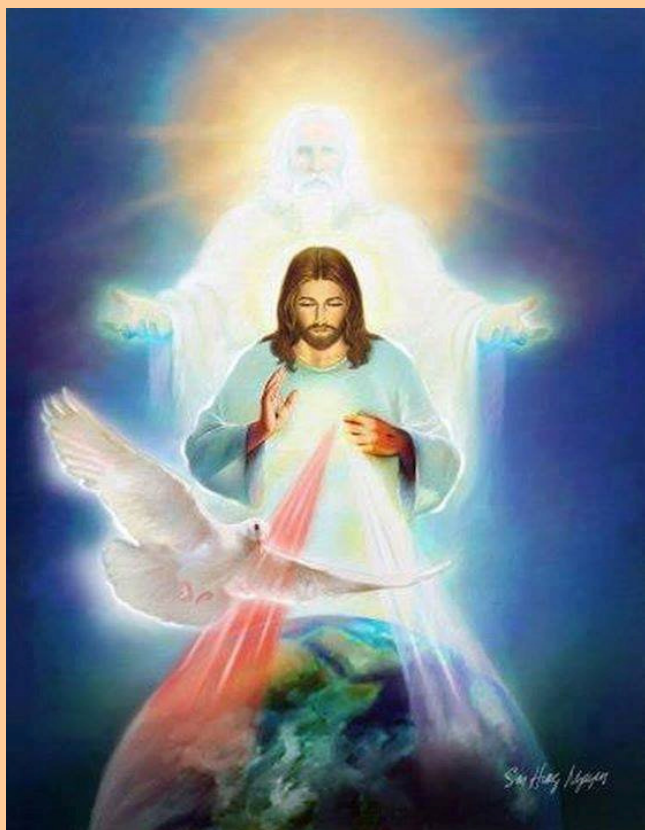

SPIRITUAL REFLECTIONS



SPIRITUAL REFLECTIONS

VAHE SIVACIYAN



TORONTO
- 2019 -

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PUBLICATIONS OF THE AUTHOR

The dates given are for the original publications in Armenian

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

From Light to Light (I)	2013
From Light to Light - II (Awakening)	2015
From Light to Light - III (Universal Laws)	2017
Meditation	2017
Mystical Interpretations from the Gospels	
Part I – Events from the Life of Jesus ...	2018
Mystical Interpretations from the Gospels	
Part II – Parables spoken by Jesus	2018
Mystical Interpretations from the Gospels	
Part III – Jesus’ Sayings	2020
Mystical Interpretations from the Gospels	
Part IV – Gospels of John & Thomas ...	2020
Spiritual Reflections	2019
Enlightened Living – book of Poems Part I	2014
Enlightened Living – book of Poems Parts I , II & III	2019

NOTE

The quotations from the Bible
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1985





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

*

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



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**It is not possible
to make someone understand
an idea by force,
when he is not ready to grasp
it yet.**

**But, at the same time,
never underestimate the power
within a seed that is planted.**



BIOGRAPHY

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

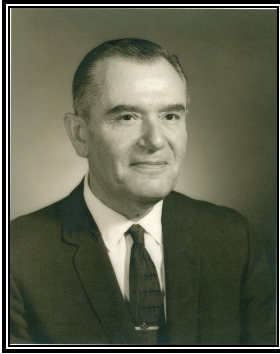


He immigrated to Toronto, Canada with his parents, where he completed his high school education. In 1968 received his Bachelor of Science degree from the University of Toronto, and in 1972, his Medical Doctorate degree from the same university. He specialized in Internal Medicine and in the sub-specialty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

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

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





1911-1985



1904-1994



LOVE AND RESPECT
IN MEMORY OF MY
BELOVED PARENTS
**JIRAYR & ISGUHI
SIVACIYAN**



**"YOU ARE THE BOWS FROM WHICH YOUR CHILDREN AS LIVING
ARROWS WERE SENT FORTH.
THE ARCHER SEES THE MARK UPON THE PATH OF THE INFINITE,
AND HE BENDS YOU WITH HIS MIGHT THAT HIS ARROWS MAY GO
SWIFT AND FAR.**

**YOUR BENDING IN THE ARCHER'S HAND WAS FOR GLADNESS;
FOR EVEN AS HE LOVES THE ARROW THAT FLIES, SO HE LOVES
ALSO THE BOW THAT IS STABLE."**

(Paraphrased from Kahlil Gibran's "The Prophet")



1955-2010



I dedicate this book
to the memory of my
beloved wife

AYDA SIVACIYAN





**Do not be anxious or fearful as to how
many are against you.
But, make sure God is with you at your
every step.**

PREFACE

A

This book is divided into two chapters. The contents of the first chapter are not new, but rather they are taken from the prologues and the epilogues of my books that were previously published. The contents of the second chapter are new essays, which are reflections on the various topics regarding the spiritual life. The purpose of all these essays is to present and also to make comparisons of all that was told to me from my childhood and from what I discovered and learned by personal research. There appears to be an immense difference between the two. Undoubtedly, in the writings there are numerous repetitions, but they are all intentional and purposeful.

If an individual gets to know the real purpose of his life on this planet, then he can have the opportunity to consciously decide the type of life he needs to lead to succeed in the realization of that purpose. On the contrary, he instead appears to pursue money. He thinks that money can buy him happiness. But there are always rich people that are unhappy and poor, destitute people that are happy. Therefore money cannot be the cause of happiness. Undoubtedly there are some who get a “windfall” (a large sum of money) and feel ecstatic. Money never gives lasting happiness. Lasting happiness is possible only through God’s blessings. For each and every individual, the cause of happiness appears to be different. Without a doubt, money is essential to acquire the basic necessities of life, for survival in this world. The purpose of money is to make use of it for beneficial and worthy causes. It is man’s recompense for work done. But one should not work for the money; instead he should work to have done his duty and responsibility. If he has done his best, money will also come. Undoubtedly

money can make one very prosperous, but it also promotes pride and various forms of boasting and bragging, as well as greed. It can not give mental peace. When the individual pursues money, he in fact has created an idol for himself that he worships. Is it not written?

“You shall have no other gods before me. "You shall not make for yourself an idol...”(Exodus 20:3-4)

Yes, money can improve the financial and economical situation of the individual, but it cannot help improve his spiritual life. This is possible only through God worship, which leads to salvation. One worships God through his God-pleasing thoughts, words and actions which are the result of wisdom and the proper knowledge it bestows. Wisdom comes as a result of a higher level of consciousness. One cannot worship that which he does not love, and one cannot love that which he does not know. Therefore it is essential that he “knows”. To know and hence, to worship, is possible when he emancipates himself from all worldly pursuits and especially from his “Ego” and he dedicates himself to the Christ within himself. This is possible when one has absolute faith in God. Unfortunately, most people consider their ignorance, their obstinance and their egoism to be faith. This is the human tragedy.

* * *

**Wisdom of the Father, O Jesus,
give me wisdom always to think,
speak and do that which is good in
Thy sight; save me from evil
thoughts, words and deeds; have
mercy upon Thy creatures and
upon me a great sinner.**

* * *

B

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

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

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

* * *

C

Chapter III: « Addendum »

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

Vahe Sivacian





Money is useful to buy medicines,
but it can not buy health.

Money can buy a soft pillow,
but it can not buy sleep.

Money may buy physical comforts,
but it can not buy eternal bliss.

Money can buy much jewelry,
but it can not buy beauty.

Money can buy a telephone,
but it can not buy hearing.

Yearn for the supreme treasure, wisdom,
you get all else.



REFLECTIONS
I



Taken from the preface of the book “From Light to Light”

RELIGION AND THE TRUTH

I find it appropriate to start the preface with the following story.

THE FIRE

There was once a remote island that had been inhabited hundreds of years ago. Four different tribes lived on the four corners of the island. These tribes were not in contact with each other. Somewhat late but in the remote past, fire was introduced to the island and all four tribes were aware of the existence of fire.

An anthropology teacher, for his students, organized a field trip to this island and after an arduous boat trip, they arrive at their destination. They visited the first tribe and lived with them for a few days. They noticed that only the shamans of the tribe used fire. While they enjoyed warm meals and cooked meat and stayed warm, the general population ate raw meat and shivered at nights because of the cold. Apparently they believed that the fire was a holy gift from God only to those that were privileged, as were the shamans. As they were departing, one of the students requested to stay behind in order to teach the tribe the proper use of fire, for the benefit of all.

The rest of the group left on foot and after some traveling, met with the second tribe. They noticed that this tribe also was aware of fire and considered it as the power of God. They had all the implements to make fire and had put these

implements on an altar and worshipped them. But no one was lighting any fire with the implements. These implements were considered sacred. As the group was leaving, another student volunteered to stay behind and teach the tribe the proper use of the fire for the benefit of the whole village.

The remaining students and the teacher left and eventually came upon the third tribe. The members of this tribe had made totems of the man who had brought the fire there for the first time. These totems were placed all over and the tribe was worshipping them. They had decided that he must be God. Strangely, they did not light any fire, because fire was sacred and only God could light it. Another student decided to stay behind and teach the tribe the proper use of the fire.

The group went on further until they reached the fourth tribe. The inhabitants of this village worshipped the fire itself. They also were not lighting any fires, but had all sorts of weird stories about the fire and its powers and believed in these stories as being the story of their God. After a few days, when the group left, another student remained behind to teach them the use of the fire.

The rest departed and traveled for a few days on the island, and not having found any other native groups, decided to return back. They passed by each village to pick up the students that had stayed behind. When they arrived at the first village, they found out that as the student was trying to explain to the villagers about the fire, the shamans accused him. Instead of believing a stranger, the villagers had sided with their shamans and killed the student by burning him.

When the group reached the second village, they found out that the student in order to explain the use of fire, had used the implements that they worshipped. They had considered this act to be a great sacrilege and had killed him on the spot.

The group made their way to the third village and found out that the student had told them not to worship the wooden image of a man and that he was not God because he had brought them fire. This did not sit well with them and they had tortured and killed him for blaspheming their God.

In the fourth village, as the student had tried to explain what fire was, the villagers had killed him even before he could start his next sentence. How had he dared explain the unexplainable God?

The group, short four students, returned to their boat and departed. During the voyage back the teacher concluded the result of their trip in the following sentence: "To teach is much harder than to learn or to know. Specially, to teach those who do not want to learn is extremely difficult, if not impossible. The ignorant believe only in what they know and oppose any new knowledge. Regardless, they feel disturbed and anxious; hence they despise those who know, to the point of burning and killing them."

*

This book is on religious and philosophical ideas that I hope will stimulate the interest of readers, arouse questions in their minds, and help them reach their own conclusions. I should make clear, however that my purpose is not to convince the reader about any particular religion, but rather just to express several views/ideas in the hope that the reader will arrive at his/her own conclusions.

There are numerous religions and denominations, all with their own belief systems, that, more often than not, criticize, condemn and judge ideas that are not in line with their beliefs. The faithful, as a result of following a particular belief system, unwittingly lose sight of the "Truth". The sincere faithful always search only for the Truth throughout their lives. But the ego (the devil) is always ready to institutionalize any spiritual experience, establish laws, rules and regulations, and create a tradition, giving it an official status. This is not to say that such institutions do not have their strengths or benefits; they do, but they also have weaknesses and faults.

Childhood Recollection

The great majority of people are quite satisfied with what has been indoctrinated into them ever since their childhood. The parallel of the present human condition can be seen in the following observation.

When a baby elephant is tied with a chain from one leg, it is not allowed to go beyond a circle defined by the length of the chain. Surprisingly after full growth, the adult elephant if only tied by a thin string from the same leg, will not venture beyond the length of the string, although it is fully capable of doing so.

In the same way the chains given to us in our childhood have become the strings of today, preventing us from achieving any spiritual growth or advancement. Few are brave enough to break the chains (strings) and get some spiritual advancement and knowledge; but then the ego steps in and makes us think we know it all or have found the Truth; hence, we stop searching. So, is there a remedy for those caught in such a dilemma?

In this day and age, despite the fact that the thirst for

spiritual knowledge and wisdom appears to dwindle, by carrying out our duties faithfully with diligence, dedication, pride, and most importantly love, our lives can become at least a force that could bring about change. In the personality of an individual the victory should belong to the intellect (rationality), not to the emotions. All actions should be performed with love and not anger or resentment. The purpose of our life should not be the desire to live long or to be rich, but rather it should be to cultivate a spiritual being. Unfortunately however, most of us only come to this realization at the time of our death. Alas, it's too late! Why not come to such a realization now?

Truth/Reality

Religion and spirituality are not opposites. On the contrary, in many circumstances religion may be very helpful in instigating spiritual growth. Those who actually experience spiritual growth do not oppose religion; rather they live it. Here it may be appropriate to remember the word of Jesus

Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill (Matthew 5:17).

For such people, religion becomes only an internal, mental idea of moral behavior, a way of life and an outlook, without the rituals and other external props. In the past, and even now, in some circles the religious conservatives, unaware of reality and facts, especially in the area of recent scientific knowledge regarding quantum physics, have blindly opposed science, and scientific methods, that deal with religious matters.

The individual has to liberate himself/herself from the tyranny of the ego. Indeed, intellect and rational thinking are good, essential and very beneficial for the spiritual journey,

but they are not sufficient for understanding and experiencing the Truth. In fact, even this limited ability is further wasted with meaningless divisive arguments, even wars. Instead, one needs to observe and appreciate the silent beauty and magnificence of the universe that sings the glory of the Almighty. And yet, what do we do? We live a miserable and useless life, completely impotent to make any difference. If we could only come to the realization that through that silence of the universe God is inviting us to have at least a glimpse of an experience of that Reality (Truth). Alas, in general, humanity has always ignored that call. Thus by rejecting that Light, we have lived in misery instead of living in bliss.

Unfortunately, during the last 40 to 50 years, those institutions that had at least superficially preserved for centuries the truth about the "Mystery of Mysteries" in their rituals are now dismantling them brick by brick. Rituals that represented the truth of the "Unattainable Mysteries" are no longer being performed properly; hence, they have lost their power. We need not seek the Truth here or there. The Truth is within us.

True faith will have more questions than answers. Answers will come eventually, bringing with them many more questions. There is more faith in doubt and uncertainty than in all religious denominations and dogmas. Just as we respect the truth in our own beliefs, so also we need to respect the mystery of others' beliefs. In this spiritual journey, what will guide us forward are the questions, not the answers. Truth is not something tangible but rather a bridge, connectivity between thought and "Reality". Believing is not the end of the road, but only the beginning. Because of our ignorance, we tend to continue our illusory lives. We always have the ability to choose the way of spiritual knowledge, but we always choose instead the illusion, probably because

we are familiar with it and consider it to be safe.

At different times and in different cultures, the experience of Truth has been described in different ways. Future generations will look back to our times and will declare us as being "primitive and retarded". This is not surprising because we (including esteemed scientists, philosophers, prophets and clairvoyants), are lost between two extremes: the no-longer existent past and the unknown non-existent future. We need to live the present only, because that is the only reality.

In general we waste all our time, effort and energy to provide for our "daily lives"; hence, no time, energy or will remains to pursue spiritual knowledge. And those few individuals, who do attempt the pursuit of spiritual knowledge, lack perseverance. Why? Because we prefer to follow certain predetermined belief systems that are handed to us on a platter. This seems to be easier and does not take any effort, or at least very little effort. It also puts the onus on the shoulders of certain "experts", taking the responsibility away from us. This seems to make life easier. Today, through the use of radio and television, these experts tell us to believe in what they preach. Both radio and TV are very powerful tools in disseminating information and in shaping our minds, but in the wrong hands, it becomes "the blind leading the blind".

Traditions bring us experiences of centuries of living. For the sake of being natural and innovative, we should not ignore tradition. To trust only one's own opinion or belief as to what is good or bad, or what is right or wrong (sin), ignoring many centuries of moral wisdom brought to us by tradition, is wrong, conceited and outright dangerous. At the same time, it is important to pursue and have personal experiences, and live accordingly. This appears much harder. It generates many questions and doubts, and on top of it all,

we may be subjected to disapproval and ridicule by others. Therefore, to live according to tradition is much easier because it does not require effort or any critical thinking or decision making, and as a bonus, we enjoy the approval of others. But which is right?

Nerses of Lampron (1153-1198), a theologian of the period of Cilician Kingdom, has written: “The pursuit of knowledge is an expression of love of God”. My purpose in writing this book is to bind tradition with personal experience, personal experience with science, and science with tradition. In other words, I try to interpret traditional beliefs without going against sound scientific principles and emphasize the importance of personal experiences. Hopefully it will also bring out the importance of what Jesus said:

Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father. (John 14:12).



Taken from the epilogue of the book “From Light to Light”

MAN, RELIGION AND THE CHURCH

“Where the value is diminished, the adjectives indicating the greatness of it increase.”

The above dictum represents an absolute truth. Years earlier when I started working in the hospital, it was being run by nuns. It ran like clockwork. No one used to advertise any missions or patient rights, etc. They were all carried out without any questions or thoughts. That was the norm and the absolute that was expected. When the “Sisters” left, within a relatively short time, posters on the walls of the hospital were advertising the mission of the hospital and the care and rights of the patients. The irony was that they did not appear to be a priority any longer. During the period of the “Sisters”, when the mission was observed, no one talked about it. But later, when it was not observed, everyone kept talking about it at meetings, etc. Before, the center of attention was the patient, and later the center of attention was finances.

During our spiritual journey, those with true progress are usually very quiet and they can only be known by the quality of their actions and works. Those who go around claiming that “they believe therefore they are saved” or that “they are born again” are like empty barrels that make a lot of noise for nothing. The true salvation is to reveal Christ in ourselves during this life here on earth. It is to find our true Being (Self), our “spiritual body”, our soul. In this vein to know is not the result of accumulating data and increasing our knowledge. It also is not to understand with our intellect. These usually are obstacles to the true knowing which occurs spontaneously, without thought. The individual sees and gets to know himself not the way he would like to be but the way he actually is. For this, a little effort is useless. The person

should change totally or it is better that he does not change at all. That change is the self-preparation. We all wish “to go to heaven”. This is a wish that is born of the mind and desires. The true desire must be born of the heart and not the mind. Because of this, love is an absolute essential. The desire of the heart becomes the revelation of the individual’s true Self. It gives the individual a power that nothing can destroy. It is difficult to comprehend this type of knowing, whereas the knowledge that comes through the mind is clear, precise and understandable. It is not possible to transfer or give faith to some other person. It is not born of thoughts, but it comes directly from that knowing that is the result of being, that consciousness. To think, to know and consciousness are completely different things.

The purpose of this book is not to convince anyone that its content is absolute truth. They just represent my present way of thinking. Who knows what is right? It is highly possible that in the future I may also think differently. Ideas and thoughts always are subject to change. The purpose is only to show that there are varying interpretations and points of view. It is important for each person to seek his own way that is conducive to his nature.

There are a few basic givens and truths that should be indisputable and unchangeable.

- a- There is no discrimination in God and He is just.
- b- God is love.
- c- God is omnipresent.
- d- God is omnipotent.
- e- God is all knowing.

If we believe in these truths then it would be impossible to hate anyone. If we believe that God is everywhere, then He is in each one of us. Therefore hating anyone, would be hating God. It does not matter what religion the person belongs to, Christianity, Judaism, Islam, Hinduism,

Buddhism etc. If God has allowed for a person to be born into a religion that other religions may view as condemned to hell because of their beliefs, then God would be unjust and discriminatory. This obviously is not the case. Therefore, all religions are valid in God's eye. We need not preach to others with the idea of converting them from one religion to another. Jesus did not discriminate; He sat with the Samaritan as well as with the Jew. He called the Roman centurion the man with the most faith in Israel. He told the disciples to go and preach the way of salvation to the "heathen" of the day, the non-Hebrews. If God does not discriminate why do we?

Men are like machines, and at that, a very complicated one. Man is capable of understanding the most complicated machines and operate them very effectively, but man is impotent to understand his own machine, his self. We tend to live as a machine according to some given inputs, just like any simple man-made machine operates based on certain given inputs. The astonishment is that we seem to be satisfied living as machines. This incongruity is the cause and also the result of deceit, lies and ignorance. Medicine today is considered quite advanced. This so-called progress is also based on and in keeping with the level of ignorance we have regarding the human "machine". We act as machines not knowing what we do.

I have had the privilege to have been born "in the Armenian Apostolic Church". It has been the birthplace of my soul. At the age of seven my father took me to church and presented me to the choirmaster for me to participate in the church choir. The choirmaster of the day, Nigoghos Tataryan, told my father that I should have started earlier. From that day onwards, I fell in love with my church. I have never missed any service throughout my life until the last approximately ten years. I love my church as I love myself.

When I used to be sick, my mother would say: “don’t go today, rest and get well, you have a fever.” My answer would be: “when I go to church I get well”, and would go, and in fact would come back home feeling much better. She also had told me: “don’t ever leave your church.” I use to answer: “If they throw me out the door, I would go in through the window.” I find my church unequalled by any other church. In its rituals are hidden and preserved many spiritual truths, but alas, they are no longer recognized or understood. I am not bragging about my church because I happen to be Armenian. Actually there is no cause to be proud; on the contrary I am extremely troubled. The promise I made to my mother, I am unable to keep, not because I changed, but because my church has changed. To take part means to give consent to all the changes, which I am unable to do.

In medicine, when a patient comes for help, for whatever ailment, it is customary to take a history and to do a physical examination before making a diagnosis, so that appropriate treatment may be prescribed.

Using the same approach, I have examined the “birthplace of my soul”, my church and its present condition. My church has survived for 1650 years, very healthy, despite numerous epidemics that have threatened its life. Surprisingly, during the last 60 years, it has suddenly weakened. I wonder if it is getting too old. I doubt it. After a full history and examination I found the following symptoms and signs:

a- It has two heads. I wonder, what is this a sign of?

b- The services, including the sacraments, are not performed fully, even parts of the Mass. The present generation does not even know how they used to be. There does not appear to be any teachers left, nor are there those interested in learning the proper rituals. There was even a

short form of the book of sacraments published.

c- The Sacraments have lost their powers. I am not surprised, because they are not performed properly. Even the “Confessions” are abridged; I wonder if the following communion still would have the same power and effect?

d- The churches in general are empty during the Holy Mass and other services. When the population in the community is 30,000 and one only sees 30 people in attendance, or even 300, that only represents 1% of the population. Does not one think that this is a serious symptom? Is it possible that people do not attend because the sacraments have lost their powers?

e- The mysteries have ceased to be a mystery as well. With the idea of making the text of the services understandable, the language is gradually changing from classical Armenian to the vernacular. By using the vernacular has anyone understood anything more than before? That which is understood stops being a mystery. Since we, as humans, do not have the capacity to comprehend God, why do we embark on thoughtless and senseless deceptions that we are going to make Him understood by the unsuspecting public? It would be much better for mystery to remain undisturbed as a mystery. I do not understand why we still insist on starting the Holy Mass with the song “Mystery of mysteries.” There must still be some partial mystery left. I had the opportunity to converse with His Holiness the late Karekin I, the supreme Catholicos of all Armenians, during his last visit to Toronto. He also was against the use of the vernacular during the rituals. May God rest his soul in His Light. Why classical Armenian and not the vernacular? Every language in time evolves and changes, mainly because they are not perfect to start with. The meanings of words change as needed. For instance, sixty years ago, “gay” meant something totally different then it

does today. The Armenian language also has two major dialects. It is the same language but the same word may have two totally different meanings. In the Armenian version of this book, I had used the example of the word “bantog”, which for a western Armenian would mean “hotel”, but for an eastern Armenian would mean “brothel”. In time the written words’ meanings or interpretations also change. In the classical Armenian language the etymology and inclinations as well as spelling and grammar are precise and not subject to change. The sounds of its letters are precise and perfect. Being a perfect language, it need not change. It is a reliable language because the meanings of its words are precise and unchanging. Every sound of every letter is based on a specific frequency of sound. We should be thankful to the genius of St. Mesrob Mashdots, the creator of the Armenian alphabet. When it is deliberately used with special attention, it can also influence the person, changing his way of thinking, making his thoughts more beautiful, more certain and more reliable. As a result, the person feels uplifted and this results in happiness. To listen to the classical Armenian is like listening to a symphony that inspires you to have a spiritual flight. This effect can persist throughout the week during all mundane activities as well. It is a language with perfect rules and regulations. Why do we think that it is said: “the classical Armenian translation of the Bible, is the “queen” of all translations from the originals.” Because of this, in this book (at least in its Armenian version) I have made all biblical quotations from the classical Bible. I have also added the vernacular as well, to make it better understood, since this is not a ritual, but a book to be understood. Rituals are not for understanding, but for living them. Understanding the words are useless, the important thing is to understand its spirit. At times, it is easy to see the significant difference between the classical

Armenian verse and the vernacular as to how different they are. Aren't all the present religious differences and conflicts a result of misunderstanding of the written words' meanings, because they are translated into imprecise languages where meanings of words have changed in time? The classical Armenian also can express the truths of the harmony of the universe in a very concise and simple fashion. It is a language where one learns the rule by understanding and not by memorization. Its grammar is exact and precise. A few years ago in the UN, it was proposed to make Armenian the international language. Why do we think that they suggested the Armenian? Because it is a precise language not subject to change. With its basic root words, it is possible to make many more compound words. But unfortunately, this did not materialize. Instead a made-up language was created, "Esperanto", which appears to have gone the way of past history. Did you know that NASA was considering in making Sanskrit their international language, because it is the only other language on earth with similar properties to the classical Armenian? Sir Byron had studied and was very proficient in the Armenian language. Did you know that the Armenian he learned was the classical one? Do you think for a moment that he learned Armenian because he was enamored with the Armenians? I doubt that very much. He learned it because he had found a perfect language. To pray and show devotion to the Perfect is best done with a perfect language.

f- The foremost concern of parish councils as well as the clergy appears to be the financial requirements of the church, rather than the spiritual needs of its parishioners. They must have forgotten Jesus' following words:

Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like

one of these. (Luke 12:27)

Are we afraid that Christ would abandon His Church? Never, if it is still His Church. It is convenient and human to blame the clergy for the ills of the church. But it is not up to us to judge and condemn them. Does not the Bible say?

“Do not judge, or you too will be judged.”

(Matthew 7:1)

Every person knows himself well. Every priest should examine, judge and decide as to his motives of becoming a priest. If, after such analysis, he finds that his motives are money or the power that the position yields, rather than sacrifice and service to God, then he should resign. Despite his own condemnation if he decides to continue holding office, we should not be upset or angry. It is said that a population will get the leaders they deserve. If we want a God-fearing and saintly clergy, it is imperative that we, each one of us, should examine ourselves and work on changing ourselves to be better, saintly and develop a higher consciousness. When a critical number of people in the population achieve such a noble level, then the clergy and leaders also change. It is impossible for them not to change.

You must be the change you wish to see in the world. (Gandhi)

g- To my understanding all the church Sacraments should be provided free of charge to all faithful. Today, a baptism or a wedding imposes a significant financial burden on individuals. We even have to think twice about dying. I am certain there will come a day that even communion will be given for a payment. If it is acceptable for one sacrament, then why not another? I wonder if Jesus was charging for the cures he was performing. Heaven forbid.

h- Over the last few years, there has been an unprecedented number of defrocking of priests worldwide. I was not aware that so many unworthy people had previously

been ordained as priests. I wonder how many more unworthy persons remain that are still functioning as priests? We should not be surprised that the church is ill.

i- Again according to my understanding an Armenian church that has been opened cannot be closed, ever. A bishop has the right to allow a new church to start functioning, provided it has enough parishioners, but does not have the right to close it. Even if the parishioners move away, the church may remain non-functional but cannot be closed. Today we note with great pleasure the celebration of the Holy Mass in “Aghtamar” and “Dikranagerd” in eastern Turkey, formerly western Armenia. These churches were non-functional for 100 years, since the deportations and massacres. Unfortunately, as if opening and closing stores, I witnessed the closing of the Holy Cross Church of Toronto. In its place another church called “Varaka” was started and a short time later, it was also closed. And now, I understand in Nice, France, an 85 year old church recently has been closed. When the fundamental laws of the church are not respected, the foundations of the church also crumble. We should not be surprised that the church is ill.

j- From the altar of the church, during sermons, I have heard derogatory terms and adjectives used especially during the requiem Masses performed for the 1.5 million genocide victims on April 24th. After hearing these words, the April 24th requiem Masses were the only time I had not attended services. Did Jesus from the cross curse his executioners and called them names? No! Instead He forgave them all and prayed for them saying: “Father, forgive them for they know not what they do.” Even for a second, do we think that Jesus would have resurrected on the following Sunday, if He had cursed them from the cross?

I am not surprised that my beloved Church has weakened. Over the years I have seen a lot: Mass being

performed with “ouzo” for lack of wine; smoking behind the altar during Mass; use of profanity in front of the altar during Mass; a deacon being physically pushed off the vicinity of the altar during Mass; and a “Lotto” card (gambling) next to the chalice being filled out during Mass.

I have learned about medicine for the human body, but the church is Christ’s body. Therefore, I am not certain of the diagnosis based on the above symptoms and signs. I will leave this to our bishops, as it is their specialty. At the same time, it is difficult not to be concerned. I do not have a specialty in this branch, but it is possible to guess at a diagnosis and consider some treatments, of course always to be validated by the experts. Some family physicians also refer patients to me with their diagnosis and plan of action with regards to treatment. Some I agree with and find very appropriate and for some, I change the diagnosis and treatment plan as needed.

With this in mind my recommendations are as follows:

a- The two heads should become one. This is an issue to be resolved between the two Catholicoses. I leave the issue completely and totally for them to come to an agreement and resolve it. Here I like to remember Jesus’ words:

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

“If a house is divided against itself, that house cannot stand.”(Mark 3:25)

“Jesus knew their thoughts and said to them: ‘Any kingdom divided against itself will be ruined, and a house divided against itself will fall.’” (Luke 11:17)

“For those who exalt themselves will be

humbled, and those who humble themselves will be exalted.” (Matthew 23:12)

“whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all.” (Mark 10:43-44)

b- There is a need for a renaissance to perform all services as they should be without abbreviations.

c- Remove all vernacular Armenian language from all rituals and services, including the readings from the Bible and the four Gospels, during all rituals and services.

d- The first concern of the parish councils and especially the clergy should be the spiritual well being of the parishioners. The financial concerns should always come second. In this vein all Sacraments should be available for free to all. I come from Constantinople. At the time I was there, the late patriarch, His Holiness Karekin Khachadurian had forbidden even the passing of a collection plate in the church for the usual collection. There were no membership dues. Plates were outside in the church yard. The faithful gave whatever they wanted on the way home from the church. Financially, it was the best time for the church. Membership fees should also be abolished.

e- We should never forget the 1.5 million victims of the genocide. My mother was also deported at that time at the age of 12. She was fortunate to have survived.

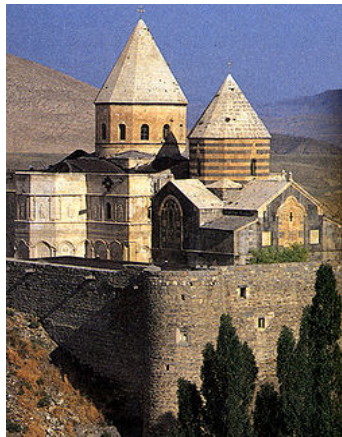
It is not possible to vanquish hatred with hatred, but it is possible to vanquish it with love. On April 24th, let us remember our fallen brothers and sisters and let us continue to pray for them, but let us also pray for the perpetrators of the genocide who acted as a result of ignorance. After the Mass, let us perform the requiem service remembering all. After the requiem service let us add a short prayer session for our Turkish brothers and sisters of today, so that God blesses them. When they receive God's blessings, they will forget

their hatred and animosity towards us. All these years of hatred! What have they brought for us all? Nothing! Just more hatred. Do we believe in what Jesus said?

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

f- To announce to the entire world that the Armenian Church recognizes all Christian denominations and all other religions as valid, true and equal without any discrimination. If any person from any religion wants to receive any of the Sacraments, to give them without demanding that they go through various ceremonies for the purposes of having them converted, first into Christianity and later into the denomination. Armenians have always been proud to be the first Christian state in the world in 301AD. Most, probably

do not even know that the first church ever built in the world was also in Armenia (now Persia). The Church of Thaddeus was built by Jesus’ disciple himself in 68AD. Destroyed by an earthquake, it was rebuilt in 1329 and it was fully renovated in 1810AD. Foreigners called it “Kara Kilise” meaning “dark church” because the original was built with black stones. (see



picture) In those days, everywhere else Christians could only gather in caves or catacombs for worship. If we truly want to be proud, let us be the first nation and Christian denomination that accepts all denominations and all religions as equals and does not discriminate. No, we should not be proud. Pride blocks the powers of the Holy Spirit from

working in us. Besides, no one should be proud for doing what is right. We should only feel ashamed for doing what is wrong.

g- To learn and to teach to all, the true road to salvation, the road that Jesus showed us. I tend to agree with Ghandi when he said:

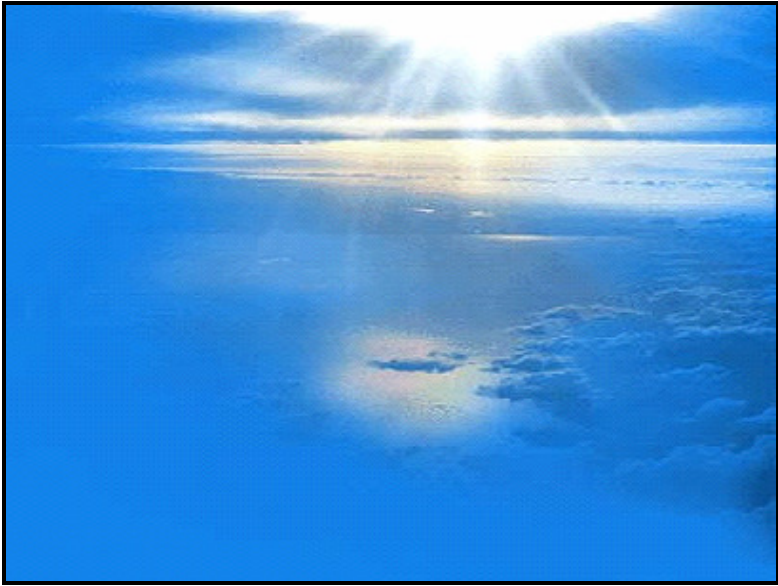
“I like your Christ, I do not like your Christians. Your Christians are so unlike your Christ.”

Let us be once more the leaven for all religions, without discrimination and spreading love everywhere. Let us be like Jesus.

Before anything else, these recommendations need to be validated by the experts and implemented. And if these are wrong, the specialists have to decide on the proper treatment.

Christ’s “second coming” depends on us. We should make this possible, so that the whole world once again announces “Christ is risen from the dead, Blessed is the resurrection of Christ”, and why not, this time in Armenia, instead of in Palestine.





SUMMARY OF PERFECTION

Ignoring the created and inferior;
Remembering above all things
the Creator;
Attention to the life that is
interior;
For the Beloved
love that's always greater.
(St. John of the Cross)

Taken from the epilogue of the book “From Light to Light”

HOW TO BE THE CHILD OF GOD

CONCLUSION

Self-realization, revelation of Christ is more difficult for those who fix their mind on a God that is formless, because the comprehension of the unmanifest God the Father by the average human being is very difficult. But, to those who worship Christ as their personal God, renouncing all actions to Him; setting Him as their supreme goal, and meditating on Him with single minded devotion; He swiftly becomes their savior, from the world that is the ocean of death whose thoughts are set on Him. Therefore, focus your mind on Him alone and let your intellect dwell upon Him through meditation and contemplation. Thereafter you shall certainly go to Him.

If you are unable to meditate (or focus your mind) steadily on Him, then seek to reach Him, by practice of any other spiritual discipline or worship. If you are unable even to do any worship, then be intent on performing your duty for Him. You shall attain perfection just by working for Him as an instrument, just to serve and please Him, without selfish motives.

If you are unable to work for Him then just surrender unto His will with subdued mind, and renounce the attachment to and the anxiety for the fruits of all work by learning to accept all results, as God-given, with equanimity.

Knowledge is better than mere ritualistic practice, meditation is better than mere knowledge, renunciation of the fruit of work is better than meditation, peace immediately follows the renunciation of (the attachment to) the fruit of work.

One who does not hate any creature, who is friendly

and compassionate, free from the notion of "I" and "my", even-minded in pain and pleasure, forgiving; and the one who is ever content, who has subdued the mind, whose resolve is firm, whose mind and intellect are engaged in dwelling upon Him; such a devotee is dear to Him.

The one by whom others are not agitated, and who is not agitated by others; who is free from joy, envy, fear, and anxiety; is also dear to Him.

One who is free from desires; who is pure, wise, impartial, and free from anxiety; who has renounced the doer-ship in all undertakings; and who is devoted to Him, is dear to Him.

One who neither rejoices nor grieves, neither likes nor dislikes, who has renounced both the good and the evil, and who is full of devotion, such a person is dear to Him.



Taken from the preface of the book of poems (in Armenian only)

THE REVELATION OF BEAUTY

Abraham Lincoln, the 16th presidents of the United States of America, was presented with a candidate for an important governmental position. After a short interview, he indicated to his advisors that he does not consider this person to be suitable for the position. The advisors object, saying that the applicant has excellent recommendations and education and is best suited for the position. They ask the president the reason for his refusal. He simply, answers saying: “He is too ugly”. One of the advisors indicates that if God has created him ugly, it is not his fault. The president gives a short response and says: “Every man over the age of forty is responsible of his face (looks)”.

Undoubtedly we have known individuals who were “ugly” when young but, with age, their look has changed and slowly, they become more beautiful. Others who may have been as beautiful as a doll in their youth, with age, have become uglier. Sometimes we see a person and we immediately see a glow around their face and we may even say: “he appears to have the grace of God”.

“Beauty is in the eye of the beholder”. Beauty does not depend upon facial lines, the smoothness of the skin nor on facial proportions, for there are elderly men and women who have severely wrinkled skin, yet beauty still reflects from their faces. The beauty that we see is the radiation of their energy “body”, their aura. We are subconsciously affected by the degree of energy and its frequency. When their energy is harmonious to ours, we find them beautiful; otherwise we would find them “ugly”. The degree and the frequency of that energy is dependant upon the degree of energy the individual receives from the Holy Spirit and that depends upon the way he conducts himself in life.

Taken from the preface of the book of poems (in Armenian only)

MAN AND THE DESIRE OF PARADISE

People in general think that life, religion and salvation etc., are very complicated issues. On the contrary, all of these are very simple, but this does not mean that they are easy to achieve.

Man is like a fish in an aquarium. He swims round and round, unaware that there exists a huge ocean. Let us assume that the fish is aware of the presence of an ocean and day in and day out, it continues to dream of being in the ocean. To release this fish into the ocean, one tries to take it out of the aquarium. The poor fish trembles and struggles to get back into the aquarium and when it falls back in, it rejoices. It is the same with man as well. He goes to church frequently. He prays for salvation constantly, but when the opportunity arrives, he struggles not to give up his ties to this world. As a result, for his peace of mind, he changes his religion to suit his ways, rather than to change himself, to suit the teachings of his religion (teachings of Christ). He lies to himself and thus lives a life of illusion and awaits the end of that illusion with fear (of death). Just so that that fear does not disturb his mental equanimity, in his mind he creates the hope of an illusory paradise that will come to realization after death. It is interesting to note that it will occur after death, because this does not give him any responsibility of trying to escape the illusory life that he is living in. The unavoidable death takes care of the end of the illusion. The sad part is that after death, he can never have any awareness of any paradise, because paradise is on earth and after death, the individual is no longer on earth. According to the Book of Genesis, at the time of Adam and Eve, paradise was on earth. I doubt that this has changed. The true peace is to be with Christ. It is man's duty during this earthly life to reveal Christ within himself.

Taken from the book of poems (in Armenian only)

PRAYER

**“I am your being and the beginning of
your completion. It is in Me that you will
live after this life.”**

(Translated)

The above quotation was taken from an engraving on a coin commemorating the seventieth anniversary of the Armenian genocide.

I pray to God, so that as a result of His infinite mercy, He bestows on us an increased level of consciousness so that we can get to know the path of perfection and of righteousness, and He also gives us the desire and the ability to pursue that God-pleasing path in this life, so that we can come to realize His revelation through us. Through our prayers, we should express the determination and the effort to achieve that realization. Prayer is not to ask and to wait for results. The dictum says: “God helps those who help themselves”. The blessings of God incessantly and constantly flow on all. It is we who block their “flow” into our lives. Therefore it is up to us, through our conduct and direction of mind, to open the “doors”, to allow the “flow” of blessings into our lives.

The success of this endeavour becomes obvious from the degree of beauty that emanates from the individual’s face. This beauty depends on the degree of love that is present within that person, the degree of hope and the degree of strength of faith and the level of service and sacrifice one is willing to devote for the welfare of others. In summary, it depends on the individual’s thoughts, words and deeds.

**Have mercy on me, O God, according to
your unfailing love; according to your great
compassion blot out my transgressions.**

(Psalm 51: 1)

**Taken from the preface of the book “From Light to Light II-
Awakening”**

UNDERSTANDING OF RELIGION

Although I have some knowledge of several different religions, I have been careful in making sure that the views expressed are all based on truths presented in the Bible. It is possible that some of the presented views may differ from the beliefs of some of the readers, but I do not think they differ from what Jesus had taught us.

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

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead. But someone will say, “You have faith; I have deeds.” Show me your faith without deeds, and I

will show you my faith by my deeds. You believe that there is one God. Good! Even the demons believe that and shudder. You foolish person, do you want evidence that faith without deeds is useless? Was not our father Abraham considered righteous for what he did when he offered his son Isaac on the altar? You see that his faith and his actions were working together, and his faith was made complete by what he did. And the scripture was fulfilled that says, “Abraham believed God, and it was credited to him as righteousness,” and he was called God’s friend. You see that a person is considered righteous by what they do and not by faith alone. In the same way, was not even Rahab the prostitute considered righteous for what she did when she gave lodging to the spies and sent them off in a different direction? As the body without the spirit is dead, so faith without deeds is dead. (James 2:14-26)

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

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

(Originals were in Armenian; here I will present their translations.) **“Study well your population. Whatever you write should pertain to their lives.”¹**

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

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

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

We, as Armenians, tend to be proud of being the first nation who accepted Christianity. Mankind can not be proud

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

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

**“ ... In the Holy Book there is a verse that says:
“God formed man of the dust from the ground,
and breathed into his nostrils the breath of life;
and man became a living being. ... God created
him in his own image. ... God planted a garden in
Eden, in the east; and there he put the man whom
he had formed, to keep and to take care.” All the
problems that we are facing today and that we
seem to be lost in, stem from the fact that we have
failed in our duties as custodians of what was
given to us to keep and to take care of, the garden
of Eden (the paradise). A healthy environment can
only exist when love is present and there is trust**

and equality. This responsibility is one given to mankind only. The honorable president of the Society in his speech mentioned that as a result of drought there have been migrations. Today that drought is present in people's hearts. Because of it people ignore each other and have become selfish. The peace and happiness of a person does not come from anywhere except through the heart of another individual. Just because of this, I do not want the rights given to me by the law; instead I want a place in your hearts. If I were to be in your hearts, everything that belonged to you would also belong to me; but if I had no place in your hearts, then nothing would belong to me. I would be separate from you.

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

Dear friends, I will try to explain this using an illustrative story: A man was taken to heaven; he noticed that everywhere was beautiful and the angels were attending to everyone. He asked one of the angels as to what they are selling there in heaven. The angel responded saying that they were selling love, justice, conciliation, understanding and mercy. The man became very excited and asked if he could get some to take with him. The angel's answer was "as much as you want". The man ordered 500000 tons of justice and 200000 tons of love and mercy. The angel said "just a minute" and departed. The man started thinking:

I suddenly got excited and ordered tons of stuff, because I knew there were none of these on earth, but how am I going to carry all that down to earth? When he was still in deep thought, the angel returned and placed a small pouch on the counter and said: “here is your order”. The man flabbergasted, once looked at the pouch and then to the angel and indicated that he had ordered tons of justice, love and mercy but he was given only a small pouch. The angel laughed and said: “Here we only sell the seeds of all the things you asked for; if you sow these seeds in peoples hearts they will grow and multiply and will give you many tons”. Politicians in public and in Parliament speak beautiful words; the clergy, in churches or in mosques speak beautiful words, but since the world has not become a better place, we should distance ourselves from such people. We need people who know their duty of improving society and the world, who intend to have a positive impact; hence, we need wise people. It is not sufficient just to be smart or clever, there should also be a loving heart that goes with it; otherwise, the result could be catastrophic. A man of law without love in his heart ends up being unjust.

Tonight as I cherished the honor bestowed on me, I also wanted to share with you the worries that were festering in my heart. In the Holy Book, it is written: “If a man can not love the brother that he sees, how can he love God that he does not see?” The way to God does not pass through the mosque, through the “namaz” (Islamic ritual of worship), through the church or through fasting, instead it

passes through the heart of another person. This means to be part of their sorrows and to try to wipe their tears. If I am not able to realize this, my being clergy and my faith mean nothing.

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

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

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

1- Arpiar Arpiarian

2- Markar Sharapkhanian

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



**Taken from the epilogue of the book “From Light to Light II-
Awakening”**

RELIGION AND SALVATION

With regards to religion and salvation, even within the same religions different denominations, there exist differences of opinions and beliefs. Undoubtedly, there will be those who would even refuse to read this book and will insist on their own beliefs. Their fear is that an external devil will misguide them. To me, it appears that the “devil”, their ego, by closing their minds, has already misguided them, so that they would not have any progress on the spiritual path, because such a progress means the death of the ego. It is well known that the ego will try not to lose control, no matter what. To this end, within the mind, the ego creates the fear that the individual will lose his belief that he is so attached to, and feels so comfortable with. In turn fear takes away the individual’s ability to think and to take action. Jesus knew very well about His crucifixion and even had the opportunity to escape, but He had no fear and willingly accepted God’s will.

Our true teacher is the inner Christ. If we are ready to learn, Christ is ready to teach. It is not important as to what we read. Even from publications of devil worshipers, Christ can teach us how not to be. There should be no misunderstandings. I do not recommend reading such works, and this was only a simple example. For Christ to be able to teach us, the only requirement is that we have a seeking, receptive and an open mind. According to the Gospels, on numerous occasions Jesus pointed this out when he was talking about “fertile soil”. The fertile soil is the open mind, the mind that is ready to learn. In the West, some of the evangelists, especially those who preach on TV or radio carried away by wrong interpretations of some of the letters

in the New Testament and being misguided, also misguide the vulnerable following they have. Why do we think Jesus said the following?

“Leave them; they are blind guides. If a blind man leads a blind man, both will fall into a pit.” (Matthew 15:14)

“... when the Son of Man comes, will he find faith on the earth?” (Luke 18:8)

They ignore a lot of verses that contradict what they preach. It is very easy to say “I believe, therefore I am saved” or “Jesus died for my sins, therefore I am saved”. This type of understanding, other than just saying “I believe”, does not put any other responsibility on the shoulders of the individual and they continue in their usual ways. Perhaps they may be a bit better than general society. I personally know of a couple, wherein the wife got involved in a “born again” group, and every day was attending Bible study sessions, completely neglecting the family and all her duties, eventually “in the name of God”, ending up in divorce. I doubt that this could possibly be God’s will and the religion that the wife was following, despite it being a Christian sect, could be a true teaching. Both the Catholic and Orthodox Churches did not preach the same way for the last 2000 years? Do we think that because they did not know? They, on the contrary, new much better. But, surprisingly today in our churches, we are starting to hear sermons that appear to echo the above mentioned evangelists. I wonder what this is a sign of. Is it possible that they have forgotten the treasure that they are custodians of, or is it that they are trying to please a faction of the congregation that is swayed by the TV evangelists? In our churches similar sermons started to appear simultaneously with the change of the language of the rituals from the classical Armenian to the vernacular. Is it

possible that our orthodox church is no longer orthodox and is sinking into more “darkness”? It would be better if the sermons would expound the correct interpretation of the teachings of the Gospel read that day. For the Orthodox Church, what Jesus has said is much more important than what is in the letters. During the Mass, do you know why the reading of the Gospel is done from the higher stage of the altar with candles lit on either side? Have you ever thought about it? The light of the candles represent the “light” of knowledge that is spread by what Jesus has said. The one who reads the Gospel has to be a priest or a deacon. On the other hand, any readings from the Old Testament or St. Paul’s and other letters of the New Testament are done from a lower level, without any candles, and can be read by anyone. The lower level represents the “worldly” and the higher stage of the altar represents the “heavenly”. The teachings of Jesus are “heavenly”, but the teachings of the letters “worldly”. Which one would we want to follow? Again, I do not want any misunderstandings. I am not against the letters. Their authors also got their teachings from Jesus and were also guided by the Holy Spirit. But they wrote those letters to the general congregation of the day and according to their level of consciousness. Jesus had said: “they will hear but they will not understand, they will see but not perceive”. Is it not possible that the authors of the letters, having in mind the level of consciousness of the public, that they presented a superficial view commensurate to their level of understanding? What is more astonishing is that out of 12 disciples very few have written any letters and those are very short. Most letters are written by St. Paul who actually was never with Jesus. It is true that Christ appeared to him on the road to Damascus and he had an **awakening** and repented. Approximately 70 years ago, the Gospel according to St. Thomas was found, which is not accepted as one of the

Gospels in the New Testament. Surprisingly in the Gospel of Thomas, there is absolutely no historic accounts of Jesus' life or the events of the time, but only 114 verses of what Jesus had said.

As it is written in the last part of the IIIrd Chapter, God reveals to all in the same way, but each person “sees” him according to his level of understanding or according to his belief system. In the same way, each one of us will understand the teachings of the Bible also according to our beliefs, comprehension and to our levels of consciousness. For each person, what he believes in is right for him and commensurate to his conduct in life and also to his level of consciousness.

But should we not try to increase our level of consciousness?

**“Have mercy on me, O God, according
to your unfailing love; according to your
great compassion blot out my
transgressions.”
(Psalm 51:1)**



**Taken from the epilogue of the book “From Light to Light II-
Awakening”**



RELIGION OR AWAKENING



God is one and he created man according to His image, only one kind. But surprisingly men with various customs and languages divided themselves into various nations and cultures. In these divisions the most tragic and harmful has been the division of religions. With this last division they also, at least in their own minds, have divided God into various parts.

