am not of this world.’”

(John 8:23)

Just as Jesus succeeded, by following His example, so can we elevate our levels of consciousness and give an end to this dream. What ends a dream? Either waking up or going into deep sleep. They both represent a change in the level of consciousness. One upward (I am from above) and the other downward (You are from below) respectively. For the “dream”, which we call the life we live in this world, is also the same. We can end it by going into deep sleep. But this deep sleep’s level of consciousness is even lower than the deep sleep we experience every night. We call this “death”. The spirit, having withdrawn from the body and it’s “Life force” no longer available, the body can no longer sustain itself and decays. Our forefathers, knowing this truth, called the dead “sleepers”. It is also possible to end this “dream” by rising to a higher level of consciousness and leaving the body voluntarily.

The following is taken from “From Light to Light” (book III)
“UNIVERSAL LAWS”, Chapter I “ANATOMY-Body & Spirit”. Pages:
39-41

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”.

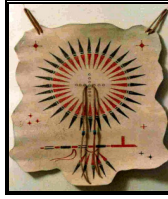
When we are in deep sleep, we are rejuvenated, because in deep sleep all thoughts stop and our individuality for that duration becomes one with the Christ within, the source of energy. Unfortunately in deep sleep the level of consciousness is so low, that we can not be aware of this union. What we need 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.



“We shall not cease from
exploration and at the end of
all exploring will be to
arrive where we started
and to know the place for
the first time”.

T. S. Eliot



A SIOUX CREATION STORY

Long ago the Creator gathered all of Creation and said:
"I want to hide something from the humans until they
are ready for it.

It is the realization that they create their own reality."

The eagle said:

"Give it to me, I will take it to the moon."

The Creator said:

"No, one day they will go there and find it."

The salmon said:

I will bury it in the bottom of the ocean.

The Creator said:

" No, they will go there too."

The buffalo said:

"I will bury it on the Great Plains".

The Creator said:

"They will cut into the skin of the Earth and find it,
even there."

Grandmother Mole, who lives in the breast of Mother
Earth and who has no physical eyes, but sees with
spiritual eyes, said:

"Put it inside them."

And the Creator said:

"It is done"





-II-

THE MEANS OF REALIZING THE PURPOSE



THE MEANS OF REALIZING THE PURPOSE

The following is taken from "From Light to Light" (book I),

Chapter V "TRINITY". Pages: 87-88

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

We are not an ocean wave: therefore it is possible for us to have that knowledge and consciousness of contemplation and meditation: therefore we also have the possibility of experiencing our true nature/selves, that which is immortal in us, the Christ within. Then and only then, when Jesus says "take your cross and come after me", would we willingly go

to be crucified, in other words crucify our ego. If we get to know, experientially and not intellectually, that our true self is not the ego but it is Christ, we can easily say “Death! Where is your sting?” If we are able to crucify our egos, then and only then would Christ reveal Himself and through us His Light would shine everywhere. Then we can also announce with certainty the happy news that the angels gave two thousand years ago. Great tidings:

“Christ has risen from the dead”.

The following is taken from “From Light to Light” (book I), Chapter VII “WHAT IS PRAYER?”. Pages: 131 & 137-148

Prayer can be divided into several parts:

- a- Worship
- b- Supplication
- c- Glorification
- d- Faith
- e- Surrender
- f- Blessing
- g- Meditation

a- Meditation

Meditation is considered silent prayer. The purpose of meditation is to develop and nurture a “pure heart”. A mind that is fully alert, vigilant, without the floods of thoughts. In the “sermon on the mount”, Jesus also said:

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

Can there be a better prayer than wanting to see God?

We read once again:

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

Blessed are those who hunger and thirst for righteousness, for they will be filled.(Matthew 5:6)

But seek his kingdom, and these things will be given to you as well. (Luke 12:31)

When the devotee sees God, or in other words, Christ is

revealed through him, then the person would have glorified God and also would spread God's blessings to all of those around himself. Since God, also has consented to be revealed through this person, and that in itself is proof of the person's humility, faith and surrender.

Prayers do not change reality to suit the person praying, but they change the person to suit the reality. The true prayer elevates the individual's level of consciousness. This allows him to see the unity in diversity and increases his understanding of God's design. He realizes that all difficulties are for good reasons and faces them not with disdain or regret but with open arms and with joy. His will becomes one with God's will. This allows him to accept all that happens to him. Was it not the case with Jesus? He consented to be crucified and accepted even torture and death. Is it not true that during childbirth, the will of God is for that child to be part of His creation? This also coincides with the will of the mother to give birth to the child. The mother willingly tolerates all the pains of childbirth and despite all the pain, greets the newborn with a smiling face.

As a result of the control of the EGO, the individual, ignorant of his own true nature, creates a god (an idol) that he puts outside of himself and prays to a god that does not exist. The true prayer should be directed inward, so that all three, the body, the mind and the intellect become a laboratory for his investigations to eventually succeed in experiencing the presence of Christ within himself. When a person sees God separate from him, he also sees everybody else separate from him. God is in everyone, but it appears that at least, everyone does not have the consciousness of being in God.

The characteristics of reality are **existence, knowledge and bliss**. The mind of man is the means to reflect "the Light of God", the consciousness, as the moon reflects the light of the sun. According to the quality of their minds, people may

be lazy, busy or peaceful. The lazy man has no desires of any kind. He does not work, days pass as if he were asleep at all times.

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

The hungry in this verse refers to hungry of “spiritual bread”. The lazy person does not receive or partake of God’s abundant blessings. He also is part of God, therefore at least shares in His “existence”. Those who have busy minds are usually very active and productive members of society. It is thanks to these individuals that we enjoy all that civilization has to offer. They are also proof not only of “existence” but also of “knowledge”. But they, as well as most of humanity, miss the experience of “bliss”. That is also our right, privilege and gift to have. It is difficult for the rich to enter the kingdom of God. Here rich means a mind rich in thoughts.

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

There are very few that are “pure at heart”, meaning their minds are at peace and concentrated only on God. They have full control of their thoughts. They do not work as busy bees. Their activities are only the most essentials. Most other people’s activities are non-essential, unnecessary activities (make job projects). The busy-minded people wrongly consider them among the lazy ones. This is far from the truth. There is a major difference between the two groups. The mind of the lazy person is asleep. The mind of the “pure at heart” person is super awake, even much more than the person with the busy mind. Having experienced God, he is centered in Him. He lives in bliss. He does not act, not because he is lazy, but because he knows that everything is as it should be and perfect, therefore there is no need to act.

Do we ever read anywhere in the Bible that Jesus worked? But whenever necessary he cured the sick and even resurrected the dead. These individuals reveal the Truth fully, not just the existence and the knowledge but also the bliss.

To reach this level of bliss, the purpose of prayers should be to develop a “pure heart”. The mind is the key both to slavery and also to freedom. It is up to the individual as to how that mind would be used. One can control it and center it on Christ, but it appears that the great majority of humanity has given the control to their EGOs. The EGO, being selfish and a liar, to secure its continued control generates a flood of thoughts that keeps the mind constantly busy. This veil of thoughts prevents the individual from “seeing” or rather experiencing his true self, namely Christ.

A heart at peace gives life to the body, but envy rots the bones. (Proverbs 14:30)

The “heart at peace” is the calm mind cleared of all thoughts. It is imperative for the individual to assert sovereignty and control over his own mind. It appears impossible to stop the flood of thoughts, but it is possible to be fully awake and vigilant and consciously observe the various thoughts rise and disappear, basically denying ownership and objectifying them. The concentration should be on the split-second mental quietude (mind void of thoughts) that exists between two consecutive thoughts. If this exercise is carried out as often as possible and for as long as possible without despair, sooner or later through the crack of the “veil” the individual will “notice” or experience, even if only for a split second, his true self. This would give him the impetus to continue indicating that he is on the right path. When the attention and concentration is not centered on the thoughts themselves, their “flood” gradually dries up. This increases the silence (thought silence) between successive thoughts and helps lift the “veil” more. The

individual experiences his true Self, and Christ becomes fully revealed through him because he has developed a “pure heart”. The grace of God fills such a person. It is true that we are all endowed with the grace of God. We know this intellectually and not experientially, but the person with the “pure heart” also experiences this grace when he becomes one with God. He experiences the meaning of immortality, and then and only then he can say: “I am in this world but **...I am not of this world.**” (John 8:23) This is the true surrender that emanates from proper knowledge and comprehension and not from despair. The whole of humanity seeks physical, mental (emotional) and intellectual peace and comfort. Many a times, it has been proven that the EGO is incapable of providing permanent peace. The next psalm tells us of the proper prayer:

“Be still, and know that I am God; ...” (Psalms 46:10)

“Be still” means to be quiet and to cease activities and thoughts to develop a “pure Heart”.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. (Romans 12:2)

“Renewing of the mind” means to concentrate on the silence between thoughts, rather than the thoughts, themselves. This is how the true self can be seen through the crack in the veil. The thoughts arise from the EGO and its tendencies and attachments to the illusory world as well as its memories of the past and its desires and anticipations of the future. The last two do not exist. No person can physically live in the past or the future. During an entire lifetime, one can only live the present. Therefore, the attention should be on the present event only and not the regrets of the past or the anticipations of the future. God does nothing to a person from outside, but only with and through the person. Just because of this we have the following wise saying: “God helps those who help

themselves". Not to block the graces of God is the duty of the individual. We read:

"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. (Matthew 5:23-24)

The "gift" is the prayer. According to this verse the true prayer should be with a "pure heart". Any one with a "pure heart" could no longer have desires and attachments, prejudices, pessimism, self pity, complaints, jealousy, hatred, "pain" or sorrow, misunderstanding or miscomprehension, fear, neediness or be wanting, limitations of any kind, anger or passion and discontent or displeasure.