Despite the fights, the wars, the hatred, the opposition men have created in the name of religion, God still remains one. One of the qualities of God is that He is everywhere, all pervading.

Despite man's disagreement and the differences in their chosen religions, is it not true that everywhere in the world, in every religion, it is the same God that is being worshiped? Is it not true that only the names differ?

Another quality of God is also beauty. Then, should we not try to see that beauty also in His image, in man, and should this not be without any consideration of culture, customs, ethnic background, language or religion?

Every single person in this world is strongly tied with God through his spirit regardless by what name he knows or calls Him. We are all His creations and belong to Him, yes including the “bad ones” and the atheists among us. Each individual's longing should be to “see” and to know God. This can be possible only if by developing love for one another, we are able to transform this world into paradise. We all wish to be happy, to be emancipated from the grip of

fear and to receive His graces. This is possible only by fully trusting God without any reservations and thus worshiping Him. It is impossible to worship if we do not love Him. On the other hand, when we say that we love Him, this should not be with words but should be proven with deeds. To prove this love with deeds is to love all of His creation in its totality and not just a part of it. Each individual has to offer his heart to God, so that through that heart God's love flows to everyone.

Jesus, who belonged to the religion of Judaism, never said to convert the pagans to Judaism. He also did not say to go and convert them to Christianity, because He was not teaching a new religion. His aim was to bring back on track and closer to God the followers of His religion and all of humanity as well that had strayed way off the right path. His purpose was just to show the way to salvation and with this in mind, said the following:

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” (Matthew 28:19-20)

Within humanity, every single person's spirit is God's son. His call is for all of us. Why do we disregard this call? What degree of ignorance is this that has made us both deaf and blind? Oh! My dear friends, I know that political issues, especially at the threshold of the 100th anniversary of the genocide, are occupying and cluttering our minds, but we should not forget that God's love solves all problems. The time for **awakening** is here.

(Also read Matthew 5:38-48)



**Taken from the preface of the book “From Light to Light III-
Universal Laws”**

BELIEFS OR FAITH

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

In the New Testament, it is written: “God is Light”. In the book “Awakening” it was shown how the properties of light and the properties of God were similar. As we can not see light (See chapter I “Anatomy-Body and Spirit” in this book), in the same way we are unable to see God. But we

can experience light because we see its reflection. Light itself is not visible, but its reflection makes everything else visible. In the same way, should we not also see God's "reflection" in the whole universe, in each individual and in nature? Any matter that does not reflect light or is transparent to light can not be seen.

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

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

Faith is unshakable, because faith comes from knowledge acquired through personal experience consciously. The great majority of those who say they have faith only have beliefs that have prejudiced them and they do not have unshakeable faith. This comparison is true, because it becomes obvious through the life they lead. Is it not true that the unfavorable "atmosphere" of the world is caused by the way people think, speak and behave?

Man thinks that he can only be certain of those things that are within the experience of his five senses. Is it not true that today the findings of the scientists of quantum physics suggest that the physical world is not a reality? Don't they

also say that the world is a hologram? Is it not true that it has been said that this world is illusory and a different level of dreaming? Don't we also say that the only Truth is God? We say these, but it appears, we do not believe in what we say.

People blindly are attached to their traditions. Different cultures have different traditions that differ, one from the other. Traditions have great benefits because a great majority of them have come from past experiences of enlightened individuals. Therefore, traditions convey to us hidden truths and the universal laws that are common to all mankind and were apparent to those with higher levels of consciousness. Man, instead of trying to see the Truth hidden in other's traditions, usually considers them foreign and ignores them. Traditions have their good and bad effects. The bad is that the same errors, mistakes or wrong understandings are perpetuated from generation to generation. It is beneficial to get to know and understand traditions of other cultures, because there also are hidden truths and universal laws. The purpose is not to adapt their traditions, but to find the errors within our traditions and to correct them. We should give thanks to our forefathers such as St. Nerses the graceful and St. Gregory of Nareg. It is sufficient just to sing with full attention and understanding the meaning of the words of the hymn "The morning of Light (Aravod Luso)" of the "Nocturne Service" written by St. Nerses, or the hymn "Light within the Light (Luys ee Luso)" of the "Sunrise service (Arevakal)". Therefore traditions reveal to us the will of God, and without our knowledge or consciousness, transfers it to our subconscious.

In this book titled "Universal Laws" I tried to present the laws that the whole universe and all of humanity are governed by. Every person that is born in this world has a duty to perform. The life that is given to him/her is an opportunity for further evolvement. It is an opportunity that

should not be wasted. Life also is a great responsibility. Life is not simply being born, growing, eating, drinking, multiplying, getting old and dying. Life is an opportunity for self-betterment and attainment of higher levels of consciousness. From every person's spirit, which is the presence of Christ, beauty, harmony, peace, discipline and perfection should radiate, of course only if the person allows it. Life is an opportunity to "wake up" and realize God-revelation within. Man, with his conduct, should not prevent and block revelation of Christ within himself. It is the way he conducts in life that reveals the virtues that originate from his Spirit, the Christ within. Every person should seek "Truth" and to that end should not withhold any effort until he personally experiences and gets personal knowledge of It. Then he understands that "Heaven", "The Kingdom of God" is within each individual's heart. This knowledge is dependent upon the virtues he has successfully developed.

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

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

When one acts against one of the universal laws, he has sinned and therefore is subject to "punishment". Unfortunately and especially in the Old Testament God has been presented to us as a revengeful, angry and punishing God. This view, rather than presenting the character of God, actually only presents man's ignorance and low level of consciousness.

"For thus says the Lord of hosts, the God of Israel: As My anger and My wrath have been poured forth upon the inhabitants of

Jerusalem, so shall My wrath be poured forth upon you ...” (Jeremiah 42:18)

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

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

With the publication of this third book, as a deacon of the Armenian Apostolic Church, I am fulfilling one of my duties and responsibilities in this life. As before, I repeat again, that I do not pretend to be an expert in these subjects. Presently I have found these views to have had a very positive influence on me. Therefore it is possible that they may help others as well. I do not present them as an absolute truth, but rather as a different view that does not deviate from the teachings of our teacher, Jesus Christ. I hope that the reader will be stimulated enough to search within him/herself for the truth and with personal experience, come to faith, rather than under the influence of beliefs, say: “I believe therefore I am saved”, and wait to die to go to heaven. Heaven is here on earth, if through our “awakening” we create it here and now. The searching has to be self directed, because The Kingdom of God, The Christ, is within us. At

this point I find it appropriate once again to quote a verse from one of my poems titled “The Devotee”:

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

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

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

The situation with the philosopher fish, being in the ocean and not finding it, should not surprise us, after all as smart as the fish are, they only have the brain of a fish. In the same way, man is also surrounded by God, but can not see Him and can not find Him. He also keeps looking here and there. Is it possible that his brain is also the same as the fish-brain, or is it that man has not yet started using his brain appropriately and fully?

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

**Taken from the epilogue of the book “From Light to Light III-
Universal Laws”**

TO KNOW THE TRUTH

**To wake again from the heaviness of sleep
into alert wakefulness and soul-renewing cheerfulness
to stand before you**

**raising my prayerful voice in harmony with the
heavenly choirs of praise with the fragrance of faith,
to you in heaven, all blessed king,**

Prayer 12 - St. Gregory of Narek

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

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

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

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

(Luke 12:27-28)

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

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

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

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

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

understanding is the first step in the spiritual path. The second step is worship. Worship is not performing rituals. It is to love God to such an extent that to be with Him should supersede the attachments we have to our loved ones and to all worldly pursuits. Did not Jesus say: “I came to divide”?

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

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

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

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

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

Taken from the preface of the book “Meditation”

WHY MEDITATE

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 have not understood 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)

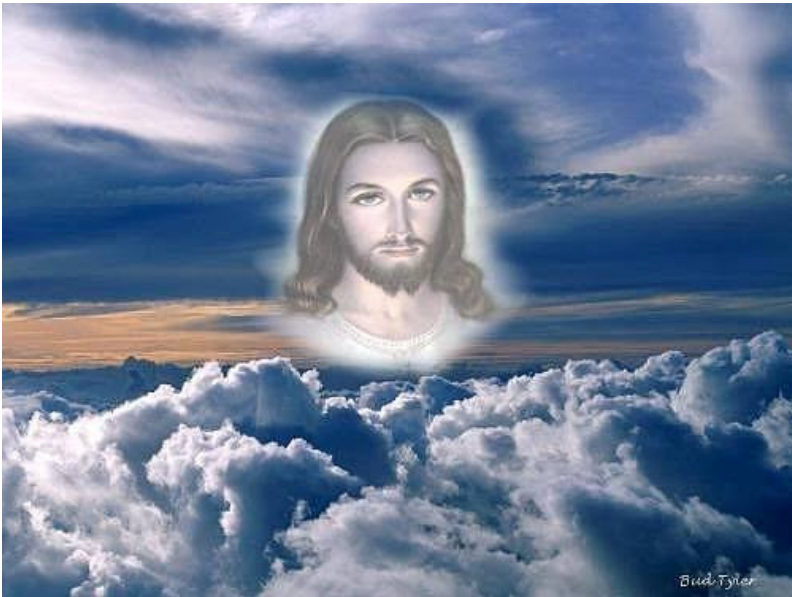
“Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your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

Hence, meditation is the highest form of prayer that has biblical qualification.



Taken from the epilogue of the book “Meditation”

UNDERSTANDING MEDITATION

“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 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 fourth 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

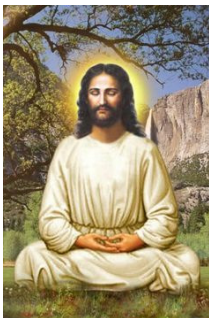
may antagonize him. As he was debating, the old man opens his eyes and asks him what he wants. The young man indicates that it is his life's ambition to see God and that he has been seeking everywhere for the knowledge to allow him to see God. He also tells him that he was advised to come here. The old 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.





**Do not neglect the poor.
Be the servant of the one who
is destitute.**

**Share what you have
with those who have nothing.**

Taken from the preface of the book “Mystical Interpretations from the Gospels Part I – Events from the Life of Jesus”

UNDERSTANDING CHRISTIANITY

At the dawn of the apostolic Church, when the foundation of the Christian faith was being decided, a series of ecumenical meetings took place. During those meetings significant differences in opinions were present, to the point of even creating divisions among the church. One of the major issues was the nature of Jesus Christ.

In 451 AD the Council of Chalcedon was held mainly to resolve the issue of Jesus Christ's nature. Did He have only one nature, divine, or two natures, both divine and human? The Armenians, because of the war of Avarair with the Persians, who were trying to convert the Armenians back to the pre-Christian religion, could not send a representative to the Council of Chalcedon. In 506 AD, the eastern Christian Churches held a meeting in the city of Tvin and rejected all decisions made at the Council of Chalcedon. As a result, two different views and beliefs became the norm within Christendom. One view was that Jesus Christ had only one nature, divine and the other view was that He had two natures, both divine and human. This same argument continues until today among the many denominations. I find this situation very surprising. Without a doubt, Christ is God, part of the Trinity. Hence, God only has one nature, divine. But Jesus Christ had two natures, both divine and human. If Jesus had not had human nature, he would be super-human and not at the level of the rest of humanity and His following words would be meaningless:

I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. (John 14:12)

If Jesus had not had human nature, people would easily be

saying: “He is God He can perform miracles, we are just humans and can not perform such miracles”. Even today most are of this same opinion. Undoubtedly such an opinion is wrong and it indicates that we do not believe in His teachings and that we ignore them. According to the above quotation, we also have the ability to perform similar “miracles”, deeds; of course only if we believe in His teachings, follow them and apply them in our lives to gain appropriate abilities. We should not forget that His disciples, despite being just human, were able to perform similar miracles.

And in one Lord Jesus Christ, the Son of God, begotten of God the Father, only-begotten, that is of the substance of the Father. God of God, light of light, very God of very God, begotten and not made; of the selfsame nature of the Father, by whom all things came into being in heaven and on earth, visible and invisible; Who for us men and for our salvation came down from heaven, was incarnate, was made man, was born perfectly of the holy virgin Mary by the Holy Spirit: By whom he took body, soul and mind and everything that is in man, truly and not in semblance.

This quotation taken from the “Creed” makes it clear that Jesus Christ had two natures. The first is His divine nature, which is specified by the words “of the substance of the Father” and “very God of very God”. His second nature was his human nature, which is specified by the following statement: “By whom he took body, soul and mind and everything that is in man, truly and not in semblance”.

As a result, we need to properly understand and interpret the words of Jesus Christ accordingly. He has at times spoken as Christ, God and at other times as Jesus the man. In this book and the following volumes, if one reads

“Jesus said”, it indicates that Jesus the man has spoken. If it is written “Christ said”, it indicates that God is talking, of course through Jesus. At times you may note the expression “Jesus Christ said” as well.

The disciples came to him and asked, "Why do you speak to the people in parables?" He replied, "The knowledge of the secrets of the kingdom of heaven has been given to you, but not to them. Whoever has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him. This is why I speak to them in parables: "Though seeing, they do not see; though hearing, they do not hear or understand. Isaiah: "'You will be ever hearing but never understanding; you will be ever seeing but never perceiving. For this people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them.' But blessed are your eyes because they see, and your ears because they hear. For I tell you the truth, many prophets and righteous men longed to see what you see but did not see it, and to hear what you hear but did not hear it. (Matthew 13:10-17)

When he was alone, the Twelve and the others around him asked him about the parables He told them, "The secret of the kingdom of God has been given to you. But to those on the outside everything is said in parables so that, "'they may be ever seeing but never perceiving, and ever hearing but never understanding;

otherwise they might turn and be forgiven!" "

(Mark 4:10-12)

"His disciples asked him what this parable meant. He said, "The knowledge of the secrets of the kingdom of God has been given to you, but to others I speak in parables, so that," 'though seeing, they may not see; though hearing, they may not understand.'" (Luke 8:9-10)

These three quotations from three different Gospels represent the same event, a conversation that took place between Jesus and His disciples. According to these verses it is obvious that Jesus was teaching the hidden mystery of the "Kingdom of God" to His disciples, so that they also could experience the "Kingdom of God". Jesus also indicates, that to the general public, He spoke in parables so that those who are not ready, or better yet to say, are not worthy to receive that hidden mystery, having heard the truth, would not understand the hidden, metaphorical meaning in them. Jesus has made this clear by using other expressions as well.

"Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and then turn and tear you to pieces." (Matthew 7:6)

This last quotation is also a caution given by Jesus to His disciples, so that they do not divulge to the general public the mystery of the "Kingdom of God" that they have learned. Without a doubt, the disciples, always obedient to Jesus, did not oppose His wishes. In the New Testament, in addition to the four Gospels, there are also some letters, mostly written by Paul and also a few others. They contain rules of proper conduct that are useful to live a life that is pleasing to God. These letters do not contain the mystical teachings of Jesus that were given to the disciples. Even in these letters there is some hidden information as well, which becomes evident only to those who become worthy to know

them. Otherwise they only give a superficial understanding and beliefs. The apostles gave the mystical hidden meanings to those whom they considered worthy to receive. Those individuals became the successors of the apostles and the leaders of the Church. Today we call them “bishops” and the churches they lead we call the apostolic Churches. These leaders also, as did their predecessors, kept the mystical meaning hidden from the general public. Unfortunately in time, with the passing of centuries, they themselves also forgot the hidden mystery.

Similar to the Council of Chalcedon mentioned above, there was also an ecumenical Council of Nicea held in 325 AD, which was a good example of that forgetfulness mentioned in the last paragraph. It was obvious that there was discordance among the bishops. It appeared that they neither knew nor did they practice those mystical teachings, so that at least they, as the leaders of the Church, would have had the experience of the “Kingdom of God”. Their lack of this knowledge and experience was obvious, because if they had had such an experience, there would be no discordance. Of course there may have been some exceptions that may have been silenced. Finally 118 bishops came to an agreement under the duress of the Caesar Constantine.

Regarding the hidden mystery, the following metaphor has been used: “The flame of the candle will flicker as if going out, but will never go out and some day it will burn bright again”.

A bruised reed he will not break, and a smoldering wick he will not snuff out, till he leads justice to victory. (Matthew 12:20)

What type of Christians should we be? Those who follow Jesus Christ, or those who follow Paul and the superficial understandings of the teachings of the apostles. I do not say that we should not read them, but we should

understand that they are not written to make the hidden mystical knowledge understandable. Therefore, we should not take their superficial understanding and exchange it with the true teachings of Jesus. It may be appropriate to present a well-known example to make the above idea more clear and understandable. There are verses in the Bible that refer to the blood of Jesus. These are: Ephesians 2:13, Hebrews 10:19, 12:24, 13:20, 1 Peter:1:2, 1 John 1:7. As a result of a misunderstanding of these verses, there are denominations and sects who say that they are washed with the blood of Jesus, hence, they are saved. What does Jesus say? He says "Take your cross and follow me" (Luke 9:23).

No doubt there are truths hidden in the letters as well and specially beautiful and helpful passages such as Paul's dissertation about "love" (1 Corinthians 13:1-13).

In the Middle Ages, Martin Luther blamed the Church of Rome for hiding the Gospels from the public. As a protest, he made the Bible available to all and started the protestant reformation. Today it is known as the Evangelical Church. One wonders whether the Catholic Church was right in its original stand. It is possible that according to the level of understanding of the general public, or yet perhaps it is better to say, according to the level of ignorance, they would misunderstand the written information and Christianity would further itself from the true teachings of Jesus. All those who were not ready to comprehend the true meanings, but only their literal and superficial interpretations would have a wrong understanding. This does not mean that the Apostolic Churches do not have their shortcomings. There is no need to go into detail of those shortcomings, mainly because that is not the purpose of this book. The real reason for the Reformation initiated by Martin Luther was those shortcomings. As a result of making the Bible available to everyone, today we see that the result of all incorrect

interpretation and understanding has given rise to so many protestant sects. Usually based on only one verse, and at that, with its misunderstanding, many new sects are formed. An excellent example is the sect of “newly borns”, based only on what Jesus told Nicodemus, that he had to be born again to be able to enter the “Kingdom of God”. Do they really know what Jesus was trying to tell Nicodemus? Jesus made different recommendations to others. To the young rich man who wanted the “Eternal Life”, Jesus said to sell all his belongings, give them to the poor and to follow Him (Matthew 19:16-22). It is interesting to note that not a single sect or denomination exists based on this recommendation, mainly because people are materialistic and are attached to the world and its richness. Hence, man has picked and chosen the verses that put no hardship on him, no responsibilities other than incessantly repeating the statement: “I believe, therefore I am saved”. It is possible to give many such examples, but for our purpose, this much is sufficient.

Jesus preached about the “internal”, but the minds of the Jewish people were busy with the “external”, therefore they did not understand His teachings. In the same way, the great majority of preachers today, as a result of an incorrect understanding of the teachings of the Bible, preach a new “Christianity” that is far from the teachings of Jesus and correspond to His following words.

Leave them; they are blind guides. If a blind man leads a blind man, both will fall into a pit. (Matthew 15:14)

...“Can a blind man lead a blind man? Will they not both fall into a pit?” (Luke 6:39)

His Holiness Karekin I, previous Catholicos of the Armenian Apostolic Church, in his book titled “Theology” on page 30, had indicated that the Bible was an expression of God-revelation that had started in the Old Testament to a

minor degree, according to the understanding capacity of the public and had reached its pinnacle with Jesus Christ. Hence, this “God-revelation” forms the basis of our Church. With this in mind, on page 36, he fortifies this idea and brings in the following quotation from a 14th century saint Krikor Datevatsi (Gregory of Datev). (This is a simple translation of the quotation) “We profess our faith that God rests in men and men join God”.

From the “dark ages” of Martin Luther’s time until today, the general level of consciousness as well as knowledge of the majority of humanity has had slight progress thanks to the technology developed. Science, by studying the external world, has reached a point and appears to be unable to cross that threshold with the use of the same methodology. Some scientists, somewhat bewildered, think that their research should change direction from the external world to the internal. Some have started researching consciousness. But they are still looking for it in the external. It is difficult to give up old habits. Based on the advancements within the scientific realm, present day man is more educated and has a broader perspective; hence, he should be in a better position to keep an open mind instead of cluttering it with various belief systems and preventing the realization of God-revelation within himself.

The Catolicos in his book on page 48 indicates that the faithful who read the Bible should try to make an effort to learn from it his duties as a man (the purpose of his life), the spiritual discipline (the spiritual path), the “religious” life (the righteous living) and see it as a source of unequaled teachings.

Not because I was born within the Armenian Apostolic Church, but if one truly tries to understand its rituals and sacraments, one will find a wealth of information hidden in them that reflect the path of perfection taught by Jesus. The

sequential services represent the human life and guide the individual step by step towards perfection.

On page 50 of his book, the Catolicos also indicates that as discussed previously, the apostles also did not divulge to everybody the hidden mystery of the “Kingdom of God” the means of God-revelation within the individual.

One has to study the Bible with this knowledge and understanding. This is the duty of every individual so that he can live a meaningful life. One should also understand that there is a hidden knowledge (science?) there, which may become apparent to him with the grace of the Holy Spirit, if one makes himself worthy. Jesus showed and taught us the path of righteousness (the path of perfection). He has clearly indicated to us to try to be perfect.

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

A student is not above his teacher, but everyone who is fully trained will be like his teacher.

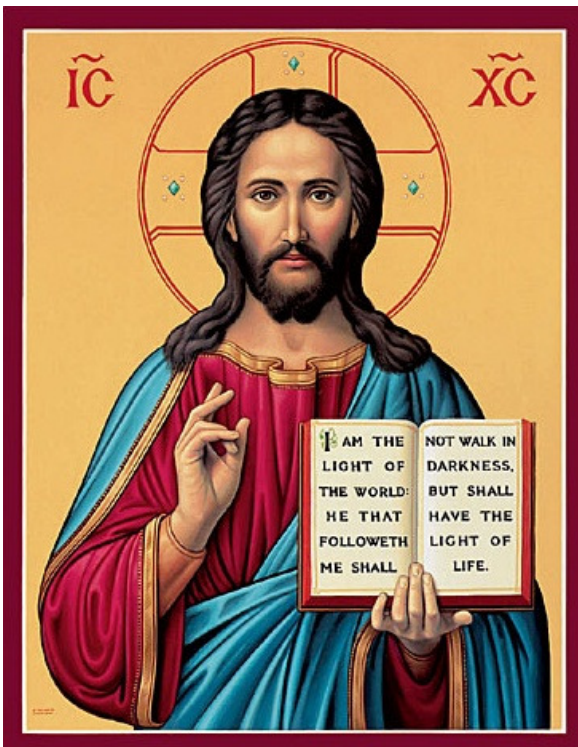
(Luke 6:40)

According to what Jesus has said, don't we think that it is our duty to strive to be perfect? Is He not our teacher? Human life on earth is an opportunity given for the accomplishment of this task. Hence, should that not be our purpose in life? And this is the salvation we are promised and not waiting to die so that we can subsequently be saved. Because humanity has abandoned the path of perfection, he misses wisdom, one of the graces of the Holy Spirit. The result of this is ignorance, and it is through this ignorant mind that he interprets the Bible. All the deeds, parables and words presented there that should be understood by their literal meanings, he interprets them metaphorically, because the ideas are not present in their subconscious, therefore they can not identify with them and they assume for them to have some metaphorical meaning. Strangely, when a deed or word is deliberately presented with a superlative, metaphorical

meaning, they prefer to understand it and accept it literally. They choose this mainly because the metaphorical interpretation does not support their life style. Such an approach totally distorts Jesus' teachings.

The purpose of this book is self education, to learn and understand the teachings of Jesus Christ that are presented in the Gospels at times clearly but mostly given as mystical knowledge of the path to perfection and salvation.

**Wisdom of the Father, O Jesus, give me
wisdom always to think, speak and do that
which is good in Thy sight; save me from evil
thoughts, words and deeds; have mercy upon
Thy creatures and upon me a great sinner.**



Taken from the epilogue of the book “Mystical Interpretations from the Gospels Part I – Events from the Life of Jesus”

UNDERSTANDING THE MIND

What we read is understood by the mind and is dependent on the comprehension ability of the intellect. Hence, when we also read the Bible, the path of perfection and the path of righteousness presented to us is understood by us according to our level of comprehension. Therefore it is important to understand the mind and its workings.

The mind has a very close relationship with the level of consciousness. Man, as most other animals, has a primitive mind that functions mostly subconsciously. This is known as the subconscious mind. This part of the mind contains much information and man usually thinks, speaks and acts according to this information. Based on this, we live 95% of our lives by just utilizing this portion of our mind. This represents living according to our nature. All animals also live according to their natures. The nature of an individual depends on the information stored in the subconscious mind. As indicated in the book titled “From Light To Light III – Universal Laws” Chapter 3 titled “Man and His Idiocy” on page 93, man is subject to eight different memories, which are all part of the information accumulated within the subconscious mind. The following is a quotation from the above mentioned book presenting these eight types of memories.

“Man is subject to eight different memories. These are: elemental memory, atomic memory, evolutionary memory, memory of destiny both physical and psychological, sensory memory, inarticulate memory, articulate memory and pure intellect.”

All these memories, which are within our subconscious minds, govern our lives. Even an individual’s soul, energy body contains information in it from previous lives, which

also form part of the information within the subconscious mind. The subconscious mind also contains all negative feelings and emotions, desires, envy, avarice, hatred, anger But also there are positive feelings and emotions, compassion, love, mercy, forgiveness ... , that are present in those who make an effort to follow the path of perfection and righteousness and to some degree succeed. It is always possible to develop new virtues and pass them onto our subconscious mind. To be able to do this, one requires a conscious mind. The subconscious mind also governs function of all the internal organs of the body.

The subconscious mind can not differentiate truth from a lie or reality from an illusion or a dream. A negative childhood experience may imprint on the subconscious mind and many years later, in adult life, it may be a cause of anxiety or panic. Psychiatrists using hypnosis are able to instill new information within the subconscious mind that oppose the effect of the childhood experience and cure the person's anxiety or panic attacks. This is possible because the subconscious mind can not differentiate between real experience and just suggestion. Man, starting from his childhood and throughout his life, as a result of numerous experiences, stores numerous informations within his subconscious mind. The great majority of information stored there usually is information collected from here and there as beliefs, even though they may not have any bases in truth. Is it not true that even within the same religion, because of various beliefs, we have multiple denominations?

The second part of the mind that has a higher level of consciousness is the conscious mind. It is the conscious mind that has intellect and also the ability to judge and to choose. It is in this part of the mind where man's free will operates. Some animals do have a primitive conscious mind, but in man, it is fully developed. Man works best with his

subconscious mind. When a toddler first starts walking, he tries to do it consciously, trying to mimmick his parents, therefore his walk is awkward and he constantly falls. We say he is learning to walk. The truth is that he is teaching walking to his subconscious mind. When the process is well engrained there, he not only walks but also can run. Is not the case the same for adults as well? When we are starting to drive a car, we try to do it consciously. The teacher sitting beside us often cautions us and prevents the accidents that we would have caused. When the teacher is convinced that we have transferred the driving information to our subconscious successfully, he recommends that we take the driving test. Is it not the same in many professions and trades as well? The period of apprenticeship is to teach the subconscious mind the appropriate skills. It is only then that a person becomes a specialist in his field and does the best work. Hence, the purpose of the conscious mind is to put new information into and teach the subconscious mind. This is part and parcel of living consciously. This is the meaning of an individual's effort of trying to change his nature. For that change to occur, one needs patience and perseverance because it may take a long time to succeed. It appears that man in general does not use this ability of his appropriately, or perhaps not very much at all. When a person hears a new idea or a new perspective or understanding, which contradicts the beliefs engrained within his subconscious mind, without trying to analyze, assess and judge without bias to see if it reflects the truth or not, he disregards it. Compared to all other animals, a fully evolved conscious mind is unique to man, and part and parcel of his individuality which is also unique, given to man only. Hence, the individual has the ability to judge and to choose. Based on this, he also has the ability to judge appropriately and choose the positive pole of his individuality, the Christ

within or the negative pole, his “Ego”, Satan. Man rarely uses this gift given to him and he prefers to be governed by his subconscious mind. The duty of the conscious mind is to instill virtues into the subconscious mind and not negative ones. And, this is the path of perfection and righteousness. The human mind has infinite abilities, but alas, man does not utilize them. When he becomes aware of this reality and starts to use his intellect appropriately, he opens the door to self-realization. This opens the path of perfection in front of him. The yearning to know himself is the first sign that he has started using his intellect properly.

As indicated above, the subconscious mind contains all sorts of animalistic tendencies and emotions. When the conscious mind of an “awakened” person progresses on the path of perfection and righteousness, the individual becomes aware of all his animalistic tendencies and slowly he learns to control and/or eliminate them from his subconscious. Is it not exactly this that is in the Book of Genesis when, after creating man, God gave him dominion over all other animals? This dominion is misunderstood and based on this misunderstanding, people often abuse and kill animals. The true dominion is the ability to have dominion over our own animalistic tendencies and nature. When an individual succeeds in properly and in a positive way of using his intellect, he opens the door to a higher level of consciousness, known as superconsciousness and intuition. As much as the conscious mind tends towards the superconscious mind, his animalistic mind, the subconscious mind drags the conscious mind down. The more an individual succeeds in the path of perfection and elevates his level of consciousness; he also receives more of the graces of the Holy Spirit, including wisdom. He becomes more aware of the “Truth” and starts noticing Its “Light” everywhere. At that level, he becomes aware of many types of hidden knowledge and

therefore abilities that he did not have before. As a result of our low level of consciousness, in other words, our ignorance we consider those abilities to be superhuman. This thinking is wrong. Did not Jesus say that we can do even greater things than He has done? Again, as a result of our ignorance and as a result of the various beliefs engrained in our subconscious mind, without using our intellect and logical thinking, we read the Bible and interpret it and we create a Christianity that is far from the teachings of Jesus and the path of perfection and righteousness.

As indicated in the preface of this book, the writings in the Gospels do not directly give the secret of the Kingdom of God and the path of perfection and righteousness, which Jesus taught in an indirect way.

The purpose of this book is to present the first one or two steps I am attempting to take in the right direction so that in the future, I may succeed in self-realization and experientially get to know my true Self, the Christ within. Is Christ not everybody's true Being? Is He not everyone's Spirit? Is not Christ the presence of God in every individual? Is not man the means for God-revelation? Was it not just this that Jesus taught us by example?

**Have mercy on me,
O God,
According to your
unfailing love;
according to your
great compassion
blot out my transgressions.
(Psalm 51:1)**



Do not hate anyone.

Do not blame anyone,

Don't be so critical.

Don't be harsh,

And don't be rude to anyone.

Taken from the preface of the book “Mystical Interpretations from the Gospels Part II – Parables Spoken by Jesus”

LEARNING FROM THE HIDDEN KNOWLEDGE

Before presenting the real purpose of this book, which is the interpretation of Jesus’ parables, at this juncture I would like to present my present perspective regarding the hidden teachings. With this in mind, it is appropriate to consider the following quotation from the Gospels.

“On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?" "What is written in the Law?" he replied. "How do you read it?"

He answered: " 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind' ; and, 'Love your neighbor as yourself.'" "You have answered correctly," Jesus replied. "Do this and you will live.” (Luke 10:25-28)

In the above verses Jesus verifies the validity and the correctness of what is told in the laws of Moses regarding inheriting the eternal life. This in itself is proof that all religions teach the same “philosophy” and wisdom, but men in their ignorance and with only superficial understanding of what is presented to them, change and corrupt them completely, to make them fit their sinful behaviours. Hence, what do these verses actually teach?

The first advice is: **“Love the Lord your God”**. Today if we ask anyone whether he loves God or not, except for those who do not believe in the existence of God, would answer with an affirmative “yes”. But do they really know what it means to love God? Below, further information will be given about this point. The second part of the quotation describes how to love God: **“with all your heart and with all your soul**

and with all your strength and with all your mind". We should not confuse this (how to love God) with "what it means to love God". But when we analyze the various means of loving God, then the meaning of "what it means to love God" will also be self-evident. Therefore let us understand as to how we should love God.

It is written: "**Love the Lord your God with all your heart**", therefore we should love God with all our heart. This is the first advice given. What does it mean "to love with your heart"? The heart as a metaphore represents location of emotions and love is the most important and the strongest of all emotions. When love is not present at the emotional level, the following modes of loving indicated above also can not be possible. When two young people are in love, they always wish and yearn to be together in each other's company. This gives them happiness. This is the meaning to love with your heart; the yearning to be together and the happiness of each other's company are its expressions. When we say we love God, does the yearning to join Him correspond to the yearning the two lovers had to be together? If the yearnings of both are equal, why don't we make a similar degree of effort to be with God? The truth is that the yearning of the two lovers to be together is only 10% of our ability of yearning. The degree of yearning we should have to find and join God should transcend many times that of the lovers. We should call to action 100% of our ability of yearning. When the two lovers meet, the degree of happiness they experience is also miniscule which corresponds to the degree of yearning. The astonishing thing is that man is content with the temporary minor happinesses of everyday life when he has the ability to be in permanent bliss by joining God. But if man does not have that 100% yearning to find God and join Him, then it also becomes impossible for him to enjoy the bliss it bestows. And behold! This is the true meaning of

“loving God with all your heart” and not going around constantly saying here and there “I love God and I worship God”. Hence, when one answers positively to the question “Do you love God”, he is not lying. But rather, as a result of his ignorance, he does not know what truly supreme love is because he has never experienced it in his life and also, the experience of bliss it gives, has not left impressions in his subconscious mind. He also is not even aware that he has the ability that God has given to him to realize divine bliss. It was exactly this that Jesus was trying to teach us. Love is emotional, but “superlative” does not appear to have a place in man’s emotions. Without that degree of love, do we ever think that we can be successful in loving God by the other modes of loving indicated above?

The second mode of loving God is the following: **“Love the Lord your God with all your soul”**. What does it mean to love God with all your soul? Man’s soul is his individuality. The individuality has free will and functions through the body. (*See Part I of these books titled “Events from the Life of Jesus”, the section titled “The Last Supper” Pages 85-90*). There it is explained as to how man’s individuality has two poles and man usually acts according to his nature. But man also has the free will to choose the negative pole of his individuality, his “Ego” and live according to his nature dictated by his “Ego”, or to choose the positive pole of his individuality, the Christ within and live according to a nature dictated by Christ. Hence, to love God with all your soul corresponds for the individual to freely choose the positive pole and live accordingly. Jesus has said:

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

But man thinks that he is being clever when he sways back and forth between the two poles, between his “Ego” and the Christ within. He appears to be ignorant to the fact that this is not possible if we are to love God with all of our soul. Man also acts through his body, which is God’s temple.

“Don't you know that you yourselves are God's temple and that God's Spirit lives in you?” (1st

Corinthians 3:16)

Therefore loving God means to take care of His temple. This means taking good care of our bodies and not misusing them and defiling them with gluttony, smoking, alcohol consumption and recreational drugs that can cause mental aberrations. On the other hand, as a result of desires coming from the “Ego”, for short pleasures, we look for tasty foods and drinks that can cause disease and harm to the body. We also suffer the penalty much later with various ailments. Is not gluttony one of the deadly sins? The individual acts in this world through his body, therefore all his actions should be according to the will of God, the will of Christ within and not according to the will of the “Ego”. The majority of humanity’s actions are selfish, and if one does not benefit from it, one does not act. Contrary to this, there are sometimes a few altruistic actions. As God, Christ is present in each individual. He is also present within the entire creation. If nothing else, just because of this truth, all our actions should be with this truth in mind. Hence, we should not harm any plant or animal but rather we should care for them. All our actions should be for the benefit of the whole of society and all of humanity and for the benefit of nature as well. If they can not be for their benefit, at least they should not harm them. And this is the true meaning of “loving God with all our soul”.

The third mode of loving is to **“Love the Lord your God with all your strength”**. Let us try to understand as to what is the meaning of loving God with all your strength. Strength is

energy and energy is strength. Today physics has proven that the entire cosmos, with all its creations, the stars, the planets, the earth and also all of us, are all formed from energy. Matter is also the result of energy, but because they still do not know the nature of that energy, they have called it “dark energy”. But Jesus showed us that energy and called it “The Holy Spirit” because it has come forth of God the Father. Hence, all, animal or human are nothing but “bags” of energy. Jesus also has advised us to love our neighbors as ourselves, because every person is an expression of the same energy; hence that love would be to love the energy of God, the Holy Spirit. Every individual has an “energy body”. All energies have their specific frequencies. The frequency of each person’s energy body is determined by the individual through his thoughts, words and deeds. All vibrations as a result of varying frequencies contain information. The information contained in our energy body is that which we have put there ourselves. It is that information that determines what we call fate. Therefore, our fate is our own doing. If we truly love God and it is not just lip service that we keep repeating, then the yearning to be one with him should push us into improving and increasing the frequency of the energy forming our energy bodies to such a level that it should become visible to all, as occurred to Jesus during His transfiguration. The increase in the frequency can only be possible if we love God with all our souls. Lust is one of the deadly sins because sexual intercourse wastes large amounts of energy. Therefore the purpose of sexual intercourse should only be for procreation and not just pleasure, so that the energy would not be wasted. When the energy gets depleted, sickness and unpleasant situations find us. We should accept all unpleasant events of our lives and not complain because they all are the result of our fate that we are the architects of. Rather than complaining, if we could accept them and learn

the lessons hidden in them, and not repeat similar behaviour that disturbs our energy bodies, we succeed in improving the frequencies of our energies and bad events no longer occur to us. This is the meaning of loving God with all our strength, our energy. The seven deadly sins prevent the flow of the energy of The Holy Spirit into the individual or waste the energy already previously received, “kill” the individual spiritually and also eventually physically as well. We have to love God to such a degree that we should try to make all efforts so that in time our energy frequency reaches a level similar to that of His. We do not even know that we have an energy body, and as a result, we become strongly attached to our “Egos” and cultivate an energy that distances us further away from God and thus we cause all the undesirable calamities of our lives. We say that we love God with all our strength, but true love is not just words but it needs to be shown by action. There are denominations in which the individual feels that he has received the Holy Spirit by the touch of the pastor on his forehead and because of this, he falls down. Most of these are self-delusions at an emotional level. Christ told His disciples: “I will send you the Holy Spirit”. On the day of Pentecost, in the form of “flaming tongues”, the disciples received a high energy flow of the Holy Spirit. This changed the frequency of their energy bodies. They were “shaken” in all their being and they had the rapture to a higher level of consciousness. Before they were fearful and they became fearless because they had a proper understanding of the Truth. That energy of the Holy Spirit came to them from Christ. Did not Christ tell them He would send them the Holy spirit? The presence of the Holy Spirit in the physical realm is Christ, Who also is the true being of each individual. Hence, the energy body is the presence of the Holy Spirit and our loving God with all our strength, with all our energy is to increase the energy flow into us in such a way that we increase our level of

consciousness and we experience rapture.

The forth mode of loving God is the following: **“Love the Lord your God with all mind”**. How to love God with our mind? When man’s mind functions through the heart, it gives rise to emotions and feelings. We previously discussed emotional love. The purpose of this mode is for the mind to work through the brain. The mind is the location of thoughts and also the intellect. Unfortunately man does not use his intellect appropriately so that he can truly benefit from it. The mind, constantly busy with many valid and sometimes useless thoughts, is unable to bring forth the true abilities of the mind and inhibits the potential of using its intellect to the fullest. We should not forget that whatever we speak and whatever action we do first take birth as thoughts in our minds. Therefore the quality of our minds is of utmost importance not only in loving God with all our minds, but it is important to succeed in the three previous modes of loving God as well. Did not Jesus say?

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

As indicated in my previous books numerous times, the “pure heart” is a mind cleansed of all thoughts and emotions. (*In the Hebrew language there is no equivalent word for “mind”, instead the word “heart” is used also to indicate “mind”*). Hence, the person who loves God with “all his mind”, has to take full control of his mind and to stop all thoughts and control all emotions. He should then concentrate the mind on God, the Christ within, his True Self. Even the old Greek dictum also says: “Know thyself”. All this is possible only through meditation, which is the supreme way of prayer. And behold! This is to love God with “all your mind”.

The purpose of the great majority of Jesus’ proverbs, not to say all, is to show the hidden mystery of the Kingdom of God. With this in mind, we need to interpret them in the

light of the information given in the previous pages. The verses quoted above summarize the means to inherit the eternal life or the Kingdom of God. There are four imperatives mentioned and they are the four modes of “seeing” God. Why four? It is four because man has an individuality that functions through the body and the mind and is subject to thoughts and emotions. Man also is and has an energy body, which is the cause for the other three. Hence, what Jesus has said, for salvation, one has to love God with all his being, with all four means, by which he exists and functions on earth.



Taken from the preface of the book “Mystical Interpretations from the Gospels Part II – Parables Spoken by Jesus”

WHY HIDDEN KNOWLEDGE

“When he was alone, the Twelve and the others around him asked him about the parables. He told them, “The secret of the kingdom of God has been given to you. But to those on the outside everything is said in parables so that,” ‘they may be ever seeing but never perceiving, and ever hearing but never understanding; otherwise they might turn and be forgiven!’” (Mark 4:10-12)

“His disciples asked him what this parable meant. He said, “The knowledge of the secrets of the kingdom of God has been given to you, but to others I speak in parables, so that, ” ‘though seeing, they may not see; though hearing, they may not understand.’” (Luke 8:9-10)

According to these quotations, it is obvious that Jesus was teaching the hidden mystery of the Kingdom of God to His disciples, so that they could also have the experience of the Kingdom of God. Jesus clearly indicates that to the general public, He spoke in parables so that all those who were not ready to receive the hidden mystery, having heard the truth, would not comprehend it. Jesus also cautioned his disciples that they should not, with indiscretion, reveal the hidden mystery to the general public, but to reveal it only to those whom they considered worthy to receive it.

“Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and then turn and tear you to pieces.” (Matthew 7:6)

When we see the present condition of the Christendom and the life styles of the “Christians”, it appears that the hidden mystery taught by Jesus is completely lost. But

according to the following verse from the Gospels, the reality is that the number of people privy to that mystery may dwindle, but the hidden knowledge will not disappear and some day will prevail.

“A bruised reed he will not break, and a smoldering wick he will not snuff out, till he leads justice to victory.” (Matthew 12:20)

Is it possible that the time has come for that knowledge to be revealed to the masses? We should not forget that we are living at the end of the astrological period of “Pisces” and the next period is the age of “Aquarius”. According to the teachings of Jesus, it is during the Aquarian age that man will commune with Christ. (*See Part I of these books titled “Events from the Life of Jesus”, the section titled “The Last Supper” Pages 81-83*).

Then, what is that hidden mystery that Jesus did not teach in an explicit way and spoke with parables and did not want to tell the general public? They are the means to know the laws governing the energies. From physics we know that all types of energy have their unique laws governing them. When man learns those laws, then he can make use of those energies appropriately.

On earth there are many types of energies. There is the physical energy expressed by man as well as animals with the use of their muscles. Nature also has physical energies such as the wind storms and flowing waters that can cause disasters. We also should not forget the earthquakes as well as volcanos. Man to some degree is able to harness some of these energies and benefit from them because he has learned a few laws that govern them. With the use of windmills and sailes, man has harnessed wind energy. Recently he has started generating electricity using wind energy. Man also has harnessed the energy of flowing water with the use of water mills. Today we still enjoy the use of electricity generated by water falls. Because man is still not privy to all

the laws that govern them, he is unable to control them fully and prevent the disasters they can cause. It is only recently that man has started causing rain to fall by “seeding” the clouds. But, because their knowledge is primitive and they do not know all the laws that govern it, they do not understand the effects of what they are doing, in that they are disturbing the entire meteorological harmony and balance in the world. Jesus, knowing the laws governing these energies, could easily calm the storms of the winds and the seas.

Man is also aware of the energy contained in chemical bonds and also knows some of the laws governing them. He has made use of this energy early on by burning wood to generate heat and later the use of coal and much later oil and gas. The addition of oxygen and the changes in the chemical bonds has released the energy. But in the process man has polluted the atmosphere and has caused global warming that has disrupted equanimity within the natural world.

It is only a hundred years ago that man found out about the energy hidden within atoms. Because they still do not know all the laws, there is still some danger that, as a result of an accident due to radioactive pollution, the world may become uninhabitable. We should not forget the Chernobyl incident of 1986. Man has also learned some of the laws governing the flow of electrons and started benefiting from electricity in various fields.

During the last hundred years, man also learned the laws governing electromagnetic energy and made use of them in various fields such as radio and television transmissions, microwave cooking, and taking pictures of internal organs of the human body with X rays. Only a few decades ago, man also has started using the sun’s rays to generate electricity. With the invention of R. V. Damadian, one is able to image internal organs of the body with the use of magnetic resonance (MRI) and with the invention of Michael Der-

Boghosian, the use of PET scan.

Regarding these above mentioned various energies, it appears that when man learns the laws governing them, he uses them for beneficial purposes. But because man in general is selfish, therefore “ignorant”, meaning that he does not yet have enough wisdom, utilizes them for selfish purposes. Tesla had invented the means of transmitting electricity without wires but shareholders realized that they would not be able to charge for and profit from it, thus they bombed the tower that was being built for that purpose and did not allow realization and use of that invention.

Man, as a result of his knowledge of the above mentioned energies and some of the laws governing them, in addition to putting them into good use, as a result of his ignorance and selfishness, has also used them for evil purposes causing disasters. Within the consciousness of man, the earliest energy was the physical one and very early on he used it for an evil purpose when Cain killed his brother Abel. Man also made the bow and arrow and started fighting created wars. When he became aware of chemical energy, he used it for evil purposes as well, first in the use of cannons and later, he created bombs. With these thousands were killed at a time. The wars became more vicious. With the development of atomic energy, he created the atomic bomb and killed a hundred thousand at a time. Man also has used electricity to torture people as well as to kill. Even the use of light in the form of lasers has blinded people, killed them and caused airplane crashes.

From all this it is apparent that, when man has learned the laws governing any form of energy, parallel with the beneficial use of these energies he also has used them for evil purposes. Jesus, knowing the degree of ignorance of humanity and the mind set of using all for selfish purposes, did not want man to have the ability to cause major calamities and even destroy the entire planet. He did not give

the hidden laws governing the energy of the Holy Spirit. He spoke only in parables, so that though hearing, they would not understand. Even in the parables, Jesus has not revealed those laws. Through the parables, Jesus has only taught the means of achieving a higher level of consciousness. The person that understands the hidden meanings of the parables and puts them to use and develops higher level of consciousness, he also becomes privy to the laws that govern the universal energy. Jesus, as a man, having reached such a high level of consciousness, having revealed Christ within himself, was also privy to all the laws governing the Energy and that is why He was able to do all that He did, which we call miracles. Did not Jesus say?

“I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father.” (John 14:12)

It is with this in mind that we should read the parables that Jesus spoke. We should try to understand the hidden meanings contained therein, so that we are also able to increase our level of consciousness and become perfect as He was.

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

A student is not above his teacher, but everyone who is fully trained will be like his teacher.” (Luke 6:40)

The purpose of Jesus was to teach us the path of perfection and the path of righteousness. He taught by example, by words and especially by the parables. If we do not have faith in Him and ignore all His teachings and not learn from them, we constantly sin against the Holy Spirit and become subject to their reactions. If we understand and learn the hidden meanings of His teachings but do not implement them in our lives, it appears that we increase our

sins according to the following verse.

“That servant who knows his master's will and does not get ready or does not do what his master wants will be beaten with many blows. But the one who does not know and does things deserving punishment will be beaten with few blows. From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.”
(Luke 12:47-48)

If knowing them, we do not follow the teachings of Jesus, it means that we do not have faith in Him. To have faith in Him means to implement in our lives all that He has taught. But instead of implementing His teachings, what do we do? We say: “I believe in Jesus Christ, that He is the son of God and He died for my sins; hence, I am saved”. This is to pervert and destroy all His teachings and this corresponds to what is indicated in the following verses.

“Leave them; they are blind guides. If a blind man leads a blind man, both will fall into a pit.” (Matthew 15:14)

“...Can a blind man lead a blind man? Will they not both fall into a pit?” (Luke 6:39)

Jesus also spoke in parables to accomplish what was previously told by the prophets.

“Jesus spoke all these things to the crowd in parables; he did not say anything to them without using a parable. So was fulfilled what was spoken through the prophet: “I will open my mouth in parables, I will utter things hidden since the creation of the world” (Matthew 13:34-35)

The prophets of the Old Testament also did not reveal to the masses the hidden knowledge. In that tradition, Jesus also said nothing directly. To indicate this, Jesus has frequently used expressions as presented in the following verses.

“...He who has ears, let him hear.” (Matthew 13:9, 43) (Matthew 11:15) (Mark 4:9, 16) (Luke 14:35)

“If anyone has ears to hear, let him hear.” (Mark 4:23)

“Do you have eyes but fail to see, and ears but fail to hear? And don't you remember?” (Mark 8:18)

“Then he turned to his disciples and said privately, “Blessed are the eyes that see what you see.” (Luke 10:23)

Obviously people listening to Him were not deaf. What Jesus had meant was that those whoever have the capacity to understand, should understand. The prophets of the Old Testament also have frequently used similar expressions.

“Lead out those who have eyes but are blind, who have ears but are deaf.” (Isiah 43:8)

“Hear this, you foolish and senseless people, who have eyes but do not see, who have ears but do not hear:” (Jeremiah 5:21)

“To whom can I speak and give warning? Who will listen to me? Their ears are closed so they cannot hear. The word of the Lord is offensive to them; they find no pleasure in it.” (Jeremiah 6:10)

“The word of the LORD came to me: “Son of man, you are living among a rebellious people. They have eyes to see but do not see and ears to hear but do not hear, for they are a rebellious people.” (Ezekiel 12:1-2)

In the same way the Son of Man, Christ lives within us, but because our individuality is rebellious, we do not hear His exhortations and we do not see the path of perfection. We should be like David. In the Psalms David has had some expressions similar to that of the prophets, but he indicates being deaf, blind and mute regarding the exhortations coming from Satan, the “Ego”.

“I am like a deaf man, who cannot hear, like a mute, who cannot open his mouth; I have become like a man who does not hear, whose mouth can

offer no reply.” (Psalm 38:13-14)

Just like David, we should also be deaf, blind and mute regarding all exhortations coming from our “Egos”. But at the same time we should open our eyes and ears and listen to the “silent voice” within us coming from Christ that is in us. The truth is that we do just the opposite. We ignore the “silent voice” and we follow all the “orders” given by the “Ego”. Even when we aspire to follow the path of perfection, and with this in mind, we read and study the Bible, we do not understand the true meanings of what is presented there and do not benefit from the wisdom contained in it.

**Wisdom of the Father, O Jesus, give me wisdom
always to think, speak and do that which is good in
Thy sight; save me from evil thoughts, words and
deeds; have mercy upon Thy creatures and upon me
a great sinner.**



Taken from the epilogue of the book “Mystical Interpretations from the Gospels Part II – Parables Spoken by Jesus”

THE PATH OF PERFECTION AND OF RIGHTEOUSNESS

One is born into a given family and a given circumstance according to his fate. He also has a duty to perform in this world that is commensurate to the place and circumstances he is born into. This duty is his contribution to society and he should perform this to the best of his ability and impeccably for the benefit of the whole society. When he succeeds in doing so, with a feeling of love towards everybody, with compassion, with full trust and even self-sacrifice, for the benefit of all, he elevates himself to a higher spiritual level. The self-sacrifice, the kindness and the beneficence benefit all of humanity and not just those around him. This type of an outlook in life puts one on the path of perfection and of righteousness. And if he stays on the path, then he gets a chance to perform and fulfill the real purpose of his life, which according to Jesus’ teaching, is to be perfect, as is our heavenly Father.

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

To advance in the path of righteousness and of perfection is not possible without patience and perseverance. Those who truly yearn for eternal life, and do not just say it as lip service, in other words yearn to experience the kingdom of God, should not spare any effort. The most difficult and the most important of these efforts is self-control and to have mastery over one’s mind. The person should develop absolute mastery on his individuality, his mind and his emotions and feelings. When he succeeds in achieving this, then all the worldly desires that previously dazzled him and occupied his mind are completely ignored. Only then can he reach a higher level of consciousness, in fact, he may reach

such a level that he also ignores the desire to advance spiritually. It is possible that the idea presented by this last sentence may cause some confusion in the mind of the reader. The reality is that, when the individual says: "I will try to advance spiritually", his "Ego" is still guiding him. Even when he reaches the end of the path of perfection and of righteousness, the "Ego" plays its last "trump card" and gives him the pride of having succeeded. This destroys his chances of achieving eternal life. But if all his efforts at least teach him a small lesson regarding the Truth, then those efforts would not be completely wasted and he gets their "rewards". When the individual succeeds in developing self control and mastery over himself in relation to everyday mundane problems, then he can also calmly but firmly and courageously tolerate all the unpleasant events of his life. During one's life, one is constantly bombarded by good and bad events. The good and the bad should not be measured on the physical level. When one's life style does not match the path of perfection and of righteousness, one is unable to realize his desire to advance spiritually, yet one should not despair. On the contrary, whatever life presents to him, one should be thankful. The cause of all failures is mental indolence and the moral indifference. It is the individual that allows himself to be tossed about by the "currents" of life, instead of giving his life's journey a new, steady and direct course. Presently, according to the level of consciousness of humanity, mankind's progress within the path of perfection and of righteousness is miniscule. Man has the ability to do immensely more than what he thinks he can do and what he now is doing.

At the present time, humanity's educational system is based on such ideals that it promotes materialism and uproots any spiritual tendencies. Based on this, the education that man receives is but a curse for him. He does not even

understand the wisdom presented in the Gospels and creates a religion that is far from the Truth. But when the individual, with genuine interest, absolute faith and determination educates himself, the “doors” of his mind start opening to a “golden age”. Faith is of utmost importance, because one without faith will not seek the mystical meanings of Jesus’ teachings and be privy to the hidden knowledge and the laws that govern them and he also would not revolt against the simple worldly limited intelligence that he has. But, as a result of his faith and of his perseverance, he finds what he is looking for, and then he realizes that what he previously had considered to be miracles, are not the miracles but rather everything, the entire creation as being the miracle. Only then all superstitions disappear and he understands the meaning of Jesus’ following words:

“I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these ...” (John 14:12)

For all these to be experienced, the virtue of patience is of utmost importance. If one wants to reach this level, first he should cultivate the virtue of patience within himself. It is not easy to own anything valuable. Hence, to progress within the path of perfection and of righteousness, one has to exercise, develop and improve his simple mundane intellect. Without the life force, the intellect can do nothing on its own; hence, what enlightens one’s intellect is the “light” of the Christ within. Therefore one’s level of intelligence is dependant on the amount of “light” he receives from Christ and the amount of “light” he receives from Christ is dependent on him. When one, with his ‘free will’, changes his nature and brings it closer to the positive pole of his individuality, closer to the Christ within, rather than towards the negative pole, closer to his “Ego”, then he benefits from the high level of Christ’s “light”. When the intellect thus grows and improves, it starts understanding much better the

meanings of what is written within the Gospels. The knowledge one thusly receives becomes his mental nourishment, as food is the nourishment for the body. As a result of this mental nourishment, the mind grows more within the path of perfection and of righteousness. Does not the dictum say: “Knowledge is power”? In the same way, within the path of perfection and of righteousness, the individual becomes more knowledgeable, but he also becomes “stronger”. Undoubtedly this strength is not the physical one, but the strength of his faith, determination, patience and perseverance. One who does not emancipate himself from the worldly pursuits and does not seek the path of perfection and of righteousness, should understand that the knowledge that he accumulates is equal to the crumbs that fall off of the rich man’s table that a beggar collects as his food.

How do we succeed within the path of perfection and of righteousness? How do we change our nature and bring it closer to the positive pole of our individuality, closer to Christ? First one has to eliminate or control all animalistic passions and desires and avoid all sorts of selfish or self-serving thoughts, words and deeds. All of one’s tendencies should be altruistic. Every single person, according to his nature, decides for himself as to how and how fast he is going to progress in the path of perfection and of righteousness. This is not possible by listening to lectures, by standing in front of pictures of saints and praying, carrying a cross on a chain around one’s neck, kissing the Bible, or even simply attending church services. When the individual is unable to understand what the services and the Holy Mass are actually teaching him, or if he understands the teaching but does not implement it in his life, then going to church becomes meaningless as well. The church services and especially the Holy Mass are a perfect and the most important “summary” that show the way to the path of

perfection and of righteousness. At the same time, all the various undertakings indicated previously should not be ignored as well, because they prepare the individual for the path of perfection and of righteousness, but they are not the path itself. In general, it has been recommended to fast and pray. This prayer is not asking God for this and that, for the highest form of prayer is meditation. Meditation is a period of “silence”. During this “silence”, we allow God to talk to us through nature. The “silence” is the mental silence. In addition chastity and honesty of thought, words and deeds as well as the previously mentioned patience and perseverance are also imperative.

Within the path of perfection and of righteousness, until one achieves certain level of consciousness, the hidden teachings of Jesus will never be apparent to him. We should not forget that the “light” of consciousness comes from the Christ within. One may wish and hope for a lot of things, even within the path of perfection and of righteousness. Is it not true that most people wish to experience the kingdom of God? The yearning of salvation in the members of the sect, who consider themselves “saved”, is extremely high. But just the yearning or even a high level of yearning is not sufficient; the individual should also be receptive at such a high level as well. Does not the period of lent, prescribed by the church, with its various services, and the three day fasting during the Holy Week and Easter morning’s celebration of the resurrection culminating in the sacrament of communion, teach us to do the same in our daily lives as well, so that the Christ within also resurrects within us and we have communion with Him and become receptive to His “Light”?

The path of perfection and of righteousness has numerous impediments and hindrances within; therefore progress within the path requires strong will, determination

and constant effort. The way is strewn with “thorns” that make the progress difficult. Hasitation, suspicion, ridicule, contempt, disdain, scorn, envy, temptation, impatience and “fickle will” represent all those “thorns”. The purpose of all those “thorns” is to test the determination, the level of yearning and the seriousness of the individual. Therefore the person should have an “iron will”, but at the same time he should be humble, meek, noble and emancipated from all passions. If that “Spirit” has not awakened within the person, the “seed” has not “sprouted”, then just simply controlling a few habits is not sufficient. Many promise to abstain from smoking, drinking alcohol or even avoiding animal products ... during lent. Undoubtedly such abstinences are good and healthy and may even be initial steps towards the path of perfection and of righteousness. In the future, this may lead to much more important and serious self-control. But when the seven weeks pass and the celebration of Easter passes and they return to their old habits, it tends to indicate that the “seed” within them has not yet “sprouted”.

In general, the following three feelings, anger, avarice and deceit don't just prevent progress within the path of perfection and of righteousness, but also prevent the individual from finding out that there is such a path. On the other hand, the following five characteristics of the individual's nature, envy, passion, uncertainty (wavering mind), laziness and lack of faith promote ignorance within the individual and he can not see the Truth. The hearts of men polluted with vanity, wickedness, felony and insensitivity make it impossible for them to experience the Christ within. Life exposes us to many experiences and temptations. If we do not conquer them then it would be impossible for us to succeed within the path of perfection. When we act against the laws of the path of perfection and of righteousness taught to us by Jesus, once again it becomes

impossible to succeed in the path. But if we want to see the infinite “horizon” then the onus is on us to “climb to the very top of the mountain”. Did not Jesus say: “Ask and you shall be given”? Then there only remains one thing for us to do and that is to “ask”. What is it that we should ask for? We should ask to see the infinite “horizon”. But “the asking” is not simply saying “give”, but to show it with deeds. It is personally “climbing the mountain”. As indicated above, the last “trump card” of the “Ego” is the pride of having reached the summit, of having succeeded. That pride prevents the individual from seeing the infinite “horizon” despite having reached the peak and leads to tumble all the way down the mountain and may cause more damage than there are benefits. Despite all these, every individual has the duty to find and pursue the path of perfection and of righteousness to the best of his ability, because we will either be successful or we will be annihilated. Is it not written?

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





**God is your only shield
against the storms of your life,
and your only refuge.**

**Gos is your only solace
and comforter,
He is your resting-abode.**

Taken from the Preface of the book “Mystical Interpretations from the Gospels Part III – Jesus Christ’s Sayings”

HOW TO LEARN AND WHAT TO LEARN

It is easy to teach someone and for him to learn a subject when he admits that he knows nothing about that subject. But when the individual thinks that he already knows all that there is to be known about that subject, it becomes impossible to teach him new perspectives about the same subject and for him to learn them. It is possible to learn only with an open mind and only when one seeks the truth.

Within the whole of creation, everything tends toward each other as if with a “magnetic pull”, to become “one”. That “magnetic pull” escapes our awareness and experience. It is the presence of the Holy Spirit. As much as all individuals have their own “circle” of existence, they are also part and parcel of the “whole” and are never separate. And what is the individuality, if not as a passing guest such as a mirage in the desert or the dream dreamt at night? The individual does not understand that his life is but a “mirage” or a dream and thinking that it is real, he centers his life around the past, present and the future of his subjective experience, which is nothing but an abject and pitiful idea. Based on this, man, as a result of his ignorance, limits himself. It is that limitation that is the cause of him committing the following three “sins”.

a- My God, you are everywhere, but I worship you only “here” (in the temple or church).

b- My God, you have no form or figure, but I only worship one form of you.

c- My God, you do not need to be “glorified”, but I constantly pray and “glorify” you.

Did not Jesus Christ also said the same:

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

“I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father.” (John 14:12)

Jesus presented to us and taught us the will of His Father in heaven. With these two verses, He also taught us true worship and true faith. Jesus never asked to be worshipped; instead, He clearly has indicated that we should be like Him and have faith in what He does and what He teaches and use this knowledge to emulate Him. Undoubtedly, we should worship Jesus Christ, but true worship is to carry out His teachings in our lives and not just saying “Lord, Lord”. Worship is the sweetness that pours out of one’s “heart”. It is a totally different understanding than the usual simple intelligence that can not understand, mainly because it has a totally different direction.

To “find God”, a person’s emotional, intellectual and physical abilities have to express it in a unified way. In such a person, the knowledge obtained serves to assist proper worshipping. The degree of yearning for God-revelation within the person represents the person’s degree of emotional involvement with God. This guides him into proper deeds and actions, which reflect his conduct in life and his way of life. These are the means to satisfy the yearning indicated above. It is possible to “see” God only through the eyes of a true devotee (mystic). That eye is the “spiritual eye”. Devotion is true worship. Worship is the result of trust and faith. How much do we trust Jesus? And if we do trust Him, then should not the way we carry ourselves in this world reflect that trust and therefore, the worship it nurtures? True faith is an expression of worship. Therefore to worship

without faith is impossible. Where there is faith and trust, there will also be patience. Both faith and patience are essential to “find” God. And if successful, that experience gives the individual wisdom, knowledge and understanding to recognize the Truth. In general, a little bit of knowledge increases arrogance, but the knowledge indicated above gives the individual satisfaction, success, beauty, health and bliss. Between man and God there is only one impediment and that is man himself.

It is possible to wake someone who is sleeping, but how is it possible to “wake up” someone who thinks he is “awake”.

**“...Wake up, O sleeper, rise from the dead,
and Christ will shine on you.”** (Ephesians 5:14)

When an educated person is not humble and meek, it tends to indicate that he does not have a true and proper education. Only the person who does not have arrogance can be humble and meek. Arrogance makes the individual both disturbed and “unbalanced”. Arrogance breeds selfishness and distances the individual from his true Self, the Christ within. When he “finds” Christ, perhaps it would be more appropriate to say that he “comes to that realization”. It is only then that he “sees” God within himself as well as within the entirety of creation. Then he understands that injuring anything is an affront to God. Where there is selfishness, there can not be devotion. Where there are worldly desires, there can not be worship. Where there is greed, there can not be happiness.

It is not easy to “rekindle” faith in an individual. It is not possible to have faith through the intellect. The intellect may give us many beliefs, but not faith. Faith is the result of direct experiential knowledge. Our level of understanding depends on the person trying to teach us. Those who preach intellectual sermons affect our intellect and succeed in alluring us, but within a short time all that was said evaporates and disappears. Those who preach emotional sermons affect

our emotions and even give the individual an erroneous sense of having found peace. The misfortune is that both these types of sermons may falsely give us the idea of having found the Truth. They capture our minds with various beliefs; hence they close our minds and prevent further progression on the spiritual path. Jesus preached from His Being, therefore the effects of His life and of all His teachings would be on our Being and they stay with us permanently. To think and to know are very different things. Jesus taught us that the purpose of our lives is to “find” God. Then, should not this be the foremost desire in our lives?

People often try to dominate and rule over others with “sword” and force. With such means, one can only conquer them and force their will on them. But they can never earn their trust, faith or respect. On the other hand, as Jesus did, only by showing love and compassion can one conquer their hearts and gain their trust, faith and respect. It is possible to allure individuals with money and win them over. But, how to win someone over, when he, like Jesus, does not care about money? That is possible only with love and compassion. To win over a “heart”, one needs a similar “heart”. But to win over God, one needs total devotion.

Jesus is our teacher and we are His “disciples”. To appropriately learn all of His teachings we need to change our way of thinking and emulate His way of thinking. The student learns best when the minds of the teacher and the student are correspondent, in vernacular one would say “on the same wavelength”. The student that has an inquiring mind and constantly asks questions, learns the best. The teacher often tests the student. The student should never deviate from the truth and righteousness, even when various enticing and captivating situations tempt him. The teacher subjects the student to those situations to reveal his true “nature”. There are those who can very well hide the expression of their

selfishness. But, they may be so tightly engaged with their “Egos” that they see everything distorted and perverted and thus unable to differentiate the truth from a lie, the right from the wrong. Man usually sees and judges according to the superficial and calls it virtue. They “surround” themselves with lies to the point that when truth reveals itself to them, they do not accept it and call it a lie. Those who have “worldly” inclinations and emotions can not see the truth. We should accept all the teachings of Jesus with full trust and without perverting them and also implement them in our lives because He is all-knowing and has infinite wisdom. Every individual within himself has infinite abilities and it was this that Jesus tried to teach us. He also taught us how to make use of those abilities.

“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)

Especially with regards to spiritual subjects, it is impossible to give someone understanding with just simple words. One needs a higher mental ability (wisdom) to fully

understand the hidden meanings of the words beyond their literal meanings. This is called “seeing with the spiritual eye” which makes the real meaning of the words apparent to the individual; otherwise they just become another belief which will have no benefit to him in his life.

“But you are not to be called 'Rabbi,' for you have only one Master and you are all brothers.

... Nor are you to be called 'teacher,' for you have one Teacher, the Christ.” (Matthew 23:8, 10)

Therefore, we need to interpret and understand the teachings of our Teacher, Jesus Christ, accordingly. Christ taught us a lot through Jesus, but Christ is the true Being of every individual and even today, He is teaching us, but only if we are ready to listen to Him. It is easy to fool ourselves, but it is impossible to fool Christ; hence, we should think, speak and act accordingly.

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

In this vein, for success, the following seven factors are important.

a- Strong determination is of the utmost importance. We should accept all that life throws at us without despair, regardless of the fact that they may be pleasant or cause suffering; to accept other's opinions about us, be they good or bad. It is possible to divide all of humanity into three main groups.

- Those who never take on any responsibilities

- Those who take on responsibilities, but when they are faced with difficulties and temptations, they despair and give up.

- Those who persevere despite all difficulties, with unshakeable determination and bring to completion the task that was entrusted to them or they had entrusted to themselves. Therefore, we should also persevere in our

spiritual quest with similar determination until we succeed.

b- One needs to understand the means of finding the Truth, and not to spare any effort until the goal is reached.

c- One should have absolute love and respect towards his teacher, Jesus Christ and to worship Him. It is the Christ that will get rid of our ignorance.

d- The individual should make sure that he keeps a mental equilibrium without any feelings of inferiority or superiority and definitely without any type of fear.

e- Self-control is imperative. The individual should be able to control all his thoughts and emotions as well as his worldly desires and tendencies (habits).

f- The food he eats should be beneficial both to the body and also to the mind and hence, to the soul. Meat can be beneficial for the body but it is not good for the mind and the soul.

g- Not to deviate from the path of perfection and of righteousness

The purpose of life is God-revelation. And the purpose of man is to reveal God within himself during this earthly life. It is exactly this that our ancestral “giants” had understood, had learned and taught others. Why do we call Nerses the graceful, Gregory of Nareg, Gregory of Datev and others saints? What they learned and understood they transferred to us through the songs and chants of our church. As an example, let us consider one of the songs written by Nerses the graceful that is sung in the Armenian Apostolic Church during the “Night Service” which is to take place just at sunup. It is the first service before the “Morning Service” followed by the Holy Mass. Only the first six verses will be presented here. The song is called by its first line “The morning of Light”. The first stanza is:

**O Morning of Light,
O Thou righteous Sun
Dawn on me Thy Light.**

With these words, Nerses Shnorhali (the graceful) presents the trinity of God and the purpose of our lives. In the classical Armenian, when we read the words “Aravod Luso”, most think of it as the “morning light”. The words in the hymn do not say “morning light” but rather the “**morning of light**”. The morning depicts the beginning of the day; hence, the word “morning” here is used metaphorically to indicate a beginning; but a beginning of what? It indicates the beginning of “Light”. Light represents energy and also knowledge and thus consciousness and in the Gospel, it is written: “God is Light”. The reference therefore is for God the Father Who is the beginning of everything and everything has come forth from Him. In the second line we read: “**O Thou righteous Sun**”. The Sun is the “light” of God. The word “Sun” is used as a metaphor as well. The Sun represents the life-giving energy of God, namely the Holy Spirit. Don’t biologists say that without the sun there could be no life on earth? (See also volume I of these series of books pages 34-37). The Sun is also presented as being righteous. It was exactly because of this that Jesus told us that the sins committed against the Holy Spirit are not forgiveable. Therefore, whatever sins we commit against the Holy Spirit, we will be subjected to the reactions of all those sins committed. With this understanding, we should never complain about the unpleasant events of our lives, because we are the architects of all the events of our lives good or bad. In the third line we read: “**Dawn on me Thy Light**”. The “Light” of the Holy Spirit that is present in us as well as in the entire creation has dawned as the Son of God, the Christ. Christ is the Spirit of each and every individual, everyone’s true Being. But man, as a result of his ignorance and selfishness, blocks the full revelation of that light within himself as well as through him to the world. The words in the line represent a plea for the revelation of that Light, in

and through us. It is true that the “rapture”, the sudden increase in one’s level of consciousness, is God’s grace and will, but we should try to make ourselves worthy to have that “rapture”. Is it not true that our consciousness is but a tiny portion of God’s infinite consciousness and the full expression of which is limited only by us? That “rapture”, to a higher level of consciousness, is the revelation of Christ within the individual. As one is incapable of falling asleep at will, but he can prepare himself to go to sleep, in the same way, he can not increase his level of consciousness, but can prepare himself for it. This preparation means changing one’s nature, to conduct life in such a way that it would be pleasing to God and will make him worthy for “rapture”. As sleep takes over, the person, without any effort, and his consciousness, within a split second, go from an awake level to a lower sleep level or from a sleep level to the higher awake level. In the same way, the level of consciousness can also change in a split second from what we call an awake level to much higher level. This is what is called “rapture” in the Bible.

The second stanza of the hymn is the following:

**O Father’s Spirit
Pour forth from my soul
Words pleasing to thee.**

The first line is: “**O Father’s Spirit**”. The translator has taken some liberties, but the meaning has not changed. The original says: “the one that has poured forth or flowed from the Father” once again is referring to the energy of the Holy Spirit that has come forth from the Father. The second line is “**Pour forth from my soul**”. It is also a plea for the energy of the Holy Spirit to flow into and through us. The energy of the Holy Spirit flows from the Christ that is within us. Did not Christ say to His disciples: “I will send you the Holy Spirit”? On the day of Pentecost, the disciples became worthy to receive the Holy Spirit. They were filled with His energy that was even visible in the form of “flaming tongues”.

Thus they had their “rapture” to a higher level of consciousness. The third line **“Words pleasing to thee”** represents our words praising God. At the same time it is a reference to our life style and behaviour. When our conduct in life is pleasing to God, then that becomes our “words” of glorification of God. We should not forget that the spoken words come from thoughts first and give rise to deeds. Hence, the meaning of this line is that we will make our nature and conduct pleasing to God.

The third stanza is:

**Treasure of mercy
Of Thy hidden wealth
Make me a finder.**

By the word “treasure”, Nerses the gracious indicates the presence of a valuable treasure. Undoubtedly that treasure is the presence of Christ within us. That treasure at the same time is merciful and forgiving. One should not forget that the sin committed against the Son is forgivable. Therefore all we need to do is realize the sin committed and repent and change ourselves. The second line **“Of Thy hidden wealth”** is a reference to the fact that as a result of our low level of consciousness and of our ignorance, this wealth is “hidden” from our consciousness and we are not even aware of the fact that we have the ability to bring forth, to bring out, to reveal that treasure, which is the Christ within us and to be privy to the high level of consciousness as the grace given by Christ to us. The third line once again is a plea so that we become worthy to find that treasure so that we become worthy to reveal the Christ within us.

The fourth stanza is:

**The door of mercy,
Open thou for me,
With angels rank me.**

The first line **“The door of mercy”** is referring to the Christ within, which is the “door” for the flow of the energy

of the Holy Spirit into us. When the energy of the Holy Spirit flows into the individual abundantly, then all physical and mental illnesses, emotions and feelings disappear. As it was indicated in the interpretation of the second stanza above, is it not Christ that allows the flow of the energy of the Holy Spirit? The second line: **“Open thou for me”** is a plea for the Christ to open the door of the flow of energy of the Holy Spirit. Before that door opens, first the person should profess Christ and show his faith through actions in life. Once again the translation is slightly misleading. In the original hymn it does not say “open thou for me” but rather “open thou to this one that professes”. To profess Christ is not simply saying: “I believe in Jesus Christ” and continuing to live according to the wants and desires of the “Ego”. In fact it is what Jesus had taught us, to ignore the “Ego” all together. If this is not accomplished the “door of mercy” will never open and the added energy of the Holy Spirit will not flow into the individual. According to the teachings of Jesus Christ, without ignoring the “Ego”, one can not be worthy of eternal life. The third line of this stanza is **“With angels rank me”**. This clearly shows us the idea of “rapture” and the high level of consciousness achieved. It is once again a plea to be ranked “among the angels” at a higher level of consciousness. In the original, the word “angel” is not used but rather says “to be ranked at a higher level”; obviously the reference is consciousness.

The fifth stanza is:

**Triune Unity,
Provider of all,
Have mercy on me.**

As above, within the first stanza, the Trinity was described. Here in the first line as well, the Unity, the Singularity of the Trinity, is emphasized; in other words, having three expressions God is one. The entire creation, despite being God’s expression, with all its apparent

multiplicity represents only the singularity. When this line is chanted, we should at the same time understand that the apparent multiplicity, that we are used to seeing as being separate from one another and different, is nothing but various expressions of the one singularity. The next two lines of this stanza show that God is the “caretaker” of the entire creation and the last line once more is a plea for God to be merciful towards us and not to hold back His care. One should know that the care of God is “poured on” everyone at all times, abundantly both on the sinners and on the righteous. This point is made very clear in the Gospels. It is the individual that prevents himself from receiving the graces of God.

The sixth and the last stanza to be interpreted in this chapter is the following:

**Lord arise to help
Make me the benumbed
Awake like angels.**

All three lines of this stanza are also pleas presented to God. Our present level of consciousness, which we call “waking state”, is also another level of “dreaming” and the true wakefulness is the rapture to a much higher level of consciousness. It is to be like Jesus Christ and to express full Christ consciousness. The plea is asking God’s help in this direction, so that we can succeed in revealing the Christ within ourselves. The second line is translated as “make me”: the original is “wake me”. It makes it clear that this present level is also a dream because we are now “benumbed”: therefore we have a very low level of consciousness. We are numb as a sleeping person is numb during sleep. The brain is numb and we are unable to experience a higher level of consciousness. The plea is to wake up from that numbness, from that sleep, from that dream. The last line of this stanza represents the result of such an awakening. Once again the word “angel” is utilized in the translation, but the original actually says the “enlightened ones”. In other words, we

should be like Jesus, fully enlightened.

Each one of the remaining stanzas of this hymn “Morning of Light” is a treasure by itself and one is more beautiful than the other. The commentary of the 36 stanzas of this hymn may be the content of an entire book by itself.

If we are not to learn from the church services and from the Mass and implement them in our lives, what good is it to us ...?

* * *

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





Be patient
Be pure
Be simple
Be humble

This is what is known as to be born again
This is the path of perfection and of righteousness
This is the spiritual way

Taken from the epilogue of the book “Mystical Interpretations from the Gospels Part III – Jesus Christ’s Sayings”

WHAT IS CHRISTIANITY?

Christianity is not a religion. Jesus did not preach a new religion. He also did not preach the old Jewish religion of Moses. He rather fulfilled the path of perfection and righteousness originally taught by Moses, which in time was perverted with multiple useless and unnecessary laws.

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

It was the “apostle” Paul that created a new religion which subsequently was called Christianity.

True Christianity is to understand, to appropriate and to implement in our lives all the teachings of Jesus. What are His teachings? To be a child of God that is pleasing to Him, as Jesus was. To live a life that is also pleasing to God and to be like Him. Jesus taught all this to us through his deeds, parables and words.

Christianity is a way of life, it is making the right choices so that we can realize the true purpose of our lives and complete the responsibility and duty given to us in this life. Christianity is not a ritual either, but the rituals are important to teach us the hidden truths in them that show us the path of perfection and of righteousness as well as the responsibility and duty given to us by God for this life. We should not spare any effort to find out the philosophy that is being presented through the rituals. Hence, what is the responsibility and the duty given to man by God that man must carry out in his present life and at that, to the best of his ability? The responsibility given to man is to love the creation, in other words everything within the creation. These include plants, animals and all individuals, be they family members, friends, comrades, strangers or enemies and

also to be careful not to harm any of the above. On the other hand, the duty given to man to be performed during his life is the realization of the Christ-revelation within himself. Men usually think that this is impossible for man to accomplish and they say: "Jesus was able to accomplish it because He is the Son of God". This kind of a view is contrary to the teachings of Jesus. We are all children of God; the only difference is that as a result of our conduct in life, we are not the sons and daughters in which He is pleased. Why don't we try to be pleasing to God?

"A student is not above his teacher, but everyone who is fully trained will be like his teacher." (Luke 6: 40)

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

"I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these," (John 14: 12)

Christianity is not just to be baptized as well, but rather according to the following verses, it is to be blessed with the added energy of the Holy Spirit. It is to be baptized with the "water" given by the Christ within. In these verses, Jesus has used "water" metaphorically to represent the Holy Spirit. Christianity is not to spare any effort so that the energy of the Holy Spirit flows into us abundantly.

"Jesus answered, "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit." (John 3: 5)

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

"Whoever believes in me, as the Scripture has said, streams of living water will flow from within him." (John 7: 38)

How should we make sure that the energy of the Holy Spirit flows into us abundantly? This is possible only through prayer and at that, the sublime form of prayer, which is meditation. The purpose of meditation is to accomplish absolute mastery over our emotions and mind so that we can control all emotions, feelings and thoughts and develop a “pure heart”. A “pure heart” is a mind cleansed of all thoughts and emotions. When that cleansed mind is concentrated on Christ, from Him we receive abundant energy of the Holy Spirit.

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

Christianity is not just simply going to church, but rather Christianity is God-worship. True God-worship is to love the entire creation and all that is in it. This creation is God’s “handywork”; it is the “painting” He has “painted”. The entire creation, the cosmos is God’s body; it is His revelation; it is His presence.

How should we worship God? As indicated above, we should love and take care of His “handywork”. But to be able to worship God, we should first negate the influences of our “Ego”. We should condemn the “Ego” to death and crucify and sacrifice it on the cross. It is not possible to keep the “Ego” and also worship and serve God. We can not serve two masters.

“...You cannot serve both God and Money.” (Luke 16: 13) (*Other translations say “mammon” instead of “money”*)

Christianity is not just taking communion, but rather to understand that Christ is our true Self and the purpose of this life on earth is to be able to have communion with the Christ within. When we go to church and receive communion, it is just this that we should be learning from the sacrament. In our lives, we should also make sure that we establish conscious communion with the Christ within.

How should we know or understand that Christ is our

true Self? As mentioned above, the means of obtaining an abundant flow of the energy of the Holy Spirit into us is to develop a “pure heart”; this is also the means to give us not just intellectual understanding, but experiential knowledge of our true Self, the Christ within. Did not Jesus say that those with a “pure heart” are blessed because they will “see” God? This is possible only as a result of an increased level of consciousness. This is the “rapture” indicated in the Bible. The individual becomes one with Christ and thus experiences the real communion with Him.

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

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

Christianity is not saying: “I believe Jesus Christ to be the only Son of God and He died for my sins and I am washed with His blood and therefore saved”. According to the teachings of Jesus, Christianity is not simply worshipping Jesus Christ, but rather, it is to be like Him and to do the will of the Father in heaven. It is only then that we truly worship Him.

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

Undoubtedly we should worship Jesus Christ. He is our teacher. He is the son of God that the Father is pleased with. He is the revelation of God. Not to worship Jesus Christ means not to worship God. But as indicated above, to worship Jesus Christ is to do His Father’s will and not just saying: “I love Him, I worship Him”.

“If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and

make our home with him.” (John 14: 23)

Salvation can not be attained by simply saying: “I believe”. Salvation comes to the one who turns his life to an incessant prayer and he accepts all circumstances of his life, good or bad with gladness as the will of God.

“but he who stands firm to the end will be saved.”

(Matthew 24: 13)

“...they should always pray and not give up.” (Luke 18:1)

Christianity is not going to heaven some time after death and living a happy life for an unending time. It also is not going to hell, burning in hell fire and “eternal” suffering. Rather Christianity is to be part of God’s bliss and it is willingly to let go of the body, of time and of space and to have the yearning to be part of eternity. It is to be free of the illusion of time. It is to be in the present only.

When one is in communion with Christ, hence, with a higher level of consciousness, then one becomes like Him. This is possible only if we have impeccably carried out the will of His Father. It is only then that we can experience divine bliss and live only in the present, which is eternal. The love of God flows through us to all around us, even towards the ignorant that is coming to kill us. We embrace him with an expression of great love and pray for him. This represents trust in God and the understanding that the intention of that individual to kill us must be God’s will.

Christianity is not believing in a God that is vengefull and punishes us. Rather Christianity is to secure divine love and it is to also express that love. God is love. God does not punish, but man must realize that he is to reap what he himself has sown.

“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit,

from the Spirit will reap eternal life.”(Galatians 6: 7-8)
“I tell you, you will not get out until you have paid the last penny.” (Luke 12: 59)

Christianity is to be one with the loving God. It is to experience His forgiveness and His mercy. Christianity is to trust and rely on God; it is to accept all life circumstances, be they good or bad, and thank God for all of them. Everything that happens to us, good or bad, is God’s will and they are for our benefit.

In general, man as a result of his ignorance has taken all the “Christianity is not”s mentioned above and has created a religion and by following the religion that he has created, considers himself to be a Christian. With such an understanding, he continues to prostrate to his “Ego” and still calls himself Christian.

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

The above mentioned all the “Christianity is not”s are actually very important, but only as a first step. Undoubtedly we need to get baptised; we need to attend church services and take communion. But these should never be the goal and the end, but rather they should be an incentive and we should try to learn and understand the hidden teachings in them and implement them in our lives. They are only the first step within the path of perfection and of righteousness. The Chinese proverb says: “A journey of a thousand miles begins with one step”. If our outlook and behaviour has not changed, it tends to indicate that we have failed in our mission and within the path, we have not progressed beyond the first step. The path of perfection and of righteousness is an infinite journey, because the final destination is the revelation of Christ and it is union with God. Is not God also infinite? To take communion is not simply thinking that our

sins are forgiven and going and committing the same sins over again and again, coming back and taking communion again. The sins are forgiven only when we have learned our lessons and never repeat the same sins again.

Prayer should also be the yearning to have communion with the Christ within and not asking God for this and that, especially during our difficult times. All those difficult times are the results, the crops of all the negativity we have sown ourselves in the past. Jesus Christ is merciful and able to free us of those difficulties. We should not forget that the sin against the Holy Spirit is not forgiveable and those become our trespasses, our “debts” that we must “pay”. Two thousand years ago, as a result of being merciful, Jesus cured many people and forgave them their sins. But those “debts” did not disappear, but rather He took them all upon Himself and “payed” for all of them on the cross. This shows His infinite mercy. To free myself from the “debt” I have created by sinning, would I really want Jesus to suffer the consequences of my sins? This would be the pinnacle of selfishness. If through that suffering, we have learned our lesson, we should pray only for God to give us acceptance and the patience to endure. Because God is merciful and loves humanity, if we truly have learned our lesson and with absolute conviction, decide not to repeat the same “sin”, He may ameliorate the situation without us asking for it. But if we have not learned our lesson, all the prayers we may say would have no effect or importance.

What do we think? Should we be satisfied just by being “lip service” Christians? I would say No! On the contrary, we should not spare any effort to be true Christians. It is easy to be a “lip service” Christian, but difficult to be a true Christian. Which of these two forms of Christianity did Jesus live and which of these two did He teach us?

Taken from the epilogue of the book “Mystical Interpretations from the Gospels Part III – Jesus Christ’s Sayings”

WHAT IS RELIGION AND WHAT SHOULD IT BE?

What Jesus Christ had taught was the path of perfection and of righteousness. Those who follow this “path”, taught by Jesus Christ, form the church, which indicates the congregation of those with faith. For the first time, it was in Antioch that this congregation was given the name of Christians. In 301AD, the Armenian nation decided to follow this newly named “Christian” way of living that had been taught by Jesus. In 325, under the auspices of the emperor at the ecumenical meeting in Nicea a new religion was established called Christianity.

What are the disadvantages of a religion? All those who belong to any given religion consider themselves “just” when compared to all those that belong to other religions. There are many examples of this. As an example, for an individual belonging to the religion of Islam, to kill a Christian is justified and it is a means to enter heaven. Within Christianity as well, the sect of “born again” and “saved” consider the members of other denominations within Christianity that do not believe as they do, as well as members of other religions, condemned to hell. They consider other religions to be satanical or idolatry. They are destined for hell unless they change their religion and become Christian and believe as they do.

God is one and represents singularity of all. God is also just. Don’t we also say that not even a leaf moves without God’s consent? Therefore, if there are numerous religions, they all must have come to be with God’s consent. Various people are at various levels based on their understanding and especially based on their level of consciousness. Hence, God has given to them an appropriate religion that corresponds to

the level of their consciousness and comprehension. All religions without exception teach the same philosophy of life. But people with only a superficial understanding of their own religion have “reshaped” the religion to suit their “evil ways” and consider themselves absolute faithfuls and thus mock and scorn others and continue worshipping their “Egos”. The entire cosmos is God’s “body” and His Son, the Christ. Christ is present in all and represents the singularity and totality. This is what Jesus Christ taught us. He never discriminated between the Jews, the Samaritan women or the Roman centurion. In other words, He did not discriminate between the religion of Moses and the “pagan” religion of the Romans. Then, as Christians who claim to follow in the footsteps of Jesus, why do we discriminate against other people and other religions? As asked above, then what are the disadvantages of religion in general? When an individual considers himself belonging to a given religion, then he is promoting division and discrimination. Duality as we experience within the creation is the result of ignorance. The truth is that all is “one” and the same. Is it not written in the Bible: “I am the Alpha and the Omega”? The one that is the beginning and the end is “all”, everything. When an individual starts discriminating between his own religion and other religions, he shows his level of ignorance. Soon follows discrimination and division of his own religion into various sects. Why not? Is he not acting according to his level of consciousness, or better yet, his level of ignorance? Every one acts according to one’s nature. If one’s nature is to discriminate, one starts discrimination against everything. That type of a nature is the work of the “Ego”. It was exactly because of this that Jesus often talked about ignoring the “Ego”. With this level of understanding, humanity has divided the world also into different nations, different languages and different countries. The religion of

Christianity was declared in Nicea. It did not take long for divisions to occur. The Catholic and the Orthodox Churches separated soon after. In the middle ages, with Martin Luther, the “protestant” church came about. With this, the divisions occurred even faster than ever. Especially during the last 100 years, innumerable Christian denominations have appeared. It would be more proper to say sects rather than denominations. Do we think that this is what Jesus had taught? When is humanity going to wake up from its spiritual “coma”? We need to learn the teachings of Jesus and we should be God-loving and God-worshipping and not loving religion and worshipping religion. Elsewhere it is well described as to what is true love for God and true God-worship. We should have respect for all other religions. Those who are interested in the teachings of other religions should feel free to do so, and if they truly understand the hidden teachings there as well and not just a superficial and a fleeting understanding, they will see that they also teach what their own religion and Jesus had taught them. The “Ego”, Satan, is very cunning and deceiving. If we start studying other religions, the “Ego” gives us the feeling of betraying our own religion and the fear of going to hell. With this type of influence, the “ego” succeeds in “closing” our minds. With a closed mind, the individual becomes impotent to even understand his own religion properly and get to know the hidden meanings behind the words. He ends up having only a superficial understanding and thus conducts his life. It would be appropriate to say, that with regards to spiritual progress, he wastes his life. There is a popular saying: “A man’s mind is like a parachute. If it does not open it is of no use”.

Why have all religions failed in their missions? Unfortunately, governments, various groups and some individuals, taking advantage of the general ignorance of the masses, have promoted a perverted and a superficial

understanding of their religion as being the “truth” for the purpose of misguiding the public. This has made it easier for them to govern the masses, to take advantage of them for their own benefit and to “enslave” them.

We need to get rid of ignorance and we should open our minds. We should not spare any effort until we find the truth hidden in the teachings of our true teacher, Jesus Christ. When we find that path of perfection and of righteousness, we should also make sure we do not deviate from the path at all. In this, man’s greatest enemy is his own “Ego”. The “Ego” destroys the person’s conscience and thus prevents progress within the “path” and leads the individual to spiritual destruction. Our “religion” should be the path of perfection and of righteousness, as Jesus taught, and not a set of dogmas. This implies understanding our responsibilities and duties that we need to do in this world during our lives and to perform them impeccably. Children should respect their elders, their parents and their teachers as well as excel in learning. The strong and powerful should protect the weak. The educated should work for the advancement of the entire society into prosperity and especially towards the path of perfection and of righteousness. The true religion is the yearning to be with God. God is present where there is love. God is present there where there is humanitarianism and respect. God is present where there is love, caring and mercy towards nature, animals and plants. God is present where there is self-sacrifice. To follow such a religion means to change one’s life into a constant “prayer”. The mind should always be centered on the “present”, which is eternal, and also on Christ who is the true Self of the individual. For such a life to be successful, the most important virtues of love, faith, trust and patience must be cultivated. These virtues are the keys that open the way to “finding”, experiencing God. When one “looks” at God without any expectations or selfish

motives, he notices that God is also looking at him. When a person's individuality dedicates itself to the Christ within, the person is always subjected to God's help without having to perform any rituals. When, he puts his total faith and trust on Christ, without any doubt at all, then God reveals to him the true purpose of his life, his responsibilities and his duties. This faith is that God is the only one that is acting out our lives; He is the only creator, sustainer and the terminator of every situation and event in our lives. Based on this, the individual understands the true meaning of the Trinity. What is this dedication indicated above? The most precious gift a man can give to God is a single drop of tear of "true" repentance. And, this is the sign of true worship. When the individual dedicates his individuality to Christ it is imperative that he should first sacrifice all arrogance, self-conceit, boasting, anger and greed and be emancipated from all these vices. In this vein, it is also important to be forgiving. It is possible to forgive only if and when we do not judge others. Therefore what is important in ones life is not the religion, but the person's attitude and a lifestyle that reflects all the teachings of Jesus Christ; one is, as the way he sees others to be. At times, without realizing, one gives to oneself and also to others the impression of guilt. Forgiveness is the proof of the individual's emancipation from his "Ego". And, this is the means for salvation. And, what is salvation? Salvation is being with God. The more one's individuality approaches the Christ within, by that much the individual approaches "heaven" or paradise. On the other hand, when the individuality tends toward the "Ego", distancing itself from the Christ within, the individual approaches hell. Heaven or paradise is to be with God; when we stray away from singularity, we approach hell.

Man has to use the intellect given to him appropriately. He should study theology and increase his knowledge

regarding God and the purpose of human life. But if he does not personally get experiential knowledge of the Truth, all book learning becomes useless. He needs to understand that this world is an illusion, a dream. When he experiences the Light of the Christ within, only then would his ignorance also dissipate and he becomes a beacon for that Light.



**In your service to God
always be serious and diligent**



**Don't be cold-hearted and
indifferent regarding life.
That is not the path of
perfection and of righteousness.
Give service to all.
Do not be vengefull.
Love all and be benevolent
towards all.**



REFLECTIONS
II



THE “SELF”

When I was reading the daily newspaper “Marmara”, dated January 12, 2015, I read an article titled “Man with his ‘self’ face to face”, and I decided to write this article. In that article, two poems were presented from two Armenian poets: one by Khachig Dedeyan, from Lebanon, titled “My Second Half” and the other by deceased Kalousd Khanents, from Persia, titled “Conversation With My “Self”. In this article, I will include some quotations from both of these poems. *(The originals, being in Armenian, I will try to translate them to the best of my ability and I know that the translations will not do justice to the poems, but hopefully they will give the general idea of their contents).*

MY SECOND HALF

To find my other mystical half,
The notable other half that realizes
All my dreams and all sufferings,
As well as my faith and my future.

...

Within the pieces of the broken mirror
I see the many facets of my “self”.

...

All the pieces will join together,
And I will once again be whole,
A single capitalized “Self”,
That will look in the mirror clearly
And see the Self as pure and true.

Khachig Dedeyan

CONVERSATION WITH MY “SELF”

- Why don't you dance, when I am playing music?
- Because you always play incorrectly and at inopportune times.
- Why are you awake when I am sleeping?
- Because you are always sleeping.
- Tell me, when are you going to smile?
- I smile when you are unmasked.

- Tell me what do you like?
- I like impossible things: you have your feet planted on the ground, I walk outside of matter. You live with bread and water, I live with vibration (waves) and the “Word”.

Kalousd Khanents

In these two poems, there are very characteristic points made. The content of the writing is based on the premise that every individual has two “selves”. Usually one is written with a capital “S” (Self) and the other is written with a small “s” (self). In writings of other cultures and languages as well, one can see at times the idea of two “selves”. In those writings as well, the “Self” is capitalized when it refers to the positive pole of one’s individuality, to the Spirit of the person, to the true Being, to the Christ within. The “self” is written with a small “s” when it is referring to the negative pole of the individuality, to Lucifer the fallen angel, to Satan, to the individual’s “Ego”. In general, it appears that to avoid using the word “Christ”, people express Him with a capitalized “Self”. This comes from the fact that in their minds they equate “Christ” with Jesus. In fact, Christ is the Son of God and the Spirit of every living man, his true Being. Jesus, as man, did fully reveal Christ within Himself and said that we could also do the same. Is it not true that within the Gospels, Jesus is referred to as “Son of man”. Is it possible to kill God? It was Jesus, the man, that died on the cross and resurrected as Jesus Christ. Within the four Gospels, reference to Jesus is made as “Son of man” 82 times, in Acts, once, and in the Book of Revelations, twice. Jesus, whenever He spoke about Himself, always referred to himself as “Son of man”. On the other hand, the expression “Son of God” is mentioned 25 times in the four Gospels, once in Acts and once in the Book of Revelations. It was always others who used this expression regarding Jesus. The followings are examples:

“...In the same way the Son of Man is going to suffer at their hands.” (Matthew 17: 12)

“...The Son of Man is going to be betrayed into the hands of men. They will kill him, and on the third day he will be raised to life.” (Matthew 17: 22-23)

“...Truly you are the Son of God.” (Matthew 14: 33)

“...save yourself! Come down from the cross, if you are the Son of God!” (Matthew 27: 40)

In all my books and articles, I have presented the two poles of one's individuality as a positive pole, Christ, and a negative pole, the “Ego”, written with a capital “E” whereas others usually use a small “e” or “s” for self. Man's physical body is the Temple of God and the Spirit of man is the presence of the Son of God, the Christ within that Temple.

At this juncture, it is appropriate to analyze the contents of the two quotations taken from those poems.

Dedeyan considers that “Self” to be “mystical” as well as being “notable”. It also appears that the “Self” is aware of all our dreams, our sufferings, our faith and our future. Therefore the reference of the poet must be to the Christ within; hence, that “Self” should be capitalized. Is it not true that it is the presence of Christ within us that gives us our life and a small part of His infinite consciousness? With the broken pieces of the mirror, Dedeyan is trying to present the multiple and different experiences of our lives. The poet has also used the mirror metaphorically to represent the human mind. The mirror, broken into many pieces, also represents the mind preoccupied with many thoughts; hence, the individual can not be aware of his true “Self”, the Christ within. When Dedeyan writes: “All the pieces will join together, and I will once again be whole”, he tends to indicate that when all the preoccupying thoughts stop and the mind is completely cleared of them, it becomes one (whole), completely concentrated on the “Self”, the Christ alone, and he realizes the unity, the singularity of all. It is only then that

one can experience his true “Self” the Christ within. This is known as the revelation of Christ within and through the individual.

On the other hand, the poem of Khanents appears to represent the above presented Truth even more clearly, for, in general, man tends towards his “Ego”, the negative pole of his individuality. It appears that all his actions (playing music) are incorrect and occur at inappropriate times. The poet also writes “Because you are always sleeping”. That which we consider to be our waking state of consciousness appears to be another level of sleep and dream. The “rapture” written in the Gospels is the awakening from this so called “awake” level of consciousness to the higher level of consciousness of Christ, which represents Christ revelation within the person. When the poet writes “I smile when you are unmasked”, he indicates that Christ reveals (smiles) only when we are emancipated from our “Egos”, when we are unmasked. When Christ reveals in us, we would also be able to do “impossible things”. When the poet writes “you have your feet planted on the ground” he indicates our attachment to the world and worldly pursuits. On the other hand, Christ “walks outside of matter”, meaning He is not attached to the material world. Man “lives with bread and water” because he identifies with the physical, whereas Christ lives with “vibration (waves) and the “Word”. A wave, vibration, represents energy because every type of energy is a wave with a certain frequency of vibration. On the other hand, the “Word” represents God’s energy, the Holy Spirit. Is it not true that Jesus survived in the wilderness 40 days just with the energy of the Holy Spirit, the “Word” of God, the heavenly Manna.

To best understand the “Self”, we need to first understand the purpose of creation and the formation of man to serve that purpose. Regarding this, see also in my book

titled “Awakening”, at the end of the first chapter, the section titled “Human Nature” (page 57); also see my book titled “Universal Laws” Chapter I titled “Anatomy – Body and Spirit” (page 23). Man is formed of five elements: “matter” (earth), “water”, “air”, “fire” and “ether”.

The first element is essential to form the physical body. Is it not true that the physical body comes from matter, the earth? It is only through the human form that matter, the earth or the world, is able to worship God. The earth is full of infinite characteristics. The earth, without any discrimination, gives all its benevolence to humanity for its sustenance. Therefore, it represents the affection and the caress and care of a mother. It is because of this that the expression “mother earth” exists. It is that care that gives us the opportunity to advance. Without a doubt, matter forms the physical body of the individual.

The second element is “water” and it is essential for the body to keep its equilibrium and health. That is why it is said “water is life”. It is because of this property of water that it is often used metaphorically in the Bible to represent the life-giving energy of the Holy Spirit. Is it not true that the blood that secures continuation of life within us is liquid and is made mostly of water? Is it not true that 70% of the human body is nothing but water? One has to make sure that the equilibrium is maintained in his body and it is not deranged. This requires appropriate exercise, prudence and caution so as to not pollute it. From Jesus’ act of calming the storm of the sea, it becomes apparent that the storm of the waves of the water of the sea metaphorically also represents the storm of our emotions. Therefore, one should also try to maintain his mental equilibrium and get rid of the negative emotions and advance the positive ones. The positive ones are love, mercy, compassion, forgiveness ... This element forms the individual’s emotional “body” which is part of his mental “body”.

The third element is “air” and it is essential for the continuation of life. According to the above mentioned act of Jesus calming the storm, the storm of the winds metaphorically represent the storm of our thoughts. Thus, the third element should not be “violent”; thoughts should be controlled. The air that we breathe should not be of poor quality or polluted; otherwise the physical body can lose its equilibrium and become sick. This element forms the second part of the mental “body” of the individual, the part of its thoughts. The totality of the mental “body” has a strong association with the physical body; hence, it functions both through the brain and the heart.