Prayer is not a "trade" subject to bargaining. Some prayers remind us of bargaining. "If my child is cured and saved from this illness, I promise to go to church every Sunday and light a candle for the next year or Promise to make a sizable donation to the church or some other humanitarian organization or pay the university tuition of a poor student". The true supplicant that is sincerely praying should be ready only to give and not to ask to receive. Family members, friends, acquaintances and enemies come and go in our lives. The individual is born alone and dies alone. It is therefore preferable that instead of bargaining, the individual should light the "Light" of God within himself. The first step is the realization of his true identity. This is followed by awakening and an increase in our level of consciousness which allows perception of the "Light" of God, Christ.

The human spirit is the lamp of the LORD that sheds light on one's inmost being. (Proverbs 20:27)

At the onset, this spiritual journey appears to be very difficult. The person engaged in such "prayers" usually looks for validation that what he is doing is helpful and will yield results. Despite all initial disappointments, perseverance is essential.

Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. (Proverbs 13:12)

After a long period of patience and perseverance, when the person praying is gradually able to eliminate all that was born of the EGO and develops a “pure heart”, he may suddenly feel vulnerable and may fear. This occurs just before the revelation of Christ in him. He should not fear but trust. This period of emptiness before the revelation of Christ is important and is indicated in the next verse.

The horse is made ready for the day of battle, but victory rests with the LORD. (Proverbs 21:31)

The ready horse is the ready mind, but the revelation is from God. The purpose of the true prayer is to literally bring forth the Christ within to full revelation and not just intellectually. The supplication and prayerfulness is not an act, condition or state for a short period of time, certain hour of the day, or just Sundays, or on Holy Days such as Christmas or Easter. It should be a constant in the individual's life, in all his acts, thoughts or feelings. This does not mean to sit with eyes closed in “meditation”, although that may also be part of it, if the person is so inclined. We live in this world and we need to work, to earn money to provide food, shelter and clothing to ourselves and others. We need to socialize and rejoice with friends. But the mind needs to be centered on Christ at all times. One should see Christ in all, everybody and everything. We should allow Christ to think, feel and act through us. This means that we should not be attached to the results of any of our actions.

Commit to the LORD whatever you do, and he will establish your plans. (Proverbs 16:3)

Those who become hermits and retire into isolation are trying to facilitate the victory against the EGO by withdrawing from the EGO's playground. But it should be known that one can be the greatest hermit in the crowded marketplace and also just the opposite as far from being a hermit, isolated

on top of a mountain. On this point, it is appropriate to present a short Indian story:

As it is well known, in India there are a lot of renunciants (“ascetics”, known as “sanyasi”s), that have withdrawn from worldly pleasures and actions, and as a sign of humility even beg for their daily food. They wear a simple orange garment as a sign of their renunciation. One of these renunciants happens to be sitting in the same location, all day long, in apparent meditation. It so happened that across the street, in a small house, a woman whose husband had died lived with her 2 small children. Not having any proper source of income, she engaged in one of the oldest professions of the world. The ascetic witnessed all day long the chain of male clients going in and out of her house and knew exactly what was going on. He constantly thought of her as a “fallen” woman that would rot in hell after death, or have the life of a lowly animal during her next reincarnation. On her part, the woman also saw the ascetic and longed so much to be like him, saintly, not involved with worldly concerns and praying at all times, and used to cry about her fate. It so happened that in a few years time, the hermit and the woman died, surprisingly, on the same day and they both presented in front of God for judgment. God looked at the life of the woman and after pondering, called one of his angels and instructed him to take her to one of the bright parts of heaven to be served by a couple of angels. The hermit, when he heard this, became ecstatic. If this sinner was getting such treatment, his would be a thousand times better, for he had passed all his days praying. God examined his life as well and without much debate asked the angel to escort him to hell. The ascetic was irate, and demanded explanation.

God said that day in and day out your mind was on that woman and on her acts of prostitution. Did you know that day in and day out her mind was on you and on being saintly? She did what she had to do to provide for two small children. She had no other choice. She was not enjoying it and even during the act her mind was on Me and was asking for forgiveness.

In this day and age, humanity's attention span has shortened significantly. This is clearly seen in the rapid scene changes of today's visual media. The stories evolve very fast.

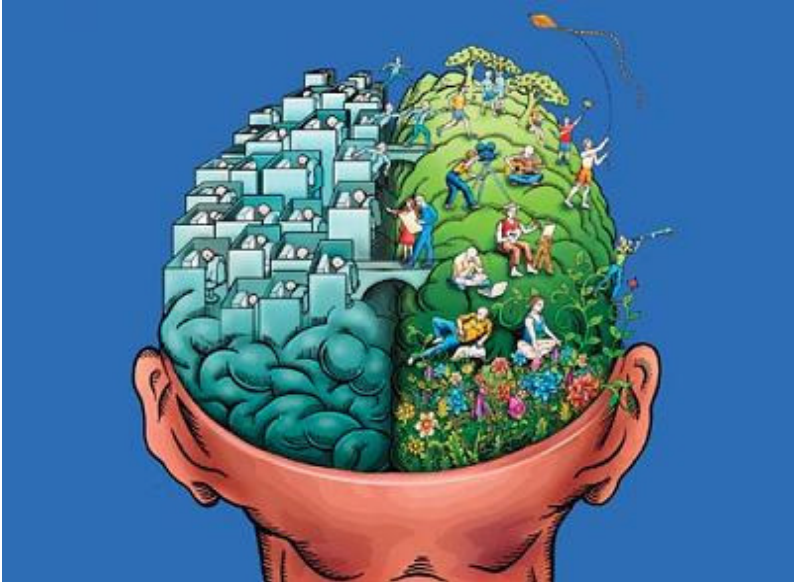
The human mind is like a restless monkey that jumps from branch to branch on a tree. The mind also jumps from thought to thought incessantly. Regardless, both the monkey as well as the mind can be trained to sit quietly. Of course, it is harder to train a monkey that is wild, furious or mad. Today's human mind, with its shortened attention span, is like the wild, mad and furious monkey. It is a shame that the new generations have lost the capacity to train the mind. In the past, at least in the elementary and junior high school years, students were given home work, to "learn by heart" certain poems etc. This is no longer considered a worth while undertaking and a waste of time. It no longer forms part of any school curriculum. The students of today do not even learn or memorize the multiplication tables. It is easy to see the effect of this in society. Even the simplest arithmetic is impossible for them without a calculator. To "learn by heart" or memorization trains the brain as well as the mind. The important thing is not the subject being memorized, but the act of memorization. In learning memory work (learning by heart), the students need to concentrate on the words at hand with multiple repetitions. This helps form new synapses between the brain cells and also new circuits within the brain. These persist throughout the individual's life. Is it not better to use our brains more effectively? I feel these

exercises should be re-introduced into the school curricula, unless we prefer our children not to be able to use their brains and minds more effectively.

Start children off on the way they should go, and even when they are old they will not turn from it.

(Proverbs 22:6)

In the present era, the education of children is focused on training the left brain. This allows the child to learn to live in this present societal environment, to make a comfortable living and enjoy as much of recent technological advancements (toys). This is what is considered to be of utmost importance. The left side of the brain categorizes and compartmentalizes everything.



The heart of the wise inclines to the right, but the heart of the fool to the left. (Ecclesiastes 10:2)

The wise person trains the right side of his brain and the ignorant (fool), the left.

Long life is in her right hand; in her left hand are riches and honor. (Proverbs 3:16)

“The long life” is the experience of eternity, which is an experience that comes from the right side of the brain. “The riches” is the riches of thoughts and is the function of the left brain.

Restraining her is like restraining the wind or grasping oil with the (Rt) hand. (Proverbs 27:16)

We need to change the way we use our brains. From a predominantly left-brain function, we need to switch to a predominantly right brain function. According to the Bible, the revelation of Christ appears to be a right brain function.

Mankind is only a novice in the use of the right brain, but an expert in the use of the left brain. Because of this, he even has classified prayer. Prayer before meals, prayer post meals, prayer for the sick, prayer before going to bed, prayer after waking up, prayers for the souls of departed loved ones, ... etc. There is absolutely nothing wrong in the classification of the prayers. But it is essential to know what it is that we are praying for.

**The following is taken from “From Light to Light” (book II)
“AWAKENING”, Chapter III “THE MAN”. Pages: 122,123,125-128,
129-130, 133,134, 135-136, 139, 140-141, 154,155**

Those who follow the spiritual path, must develop Self-realization, Self knowledge and the epitome of this is to dissolve into the Spirit of God.

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

itself is the road to worship and opens the way to surrender. True surrender itself is the true worship. This is the secret to merit the grace of God.

But there are people whose eyes are not diseased, the nerves are intact and functional, their visual cortex is not diseased and is intact and functional, yet they still do not see. They can not see because the consciousness of what is being seen is not dependent on the physical. It is possible to learn the physical aspect of vision and sight by reading medical books, but the consciousness of what is being seen is only possible through experience and can not be learned by reading books. Did not Jesus say?

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

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

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

Everyone is well aware that every time he/she changes his/her level of consciousness, everything that was in the previous level of consciousness disappears and so do all his

ties with them; hence, they no longer interest him. In addition to the afore-mentioned four levels of consciousness man also has the ability to increase his level of consciousness to even a higher level, “more awake” than the usual “waking” level mentioned above. It is only at that time that his soul has communion with the Spirit of God. At that time all the worldly pursuits are ignored and forgotten along with ignoring also the ego.