The fourth element is “fire”, which represents temperature, light and metaphorically, also knowledge. As the flame of a candle is fire, it spreads both heat as well as light; in the same way, man is also capable of spreading God’s love as “warmth” and the “Light” of Christ. This element forms the individual’s energy “body”, which is the location of his individuality. This “body” also has a strong relationship with the two previously discussed bodies, but it also has a close relationship with the Spirit of the person, which is the following element. It is only man that can have “self-knowledge” and who can also increase his level of consciousness to that of Christ consciousness. For the individual, true “self-knowledge” is to know, to experience his true Self, the Christ within and to know that he is nothing but an expression of the fifth element, an expression of the Holy Spirit.

The fifth element is “ether”. Ether represents “space”, the “energy field”. The energy it contains is the energy of the Holy Spirit. The Holy Spirit gives man wisdom and through his mind and heart, also conscience. Its presence in man is the presence of Christ and leads man towards being compassionate, forgiving, peaceful ..., in summary it leads

man from ignorance to “light” and knowledge that comes from a higher level of consciousness. The “ether” contains the entire creation within itself and at the same time pervades the entire creation. Based on this understanding, it would be appropriate to say that the entire creation represents God’s “body”. Hence, we also are in God and God is also in us. The presence of the Holy Spirit (the presence of God) in ourselves is what we call the Christ, the Son of God. Therefore, just as the candle melts away and spreads light all around, we should also spread the “Light” of Christ all around us by melting away (ignoring and destroying the influence) our “Ego” (The “self” with a small “s”).

The purpose of creation is God-revelation and it appears that within the creation man is the means to accomplish this, to bring it to fruition. It is because of this that the last task of creation was for man to receive an “individuality”. Hence, man’s individuality is the means of God revelation. The bright morning star is Venus, which announces the coming of the light, the coming of the Sun. In the same way, man’s individuality also should announce the coming of the Son, the revelation of Christ. In the Bible the angel Lucifer, as a metaphor, is used to represent the “morning star”, which announced the coming of Christ, the revelation of Christ (*See also my book titled “From Light to Light” chapter VIII titled “What is Astrology?” (pages 189-190)*). Man’s body is the temple of God and his individuality is His throne. Lucifer used to announce the coming of Christ’s Light. He was called Lucifer just because of this, meaning the “bringer of Light”. Therefore, Lucifer should have become the “Self” of the person written with a capital “S”. But, according to the Bible, Lucifer wanted to occupy God’s throne, meaning wanted to govern the individual rather than just “announce” realize the revelation of Christ within the person. Great was his fall. This time the “self” is written with a small “s”. After

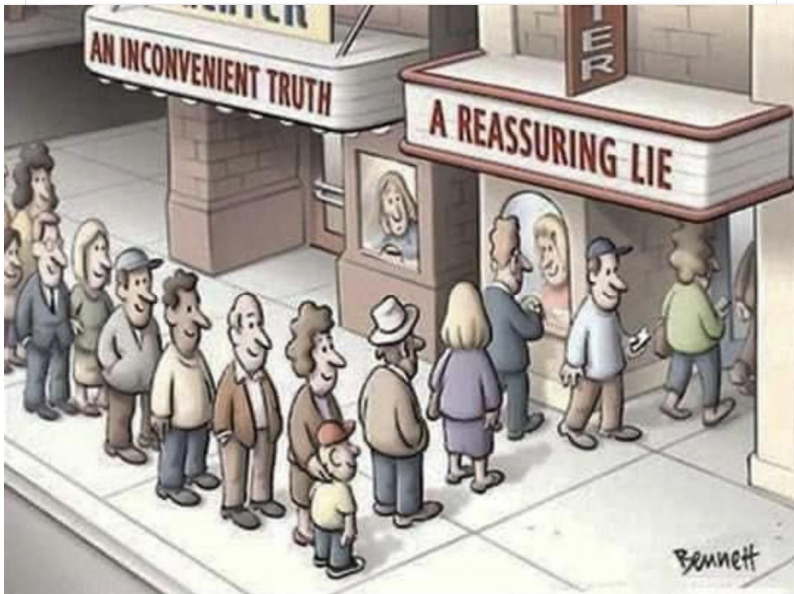
his fall, he was called Satan. Satan, man's "Ego", has forced man into ignorance by limiting his level of consciousness and thus has presented the illusion of this world as reality. As a result of his low level of consciousness, man has forgotten the presence of a "treasure" that is in him, mainly because all his five senses give him information only from the external world and nothing that is internal. The purpose of meditation is to increase the level of consciousness so that one can experience that "treasure". For meditation to be successful, it requires a strong will, strong faith, patience and perseverance, because the "Ego" will try all sorts of deceit and trickery so as to not lose its control over the individual. The "Ego" promotes selfishness and it is this that gives rise to all the "deadly sins". Human life, guided by the "Ego", can never have permanent happiness. Thus, man becomes the victim of dissatisfaction, unpleasant and irritating situations, agitations and disturbances, depression, anxiety, worries ...

But when man is able to ignore his "Ego", as recommended by Jesus, he can not be subject to the above-mentioned negative sensations. He experiences the singularity of the apparent multiplicity. He becomes a "tool" in the "hand of God" and becomes compassionate and merciful towards all. He reflects the "image" of God, His Light and His will. He completely fulfills the duties given to him for his present life without any hesitation. He reflects God's love, which is of the utmost importance. In the universe, the most holy and the most pious sentiment is love, mainly because it is love that gives rise to faith, trust and dedication. Within one's life, love can present itself in many forms: between a mother and her child it presents as tenderness, between man and God it is devotion, between husband and wife, it is respect, between brother and sister it is trust ... To love or to find attractive or enticing are two different things. To be attracted may be the first step in developing love, but

one has to be very careful, because to be attracted means to be attached. It usually keeps us attached to the world. Did not Jesus say “I am in this world but I am not of this world”? Jesus had no attachments to this world; thus, He was able to reflect the love of God to all. Such a love is borne out of devotion and dedication. Usually attachments prevent devotion and dedication. Life without love has no zest and is of no use. Love is the invisible presence of God. Don’t we say “God is love”? Love gives life satisfaction. Man, from the day he is born to the day he dies, lives best only with love. There is no other sentiment that can equal the sentiment of love. Love in itself contains also the sentiments of compassion, self-sacrifice, joy, happiness and bliss (ecstasy). Love is the life.

And, what do we do? As a result of all the illusional, deceiving and enticing desires promoted by the “Ego”, we become attached to the world, become selfish and disregard the most pious love of God and thus deprive our-selves of all the beautiful sentiments it could bestow on us.

It is exactly because of this that Jesus Christ on numerous occasions, recommended that we ignore our “Egos”.

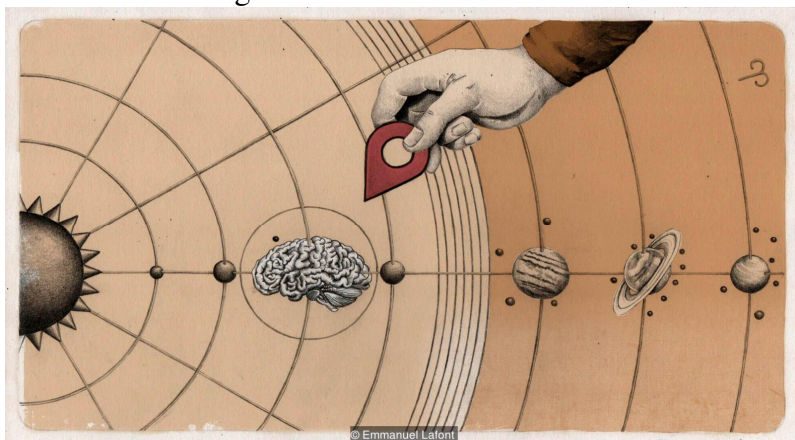


- Stay Away From Anger... It HurtsOnly You !
- If You Are Right Then There is No Need to Get Angry ...
- And If You Are Wrong Then You Don't Have Any Right to Get Angry.
- Patience With Family is Love
- Patience With Others is Respect.
- Patience With Self is Confidence And Patience With GOD is Faith.
- Never Think Hard About The PAST , It Brings Tears...
- Don't Think More About The FUTURE , It Brings Fear...
- Live This Moment With A Smile , It Brings Cheer.
- Every Test in Our Life Makes Us Bitter Or Better
- Every Problem Comes To Make Us Or Break Us !
- The Choice is Ours Whether We Become Victims Or Victorious.
- Beautiful Things Are Not Always Good But Good Things Are Always Beautiful
- Do You Know Why God Created Gaps between Fingers ? So That Someone , Who is Special To You , Comes And Fills Those Gaps , By Holding Your Hand Forever.
- " Happiness " Keeps You Sweet But Being Sweet Brings Happiness.

AC DeSouza

CONSCIOUSNESS

Today, scientists have started considering consciousness and are thinking of doing experiments to understand it and its effects. Giulio Tonini, an International relations expert focused on the European Union and trade laws and also as a former ambassador of Italy to the OCE in Vienna, has written the following: “Knowing what consciousness is and how it came about is crucial to understanding our place in the universe and what we do with our lives”. David Robson, a science journalist specialising in the extremes of the human brain, body and behaviour, influenced by an article titled “Integrated information theory” written by G. Tonini, asks whether the problem of consciousness will be resolved through mathematics, philosophy or medicine. He seems to favour medicine and the brain and asks whether a lobster has any consciousness or not. After making the above quotations from an article titled “Are we close to solving the puzzle of consciousness?” written by D. Robson, I decided to write the following article.



This picture is taken from David Robson's article

Man thinks that his consciousness is a brain function and is borne out of the brain. This view is based on the fact

that when a certain part of the brain becomes damaged, the individual loses his consciousness and no longer can be aware of his environment or of himself. This condition is called “coma”. All animals have a certain consciousness; therefore, it may be appropriate to say that their level of consciousness depends of the quality of their brain. Thus, the brain appears to be the cause of consciousness. Plants do not have a brain, but it appears that they also have a certain degree of consciousness, because the leaves know to turn towards the sun and the roots grow towards water. The amoeba, which is a single-cell organism, has no brain, but it knows to distance itself from danger and to go towards “food”. Therefore consciousness, despite having strong ties with the brain, appears to be independent of it. To solve this riddle and to understand the dilemma, the following example may be of some use: When we listen to the radio, the sound, the music appears to come from the box we call a radio. When we unplug the radio from the electrical socket or the radio breaks down, the sound it was emitting also ceases and we can no longer hear the music. This does not mean that some other person, somewhere else, with another radio receiver, can not receive and hear the music. Therefore the human brain corresponds to the radio and the broadcasted radio waves from the radio station correspond to consciousness. Hence, when the brain is injured and the person goes into a coma, it tends to indicate that his “radio receiver” that was receiving and expressing the “radio waves” can no longer receive consciousness and express it. This does not mean that consciousness itself no longer exists. Just as the broadcasted radio waves exist even if not a single radio is turned on to receive it, in the same way the individual who is comatose is unable to receive and express consciousness that is there and present. One may increase the volume of the radio or decrease it and thus change the degree of expression

of the music. In the same way, when one goes into sleep, he lowers the expression of his consciousness to different levels. When we want to really enjoy music, we tend to get an expensive stereophonic receiver, along with large speakers. A small transistor radio can also play music, but the sound will be weak and contaminated with interference. This corresponds to the quality of the brain. The consciousness of a fly is different from that of a bird; in turn the bird's consciousness is different from that of a dog, which is different from that of a man. With the exception of man, the levels of consciousness expressed by all other animals are predetermined and they do not have the ability to increase their level of consciousness. That which we call insentient matter, in reality every single molecule and atom in it has its own consciousness. Man is privileged to have been endowed with a brain that allows him to change the level of consciousness that he expresses. The unfortunate part is that, in general, man does not make any effort to increase his level of consciousness and lives as the animals do, with a limited consciousness.

What are the various levels of consciousness and what do they serve? Let us first consider those that are in everyone's experience. Man changes his level of consciousness every day. The level of consciousness that we call the "awake" level gives us a certain consciousness and thus, understanding. Even this awake level of consciousness varies slightly from person to person and also changes slightly in a given person from time to time. When the individual goes to sleep at night, the level of consciousness expressed decreases significantly. In fact, the truth is that when the expressed level of consciousness decreases, the person falls asleep. During sleep, one expresses various levels of consciousness. During the dream stage, the level of consciousness expressed is much lower than the one expressed during the waking

state. At that level, since the individual is no longer conscious of the outer world; hence, because he is totally detached from the outer world and the worldly concerns no longer preoccupy his consciousness, he becomes aware of his subconscious mind and all the memories, beliefs, feelings ... accumulated over his life. Under the influence of the subconscious mind, he creates either a pleasant dream or a nightmare. The story within the dream is his own creation and he also is present and part of the dream. But despite being in his dream, experiencing all sorts of emotions, feelings and sensations, he can not see himself in the dream. He is the creator of the dream; he is the subject and the dream is the object. When he progresses from dream level to deep sleep level, his level of consciousness that is expressed is much lower. He no longer is conscious of, nor aware of the outside world, nor is he aware of the subconscious mind. This level we call "deep sleep level". During this level of consciousness, man's mind is absolutely pure and holy.

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

When an individual has a pure heart (*In Aramaic there is no word for mind, the word for "heart" is used both for "heart" and for "mind", hence, the incorrect translation*), meaning a mind devoid of thoughts, emotions and feelings, he can have communion with the Christ within and thus receive the life giving energy of the Holy Spirit. In the morning, he wakes up because he is able to express a higher level of consciousness as a result of the energy received. The unfortunate part is that the communion with Christ occurs at such a low level of consciousness that the individual never becomes aware of it. Why do we think that the best hours are the time spent in deep sleep? Is it not truly a tragedy to commune with Christ and not to be aware of it? The purpose of meditation is to develop a "pure heart", a clean clear mind but this time at a higher level of consciousness, so that we can become aware

of the communion with Christ. How great and how pleasant would that experience be? It is this experience that is called bliss. If the low level of consciousness expressed at the time of deep sleep is pleasant, don't we think that an even lower level of consciousness would be even more pleasant? That level, we call "death". Therefore, why should we fear death? The Spirit of man that is the Son of God, the Christ, is immortal and joins His Father. When man is attached to his "Ego", it is only then that he fears death.

Above, we had indicated that man was created with the ability of increasing the level of expression of consciousness within himself, over and above the usual level we call the waking state. Why does he need to increase his level of consciousness? The present level of consciousness appears to be sufficient to live his life. But we noticed that the different levels of consciousness that are in everyone's experience give the individual a different understanding or awareness of reality. In deep sleep, he is aware of nothing and it appears as if neither the world nor creation exists. At a higher level of consciousness, at dream level, the individual's world and life appear to be completely different from the waking state of the world and life. While in the dream, he considers everything within the dream to be an absolute reality; otherwise, why would he run away from a tiger that is pursuing him in a jungle, in his dream? He realizes the jungle and the tiger not to be real only after he wakes up, only when his level of consciousness increases to a waking level.

What we call the "waking level" of consciousness also changes to a minor degree from person to person and from time to time. Scientists, when they meditate on a problem for a long time, are gifted with their "discovery". That gift is the result of an increased level of consciousness in the direction of the problem; hence, they become aware of the solution to the problem. With our present level of consciousness, man is

aware of what we call the cosmos, the world, nature, humanity, various races, many countries, many languages, many religions ..., and he considers all these to be reality. Without a doubt, all that is within man's experience is reality, because everything represents God's "body". Don't we say: "the only Truth is God"? But for man, was not the dream also a reality? The entire creation is the dream of God the Father. That dream is within God. Don't we say: "God is everywhere"? Just as we can not see ourselves despite being in our dreams, in the same way, despite God being in His dream, He can not be seen in the dream. The dreamer can not be seen in the dream. Within the Father's dream, the Son, Christ, who is within the Father and with the Father and within the dream, is the true Being of each and every individual and He dreams the life of every individual. Don't we say Christ is the true Being, the true Self of every individual and is sleeping? It was exactly this that Jesus wanted to teach us by the act of sleeping in the boat during the storm. When Christ wakes up from His sleep, His dream also ends. In the same way, when we wake up, our dreams also end. During one night's sleep, one is able to dream several times by changing his level of consciousness between a deep sleep level and a dream level. Fortunately or unfortunately, he remembers only the dream he experiences just before waking up and not the others. Therefore, is it not possible that our Spirit, the Christ within, also has multiple dreams in His sleep? With our understanding, we call those reincarnations. Don't we say: "God's one day is millions of years for us"? Has it not been proven that time is relative? Our dreams, which may last hours, weeks, months or years, are told to us by scientists that our dreams had lasted only a minute or two. A human life that may last 70-100 years, for God, is but a moment. To have a better understanding of man's level of consciousness and his awareness and comprehension, let us consider the following. Man sees a leaf and thinks he has

seen a tree. When they tell him that it is not a tree, he does not believe them. In the dream, if someone had told the person who is running away from the tiger: “it is not real, it is only an illusion, you don’t have to run away”, would the person running listen to him or believe him? Most likely he would not. The leaf represents the dream. But when they show him a whole branch with all the leaves on it, he says: “Oh! I have been mistaken, now I know what a tree is”. Once again, when they tell him that “that also is not the tree”, once again he does not believe them and insists that the branch is the tree. Today, our understanding of reality given to us by the “waking level” of consciousness is represented by the branch and stubbornly we say it is real, the branch is the “tree”. But one day, should we be privy to see the huge “tree”, we will throw away the branch and we will prostrate in front of the “tree”. It is only then that we see the true reality. This is possible only by expressing a much higher level of consciousness than what we are expressing at the present time. It is only then that we can understand the Truth. At the various levels of consciousness expressed, one sees the Truth in different, limited ways. Did not Paul say?

**“Now we see but a poor reflection as in a mirror;
then we shall see face to face.”** (1st Corinthians 13: 12)

When one can make himself worthy of rapture, which is a sudden increase in the level of consciousness, it is only then that he becomes aware of the Truth and the fact that he is the Temple of Christ. It is only then that he fully reveals Christ within himself and he can also say; “I and the Father are one”. This is not an experience; it also is not a novelty; it is only a realization. When the individual says that he has had an experience, it tends to indicate that he is still attached to his “Ego”. His true Being is the Christ and it is only through the high level of consciousness that he can truly understand, realize this Truth. That realization is the result of the “rapture”. It is very simple for someone to have this

realization if he is able to emancipate himself from his “Ego” and the illusional duality created by the “Ego”. Our waking level of consciousness is limited by the deluge of thoughts, emotions and feelings promoted by the “Ego”. They all are the result of the concept of duality. Based on this duality, man becomes subject to the duality of life and death.

“The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life.” (John 12: 25)

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

(It is so unfortunate that in the English translation the word “life” is used in place of “self” or “Ego”. This minor variation makes the verse meaningless. Christ said “I am life”, therefore if we love Christ we will lose our life? This definitely is meaningless.)

Man creates all that he experiences according to the level of consciousness he is able to express. Man’s experiences occur through his physical body, (through the five senses), through the mind, (through thoughts and emotions) and also through his intellect. But it is possible for man to have experience without those three means. Only then, do all emotions transform to love because it is the result of God-revelation within the person. Is not God love? This corresponds to the awakening of the Christ within from His sleep. It is man himself that will wake Him up through his way of life and his eagerness and longing, as the disciples did wake up Jesus in the boat during the storm. It is just this that is the revelation of Christ within the person. At such a level of consciousness, nothing negative can exist. The individual’s consciousness increases to the level of the consciousness of Christ. The individual lives only the present. Is not the present eternal? Man always tries to reach there with his mind, where the mind can not go. Within the creation, the greatest mystery is the divine Truth that remains hidden from humanity’s mind and intellect. In the entire

creation, there is only one consciousness, which is the consciousness of God and His presence. It is the same consciousness that is revealed at various levels. It is exactly because of this that we say: "God is all knowing". When the individual has experienced rapture at that high level of consciousness, the Light of Christ is revealed within him. This emancipates him from all religions and leads him to be humanitarian and he spreads love everywhere, without discrimination. He becomes inimitable and unequalled.

"The lamp of the Lord searches the spirit of a man" (Proverbs 20: 27) (*Proper translation should have been: "The Spirit of man is the Light of the Lord".*)

"...And it is the Spirit who testifies, because the Spirit is the truth." (1st John 5: 6)

Is it not true that for us Jesus Christ was also inimitable and unequalled? But he clearly told us that the disciple should also be as the teacher.

"A student is not above his teacher, but everyone who is fully trained will be like his teacher." (Luke 6: 40)

Therefore, should we not have faith in Him and should we not make every effort to be like Him? Because it is only through man that God revelation is possible, should it not be our effort to impeccably carry out the duty entrusted to us? And, what do we do? Busy with the desires, thoughts, emotions and feelings promoted by our "Egos", we block the proper use of our brain capacity that is gifted to us as humans and use only 5-10% of its capacity and we consider ourselves satisfied with this mediocre use. We function as a small transistor radio rather than as a stereophonic radio equipped with large speakers, an expensive audio system.



Some people could be given an entire field of roses and only see the thorns in it.

Others could be given a single weed and only see the wildflower in it.



Perception is a key component to gratitude; and gratitude is a key component to joy.

MEDITATION AND CONSCIOUSNESS

For this topic “Meditation and Consciousness” to be more easily understood, first the following will be presented.

Within the creation, all things are formed of the energy of God. The energy of God is the Holy Spirit. The physical form of that energy, of the Holy Spirit, we call “Christ”. Within the creation, everything has the energy of God within itself. It is the same energy that also gives consciousness. The level of consciousness expressed depends on the strength and quality of the energy. Even an insentient piece of stone has its own degree of energy and a corresponding consciousness. Undoubtedly the level of consciousness of a piece of stone is very low. It is most likely conscious only of the subatomic particles within the nucleus of its atoms.

When God created life as we understand it, He first started with a single cell. This does not mean that the insentient stone has no life. Life is defined as the ability to move without any external force being applied. Because we do not or can not see the movement of the stone, we think that a piece of stone has no life. Science today has proven that all the atoms, as well as the protons and the neutrons within their nucleus, as well as the electrons rotating around the nucleus, are all in motion. As the insentient matter also has God’s energy, it must also have both God given life and consciousness. Without a doubt, the level of life and consciousness is so low that we consider them not to have any. Under the microscope, we can see the motion and the division of the single-cell organisms; hence, we conclude that they are living and have life. We also see them retracting from certain stimuli and advancing towards others and thus we conclude that they must also have some consciousness, regardless of how rudimentary it may be.

The next stage of creation is the union of single-cell organisms to form colonies attached to each other; thus the

creation of multicellular organisms. As each single cell within the total organism has its own life and consciousness, the whole multicellular organism also has its own life and consciousness. First came about plants, then various animals and also man. The plants know to turn their leaves towards the sun and the roots towards water. All the other animals also have their lives and various levels of consciousness. Man, as the pinnacle of creation, also has his life and consciousness. As every single cell in our bodies has its own life and consciousness, we, as individuals, also have a separate “personal” life and consciousness. Both the presence of life and consciousness within a person is the presence of God, the Christ within him, which we have called “the Spirit of man”. As a result of his ignorance, man thinks that only man has spirit and all the other animals do not have spirits. When one dies, we say “the Spirit left him”. All this tends to indicate that the energy enlivening the colony of cells that we call our bodies and giving it consciousness, has left it. But the energy of God, at a much lower level, is still present in every cell of the body. All the cells know their own duties and continue to function. Just because of this, the beard of a dead body grows while in the funeral home and they need to shave the face before a viewing. The life of the individual cells is dependent on the circulating available oxygen. Although they may live a short time after the death of the individual, they are destined to eventually die. The brain cells die the fastest and the skin cells, the slowest. But life still continues at a much lower level within the various molecules and atoms.

The level of consciousness of animals is predetermined and thus limited. They are not even conscious of the presence of their spirits. God has given man such a capacity. It is incomprehensible as to why man lives like the other animals and does not make use of the abilities given to him.

He hears from others that he has a Spirit and thus at least intellectually gets to know that he has a Spirit. This knowledge is nothing but a belief. He has not reached this conclusion through personal experience. Man usually keeps his brain occupied with various thoughts and desires and can not learn to use his brain appropriately and fully. Because he uses only the limited abilities of the brain, he also limits the level of his consciousness. Man, constantly preoccupied with the incessant input of information from his five senses of his physical body and as a result all the emotions and feelings created by the mind, does not even make an effort to experience his third “body”, his “energy body”. He does not even know that he has an “energy body”. That energy body within him is the presence of Christ. Thanks to the presence of that “energy body”, man has life and consciousness. If he can ever have the experience of the presence of the “energy body” as he has experienced his physical and mental bodies, he would get to know the presence of Christ within himself, and becoming one with Him, he would experience infinite consciousness. Just like Jesus did, he would also say “I and the Father are one”.

As we live in this world, we definitely need our physical body as well as our mind (mental body) to be able to use our physical body appropriately. They are absolutely essential. But one needs to know that they are useless and can not function without the presence of the Spirit, the “energy body”. The physical body as well as the mind that works through the brain and the heart mainly both belong to the world and are subject to death. The “energy body” that is immortal, man completely ignores.

To ignore the information input through the five senses, meditation becomes essential. The meditator should sit in a comfortable and quiet place, with eyes closed, so that no information input from the five senses should preoccupy the

mind. Unfortunately, memories of the past or desires requiring fulfillment create a deluge of thoughts. The purpose of this is to keep the mind and the consciousness preoccupied. This is the most effective weapon of the “Ego”. The “Ego” does not want to lose its control over the individual. The purpose of meditation is to stop this deluge of thoughts and emotions. The mind, which also is the means to express consciousness, when free, is able to express higher levels of consciousness. Because consciousness is the presence of God within the individual, the God-revelation can also be realized. When the individual has prepared himself properly, reflecting on love, devotion, self-sacrifice, mercy and compassion towards all, he also makes himself worthy to experience rapture and reach a high level of consciousness and receive the graces of the Holy Spirit, including wisdom. These are all the characteristics of his “energy body”. Before they were there as seeds, but with successful meditation, they sprout and they are revealed through him. They had not revealed before because the individual had not taken control of the reins of his mind; instead he had given them to his “Ego”, and the “Ego” would not allow him to learn how to properly use his brain and his mind. At such a high level of consciousness, the individual becomes privy to all sorts of hidden laws governing the energy and thus becomes capable of performing many tasks which he previously had considered to be miracles, because they were beyond his abilities.

Actually, it is exactly this, the relationship between consciousness and meditation. Meditation is the highest form of prayer and represents the degree of desire and longing of the individual to find the Christ within. Meditation is not simply sitting with legs folded and continuing to have millions of thoughts, but rather it is to completely ignore all information coming from both the physical body and the

mind so that one can become aware of his “energy body” and all its graces. Now we benefit from some of the graces of our “energy bodies”, but unknowingly. As a result of successful meditation, we can benefit from all the graces of the “energy body” and do it consciously, knowingly. For success, faith, patience and perseverance are essential. The “Ego” will try all sorts of deceit to foil the success. Therefore, to ignore the “Ego”, one also needs a strong will and determination.

AMEN





**The entire universe is
Yours.**

It is Your “body”.

**The entire world is Your
home.**

WHERE IS GOD?

During the Armenian genocide, many Armenians had asked the question “Where is God?” In our childhood, both our parents as well as the priests taught us about the existence of God. The brain of a child is not fully formed yet; hence, his mind is also not fully developed. As a result, they also do not have any intellect. They also lack knowledge. In such a situation, according to their level of understanding, they think that God is like an old man with a white beard, sitting somewhere in the sky above the clouds, in heaven, and watching us. Because God is omnipotent, He sees everything at all times and everywhere. Teenagers have a fully developed mind, but they still do not have a fully developed intellect. Their knowledge is also limited as is their ability to reason, to think logically. They are usually preoccupied with the physical and emotional sensations caused by the various hormones that start functioning in their bodies. After the age of 21, man enjoys a fully developed brain, mind and intellect. Surprisingly, and unfortunately, he still believes in what he was taught as a child. After graduating from university with a PhD. degree, he considers himself all-knowing and stops searching. Undoubtedly he may be a great expert in one narrow subject, but this does not mean that he knows everything about life and God. Is it not true that God is life? Did not Christ say “I am the life”? The greatest error people make in their lives is to stop searching: this means closing the mind, which in fact is the beginning of ignorance.

Therefore, where is God?

The following represent a few of the characteristics of God: omnipresent, eternal, all knowing ...

What does it mean to be “omnipresent”? An individual, who considers himself to have been “born again” and thus

“saved”, told me that if I don’t believe in what he believes in, I will go to hell. I answered him with a question: “Do you believe that God is omnipresent, is everywhere”? He immediately answered with great certainty: “Yes”. My response was: “If God is everywhere, I do not mind going to hell, He will be there also”. He suddenly interjected and said: “No, He is not in hell”. I responded saying: “Then you are limiting God; it becomes obvious that you do not believe He is omnipresent”. Is it ever possible to say that God can be here or there? “Here” and “there” are expressions of duality within the creation. Various places differ from each other in their locations within space. God is not subject to duality, and He represents the Singularity.

What does it mean to be eternal? People in general think that eternity is unending time. Based on this and as a result of their beliefs, they aspire and try to be worthy of going to heaven some time after death and live there happily, forever, in unending time, without any suffering or any negativity. If they fail, they think that they may end up in hell and burn in fire and suffer forever, for an unending amount of time. Eternity is not unending, infinite time; rather it is timelessness; in other words, is not subject to time. Based on this, eternity is the present, because only the present is eternal. With such an understanding, we come to the realization that both “heaven” and “hell” are both in the present, which in fact is the life we are living now. If one really thinks about it, we live all our lives only in the present.

Therefore, what does it mean when we say “God is eternal and omnipresent”?

God is not subject to time or space. The truth is that both time and space are in God. When we dream during sleep at night, it is not surprising that in our dream we may see a lot of places, many things and many people. Is it possible to say that we were here or there, in the dream? Yes, it is true

that when we tell our dream to someone else we use such expressions. But, the truth is that the dream and all those places were in us, in our mind. Who was the creator of all those places and the people in the dream? Was it not we who are sleeping in bed? Was not the dream in our minds, in us? But we, despite the dream being in us, were also in the dream and thus omnipresent everywhere in the dream.

Once again, when we dream, who is aware of the dream? Who is it that experiences the content of the dream? All of that takes place within the consciousness of the one sleeping in the bed. Because the level of consciousness is low enough, the one dreaming is not aware of the fact that he is sleeping in bed. Because the dream is within us, we also become aware of everything within the dream, including the thoughts of the various individuals within the dream, and only because all that has taken “birth” was created by our minds. Therefore regarding the content of the dream, we are all-knowing. It is our consciousness that has permeated the dream and thus we become aware of all the experiences. The astonishing thing is that despite being in our dreams and experiencing all the pleasant or unpleasant situations in the dream, we do not see ourselves in the dream. While in the dream, the dream and all its contents appear to be an absolute reality. It is after waking up from the dream, from the sleep, that we realize that all that we had experienced, being pleasant or a nightmare were all just an illusion, just a dream. Our dreams are born of, or come forth from us. The creation has come forth from God. This worldly life that we live is God’s “dream”. The time and space discussed above are part of the dream. Hence, God is not subject to time and space and is not within time and space, but rather time and space are within God. Because the “dream”, the creation, has come forth from God, it is God’s consciousness that is functioning within the creation. Therefore God is all-

knowing. One should not forget that our consciousness is nothing but a limited small part of God's infinite consciousness. Because our consciousness is part of God's consciousness, all the things that we are conscious of, aware of, God is also conscious and aware of.

Therefore, where is God?

As our dreams are in us, in the same way the creation is also in God. Therefore we, being within the creation, are surrounded by God. Everything within the creation is nothing but an expression of God projected through His consciousness. Thus, should we not love everything and everyone and behave accordingly with everyone and with nature? Within the Gospel of Thomas* Christ has said: "lift up that stone and you will find Me there". (*The Gospel of Thomas was found in Egypt in 1945. It is not part of the canonical Gospels of the New Testament.*) As the dreams are in us, but at the same time we are always in our dreams, similarly, the creation is within God and God is also within the creation, within us. Did not Jesus say: "your bodies are the temple of God".

If God is within the creation, then why don't we see Him? We also, being in our dreams, do not see ourselves, because our level of consciousness is very low. Only when we wake up from sleep, to a waking level of consciousness, do we see the dreamer. The dream ends when the individual goes into a deep sleep or when he wakes up. That which we call the waking state is in fact another level of dreaming. This dream may also end if we go into a deep sleep and this is called death. Therefore, the dead are called "sleepers". Hence, death is a deep sleep and has a very low level of consciousness. It is also possible to end this "waking state" of dream by waking up as well. This awakening is possible only through a very high level of consciousness; it is called "rapture", a sudden increase in the level of consciousness. It is only with such rapture that it would become possible to "see", "experience", to be aware of the dreamer, God.

It is just this that is known as salvation, to be one with God and to ignore the dream. Instead, what do we do? Attached to the dream, we wait for death to attain salvation. Death is deep sleep. It is impossible to see the dreamer while in deep sleep. It is possible, with some increase in the level of consciousness, to dream again. This gives another chance for waking up. This, people have called “reincarnation”. Did not Jesus teach us to ignore the enticing lure of the material riches of the world and emancipate ourselves from all attachments? The purpose of this was to be able to wake up from this so-called waking state of dream.

Therefore where is God?

If the creation is in God and God is also within the entire creation, it may be appropriate to say that the whole creation represents God’s “body”. Every single individual is nothing but a “cell” within the “body” of God. God represents singularity; thus, the creation, being God’s body, also represents that singularity. In our bodies there are also trillions of cells, but we are the totality of our body and we are one. Therefore, if within the “body” of God we are all one, then why do we hate each other? As every single cell in our bodies functions for the benefit of the total body, should we also not function within God’s body, as a single cell in that “body”, for the benefit of the total body, for the benefit of nature, for the benefit of society without any discrimination and without any selfish expectations. But humanity usually ends up behaving selfishly as a cancer cell does in our bodies, worthy of death. But God is merciful and forgiving and gives the opportunity to “dream” again, so that this time we succeed.

Where then is the “hell” that my friend had indicated that I would go to, or the heaven and hell that they had taught us about in our childhood? Did not Jesus teach us that the sin committed against the Holy Spirit was unforgiveable? In our lives, all the seeds that we have sown

become “reality”, become part of the “waking dream”, and depending on the seed sown, either becomes a pleasant or a nightmarish “dream”. Hence, both “heaven” and “hell” are both here on earth within the “waking dream, in our present lives. It is up to us to transform our lives into “heaven”, paradise or “hell”. The illusory “heaven” and “hell” that we were told about as children are ideas promoted to be able to govern people easily. When a person behaves so as to be worthy of heaven or fears going to hell, he becomes much more easily manageable. When we mentally distance ourselves from God, we find ourselves in “hell”, and if we mentally tend towards God, we find ourselves in “paradise”.

One does not need to go to Jerusalem, Makkah or the Himalayas to find God. Every individual is surrounded by God, as well as God being in him. He is our true Being. Even when we may know this truth intellectually, experientially we are still totally ignorant of it. Salvation then is to wake up from sleep, the “waking dream” and to also get to know Christ experientially.

**Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.**



TRINITY

Many religions have existed throughout human history and still do to this day. They all preach the existence and the presence of God. But some people, as a result of their ignorance and thus their limited understanding, worship God's various characteristics and revelations. They may give the impression of worshipping many gods. Irrelevant of the various names given to statues (idols) representing those different characteristics or revelations, God is still only One and the same for all. Within the old Greek or Roman religions, there were many names given to different gods that represented the various characteristics or abilities of God. Even today, within Hinduism, the faithful worship various "idols" that represent God's various characteristics and revelations. There are also religions of the Japanese and Chinese and also Buddhism that have no statues, "idols" or pictures and worship only the invisible power of God. Some Buddhist sects may have a statue representing the Buddha as we also have of our teacher, Jesus Christ. The faithful of Islam worship the singularity of God and consider all other religions, including Christianity, to be paganism. They say that the Christians believe and worship three gods and they do not believe in the presence of the Holy Spirit or Christ.

We, as Christians, follow the teachings of our teacher and master, Jesus Christ. He taught us only about one God. It is clearly written in the Bible that God is one. But Jesus taught us also the concept of the Trinity. Therefore, how is it possible that we say God is One and we also say "One God, three expressions". Within the article titled "God Worship" (pages 217-218) in this book, the various expressions of water were presented as a metaphor. Without a doubt, the water as gas (humidity in the air), as liquid water and as ice, regardless of its expression, is still H₂O, of the same

chemical compound. In the same way, the Trinity that Jesus taught us about is just the various expressions of the one God. The entire creation is the dream of God the Father. When we dream, we are in our dreams and the dreams are also within us. Similarly, God is within the creation and the creation is within God. It is not possible to see the dreamer within the dream. Hence, since we are in that dream, it is not possible for us to see God, the dreamer. But if the dream is within God, then the entire dream, the entire creation must represent God's body. Don't we call the incarnation of God, Christ? If the entire creation is God's body, then the so-called multiplicity within the creation must represent different revelations of Christ. It is exactly this truth that Jesus taught us, that God is everywhere and in every individual, and He did this by fully revealing Christ within himself. The full revelation of Christ (of God) within the material world is possible only through the energy that flows from the one God, which we call "God the Father". That energy, which is God's creative energy, is what Jesus taught us to call "the Holy Spirit". Is it not true that everything within the content of our dreams has also come forth through and as a result of our mental energy?

Without the Trinity, or the absence of One there could be no creation, nothing physical would exist. If we think that the Trinity exists only in Christianity, then we are mistaken. Within the Hindu religion, the faithful may worship various characteristics or revelations of God, but they also have the basic Trinity. They have "Vishnu" that represents God the Father. "Brahma", that has come forth of Vishnu and has been the causal creator of the universe, represents the Holy Spirit. In the same way did not the Holy Spirit also come forth from God the Father? "Shiva", Whose domain, unlike the other two, is in the world, is the name they use for Christ.

The presence of the entire creation and its stability

depends upon the existence of the Trinity. Is it not true that even in geometry, the most stable form is the equilateral triangle?

God is infinite and pure consciousness. Therefore, within the creation everything, even what we consider to be insentient matter, plant, animal and of course man, has its specific level of consciousness, of course expressed at various levels in each. Consciousness is expressed parallel with the energy of the Holy Spirit. Man's level of consciousness is but a small portion of God's infinite consciousness that is expressed. The expression is limited by man himself. Jesus taught us that man has the ability to express much higher levels of consciousness, even to the level of Christ-consciousness. When man succeeds in achieving such a level of consciousness, he realizes that the knower, the knowing and the known all become one. He realizes that they are one, the singularity. The consciousness is the consciousness of God the Father. Thus, the knower is God the Father. The expression of consciousness is through the Holy Spirit; hence, the knowing is the function of the Holy Spirit. What is known is the Son of God, the Christ that is the Spirit of man. When the individual succeeds in revealing Christ within himself through a marked increase in his level of consciousness, the three, the knower, the knowing and the known merge and become one, singularity, which they already were anyways. But it is for man to have that realization. It is exactly because of this that Jesus Christ said "I and the Father are One". The knower, the knowing and the known together also form a trinity. Man, as a result of his ignorance, as a result of the effect of a low level of consciousness expressed, can not see the Truth, the reality and insists that the plurality that is within his experience to be the absolute reality. In this vein, it may be appropriate also to read pages 78-79 in this book.

We, as Christians, when we worship the Trinity, do not worship three different Gods, but only One God with three aspects. The significant majority of followers of Islam still have not understood that both God and the creation are inseparable and are one. They see them as being separate; therefore, they also can not understand the three aspects of the one God. The creator, the act of creation and the created together form the same Trinity.

What is the present understanding of man regarding God and the Trinity? As a result of his low level of consciousness and hence, his ignorance, he can not comprehend or see or understand the reality as It really is.

Unfortunately, as a result of his imagination, man thinks that God is a being in the image of man, with superhuman abilities, that is outside of the world in a place he calls “heaven”. The human brain and the intellect that man has, and specially his expressed level of consciousness, can not comprehend God the Father or His Nature. Since man does not have the ability to comprehend God, the above description of God that he believes in, therefore, must be wrong. Regarding God the Father, the Bible has given us only one understanding and that is: “I am the (**A & Ω**) Alpha and the Omega, namely the beginning and the end. Within the Armenian Church, God is also represented with the letter “**Է**”, which represents Being or existence and also the present. The human mind can not comprehend anything more about the nature of God the Father. God the Father exists and is the beginning and end of all things. Anything other than this that man says about God the Father is only borne of his imagination that has no basis in truth or reality. Today, even quantum physicists have not understood the beginning of creation, the nature of God the Father and have called it “Singularity”, which the Bible also validates.

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

God the Father is also the source of love. He never judges and He never punishes. Can love judge or punish? Paul has beautifully summarized the particularities of love in the following quotation.

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.” (1st Corinthians 13: 4-7)

What is man’s understanding about the Holy Spirit? The general understanding is that It is a separate Being, but has come forth from the Father. Therefore, some think of the Trinity as representing three distinct Beings. The Holy Spirit is not a being, but rather it is the creative energy that comes forth from the Father. Quantum physicists have realized the presence of that energy that permeates everything within the cosmos and that the “space” is not an empty vacuum, but rather an energy field. Because they still do not know the nature of the energy, they have called it “dark energy”. Is it not written in the Gospels: “I am the Light of the world”? Light represents energy. Is it not true that in physics as well, light, whether it be visible or invisible, is electromagnetic energy? The light, also as a metaphor, represents knowledge, the knowing which occurs only as a result of consciousness. Is it not true that it is only God’s consciousness that functions within the entire universe? Every being’s consciousness is the expression of that same one consciousness expressed at various limited levels. Man himself limits the expression of the consciousness within himself and according to that limitation, he comprehends life, the purpose of his life and the reality. Therefore, the Holy Spirit is the active energy and consciousness of God. Energy on its own is neutral. Energy does not judge, nor does it punish. But, Jesus

taught us that sins committed against the Holy Spirit are not forgiveable.

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

If the sins are not forgiveable, then who is going to compensate for those sins? Every type of energy has a set of laws that govern it. The Energy of God, the Holy Spirit, is also subject to steadfast laws put forward by the Father. These laws are known as “Universal laws”. Large numbers of these laws are hidden from our present level of consciousness. When man acts against the laws of physics that he knows of, he also knows very well that he is going to suffer the consequences. Is it possible to say that someone punished him? I do not think so. Jesus taught us the path of perfection and of righteousness, so that we would not act against the universal laws, against the Holy Spirit and be subject to the reactions of the laws. It is exactly this which we call fate, which we are the architects of, and it is this fate that subjects us to its effects some time in the future. In other words, we reap what we sow. Jesus Christ, as a result of His high level of expressed consciousness, was privy to the laws governing energy and acting harmonious to the laws, did accomplish many “superhuman” tasks, which we consider to be miracles. *(Also see the section titled “What is a Miracle” within this book).*

What is man’s present day understanding of the “Son of God”? People in general think that only Jesus Christ is the Son of God, Who incarnated as man. This view opposes the teachings of the Bible. According to the Bible we are all children of God.

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

“The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we

are heirs--heirs of God and co-heirs with Christ..."

(Romans 8: 16-17)

Therefore, what is the difference between us and Jesus and for Jesus, why do we say God's only begotten Son and despite being His sons and daughters, we are also not "only begotten" as well. The visible and "tangible" (knowable) universe in its entirety is formed from the energy of the Holy Spirit. The physical appearance of that energy we call the "Son of God", the Christ. Is it not true that the Spirit of every individual is the presence of Christ within himself? According to the Bible, are not our bodies the temples of God? According to our "Credo", Jesus was a perfect man, like us. But He has fully expressed the consciousness of God within himself, thus He had become the means of God-revelation. As a result of this, He was "only begotten" and also had a divine nature. According to the teachings of Jesus, we also have the ability to do the same and be just like Him and also to be perfect as the Father is perfect.

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

Christ is present everywhere in the entire creation. Therefore, He also is everything within the creation. Christ is sleeping in us. Because of our ignorance and our attachment to the illusory, instead of yearning and searching for the Truth, we do not allow for Christ to "wake up" within us, to resurrect within us as well. Jesus, by showing us the resurrection of Christ within Himself, taught us to do the same in ourselves as well. Every individual is an expression of Christ. As every person before birth exists within the womb of his mother as a foetus, we also, in the same way with regards to spirituality, are still fetuses living within the "womb" of the universe, unaware of reality. As a mother impatiently waits for the birth of her baby, it appears as if God is also waiting for the "birth" of our Spirits, meaning the resurrection of Christ within us, as He did in Jesus.

THE EYE



One day the eye said: “Beyond this valley, through the haze, I see a mountain. Is it not beautiful?”



The ear after listening carefully said: “But where is the mountain? I don’t hear it”.



Then the hand spoke and said: “I am making a great effort to touch the mountain, but useless. I can’t find a mountain”.



And the nose said: “There is no mountain, I can not smell it”.

The eye turned away, and they all started talking about the unusual vision that the eye had and said:

“Something must have happened to the eye”.

Kahlil Gibran

THE LIGHT

Christ is the light of the world. Christ said: “I am the Light of the world ...”. Christ has also said: “I am the way, the Truth and the Life”. Hence, the only Truth is the Christ and all the rest, which we consider to be reality, all that is within our experience, is not reality. Since Christ is also “the Life” and we are alive and living, it tends to indicate that Christ is our life, our Being. We are alive and living, thanks to His presence in us. Therefore, to fully express His Light within us should be a natural task of every person. Jesus has also said: “Whoever has, will be given more, and he will have an abundance. Whoever does not have, even what he has, will be taken from him”. With these words, Jesus is trying to tell us that those who are “rich”, more will be given to them and those who are “poor”, what they have will be taken from them. The “riches” refers to spiritual riches and not material riches. Those who are spiritually “rich”, advanced, will have the the Light of Christ shining in them even more. This leads to a further advancement within the spiritual path until full Christ-revelation is attained within the individual. The ones who are “poor”, meaning spiritually poor, will also lose that which they think is theirs. The spiritually “poor” person can not reflect and shine within and through himself the Light that is Christ. He does not even know that the Light of Christ is his true Being and is within him. This incorrect belief of his takes root in the fact that he has accepted the alluring multiplicity of the world that he experiences through his five senses as being the only and absolute reality. Based on this, he also thinks that all material things that he has collected in his life represent his riches. It is not surprising that he will lose all that. Has anyone ever been able to take even a single penny with himself at the time of his death? Man always has the ability and opportunity to find the Truth and to experience it, if only he

emancipates himself from the illusory.

To succeed in this endeavour, Jesus clearly taught us the way during the Sermon on the Mount, when He said: "Blessed are those who mourn, for they will be comforted". Let us try to understand the relationship between these two ideas. When a person is "rich" with possessions or knowledge, he considers himself "rich" and contented and happily lives on. This superficial happiness becomes the cause for his failure in the advancement within the spiritual path. But when he becomes aware of his spiritual "poverty" and he starts mourning because of this "poverty", he mourns the fact that he has failed in revealing the Light of Christ within himself and will be comforted. This comforting is the revelation of the Light of Christ within himself. Without a doubt, just about every person has had the opportunity to mourn, but for what? Usually people tend to mourn the loss of a loved one, a family member. They may also mourn the loss of some worldly pleasure or just the loss of possessions or monetary savings. What Jesus means by the word "mourn" is not referring to those types or reasons of mourning. The mourning that brings with it blessing is rarely found, because it is the result of the loss of spirituality and spiritual loneliness. This type of mourning and yearning is essential for the person to receive God's comfort. The great majority of humanity appears to be content with the superficial lives that they lead. It is highly possible that deep down, within their subconscious, there is an idea that something is missing from their lives. But they always hope that some day they can attain that as well, by getting or amassing some possession that is within their physical experience.

People cry rivers of tears because they can not have a child or they can not prosper materially. But, who sheds even a single tear because he has not experienced God? With regards to being worthy, our incorrect understanding is the

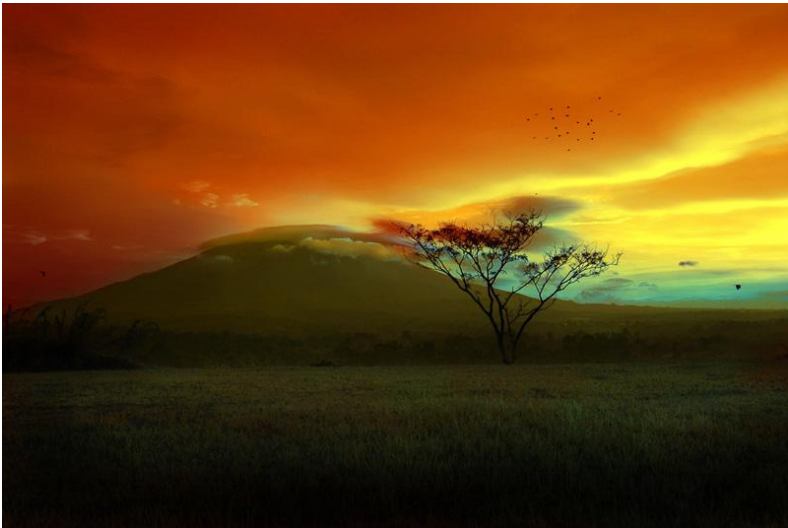
reason and cause of our ignorance. How should we understand ignorance? As much as the subject, the knower, the true Being of the individual, the Christ within, opposes all that is objective, that which is the known, the material, to that degree also, Light opposes the darkness. Despite this reality, as a result of the unexplainable power of ignorance, man, in his mind, has always confused the Subject for the object and vice versa. Based on this confusion, he thinks that the object is his true self, his being. Intellectually, it should be easy to understand that the true Being is separate from the body, as we are also separate from the clothing we wear. But when the body gets sick, we often say: "I am sick". It may be possible to understand this separation intellectually, but despite this understanding, depending on the situation, we often say: "I am happy or I am sad". We also tend to identify ourselves with our relationships, be they family or friends. Again we tend to identify ourselves with our possessions and if we loose everything, we think that we have lost our identities. During the economic depression of the 1930s, did not some lose all their material riches? Some even committed suicide. Such ignorance appears to be common throughout humanity. This ignorance can be dispelled only with the Light of Christ, with the direct experience of His presence within us. When we start noticing that lack of spirituality within ourselves and truly mourn for that loss, as Jesus implied, even if we truly shed only one tear drop, we have already opened the doors to receiving divine peace. This peace comes with the presence of Christ within us. Did not Christ say: "Peace I leave with you; my peace I give you? I do not give to you as the world gives"?

The mourning indicated by Jesus during the Sermon on the Mount is also described in the book titled "Imitation of Christ" by Thomas à Kempis: "Ah Lord God, when shall I be completely united to You and absorbed by You, with self

utterly forgotten? You in me and I in You? Grant that we may remain so together.”

We can reach such a level only when we realize that nothing in this world can give us true peace, except for the “vision” of God. It is only then that God attracts our mind as a magnet attracts a needle. It is only then that the comfort also comes and the Light shines through the individual.

**With faith I confess and worship
Thee, Father, and Son, and Holy
Spirit, uncreated and immortal
nature, creator of angels and of Men,
and of all beings; have mercy upon
Thy creatures and upon me a great
sinner.**



MAN'S PLACE WITHIN THE CREATION

The philosophy presented in this article is also presented elsewhere in my books and even in other articles in this book. This article will present a focused summary.

To understand the place of man within the entire creation, first we need to understand the relationship that exists between the macrocosm and the microcosm. The Hermetic maxim says: "As above, so below". The geometric form, the symbol known most people as "the star of David", represents exactly this meaning. Man, throughout his life, receives information through his five senses and experiences the microcosm. Throughout his life, he is aware only of the microcosm. Therefore, man has the opportunity and the ability to fully understand the microcosm. For man to understand the macrocosm, with his present level of consciousness, all that is necessary is given within the microcosm, in the form of the microcosm. It may be more appropriate to say that the macrocosm is repeated within the microcosm. Based on this, if man develops any degree of curiosity and searches and as a result, also sees, understands and learns the lessons given to him by the events within the microcosm, he also gets to see the truths that are hidden there. But instead he lives as the animals do, oblivious to all the teachings and only eats, drinks and procreates. If he understands and learns these truths and transfers them to the macrocosm, he starts understanding his relationship with God and his place within the creation.

Therefore, let us first understand that which is within our experience; in other words, let us understand what is revealed to us within the microcosm. But before delving into this topic, it is important to first consider the following three axioms:

a- The creator of the entire universe is God.

b- God created man according to His own image; hence, man also is creative.

c- It has also been said that God's one day corresponds to millions of years of man. Today, scientists also have proven time to be relative. *(It is suggested to also read the chapter VII titled "Consciousness and Time" in my book titled "From Light to Light III – Universal Laws" Page 147)*

Therefore, that which we consider to have happened over many years, centuries or millennia, all has happened within one day for God. Therefore, one day of our lives should also suffice to understand what is hidden there for us to learn. And what do we do? Despite having the experiences, we ignore them and therefore do not understand the macrocosm.

Therefore, what is within the one day of experience of man that is common to all humanity without exception? Man goes to school and gets educated, gets married, begets children, works, plays and seeks pleasures. One goes to school but another does not. One learns medicine, another philosophy. Some get married, but others do not. Some have many children, some none. People work in different professions. Some enjoy watching games or participating in them, but others would rather listen to some music. None of these are common to all. To eat, to drink and to sleep are common to all. These three are essential for the survival of the body. Despite the fact that eating and drinking are essential and common to all, there are days that some find nothing to eat and go hungry. Some are lost in a desert and can not find water to drink. There are also those who willingly fast for various reasons. Therefore, even eating and drinking do not appear to be universally common to all, every day. In different cultures, the food eaten also changes; hence, the experience of what is eaten or drank also varies. Only birth and death appear to be common to all. But, to be

born, to grow, to get old and to die does not happen within one day. Therefore, once again, what is common to all life that occurs within one day and every day? One, is breathing, and the other is a change in the level of consciousness.

Within one day, man usually experiences three different levels of consciousness. He experiences a level of consciousness with which he interacts with the world, generally known as the “waking” level of consciousness. Even this level may change from hour to hour by slight increments. Even the person who succeeds in staying awake for more than 24 hours has his “waking” level of consciousness diminish significantly enough that his abilities to act and to intellectualize also falter. A very significant change in the level of consciousness occurs when man’s consciousness is suddenly “snatched” from the “waking” level to the “sleep” level of consciousness. During one night’s sleep, man’s consciousness changes several times between “dream” level and “deep-sleep” level. Today’s technology has invented wrist “watches” that indicate a person’s heart rate, ECG, the duration and the time of sleep, how often and how long he is in a deep sleep and the frequency and length of his dream states. Therefore, we need to carefully study and properly understand these three basic levels of consciousness that are common to all.

During sleep, when one dreams, he is the creator of his dream. The dream exists in him, within the dreamer, who is sleeping in bed. The dreamer is in all of his dreams and it is he that experiences everything that goes on in the dream. Hence, he is aware of all that goes on within the dream, within his creation. Despite the fact that he is present in his dream and experiences all the pleasantries and the nightmares of his dreams, he is not seen there. We should also understand that his presence within the dream is absolutely essential. Without his presence within the dream, the dream

would not exist. When his level of consciousness is at a low level, namely at the “dream” level, his comprehension is such that everything within the dream is absolutely real. It is exactly because of this that dreams, especially the nightmares, have a significant effect on the physiology of the one sleeping in bed and having the dream. This occurs only because he considers them to be absolutely real and thus shows appropriate reactions. He realizes all of that to be a dream, an illusion, and not reality, but only when he wakes up from his sleep and thus from the dream; in other words, when his level of consciousness is “snatched” from the low “dream” level to a higher “waking” level. During one night’s sleep, one may see many dreams, but fortunately or unfortunately, he remembers only the one that he has created and experienced just before waking up. The dream, which is his creation, can end in two different ways. One, of course, is when he wakes up. The other is when he goes into deep sleep; in other words, his level of consciousness is “snatched” into a much lower level, which we call “deep-sleep” level. From this we should understand that what man thinks to be reality depends on, and varies with, the level of consciousness he expresses. In deep sleep, at that very low level of consciousness, for him, the external world does not exist. He is not aware of anything at all, not even aware of his own existence. At a slightly higher level of consciousness, at the dream level, he is aware only of his own creation, the dream he has created, and of himself as well. Only at the much higher level of consciousness, called the “waking” level, does he become aware of the world outside. He neither is aware of this world during dream nor during deep sleep levels of consciousness. At those times, the world does not exist as far as he is concerned. The question comes up regarding our “waking” state of consciousness. At this level, we experience this world and consider it to be an absolute

reality and absolute truth. Zoologists tell us that various animals experience this world completely differently than we humans. For a lion, the world is just various shades of black and white, namely gray. For a bat, the world is a field of echos. The fly sees the world totally differently with its compound eyes. Surprisingly between the two large compound eyes, the fly also has three simple eyes. A fly can see in multiple directions simultaneously and for the fly, all movements are experienced in slow motion. It sees a single picture in many pieces. All animals also have their own levels of consciousness and they are all awake. Is it possible that what we consider to be reality, at and with our “waking” level of consciousness, may not be the true reality and only an understanding commensurate to our low level of consciousness? If our level of consciousness could be “snatched” to even a higher level, much higher than the waking state, is it possible that our experience of the world could be totally different? Is it not just this that the Bible has called “rapture”? Is it not just this that Jesus taught us, the singularity of all? Don’t we think that if we can also have that “rapture”, that we can also experience the singularity, the unity of all, and comprehend that which we now consider to be a multiplicity of things is nothing but various appearances of the same one God? Our usual relatively low level of consciousness, which we call the waking state, gives us the idea of duality, this and that, “me” and “he”. It is this belief that creates selfishness. Today, as a result of quantum physics, scientists are telling us that all the known various energies are the result of a single energy appearing in different forms. They still do not know the nature of, nor the laws governing that energy; hence, they call it “dark energy” and the presence of that energy is called “the unified field”. Jesus taught us all this and He named that energy the “Holy Spirit”. During our sleep at night, all that is present within

our creation, our dream, all things, places, as well as persons, are they not expressions coming from our minds? Is not the mind only one? The mind of the one sleeping in bed is the “unified field” that gives “life” to everything within the dream. The individuals within the dream can not give rise to the dream, nor can they end it. Both the beginning and also the end of the dream depend fully upon the one sleeping in bed. It is true that the mind of the one sleeping in bed functions primarily through his brain and heart but it is present throughout the entire body, in every single cell. Therefore, the dream of the dreamer permeates his entire body. Based on this, it may be correct to say that his creation (the dream) permeates and thus represents his body.

That which we have learned at the microcosmic level, if we transpose it to the macrocosm level, should allow us to acquire a certain understanding regarding the cosmos and the creation and to also understand our place within the creation. If the axiom “as above, so below” is correct, then we should be able to transpose what we have experienced and learned through the microcosm to the macrocosm.

In this vein, the following quotation from the Bible may be of some assistance in understanding this transposition.

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you

remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.” (John 15: 1-8)

If our dream is our creation, then God's creation must also be God's dream. Based on this, the entire cosmos therefore must represent God's "body". As the lives of all the characters within our dreams come forth from us, the dreamer, in the same way, the lives of all that are within God's dream come forth from God. That life is the Son of God, the Christ. Is not everyone's Spirit Christ? Is not everyone's body God's temple? Would not God, the Christ, be in His temple? As the dream is within God, God also is everywhere within His dream. But God, being present within His dream, is not seen there. Man's level of consciousness in general is relatively low; therefore, the characters he creates within his dream do not have the ability to increase their level of consciousness over and above that of the dreamer, man's level of consciousness. Therefore our dreams are capable of creating individuals with various levels of consciousness, but never a higher level of consciousness than what we ourselves have. If the entire cosmos is God's dream, then all the events, happenings and conditions within the lives of the individuals that are in the dream must be part of the dream of the Son of God, the Christ, asleep within each individual. Within this dream, man has the ability to increase his level of consciousness up to the level of consciousness of the dreamer, and this would be the level of consciousness of Christ. As the level of consciousness of the individual sleeping in bed increases from dream level to the "waking" level, the dream, and everything and everybody that was within the dream, dissolve into the mind of the dreamer. Sometimes we may wake up from a dream and know that we are awake but the dream, especially if it is pleasant, still continues. Then the person within the dream can say: "I and

the father are one” (here father meaning the dreamer). Jesus, through the high level of consciousness that He expressed revealed the Son of God, the Christ, within Himself and said that we could also do the same. Why don’t we?

As one is able to dream multiple dreams during one night’s sleep, the same is true for Christ as well. At our usual level of consciousness, we call that “reincarnation”. Because, at our level of consciousness, time advances much faster; we believe that our lives have lasted many years. As we experience our dreams, to have lasted hours or even days or months, we are told by researchers that we have dreamt only for one minute. Hence, the life that we live, which may last approximately 70-100 years, for the Christ sleeping in us is but a moment. When Christ stops dreaming, our life also comes to an end and we dissolve into Christ. Don’t we say that the only Truth is God? Therefore, our lives must be a dream. That dream may be pleasant or a nightmare. That depends on the level of energy we get from the Holy Spirit and the level of consciousness we are able to express. In our lives within this world, the dream of the Christ within us, we are able to express a much higher level of consciousness than that which we now experience, even up to the level of Christ consciousness. This would be the experiencing of the awakening, the resurrection of Christ within us, as Jesus succeeded in doing. This is the true salvation. Jesus showed us that through His life and taught us the way to salvation. As it is indicated above, every individual’s life and the situations within his life are only the dream of the Christ within him. When Christ goes into deep sleep, the dream, the individual’s life also ends and if Christ dreams again, we are considered to have been reincarnated. Therefore, where is paradise and where is hell, if not here on earth, according to the level of consciousness we express and also according to the life we live?

On the other hand, God the Father is able to dream the whole world according to the collective level of consciousness of the entirety of human society. Accordingly, He is able to dream of the world as a paradise or as a hell. The wars that we fight, created as a result of our ignorance, turn the world into hell. The entirety of humanity also has the ability to turn the world into paradise. Why don't we do it? According to the Book of Genesis, God dreamt paradise, but man made a hell out of it. When the dream of God the Father ends, the entire universe also disappears.

Man usually is scared of death, mainly because he still has not come to the realization that he and the world are nothing but a dream, an illusion. His Truth is the Christ within him that is dreaming his life. His true Being is the Christ within and not his body, not his mind, not his intellect, not his name, not his family, not his possessions and not even the relationships with his friends or enemies. Christ is immortal; hence, the true Being of every individual is also immortal. Based on this knowledge, no one should ever fear death. When one changes his level of consciousness from dream level to deep sleep level, all thoughts and emotions or feelings also disappear; thus he develops a cleansed, cleared mind, in the Bible expressed as a "pure heart". At such a time, he joins into communion with the Christ within and receives the additional life-giving energy of the Holy Spirit, and when he wakes up, he finds himself rejuvenated. He does all of this at such a low level of consciousness, that he is unaware of having had communion with the Christ: what misfortune! If he succeeds in cleansing and clearing his mind of all thoughts, emotions or feelings, when he is at a "waking" level of consciousness, he would once again have communion with the Christ within, but this time he would be fully aware of it. It is at this juncture that he can experience divine bliss. It is exactly this that is the purpose of the

highest form of prayer, namely meditation, in order to develop a “pure heart” consciously.

As indicated above, the dream of God the Father is the entire creation. According to the above quotation from the Gospel of John, God the Father **“is the gardener”**. That dream exists as a result of God’s consciousness. God’s consciousness can either be expressed or may remain unexpressed and it is not subject to different levels of expression. If it does not express, the cosmos disappears. The consciousness of God the Father has only one level, which is the infinite level. The Holy Spirit that has come forth of the Father is God the Father’s dream. But the entire creation has come about as a result of the energy of the Holy Spirit. It is possible to say that the expression of the Holy Spirit has two levels. One is to exist only as energy, and the second is expressed as the physical cosmos. This physical expression is the Son of God, the Christ. Christ, as the Spirit of every single individual, dreams the individual’s life. The expression of Christ has three levels. The first level is the “deep sleep” level which ends His dream; in other words, the end of the individual’s life, which is known as “death”. The second level is the expression at “dream” level, which represents the individual’s life. The third level of expression is what the Bible calls “rapture”; it is the expression of a “waking” level of Christ, which is known as Christ revelation within the individual. The level of consciousness of the individual suddenly becomes elevated to the level of the consciousness of Christ. This is known as the revelation of God through and within man. Is this not the purpose of the creation, God-revelation? Christ is the **“vine”** and each individual is a branch on that vine. He, who does not **“bear fruit”**, will be **“cut off”**, but he, who does **“bear fruit”**, will be **“pruned”**, looked after.

As is indicated above, within the dream of Christ, man

has various levels of consciousness. The “waking” level of consciousness also has its own variable levels; therefore, it is also subject to change. Ignoring the effects of lack of sleep and some other common causes, let us examine the “waking-level” of consciousness. One is able to live at four different levels of consciousness while awake. The great majority of humanity lives at the first level. At this level, the individual believes what he has been told by others and they become his belief system and he lives accordingly. All that he was told by his parents, by the society he lives in, by his religion, by his teachers in school, by the clergy, by the radio and television announcers or preachers, be they religious, political or social, they shape his character and “bind” him by the beliefs he amasses. It is impossible for him to emancipate himself from all those beliefs and become free. At this level, the individual lives 95% of his life according to the beliefs that he has put into his subconscious mind. Man lives best with his subconscious mind, but if all the information within the subconscious mind is put there by others, the individual also lives according to other’s will, as a slave. Therefore, should we not ask as to what happened to his free will, or his ability to judge and to choose and his intelligence? These people live as the animals do according to their nature, which is fixed for them by others. Is it not true that the nature of animals are also predetermined and fixed? At this level, all the prayers of the individual ask and plead to God to give him various things, health, riches, peace, a good marriage, couple of children ... There are a few that are not satisfied with this type of life. They yearn and search for a better meaning for the life they live. These are individuals with some spiritual awakening happening in them and they show this by demonstrating a level of “self-knowledge”. They want to know the meaning of life. They want to know the real purpose of their own life and in this

world, their duty and their responsibilities. They increase their level of consciousness from the first level of the “waking” state to the second level. When all of humanity is going west, they go east. They study many religions, they become interested in many philosophies and they do not discriminate between religions, races, traditions, sexes and individuals. But sometimes they may become lazy, and as a result of all their responsibilities, they lose hope and fall back to the first level of consciousness. The first level appears safe and does not impose any responsibilities on the individual. Some of them though, understand the importance of taking the reins of their lives into their own hands. They try to change themselves with a strong determination. This second level is only an intellectual understanding. When they constantly and relentlessly strive for self-improvement, they eventually progress to the third level of consciousness of the “waking state. At this juncture, they start using their conscious mind, their ability to judge and to choose, use their intelligence to put new information into their subconscious mind and slowly get rid of the old nonsense that they had accumulated in the past. They get rid of the seven “deadly sins” from their subconscious minds and replace them by their opposites, the virtues. This is the true purpose of the conscious mind. It is because of this that God gave man an individuality, an appropriate and elaborate brain, a conscience, a conscious mind, a free will, the ability to judge and to choose and an intellect. It was exactly this that Jesus taught us with His words, His parables and His deeds, to develop the virtues. When the individual succeeds in putting the new and supreme information within his subconscious mind, he reaches the fourth level of consciousness of the “waking” state. With such consciousness, he always acts for the benefit of others, for society at large. Full of love for all, he exudes love to all, even to the one whom he considers to

be his enemy. These individuals are few in numbers among humanity, but they have a huge effect in advancement of humanity and society. They are brilliant savants in all fields. Their purpose is always to be helpful to others, to humanity. At this level, the individual's prayer can only be the supreme form of prayer, which is meditation. Any person that has not reached this fourth level of consciousness does not have the opportunity to experience "rapture", nor to experience Christ-consciousness. "Rapture" represents the awakening of the Christ within. Man can elevate himself only to that fourth level of consciousness, which is basically preparing himself to become worthy of the "rapture". It was exactly this that Jesus taught us. And, what do we do? We worship Him, but do not implement His teachings in our lives. These four levels of consciousness are all part of the "waking" level of consciousness.

It is exactly this, the place of man within the creation. Just like Jesus did, we also should reveal the resurrection, the awakening from sleep of the Christ within ourselves. This is known as God revelation. Jesus, with His life, with His deeds, by showing us taught all this. If we accept Him as our teacher, should we not believe in Him and try to understand the real meanings of His teachings and implement them in our lives?

Amen.





**The saints shall boast in
glory and shall rejoice at
their labours for eternity, on
the day of the coming of the
saviour; when He shall come
with the glory of the Father
to be glorified among His
saints.**

GLORIFICATION

God-worship appears to be the essence of all religions. This worship, in general, tends to occur collectively by being present at church services, through the singing of hymns and praying. God-worship may also occur alone, in seclusion, by praying at home. Does God need to be glorified? God does not need glorification. But, man needs to glorify God.

Jesus had occasionally made references regarding the glorification of His Father. The two biblical quotations below are some examples. The first one occurred when Jesus healed the blind man by giving him sight. The man had been born blind. The disciples asked Jesus whether he had been born blind because of his own sins or for the sins of his parents. Jesus gave the following answer:

“As he went along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the work of God might be displayed in his life.” (John 9: 1-3)

What did Jesus mean with these words? The works of God are His glories. Hence, with this deed, Jesus, by showing God’s glory, also glorified Him.

The second one occurred when Jesus heard that Lazarus was sick. He said the following:

“When he heard this, Jesus said, “This sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it.” (John 11: 4)

Therefore, the glory of God is revealed through the Glorification of the Son. How can the Son be glorified? When the Son reveals the glory of the Father, as a result and with the glory of the Father, He also is glorified. Hence, what is the glory of God? The entire creation represents the glory of God. It reflects the “Light” and the “consciousness”

of God. Therefore, within the creation, everything from the tiniest sub-atomic particle to the largest animal, including man, is an expression of God's "Light" and "consciousness". All that is present within the creation expresses this at various levels. Consciousness especially is expressed at many levels. The level of consciousness of an atom is very low. Plants have a somewhat higher level of consciousness. The leaves know to turn towards the sun and the roots towards water. This is proof that it is God's consciousness that is working within the plant. Despite the fact that a plant has and expresses and makes use of God's consciousness, it does all that without being aware. Animals have a higher levels of consciousness, but their level of consciousness is pre-determined and they do not have the ability to change it. Therefore, the animals live according to their nature and according to their instincts. Despite being with God, they do not even know that God exists. God has given man a much higher level of consciousness than that of the animals. As a result, man has become aware of the presence of God. Undoubtedly within humanity, the level of consciousness expressed can change to some degree from person to person. Are there not people that do not believe in the presence of God? Man is privileged because he also is given the possibility and the ability to increase his level of consciousness to much higher levels, even up to the level of God-revelation. Man, with his conduct in life, with the decisions he makes using his free will, with his thoughts, with his words and with his deeds, determines the level of his consciousness. The individual, whose life is God-pleasing and is able to increase his level of consciousness, thus expresses the glory of God. When he expresses God's glory, he in fact has revealed the Christ within; thus the Son is glorified with the glory of the Father. This is the meaning of the Son being glorified. Are we not all children of God? Was

it not exactly this that Jesus tried to teach us? Jesus is the Son that the Father was pleased with, and we, despite being His children, live our lives in a manner not pleasing to our heavenly Father. The reason for this is our tendency to follow our “Egos” rather than the Christ within. Despite the fact that Christ is our true Being, we choose to follow the illusiory “Ego” instead and do not reveal Christ within ourselves. We let Him “sleep in the boat” and do not “wake Him up”, so that He can calm our “storms”. Therefore, our boat sinks and we all die (see Matthew 8:23-27).

If we truly want to glorify God, we must do it by changing our lives and carrying out His will, so that His works are revealed through us. In our lives, to whatever degree we reflect His “Light” and His “consciousness”, to that degree do we also glorify Him and to that degree do we also reveal His glory. The degree of expression of His “Light” within us is dependent upon the degree of expression of His “consciousness”. During His transfiguration, as a result of His high level of consciousness, did Jesus not reveal the “Light” of God within Himself? Jesus did all this to show us that we also can do the same in our lives.

On the other hand, what do we do? We do not make use of the abilities given to us and ignore the graces given to us by God. We live like the animals, unaware that we have the ability to realize God within ourselves. We are satisfied just by going to church and singing a few hymns of glory and think that we have glorified God. Undoubtedly, as first step, these are important. But it is the revelation of the Son, the Christ within the individual, that shows the Glory of the Father and it is with this glory that the Son is glorified. Is it not true that every individual’s Spirit is the Christ within himself? Is Christ not part of the Trinity? Therefore, with the glorification of the Son, the Christ, God also is glorified. This is the true meaning of the glorification of God.

As part of the “Morning Service” of the Armenian Apostolic Church, the hymn “Park i partsuns” (Glory to the highest) is a song of glorification. The first sentence of the song tells us what happens when the glory of God is revealed: Peace on earth and solidarity among men. This is exactly the way that changes the world into paradise and not to wait for death, so that some time later we may go to “heaven”, paradise.



GOD WORSHIP

How should we worship God? God is one. God is infinite, invisible and formless. In general, man, with limited understanding, finds it difficult to worship a God that he has not seen and does not know. But God is also revealed within His creation and He has expressed this revelation according to man's understanding. The entire creation is God's revelation and that revelation reached its peak with Jesus Christ. Man sees the world only with his physical eyes and the other four senses. With these means, it is impossible for him to "see", to know God, who is infinite, invisible and formless. But on the other hand, God's revelation is both seeable and knowable. God is the only Truth.

We say that God is one, but we also say that He is the Trinity: God the Father, the Son of God and the Holy Spirit. For man to have some degree of "awakening" and to start thinking about his spirituality, Jesus Christ taught us the concept of the Trinity. Those who follow certain religions that do not believe that the creation is God's "body", that it is His revelation and that God is present everywhere within the creation, can not understand the concept of the Trinity. They also do not believe in the divinity of Christ.

For man to understand all the secrets regarding the divinity, God has given all that is necessary through examples within nature and according to man's level of understanding. Of course, man's understanding will also have to depend on his wanting to know, his curiosity and the effort he puts into reflecting about it. With this in mind and with the purpose of teaching man the concept of the Trinity, God has given the example of water (H₂O). Don't we say: "water is life" or "without water life would not exist"? Did not Christ also say: "I am the Life"? Water, when it is in the form of "gas", is invisible and can not be seen. In the same way God the Father is also invisible and can not be seen.

Water as a liquid has come from the “gas” (humidity in the air), through condensation. Liquid water is life-giving, but it also can cause disasters because it represents energy. Water represents the Holy Spirit. Liquid water can also evaporate and become one with the humidity that is in the air. The Holy Spirit also, as It has come forth of the Father, can also return back to the Father. Is it not true that, within the Bible, water is used as a metaphor to represent the Holy Spirit? The Holy Spirit is represented as “flowing water”. Flowing water represents energy. The energy of God is the life-giving flow of energy of the Holy Spirit.

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

Are not the undesirable situations of our lives the disasters caused by the energy of the Holy Spirit? Hence, the sins committed against the Holy Spirit are unforgiveable; thus we are the architects of our own fates and are subject to its effects. After the water has turned into a solid, we call it ice. Is it not true that science also tells us that matter is only a condensed form of energy and all the subatomic particles are nothing but “small” packages of energy? Scientists have labeled that energy as “dark energy”, just because they know nothing about its nature or the laws that govern it. That energy is the Holy Spirit according to Jesus’ teaching. The expression of the Holy Spirit in the form of matter is Christ, also known as the Son of God. Therefore everything within the creation represents Christ. It is exactly because of this that all that was created during the first six days of creation, in the Bible, is said to be good. In the Gospel of Thomas, found only in the year 1945, Christ has said: “Cleave a piece of wood; I am there. Raise up the stone, and ye shall find me there” (verse 76).

“The body is a unit, though it is made up of many parts; and though all its parts are many, they form

one body. So it is with Christ.” (1st Corinthians 12: 12)

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

“that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.”

(Matthew 5: 45)

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

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

“The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, ...”

(Romans 8: 16-17)

“I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these ...” (John 14: 12)

“How great is the love the Father has lavished on us, that we should be called children of God!” (1st

John 3: 1)

“Don't you know that you yourselves are God's temple and that God's Spirit lives in you?” (1st

Corinthians 3: 16)

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”

(1st Corinthians 6: 19-20)

When God gave man individuality, He did not say that it was good. But, the individuality was essential for the full conscious revelation of Christ within and through the person, that which he actually already is but is unaware of. This ability to man was given through his individuality. Because man is unaware of this reality, as a result of his ignorance he continuously blocks the full revelation of Christ in himself. It was exactly this, the Truth that Jesus, through His human life, taught us by revealing it to us.

As Christians, we follow the teachings of our teacher, Jesus Christ, and we worship Him as our God. Jesus Christ is the visible and touchable form of God in human form. Through Jesus, God showed us that within the creation, man has the ability to be the means of full God-revelation. It was exactly this that Jesus Christ, during His human existence on earth as our teacher, tried to teach us. If we truly worship Him, we should have absolute faith in Him and infinite love for Him. It is impossible to worship without faith and/or without love. And, if we truly worship Him, should we not implement His teachings in our lives and should we not make an effort in revealing God through ourselves as He did? This is true and real worship. Jesus never said to worship Him, instead He said the following:

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

Jesus also taught us the will of the infinite, invisible and formless God the Father. Man has a body and a form; therefore, it is easier for him to worship the limited revelation, His Son. This is only the first step of worshipping. With such a worship, which includes the implementation of all the teachings of Jesus Christ within his own life, the individual expands his horizon, his level of consciousness and the love within him and he starts “seeing”, understanding that all things within the creation are all various expressions of the one God. At this juncture, love exudes towards all and also all else that comes from love: mercy, compassion, self-sacrifice etc. As man reaches this level of worship, he also understands that he is also an expression of God and changes the direction of his mind from the external towards the internal and seeks his true Self, his true Being, the Christ within. When he finds the Christ within, he receives the additional energy of the Holy Spirit and the abilities that come with that energy, which we call the graces of the Holy

Spirit. Did not Christ say:

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

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

The graces of the Holy Spirit give man the ability to experience the bliss, the ecstasy of the invisible, infinite and formless God of Whom he is also an expression of. It is not possible to see God with our physical eyes, but it is possible to experience His presence within us with our “spiritual eye”. This is exactly God-revelation within the person. Jesus as a man was able to realize this and having experienced the singularity of all, and realizing that we are nothing but expressions of one God, He declared:

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

Jesus also has said:

“I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me ...” (John 17: 22-23)

Instead man, being attached to his “Ego”, conducts his life by blocking God-revelation within himself. That which man thinks, that also he becomes. But when he understands that his “Ego” is nothing but an illusion, it is only then that he becomes all. In other words, he experiences the singularity.

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

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

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

(It is unfortunate that in the English translation the word “Life” is used instead of what it should be, “self”.)

There are some who may say that they only worship the

Trinity and they are not able to reveal God within themselves. Such a view and belief is incorrect and it counters the teachings of Jesus. Jesus Christ was perfect, because he was the revelation of God as man. Did He not say?

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

God-worship starts with Church services and rituals. Therefore it is imperative that we take our children to churches which practice rituals, especially the Armenian Apostolic Church where the services represent mystical spiritual Truths that are expressed as rituals at the physical level. The series of various services represent the human life,; starting from the fall to the return to spirituality and to God. The pinnacle of the services is the Holy Mass and It represents the communion of man with God. (*Also see my book titled “From Light to Light” pages 32-34*). If every individual, with his mind concentrated on learning the hidden teachings, partakes in the services, he will succeed in understanding the teachings, will assimilate them and most importantly, will implement them in his own life. Rituals make the unfathomable, the ununderstandable, more understandable and give them contemporary importance. We get to understand that we can not find God; in other words, we can not find the Kingdom of God with our five senses.

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

When the collective mental concentration of all the faithful present in the church, is done with absolute faith, without any doubt or hesitation and all concentrating on the same cause, it is possible to have “miracles” occurring in that church. But in general the “Ego”, as a result of “floods” of useless thoughts, controls the mind and prevents mental concentration. The “Ego”, Satan is the “serpent” or the “dragon” that guards and

blocks the spiritual path to the treasure that is within us. This treasure is Christ. The “Ego” does this so that we do not succeed in revealing Christ within us. The Altar where the Holy Mass is performed is the altar of sacrifice. Jesus, who was the Holy Mass, sacrificed His “Ego” on the cross and resurrected as Christ. From this, we should also learn to sacrifice our “Egos” on that altar, so that Christ also resurrects in us as well. Did Jesus not say: “take your cross and come after me”? The mind of man is constantly busy thinking about worldly issues: “How much will I earn? Where am I going to live? What kind of work shall I do? What am I going to eat? ...” and rarely does he think about spirituality. All the worldly issues are the creations of the “Ego” and are the result of selfishness and of greed. When the individual’s mind is constantly centered on the spiritual, he always finds equilibrium and harmony in his life. He starts understanding that which before was incomprehensible to him and thus sees the beauty of life, only because he has started understanding the source of life. He increases his level of consciousness and reaches a “level” when he starts ignoring his “Ego” and thus most worldly desires and pursuits and all irrelevant duties within society. He also becomes fearless. He understands that it is God’s consciousness that permeates the entire cosmos. As he sees the leaf of an insentient plant turning towards the sun, he starts understanding the presence of God’s consciousness all around him. Unfortunately the plant does all that without being self-aware. The plant can not understand that it is God’s consciousness that turns the leaf towards the sun. But God has given man, by the use of his level of “consciousness”, the ability to be conscious of God’s infinite level of consciousness. It is surprising as to why man also lives as the plant and does not use the abilities given to him. God made man from the “soil” of the earth; hence, man is

part and parcel of the world and he is the earth's consciousness. Life, with all its forms and expressions is slowly advancing towards its source as if it is meditating, but unaware of it. Man has the ability of doing the same consciously, fully aware and knowingly, but alas, he is very lazy in this endeavour. Has it not been said that sloth (laziness) is one of the seven deadly sins? Man, attached to his "Ego", is afraid of losing it and does not yearn for something higher, more sublime. The "Ego" is familiar to him. He has known about it since the age of two and has experienced its effect. It appears to be irrelevant that at times it causes him to suffer. Because man's subconscious mind does not have the experience of bliss created by the experience of God's presence, he is afraid that he may also lose what he already has. As a result, he stays away from the path of perfection and of righteousness. He also fears the death of his body because he is unaware that the life in this world is a continuum of alternating life and death. Every night, in deep sleep, he is dead to the world, and he does not realize that the deep sleep is the best time of his life. This is so because his mind is cut off from the world and his "Ego". All thoughts have ceased in deep sleep; thus, a mind without thoughts is the "pure heart" Jesus spoke of. Such a mind is free to have communion with the Christ within. It is exactly this communion that makes deep sleep so pleasant. During this communion, the individual gets additional life giving energy of the Holy Spirit from the Christ within himself. It is because of this energy that he wakes up in the morning rejuvenated. But in deep sleep, man does all this without being aware, because during deep sleep the level of consciousness expressed is extremely low. Those who dream during sleep have a somewhat higher level of consciousness than that which they had in deep sleep. At this level the mind is full of thoughts which we call a dream. Those who always

experience light sleep and rarely experience deep sleep in general, wake up in the morning feeling tired, unrested. Man has the ability to experience the communion which he has with Christ during deep sleep also when he is fully awake, but of course, only if he gives up all the worldly attachments and completely stops the flood of thoughts. This is the purpose of the real and true prayer, known as meditation, to knowingly do what we do every day unknowingly and thus be conscious of our experience of having communion with the Christ.

As indicated above, human existence is a constant situation of alternating life and death. Man lives in the womb of his mother as a foetus, as a “parasite”, for nine months. Then he is born, which means that his foetal life has ceased to exist, as does his “parasitic” life. He is born into the life of a baby, still needing the care of his mother. In a few years, his life as a baby passes and he is born into the life of childhood. At this juncture, he is still needy of the care of his parents. Again in a few years, his childhood years pass and he becomes a teenager. At this juncture, somewhat more rebellious, he tries to become more independent. He is much affected by the hormones flowing within his blood. They give him self assurance. In a few years, he becomes a young adult. At this point, he enjoys a fully formed body, a fully formed mind and a fully developed intellect and the pleasures that are the result of the hormones. This is soon followed by maturity and he becomes a middle-aged man; at this point, the pleasures that the hormones were giving start to decrease, but he becomes more sensitive and expresses more love. The older one gets, it appears that time also passes much faster. Before long his the middle age passes and he becomes an “old” man. At this stage, somewhat wiser, he starts thinking as to what really was the purpose of his life. Sometimes he may succeed in finding the answer to this question, but alas,

in general, he fails to do so. In describing the various stages of human life, it can be said that one stage of life “dies” and we are “born” into the next: thus, it is surprising as to why man fears death, when throughout his life, he is constantly subjected to death and birth.

Just as in this body the embodied soul passes through childhood, youth, old age, so also passes into another body. The learned man does not grieve at it. (Bhagavad Gita 2:13)

Because all the above mentioned deaths have not separated him from this world, he willingly accepts them, but he does not want to accept the last death because he is attached to the world, to the material. He does not want to let go of his material body, thus he fears death. He has not yet understood that he is not his physical body, but rather he is the user of that body, just like we also use a car. His true Being is in fact immortal. When death comes, he should embrace it happily because to let go of the body is the decision of his true Being, the Christ within him. It tends to indicate that the body is no longer able to serve the real purpose of this life. When our car starts frequently breaking down and we constantly get stranded on some strange road, don't we junk it and get a new one?

Just as a man casts off his worn out clothes and puts on new ones, so also the embodied self casts off its worn out body and enters into another which is new. (Bhagavad Gita 2:22)

The true Being of man, the Christ within, is immortal. Only the “Ego” is mortal. Why should we fear death? From death, life is born. Rumi has said the following:

I died out of the stone and became a plant. I died out of a plant and became an animal. I died out of the animal and became a man. Why then should I fear to die? When did I grow less by dying? I shall die out of a man and become an angel.

Jesus, on numerous occasions, tried to teach us this truth. To teach this, He employed the metaphor of the seed many times. If the “seed” does not die, only it remains, but if it dies, it gives multiple seeds, many results. Before death comes, if we are able to live our lives with self-sacrifice, love, mercy and compassion towards all, it is only then that we become worthy of experiencing divine bliss. It is this type of a life that represents the true God-worship. Such a life is to care for the “body of God”, which in fact is the entire creation. We should understand that which controls and guides all that we experience, is not in our experience.

Man has forgotten the purpose of his life and thus has deviated from it. As indicated above, man becomes that which he thinks he is; thus, all of his expressions also reflect the inclination of his mind. In the middle ages, the tallest buildings were the churches. From the 19th century on, the height of government buildings surpassed that of the churches. In our present century, the heights of the buildings of financial institutions exceed all the others. This change is a sign that man in general has become materialistic; in other words, worshipping “money”.

The rituals of our churches are strong “agents” in leading us towards spiritual life. The misfortune is that, they have lost their power, mainly because they are no longer performed properly and fully, or when the language is changed from the classical to the vernacular (*here we may also mention the Roman Catholic Church changing the language of the Holy Mass from Latin to each countries’ vernacular*) with the idea of making it more understandable, the ritual loses its mystery. A ritual without mystery becomes just a tradition. The church is a holy place. But when it loses its sanctity, what will the poor congregation do? Where will it get the proper inspiration? The purpose of the ritual is to free our Being, rather than to stifle It. Christ is a definite and

mentally understandable existence, but not with our five senses. The centre of this existence is everywhere and its circumference nowhere; hence, where you are, the centre is also there; therefore, Christ is in you. I can say the same for myself as well; therefore all of us, every individual and all of humanity are all expressions of the same Christ. Then, where are our differences? The holy places are not Jerusalem, Makkah or the Himalayas, but rather in every person's heart, because Christ is there. Did not Jesus say that our bodies are God's temples? God never forgets those who do not forget Him. The true heartfelt worship of a devotee dissolves him into God and this is the experience of singularity.

It is possible to understand the idea of singularity intellectually and even find it enticing. One should understand that this is not a mental picture, but rather an experiential reality, a practical understanding which occurs as a result of an increased level of consciousness. It is the "rapture" indicated within the Gospels. Today, we see Christianity being preached everywhere that has significantly deviated from the teachings of Jesus Christ. The deviation started early on in Christianity. This deviation sped up more after Martin Luther. Today we have many denominations that follow various beliefs that have no connection with the teachings of Jesus. They all say that they know the truth. But which one of them is right? For the one who says he knows, one can be certain that he does not know. On the other hand, the one who says he does not know most likely he knows.

In this article, I presented all that I have learned up to now. This is only a view that I find very enticing today. As for tomorrow I can not say. These are all beliefs. I hope one day to become worthy of knowing them experientially, so that my beliefs change to an unshakeable faith. It is true that in all my books that which I have presented are my beliefs, but they are based on the teachings of Jesus and not just the

writings of Paul. Man should never stop searching. The absolute worst thing for any man to say is “I know the truth” and to close his mind to future learning. In such a situation, he blocks and thus loses all chance of experiencing God-revelation within himself. The purpose of the creation is God-revelation; hence, God is ready to reveal Himself through us and waits for it impatiently. But if we do not turn and look towards God, how are we going to see that He is looking at us and waiting for us?





**Purgatory is not a place, it is a way.
Purgatory is the fire of purification
that burns from inside. It is the
experience of suffering caused by
the repentance of sins committed.
Men blemished by sins can not
come to God.**

Pope Benedict XVI

PROSTRATION TO GOD

During all the various church services of the Armenian Apostolic Church, as well as during the Holy Mass, the deacon loudly voices: “prostrate to God”. It is an instruction that is often given to the congregation.

What is prostration? Within the Armenian language, it is “yergbakel”. This is a compound word made of “yergir”, which means “earth”, and the verb “baknel”, which means “to kiss”. Hence, prostration should take place in the same way. In my childhood, I used to see elderly men and women in church who always used to sit at the edge of the pews and everytime an instruction was given to “prostrate to God”, they would come out of the pew and would prostrate. They would get down on their knees and touch their forehead to the floor. They literally “kissed the earth”, just as the Muslims do in the Mosque. Today we hardly see anyone actually “prostrating” within our churches. In the old days, just as in the Mosques, there were no pews or seats and the entire congregation, following instructions, would collectively prostrate as is done in mosques. Is it possible that at this present age man no longer feels the need or the urge to prostrate to God? Or is it possible that man is no longer meek and humble and he is only proud? There still appears to be the rare person, that at each instruction bends his head slightly.

What is the meaning of prostration? What is it that we are to learn by obeying the instruction each time it is given? As indicated above, foremost, prostration is a sign of meekness and of humility. When a person enters the presence of a king or an emperor, he bends down to show reverence and submission; similarly women also curtsy. Therefore, in the same way, for us as well, prostration in the church should have the same meaning. Thus, if we accept God’s suzerainty, sovereignty over us, why don’t we obey the in-

struction given and prostrate in the proper way? If we accept God's sovereignty over us, then we should also worship Him. The prostration then becomes an expression of worship. Prostration can be done only to the One Whose sovereignty over us we have accepted and we consider ourselves His "subjects" (devotees). When we prostrate in the church, the prostration is done towards the altar, because we consider God to be present on the altar. But we say that God is everywhere. According to the teachings of Jesus, if our bodies are the "temple of God" and God, Christ, is the Spirit of every individual, then does it really matter as to what and in what direction we prostrate? In various other religions, the followers prostrate to various statues and we say: "they are worshipping idols". The following is written in the Bible:

"You shall not make for yourself an idol ..."

(Exodus 20: 4)

...'Worship the Lord your God, and serve him only.'" (Matthew 4: 10)

What is the meaning of all of this? If God is everywhere, why do we consider those statues used in other religions as idols created by man? Or, is it possible that the "idol" indicated in the Bible that man should not make for himself has a different meaning? If Christ is the Spirit of every man, then how should we prostrate to God? Undoubtedly the physical prostration is only an expression of a mental prostration, of humility, of meekness, of obedience and of subjugation. It is possible to physically prostrate, but if it does not reflect the mental prostration, it is useless. Because God is in every individual, the true prostration should also be an internal function and not external. Because the mind is also an "entity", internal to the body, then the prostration should be a mental function. Based on this, all the idols that men worship and prostrate to are not the external statues, but rather all that he has in his mind and that he considers to be worthy of worship. There are those who

worship material riches, namely money, some others personal glory ... Jesus had clearly said:

“...You cannot serve both God and Money.”(Luke 16: 13)

But despite the teachings of Jesus, man constantly swings back and forth between the two. In the wilderness, Jesus, by being tempted by His “Ego” and by discarding it, showed us what an idol is and what prostration is.

“The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, “I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to. So if you worship me, it will all be yours.” Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’” (Luke 4: 5-8)

Therefore the greatest idol, which we worship and prostrate to, is to that of our own “Ego”. Despite externally, physically prostrating within the church in front of the altar, man internally could be prostrating to his “Ego”, to Satan and thus become an idol worshiper. The true worship, prostration that Jesus taught, is to obey the silent voice of the Christ within and live according to His will and not to fall prey to the will of the “Ego” and all the desires, feelings and emotions ... that arise thereof. If the person obeys his “Ego”, the prostration performed in the church is hypocritical. Perhaps it is because of this that we do not see much prostration within the churches. It is likely that people do not want to be hypocrites. Exceptions are always revered. There are those, whose external physical prostration is a reflection of their internal, mental prostration to the Christ within. This usually becomes apparent by their conduct in life for they only act according to the will of God and not to the will of their “Egos”. If their prostration does not take a physical form, their behaviour reveals their mental prostration. It is this last point that is important. As indicated elsewhere,

man's individuality has two poles. One is the positive pole, in communion with the Christ within, and the other, the negative pole controlled by the "Ego" (*In this vein, it is also recommended to read in my book titled "Universal Laws" VIth chapter titled "Individuality" Page 139*). Usually man's individuality is controlled by his "Ego", and this is the meaning of the angel Lucifer and his desire to sit on God's throne. The throne of God is in His temple, and the temple is man.

"Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" (1st Corinthians 3: 16)

Therefore, Satan, man's "Ego", controls man and man's individuality allows this to happen, allows the man to be governed by the negative pole of his individuality. Thus, man prostrates to his "Ego", to Satan and all the idols created by it. Did not Jesus teach us, by the decisions He made in the wilderness, to ignore the "Ego"? He also clearly emphasized this with the following words:

"The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life." (John 12: 25)

"For whoever wants to save his life will lose it, but whoever loses his life for me will save it." (Luke 9: 24)
(Once again the English translation has incorrectly used the word "life" instead of "self". Christ said "I am the life", how can one lose life for loving Christ?)

"Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it."
(Matthew 10: 37-39)

If we accept Him as our teacher and have faith in Him, why don't we do what He did and ignore our "Egos"? Every person is the child of God. Every person is the temple of God. Christ is the Spirit of every person. Regarding Jesus

Christ, we say that He had two natures, human and divine. What is the meaning of this? Regarding Jesus Christ, we say that He is the only Son of God. Why? We say that because Jesus ignored His “Ego” and revealed the nature of Christ within Himself. Is it not true that man’s individuality also has two poles, one divine and the other satanic, the “Ego”, which we consider to be our human nature? Despite the fact that we are all children of God, we are not privileged to be the **only** son or daughter. It was only Jesus that revealed within Himself the Christ. In us, Christ is “sleeping”. Despite having the ability to reveal Christ within ourselves, we choose to prostrate to our “Egos” and ignore the Christ. Instead of prostrating to his “Ego”, the preliminary efforts that one makes to change his own nature are the first steps taken towards revealing Christ within himself and worshipping Him.

Jesus has also said that the student should be like the teacher.

“A student is not above his teacher, but everyone who is fully trained will be like his teacher.”(Luke 6: 40)

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

Should we also not strive to be like Jesus and prostrate to the Christ within and not to our “Egos”? Thus we should be like Him and we should also strive to be perfect as our heavenly Father is perfect.

This is the meaning of the instruction given by the deacon, when he voices: “Prostrate to God”. This is what we should learn and not only to do the external, physical prostration. Even that we no longer do.





**Miracles
are not
contrary to nature,
but only
contrary to
what we know
about nature.**

St. Augustine

WHAT IS TO BE “BORN AGAIN”?

Today there are many sects and denominations within Christianity. Some claim to have been “born again” and thus “saved”. This understanding and belief of theirs is the result of what Jesus said to Nicodemus, presented in the following quotation from the Gospels.

“Now there was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. He came to Jesus at night and said, “Rabbi, we know you are a teacher who has come from God. For no one could perform the miraculous signs you are doing if God were not with him.” In reply Jesus declared, “I tell you the truth, no one can see the kingdom of God unless he is born again.” “How can a man be born when he is old?” Nicodemus asked. “Surely he cannot enter a second time into his mother's womb to be born!” Jesus answered, “I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, ‘You must be born again.’ The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.” “How can this be?” Nicodemus asked. “You are Israel's teacher,” said Jesus, “and do you not understand these things? I tell you the truth, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? No one has ever gone into heaven except the one who came from heaven-- the Son of Man. Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God's one and only Son. This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God." (John 3: 1-21)

Let us first consider the views and the beliefs of the sect of Christianity that confesses to have been "born again" and thus "saved". Without a doubt, their purpose is salvation. Their understanding is such that to be born of the "water and of the "spirit" represents the baptism, confirmation or the receiving of the Holy Spirit. The latter tends to occur with the minister touching their forehead. They also disregard their baptism as an infant and are baptized again. Both Baptism and Confirmation are two very important sacraments of the church. But when the mysteries attached to the external rituals are not understood and are not explained, they become only traditions. The members of this sect think that, as infants, they did not know what was going on during baptism and have not consented to it with any kind of understanding. Without a doubt, this view is correct. What is the duty of the god-father? It is to explain the meaning of Baptism and of Confirmation, as well as the path of perfection and of righteousness to his god-child. The duty of a god-father is not just to give presents and toys to the child, but instead it is to fulfill this most serious spiritual duty

entrusted to him. It is highly possible that the god-fathers of those belonging to this sect had not fulfilled their duties properly. Because of this they decide to be baptized again. But Baptism is not a “game”: it is a very solemn Sacrament. In the world many religions perform the Sacrament of Baptism, but only once, except for the Jews who may be baptized many times for forgiveness of their sins. Such religious rules become only “religion” and not what Jesus taught us as to be “born again”. In this vein, Jesus has said the following:

“They worship me in vain; their teachings are but rules taught by men.” “ (Matthew 15: 9)

(Also see Mark 7: 7)

“Jesus replied, “And you experts in the law, woe to you, because you load people down with burdens they can hardly carry, and you yourselves will not lift one finger to help them.” (Luke 11: 46)

The members of this sect also invite Jesus Christ to come from outside into them. This understanding is also wrong. Without the presence of his Spirit, without the presence of Christ within himself, the individual can not even exist. The following quotation from the Bible clearly emphasizes this point.

“The lamp of the Lord searches the spirit of a man”

(Proverbs 20: 27) (*Proper translation should have been: “The Spirit of man is the Light of the Lord”.*)

But despite the fact that Christ is the Spirit of every individual, He is not revealed within the person and is “sleeping”. Perhaps, what the members of the sect mean is the revelation of Christ through them. This revelation can not occur just by wanting it or saying it, but only through appropriate worship; in other words, fully disregarding the “Ego” and all worldly pursuits. Did not Jesus say: “I did not come to bring peace, but a sword”. The sword is for use in war, and that war should be by the individual against his “Ego”. The purpose of the sword is to cut us off from our “Egos”, and all worldly pursuits, desires, thoughts, feeling and emotions.

Let us consider another issue, the issue of being “saved”. Regarding this, we should understand that all those, who consider themselves to have been saved make it clear that the purpose of their lives is salvation. They do not realize that this view completely contradicts all the teachings of Jesus. This becomes obvious when we read the following words of Jesus.

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

(Once again the English translation has wrongly used the word “life” instead of “self.”)

Undoubtedly, Jesus did teach the way of salvation but He never said that it should be the purpose of one’s life. Salvation is a grace, a gift given by God to all those who succeed in fulfilling the real purpose of their lives. Salvation of the individual can be interpreted as being given the privilege of keeping one’s individuality after the death of the body. Man can not achieve this just by wanting it or even through his efforts. Did not the individuality of Jesus resurrect after the death of His body on the cross? If the individual has not made himself worthy to the grace or gift of salvation, his individuality also dies with his body and mind. Is it not written:

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

In fact, what Jesus taught was that God gives the grace, the gift of salvation, to those who have successfully carried their worldly duties in their lives. What is this sublime duty? In many of the pages of this book, man’s duty and responsibilities have been presented on numerous occasions. The duty of man is the realization and the revelation of Christ within himself.