For a person to be able to learn, he has to be awake. Just like it is impossible for a student to learn his lesson by sleeping, similarly, in our usual “awake” state it is also impossible for us to receive the knowledge that would be bestowed on us during that heightened waking state. Just as in deep sleep we are not even aware of our physical body, but when we wake up without any effort we become aware of it, similarly at our usual “awake” state of consciousness, we know nothing and do not have any experience of the presence of God, but when we are able to “wake up” to that higher level of consciousness, without any further effort we forget the world and bliss fills our whole being, because we find ourselves with God. This is the “caught up” or “rapture” indicated in the Bible. Then we can also say as Jesus did:

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

“I am not of this world.” (John 8:23)

Without a calm mind, without single-pointed concentration, without surrender and dedication and without worship, it is impossible to find God. The purpose of this is to transcend the normal waking state. This body is given to us by God and God is the only one who will teach us how to achieve that goal, of course if we are attentive and willing and allow it. The wise person reaches this level of consciousness while still alive and living in this world and does not wait for death to acquire salvation. Those who think that they will have salvation after death, they will not be “saved”, because while on earth, they are still attached to the world and to their egos

(Satan). There is no true freedom in this world. While we are alive and here, we should try to disenslave (emancipate) ourselves from all worldly pursuits and also from our egos. Jesus said:

But he continued, “You are from below; I am from above. You are of this world; I am not of this world.

(John 8:23)

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

Every individual has both spiritual and psychic energies. But, if he does not awaken them and does not use them, he will never benefit from them. Then he would be like a rich miser that dies of hunger. The mind given to man by God has immense, almost infinite potential but it is completely obedient to the individual. The individual using his free will uses that mind any way he chooses. Hence, according to the whims, judgment and choices of the individual, the mind can make him a saint or the devil. True knowledge is the one that guides us towards God revelation and this is the only means for salvation. Only a calm mind can realize this. The Spirit is always free. None of our shortcomings influences the Spirit in us, because from the perspective of the Spirit, all our experiences are just illusions and are not the Truth. The mind, with its inclinations and desires, ties us to the world. Hence, every person in one way or another is the slave of his possessions and his beliefs. Those ties have no bearing on the Truth, his duties, his ethics and virtues and even on life and death situations. Therefore, the purpose of human life is to reach to a higher level of consciousness. That higher consciousness gives him the vision of God-revelation. That vision is the mirror that reflects the Truth. That revelation is the voice of man's

subconscious that opens his mind. Only then does he understand and know the difference between truth and illusion, between friend and foe. This revelation also shows him all his faults and mistakes and causes him to regret. It also shows the proper behavior and changes the person completely. With his tears, he washes his mind and all his being clean. The individual thus surrenders to God and understands that he is never alone and his best and closest friend is God Himself. The revelation also gives him knowledge of the occult universal laws.

Hence, God is the alpha and the omega of all things, namely the beginning and the end. God is also the “spirit” (energy) of all things sentient and insentient. God, as well as being the spirit of man (The Christ within) giving life, is also man’s mind and its consciousness. Therefore to concentrate the thoughts of the mind on God and to worship is our duty. Because God is also in all our feelings and activities (without life, which is God’s presence in us, we would not feel nor would we be able to act), it is imperative that all our actions are offered to God. Worship stems from faith, therefore our faith on God should be unshakable. Any slightest doubt prevents true God-worship. Even subconscious doubt about God is a sign of lack of faith and is stupidity.

Man is the creator of his own destiny. He needs to win the battle waged against his own ego to be able to realize God-worship. He needs to seek God with faith and worship within himself and not outside of himself here and there.

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

egos, we should have faith that all will be well at the end because we are under the protection of God. Surrendering is also a form of incessant prayer; hence, all of our actions will then become an expression of a prayer.

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

Those who can control their desires and release themselves from their hold can develop mental peace. It is peace of mind that gives happiness. Hence, for success in the spiritual journey, complete faith, determination, constant perseverance and patience are essential qualities. The greatest energy is in worship. When an individual worships God by revealing absolute love (love towards everyone and everything) and true faith, it is impossible for God to ignore him.

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

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

Paul has said:

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

We also need to clean our “mirror”, our minds. By centering or concentrating the mind on God, we receive knowledge and this knowledge gives us a lot of responsibilities and all selfish thoughts and deeds stop. But activities that benefit society and are for the well-being of all, continue and increase of course, without being attached to the results of the activities and without the expectation of any personal gain. Knowledge guides us towards peace and salvation because knowledge is the presence of the Truth.

The experience of revelation occurs when:

- 1- We receive wisdom, which is divine knowledge.
- 2- We are able to properly differentiate between what is right and what is wrong.
- 3- We realize all of our faults.
- 4- We truly acknowledge and regret all the wrongs that we have done.
- 5- Through repentance we clean and clear our hearts and minds.
- 6- Henceforth, we live a life according to all the teachings of Jesus.
- 7- We are not just satisfied hearing Gods word, but we apply it in our lives and put it to work through us.

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

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

A person should have full control over his senses and emotions. Along with the usual five senses he should also be able to curb and control the sixth sense, namely the mind and should have full dominion over his thoughts. He should not let his emotions and thoughts control him. A mortal man is always in danger of being tempted because he usually is governed by his own emotions. He wants food because he is hungry, or water because he is thirsty, or a shelter to have a safe environment from the fury of storms. All his thoughts are self centered. The person with the proper view in life has thoughts that are altruistic. The emotional man is like the waters of a river. It rapidly flows towards the ocean and at the end “wastes” all of it’s waters into the ocean. The perfect man is like the waters of the ocean and knows his limits and limitations and never crosses it. The flood of desires and wants flows as a river within the mind of the individual and the individual does not know where it will take him. The perfect man can also have similar desires and wants, but as the ocean he “swallows” them all and is not affected by them, never crossing his limits.

Man needs only two qualities:

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

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

**The following is taken from "From Light to Light" (book II)
"AWAKENING", Chapter VIII "WHAT IS SALVATION". Pages:
246-247, 249-250, 255-257, 258**

Therefore in our consciousness what we consider to be past or future is an illusion. To accept this illusion as reality is the effect of our low level of consciousness. The experience of God's bliss, therefore, can only occur in being centered on the present, because only the present is eternal. Because only God is eternal, then the experience of eternity is to be with God. There are those who, ignoring the present, live in their past memories or with their dreams of the future. Such a life will always cause misery and not happiness. The world exists within the grip of space and time, hence; it is also illusory. Eternity is to be outside of time, is to be in timelessness. It is to consciously end the illusory existence. If

we succeed, we could, as Jesus did, also say: “I am in the world, but

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

2- Where is God? Where is heaven, the paradise? And, where is hell?

We say: “God is everywhere” and we believe that to be true. But when the question of “going to hell” comes up, we say: “God is not there”. If God is not in hell, that means that God is not everywhere. We say these things without thinking. By saying so we are actually limiting God. If God is not in hell, it means that He is not everywhere. This creates a dilemma for us. Then where is hell and where is heaven, paradise? Both heaven and hell are not specific places, but rather they are mental and spiritual states. The person who in his consciousness “distances” himself from God, he lives in hell.

On the other hand, the person with full faith, patience, perseverance and determination prepares himself to elevate his level of consciousness, to be able to fully express his infinite love and his infinite longing and hopes to join God, he lives in heaven.

The longing for God exceeds the expectations and the feelings associated with two people in love overcoming all difficulties just to be in company of each other and the “palpitations” they feel upon seeing one another.

It is possible to “see” God only through an increased level of consciousness. Both heaven and hell are here on earth and at the present. Because we have a free will, it is up to us which one we choose. God is already with us, it is up to us to get to know that experientially.

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

On the seventh day God completed the Creation, sanctified that day and He “rested”. What was His last deed before resting?

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

In Hebrew for the word “breath”, the word “nefs” is used, which has two meanings, “breath” and “individuality”. All the other living creatures do not have the individual consciousness of an eternal life that is given to man.

Then it appears that on the seventh day, before resting, God gave man an individuality and an identity. Man, thanks to his five senses of his physical body and his emotional body, sees, becomes aware and gets to know his environment and the feelings and emotions they cause. But man, thanks to his individuality, also becomes conscious of all. There is a great difference between the two, namely awareness and consciousness. Hence; man, in addition to what the animals have, has a higher level of consciousness. Man also has the ability and the possibility to further elevate that level of consciousness until God revelation-within him. This is the revelation of that “image” according to which he was created.

An example of everything is given to us in nature, therefore it is important that we observe nature, learn and benefit from these examples.

As the surface of a lake with calm waters reflects the environment as a mirror, in the same way a calm mind reflects its environment. Then what is that environment? God is everywhere, hence; we are surrounded by God. It is written that God created man according to His own image, then should not the mind of the man reflect that image?

In general, man thinks that he is his physical body, or he is his thoughts and his different characteristics and abilities. In reality, all these belong to his ego. All those things that we think we are, can all be objectified, therefore

can not represent the subject, the experiencer, the seeing and the knowing consciousness, the true self. To be able to know the self, it has to be objectified. The subject can never become the object. The subject of every single individual is the same. With our intellect it is impossible to get to know it, but to dissolve in it is possible. We know that it is possible, because Jesus succeeded and announced:

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

This can be possible only if one by one we “leave behind” all those that can be objectified that we seem to be identifying ourselves with. Just as the lake is able to reflect its environment, but can not reflect itself, the water, we also can not know the subject, our true Self, which is conscious of all.