Hence, what was the meaning of to be “born again” that Jesus spoke of?

Jesus has given the same lesson to us in numerous different ways as well, through His words, through His parables and through His deeds. Within this book and within

the previous article titled “Prostration to God”, the purpose of human life was presented as a “mental prostration” to the Christ within, instead of “prostrating” to the “Ego”. Man, from the age of two, constantly “prostrates” to his “Ego”. To be “born again” as Jesus has indicated, has to be of the “Spirit” and of “water”. The Spirit of the individual is the Christ, Who is the door through which the energy of the Holy Spirit floods the individual. Water is a metaphor for the energy of the Holy Spirit. Did not Christ say that He was going to send the Holy Spirit?

“I am the gate; whoever enters through me will be saved...” (John 10: 9)

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

When the individual ignores his “Ego” and does not pursue worldly pleasures and glory, he is considered to have “prostrated” to the Christ within himself. This “allows” for Christ to “wake up” from His sleep and take the reins of the individual’s life in “His hands”. Based on this, the entire life of the individual, all his thoughts, all his words and all his deeds become according to the will of Christ, the will of God. This is the true being “born again” of the Spirit. If Christ is the door through which the energy of the Holy Spirit flows into the individual, to be “born again” of the “water” becomes the result of the high frequency and abundant energy of the Holy Spirit entering the individual. With regards to the fact that water is a metaphor for the energy of the Holy Spirit, there are many verses in the Bible that I have quoted elsewhere in numerous articles. The added flow of the energy of the Holy Spirit into the individual is the grace, the gift given by Christ to the individual, because He has considered him to be worthy of it. Because Christ is the presence of the energy of the Holy Spirit in the physical realm, the added flow of the energy of the Holy Spirit

represents the revelation of Christ within the individual, as was shown by Jesus during His transfiguration. When man succeeds in supremely fulfilling the duty of his life in this world, revealing Christ within himself, it is only then that he is given the grace or the gift of salvation of his individuality and not just because he constantly repeats, saying: "I believe, therefore I am saved". It was exactly this that Jesus taught us through His death and resurrection. Jesus lived as a man that revealed the Christ. The purpose of His entire life was to help humanity and to teach the purpose of human life. With this in mind, He lived a life that was nothing but an example to teach us what to do in our lives.

Therefore, if we also don't get to be "born again" and do not fulfill the duty given to us as a human being, we will never become worthy of salvation. But as indicated above, the salvation should not be the ultimate reason for our existence, but rather it should be to serve God's purpose. Don't we say that the purpose of creation is God-revelation? The person who truly is "born again", can only show love, compassion, mercy, self-sacrifice... to all, without discrimination, be they family members, relatives, male or female, friends, compatriots, strangers, enemies... as well as showing respect to all religions and "faiths". He never hates any of them, but instead he also tries to find all the teachings of Jesus in other "faiths" as well. One should not forget that God is everywhere and without God's will, not even a leaf moves. Therefore the presence of other religions should also have been God's will. Is not Christ the Son of God? As a result of His presence in us, are we also not God's children? To have faith in the Son of God is to ignore the "Ego" and is to "prostrate", to worship the Christ within. But, in general, what do we do? We say "we believe in Jesus Christ" and we continue to "prostrate" to our "Egos". Why?

FATE AND THE ARMENIAN NATION

In my previous books, appropriate information was given about destiny and fate. None the less, before diving into the subject of “fate and the Armenian nation”, I find it necessary to first present the following summary regarding fate and destiny.

In general man thinks that destiny is given to him by God completely independent of himself. Without a doubt, this view is definitely incorrect. Let us first consider the individual destinies. As indicated in my previous books, every person has an “energy body”. All energies are vibrations and all vibrations have a frequency. All energies, as a result of the modulation of the frequency of their vibrations, carry information. Radio waves are an example of this. The information contained in electromagnetic radio waves is put there at the radio-station. On the other hand, the information put into the “energy body” of an individual is put there by the person himself, as a result of how he thinks, speaks or acts. This information remains in the “energy body”, the soul of the person, even after the death of the body. When that soul reincarnates, that information becomes part of the “energy body” of the new-born baby. Man, at times, can not make or see the connection between himself and his destiny, mainly because, in his present life he has no memory of the past lives lived by his soul. Even during the one life, the fate he created for himself, in other words, the seeds that he had sown, cause him a certain situation thirty or forty years later, also known as the reaping of the harvest, so that many years later, he can not make the connection and understand the relationship between the two. No person should blame God or any other person for the unpleasant situations he becomes subjected to in his life. The frequencies of the vibrations of his “energy body” that he has created attract situations that have similar frequencies, just

like the two opposite poles of a magnet attract each other. This is what is called the “reaping”, or the “harvest”. These life situations have frequencies harmonious to the individual’s frequency. On the other hand, life situations that have frequencies that are not harmonious with the frequency of the individual are repelled, just like the two like-poles of a magnet, and it becomes impossible for them to occur in that person’s life. The situations may be pleasant or unpleasant. Hence, every individual is the architect of his own destiny and fate.

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

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

That which scientists still have not discovered or are about to discover, Jesus Christ taught us two thousand years ago.

“... every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven.” (Matthew 12: 31)

Benjamin Schumacher PhD. has said the following: “The universe is a huge information network. The universe is a computer that takes the present and based on this, computes the future. The universe does this by natural information processing that follows the laws of physics”. That which he calls the “laws of physics” are the laws still not fully understood by science and humanity that represent the “cosmic laws” or the “universal laws”, the laws that govern the energy of the Holy Spirit. Jesus Christ knew them very well and utilized them. As a result of our ignorance, we can not understand them and thus the deeds of Jesus are considered by us to be miracles.

The shadow of a man always goes with him. When the person goes towards the sun, his shadow follows him, but

when he goes away from the sun, his shadow leads him. One can escape his shadow only when he becomes one with the sun. In the same way, one's destiny or fate always follows him or leads him in life. It disappears only when the individual becomes one with "the Sun (Son)", with the Christ.

Every thought that a man has represents an electrical current that flows in his brain. Every electrical current has a magnetic field (energy) around it. That magnetic energy has a specific vibrational frequency based on the type of thought the individual had expressed. Experiments have been done to validate the presence of this magnetic energy created by thought. Sensors are placed over the head of a person, not touching it, but approximately 1cm. away from the surface of the head. The information collected is transferred to a computer via wires. The computer is programmed to control the flight of a toy helicopter. When the individual had the "thought" of the helicopter moving to the right, the computer picked up the information and had made the helicopter advance to the right and later, when he had the thought of it going to the left, it did. Without a doubt, the magnetic field created by one individual is an extremely weak one. What if a thousand, or yet better, two million people think the same thing at the same time? That weak magnetic field is multiplied by a thousand or even better, by two million times and a very strong magnetic energy field is created. Usually, before going to war, governments prepare the minds and thoughts of its citizens through propaganda, so that there would not be adverse reactions and the collective social consciousness is well prepared. In my book titled "Awakening", I had presented a study conducted by Princeton University, in which sensors were deployed in several places around the world that sent random numbers to their computer. They had noted that the numbers correctly predicted both natural and man-made disasters in which many people died.

They concluded that the information (the numbers) collected corresponded to the collective social consciousness. Therefore whatever befalls a collective, to a society, to a nation or to a country, corresponds to the collective social consciousness of the majority of the members. This corresponds to the collective frequency of the magnetic energy field created by each and every individual within the collective.

Unfortunately, the Armenian nation as a whole in 1915, was subjected to a horrendous blow of its fate. Even before the great genocide, many smaller local events, such as the genocide of Adana etc., were the warnings of the coming great calamity. What did the Armenians do? How did the individuals change their ways of thinking? Today we see the disasters caused by water all over the world. Has anyone changed their thinking and behaviour? Governments and companies only talk and ignore the problem of global warming and continue to pollute the air. Is it possible that humanity again will be subjected to a world-wide catastrophe created by floods as had occurred at the time of Noah, approximately 25.000 years ago, during the last Aquarian age? There remains approximately only 100 years for the next Aquarian age to arrive. This present dilemma regarding global warming is presented here to show that God is merciful and wishes the best for us; hence, all the local floods etc. are to caution us and to wake us up from our slumber, so that our thoughts, words and deeds change, so that we are not subjected to the full blow of our destiny.

The Jewish nation suffered a severe blow of its fate in 70AD. Jerusalem was destroyed. The survivors were dispersed throughout the world to many other countries. It is possible, or at least some think so, that this blow of faith was the result of having crucified Jesus, mainly because when they were shouting “crucify Him”, they also said: “let His blood be on us and our children”. The blow to the Armenian

nation was as severe as the one received by the Jews. What was our fault? Is it possible that we also spiritually “crucify Christ” in His temple, our bodies, with our thoughts, words and deeds that take us away from the path of perfection and of righteousness? Could this be our sin?

Undoubtedly, every individual loves his nation and his country. This love may even be an extreme love. But even the greatest love, to the point of being ready to sacrifice oneself for the country, can not stop the disasters that are part of the destiny of a nation. Therefore, as a nation, collectively, we should refrain from developing a negative destiny for ourselves. The calamity that occurred to the Armenian nation, which was a strong blow of destiny, is a sign of collective mental degradation by the majority and specially degradation of spiritual life. Is it possible that as a nation, being so proud of having been the first nation to have officially accepted Christianity, we have forgotten how our ancestors lived, how the saints, that we know of, behaved, and most importantly, have we forgotten the teachings of Jesus Christ and diverged from the path of perfection and of righteousness? This is another opportunity, another means of awakening, that God is giving us so that we return to our old faith and back on the path of perfection and of righteousness, and thus, our nation also finds peace and freedom. One can be certain that Armenians, wherever they be, wish that their nation, their society flourishes and blossoms. This is not possible just by wishing. The blossoming of a nation can not occur if the majority of its members harness thoughts of selfishness. Today, Armenia has the ability to become a beacon to the world. If the majority of its members, as individuals, do not make drastic changes within themselves, within their own individuality, it becomes impossible for the nation to blossom. Without change within the individuals, even extreme love for the nation becomes useless, mainly

because it is the collective thoughts of each and every individual that determines the collective destiny of the nation. There is absolutely no escape from destiny. If and when those forming the government pursue the path of perfection and of righteousness, the citizens, seeing them, also follow them. When the public is given incorrect information that is in fact a bunch of lies, the progress of the nation is curtailed and the awakening becomes impossible. The nation may flounder within a cloud of materialism, which in fact represents the ignorance of the individuals and their collective, selfish tendencies.

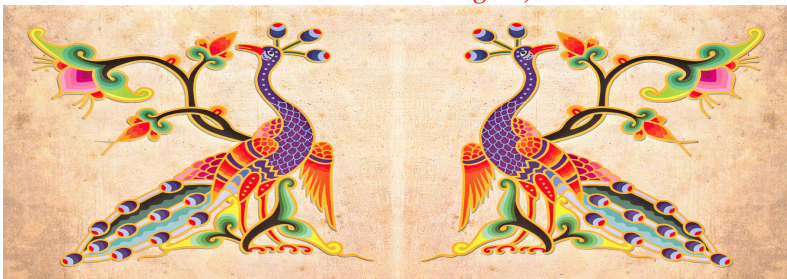
To mourn over one's fate, considering oneself to be a victim and asking for restitution, all represent an understanding and beliefs that are wrong. Armenians, biased against the Turks, consider them to be their enemy. The basis of this view appears to be the differences in their religions. That which we think we are, that we become. The thing that we fear, we attract to ourselves. When we consider them to be enemies, we also make ourselves their enemies. Did not Jesus say: "Love your enemy"? If we are to follow the teachings of Jesus, should we not love the Turks? And, if we do not love the Turks, then despite being the first Christian nation in the world, we are far from the path of perfection and of righteousness and also far from the true Christianity taught by Jesus. Therefore, why should we wonder as to why we are subjected to an unpleasant and horrible fate? We should only blame ourselves and no one else. The Turks were only the intermediary to bring our fate to fruition. This does not mean that the Turkish nation will not suffer the destiny it has created for itself. As to when and how that blow will come to them, no one knows. The example is given to us. The death of Jesus was foretold in the Old Testament and Jesus Himself had foretold about his impending crucifixion several times. It was Jesus, who said to Judas: **"What you are about to do, do quickly"**; but it is also

written: **“But woe to that man who betrays the Son of Man! It would be better for him if he had not been born”**. Judas carried out what had to be done, but he also suffered the punishment for his betrayal. In the same way, the Turks did what needed to be done, but they will also suffer the punishment for what they have done.

It is exactly at this juncture that rests the future of the Armenian nation; the future destiny that it has to make for itself. If we are going to demand that the Turks admit having committed genocide and that they should provide restitution, it tends to indicate that we still have not learned our lesson. It tends to indicate that we are still vengeful and consider them our enemy. This would create another unpleasant destiny for us to confront in the future. This does not mean that we should not demand. The demanding should be there so that the Turks also realize the crime that they have committed and admit to genocide. But this demanding should come from love; otherwise it would hurt us more than it will hurt them. We should make them understand that if they admit having committed genocide, having committed a crime, perhaps the future blow of their destiny may be somewhat ameliorated. If they alone decide to make restitution and not because we are demanding it, they may ameliorate the future blow even more. It is exactly this that should be the reason for demanding recognition of the genocide. As a nation, we should pray for the amelioration of what disaster their destiny is to bring on them. Did not Jesus from the cross say: **“Father, forgive them, for they do not know what they are doing”**? The Turks, also as a result of their ignorance, did not know what they were really doing. Of course, there will be many who will say: “they knew exactly what they were doing; they wanted to get rid of Armenia, so that they could join with their central Asian compatriots, to realize the idea of ‘Pan-Turanism’”. From the level of world consciousness,

obviously they knew exactly what they were doing, but at the spiritual level, they had absolutely no clue as to what they were doing. It is highly possible that the majority does not even know that there is a spiritual realm as well. It appears that that same ignorance is also present among the Armenians as well. If this is true, of what use is our love of church? Man can easily fool himself, but not God.

It is imperative that each and every Armenian should have extreme love for his nation, his country and his church; if that love is sincere, then it becomes the first step towards having love for all of humanity, even towards those who consider themselves as enemies. This is the humanitarianism that Jesus taught us. If the calamity that befell the Armenian nation taught us the appropriate lessons, then we should be very happy. But, if we have not learned the lesson hidden within the calamity, then we should sit and mourn for our fate and blame the Turks and God for it. If this latter is the case, then woe to us. As indicated above, unpleasant situations are given to an individual or to a collective as a lesson and at times as a test. The test is not for God, because God, the Christ is the Spirit of the individual and knows everything about the individual. The result of the test is to show to the individual or the collective their level of patience, their level of determination, the level of their humanitarianism, the level of love they express and most importantly the level of their faith. *(Also see in this book the article titled “What is a miracle” Pages).*



WHAT IS A MIRACLE?

People consider that all deeds that are over and above their abilities and require super-human abilities are miracles. Based on this, many deeds of Jesus are considered to be miracles. It is true that Jesus performed many deeds that were over and above the abilities of most men. The examples are many: Jesus turned water into wine; He walked on water; He calmed the storm; He multiplied the bread and the fish and once fed five thousand and another time He fed four thousand people; He cured many sick afflicted with various disabling conditions and He even resurrected the dead. The average man can not do any of these; hence, he considers them to be miracles. Thus, he also considers the person performing those deeds to be super-human, because he appears to have super-human abilities. Don't we also say that Jesus was the "Son of God"; therefore, He had power and control over nature and was able to supersede the laws of nature and thus perform miracles? On the other hand, as far as we are concerned, we do not have power to supersede the laws of nature; therefore, we can not perform the same deeds. Without a doubt, this understanding is incorrect. The following verses tend to show that this understanding is in fact erroneous.

"I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these ..." (John 14: 12)

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

"The apostles said to the Lord, 'Increase our faith!' He replied, 'If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you.'" (Luke 17: 5-6)

According to Jesus, it appears that we are also capable

of similar deeds, which we would consider to be miracles because of our present level of consciousness. If those deeds, which are considered to be miracles, are in fact within our abilities, but we can not perform them, it tends to indicate that we still have not learned and do not know our own abilities and how to use them. The reason for this is our low level of consciousness, or perhaps better said, the reason is our ignorance. No deed in this world is a miracle, with the exception of the creation itself. The presence of the whole cosmos, including you and I, are all part of that same miracle. Outside of this no deed is a miracle. When we say that Jesus had sovereignty over nature and thus was able to supersede its laws, we are mistaken. Jesus never superseded nor did He change the laws of nature; instead, He used them to His advantage.

When one does not know the laws, one considers the deeds to be super-human. To best understand this, I will present the following. I am not certain as to why this scenario has registered in my memory; probably because I had learned a lesson from it. As a teenager, I had watched a western movie where a European “explorer” and a North American aboriginal chief had to settle an argument as to who had greater powers. This is the only scene from the entire movie that I remember and if I am not mistaken, the “white man” was played by Gary Cooper. The explorer said that he had great powers. In general, similar arguments are settled by fighting, but not in this case. Instead of fighting, the explorer took a compass from his pocket and showed it to the chief and said that he had power and control over the needle of the compass and thus the needle had no choice but to obey him. He also challenged the chief to change his orders. He ordered the needle to point to the north. Of course a compass needle always points to the north. Now it was the chief’s turn. According to his customs, he chanted and “prayed”, wanting

to change the direction into which the needle was pointing, but alas, without any results. But he guessed that the needle always pointed to the north and demanded that the explorer turn the needle to some other direction. He told the chief that he was going to make the needle point only to the chief this time. Even if the chief showed extreme power, the needle would not hesitate to turn towards him. To make sure that the chief actually looked powerful and fierce, he suggested giving him as many tomahawks (hatchets) as he could put on his belt. After the chief was loaded with tomahawks, the explorer ordered the needle to point in the direction of the chief and came closer to him. The metal parts of the tomahawks, as a result of their magnetism, turned the needle towards them and thus towards the chief. As a result, the chief recognized the explorer's superiority. He did not have any more abilities than the chief. He only knew about magnetism and the earth's magnetic field and a few laws about magnetism and made good use of them. The poor chief probably did not even know that such a thing as magnetism existed.

When man does not know the laws governing certain deeds, he considers them to be super-human abilities, outside of his abilities, and hence, a miracle. Therefore, if the deeds performed by Jesus are not outside of our abilities, then why can He perform them and we can not?

From the Dark ages of the Middle ages to the present, science has also advanced significantly. There are many natural laws that man now is aware of. There are the laws, within our own experience, that govern the universe that man has understood and he utilizes them for good and also for undesirable purposes. Within the field of science, they are known as Newtonian physics. These laws were considered to be fixed and immutable because one could not break those laws. One of the laws stated that it was not possible to create

matter or to destroy it; it was only possible to change it. But during the last one hundred years, many changes occurred as a result of quantum physics and its discoveries. Based on these discoveries, the above mentioned law is now changed and a new law has superseded it. The new law dictates that it is not possible to create or to destroy energy. They have also proven that it is possible to get matter from energy or change matter to energy. There are some outstanding discoveries. Some are:

a- Einstein's theory of relativity: Much has been presented about this elsewhere; therefore, there is no point in repeating it here. (*See my book titled "Awakening" Chapter I, page 25, and also my book titled "Universal Laws" Chapter VII, page 149*)

b- Heisenberg's uncertainty principle: He has shown that the sub-atomic particles behave differently and change according to the attention and awareness of the observer.

c- Sub-atomic particles that form neutrons and protons, are themselves impermanent and appear and disappear.

d- All the various forces (energies) within the universe are various expressions of a common energy. The nature of this basic energy is not yet known and the laws governing it also remain unknown. Because of this ignorance about it, it is called "dark energy". Therefore it appears that there is a field of energy that brings forth the "creation", the cosmos. Jesus called it the Holy Spirit.

e- Light appears to be a wave and thus energy, but when it is observed it changes quality and behaves as "matter" known as a "photon".

f- According to the above information, it appears that this world, which we consider to be made of solid matter, is nothing but a hologram. At this juncture it may be appropriate to quote the scientific article I had included in the addendum section of my book titled "Mystical Interpretations from the Gospels – Part II – Parables spoken by Jesus".

Nobel Prize-winning physicists have proven beyond a doubt that the physical world is one large sea of energy that flashes into and out of being, in milliseconds, over and over again.

Nothing is solid. This is the world of Quantum Physics.

They have proven that thoughts are what put together and hold together this ever-changing energy field into the 'objects' that we see.

So why do we see a person instead of a flashing cluster of energy?

Think of a movie reel. A movie is a collection of about 24 frames a second. Each frame is separated by a gap. However, because of the speed at which one frame replaces another, our eyes get cheated into thinking that we see a continuous and moving picture.

Think of television. A TV tube is simply a tube with heaps of electrons hitting the screen in a certain way, creating the illusion of form and motion.

This is what all objects are anyway. You have 5 physical senses (sight, hearing, touch, smell, and taste). Each of these senses has a specific spectrum (for example, a dog hears a different range of sound than you do; a snake sees a different spectrum of light than you do; and so on).

In other words, your set of senses perceives the sea of energy from a certain limited standpoint and makes up an image from that.

It is not complete, nor is it accurate. It is just an interpretation.

All of our interpretations are solely based on the 'internal map' of reality that we have, and not the real truth. Our 'map' is a result of our personal life's collective experiences. Our thoughts are linked to this

invisible energy and they determine what the energy forms. Your thoughts literally shift the universe on a particle-by-particle basis to create your physical life. Look around you. Everything you see in our physical world started as an idea, an idea that grew as it was shared and expressed, until it grew enough into a physical object through a number of steps.

You literally become what you think about the most. Your life becomes what you have imagined and believed in the most. The world is literally your mirror, enabling you to experience in the physical plane what you hold as your truth ... until you change it.

Quantum physics shows us that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place continuously built up using our individual and collective thoughts.

What we think is true is really an illusion, almost like a magic trick. Fortunately we have begun to uncover the illusion and most importantly, how to change it.

Scientists are still very far from understanding the nature of that Energy and thus changing the illusion. If man succeeds, as Jesus did, by increasing his level of consciousness to experience the Energy and thus learn the laws governing It, he also may be able to do all the things that Jesus did. For this, he would have to think, speak and act harmoniously to those laws. Usually, man unaware even of the presence of those laws, by pure chance, sometimes acts harmoniously and succeeds and at other times disharmoniously and suffers the consequences. This suffering is the result of the destiny that he has created.

Therefore in summary, what is a miracle? All that, we previously had considered to be miracles, are not miracles; instead, according to the teachings of Jesus, they are all within the ability of every single person. But man, usually

preoccupied with the illusion, does not make proper use of his brain power and utilizes only at most 10% of it.

The real miracle will occur when all of humanity realizes the singularity of all and collectively creates paradise here on earth. Then he will understand that the whole of creation is a miracle and not the various deeds that occur in it.





Trees that
grow slowly
and without
support become
develop a
strong trunk

But those that
grow fast
and require
support, in the
future they
bend.



TO JUDGE AND TO FORGIVE

What is forgiveness? The answer to such a question appears to be very simple. Any one person, be it a family member, a friend, a stranger or an enemy, as a result of some negative thought, word or deed, may hurt us. The nature of this negativity may be an insult, blasphemy, profanity, treachery, theft, the cause of significant financial loss, abandonment or even physical injury ..., and as a result, the hurt experienced may be material, psychological, emotional, physical or even intellectual. This may result in the fact that the person hurt may lose his sympathy, his trust, his faith and his love for the person hurting him and may even cut off all future relationships or contact with that person.

In general, man's understanding is such that he considers himself to be the victim of the perpetrator, and his first reaction is to show anger and he may also think of taking revenge. Such reactions and ideas are born out of ignorance and come from the "Ego" of the individual. Is it not a fact that the "Ego" of the individual is also the cause of his ignorance? According to the Old Testament, as a result of his ignorance, man even considered God to be vengeful and presented God in that light.

"Lamech said to his wives, "Adah and Zillah, listen to me; wives of Lamech, hear my words. I have killed a man for wounding me, a young man for injuring me. If Cain is avenged seven times, then Lamech seventy-seven times." (Genesis 4: 23-24)

The person who is just a little bit enlightened, a bit more conscious, does not consider vengeance to be his own duty, but leaves it up to God. He curses the perpetrator and prays for God to punish him. He bases his view on the following verse.

"Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord." (Romans 12:19)

According to the understanding of the individual (the “victim”), who is still ignorant to some degree, God is still considered to be vengeful. With this verse, Paul was teaching us not to be vengeful. The last part of the quotation corresponds to Jesus’ teaching; “you reap what you sow”.

Another individual yet a little more enlightened, considers the perpetrator to be a sinner, but he also realizes that he also is a sinner. Once again, according to his superficial understanding, he interprets the following words of the Lord’s Prayer and considers forgiving the perpetrator so that his sins are also forgiven. This appears to be bargaining with God: “I will forgive him, You also forgive me”.

“Our Father in heaven ... and forgive us our debts, as we also have forgiven our debtors ...”

When Peter asks the following question, Jesus’ answer differs from all that was presented above.

“Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”

(Matthew 18: 21-22)

The answer that Jesus gave appears to have been given to an individual whose level of consciousness is much higher than that of most other men. Peter, who was Jesus’ disciple, must have had somewhat more of a spiritual awakening. Based on these words of Jesus, one should never be vengeful, he should never curse nor should he leave the vengeance to God. He also should not have his sins forgiven because he is forgiving someone else’s “sins”; instead, he should constantly only forgive. It is interesting to note the 77 times, or at times 70x7 is noted in both the New and Old Testaments. Within the New Testament in certain translations instead of 70x7, 77 is written (*Also see in my book titled “From Light to Light -I-“ the chapter titled “What is numerology” Page 212*).

From the above quotations it becomes apparent that when one is subjected to some “negativity”, one reacts

according to his level of consciousness and he forgives the perpetrator according to his understanding. All these take place as a result of the fact that he has judged the situation and the perpetrator, and he has decided that some sort of injustice was committed upon him and he considers the perpetrator of this injustice to be guilty and considers him to be a sinner. Still all the reactions are the result of him considering himself to have been victimized. One wonders as to what would have been his reaction if he had a much higher level of consciousness, indicating a much greater degree of spiritual awakening? The high level of consciousness of Jesus is an example for us. Jesus as a man had revealed the Christ consciousness within Himself. Jesus with the life he lived and with the deeds he performed taught us true forgiveness. In the entire universe, the worst atrocity is to kill someone after torturing and causing an unimaginable degree of pain and suffering. Jesus, despite being without any sin was subjected to such an atrocity. Is it possible to find any records within the Gospels that Jesus took His revenge upon the perpetrators, or that He cursed them and asked His Father to take vengeance on them, or did He plead to His Father that if He forgives them, He should be resurrected, or without any bargaining, did He forgive them? The answer is no, none of the above.

What did Jesus do? First of all He had come to the world to carry out the will of His Father. No one enjoys physical pain. Even Jesus showed such aversion to the physical pain He was to endure.

“My soul is overwhelmed with sorrow to the point of death,” he said to them.” (Mark 14: 34)

Just because of this, in the Garden of Gethsemane, He prayed to His Father so that if possible, He could be spared physical suffering.

“Father, if you are willing, take this cup from me; yet not my will, but yours be done.” (Luke 22: 42)

But Jesus did not consider all that suffering He endured as an atrocity committed against Himself; instead, He considered it to be the will of His Heavenly Father. Therefore all those, whom we consider to be malefactors and sinners, are only the ones who carry out the will of God. Had not Jesus come to the world to carry out the will of God? Then, why should he consider those who carry out the will of His Father as being malefactors or sinners? If He did not consider them to be malefactors and sinners, was there any need for forgiveness? Just because of this, Jesus did not see the need to forgive those who crucified Him, because He did not blame them. He did not consider Himself their victim, but rather the ones carrying out the will of His Father. He considered both His suffering and His crucifixion as the will of His Father. Therefore, from the standpoint of Jesus, there was no crime being committed and only His Father's will that was being carried out. But Jesus had often preached and taught that whatever man sows, that he also reaps. He knew very well the seeds that were sown by those who tortured and crucified Him and the harvest they would eventually reap in the future. In the midst of His worst pain and suffering, He pleaded to his Father so that His Father would forgive them. It was not Him that forgave them, because He did not feel the necessity to forgive them.

"Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots." (Luke 23: 34)

Hence, what do we think as to what is true forgiveness? If we consider that a negative deed is committed against us, in general, we consider ourselves to be the victim of the perpetrator and if we previously had sympathy and loved the perpetrator, we end up with a "broken heart", most likely as a result of the love we lose for the person. When a very precious vase is broken, sometimes instead of throwing it in the garbage, we glue the pieces together and repair it. Despite the fact that the repaired vase becomes useful again, the

lines of breakage always remain and are visible to all. Within human relationships as well as in any situation such as infidelity between a husband and wife, or a breach of faith between friends any disagreement with any person, even if there is forgiveness, the imprint always remains within the sub-conscious mind and some day, when least expected, it resurfaces.

Thus, what happened to forgiveness? As a Christian, as a disciple of Jesus, as a follower of Jesus' teachings and also as an implementer in our lives of those teachings, what should we do? Should we not do what Jesus did to teach us? Is not the purpose of our lives as well to carry out the will of God? Do we in fact believe that God is omnipresent and omnipotent? Do we believe that without God's will even a leaf on a tree does not move? If we believe, with all that is good or bad in our lives, should we not accept as God's will? All the good and pleasant circumstances of our lives are the harvest of all the good "seeds we have planted" with our thoughts, words and deeds. On the other hand, all the bad and unpleasant circumstances are the harvest of the bad "seeds we have planted" with our bad, negative thoughts, words and deeds. They may well be experiences given to us by God so that we can learn the hidden teachings in them and improve ourselves and proceed faster and better within the spiritual path. If all negative circumstances of our lives are accepted with such an understanding, then who is the enemy, who is the perpetrator, who are we to forgive? On the contrary, should we not thank the individual whom we previously would have considered to be a malefactor for the lesson he is giving us. But this requires a high level of consciousness. Those who are still in the field of ignorance with their level of consciousness would consider such a view as being stupidity. The ignorant person will either want to take revenge or will try to make an effort to forgive, but will never be able to forgive perfectly. On the other hand, the spiritually awake person will never even have the need to forgive. If

man truly learns the life-lessons given to him through the circumstances of his life, he will come to realize that there is only one person to forgive and that person is himself. Man should learn to forgive himself and he should make peace with his past so that he can emancipate himself from his past. Otherwise, all the emotions, feelings that come from them will constantly preoccupy his mind and prevent him from developing a “pure heart”, a pure mind so that he can experience the presence of Christ within himself. This is true forgiveness that is the result of a spiritual awakening which opens the way to the rapture indicated within the Gospels. The rapture is the sudden increase, expansion of one’s level of consciousness, even to the level of having communion with Christ. Of course, all these can happen only if the individual has made himself worthy of it.

Undoubtedly, there will be those who will say that they were subjected to an injustice; thus, they would consider themselves as victims. It would be impossible to give a logical argument opposite to what they say. But we should understand that we are not the victims of the malefactor, instead we are the victims of our thoughts, words and deeds. Because in general, our thoughts, words and deeds come from our “Egos”, it would be appropriate to say that we are the victims of our “Egos”, of Satan. It was just because of this that Jesus often advised us to ignore our “Egos”. Jesus had ignored His “Ego”, thus, whose victim was He if not the victim of the ones torturing and crucifying Him? He was the victim of His mercifulness. He took upon Himself all the negativities (trespasses) of all those whom He cured and thus took upon Himself all their sins and He, thus, was the victim of all those sins. And, this is an expression of divine love.

As is indicated above, if we do not judge, then there would be no need to forgive. But this does not mean that the malefactor is not responsible of his actions. What he does represents the seeds he is sowing that will ripen and will

produce the circumstances of his life. Then who is the one that is judging and providing a fair compensation? Did not Jesus say that the sins committed against the Holy Spirit are not forgivable? Within the creation, everything is formed by, and has come about, with the energy of the Holy Spirit. Therefore any affront, whether it be a thought, word or deed, against any matter, any plant, any animal or against any other person done consciously and knowingly, is an affront against the Holy Spirit; in other words, a sin committed against the Holy Spirit.

“Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.”

(1st Thessalonians 4: 8) (*This English translation once again is slightly misleading. The underlined section should read: “dishonours, does not dishonour”*)

In the above lines just before the quotation the important words are “consciously and knowingly”. The difference between deeds done knowingly and unknowingly and their results are best explained in the following quotations.

“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.” (Matthew 7: 1-2)

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.” (Luke 6: 37)

When we judge another person, it tends to indicate that we consider his deed to be wrong. Therefore, in some future time, we also commit the same deed, it must be that we know it is wrong to do it, because we had previously judged it to be wrong when it was done to us. Therefore, we have committed it knowingly. Therefore by the degree that we had judged, we should also be judged. Who is going to judge our deed? Many think that God, somewhere above the clouds in “heaven”, is sitting and watching everybody and writes all our deeds within the book of life and administers

corresponding compensation. Undoubtedly this view is wrong and childish. According to the following two verses, God the Father never judges.

“Moreover, the Father judges no one, but has entrusted all judgment to the Son, that all may honor the Son just as they honor the Father. He who does not honor the Son does not honor the Father, who sent him.” (John 5: 22-23)

“For as the Father has life in himself, so he has granted the Son to have life in himself. And he has given him authority to judge because he is the Son of Man.” (John 5: 26-27)

Since God the Father does not judge, then who will judge us? According to these two verses, the Father has given authority to the Son to judge. But in the following verse, Jesus Christ clearly says that He does not judge, that He has not come to judge but to save. He once again clearly indicates that all those who do not listen to Him and do not implement in their lives all His teachings, by ignoring the teachings, they already become judged and condemned.

“As for the person who hears my words but does not keep them, I do not judge him. For I did not come to judge the world, but to save it. There is a judge for the one who rejects me and does not accept my words; that very word which I spoke will condemn him at the last day.” (John 12: 47-48)

There appears to be a contradiction in the above quotations. In one of the verses it is written: **“but has entrusted all judgment to the Son”**. But Jesus Christ says: **“I do not judge him”**. All of us, are we not children of God? Is not Christ the Spirit of each one of us? Is He not our true Being? Is not Christ every individual’s life? When He is within a body, according to the Gospel of John, **“he is the Son of Man”**. Therefore each individual judges himself and his judgement is absolutely just, because this judgement is not according to his “Ego”, but according to the Christ

within. In the following verse, we see that, in general, man judges according to his “Ego”. He is attached to his body and thinks that he is his physical body and he does not understand that the physical body is only the vehicle for his soul to function at the physical level. Despite the fact that he is the user of his body, he is not the body. In the following quotation we read: **“You judge by human standards”**.

“You judge by human standards; I pass judgment on no one. But if I do judge, my decisions are right, because I am not alone. I stand with the Father, who sent me.” (John 8: 15-16) *(Once again somewhat a poor translation, the underlined portion should read: “You judge according to the physical”).*

In fact every individual’s true Being, the Christ within, judges according to the soul, because the purpose of the soul is God revelation through the individual as it is written above: **“that all may honor the Son just as they honor the Father”**. All judgements and their experiential results serve as lessons so that the individual’s progress in his spiritual life will be direct, faster and unwavering. Therefore each individual judges himself. If he is the one who has judged himself, then should he not accept all good and bad circumstances of his life as the will of God, the will of the Christ within? Christ is the Spirit and the true Being of every person. Don’t we think that we always wish the best for ourselves? Then, don’t we think that Christ also wants the best for us? Based on this, man should only judge himself and no one else, regardless of the fact by whose hands the lesson he had chosen for himself is delivered to him. When man judges himself and does not consider himself to be a victim and accepts all circumstances of his life as lessons given for improvement and learns the lessons hidden in them, henceforth he should change himself, his understanding, his outlook, his relationships, his way of thinking and his conduct in life. This internal change opens the way to an

increased level of consciousness. According to the degree of the increase in his level of consciousness, to the same degree he experiences revelation of Christ within himself.

If every individual's Spirit, the Christ within, is the one who judges him and as a result, he is subjected to unpleasant life situations, which he may consider as punishment, then what happens to God's mercy and forgiveness? Let us first understand as to what punishment means and what retribution means, be it good or bad. Man determines the quantity of his life energy and the quality of its frequency as a result of the life he leads. Each individual attracts circumstances that have harmonious energy frequencies within his own energy frequency. If the individual's energy has high frequencies, he experiences only pleasant life circumstances that also have high frequencies. But if the individual's energy frequency is low as a result of his ignorance and low level of consciousness, he experiences situations with frequencies commensurate or harmonious to his own. These usually are the unpleasant situations of life. The more the individuality of the person distances himself from his "Ego" and tends towards the Christ within, the more he opens the door for more energy of the Holy Spirit to flow into him and thus develops an energy "body" with a higher frequency. Did not Christ say?

"I am the gate; whoever enters through me will be saved..." (John 10: 9)

Every person's consciousness is the presence of God within him. By the degree he follows the teachings of Jesus and implements them in his life, by the same amount he receives added energy of the Holy Spirit and to the same degree he increases his level of consciousness and to the same degree he also reveals the Christ within himself. This revelation of Christ is considered as being the forgiveness of sins. The individual attracts to himself pleasant life circumstances with frequencies that are more harmonious to that of his. Without any unpleasant circumstances, he is considered to have been forgiven.

TO JUDGE AND TO FORGIVE AND THE ARMENIAN NATION

The issue of judging and forgiving is as valid for collectives, societies, nations and countries as it is for individuals. Based on this, if we consider the Armenian nation, what do we learn, or how have we understood what has befallen our nation and how are we understanding it now? A short analysis of this issue is an appropriate undertaking.

The Armenian nation, over many centuries has constantly been subjected to many major blows and the pinnacle of all of these occurred approximately one hundred years ago in the form of the Turkish genocide of the Armenian nation. As an Armenian nation, how have we understood this event? We have always considered ourselves to be victimized and we have sat down and mourned our fate. We have attributed this situation to our geographical location and also to the difference of religions. During the conquests of Alexander the Great, we were given a “blow” as well. At that time, we were not Christian. During the crusades, we were also given a “blow”. There was no religious difference between us and the crusaders, only a minor denominational difference. Until today we mourn the losses of our nation. Have we ever considered looking at the history and the events from a different “angle”? I doubt that very much. Don’t we think that the time has come to look at the situation through a different set of “glasses”? As all individuals, collectives and nations also are the architects of their own destinies. The destiny of a nation is the expression of crystallization of all the destinies of every single individual forming the collective.

Let us first consider what the positive and negative characteristics of the Armenians are. In general, among other nations, Armenians are considered to be peaceful, trustworthy, hard-working, clever, smart, creative, educated, cautious and God fearing, who keep their word. This descrip-

tion, in general, appears to be true when we relate to “non-Armenians”. Then what are its negative characteristics? In this vein, let us consider the following two historical facts.

Recently I was reading a forty-four page article on Armenian musical notations. The article was published in Armenia. According to the author, from the 5th century all the way to the 17th century, a wonderful musical notation system was gradually developed and perfected both for church music as well as for secular vocal music (Fig: 1 & 2). But unfortunately in six different locations: Etchmiadzin (in Armenia), Cilicia, Constantinopolis, New Chugha (Persia all the way to India), Jerusalem and Venice they were being sung in different ways. Thus, a unified system of interpreting them did not exist. There was no co-operation and no unity. During the 18th century, the system slowly started a gradual decline. During the 19th century, as to revive the system, a new system of notation was created known as Hampartsumian notation. This was not the same as the previous and was more similar to the western notation with a similar number of notes (7) and half-tones as well as quarter tones.

Figure #1

շեշտ՝, փուշ՝, բուխ՝ պարուկ՝,
 երկար՝, սուղժ, սուր՝, թուր),
 ծուկնձ, թաշտ, ոլբուկ, խուկնձ,
 փրկախաղ՝, ներքնախաղ՝, բեկորնձ
 խոսրովախին՝, ծնկներձձ, եկորնձ
 ձարերնձ, խուս՝, փախուխ՝,
 քարքաշ՝, քարքաշ՝, քարքաշ՝, քարքաշ՝

Figure #2

Ման Ինչեաց արեկիսի լազնի սուրբ Կնիս.
 ժբ. ըզնարածնքն բողեկեմբ. գեաղեգ
 Կ. համար. ի՞նչ մամու գոթն պնտնդ մարդն.
 Գեթու զմարմնն. նաչափա՛ն անմահացան լամմի.
 Գնան որն ի մարմնաբանմբ. ըզնեգ լամմի. քո մեղեկան.

#1- The various notations with their Armenian names.

#2- The notations were actually put right on top of the text. This shows the same passage from a church hymn with two different notations and sang two different ways in two different locations.

Pictures are taken from the above indicated article by Nigoghos Tahmizian. The notes were not written on five lines but rather in a single line, but each note had its own symbol. (Fig: 3) These symbols were in fact taken from the previous system that

was getting lost. But alas, during the last fifty years this notation is also slowly disappearing and being replaced by the western musical system.

Figure # 3

ԲԱՂԳՍԱԿԱՆ ՅՈՒԹԱԿ ԱՐԵՆԵԱՆ ԵՒ ԱՐԵՒՄՅԱՆ ԽՔԱՆԱՆԵՐՈՒ

ԶԱՐԱՆԱԴՇՆԻՈՒ ՏՆԻՈՂՈՒԹԱՆ ԱՇԱՆՆԵՐ

ԱՇԱՆՆԵՐ (ՍԱՐԲԱՆ)

Հայ Զարադուհեան մէջ ծանր մէկ բաղադրութեամբ մէկ (.) կէտք ձեռքի մը իջնելու ե կնկնելու Վտուղութիւնը կ'արժէ, իսկ Երազակեանքն մէջ միայն ի իջնելը, հետեւաբար երբ Հայկական ծանր չափ մը Երազակեանքի վերածելու ուղուէ պէտք է մէկ կէտք (..) երկու կէտքի վերածելու օրինակ

(1 2 3 4 5 6 7 8 9 10)
Երբ Հարց մէկ Երբ

(1 2 3 4 5 6 7 8 9 10)
Երբ Հարց մէկ Երբ

Top 2 lines show two full scales of notes with half tones as well as their western equivalents. The 3rd line shows the duration of the notes that are placed on each note and their western equivalents. The 4th line shows the various duration silences and their western equivalents. The last two lines show examples and the western notation of the second line.

Recently I also read the past history of the Armenian Catholicicoi (heads of the church as the pope would be for the Catholic Church). At this juncture, I do not want to repeat

what I learned, because I feel ashamed. But for our purposes and to best understand the situation, it should suffice to say that there have been times when we have had three Catholicos at the same time, located in different places. Of course, some will say that they were essential because of the geographical and political situations whereby the nation was divided by foreign invaders. This view is purely self delusion. But one thing absolutely clear is that we Armenians have constantly been subjected to catastrophic circumstances. Each one of those was a lesson given to us. Intellectually, we may be very smart and even geniuses, but at the spiritual level, we have not been able to go beyond the first grade. From one century to the next, we keep repeating the same lessons without learning the teachings hidden in them. Without a doubt, we have had real saints as well. No one can deny this. Thanks to them, carrying out the will of God, they have secured the foundation of our unique and wonderful Holy Church. And today, to what condition have we rendered it?

After analyzing the two above historic situations, I came to the conclusion that Armenians do not get along well with other Armenians.

When an Armenian meets another Armenian in a foreign land, they become bosom friends. When the number increases to three people, the situation changes a bit. As the numbers grow, the ideas and ideals also rapidly multiply and clashes start. The Armenians appear to love non-Armenians more than they love other Armenians. Today, the Western-Armenian dialect is classified among the languages that are in danger of disappearing. We should not become overjoyous that we also have the eastern dialect and it can save the language and culture. Its spelling has been altered to such a degree that the words have deviated from their roots. Its vocabulary is full of foreign words. It was only a few years ago that there was a movement to make Russian an official language of Armenia. With such ideas, as one would say in

Armenian, it “soon will be spring”. The eastern dialect will become as the western dialect is now, on the brink of extinction. All these are examples of our fascination with what is non-Armenian and our indifference regarding what is Armenian. Undoubtedly, there are enlightened people that work hard to improve and let the Armenian culture to flourish, but their numbers are very few and the majority “drowns” them. The truth is that the majority, indifferent, only works for its own pleasures and survival. Those whose desire it is to work in national organizations, as do most Armenians within their collective, think that they know the best, ignorant that they know nothing. Fully respecting the exceptions, people with such understandings want to be “head” of organizations. To achieve this end they employ all forms of fraud, knavery, treachery, disturbance ... even murder. For some, the attraction may be the expectation of some monetary gain; for some others, it may just be the accolades they receive as a result of their position. Both situations are the result of selfishness, which are part of the deadly sins: pride and greed.

Perhaps a more contemporary (at least in my life time) example may make it somewhat clearer. In the beginning of the 1970s, perhaps in 1972, a joint meeting was held in Toronto between the representatives of the Holy Trinity Armenian Church, Armenian Democratic League, Armenian Revolutionary Party, Armenian General Benevolent Union and some other individuals. The purpose of the meeting was the formation of an Armenian language private day-school. They came to the conclusion that the Armenian community would not be able to support a day school, wherein each year, a new class would be added, but alas, they abandoned the idea. What is interesting is that five years later, a handful of individuals, without any backing of any organization, rented a school and started the Holy Cross Armenian elementary school. They hired experienced teachers, who had come from Syria or Lebanon, regardless of what organizations they had

belonged to. Hence, the cause of the previous attempt to start a school was not the finances, but rather the discordance and the disagreements between the various organizations. The financial excuse was “the scape goat” presented to the community, so that they would not have to say that they could not get along with each other. It is also interesting to note that what was considered to be impossible five years before, one year after the start of the Holy Cross day school, the Armenian Revolutionary League also started a second day school, instead of helping the one already open, according to the previous ideal of having one unified school for the entire community, regardless of political affiliations. At least they did not actively try to sabotage the first school. When they saw that the community was able to support not just one but two schools, eight years after the opening of the Holy Cross school, the Armenian General Benevolent Union (AGBU) also opened a third school, instead of helping the existing schools by following the original ideal. It was recommended to the AGBU that the Holy Cross school remains as an elementary school and they should start the junior and senior high-schools. Their answer was the following: “For the student to become a future member of the organization, it was important to prepare (‘brain-wash’) them from a young age”. Most likely the Armenian Revolutionary Party also opened the second school for the same reason. After serving the community for 25 years, was not the closure of the Holy Cross Day school the result of this spirit of uncooperation? Just a few years later, the AGBU also closed its school. Is it possible to find this degree of ignorance among non-Armenian communities? Should we be surprised that our language is in danger of extinction?

The reason of recounting the above history of the Armenian schools of my community is not to “open old wounds”; on the contrary, I am very happy for all those that occurred and am very grateful to all those involved. All those

events were lessons given to us, I learned a lot and I am certain that if I had not experienced all that first-hand, I would not have reached my present level of consciousness. All these show the character of the Armenian nation, the character of all of us. From this we should understand, that as a nation, this is how we created our destiny that is an unpleasant one and, as a result, we constantly suffer. The above mentioned Catholicoi and their deeds are far from the path of perfection and of righteousness and far from the teachings of Jesus Christ. In the past, in the United States, from the Cilician diocese, a letter was sent to all other churches that demeaned the Catholicosate of Etchmiadzin (The supreme head of the Armenian Apostolic Church), so that only they would be recognized as the representative of the Armenian Apostolic Church. In general understanding, would this not be considered as a religious schism? It appears that Vasag (An Armenian traitor in the year of 451AD) is still alive today. Therefore, why should we wonder as to why the Armenian nation is constantly subjected to “punishment”, unpleasant situations and circumstances? Don’t we think that it is our thoughts, our words and our deeds, as in the case of individuals, also collectively determine our destiny? I do not want anyone to have an incorrect misconception about this article. I blame no individual and no organization and I, as an Armenian, judge no one except myself.

Fellow Armenians, the time has come to put aside all parties, put aside all differences of country of origin from where we have emigrated. In the same way, let’s put aside the western and eastern dialects. Let us join the two dialects with the classical spelling of the words, let us clean up the vocabulary of all foreign words and let us revolutionize the language, enrich the vocabulary but not debase it. Let us become one people, one nation, without divisions. Let us be one church, one “flock and one shepherd”. This is my dream. I hope it does not remain just a dream, but becomes a reality.

Otherwise, we will also go the way of the “Albanians” (of the Caucasus) or the way of the Assyrians and the way of other nations that are long gone and forgotten.

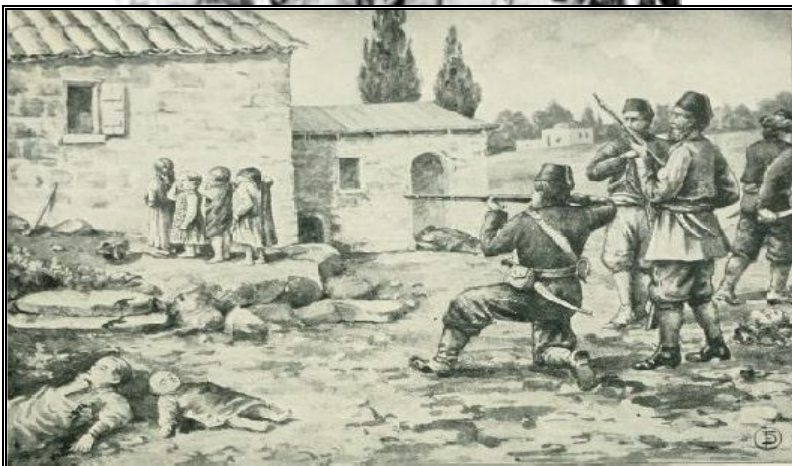
God is merciful and full of love. He wishes for us to follow the path He has chosen for us. To accomplish this, He constantly gives us lessons. When are we going to learn our lessons and follow the teachings of Jesus Christ, so that we do not consider ourselves to be victims and thus judge and blame others as malefactors, but instead, we should judge only ourselves? We should not demand that the malefactors ask us for our forgiveness, but rather we should forgive ourselves and thank them for carrying out the will of God. Just like Jesus, we should pray for them so that the harvest of the seeds that they have sown for themselves be forgiven them. Let us help them when they need help. If we, the majority of Armenians, think, speak and act in this way, don't we think that God would consider us worthy to return us to our ancestral lands? In the past the idea of a free Armenia appeared to be an impossibility, but today we have a free Armenia and a free Artsakh (Karabagh). Don't we think that if it is God's will, some day the situations change in such a way that the Western Armenian lands can also be returned back to the Armenians? Therefore, it is our duty to judge ourselves, to learn from all life situations and change ourselves accordingly. As an Armenian, we are always proud to be the first nation to have accepted Christianity. We should not forget that pride is one of the deadly sins. Let us put aside our pride and try to learn the lessons given to us. We should take our cross and follow our Lord.

“Then Jesus said to his disciples, “If anyone would come after me, he must deny himself and take up his cross and follow me.” (Matthew 16: 24)

But we should understand what it means to **“take up his cross and follow me”**. It is to accept God's will and to tolerate all the unpleasant situations of our lives without

complaining.

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





WISDOM

is to know

that I am nothing.

LOVE

is to know

that I am everything.



And it is between these two

that I live my life.

Sri Nisargadatta

VICTIM OR SACRIFICE

Man, in general, considers himself to be a victim of all unpleasant situations in his life. As was presented in the two previous articles, he considers himself the victim of the perpetrator, the malefactor. If the unpleasant situations are an act of nature, rather than by another person, or as a result of an accident, this time he considers himself the victim of his luck or his fate. If the nature of a person is to be nasty, then he blames his environment and he considers himself the victim of his environment. Without a doubt, all the pleasant and unpleasant circumstances of one's life, be they an act of a person, an act of nature or the result of an accident, are the result of the destiny he has created for himself. For the pleasant circumstances of his life, he does not consider himself to have been victimized, but only lucky. On the other hand, for all the unpleasant situations, he considers himself to have been victimized. He does not realize that all of them are the results of a destiny created by his thoughts, words and deeds. In other words, whatever he has sown, that also he reaps.

When one considers himself to be a victim, his understanding is not wrong. His mistake is to consider himself the victim of the malefactor, of nature or of the accident. If his thoughts, words and deeds are bad, the destiny he creates for himself will also be bad. But what is the cause of the negativity in his life? The individual relates that to his environment. No one enjoys self-criticism and accepting the truth about oneself, especially if it is negative; therefore, the environment becomes his "scape goat". He does not understand that it is not the environment that determines his nature, but rather, it is his nature that creates his environment. Each person, as a result of his thoughts, words and deeds determines the quality of his energy body, and thus attracts to himself an environment or happenings that have similar or harmonious qualities.

Every person is given a free will, so that using his free will, he can change his nature. He is free to choose the negative pole of his individuality, his “Ego” and thus conduct his life, meaning selfishly. He also has the ability to freely choose the positive pole of his individuality, the Christ within, and thus live his life according to “the will of God”. What is the will of God? The will of God is to be humanitarian rather than to be selfish. If we accept and believe in the dictum that God is omnipresent, then we should accept the fact that the entire creation represents God’s “body”. As every single cell in our bodies function for the benefit of the total body, should we not also, each one of us as a cell within the body of God, work for the benefit of the total “body” rather than act selfishly as if we were a cancer cell only worthy of being cut out and destroyed? In general, man swings back and forth between the two poles of his individuality. He sometimes carries out God’s will and at other times the will of his “Ego”. Based on this, he is sometimes subjected to pleasant and at other times, unpleasant circumstances. When he carries out the will of his “Ego”, he also becomes selfish. In the future, if he is subjected to an unpleasant situation. It means that in fact he is the victim of his own “Ego”.

Jesus was also subjected to a horrendous circumstance. Is it possible to say that He was the victim of His own “Ego”? Absolutely not, but it is possible to say that He was the victim of His sacrifice. When a person subjects himself to an unpleasant situation to help someone else, he does not consider himself to have been victimized, but rather what he has done is sacrifice. When a mother loses her sleep, her comfort, her peace and her pleasures for the sake of her baby, she does it all willingly and does not put herself into a position of being a victim. What she does is sacrifice. Jesus gave up His life and tasted a horrendous death, not for His immediate family, but for total strangers, and as a Jew, even for “his enemy” the Roman centurion, when He cured his servant.

Jesus taught us to lead a life that is pleasing to God. He taught with his words, with the advice that He gave, with parables as examples hidden in the stories and with His deeds, which are the best way of teaching, by being an example. He made use of all life circumstances, He used all His deeds and all His actions to teach us how we also should live a life that is God-pleasing. Sometimes we may hear in the news that a mother or a father has sacrificed his/her life to save their child from a great danger. But it is rare to hear of a person that has sacrificed his life to save a stranger or an enemy. If we consider ourselves as being a Christian, it is our duty to believe in Jesus, to understand His teachings and implement them in our own lives, rather than slaving for our “Egos” and becoming only “lip-service” Christians.

When man, as a result of his free will, freely choses to follow his “Ego”, he becomes selfish and sooner or later, becomes its victim. On the other hand, when the individual freely chooses the Christ within and follows God’s will, he can never become a victim, but only a sacrifice and becomes worthy of the resurrection of Christ within himself, which is also known as God revelation within the individual.

Above, it was indicated that man usually thinks of himself to be a victim of his environment. But, the truth is that he is the architect of his own environment. To best understand this concept, it may be appropriate at this juncture, to present the following story. A young man habitually gets together with several friends at his home on the weekends, every Saturday and Sunday, and party drinks alcoholic beverages. This continues for several years. One day, at an annual check-up with his doctor, he is cautioned by the doctor to quit drinking alcohol, because both his liver and heart are being badly affected by it and if he continues in the same way, he may die within two or three years time. The fear of death causes him to stop drinking. The weekend parties still continue and all his friends still consume alcohol but he only

drinks fruit juice. All his friends, as before, all become inebriated and behave thusly, but obviously he does not get drunk. When on the next day they get together again, before starting to drink, he starts telling them all about their silly behaviours while being drunk. When they were drunk, they did not know what they were doing and definitely, they also did not remember it afterwards. His friends didn't like to have a sober person witness their silly behaviours. Within a few weeks time, they gradually stop coming and gathering and stop visiting him altogether. The daughter of his neighbour, who also was his classmate while in high-school, had a crush on him, but because of his drunk behaviour, her parents had forbidden her from associating with him. After a while, when the parents see that he has changed his life-style, they allow their daughter to date him. They go dancing and to restaurants. The girl was working as a nurse in an old age home. She suggests that he come as a volunteer and help the elderly, by feeding them and also by taking them out to the garden in their wheelchairs. All the volunteers gave a show once a month to entertain the elderly, he also participates by playing his guitar. In time, he befriends other volunteers and his life and his environment change completely.

We also need to change ourselves and become ready to sacrifice ourselves for others rather than becoming victims.

For the bad circumstances of our lives, we are the victims of our "Egos". Those bad circumstances are the pay-backs for our trespasses and they are the sacrifices we make for the well being of our souls.

**Victime****or****Sacrifice**

IS GOD JUST OR NOT?

From childhood the church taught us that God is just. As a nation, who being proud to be the first Christians, during the Armenian genocide a century ago, many said: “where is God’s justice?”

What do we understand when we say God is just? Many think that God is sitting somewhere up in heaven and watching over the entire creation and every individual within the creation and either rewards or punishes him according to his deeds. Without a doubt, this understanding is incorrect and naive. Based on such an understanding man has created, “heaven”, paradise, where the good will go and hell, where bad people will go for eternal suffering, meaning everlasting suffering. Man still has not understood that eternity is not an everlasting time, an unending time, but rather, it is to be outside of time, not subject to time. Only God is eternal. In the same way, both “paradise” and “hell” are here, on earth. We have the ability to turn our lives into a paradise or into a hell.

Jesus clearly taught us what God’s justice is. Regarding this He even considered God the Father, Christ the Son and the Holy Spirit.

Therefore, let us see if God is just or not. We say that God is one, meaning one Being, but at the same time, He is the “Trinity”, God the Father, God the Son, Christ, and the Holy Spirit. What did Jesus teach us? Jesus taught us that neither God the Father nor God the Son, the Christ, were just, but only the Holy Spirit was just. It is highly likely that such a view will raise a few eye-brows. Let us study what Jesus taught us. Jesus used the parable of the “Prodigal Son” as an example to emphasize His teachings.

“I tell you the truth, all the sins and blasphemies of men will be forgiven them. But whoever blasphemes against the Holy Spirit will never be forgiven; he is guilty of an eternal sin.” (Mark 3: 28-29)

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

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

In light of the above quotations, the prodigal son took his inheritance and left his father's home and went to a distant land. What is our inheritance from our Father? What is it that God the Father has that we are to inherit? Did not Christ say: “I am the life”? Therefore our inheritance is our life on earth as well as our consciousness. We should not forget that Jesus Christ has also said: “I am the ‘Light’ of the world”. This life on earth has its purpose, which is to make use of this inheritance and ever increase its “value”, meaning the realization of God revelation within ourselves. But in general, what does man do? Becoming a slave to his “Ego” and following all the desires and pleasures generated by the “Ego”, he wastes and squanders the inheritance and ignores the duty given to him by his heavenly Father. When the “prodigal son” realized that he had wasted his inheritance, he returned to his father's home. His father took him in with open arms. Our heavenly Father does not say: “you wasted the inheritance I gave you; therefore, I have to punish you”. Instead our Heavenly Father forgives us because He is forgiving and merciful. He accepts us, His children, back again. Because the Heavenly Father does not punish, He is not just, He is not looking for justice, but only forgiveness. Hence, the Heavenly Father is not just, instead He is merciful and forgiving.

God the Son, the Christ, is the true Being of every individual and his life. He is the inheritance given to every individual. But, man, as a result of his ignorance, ignores that treasure hidden in himself and puts his “Ego” on the

“throne” of God that is within the temple of God, which is his body. Thus, he allows being governed by his “Ego” rather than allowing for Christ to guide him. This is a horrendous sin that he commits. But, Jesus taught us that all sins against the Son of man are all forgiveable. When the “prodigal son” realized the mistake he had made, he disregarded his “Ego” and being meek and humble, he said to his father that he was not worthy of being called his son but just to accept him as one of his servants. But the Son, the Christ, forgave him, because he had learned his lesson and had ignored his “Ego”. Having been forgiven, he attended the celebration given by his father for his return. His brother, who had not sinned against his father, his “Heavenly Father”, or against the “Holy Spirit”, despite all the pleadings of his father, did not partake in the celebrations because he did not repent for the forgiveable sin committed against the Son, the Christ. He could not ignore his “Ego” and as a result of anger and envy, he missed the celebrations. The celebration is a metaphor for the Kingdom of God or eternal life. Because the Son, (Christ) is also merciful and forgiving, He also is not just because He does not seek justice; suffice it to say that the individual realizes the sin he is committing against the Son and repents, so that he can be forgiven.

The Holy Spirit is the energy of God and functions according to the rules and laws that govern the Energy. These laws are put by God the Father. Jesus said that the sins against the Holy Spirit are not forgiveable. Hence, the “prodigal son”, for all his indiscretions and deeds that were sins committed against the Holy Spirit, was subjected to all their reactions. He suffered hunger and was destitute to the point of settling for a few scraps of food given to the pigs.

Every individual, in addition to his physical and mental “bodies”, also has an energy “body”. As a result of his thoughts, words and deeds, he determines the frequency of vibration of his energy “body”. According to the frequency

of the energy he accumulates, just as a magnet attracts a needle, he attracts to himself life situations that have frequencies harmonious to his own. Man himself is the architect of his environment and all of his life circumstances and situations. This does not mean that the Holy Spirit punishes us. The Holy Spirit is neutral. The Holy Spirit does not punish. The Holy Spirit is the energy of God. The blessings, the energy of the Holy Spirit constantly flows for all of us, but it is up to us as to how much we benefit from it. How much of the energy of the Holy Spirit do we allow to enter our being? But Jesus had said that the sins committed against the Holy Spirit are not forgivable. With such a statement, Jesus was trying to tell us that that which we consider to be punishment is nothing but the harvest of the seeds we had previously sown and not a punishment dished out by the Holy Spirit. To best understand this, let us consider the following situation. When a person walks out of a second floor balcony, there is no question that he will fall down to the ground and it is highly likely that he will be injured, probably even having a broken leg. Is it possible to say that God punished him? Even animals know not to ignore gravitational forces. A dog or a cat will look a thousand times before attempting to jump, to make sure that they are able to land safely and if they do not consider it safe, they do not jump because they do not want to get injured. Whenever one acts against any type of force, he will always be subjected to its reaction. God has given an intellect to man should we not use it wisely, in a positive way? If we don't, we will always be subjected to various unpleasant situations. We should also know that we are the only architect of all those situations.

The surprising thing is that man, in general, does not know what a sin committed against the Holy Spirit is. The entire creation and everything within the creation has come about as the result of the energy of the Holy Spirit. Today, quantum physicists calls that energy "dark energy". Therefore

any negative word or negative deed towards a plant, an animal or any other person represents an affront (a sin) against the Holy Spirit. We should not forget that we also exist only because of the energy of the Holy Spirit. Therefore any affront against the Holy Spirit is an affront against the energy that is forming us. Then, should we ever wonder as to why we reap what we sow? All circumstances of our lives, pleasant and good or unpleasant and bad, such as sickness, failures, losses, debilities..., are all the results of the seeds we have sown. Therefore, for the unpleasant circumstances, we should never blame God or any other person. Even when a thief breaks into our house and steals our belongings, we should understand that the thief is only the intermediary, carrying out what was to be, the loss that was destined for us. If we cheat someone, according to the rules, sooner or later someone else will also cheat us. The unfortunate part is that man can not make the connection between the "sin" he has committed in the past and the unpleasant happening he is now facing. The reason is that years or many lives can separate the two. The laws governing the energy of the Holy Spirit put by God the Father are immutable. Hence, we should be careful not to act against them. It was exactly this that Jesus taught us. Many will say that this view is incorrect, because Jesus cured many sick persons and forgave their sins. Therefore these sins must also be forgiveable. Jesus came in this world to help humanity, to show the path of perfection and of righteousness and thus show the way to salvation. Jesus, who had fully revealed Christ within Himself, showed the mercy of Christ and all the sins He had said he had forgiven had not vanished, because the sins committed against the Holy Spirit are not forgiveable. Jesus, as a result of His mercifulness, He Himself paid off all those sins by suffering and dying on the cross. Jesus Christ is the incarnation of the Son of God, the Father; hence, He is a

humanitarian and merciful. Jesus resurrected; even today, He may ameliorate the reactions of our sins committed against the Holy Spirit if we have learned our lessons and repent and promise never to repeat the same sin again. Humanity in general prays to Jesus to be emancipated from all negativities in their lives such as illness and others. Is this not the pinnacle of selfishness? Should we expect Jesus Christ to suffer in our place when we have committed the sin? I doubt that very much. We should pray for Him to give us the patience, the ability to endure and to learn the lesson hidden in it. This should be the reason for our prayers.

Therefore, is God just or not? God is love and love does not look for justice. Hence, neither God the Father, nor the Son, the Christ, are just; instead, They are full of love, mercy and are forgiving. But man always says that God is just, because the sins committed against the Holy Spirit are not forgiveable.



MATHEMATICS AND MAN'S LIFE

Through the internet, I received the following equation. The people that had tried to solve the equation were divided into two groups. Forty percent had come up with the answer "1", and 60% had an answer of "16". Here is the equation: $8:2(2+2)=X$
What do you think, which one is the right answer "1" or "16"?
You need to be patient; the solution will be given below.

It appears that this equation represents a metaphor for the way most people understand their lives. Based on such an understanding, man can not figure out how to conduct his life. Undoubtedly, the way he conducts himself depends mainly on the information and beliefs he has amassed within his subconscious mind. The great portion of those beliefs is the result of his religion. But if the individual's understanding of his religion corresponds to the above equation, then the individual will be confused and will not be able to find the path of perfection and of righteousness and live accordingly. When a premise or hypothesis is incorrect or confusing, without a doubt, the result would also be wrong or confusing. Jesus taught us the path of perfection and of righteousness, only one path. What we have done is to create multiple beliefs and based on this, many denominations and sects. Undoubtedly the members of each and every sect insist upon the correctness of their beliefs. It is impossible that they all will be correct. If man has wrongly understood the teachings of Jesus regarding the path of perfection and of righteousness, he creates a "path" according to his understanding that corresponds to the above equation, and therefore, the life he leads will also be wrong or confused.

As many are not very savvy regarding mathematics, and can not understand that the equation is incorrectly presented, they try to solve the equation with their limited knowledge and get confused as to which is the correct answer. Man does the same in his life as well. As a result of his limited

understanding of the Truth about life, he also lives a life, chooses a “path” for himself that is far from the path of perfection and of righteousness. If he wants to solve the above equation, he first needs to learn some of the rules of mathematics. It is only then that he will understand the incorrect presentation of the equation. In the same way, if the individual wants to follow the path of perfection and of righteousness, it is important for him to first learn the teachings of Jesus, the rules and the requirements for the path. Only then, can he understand that previously, they were presented to him incorrectly. This is exactly the cause of the unpleasant circumstances in his life.

As mathematics is an exact science, in the same way, to live a proper life is also an exact science, but unfortunately very few succeed in living a perfect life. Those who know well the rules and laws of life and live accordingly, harmonious with the laws, never face unpleasant circumstances and difficult times in their lives. The majority, as a result of their ignorance about the rules and laws of life, live lives that are in general, disharmonious to the laws and thus creates all the unpleasant situations of life.

The laws of life are the immutable laws put forth by God to govern the energy of the Holy Spirit.

Coming back to the original equation, let us find where it has gone wrong. The equation itself is presented incorrectly and does not correspond or is not harmonious with the rules of mathematics. Because it is not harmonious, it causes confusion. The confusion arises from the fact that the equation can be presented in two different ways, because there are two correct equations and each one will have only one solution and thus, no confusion. The following represent the two distinct equations with their solutions that cause no confusion:

$$\frac{8}{2(2+2)} = 1 \quad \& \quad \frac{8(2+2)}{2} = 16 \quad \text{or} \quad (8:2)(2+2)=16$$

SIN AND SALVATION

What is sin? In my book titled “From Light to Light” chapter XIII (page 295) different types of sins were described. This article may be considered their crystallization and a more temporary understanding of sin.

Everything that we consider to be sin, all come from one single horrendous sin that man commits. Therefore, for the time being, disregarding all the various sins, including the “deadly sins”, it is imperative that we know what that one horrendous sin is that gives rise to all the other ones and not to commit it. If we succeed in realizing this one task, all the other sins disappear as well.

The first sin of man, which we consider to be the “original sin” committed by Adam, was the cause of the fall of man from grace and up to this day man still has not succeeded in emancipating himself from this fallen state. The first two commandments given to Moses were the followings: “Thou shalt not have any gods before Me.” and “You shall not make for yourself an idol”; the third commandment was the following: “Thou shalt not take the name of the Lord thy God in vain”. The understanding of these sins, for both the Christians and those following the Hebrew religion, stem from the literal understandings of these verses (commandments). It was exactly these sins that Adam committed. This was Adam’s disobedience. The various statues that followers of other religions worship are considered by us to be idols and different “gods”. Based on this, we also consider the various names that they give to their “gods” that differ from “Jehovah” as being a sin. We also consider a sin even just pronouncing the name of God as “Jehovah”. Just because of this, despite the fact that in the translation of the Old Testament the name “Jehovah” is used, in the classical Armenian translation the name of God is not used and in its place the word “Lord” is used.

Do we think that these teachings of the Bible, such as the first three sins not to be committed, are given to us for their literal meanings or is it possible that their real purpose, their real teaching is hidden in their metaphorical meanings? Even in the Old testament are we not told:

“I will open my mouth in parables, I will utter hidden things, things from of old-“ (Psalm 78:2)

“Jesus spoke all these things to the crowd in parables; he did not say anything to them without using a parable. So was fulfilled what was spoken through the prophet: "I will open my mouth in parables, I will utter things hidden since the creation of the world." (Matthew 13: 34-35)

“His disciples asked him what this parable meant. He said, "The knowledge of the secrets of the kingdom of God has been given to you, but to others I speak in parables, so that, " 'though seeing, they may not see; though hearing, they may not understand.'” (Luke 8: 9-10)

It appears that both within the Old as well as the New Testaments the lessons given, in other words, all that we are to learn from them, are never given explicitly. The hidden lessons in them may be learned when we bring ourselves to a level when we can start to understand their superlative, metaphorical meanings.

Based on this, then what is the meaning of the “tree of knowledge” and the sin of Adam? Throughout his life, man becomes privy to and accumulates many types of knowledge. To be able to have any knowledge, one has to be aware of its existence. To be aware requires consciousness. A person in a coma can not express any consciousness; hence, he also can not amass any knowledge. Therefore, the consciousness that a person expresses, which is only a small portion of God’s infinite consciousness, busy with all those various beliefs (knowledge), never gets a chance to get to know the Truth. All those various beliefs, which the individual calls

knowledge, are never part of the Truth and are illusional dreams. When the consciousness expressed by man is constantly busy with his thoughts, emotions, feelings, desires, worldly pleasures, family or other relationships ..., he can not concentrate on God nor be conscious of Him. It was exactly this sin that Adam committed, to keep his mind busy with all types of unimportant knowledge. Today, humanity, following in the footsteps of Adam, also commits the same sin.

Based on this understanding, let us study the first three commandments given to Moses. Their meaning is that nothing other than God should be the “object” of our consciousness. But what do we do? We often keep our minds busy and all that which keeps our mind busy becomes the “objects” of our consciousness. All those “objects” that preoccupy our minds become the idols that we have created for ourselves. Hence, this condition of our’s contradicts the above second commandment: “You shall not make for yourself an idol”. Is it not true that the source of all those thoughts and desires is our “Ego”? Hence, our “Ego”, the Satan becomes another god that we worship. The first commandment says: “Thou shalt not have any gods before Me”. It appears that humanity worships another god, rather than the True God. When man verbally says: “I love God” or “I worship God” or he constantly prays to God, but his consciousness is constantly busy with thoughts and emotions, he is contradicting the third commandment and he is using God’s name in vain.

Exactly because of this, Jesus taught us the path of perfection and of righteousness. This is possible only through the highest form of prayer which is meditation. Jesus knew very well that we were worshipping another god; therefore, many times, he suggested that we ignore that god. That god is our “Egos”. He also taught us to get rid of all the

idols (thoughts) that we have created for ourselves. It is only then that we can “see” God.

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

The “pure heart” is a mind without thoughts, without emotions or feelings and without multiple desires; it is a mind that is not busy. The only desire that Jesus suggested should be the desire to “see”, to find God, the Christ within and to reveal him in ourselves. With this in mind He has said:

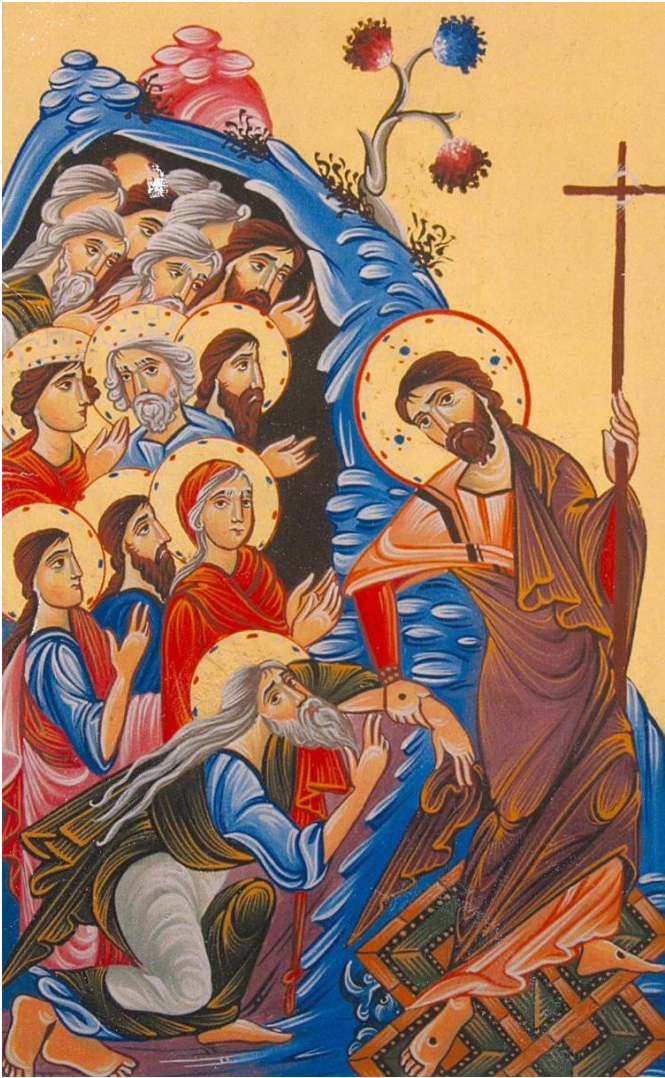
“Blessed are those who hunger and thirst for righteousness, for they will be filled.” (Matthew 5: 6)

The only righteousness is the harvest of the seeds man has sown for himself. If we do not complain about the “harvest”, the life circumstances we experience in our lives and we accept and tolerate them happily as the will of God and we also learn the lessons hidden in them, we become ready to be “filled”; in other words, to have communion with God. If the desire to have communion gets to be high enough and we also truly feel its absence and for that “loss” we mourn, it is only then that we can be “comforted”; in other words, be worthy of the communion with God. Did not Jesus say:

“Blessed are those who mourn, for they will be comforted.” (Matthew 5: 4)

Therefore, what is the greatest sin that all of humanity appears to be committing and as a result, also commits all the other sins? It is the preoccupation of man’s consciousness with the illusory and ignoring the divine, the Truth. To meditate, one should sit in a comfortable and silent place, with eyes closed, so that external information through the five senses does not preoccupy his mind and his consciousness. But unfortunately, the memories, desires and feelings within his subconscious mind bring forth a flood of thoughts and emotions that once again preoccupy his consciousness. When the individual finally succeeds, through strong will in controlling them, or better yet, annihilating them (and this is

the purpose of meditation), his consciousness, now no longer preoccupied, becomes conscious of itself and becomes aware of the infinite consciousness and becomes one with it. But consciousness is the presence of God. The only consciousness within the whole universe is God's consciousness. We make use of only a tiny portion of it that is revealed through us and we arrogantly think that it is our own consciousness. When the individual experiences or becomes aware of the infinite consciousness, he also has communion with God. As a result of the infinite consciousness, he sees the Truth for the first time and realizes that what he had thought to be reality before was only an illusion. He understands the singularity of all and just like Jesus, he also says: "I and the Father are one". He gets to understand that the life which he previously had thought of being a reality was only a dream and he willingly leaves it behind and exists within the Truth, in ecstasy. Even if he chooses to continue dreaming, he will know that it is only a dream; hence, all circumstances within the dream, good or bad, can not have any effect on him. This is salvation. Salvation is to be one with God; it is the revelation of Christ through the individual. As a result of this revelation, now being aware of the Truth, of the reality, he accepts all that life dishes out to him as the will of God without being affected and continues to exist in ecstasy, in bliss. This is paradise, here on earth and not somewhere up in "heaven", after death. When the individual consciously has communion with the Christ within and has "seen" the Reality, and has understood the Truth, his life, his behaviour also spontaneously change. He becomes like his teacher, Jesus Christ.



WHAT IS SALVATION?

Let us first consider how salvation is understood within Christendom in general. Based on the following two verses, christians think that by believing in Jesus Christ as being the only Son of God, that He has died to redeem our sins and having faith in this belief, they consider themselves to have been saved. They expect the true salvation to occur after death at the end of the world with resurrection of the body and to be taken up to heaven and live there happily for an everlasting or an infinite time.

“I tell you the truth, he who believes has everlasting life.”

(John 6: 47)

“For God did not send his Son into the world to condemn the world, but to save the world through him.” (John 3:17)

Only based on these and similar verses and also what Jesus had told Nicodemus regarding being “born again” there are denominations, or better yet sects, that have been formed. Unfortunately they ignore many other verses. Without a doubt, the content of the above verses is absolutely true, but their understanding of the content of the verses is incorrect. They are even proud of the degree of faith they have. They are baptized again and consider themselves to have been “born again”. they consider, and insist, that they themselves have been saved.

Let us consider the following verse.

“I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these ...” (John 14: 12)

If the way indicated above is sufficient for salvation, according to this verse, the level of faith they have should also suffice for them to perform miracles as Jesus did and even greater ones. But, if they can not perform such miracles, they should ask themselves as to why. They should consider the following three possible answers to this question and choose one that applies to them. Regarding this dilemma, there are three possible answers:

a- The words of Jesus Christ in the above quotation (John 14:12) are a lie. (May God forgive me.)

b- The faith they have is not a true faith.

c- They have a very strong faith, but on the wrong thing; in other words, on the wrong understanding.

Without any doubt, everything that Jesus Christ has said is the absolute truth. Christ is the Son of God and represents the Truth; hence, the above answer “a” is incorrect and not acceptable. Therefore the true answer must be one of the other two. The majority of the members of this sect truly have a very strong faith in their beliefs. Therefore, it is most likely that the second answer also does not apply. There remains only the third answer. Based on this, it may be correct to say that their understanding of Jesus’ sayings is incorrect. According to Jesus Christ, as presented in the following quotation, one also does not necessarily need a very high level of faith, but just a little true faith on the right thing, on Christ.

“The apostles said to the Lord, 'Increase our faith!' He replied, 'If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you.’” (Luke 17: 5-6)

Before considering this incorrect understanding, let us understand what salvation is. From the first two quotations above, it becomes obvious that salvation is to be worthy of eternal life. Eternal life and salvation are both God’s graces given as gifts to those who succeed in fulfilling the true purpose of their lives. The purpose of one’s life should not be to attain salvation. This “point” is clearly emphasized within the Gospels on numerous occasions. Consider the next two quotations. When a person lives for salvation, he is actually indicating that he wants to save his “self”, his “Ego”. This is an indication that he is attached to his “Ego”.

“For whoever wants to save his life will lose it, but

whoever loses his life for me will save it.”(Luke 9: 24)
“The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life.” (John 12: 25) *(Once again, in the English translation, the word “life” is used instead of “self” or “individuality”)*

Based on this, the person who pursues salvation will never attain it. Undoubtedly within these two verses (incorrectly translated as “life”) the “self” represents the “Ego”, the Satan.

If man’s purpose in life is not salvation, then what is it? If faith is not in just believing in Jesus Christ as being the only Son of God, then what should it be based on?

Without a doubt, one should have full and absolute faith in Christ because He is his teacher and according to Jesus, his only teacher.

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

Every person should have full faith in his Teacher and should worship him. But having faith does not end with worshipping. The following two sayings of Jesus make it clear as to what true faith is.

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

“They worship me in vain; their teachings are but rules taught by men.” (Matthew 15: 9)

Hence, what is true faith? Jesus Christ, on various occasions, taught us what true faith is. One can not have faith in someone he does not love. Therefore, love of God, love of Christ, are absolutely essential. The following words of Jesus make this point clear.

“If anyone loves me, he will obey my teaching. My

Father will love him, and we will come to him and make our home with him.” (John 14: 23)

Many say that they love God and they love the Christ, but they live their lives attached to their “Egos”. They try to serve two “masters”. Regarding this type of behaviour, Jesus Christ cautions us.

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

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

(Other translations say “mammon” instead of “money”)

The second portion of the first quotation of this pair once again emphasizes the fact that the sins committed against the Holy Spirit are not forgiveable. Jesus Christ never said: “I will redeem your sins so that you will be saved”. Instead He has made it clear on several occasions.

“I tell you, you will not get out until you have paid the last penny.” (Luke 12: 59)

In fact he has made it absolutely clear as to what we need to do.

“Then Jesus said to his disciples, “If anyone would come after me, he must deny himself and take up his cross and follow me.” (Matthew 16: 24)

Therefore, if we love our teacher, Jesus Christ, we should have absolute faith in Him. This means having faith in all His teachings, and hence, making them part of our lives and live and behave according to the teachings. In other words, we should follow Him and be like Him. This means, just as Jesus did, we should also succeed in revealing Christ within ourselves. This view becomes obvious from His following words.

“A student is not above his teacher, but everyone who is fully trained will be like his teacher.”(Luke 6: 40)

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

Man, in his present condition, somewhat ignorant, thinks that the illusory multiplicity within the world is reality, truth and stops searching for the Truth. We need to wake up from this mental “coma”.

“...Wake up, O sleeper, rise from the dead, and Christ will shine on you.” (Ephesians 5:14)

In general, people think that only Jesus is the Christ. It is true that Jesus, the son of man, revealed the Christ, the Son of God, within Himself. Everything within the creation is nothing but various expressions of Christ. Everything has life as well as consciousness expressed at different levels. Based on this the following verses are written in the Gospels.

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

“Don't you know that you yourselves are God's temple and that God's Spirit lives in you?” (1st Corinthians 3:16)

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

Even in the Old Testament the same idea is mentioned.

“The lamp of the Lord searches the spirit of a man” (Proverbs 20: 27) (*Proper translation should have been: “The Spirit of man is the Light of the Lord”, or “The Light of the Lord is the Spirit of man”.*)

Therefore, it is with such an understanding that we should behave and live our lives in this world. Christ is the true Being of each and every individual. He is both the life and the consciousness of every individual. Has not Christ said: “I am the life, I am the Light of the world” (Light is a metaphor for consciousness)? There are sects that invite

Jesus Christ from outside into themselves, “their lives”. This understanding is also incorrect. Christ is the Spirit of each and every individual. He is already in us. It is up to us to change the direction of our mind (thoughts) from “outside”, the alluring this and that, inwards, towards Christ. And this is the true being “born again” and not getting baptized again. Attachment to worldly pursuits is the teachings of the “Ego”. Man, despite being attached to his ego, incessantly repeats that he has been “born again” and he is saved. Just because of this Christ said:

“you refuse to come to me to have life.” (John 5: 40)

The life within this verse refers to the eternal life. Because Christ is the true Being of each and every individual. This tends to indicate that eternal life is given to all. It is up to the individual to realize it.

The following verse makes it clear that eternal life is given to all and it is within the Son, within Christ, within everyones Spirit.

“And this is the testimony: God has given us eternal life, and this life is in his Son.” (1st John 5: 11)

Christ with His own words, testifies to this truth.

“I am the gate; whoever enters through me will be saved...” (John 10: 9)

Then, how should we enter through the “gate” of Christ. This requires to be “born again”, which means to ignore the “Ego” and to tend towards the Christ within. It means to believe and to have faith in all the teachings of Jesus Christ and making them part of our lives and behave and live accordingly. It is exactly this that is the purpose of human life. Christ makes this truth clear with His words expressed within the next quotation.

“For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day.” (John 6: 40)

It is imperative for man to be like Jesus and just like

Him, reveal Christ within himself. When he succeeds in fulfilling this duty given to him in this, his present life, then on the last day Christ will give him resurrection. Many think that the last day is the end of the world. This is an incorrect assumption. For every individual, the last day is the day of the death of his body. Resurrection is the resurrection of his individuality and not the resurrection of his physical body. Many also think that at the end of the world, Jesus Christ will come from over the clouds and will take the “good” and resurrect them. This understanding is also incorrect according to the next quotation.

Once, on being asked by the Pharisees when the kingdom of God would come, Jesus replied, “The coming of the kingdom of God is not something that can be observed, nor will people say, ‘Here it is,’ or ‘There it is,’ because the kingdom of God is in your midst.” (Luke 17:20-21)

It does not matter as to how many times we say that we love Jesus Christ; it does not matter how many sermons we listen to that verify our beliefs: it does not matter how many times we repeat our faith in Jesus Christ if we do not live our lives according to His teachings and ignore his teachings, by not accepting His teachings, we disrespect Him and reject Him. According to the next quotation, this in itself is our just judgement.

“As for the person who hears my words but does not keep them, I do not judge him. For I did not come to judge the world, but to save it. There is a judge for the one who rejects me and does not accept my words; that very word which I spoke will condemn him at the last day.” (John 12: 47-48)

A life lived in such a way leads to the death of one’s individuality, because with the death of the body, the individuality also dies and disappears. The Soul of the individual is the presence of Christ within himself and is

immortal and incarnates again and again until Christ is fully revealed. The truth of the death of the individuality is clearly indicated both in the Old as well as the New Testaments.

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

“everyone will die for his own sin;” (Jeremiah 31: 30)

As indicated above, salvation is to be worthy of eternal life. But what is it that man will be saved from? Usually one considers being saved when he is saved from a horrible situation or from some suffering. What is that horrible situation that man wants to be saved from? Undoubtedly most think that salvation is to be saved from the fires of hell after death and “burning” and suffering for an infinite time. But as indicated elsewhere, eternity is not endless, everlasting time, but rather it is the present. Therefore, both paradise and hell must also be in the present. Is it not true that within the creation, everything is based on duality: large-small, male-female, happy-sad, good-bad, hot-cold, birth-death...? Is it not true that both paradise and hell are two opposing “places”, “situations” and form part of this duality? Therefore they also must be here on earth and in the present. Are there not people on earth right now whose lives are hell and others appear to be living in paradise? Therefore, what does the salvation that Jesus spoke of and is presented in the gospels represent? What are we to be saved from? As indicated above, the Soul of a person is immortal and reincarnates in an appropriate time, place and situation according to the destiny engineered during the previous incarnations. Salvation is to be free of the “wheel of reincarnation”, the ending of the repeated incarnations. It is the salvation from the illusory duality of birth and death. As a result of the grace of Christ giving resurrection, it is also the salvation of the individuality from death and annihilation. It is to join God and it is to be one with God; it is to consciously exist within the singularity. This is a grace, a gift given to all those who overcome their “Egos” and succeed in

fulfilling the true purpose of their lives, which is to fully reveal Christ within themselves, as Jesus did. This truth is emphasized in the following quotation.

He who overcomes, I will make him a pillar in the temple of My God, and he shall go out no more. I will write on him the name of My God and the name of the city of My God, the New Jerusalem, which comes down out of heaven from My God. And I will write on him My new name. (Revelation 3:12)

In this quotation, the following phrase: “**he shall go out no more**” is a reference to being one with God and consciously being aware of this truth and no longer incarnating. The next two phrases: “**I will make him a pillar in the temple of My God**” and “**I will write on him the name of My God**” are references to the fact that the individual becomes one with God and “dissolves” within God. And the phrase: “**He who overcomes**” is a reference to overcoming and “killing” the “Ego”.

* * *

(For the Armenian translation of this essay titled “What is Salvation”, within the printed books, please see my book titled «ԱՌՏԱՐԱՐ ԽՈՐՀՈՐՀՈՒՄԵՐՆ - Դ - ՅՈՎԱԶԱՆՈՒ ՆԻԹՈՎԱՐԱՐ ԱՌՏԱՐԱՐ) էջ 303)

**What you do for yourself invariably
dies with you.
What you do for others
lives on
and forms legacies.**



**To learn without thinking
is useless.
To think without learning
is dangerous.**

Confucius

ETERNITY AND THE ETERNAL LIFE

The majority thinks that eternity is unending time. In many of my books and articles, I have indicated that eternity is not unending time; instead, it is to be outside of time. It is not to be subject to time.

In all of the cosmos, there are only two that are eternal. The following verse makes it clear that God is one that is eternal. God is not subject to time; instead, both the cosmos and time are within God.

“Your throne was established long ago; you are from all eternity.” (Psalm 93: 2)

In fact, the above statement “In all of the cosmos” is also incorrect, because the cosmos is also created: hence, it has a beginning and therefore an end too. But we should understand that the One that is eternal, namely God, who has created the cosmos, is also within the cosmos. It is highly likely that God, being eternal, would not surprise most people.

Other than God, what else can be eternal? That which is also eternal is specific to the Armenian Apostolic Church and is presented on the altar of every church. It is the Armenian letter “**ի**”. In the Armenian language, this letter represents the third person, present tense of the verb “to be”. It actually translates to “is”. (*See also my book titled “From Light to Light”, chapter IV titled “Is there a God or not” page 59*). This letter also represents God. The following verses show that God is present only in the present. Regarding God, only the present tense is used.

“God said to Moses, “I am who I am.” (Exodus 3: 14)

“I tell you the truth,” Jesus answered, “before Abraham was born, I am!” (John 8: 58)

If God is eternal and only in the present, it would be logical to say that the present is also eternal.

Time does not exist; therefore, neither the past nor the future is reality, or truth, nor do they exist. Don’t we say: “the

only Truth is God”? Both the past and the future are illusory creations of the human mind. It is exactly because of this that it has been possible to prove that time is relative and “passes” at different speeds based on the level of consciousness expressed by the individual. (See also my book titled *“From Light to Light-III-Universal Laws”, chapter VII titled “Consciousness and Time”* page 147). At the onset of creation, both time and space also appeared. Based on this, space also is not a reality and therefore must also be relative. Don’t we say: “God is omnipresent”? God is present only here and now. “Here” is where you are and where I am or where some other person is, “wherever” he may be. This “here” is not subject to the duality of “here and there”, in the same way that the present is not subject to the duality of past and future. Exactly because of this, Christ is “everywhere” within the creation. The presence of God within the individual is his life.

“The lamp of the Lord searches the spirit of a man”

(Proverbs 20: 27)(*Once again the English translation gives a slightly wrong impression. It should be: “The Light of the Lord is the spirit of man”.*)

Without the presence of God, the Christ, man could not have a life. Every individual throughout his life lives only in the present.

“He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end.” (Ecclesiastes 3: 11)

According to this verse, man, with his present level of consciousness, may understand eternity, but can not have the experience of it, meaning that he is not able to reveal it. This failure of man stems from the fact that he has not been able to take the reins of his mind in his own “hands”, and thus he has become the slave of the illusiory duality. Just as a mad monkey incessantly jumps from one branch of a tree to another, in the same way, man’s mind also jumps from one thought to another or from one emotion to another. All the

thoughts and emotions are born of memories of the past or the desires or expectations for the future. As a result, despite the fact that man physically lives his entire life only in the present but for the great majority of his life, mentally he lives either in the past or in the future which are the creations of his own mind. He is thus unaware that the present is eternal. If the Christ within him is only in the present, then it becomes impossible to have communion with Christ, because the individual, with the attention of his consciousness, is not “there” where God is, namely within the present. Did not Christ say?

“you refuse to come to me to have life.” (John 5: 40)

With these words, Christ is indicating eternal life. The following quotation from Christ tends to show the path taken by man and his purpose in life. Instead of experiencing the eternal life in the present, while he is still alive, man usually waits to be worthy of eternal life after death.

“Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval.” (John 6: 27)

With these words, Christ is emphasizing the priorities in man’s life which appear to be the feeding of the physical body, meaning attachment to the physical body, as well as feeding his emotions, feelings and thoughts. On the other hand, if the individual succeeds in having communion with the Christ within, he will receive the “food” of eternal life. The Christ within is the son of man. He is the individual himself, because Christ is his Spirit, hence his life. Has not Christ said?

“The lamp of the Lord searches the spirit of a man”
(Proverbs 20: 27) *(See comment on previous page)*

“I am the gate; whoever enters through me will be saved...” (John 10: 9)

In the following quotation, Christ makes it clear as to what the will of God the Father is and also what the purpose

of human life is.

“For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day.” (John 6: 40)

The will of God the Father is for every individual to have communion with the Son, the Christ, to be worthy of eternal life. The eternal life is to live in the “present” and to ignore the illusion. The individual who succeeds in attaining eternal life, even if he continues his worldly life, would be with his mind centered on the Christ within at all times. All his thoughts become those of Christ and all his deeds become God's deeds and will. The individual becomes detached from the results of his deeds, because the results belong to God and reflect God's will. Based on this, the life of the individual becomes a perpetual prayer. It is exactly this the true meaning of incessant prayer and not constantly kneeling and asking God to “give him” this and that. Without a doubt, all our deeds reflect the will of God without us being aware of this truth. The individual who achieves eternal life, does all that knowingly, is aware of God's will. When Christ says: **“I will raise him up at the last day”** indicates that the last day is the day of death of the individual's physical body. Is it not true that the last day of every individual is the day of his death? The resurrection (**raising**) is not the resurrection of the body, but rather the individuality of the person. When one dies, his Spirit, that is Christ, is immortal, but usually his individuality also dies and disappears with the death of the body.

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

“everyone will die for his own sin;” (Jeremiah 31: 30)

When the individual lives selfishly, even if he wants salvation, which is another sign of selfishness, because he wants to save his “self”, he will never succeed. The individual that ignores his “self” (“Ego”) and lives for eternal life, gets to keep his individuality (self) after death, meaning that the individuality will resurrect.

“The man who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life.” (John 12: 25) *(Once again, in the English translation, the word “life” is used instead of “self”)*

Unfortunately, man, attached to the world, does not want to give it up. But, the person who lives the eternal life is in bliss; therefore, he willingly leaves his body and the world; and if he continues to live on earth, he does it to carry out the will of God. Did not Jesus do the same?

“I tell you the truth, he who believes has everlasting life.” (John 6: 47)

To believe in Jesus Christ means to believe in all His teachings and to also implement them in our lives. It is to do what Jesus did; to be like Him and to be perfect as the heavenly Father is perfect. Without that faith and without the implementation of the teachings in our lives, it is impossible to attain eternal life. We should not forget that eternal life does not come sometime in the future after the death of the individual, but rather it should be now, in the present. The future is an illusion, but the present is real.

It is appropriate to emphasize, one more time, that eternal life is not given after death, at the end of the world or of creation; it is not the resurrection of the physical body, at such time, that will be taken up to some place (heaven) and live happily for an infinite length of time, normally known as everlasting. Instead, eternal life is in the present and it is the conscious communion of the individual with the Christ within. Those who seek salvation will fail in this quest as well. Even if they keep repeating a million times that they have been “born again” and they believe Jesus Christ to be the only Son of God and that He died on the cross to redeem our sins, they still can not consider themselves to have been saved. Neither to be “born again” comes with words, nor does salvation comes with beliefs.

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

(See comment on top of previous page regarding the underlined word within this quotation)

The path of perfection and of righteousness is the path that takes us towards the eternal life. This path is narrow and full of obstacles; therefore it is difficult for someone to choose this path. Even when one chooses the path, it is very difficult to reveal Christ within himself and to live consciously only in the present. It is very easy to say: "I believe, therefore I am saved". If the path was as simple as that, the world would be full of saints.

"And this is the testimony: God has given us eternal life, and this life is in his Son." (1st John 5: 11)

This verse, once again, makes it clear that the eternal life is given to each and every individual, of course if the individual stays on the path for the duration of his life. We should not forget that the individual has a free will to choose the temporary life or the eternal life. It was exactly this that Jesus taught us. Despite living in the world we should not be attached to it.

"And everyone who has left houses or brothers or sisters or father or mother or children or fields for my sake will receive a hundred times as much and will inherit eternal life." (Matthew 19: 29)

The meaning of this verse is not to ignore our duties; on the contrary, it is to do them impeccably but not as personal accomplishments but rather as God's will and duties given to us by God. We should not consider them as "ours" and be attached to them. Today I am rich and tomorrow poor. Today I am married and tomorrow I am a widower. Today I have a child and tomorrow not. It does not matter what the life situations we are presented with and what condition we end up in. We should always keep our equanimity and not be affected by them. This is possible only when the individual is living the eternal life. He accepts all as the will of God. Did not Jesus also accept the way to the cross as God's will?

For those who succeed in attaining eternal life, their life in fact becomes a constant prayer, meditation.

MAN, HIS FAITH, HOPE and LOVE

According to his present situation, man constantly swings back and forth between the two “poles” of duality. Man appears to be an incarnation of feelings and emotions. He sometimes laughs and sometimes cries. He sometime gets angry and sometimes is calm and friendly. He sometimes becomes destitute and sometimes makes others destitute. He sometimes becomes happy but unfortunately, at other times, sad. If he wants to be perpetually happy at all times and to be always content, he needs to emancipate himself from all emotions and feelings. It was just this that Jesus taught us. Man loses his happiness as a result of his ignorance. The ignorance gives him the idea of duality, instead of the awareness of the Singularity of all, which is the Reality. If the individual ever realizes this truth and is no longer affected by the emotions and feelings created by the duality, it would be impossible for him to ever be subjected to sadness, to depression or to anxiety.

Wisdom is the grace of God and the presence of the “Light” of God within the person. The person who can reveal that “Light” of God in himself, never ever loses his equanimity and remains in peace away from the two extremes, namely overjoyed, overexcited or “down in the dumps”. His mind, being centered on God, he lives with God and this is the true dedication, devotion and piety.

The great majority of humanity, incapable of taking the reins of its life in its hands and determining its own life, leaves it for others to govern it through various beliefs that they “feed” it. In fact man thinks that he is in need of all those beliefs, mainly because, to some degree, they seem to take away the weight of great responsibility off of his shoulders. Undoubtedly there are self-confident and strong-willed people, but in general, as a result of pride in their abilities, they also weaken themselves. Pride is a major

weakness. In a proud man the power, which he originally had, unfortunately also strengthens all his deficiencies as well and he loses the purpose of his life and ruins his future.

According to the Bible, only God “takes care” of, governs the entire creation, including man. God also determines man’s future, but man does not realize this truth and puts himself in God’s place and governs his own life, which leads to suffering and death. As a result, it appears that man both defies and challenges God, instead of, with devotion and self-sacrifice, letting God govern his life and determine his future. It appears as if instead of God-worship, he declares war on God. Man is incapable of understanding that he can not determine his future and his destiny just by willing it. His destiny is the result of his thoughts, words and deeds. He does not understand that all his deeds, good or bad, are offered, dedicated to God. Based on these offerings, God determines the future. This is what is called destiny. Man, in general, is incapable of determining the future he wants because he does not have only virtues. But, one should not forget that the Christ is the Spirit of every man. Each individual is a prisoner; some are detained by their belief systems, some with their worldly responsibilities, others by their desires and even some by their love. All of humanity is also detained by the idea of death. The following words of Jesus Christ describe just this.

“And everyone who has left houses or brothers or sisters or father or mother or children or fields for my sake will receive a hundred times as much and will inherit eternal life.” (Matthew 19: 29)

Man needs to emancipate himself from this prison. Sooner or later, man will have to pay back and suffer for all the sins that he has committed. Did not Jesus say: “The sins committed against the Holy Spirit are not foregiveable”? In general, man’s thoughts, words and deeds are not according to his will and thus his experiences and the circumstances of

his life are also not according to his will. It does not matter if the individual thinks that he has made the decisions. Man is governed by the information that he has amassed within his subconscious mind; therefore he is governed by his “nature”. For his good deeds, he is awarded with pleasant life situations and for the bad deeds, he is led towards “self-destruction”. We often hear people saying: “If God is good and created the entire universe, why did He also create “evil?”.