When the lake wishes to also reflect itself, the water, it is imperative that part of that water should rise above the surface of the lake. This we call a wave and this causes the surface not to be calm, hence; it no longer can reflect the environment, nor can it reflect itself, the wave.

In the same way, people thinking that they will reflect the subject, their “being”, and thinking that their individuality is their true self, unknowingly reflect the ego. The ego, more than ready to make a “splash”, causes a storm of “waves” in the mind with multiple thoughts, desires, wants, expectations, feelings and emotions and all the reactions that all these produce. The individual can neither reflect his individuality, nor can he reflect his true Self. In the process, he also blocks the reflection of the image of God that he is, because only a calm mind can reflect it. And, this is the “verdict” and hell.

“This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil.” (John 3:19)

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without

him nothing was made that has been made. In him was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood it. ...The true light that gives light to every man was coming into the world. He was in the world, and though the world was made through him, the world did not recognize him. ...The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.” (John 1:1-14)

On the other hand, heaven is revealed when the mind is calm and at peace. All that can be objectified disappears one by one and remains only the subject and then the individuality understands the Truth that only the Spirit is real and it is the same Spirit that is working in everybody and everywhere as well. He forgets his individuality and dissolves within the Spirit, within God and announces: “I and the Father are one”. Eternal bliss radiates in him, and he lives only in the present, which is eternity. Happiness and bliss do not come from or depend on external objects or realization of desires; rather they pour out of the Spirit and have no ties with the objective. It only requires a calm and peaceful mind to be able to reveal itself.

Happiness does not come from the object; it comes from a calm mind. The purpose of our lives is to reflect the divine beauty and love that surround us. This is God revelation, to reveal His image in us and not God Himself. God is in the whole of the Creation and is the whole Creation on a macrocosmic scale. The purpose of our lives is to manifest this at the microcosmic level. We neither have the capacity to understand nor the ability to manifest God. We can only manifest His image which is His beauty and His love, and this should be the purpose of our lives. This becomes possible only if we live consciously.

**The following is taken from "From Light to Light" (book I),
Chapter V "WHAT IS MEDITATION". Pages: 363-369**

Ten foolish friends, while hiking come to the shore of a river and decide to swim across to get to the other side. After they all arrive to the opposite shore, they all start counting, to make sure that each and everyone has arrived safely. To their amazement they all count nine people. They all run to the shore to see if their tenth friend is in trouble and may require some help. But they see nothing unusual, and there is no one in the water struggling. They surmise that their tenth friend must have drowned and the current has washed his body away down stream. They all sit by the water and start crying and mourning the loss of their friend. A passer-by sees them and asks why they are crying. They explain what had happened and, meanwhile crying, they indicate that they were ten friends and now there were only nine of them left. It does not take long for the stranger to understand their foolishness. He asks them to count again; perhaps they had made a mistake the first time. The friends get new hope and enthusiasm and all of them start counting again. But alas, they each come up again with a count of nine and become depressed. The stranger asks them to stand in line and, starting with the number one to count. Each successive person would yell out the next number. The first in the line says "one", the second "two" ... when the turn comes to the last one he says "ten". Great joy overcomes them; they had found their lost friend. Who was the tenth friend? Each one of them had found himself; previously, when they were counting, each was forgetting to include himself in the count.

Humanity in general is just like these foolish friends.

People put up with all sorts of difficulties. They struggle, increase their knowledge about many subjects but still do not experience true lasting happiness. This is because they have lost themselves and can not find it.

The purpose of meditation is to be able to answer a simple question “**Who are you?**” It is a very simple question but to find the answer is extremely difficult. Humanity, since the beginning of creation, has been trying to find the answer and has been unable to do so, except for a very few.

Everybody's life purpose is to be happy, unaware of the fact that his true nature is bliss. Due to his fanciful imagination, man has always sought happiness in objects outside of himself. Even if he has found some happiness, it has always been temporary and short, and sadness and pain have followed.

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. Meditation is the means to connect with our true nature. What we are seeking in fact is our consciousness and the source of it, which is Christ. It is the same consciousness that is functioning throughout the whole of the universe; hence, we are not separate from anything else or any other person. The purpose of meditation is to get experiential knowledge of that consciousness so that we can actually see the unity in multiplicity. Meditation by the individual is to know the individual with the use of the individual; that is when the subject, the object and the means become one. The trinity becomes unity. Intellectual appreciation of these is not enough; the individual needs to actively pursue and get that

experiential knowledge. This does not imply neglecting any duties that he may have and only sit with his legs folded and eyes closed, chanting “OM” all day long. On the contrary, all duties of living in this world have to be performed, and to the best of his ability, with a smile, eagerness and gladness in his heart. There should be no complaints about the job, the hours of work, or being taken advantage of, etc. He should not be attached to the results of his work. He should be happy as long as he knows that he has done his best. He should be indifferent about the results. The results belong to God. He should act and work as if he is fulfilling a request from God. This is only possible if we see the unity in multiplicity. When we are able to see Christ in everything and each and every other person, then we have succeeded in meditating.

No person should condemn himself; he should forget all his past sins. The important is the present, what we think and do now. When he forgets his past sins, then God also forgives them. Each one of us has a horrible enemy, our uncontrolled mind. But we also have a fantastic and helpful friend, the same mind that is under control. The purpose of meditation is to control the mind, to change the direction of its attention from our physical, emotional and intellectual bodies to our being, the true self, Christ within. The mind is like a monkey. It is restless and constantly jumps from one thought to another, as does the monkey in a tree constantly jumping from one branch to another. It is important to quieten the mind and then change direction of attention. He should concentrate on the subjective, his consciousness, the Self, his true being - the Christ within, instead of concentrating on objective things found outside of him. The mind, with its imagination, creates desires. These are acted upon to realize them with the hope of getting satisfaction; hence, happiness. In the universe, everything that is created, including our own bodies, our senses, with all their

experiences, our emotions, our minds and our intellect are all objects and do not represent our true Self.

Meditation is to train and control the mind; in other words, to cleanse it and make it holy. This is possible only by concentrating its attention on one point only, on the one thing that is holy in us, Christ. The mind should be “simple (single) minded as the dove” but “alert as the serpent”.

During meditation, one may be faced with many obstacles. The important ones are the followings:

a- Sleep – One may relax so much that he may end up going to sleep. It is true that during deep sleep all thoughts seem to stop, but too bad that the individual is not awake to experience his true self.

b- Restless mind – A mind, where thoughts do not stop. A person may be carrying too much “baggage”, regrets and expectations etc.

c- Mental tendencies – Tendencies that have been suppressed but never resolved, may surface during meditation.

d- Lack of persistence – Some may have the idea that they can accomplish the goal in a short time, and when they do not get immediate results, they get discouraged and lacking perseverance, quit. This is a lifelong undertaking. It took Jesus thirty years before he arrived at his desired point.

e- Unexpected powers – When the mind is controlled, the person may notice certain abilities that he did not have before, such as clairvoyance, telekinesis, etc. These are usually distractions and may easily change the direction of attention of the mind and cause failure.

f- Objectification of the experience – This is probably the most important hindrance. When the person objectifies the results of meditation, namely the peace and the bliss, once again he is creating duality. When this happens the ever ready ego gives him the pride of having succeeded. That in itself is “mortal” and will prevent true success. One should

always be vigilant not to objectify any experience.

The fruits of successful meditation are the following:

a- Peace – A peace that is not subject to change. Jesus

Christ has said:

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

b- Contentment – It is the contentment and a feeling of well being that is unparalleled. It is the contentment of finding the tenth lost friend, of finding the Self.

c- Bliss - This is infinite, everlasting happiness. It is like the noon sun; when you look at it, the eyes automatically close. To see the unity in the multiplicity automatically gives the experience of bliss. When the person identifies with Christ, how could he not be in bliss? Because God is love, automatically love sprouts forth from the person towards every thing and every person. He feels total freedom and gives total freedom to all. He accepts every thing and every person as they are without any judgment. He does not differentiate between a lump of clay and a lump of gold. He values both the same.

It is said that every single person sooner or later does get such an experience during his life, albeit for only a split second. Because he is not expecting it and not vigilant, he does not even realize what he has experienced. The person should be fully awake, attentive and vigilant. It is also said that meditation should be performed in a clean, comfortable, quiet place, with the eyes closed. All these are to minimize sensory inputs that may distract and shift the attention and focus of the mind. The person mentally has to watch his own thoughts objectified as if they belong to someone else. He has to concentrate the mind on the “being” that is aware of the thoughts. With utmost attention, he should concentrate the mind on the split-second silence that exists between two successive thoughts. When the thoughts are no longer the

focus of the mind, gradually over time, the flood tends to slow down and even stop. This automatically reveals to the observer the Christ within, unhindered by the thoughts. As far as I am concerned, meditation should not be a daily one-hour undertaking, but every single moment of our lives should be an opportunity for meditation. We should continue all our activities as always without changing anything. Meditation should not change our activities. But when our minds are centered on our consciousness which we all have if we are alive, then we will see Christ in everyone, in the saint as well as in the murderer. We relate to both exactly the same way. It is only then that we may also be able to say "I and the Father are one". This is the real "to be born again", the change in the direction of our minds.