The creation appears to be based on duality, otherwise there would only be God, just the singularity. In reality, the truth is that the creation is also singularity, and the duality and the multiplicity is only an illusion, only a dream and not real. The purpose of man is to end the illusion and to experience the Truth; in other words, it is to wake up from the dream. Because of duality, along with the appearance of “light”, “darkness” also appeared. If darkness had not existed, would we be able to appreciate the light? As light and dark appeared together, so did the good and the evil, happiness and sadness... Without sadness, happiness would not have the same excitement. Within the creation appeared love, devotion, self-sacrifice and various virtues, but also anger, selfishness, attachments, pride, envy, addictions, hypocrisy, lust... The purpose of human life is to subdue and overcome all its negative traits. It is just because of this that God has given man a free will, and the ability to judge and to choose.

How is man to succeed on this path of perfection and of righteousness and become saintly? God always gives man the opportunity to repent and to follow the right path. It was just this that Jesus tried to teach us through His life, His deeds, His words, through advice and the parables. It is for us to have faith in all His teachings and to try and understand the hidden meanings in them and implement them in our lives. It is our duty to be like Jesus and to stay away from the two extremes of the duality so that we can keep our equa-

nimity and we should also be carefull that we do not act contrary to His teachings and thus become a “sinner”. Man should never lose hope and should always have faith in his true Being, the Christ. One should also trust Christ and the sacrifices he makes, for the love of Christ. The love he reveals makes him stronger and emancipates him from all types of attachments and “imprisonments”. Love is the proof of the presence of God within the individual. Man’s conscience, which is the result of his love, is the voice of God. True love ignores and overcomes all difficulties. At this juncture, it is appropriate to quote what Paul had said about love.

“If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.” (1st Corinthians 13: 1-8)

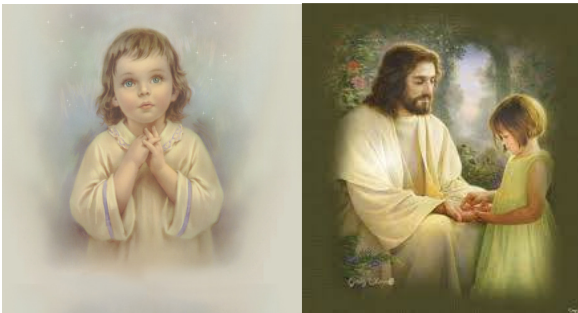
The two worst “deadly sins” are selfishness and pride. Selfishness is the “mother” of all the other sins. Pride, even in a person on the path of perfection and of righteousness, may make the individual proud of having succeeded within the path. Both pride and selfishness are strongly tied in with ignorance. They prevent the increase in the level of consciousness. Ignorance is the result of a limited consciousness

that is allowed to be expressed. A higher level of consciousness gives knowledge and wisdom and reveals the truth and dissipates the illusion. This opens the way to a life that is pleasing to God. We should not forget that an individual's consciousness is the presence of God within himself. The individual, who has unwavering **faith** in the Christ within himself, without complaining and without any doubt, accepts all the good and bad circumstances of his life as the will of God and does not lose his equanimity, and he will notice that God quickly resolves all his difficulties. God helps all those who, with great **hope**, rely on Him and are close to Him. The degree of **faith** an individual has is the most important element in succeeding within the path of perfection and of righteousness. The place of **faith** is in one's heart. Its presence is dependent upon man's dedication and his fear. When **faith** is born of dedication, it leads man forward towards the revelation of Christ within himself. But when faith is born out of fear, it promotes pride and anger and tyranny, which undoubtedly takes him towards destruction. Man shows anger because he is afraid that others will consider him to be weak.

Hence, within the path of perfection and of righteousness, faith, hope and love are absolutely essential for success. It is appropriate to quote what Paul had written.

“And now these three remain: faith, hope and love.

But the greatest of these is love.”(1st Corinthians 13: 13)





SILENCE
is the language of God.
All other languages are
miserable and poor
translations.

Rumi

THE WILL OF GOD AND FATE

We often hear the following dictum: “Without God’s will, not even the leaves rustle”. Based on this, everything that happens in this world is according to God’s will. First we should understand what God’s will is. What do we mean when we say “God’s will”. Man, in general, thinks that God is sitting somewhere “up there” in “heaven” and is constantly watching humanity and dishes out either rewards or punishments according to each and every individual’s actions. They think that that is what God’s will is. Undoubtedly such a view or understanding is incorrect and naive.

Many also think that God’s will is the destiny given to an individual independent of him and his actions. Undoubtedly this understanding is also incorrect. On the other hand, we should not forget that destiny and the “will of God” have a very strong connection. If everything progresses according to God’s will, then what is the use of man’s free will?

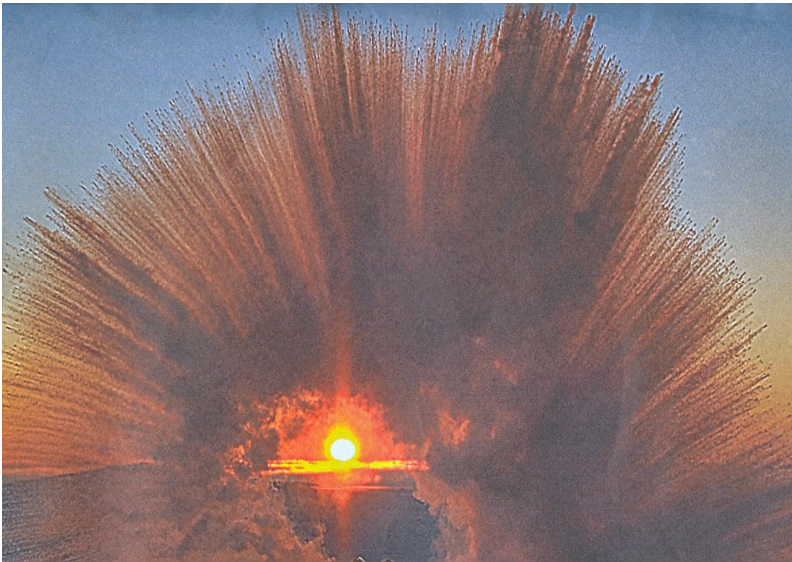
In addition to his physical and mental “bodies”, man also has an energy “body”. That energy “body” is man’s Spirit, it is the Christ within and it is the Son of God appearing as son of man. God is love and always wishes the best for all. This is the exact meaning of the following biblical quotation: “He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous”. Unfortunately, the individuality of the person, disregarding the “holiness” and the abilities of the energy “body” given to him, decides to govern itself. He amasses information in his energy “body” according to his thoughts, words and deeds. The individual decides for himself as to what level of energy he allows into his energy “body”. He himself blocks the graces of the Lord from working for him. One should not forget that all energies have a vibration and all vibrations have their own frequencies. The graces of God, also known as the graces of the Holy Spirit, all have their own specific

frequencies. God gave to Adam a pure high frequency energy “body”, a Spirit. Adam was privy to Christ’s infinite consciousness and lived in bliss. The “angel Lucifer”, man’s individuality, decided to govern itself and thus decided the amount and quality of energy he would receive. As a result of his conduct in life, man changes the amount and the frequency of his energy “body” that originally was given to him in its pure form. He puts, in that energy body, information with all types of mixed frequencies. As specific information is placed in radio waves within the radio station that we are able to listen to, in the same way man can also put various information into his energy “body”. Based on this information, man himself blocks the revelation of the infinite consciousness of Christ within himself and thus blocks the graces given to him by God. He reveals only a low level of consciousness, perhaps better to say, he reveals his ignorance. His energy “body”, his spirit, which previously was pure, as a result of all the changed vibrational frequencies, is called a “soul”. The “Spirit” that contains information put there by man is called a “soul”. At the time of reincarnation, the individual receives physical and mental “bodies” commensurate to the information within his soul.

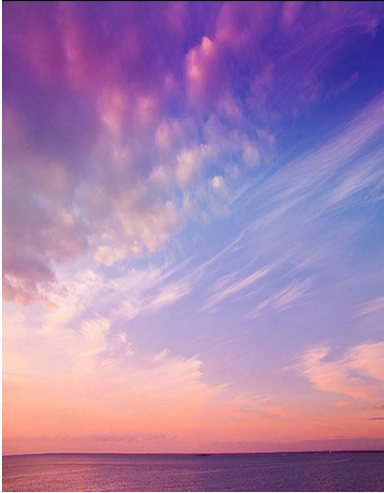
Within the energy field, various energies that are harmonious to each other attract one another. Thus, the individual attracts life situations that have vibrational frequencies harmonious to the frequency of his soul, just like the two opposite poles of two magnets attract each other. This is the meaning of an individual being the architect of his own destiny. Based on this understanding, it is imperative that an individual should accept all the good or bad circumstances of his own life, mainly because he is the cause, “the architect” of them all. The destiny a person makes for himself is the gift he gives to God. All the circumstances are governed according to the laws of the

energy and are thus considered as God's will. It was just because of this that Jesus said: "The sins committed against the Holy Spirit are not forgiveable". The Holy Spirit is the energy of God and is spread throughout the cosmos, the entire creation. We may therefore say "energy field" for the presence of the Holy Spirit.

Therefore, it is through his free will that man determines his nature, which is the basis and the cause of his conduct in his life. He does not seem to understand the relationship that exists between his life circumstances and his conduct in life. He therefore blames God for the negative events and forgets to give thanks to God for the positive ones. The individual, as a result of his thoughts, words and deeds, decides his own destiny and thus he himself decides the "will of God" that he will be subjected to. God never punishes anyone; He only wishes the best for us all.



Sunrise or Sunset?



When you are
sorrowful
look again
in your heart,
and you shall see
that in truth
you are weeping
for that
which has been
your delight.

Kahlil Gibran

Beauty is life when
life unveils her holy
face.

But you are life and
you are the veil.

Beauty is eternity
gazing at itself in a
mirror.

But you are eternity
and you are the
mirror.

Kahlil Gibran



IN LIEU OF EPILOGUE REFLECTIONS REALIZATION AND SUMMARY

Dear readers, if you have also read my previous books, or even this book from beginning to the end, you will notice that my understanding of the hidden teachings within the Gospels, within Jesus' teachings and regarding the path of perfection and of righteousness have changed slightly from time to time. These changes are the result of the fact that the purpose of these writings is self-education. Therefore, it should not be surprising that the more I have learned, the more my comprehension and understanding have also changed. My present understanding of the teachings of Jesus, as much as it may be very logical, is still only an intellectual knowledge. I hope that some day I will be worthy of getting to know them experientially as well.

The purpose of the creation is God-revelation. If we seriously study the creation, instead of understanding it just superficially, we will notice that from the beginning to the present it has served for God-revelation. Let us consider the following two truths.

a- Christ said: "I am the life".

b- God is all knowing; hence, in the entire creation it is God's consciousness that is active. In the Gospels, regarding Christ, is it not written: "the Light of the world"? In this physical world, light is essential to be able to see, thus to know. In spiritual life, "the Light", as a metaphor, represents God's consciousness, which functions within the whole creation and gives us the ability to be aware, the ability to know and to understand. The creation, from the beginning, has progressed according to the laws of evolution put there by God. First came about the "energy", then matter was formed followed by single-cell organisms and then the

plants. The plants were followed by the fish, and then came the birds and the creepy crawlers, the reptiles followed by the animals with their various levels of consciousness and intellect expressed as a result of their level of mental development. Finally it was time for man. If we carefully pay attention, at each station within the creation, the expression both of life and of consciousness has gradually increased. These expressions represent the degree or the level that God revelation has achieved so far. It is not important as to what man thinks or considers the purpose of his life to be. Regardless, creation slowly will keep on progressing towards complete God-revelation. Man considers himself as the pinnacle of creation. It may be possible to say that on a physical level, man's body, and especially his brain and the mind expressed by that brain, with its ability to judge and to choose and the intellect it expresses, may be considered the greatest wonder within the creation. But alas, man has not yet learned how to properly use his brain and his mind. Man still has not succeeded in emancipating himself from his animalistic nature. Without a doubt evolution will continue, but not likely at a physical level, but rather at a mental level. In time man will learn how to use his brain properly, instead of what he does now just utilizing only 5%-10% of the potential capacity and abilities of the brain.

The individual should try to find and understand the answers to some basic questions. These questions are: Who is man? By whose order is he here? By whose order or will is it that he lives? Who is it that gives him the ability to hear, to see, to smell, to taste or to touch? Who is it that gives him the ability to be aware and to know? What is the purpose of his life?

Man has individuality. It is just because of this that we call him an individual. The individual has come to this world only because God has willed it. The individual has free will

and the ability to judge and to choose, as well as having an intellect. God has given him a physical body to make use of and to be able to function in a physical world, so that he can fulfill the duties and responsibilities given to him. The individual is not his physical body; rather, he is the user of the body. Just as a driver in a car does not identify with the car and say that the car is him, he is only the user of the car to transport him from point “a” to point “b”. In the same way, man’s body is his vehicle to take him from point “a” (birth) to point “b” (death). Man’s physical body, within the entire creation, is the most complicated, the most wonderful and the most capable technology ever created. The individual can perform miracles, because the body that he occupies is omnipotent. Did not Jesus also perform miracles through his physical human body? And did not He also say that we could do greater things than He has done? The pinnacle of creation is the human brain. It is through this brain that the mind of an individual functions. The abilities of both the body and the mind come as a result of the energy of the Holy Spirit, which the individual receives from his Spirit, the Christ within. What makes the body alive is the presence of the Spirit, the presence of Christ within the individual. Is it not true that matter has come about from energy? The physical or material form of the energy of the Holy Spirit is the Son of God, the Christ. Is it not written in the Bible: “You are all children of God”? That energy is present and functional within the individual; otherwise, he would not be alive. It is the life of the individual. But if the individual does not “awaken” that energy and receive it abundantly and thus express it or reveal it, then it is considered that he has failed in fulfilling the responsibility and duty given to him in his life. Such a person is like a very rich but stingy man that dies of hunger. Just as a machine can do nothing on its own without electricity or some other type of external power

being supplied to it, in the same way, an individual's body and mind can do absolutely nothing without the steady flow of the energy of the Holy Spirit into him. The flow of the energy of the Holy Spirit flows incessantly on all, the good as well as the bad. It is up to the individual as to how much of it he will allow to enter his system and for him to utilize it. Did not Christ say: "I am the gate"? Is not Christ the "gate" of salvation of the individual? The Spirit of the individual, the Christ, is the "gate" through which the energy of the Holy Spirit flows into the person. Did not Jesus Christ say to his disciples: "I will send you the Holy Spirit"? But if the individual does not allow the flow of that energy into himself, the presence of it becomes useless to him. The duty of one's individuality, the duty of the angel Lucifer, is to reveal the "Light" of Christ and not to occupy the "throne" of God. The individuality of the person that functions through the body and the mind is the means for God-revelation. When a machine that works with 110 volt electricity is connected to a 220 volt source, it will definitely burn out. In the same way, without self-preparation, an individual should not yearn and obtain added energy, because he can harm both himself and others. Both the body and the mind of an individual are omnipotent because they have the ability to express or reveal both spiritual as well as psychological energies. In this vein, the individual's mind becomes his best "friend". But at the same time, the mind is also his worst enemy. The individual needs to train and discipline his mind so that it will be virtuous, upright and judicious. When the mind is trained in such a way, it promotes the following virtues within the "heart" of the individual: Mercy, compassion, love, sympathy, truth, patience, forgiveness, sweetness, gentleness, civility and perseverance. Such an individual becomes an example to humanity and instead of hatred, he sows the seeds of love in the hearts of men. Did not Jesus also do the

same? Did not Jesus say that we should become like him?

The individual in his life on earth has three responsibilities, which are his “debts” that he has to “pay”.

The first responsibility is the “debt” he has to God. His presence here on earth as a human being is the result of God’s grace. The individual is able to fulfill this responsibility, to pay his “debt” through God-worship. At this juncture, I will not repeat as to what God-worship is. See pages 217-229 in this book.

The second responsibility of an individual is to his parents. He is in “debt” to them for giving him his body to use and they have also nurtured it until he has become self-sufficient. The individual should be ready to even sacrifice all his pleasures and give the time to care for his parents in their old age.

The third responsibility is towards one’s teacher. He is in “debt” to his teachers for patiently teaching him and giving him knowledge. Just because of this in the old days, there was absolute respect for teachers. Even many decades after graduation, we used to kiss their hands. This custom appears to have disappeared in the west. But according to the teachings of Jesus, especially within the spiritual path, we should not call anyone teacher, because we have only one teacher and that is Christ. Hence, we need to fully fulfill this responsibility. This is possible only when we dethrone our “Egos” from the throne of God and let Christ sit on that throne. Only then do all our actions become harmonious with the will of God. They all become good deeds, helpful to society and spread beauty, happiness and love in the world. It is the duty of the individual to find “That”, which gives life to his body and consciousness to his mind. “That” is the presence of Christ within him. The above used word “find” should not just be an intellectual understanding, but rather it should be an experiential knowledge. With regards to our

human understanding, Christ has no specific form or appearance. It is an expression of love. Despite being everything, it has no attachments to anything. It is not possible to know or find Christ with our five senses. Then how should we find a being that is “invisible” and is only love? He is the true Being of every individual, He is his Spirit, He is his life and his consciousness. As indicated in previous essays of the second chapter of this book, man is aware of three levels of consciousness: “waking level”, “dream level” and “deep sleep-unaware level”. We may also say that a fourth level is what we call “death” and man always tries to avoid it. But when the individual, with perseverance and mental concentration devotes himself fully to Christ, he cuts himself off from all his emotional attachments to worldly pursuits. His thoughts also cease and he develops “a pure heart”, a mind devoid of all thoughts and emotions; in this way he makes himself worthy of rapture, which is a sudden increase in his level of consciousness. This is known as God-revelation within the person. He experiences such bliss that he willingly cuts himself off from his body and joins his Spirit, the Christ, and “dissolves into Him” and becomes one with Him. Mental concentration is absolutely essential in order to experience the rapture and to “find” God. With such a success, the individual pays his “debt” to his teacher and fulfills his responsibility fully towards the Christ, his true and only teacher.

The physical body is essential to express the usual human level of consciousness, because it is with that consciousness that the individual is going to concentrate his mind on Christ. The body has come of the earth and one day will also return to the earth. For the individual to succeed in fulfilling the responsibility and duty given to him in his present life, he needs the body. Therefore, it is also his utmost duty to properly take care of it. Both the body and the mind,

expressed by the brain, are the essential means for the salvation of the individual. Salvation is a reward given to those who succeed in accomplishing their duties and responsibilities. As Jesus has said, salvation should not be the aim of a person's life, but rather the responsibility given to him in this life, which is the revelation of God through him. The body and the mind are only the means for the person to have experiential knowledge. Once the individual becomes worthy of this experiential knowledge, he willingly cuts himself off from his body. The smart man is the one who experiences eternal life in the present, while he is alive in this world. After the death of the body, it is impossible to experience eternal life, because with the death of the body, the person's individuality also dies. The entire creation is God's dream and the individual's life is the dream of the Christ within him. When Christ goes into "deep sleep", the dream comes to an end and the individual also disappears for good. As our dreams sometimes cause us to wake up, in the same way as the life led by the individual, the level of consciousness he is able to express should also cause the Christ in him to wake up. This is called God-revelation within the individual. At such a time, the person's individuality also disappears because it joins Christ and experiences divine bliss and experientially gets to know the unity, the singularity of all. Once the individual is one with God, why would he be interested in the illusory (dream) individuality? The individuality belongs to the multiplicity. Dissolved into Christ, one with singularity, he becomes one with all. The body and the mind are gifts given to the individual by God; therefore, they should not be abused and wasted. Unfortunately every individual has some sort of attachment in this world that he can not emancipate himself from. But, every individual should at least make an effort to emancipate himself. This is possible only through mental concentration

on his true Being, the Christ within. The purpose is to wake the Christ that is sleeping within himself and receive a higher level of consciousness, which gives the experience of the singularity of all.

As indicated above, Christ is in all of creation and the entire creation is within God the Father. The world and every individual are part of Christ, and Christ is also in everything and everybody. The world is full of hatred, anger, greed and envy but Christ is not affected by these.

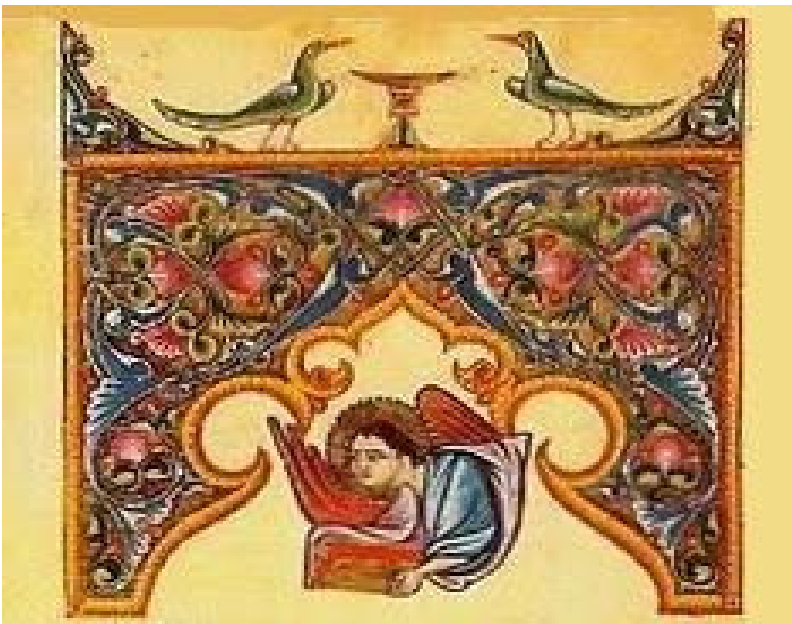
Christ revealed through Jesus so that He could teach all of humanity their duties and responsibilities as well as the means to fulfill them properly.



I HAVE ONLY JUST A MINUTE

**I have only just a minute,
Only sixty seconds in it.
Forced upon me, can't refuse it.
Didn't seek it, didn't choose it.
But it's up to me to use it.
I must suffer if I lose it.
Give account if I abuse it.
Just a tiny little minute,
but eternity is in it.**

Dr. Benjamin E. Mays



-III- ADDENDUM

- A - The Paradox of Our Time**
- B - Sayings of Swami Sivananda**
- C - The Monkey and the Banana**

The Paradox of our Time Something to Think About...

The paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints; we spend more, but have less; we buy more, but enjoy it less.

We have bigger houses and smaller families; more conveniences, but less time. We have more degrees, but less sense; more knowledge, but less judgment; more experts, but more problems; more medicine, but less wellness.

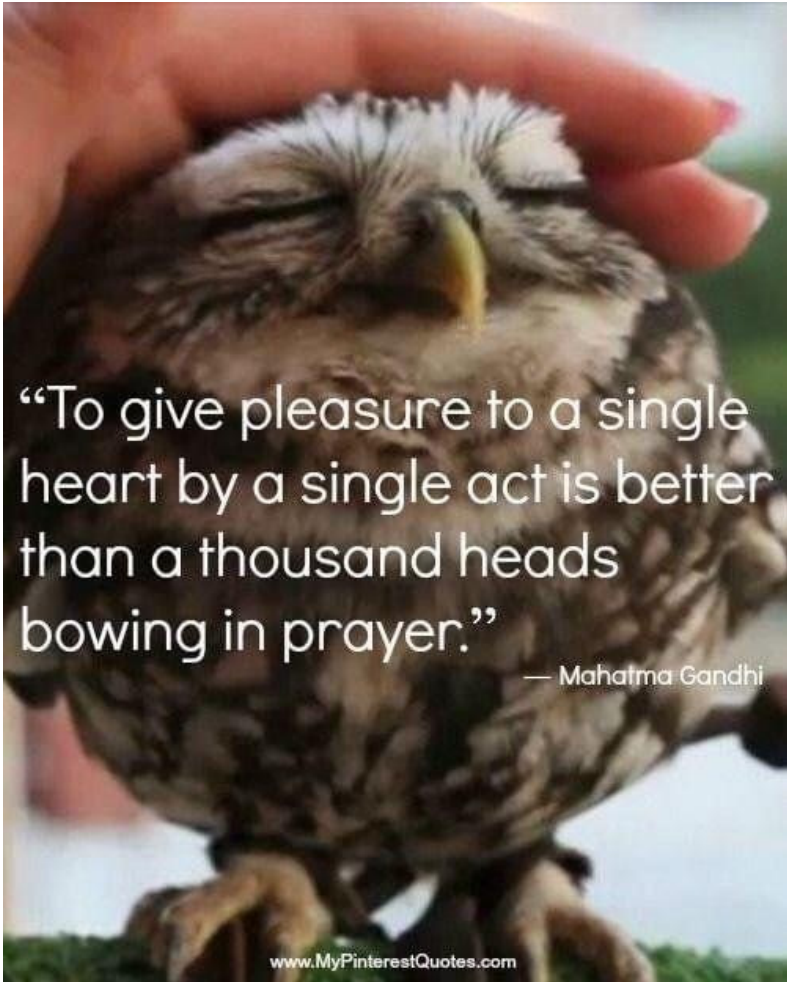
We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life; we've added years to life, not life to years.

We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor. We've conquered outer space, but not inner space. We've cleaned up the air, but polluted the soul. We've split the atom, but not our prejudice.

These are the times of tall men and short character; steep profits and shallow relationships. These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition. These are days of two incomes, but more divorce; of fancier houses, but broken homes.

It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to make a difference, or to just forget this note...

Author unknown



**“The root of suffering
is
attachement”**
The Buddha

SAYINGS OF SWAMI SIVANANDA

1. 'O Seeker! Know what you seek and then seek.
2. Fame, power, wealth, and sex are the four doors to the fort of self-degeneration and imprisonment.
3. Work, Work, Work. Work is worship; dedicate it to God.
4. A luxury of today becomes a necessity of tomorrow.
5. Renunciation will make you an Emperor of the three worlds.
6. The longing to attain an ideal dies if no effort is made.
7. Criticism shows you your weak points and forewarns you against troubles and failures.
8. Death is only a change for a better state. Therefore fear not death.
9. Every mistake brings its own lesson. Mistake is your best teacher.
10. All troubles and sufferings contain the hidden seeds of good.
11. Self-effort is necessary for the attainment of God-realization.
12. Spiritual effort must be continuously renewed and patiently persisted in.
13. Like walking on the razor's edge, the spiritual path is difficult.
14. As you proceed onwards along the spiritual path, joy, peace and bliss deepen and deepen.

15. Success often comes to those who dare and act.
It seldom comes to the timid.
16. Om is your best companion in life, because it gives you Immortality and Eternal Bliss.
17. Unless you are inspired by spiritual ideals, it is difficult to keep the sexual instinct in check.
18. Self-realization is not for the cowards and weaklings, but for the brave, courageous and strong.
19. If you are good, the whole world will be good for you.
20. God gives everything, but He is a very great miser in giving *attachment* or devotion to His devotees.
21. This marvelous world is a great University of Wisdom. Learn lessons and become wise.
22. Live not to satisfy your palate and the senses, but live to realize the Self within.
23. Moderation in everything is the key-note for success.
24. Association with saints and sages is difficult to get. They are inaccessible. Such association is unfailing in its results.
25. Dwell in the Divine. Live and move in it. Get absorbed in the Divine Flame.
26. Laziness is the father of disappointment and failure.
27. The essential condition of spirituality is the annihilation of the lower self and rooting out the desire for sensual pleasure.

28. Desire causes misery and anxiety. Abandon all desires. Be serene and happy.
29. Practice withdrawal of the senses one by one.
30. Peace, immortality and eternal bliss can be obtained in God alone.
31. If you control the Prana, you can control the mind easily.
32. Remain in the world without getting tainted by it, just like the lotus in the water.
33. No vision of truth or no vision of God is possible without annihilating the ego.
34. As food is necessary for the body, prayer and meditation are necessary for the Soul.
35. Dispassion and renunciation pave the way to the Infinite.
36. A true unity of heart is the real remedy for the diseases of separatism, hatred, hostility and a great deal of misunderstanding among individuals.
37. To become one with the infinite and to serve God in all creation should be the goal of life.
38. Discrimination and dispassion are the two wings of the soul, which will take you to the everlasting home of freedom and blessedness.
39. He who dies to the lower self, rises to the Immortal.
40. There is nothing more elevating and sublime than to be a witness to the living divine Presence in all beings, and to strive to awaken that consciousness in others, too.

41. The root evil which has brought about your bondage is *delusion, confusion, dullness ignorance*".
42. The objects of the world act as intoxicants. Money is opium. Man to woman, and woman to man is wine. Position is *Marijuana*. Power is brandy. Landed property is champagne.
43. Mind is a bundle of the memories of yesterday and day before yesterday.
44. Never sit idle, craving God to help you; but be up and doing.
45. The thinker, the experience, is not separate from what is experienced.
46. Find out the speaker of speech, the seer of sights, the hearer of sounds. You will attain immortality.
47. There is no greater error than spiritual pride. Moral and spiritual pride is more dangerous than the ordinary pride of wealth and power.
48. Renounce the world and realize the Self.
49. Instruction in material and practical affairs should keep pace with instruction in Divine things.
50. Peace, God, *Universal consciousness*., *Universal Principle*, Immortal, Emancipation are synonymous terms.
51. The flesh wars ceaselessly against the spirit. Therefore be ever vigilant.
52. You will yourself have to lead a pure life. Your preceptor cannot do this for you.

53. The Lord's ways are mysterious. There is something good in all seeming failures. You are not to see that now. Time will reveal it. Be patient.
54. Never worry about what other people say or think. Do the right. Have a clear conscience and roam about happily.
55. Your strength should not be the strength of gun and bank-balance, It should be the invisible strength born of wisdom and discrimination.
56. Do not hate the evil-hearted, the jealous and the selfish. It is they who promote your salvation.
57. The evil man throws dust in the eyes of his discrimination and discernment.
58. Obstacles and unfavorable circumstances are God-sent chances to make you more steady and strong in will.
59. Be good. Do good. Serve, love, give, purify, meditate, realize. This is the religion.
60. It is divinity that shapes, not only your ends, but also your acts, your words and thoughts.
61. There is no duality in reality. All modifications are illusory.
62. Be righteous and selfless in principle. Then your actions will automatically be moral.
63. He who is vicious, selfish and arrogant who has not controlled his senses, who has no concentration of mind cannot attain self-realization.

64. Do not be hasty. Restrain your emotions. Think quietly. Have a serene mind. Act prudently, cautiously, intelligently.
65. Selflessness needs no extraneous expression.
66. One of the greatest needs of life is meditation on spiritual values.
67. Enter the silence. Pray to the Lord. Listen to the Lord.
68. Commence your journey on the divine path from today. All your anxiety and worry will end then and there.
69. Science is not the enemy of religion but a preparation for it.
70. Solve first the "Who am I"? problem. All other problems will be automatically solved.
71. That something which is yet beyond the scientist's invention is God.
72. A true knowledge of God, man and the universe is to be obtained from a Teacher.
73. When you are doing *practice* regularly, when you are going into God, there is no despair.
74. Spiritual *practice* is an uphill work. You must have tremendous patience and perseverance.
75. Life is not fully lived, life has not been fully realized, if you do not serve and love entire humanity.
76. Nothing will die. All things will change. This is the fundamental truth.
77. Production or destruction are only phenomena. In reality, there is nothing produced or destroyed.

78. Deep, deep is the supreme Silence. Peace of the Soul is Infinite, Immeasurable.
79. The nearer one approaches the Truth, the happier one becomes. For the essential nature of Truth is positive Absolute Bliss.
80. No real philosophy can be visualized without self-analysis.
81. Do not bother about spiritual experiences. Go ahead with your *Practice*. Knowledge dawns of its own accord.
82. Book learning or erudition is only chaff. Knowledge of *inner self or soul* alone is the essence.
83. Follow the right unswervingly, at any cost, Care not for public opinion or criticism.
84. Release or freedom lies in the loss of the little self or self-arrogating personality.
85. Without developing intuition the intellectual man remains imperfect.
86. The first step in the spiritual path is the selfless service of humanity.
87. Wish good to all beings. This will enrich your life and make you happy and peaceful.
88. The Secret of beauty is not dress and ornaments, but good character and the possession of divine virtues.
89. Selfless service is the watchword along the road to salvation.
90. An hour's service of the sick with divine *feeling* is better than a year's pilgrimage to *Holy place*.

91. The secret of true life is in the love of God and the service of humanity.
92. Each time you yield to the dictates of sensual pleasure, you weaken your power of resistance.
93. Control the tongue. You will control all desires.
94. There are pitfalls in every step. Therefore have a Teacher or guide to lead you on.
95. Smoking is a greater curse than drink. Give up smoking at once, from today.
96. God walks in the garb of a beggar. He moans in pain in the guise of the sick. Open your eyes. See Him in all. Serve all. Love all.
97. Where is peace? It is in the heart of a desireless man who has controlled his senses and the mind.
98. Peace and bliss are not to be found in books, churches or monasteries. It is realized with knowledge of *Universal consciousness*.
99. You have wasted much your life. A little time is left. Make the best use of it. You too can realize God and be ever happy.
100. The real life consists of discipline, devotion, study of sacred scriptures and meditation on God.
101. *Practice* is catching hold of one ideal and sticking to it at all costs, even at the risk of life.
102. Life on earth is a school for wisdom and realization of the Self.
103. Passion makes one beggar of beggars and blind.

104. Life and society cannot exist without struggle or fighting.
105. Renunciation is not mere asceticism. It is annihilation of selfishness, egoism and cravings.
106. Never behold life physically. Study it psychically. Realize it spiritually.
107. A real hero rejoices in suffering.
108. A vacant mind is ever distressed. It is the devil's workshop. Be thoughtful.
109. Every failure is a stepping stone to success.
110. Continue *divine* and meditation. You will feel joy and taste bliss inexpressible after some time.
111. *Practice* is a spiritual quest that ennobles this meaningless life with a grand and sublime meaning.
112. Acquire spiritual strength by resistance to the opposites.
113. Self-realization must become a passion with you.
114. Sensual pleasure, like Ghee (*clarified butter*) when poured on fire, intensify all the more, when enjoyed.
115. You need not wait for ethical perfection, before you start meditation.
116. Ignorance is a kind of potent anesthetic. Original ignorance is the same thing as the original sin.
117. Drive this body-car intelligently. Relax

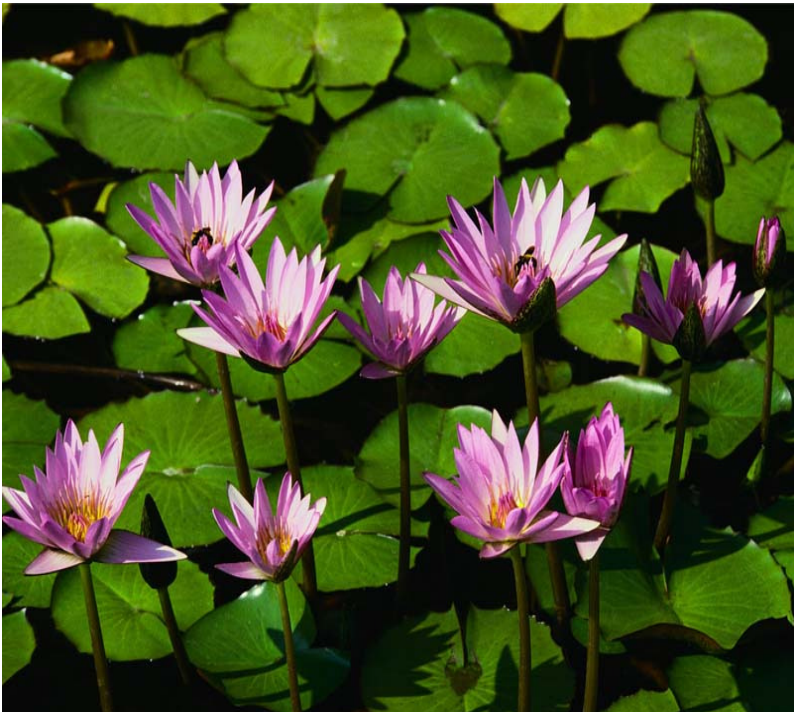
- perfectly. Breathe rhythmically. Meditate regularly. You will enjoy happiness, health and long life.
118. Life glides on the joyous wings of hope.
119. Let good thoughts be the rosary of every mind.
120. That which quickens Self realization, that which bestows awareness, is initiation.
121. If you can drink nitric acid, you have done no better than a straw. If you can chew iron nails and glass pieces, you have done nothing. This has nothing to do with Yoga. Conquer the mind. You have done everything.
122. An act is good if it is prompted by a good motive and good will.
123. Care not for criticism when you are in the right path. Yield not to flattery.
124. Tolerance is a sign of advancement in the spiritual life.
125. Every day people are dying around us and yet men think they will never die. This is *illusion*.
126. The chief beauty of life is sacrifice of one's dearest interest at the altar of Truth.
127. The end of life is spiritual illumination.
128. There is an Unchanging and Permanent thing behind the ever-changing and ephemeral phenomena.
129. Your only duty is to realize God. This includes all other duties.
130. Blame and praise are sheer vibrations in

the air. Soar above them.

131. Every disease is a Karmic purgation.
132. Feel that you are serving the Lord and the Lord alone in the members of your family.
133. Life is rich, if you are simple and humble.
134. All works are equal service of humanity as a whole and have the same merit. There is no such thing as menial service.
135. Mind is at once the venue of man's bondage and release.
136. In the beginning *a divine name* and meditation are very dry and unpalatable and distasteful.
137. More than food, water and fire, man's need is sympathy, kindness and brotherhood.
138. Regain your lost divinity. There is no time to lose. Death marches close to your heels.
139. Uncongenial atmosphere, unfavorable environments and obstacles will help one only in carrying on the struggle more vigorously.
140. Remember God at all times. If you cannot do this, remember death at all times. Either of the two will lead to emancipation and freedom.
141. A saint prevents many ship-wrecks in the lives of many human beings.
142. He who practices renunciation and meditation, serves the world more than the social and political leaders, platform lecturers and founders of institutions.

143. You can give up wife and children. You can abandon wealth, but it is difficult to relinquish fame.
144. You live, because you share the universal life.
145. Anger and lust are the twin enemies of peace, devotion and wisdom.
146. That which is beyond caste, creed, family and lineage, that which is free from differentiation is the *highest Universal Principle, the Ultimate Reality in the universe.* or the Infinite.
147. Truth Absolute can be that which is one without a second, non-dual and homogeneous.
148. There is nothing that cannot be attained in the fourteen worlds by that man who is a perfect celibate.
149. Pocket insults when offered. Distribute a few pies to the lame, blind and to the hungry mouths as you walk along the street.
150. To feel "I am non-doer and non-enjoyer" is *knowledge*
151. Materialistic life leads you to fear, anxiety, birth, decay and death, as there is no essence of the Immortal Soul in it.
152. Discrimination between the 'seer' and the 'seen' is the road leading to the realization of the Truth.
153. Man complicates his life by increasing his desires for more and more objects.

154. Even little meditation daily will raise you a little higher and a little nearer to God.
155. Luxury is a curse. It will weaken you.
156. If you want God you must turn your back to worldly enjoyments.
157. You are creating a hell through your own thoughts. Think of the good.
158. The most devitalizing and demoralizing of pleasures is the sex-pleasure.
159. Real religion is one. It is the religion of the heart. It is life-ever- lasting in the Eternal.



Train your mind
to see
good in everything.





What surprises me most about humankind is that we get bored with our childhood, rush to grow up and then long to be children again. That we lose our health to make money and then lose our money to restore our health. That by thinking anxiously about the future, we forget the present, such that we live in neither the present nor the future. That we live as if we'll never die and die as though we've never lived.

Anaïs Nin



THE MONKEY AND THE BANANA



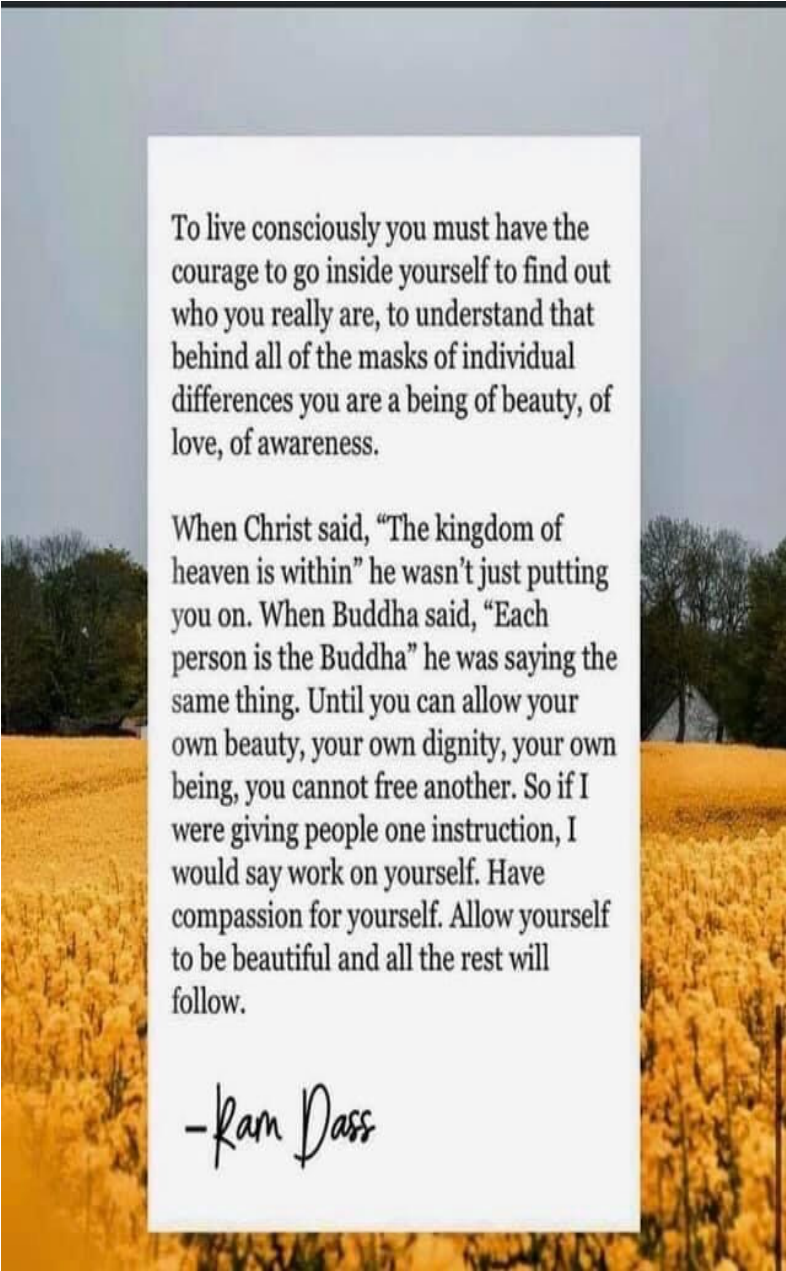
Jon Kabat-Zinn tells a story of how farmers in India would catch monkeys that were destroying their crops. Because they practiced compassion, shooting or killing the monkeys was not an option. They had to find a way to capture the monkey, and then return it to the jungle.

After observing the monkeys, one farmer found a way. He cut a small hole in a coconut, just big enough so that the monkey could slide its hand through. He put a banana inside the coconut, then tied it to the side of a tree. The monkey came up, smelled the banana, and stuck its hand into the coconut to grab the banana. When it tried to pull its hand out, because his hand was clenched in a fist holding the banana, it did not fit out of the small hole. And because the monkey refused to let go of the banana, the farmer was able to capture it. Had the monkey just let go, he would be free.

Much like the monkey with the banana, we have a tendency to hold on to things — things that don't necessarily serve us: old habits, behaviors and even relationships.

Attachment is a very natural part of life. But sometimes those things that we're attached to are the very things that hold us back, even causing pain in our lives.

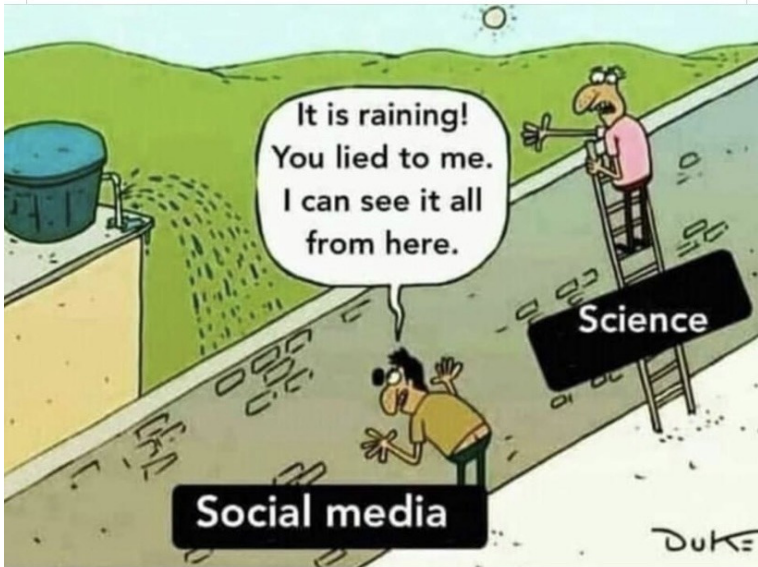
What are you holding on to that no longer serves you? Just for today, what can you let go of in order to be free? No, it's not always easy. But neither is living life on a roller coaster, or living in pain.



To live consciously you must have the courage to go inside yourself to find out who you really are, to understand that behind all of the masks of individual differences you are a being of beauty, of love, of awareness.

When Christ said, "The kingdom of heaven is within" he wasn't just putting you on. When Buddha said, "Each person is the Buddha" he was saying the same thing. Until you can allow your own beauty, your own dignity, your own being, you cannot free another. So if I were giving people one instruction, I would say work on yourself. Have compassion for yourself. Allow yourself to be beautiful and all the rest will follow.

- Ram Dass

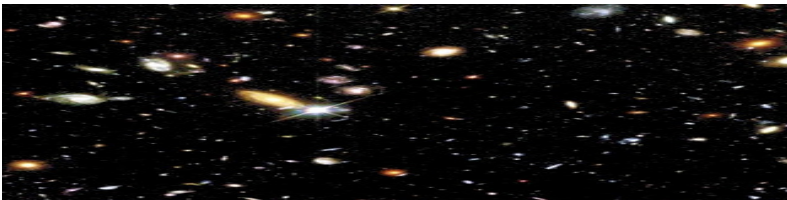


**We may NEVER see
or know the full
story, but get as
many facts as you
can before you
proclaim “the” truth!**



**“This body is not me.
I am not limited by this body.
I am life without boundaries.
I have never been born, and I shall never die.
Look at the ocean and the sky filled with stars,
manifestations from my wondrous true mind.
Since before time, I have been free.
Birth and death are only doors through
which we pass, sacred thresholds on our
journey.
Birth and death are a game of hide and seek.
So laugh with me, hold my hand, let us say
good-bye, say good-bye to meet again soon.
We meet today.
We meet again tomorrow. We will meet at
the source every moment.
We meet each other in all forms of life.”**

Thich Nhat Hanh (1926-2022)

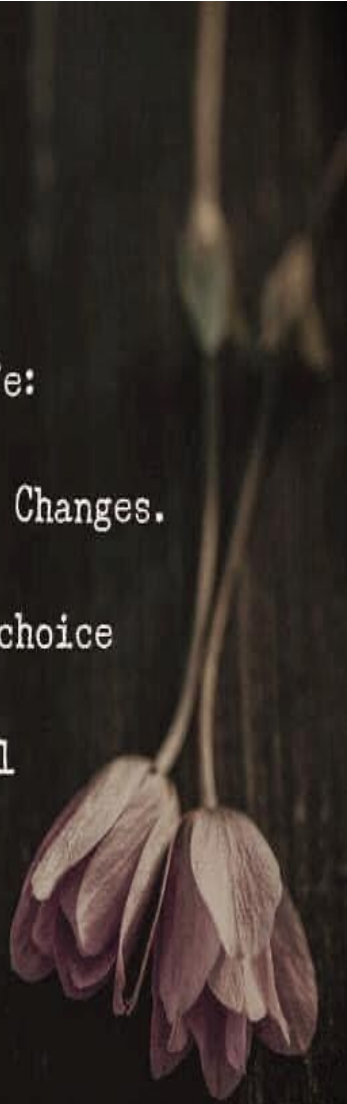


Three C's in life:

Choices, Chances, Changes.

You must make a choice
to take a chance
or your life will
never change.

Unknown

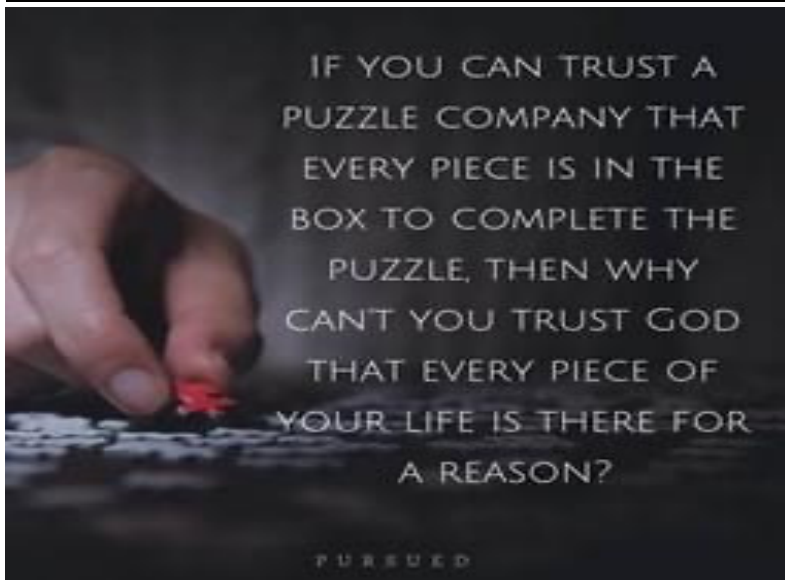




**A CANDLE LOSES NOTHING
BY LIGHTING ANOTHER**

Rumi

UPLIFT



IF YOU CAN TRUST A
PUZZLE COMPANY THAT
EVERY PIECE IS IN THE
BOX TO COMPLETE THE
PUZZLE, THEN WHY
CAN'T YOU TRUST GOD
THAT EVERY PIECE OF
YOUR LIFE IS THERE FOR
A REASON?

PURSUED

**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**