In general, people feel that if they have a loving life-partner and one or two good, obedient children and a decent job to be able to provide the necessities of living, we would be happy. Unfortunately, according to the statistics, a significant proportion of these marriages turn out to be "hell". Even for those who are truly in a wonderful relationship, illness or death may take away the happiness and cause pain or suffering. The purpose is not to find happiness in relationships but to find happiness by finding our true Selves, because Its nature is bliss. We are like a man looking all day long for the keys to his car, ignorant of the fact that they are in his pocket. We are like the mother who takes her child, the love of her heart, the love of her soul, to watch a parade. The child goes across to the other side of the street for a better view of the parade. The mother does not mind because her eye is on the child at all times. The parade starts; all of a sudden she no longer can see the child. The people in the parade are blocking her view. She jumps up and down, but to no avail. The police have cordoned off the street and do not allow anyone to get across. She cannot see the love of her

soul until the parade is over. As soon as the last man in the parade passes by, the child is in full view. Eve started the parade. The people in the parade, that block our view of the Love of our soul, are our thoughts. Only when the parade ends, will we automatically be able to see our Love. We are the spectator of the parade but also the organizer. It is up to us also to stop the parade. Jesus stopped his parade. Why can't we?

The purpose of meditation is to be able to answer the simple question "Who are you?" The answer would be:

"That, I am".

**The following is taken from "From Light to Light" (book II)
"AWAKENING", Chapter I "RELIGION AND SCIENCE". Pages:**

46-48, 52-53, 54

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

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

(Matthew 5:8)

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

The vibration permeating the universe is also the “**brain**” of the universe. It is also the link between our internal and external worlds. The flood of thoughts prevents us from consciously knowing of the presence of that energy. Fear and love are two different feelings and based on one or the other, the brain ends up creating appropriate connections. The different circuits created also allow different frequency energies to flow, which in turn determines our natures. The energy itself is neutral, infinite and eternal.

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

our entire body? This is the meaning of having been created in the image of God. Because we are in the creation itself and are part of it, the Spirit of God is also within us as well. Our duty is to ignore all the unnecessary stuff (thoughts, emotions, wants and desires) so that we can actually see the presence of God in us and in everybody and everything else. Heaven is in being **“awake”**. God is in us; we need not and should not look for Him outside of us. It is only by ignoring all the thoughts, feelings, emotions and desires and anchoring (concentrating) the mind on the Christ within, can we find peace of mind. This is the same **“peace”** that Jesus promised to us. He also told us to control all anxiety and fears. (In the Bible often “heart” is used to mean “mind”.)

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

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

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

The following is taken from “From Light to Light” (book II)

“AWAKENING”, Chapter II “SEVEN”. Pages: 112

The energy of the Holy Spirit flows in us from the top down. We have the ability to raise the same energy that is in us from below to the top and when we succeed, we also succeed in the realization of the God revelation within us. But unfortunately the rising energy is subjected to resistances and dissipates without rising to the top. Those resistances are the seven deadly sins. Each one of them blocks the flow through one of the chakras. As these sins prevent appropriate entry of energy into us, they also waste the energy that is already in us.

**The following is taken from “From Light to Light” (book I),
Chapter XV “WHAT ARE THE CHAKRAS”. Pages: 341-350**

In general, people think that their physical bodies and the physical world are the only reality. This is mainly because, through their senses, that is all that they can experience, and that is all they can logically understand through their intellect. Previously, I had written that we function through our physical, emotional and intellectual “bodies”. (See chapter III “What are the human characteristics?” Page-47) There is also a spiritual “body”. It is our duty to be able to experience and become conscious of its presence.

FIGURE: 1

The word “chakra” is an old Sanskrit word meaning “wheel”. The chakras resemble wheels that rotate at the speed of light. In the east, they are also compared to the lotus flower with its many petals. (See figure 1) The chakras also open as the lotus flower opens. The chakras, these wheels or vortices, are the doors of our bodies, and through these doors, the life energy enters our bodies and is distributed to various parts to ensure the various bodily functions. This is a pulsatile energy and I have been fortunate enough to have personally palpated. To any given part of the body, if the flow of this energy unusually decreases or increases, it may cause an illness affecting that same part of the body. Each chakra has its fundamental and real effect on the different parts of our nervous system, on our physiology and on our character and mood. For a harmonious life, it is essential that all of the chakras are open and are functioning in unison or harmoniously.



In the Armenian Church as the deacon is bringing the chalice with the host to the altar, before giving it to the priest says the following:

“Lift up your gates, O princes; let the

everlasting doors be lifted up, and the king of glory shall come in.”

The gates (or may also be translated as doors, or more correctly as portals) are these chakras, and the king of glory is the life force, the Holy Spirit.

There are seven main chakras that correspond to and control different bodily functions. Each one functions and responds to a different frequency. These, in the visual world are in harmony with the different frequencies of light, just as the colors of the rainbow are all part of the visible light and have different frequencies. Anania of Shirag has named the rainbow “The divine belt (or arch)”. In the world of sound, the chakras are in harmony with the seven notes of the musical scale. It is also highly possible that their association with the other senses is also through vibrational frequencies. The sense of touch senses pressure and vibration. Until recently it was thought that the senses of smell and taste were purely chemical. Surprisingly recent experiments have shown that taste and smell also respond to vibration and of course, the varying frequencies.

The creation also took place in seven “days”. I wonder if each day of creation corresponds to the evolution of a new chakra. Insentient objects must have only one chakra that ensures only existence. Living organisms, from the simplest one to the most complicated, have at least the second chakra that ensures procreation. Higher organisms may have a third chakra, indicating presence of emotions. These in fact may not even be all or none but also partial. Man has seven chakras. Through the seventh, revelation of God through the Creation was complete; therefore the “seventh day” was deemed holy, and God rested. There was no need for further addition of chakras, the Creation was complete.

“Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”(Genesis 2:3)

In addition God also gave man individuality that other animals do not have. The following verse tends to indicate this point:

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

In the original Hebrew, the word used for “breath” is “nefs”, which has two meanings, breath and individuality or personality. All other animals are also living animals, but they do not have the personal knowledge of the eternal life. That is the life that was given to man; the ability to experience and live the eternal life and not just the transient one which we are presently experiencing. But what we all seem to be doing, is no different than the animals. In the Armenian translation, the verse says “became a living spirit” instead of “living being”. This tends to suggest that in addition to our physical, emotional and intellectual “bodies”, we also have a spiritual “body” (in general known as soul), the Christ within, that we have lost touch with.

The following verse is extremely interesting, important and very telling. It guides us to prepare ourselves with regards to these seven chakras, to allow the power of the Holy Spirit to enter our bodies properly, without obstruction, so that we can reap the proper benefit.

Wisdom has built her house; she has set up its seven pillars. She has prepared her meat and mixed her wine; she has also set her table. She has sent out her servants, and she calls from the highest point of the city, “Let all who are simple come to my house!” To those who have no sense she says, “Come, eat my food and drink the wine I have mixed. Leave your simple ways and you will live; walk in the way of insight.” (Proverbs 9:1-6)

The seven pillars are the seven chakras. The prepared meat and the setting of the table indicate the self preparation, getting rid of our sins and ego. The simple and the ones with no sense are the ones with their minds cleared of all thoughts

and emotions, who are simple and/or single-mindedly concentrating only on the true Self, the Christ within. They are the ones who will eat at the feast, in other words, taste eternity and have the experience of Christ's revelation. During the Mass in the Armenian Church the deacon cautions those who are not ready and have not prepared themselves properly:

“Let none of the catechumens, none of little faith and none of the penitents and the unclean draw near unto this divine mystery.”

The seven chakras appear to be lined up over the spine area from the bottom to the top of the head. (See picture 2)

The first one is the “root or base chakra”. It is located at the very bottom of the spine where the coccyx is found. It responds to the lowest frequency, therefore corresponds to the color red of the light's spectrum and the musical note “do” (C) in the seven note scale. It is our link to the creation and the universe. It ensures our physical existence, and gives us the ability to adapt, to endure, to survive and to provide for our physical existence. Without it functioning, there would be no desire to live.

The second is the “sacral chakra” which is located at a level between the pubic bone and umbilicus. It controls procreation; hence, sexual activity, as well as the link or the tie between a mother and her child. Its location also corresponds to the level of the sex organs. Its vibrational frequency is in harmony with the color “orange” of the light spectrum and the note “re” (D) of the musical scale.

FIGURE:2



The third “solar plexus chakra” (sometimes called naval chakra) is located at a level corresponding to the epigastrium between the xiphoid bone and the umbilicus. It tends to store and distribute the energy to other centers as needed. It tends to control the tie between a father and his child and inspires the individual to have self-reliance and self-confidence. A lot of gastrointestinal illnesses may be caused when this chakra does not function properly. It is also closely associated with emotions; hence, emotional problems cause gastrointestinal symptoms. The person’s ego also gets its energy through this chakra. Excess energy there may strengthen the ego and this may, in turn, make the person selfish and self-serving. It vibrates in harmony with the color “yellow” and the note “mi” (E) of the musical scale.

The fourth chakra is called the “heart chakra”. It is located at a level corresponding to the centre of the chest. It vibrates harmoniously with the color “green” and the note “fa” (F). It controls the heart and the lungs as well as blood circulation. It is the center of love. It has a very important role during the rise of the energy (kundalini). (See also “what is kundalini?” Page-353) It controls the rise of the energy to the higher (upper) chakras. Because of this we are told that love is the most important quality to have on the road to salvation. Love should be for everyone including our enemies, all animals, all plants and all things. The sum of all this love tends to indicate love for the universe and God.

The fifth is the “throat chakra” located exactly at the level where it says. It controls the ears, nose and throat, including the thyroid gland. It controls speech, the ability to speak clearly, the ability to communicate well and the ability to form friendships. It is also in control of giving us the ability to listen, and most importantly to listen to our inner voice. It vibrates in harmony with the color “blue” and the note “sol” (G).

The last two chakras are not on the spine, but are

located over the skull.

The sixth, the “brow chakra”, also sometimes known as the “third eye chakra” is located between the two eyebrows. It vibrates in harmony with the color “indigo” and the note “la” (A). It controls the eyes and the brain. It gives the individual both physical and spiritual life. It makes it possible to intellectually understand the obvious and also the hidden meanings that may be found in allegorical stories. It gives the individual the ability of intuition as well as the feeling of peace, making communion with God a possibility.

The seventh is the “crown chakra”. It is the real crown, the corona, the laurel wreath. It vibrates in harmony with “violet” as well as to the frequencies of all the colors; hence, also white. Its harmonious note is “si” also known as “ti” (B). It controls all other chakras. It is the individual’s connection with God. It is the seat of consciousness and wakefulness, in other words, awareness. It ties us to time and space. It is the entry portal of the life force, the Holy Spirit. Through it we are connected to God and to the life force. When it stops functioning, death occurs. It is the link of the silver thread, the area of connection of the silver thread which is the life-connection between man and God. We read:

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

When this chakra fully, opens the person becomes a true saint and experiences the revelation of God. When this happens, the energy rushes into the person to such a degree that it becomes visible to others as an aura around the person and a halo around the head. If this had not been the case, people would not have had the idea of painting halos around the heads of Jesus or other saints. Any person who goes around saying that he is saved should also wonder if anyone

sees any halo around his head. If not, he should re-examine what he believes in and it is likely that he is delusional.

The Armenian Church has a special service with regards to the opening of these chakras. On the evening of Palm Sunday, there is a special service called “Trnpatsek” which translates as “Opening of the doors”. The purpose of the service is to remind the faithful about their responsibility to open their chakras and ensure their proper functioning. It is not a coincidence that the period of lent, the period for repentance, is seven weeks long and seven days after this service of “opening the doors”, we celebrate resurrection. After the initial Lord’s Prayer, the service starts with the deacon saying:

**“I wait for my God, the source of life, to save
his servant and give life”**

This is followed by a reading from the Old Testament, from the book of Proverbs, Chapter 8, verses 22 to 31. In these verses, the speaker is actually “the wisdom” and the advice given is obvious. In the same chapter, in verse nine, we also read:

**“To the discerning all of them are right; they are upright
to those who have found knowledge.”** (Proverbs 8:9)

“Wisdom” also says that it existed from the beginning, from before the creation. Also in verses 32-35 of the same chapter we read:

**“...Blessed are those who listen to me, watching daily at
my doors, waiting at my doorway. For those who find
me find life and receive favor from the LORD.”** (Proverbs 8:32-35)

Then the choir sings the following song, where we plead for the opening of the chakras:

**“Lord grant us the vigilance of the “wise
virgins” ... open the portals for the heavenly
groom of mercy. ... So that the lamps of our
spirit will shine.”**

The portals and the lamps of our spirit are the chakras. This

is followed by a plea from the priest:

“Open to us Lord. Open to us Lord. Open to us Lord the portals of mercy and hear our lamentations we beseech you.”

A second priest or, in his absence, the deacon, says the following from behind the curtain as if the question is coming from the “altar”, since the altar is veiled from view by a closed curtain:

“Who are these that I should open. This door is the Lord’s door, only the righteous can enter through this door?”

The priest answers:

“Not only the righteous can enter, but also the sinful who confesses and repents thus becoming righteous can also enter.”

From inside the answer comes as follows:

“For this is the door of heaven ... peace for the righteous, purgatory for the sinful, Kingdom for Christ, abode for the angels, assembly place for saints, safe place and the house of God.”

The priest continues:

“ ... For this is our immaculate mother and from her are born the children of light and truth, and this is our hope of life, and with this we find salvation of our souls, for this is the way of righteousness and through it we are able to rise towards Christ, our Father in heaven.”

The plea “Open to us Lord” is repeated three times by the priest.

It appears that there was a good understanding of these chakras in the Armenian Church. Most of the time, the Armenian cross sits on a wheel representing the chakra. The cross, which was a symbol of death since those condemned to die were crucified, is transformed to a symbol of salvation

with the resurrection of Christ. The resurrection of Christ in us can only take place with the unhindered infusion of the energy of the Holy Spirit, the entry of the “King of Glory”.

According to the Bible, we need to prepare ourselves to be worthy to receive the eternal life and the bliss that it gives. The above quotation (Proverbs 9:1-6) is very clear about this. To prepare ourselves means to withdraw from all thoughts, words and deeds that affect us in such a way as to block the flow of the energy. We need to align and open the chakras and quiet the mind, stopping all thoughts. We also read the following:

FIGURES: 3,4 & 5



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

“From the throne came flashes of lightning, rumblings and peals of thunder. In front of the throne, seven lamps were blazing. These are the seven spirits of God.” (Revelation 4:5)

The energy that enters through the chakras is the same energy that forms every single atom of our bodies. Any increase in energy therefore also increases the frequency of vibration of every single atom in our bodies. This changes a person’s overall energy frequency. Surprisingly, what John, in his vision, appears to be seeing is as if seven little “atom bomb” explosions (seven blazing lamps) are taking place. This represents the tremendous level of energy.

The following is taken from “From Light to Light” (book I),
Chapter XV “WHAT IS KUNDALINI?”. Pages: 353-358

The word “Kundalini” is a Sanskrit word and its meaning is serpent. In the chapter about the “Chakras”, we discussed the power and energy of the “Holy Spirit” entering into us through the chakras, especially through the seventh “crown” chakra. The energy from the Holy Spirit comes from “up” “downward”, representing the incarnation of God. When the energy rises from “down” “upward”, it results in the experience of the revelation of Christ in the person. Does not the Bible tell us that we are children of God?

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

FIGURE: 1

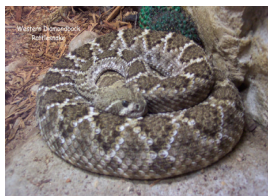
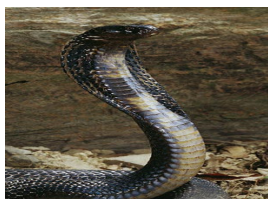


FIGURE: 2



“Kundalini” is likened to a sleeping serpent all wound up under the first “root” Chakra. It is possible to awaken the kundalini. The awake kundalini will rise. Of course what rises is the energy. (See Figures 1 & 2) One should not do this without preparing the self. During the Mass in the Armenian Church, let us examine the meaning of the “OFFERTORY”. As the deacon lifts up the prepared chalice with the wine and the host and brings it around the altar, he quietly recites the following verses.

“In the heavens God has pitched a tent for the sun. It is like a bridegroom coming out of his chamber,” (Psalm 19:4-5)

Take guidance from **him who resides ~~(rides)~~ across the highest heavens, the ancient heavens in the east (Psalm 68:33)** (Translation was incomplete)

“The LORD came from the south (~~Sinai~~) ... he shone forth from Mount Paran. (Deuteronomy 33:2)

The first verse tends to indicate the awakening of the “Kundalini” and the start of the flow of energy. The second verse tends to indicate guiding the Kundalini directly up. The east is where the sun comes from and the sun is the source of the “prana”, the energy flow. In all Armenian churches, the altar always faces the east. Mount Paran likely represents Mount Sinai where Moses saw God. So, God comes from the south and sanctity (holiness) from the top of the mountain. This symbolizes the rise of the Kundalini from below, upwards, and when it reaches the crown “chakra”, the person also becomes sanctified or holy. This is exactly what happened to Jesus at the time of transfiguration. At this point having arrived to the left side of the altar, the deacon and the priest exchange the following with louder, audible voices.

Deacon- **“Lift up your gates, O princes; let the everlasting doors be lifted up, and the king of glory shall come in.”**

Celebrant- **“Who is the king of glory? The Lord strong in his power, the Lord mighty in battle.”**

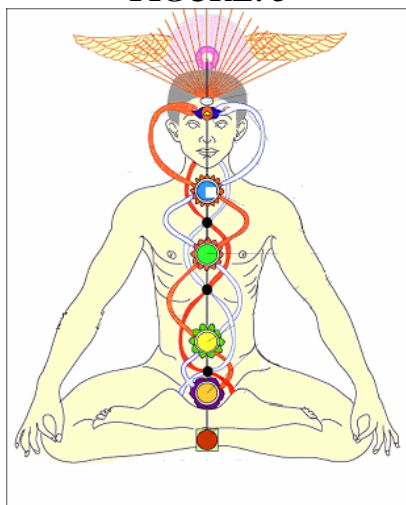
Deacon- **“Lift up your gates, O princes; let the everlasting doors be lifted up, and the king of glory shall come in.”**

Celebrant- **“Who is this king of glory? –The Lord of hosts.”**

Deacon- **“Even he is the king of glory!”**

Here the doors represent the “chakras” and the king of glory, the “prana” or the Holy Spirit. At this juncture the deacon once again reminds us how one should approach the king of glory and prepare himself. (See Figure 3)

The biblical story of the boat being in danger of sinking on the Sea of Galilee during a storm is interesting and likely has a hidden message in it. The disciples were in a panic and Jesus was sleeping in the boat. The events may be and

FIGURE: 3

most likely should be interpreted in an allegorical way. The boat represents us, our bodies. Each disciple represents, a different human characteristic within us. Jesus sleeping in the boat represents the Christ within that appears to be sleeping. There should be no concerns while He is with us, the boat will never sink. All we need to do is to wake him up. He will calm all the storms of our emotions and thoughts.

When the Kundalini awakens, the energy rises from one chakra to the next. When the person has not prepared himself well and there are blocks on the way of the energy rise it can have serious consequences. For example; if the block is between the second and third chakras, the energy can not rise beyond the second chakra and therefore it is spent totally by the second chakra, which controls sexual activity. The person may become a sex maniac. If the block is between third and fourth chakras, the energy can strengthen the ego to such levels that the person becomes extremely selfish and self-serving. Of course, all sorts of destruction follow when the ego is so dominant.

Is it possible that the story of Adam and Eve in

Genesis, when interpreted allegorically, is representing the same thing? In both Adam and Eve, the Kundalini was awake and the energy flowed all the way to the seventh “crown” chakra; hence, they were both in God’s presence, therefore in paradise. In Eve, during the rise of the Kundalini, there may have been a block of sorts between the third “solar plexus” chakra and the fourth “heart” chakra. This has increased the power of the ego, causing Eve to see good and evil; hence, duality was born in the human mind: good and evil, I and them, God and me. With duality, man has also lost sight and knowledge of the fact that he is with God. This of course is the same as being thrown out of paradise. The interesting point is that it was the serpent that deceived Eve, in other words it was the energy of the Kundalini that caused the problem. When the ego became strong, it became the “beast” and the serpent its agent, Satan. God cursed the serpent to always slide on its belly and not be able to rise. Since then, the Kundalini has been laying low under the first “root” chakra. Don’t we always say: “Sin entered this world through Eve and salvation through Jesus Christ”? Jesus awakened the Kundalini after preparing Himself for thirty years. His last victory over His ego was in the desert and He called it Satan. He showed us what to do to obtain salvation. He said: “believe in me (in what I say), and take your cross and come after me”.

“Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.”

(John 14:12)

Whoever does not take up their cross and follow me is not worthy of me. (Matthew 10:38)

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. (Matthew 16:24)

“...Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”

(Mark 8:34)

“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.” (Luke 9:23)

In the Old Testament we see that the serpent can be a symbol for both death and salvation. Before awakening the Kundalini, if the person has not prepared himself well, then the serpent for him becomes a symbol of death and represents Satan. It strengthens the ego. Just because of this, during the Mass in the Armenian Church, just before the Eucharist is brought in, the deacon cautions the faithful by saying:

“Let none of the catechumens, none of little faith and none of the penitents and the unclean draw near unto this divine mystery.”

Preparation should include the following as the deacon once again spells it out:

Again in peace let us beseech the Lord. Again in faith and purity let us stand with awe and pray before the holy altar of God; not with guilty conscious and offense, not with craft and cunning, not with deceit and wiles, not with doubt and not with little faith; but with right conduct, single mind, a guileless heart, with perfect faith, filled with love, full and abounding in all good works.

**The following is taken from “From Light to Light” (book III)
“UNIVERSAL LAWS”, Chapter IV “GOD REVELATION”. Pages:
108-110, 118-122**

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.

“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 31st 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.

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.

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

The following is taken from “From Light to Light” (book III)
“UNIVERSAL LAWS”, Chapter V “MEDITATION”. Pages: 125-137

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 2nd 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.



Graph #1

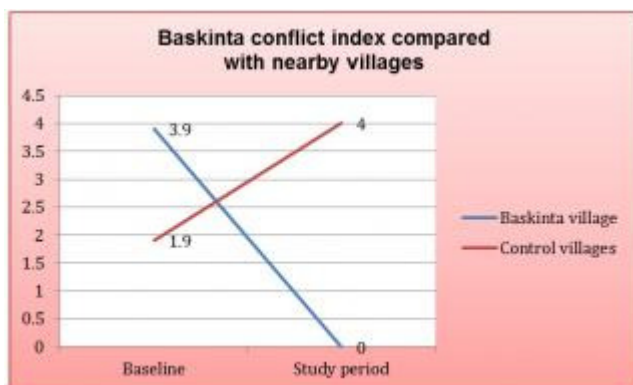
The blue line represents the number of individuals meditating (90 to 260). 200 people represent the square root of 1% of the population of all of Israel. The green line represents the intensity of the conflict and the number of casualties.

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% ($p < 10^{-6}$).

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)

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



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.

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.

**The following is taken from "From Light to Light" (book III)
"UNIVERSAL LAWS", Chapter II "UNIVERSAL LAWS".**

Pages: 87-88

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 | |



Yet when I surveyed all that my
hands had done and what I had
toiled to achieve, everything was
meaningless, a chasing after the
wind; nothing was gained under
the sun.

Then I turned my thoughts
to consider wisdom,
and also madness and folly.

What more can the king's
successor do than what has
already been done?

(Ecclesiastes 2:11-12)

IN LIEU OF EPILOGUE **REFLECTIONS**

“To die while we are alive”
(Wayne Dyer)

With this writing, I have in mind in a way to summarize the content of this booklet.

The world, along with the entire universe is created by God through His “Word”, the energy of the Holy Spirit. The physical form of that energy we call “Christ”. According to the Gospel of John (1:1-14), the entire creation including every single individual, is an expression of that energy, an expression of the Holy Spirit. Since we have a physical existence, then Christ must also represent the true-Self of every individual. Every single individual’s life, mind, which gives him the ability to think, to feel, to have emotions, and intellect, which allows him to use properly all the knowledge he has and his body are all formed by the same energy. Hence, the only Truth is that “Energy”, The Holy Spirit.

When we look at an oil painting, we see beautiful scenery, but the truth is that what we see is only a canvas with some various shaped and various colored paints. These, as a result of having been put together harmoniously, represent a beautiful scene. Most of the time we do not even become consciously aware of this fact and we only see the picture, the scenery. There are also paintings that are not beautiful or pleasing to the eye and we ignore them. We do not realize that their truths are also a canvas and various shapes and colored paints. The difference is that the paints are not put together harmoniously as they had been in the first painting. The canvas and the paints are not responsible for this difference, but only the painter.

When we look at human nature and the type of life humanity leads, sometimes we see beautiful scenery and

sometimes horrible ones. We tend not to realize that they are both the expressions of the same “Energy”. Man was created in the “Image of God”; hence he also is creative. Therefore man creates his environment and the circumstances in which he lives. The “Energy” of God is the Truth and provides the canvas and the paints, namely the various individuals. What we do with these depends on us. We are the “painters” of our environment and life-circumstances. Sometimes we seem to “paint” a pleasant scene and sometimes horrible ones. The canvas and the paints are not affected by the expertise or the inexperience of the “painter”. They only reflect what the painter wants to show. The painter is only able to “paint” according to his ability and his level of competence. In the same way, our negative thoughts, words or deeds also have no effect on God and they only produce our environment and the conditions in which we live. Usually we see this “picture” and do not realize or see the Truth, the presence of God, hidden in all. The purpose of meditation is to come to this realization, not just intellectually but also experientially, and know that we are that “Energy” and it is up to us as to what kind and amount of energy we receive and how we use it. The Graces of the Holy Spirit represent the quality and the amount of the energy that affects and influences us. This presents itself as the degree of revelation of Christ within the person. All this is dependent on us. God has given man a free will and has provided all that is necessary for man to realize all his desires, even God-revelation in him. Of course, this all depends on one’s desires. Jesus succeeded; He showed and taught us that we also had the ability to do so. It is incredible and surprising that we are satisfied with a few belongings when we can be one with the entire universe. It is incredible and surprising that we are satisfied by loving a few people when we can fall in love with the entire universe. It is incredible and surprising that we are satisfied with temporary,

short pleasures, when we can experience the infinite eternal bliss. When man becomes aware of his true-Self, not intellectually but experientially, that he is an expression of Christ, then he will change totally. His thinking, his behavior, his outlook, his words and his deeds will all change and this is “to be born again”, which is the successful completion of the spiritual path.

At the beginning of this epilogue I had a quotation: “To die while we are alive”. Undoubtedly in this quotation “to die” does not refer to the death of the body, but rather the death of our attachments to all our worldly pursuits, our desires, our possessions etc., in short the death of selfishness. It is to die to the picture so that we can see the canvas and the various paints. Only then can we also say as Jesus did:

“I am not of this world.” (John 8:23)

The purpose of the highest form of prayer, namely meditation, is to have communion with one’s higher Self, the Christ within. When the individual is able to realize this, then the energy of the Holy Spirit flows through him abundantly. In school, during physics class, we had learned that if a high flow of electricity was allowed to flow through thin wires, due to the resistance to flow, the wires would heat up and could even be the cause for a fire. In the same way, when a person has not prepared himself properly for the high-level flow of the energy of the Holy Spirit, he should not start meditating. He may cause more harm than good. On the other hand, if the person’s reason to pray is not the result of fears or fulfillment of desires, but the fulfillment of the yearning to have communion with the Christ within, he should choose the highest form of prayer, which is meditation. Meditation as a prayer has several stages:

1- Before starting meditation, the individual should prepare himself. This has been discussed multiple times in this booklet. Here, it is suffice to say that he should

emancipate himself from the seven deadly sins, all worldly pursuits and attachments and especially, from selfishness. It is also important to develop virtues.

If we carefully watch children, it is possible for us to learn a lot. Every person is born with certain mental elements.

a- To be inquisitive: Children always ask questions and want to learn. After growing up and graduating from university, we think that we have learned what is needed and we stop being inquisitive. We should not lose the level of that childhood desire to research, to learn and to know; instead we should strive to find it again. Did not Jesus say that the Kingdom of God was for those who were like a child?

b- To play – to be happy: Even as grown ups, have not people created many types of games for their happiness? This is a sign that each person is searching for the same happiness of their childhood, but he tries to find it in things external to him. Children are happy because happiness is internal and is an integral part of their nature and they have not yet learned how to block its expression.

c- To be caring: The sentiment of caring is so strong that a mother caring for her child would prefer to endanger her life rather than the life of her child. In the same way, within children, the sentiment of caring is very strong. When a child is given a kitten or a puppy, she will spend the entire day with it and take care of it to the best of his/her ability.

d- The sense of panic: When a small child is left alone in a strange place, he starts panicking. For grown-ups, the triggers may be different, but many situations may be cause for panic.

e- The sense of fear: Children are scared of a lot of things, especially things that are strange to them. In adult-life the circumstances that cause fear change, but fear does not disappear. Even in very courageous individuals, hiding behind other emotions fear presents itself as those other emotions.

f- The emotion of anger: Behind all the negative

emotions, there is a hidden fear. The most important of these is anger. Anger comes from the “Ego”; hence, children less than two to three years old can never get angry. But a child from the age two starts finding his “Ego” and can also be angry.

Before meditation, the elimination of all the negative emotions should take place as part of the individual’s preparation. The last three emotions: panic, fear and anger, from the above mentioned list, should be eliminated from the individual’s nature. Then the inquisitiveness becomes the yearning to have communion with God, the Christ within, which pushes the individual to start meditation. Meditation becomes the “play” leading to bliss, which gives the individual the desire to care for all, both nature and all of mankind.

Therefore this first step of meditation is the self-preparation and not the actual meditation. This corresponds to the following quotation from the Bible, where the “altar” represents the presence of Christ and the “gift”, the individual’s “Ego”.

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you; leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” (Matthew 5:23-24)

2- The second step in meditation is simply an exercise to learn to concentrate the mind on a single thought. This appears to be simple, but it is the most difficult task in one’s life, because the fickle, capricious and whimsical mind is like a mad monkey that is difficult to control and train. Throughout one’s life, the mind has become used to obeying the “Ego”, therefore the “Ego” (the devil) can easily control it. The “Ego”, to be able to continue its tyranny over the

individual, does not want to lose its hold on the mind. One has to develop a very strong will, so that as Jesus said, he can also say: "Away from me, Satan!" and take hold of control of the mind himself. The success of this step of meditation requires many years of practice. (*See also the section "Addendum" at the end of this essay.*)

The third and the forth steps in meditation go hand in hand, because one is both the result and the cause of the other. Here they are presented separately so as not to confuse and to make the understanding more straightforward.

3- The third step of meditation is to consciously concentrate the attention of the mind that is now fully controlled and cleansed of all thoughts (pure at heart) on the Higher Self, the Christ within. At this stage, the yearning to find God has to surpass everything else in the world, even family and loved ones. Did not Jesus say?

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

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

There is only one consciousness in the Universe, which is God's consciousness. Man's consciousness is but a small limited portion of it. Then the purpose of this step of meditation is using consciousness to be conscious of consciousness. I find it appropriate to quote T. S. Eliot's following statement.

"We shall not cease from exploration and at the end of all exploring will be to arrive where we started and to know the place for the first time".

What he is trying to say that, either knowingly (consciously) or unknowingly (unconsciously) we shall not cease exploring. What is it that we are exploring? We will explore until we find God. The conscious exploration starts with the individual's limited consciousness. With the use of his limited consciousness, he tries to become conscious of the infinite, unlimited consciousness of God. When T. S. Eliot

says: “will be to arrive where we started”, he indicates that we started with our consciousness and at the end of exploring, we also arrived at consciousness. Then when he says: “and to know the place for the first time”, he indicates the infinite consciousness, the rapture that the individual experiences. Man, as a result of his inability to properly use his brain, experiences a level of consciousness that is being severely limited and conditioned by his brain. When through meditation, he trains the brain and learns how to use it properly he starts making use of the right brain as well as the left that he is used to utilizing mostly. For the first time, he experiences a high level of consciousness and understands the infinite nature of consciousness. Because consciousness is the presence of God, he becomes aware of his true nature, the Christ within. Then he understands that he as well as everything else, including the entire creation are nothing but various expressions of God. He forgets his “Ego” and says:

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

4- The forth step of meditation, once again as a result of full control over the mind, is to live consciously. When an individual lives consciously, he performs all his daily chores, tasks, responsibilities the best way, with utmost joy and eagerness and concentrating only on the present moment. Usually, we tend to live our lives “unconsciously”. When someone rebukes us, we get angry and our words and actions come from anger. It is true that we become conscious of what we have said or done, but the words and the actions did not come from our consciousness, but rather they came from our emotions. Such a reaction is not living consciously. The individual that has full control over his mind also has full control over his emotions. Such a person would never show a reaction and respond thusly. Many may also have experienced, while driving their car, that when they reach their destination, they are not aware as to how they got there,

at which red light they stopped or at which green light they drove through and what routes they drove on. None-the-less they safely arrived at their destination, driving with their subconscious mind. This also is not living consciously. The mind, busy with all sorts of thoughts, was not aware of the present task at hand, which was the driving of the car. When we live our lives with the mind centered only on the task being done in the present and not on the future result of that task or on any other thought, then our lives become a life lived consciously and that becomes a continuous meditation. We should not forget that the “present” is eternal. Having had the experience of the infinite consciousness of God, we see God everywhere within the creation, within nature and every individual. It is only then we comprehend the meaning of Jesus’ life and we also comply with His word and “take our cross and follow him”.

I will end this essay with a quotation from my first book “From Light To Light” (pages 98-101). The purpose of this story is to show the teachings in the last two steps of meditation presented above, how to live consciously and the degree of yearning to find God.

In India a young man gets the idea that he wants to see God. After many inquiries and visiting many temples and ashrams, he finally finds out that an old Guru that lives in the Himalayas in a cave is said to have seen God and may be able to teach him how to go about it. The young man, excited, starts on his arduous journey to the Himalayas. Eventually, he finds the cave described to him by the villagers. There he finds an old man sitting with his eyes closed, who appears to be in meditation. The young man was eager to talk to him, but at the same time was afraid to disturb his meditation, fearing that he

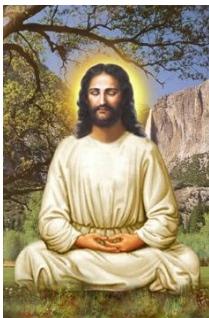
may antagonize him. As he was debating, the old man opens his eyes and asks him what he wants. The young man indicates that it is his life's ambition to see God and that he has been seeking everywhere for the knowledge to allow him to see God. He also tells him that he was advised to come here. The old man, after sizing him up, sees that the young man is sincere, and agrees to become his teacher, his guru. He also indicates that the young man has to be obedient and must do anything and everything that he asks of him to do without questioning. The young man also accepts the rules and the association starts. For a while, they study from their religious texts. The days pass with the young man doing all the chores around the cave. He does the cleaning, the cooking, the washing, the carrying of water from the nearby river, etc. He also has his periods for study of the scriptures and meditation. A whole year passes. The young man starts getting anxious. He still has not seen God. He finally gathers enough courage and approaches his guru with reverence and asks him: "You eat. So do I. You go to the river to bathe. So do I. You meditate. So do I. You go to sleep. So do I. Where is our difference? Why do I do all the chores, and you do not do any? Why is it that you have seen God and I have not?" The guru very calmly lifts up his head and speaking softly, says: "Who told you that we do the same things? When you are bathing, you are thinking of eating. When you are eating, you are thinking of sleeping. When you are meditating, only heaven knows what you are thinking. When I bathe I only think of bathing.

When I eat, I only think of eating. When I meditate, I have no thoughts. The young man thanks the guru for teaching him a valuable lesson and goes back to his chores. The young man, serious in his quest, takes to heart the guru's teachings and tries to be like him and eventually succeeds. The guru also sees the progress and rejoices for him. Another two years pass. The young man still has not seen God. He starts becoming restless again. Once again he presents himself to his guru, asking as to when he was going to see God. This time his guru says nothing, but gestures to him to follow. The guru takes him to the river. He enters the river up to his waist and gestures for the young man also to enter in the river. Obedient as ever, he goes in. The guru plunges the young man's head under the water and holding it down, does not allow him to get up. After a minute or so, the young man starts struggling for air. Just at the moment of drowning, the guru pulls the young man's head out. After panting for a while and catching his breath, he asks him why he had done that. The guru, instead of answering the young man's question, asks a question himself: "Just before I pulled your head out of the water, what was your thought?" The young man, surprised says, "I wanted air." The guru answers back saying: "You still need much time to see God. You have to want to see God with all your being, with all your strength, with all your mind and with all your heart, to the point when even at the moment of drowning your thought still has to be on God instead of on air or breathing."

ADDENDUM

To concentrate and centre the mind on one “point” is a very difficult undertaking. Even one who concentrates on his breathing, within a short time, has his mind wandering again. For the concentration to be successful, the following is recommended:

- To sit in a comfortable place, with both feet on the ground or floor, side by side but not touching each other, with the palms turned upward and resting on the thighs. The eyes should be closed and the spine straight and the head should not be resting on any headrest. One should concentrate the mind on his respiration. We normally breathe subconsciously; hence, the mind easily can leave the breathing to the subconscious and get distracted with various thoughts. To facilitate concentration and ensure continued concentration, it may be advisable to slightly change the mode of breathing. To breathe slowly through the nose over 4-5 sec., to hold the breath for another 4-5 sec. and exhale through the mouth slowly over 4-5 sec., after waiting for 4-5 sec to inhale again and continue the same way. It is possible, that in time, the subconscious mind will learn to breathe the same way and may leave the mind free to be distracted again with various thoughts. The purpose of this exercise is to train the mind to remain concentrated, so that it does not wander from thought to thought. Hence, one needs to be vigilant and careful at all times so that the mind does not wander.



**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;**

I

