

CONTEMPORARY PARABLES

Robert Elias Najemy

**We are one being
and love is the only way to realize
and manifest that unity.
May that happen to you,
to your family
and all beings who inhabit the earth.**

Acknowledgement

A good number of these parables have been inspired by similar examples used by various spiritual teachers. Most however have been received through my most extensive teachers:

Nature and Life.

I thank you all from the depths of my heart.

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I would like to express my deepest respect and thanks to William Reid for his inspiring illustrations. Thank you Bill.

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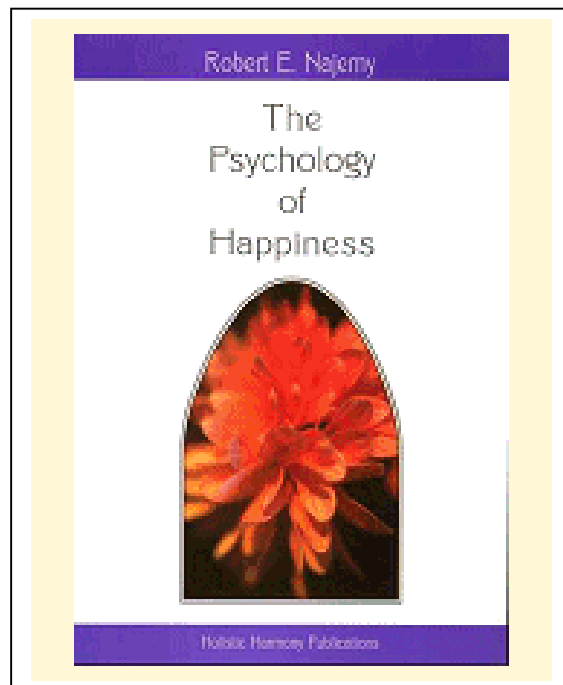
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- ❖ **Love (What is real love and how can we experience it?)**
- ❖ **Spiritual Virtues**

INTRODUCTION

«A PICTURE IS WORTH A THOUSAND WORDS». This saying seems to be true. Our minds remember images much more easily than concepts. For this reason, I decided to create this collection of models, examples, images and parables which I hope will stick in our minds more effectively and more deeply, so as to help us remember these simple but very elusive spiritual truths.

Such truths are conveyed more effectively through such means, because they are more easily understood, come to the mind when needed, and offer the opportunity to each one to understand the same truth **in his own way** and on his own level. Each model, or parable, is like a multifaceted crystal, the rays of which impinge on each observer in different colors and intensities, depending on his or her point of perspective.

Each observer, as he looks more deeply at the crystal, discovers more and more facets which he had previously not noticed. The same is true for these models and examples. They are excellent subjects for contemplation, meditation or deeper thought. Each of you can discover your own ramifications and extensions of these models, as well as create your own models, which help you comprehend your self and the world around you. I would be happy to receive from any of you such models.

No model however is perfect. The truth which we are all trying to comprehend is beyond time and space and, thus, transcends all our efforts to understand it. Thus each and every model will, at some point, contradict itself and fail to perfectly describe the ultimate reality, since that reality is beyond words and description.

Each model, however, is like a step in an ascending ladder towards the truth. Stepping on each step allows us to approach the truth, which is like the roof of the home we are climbing to stand on. Once we arrive at the roof we need to let go of all the steps of the ladder, so that we can actually stand on the roof. Thus, although each model falls short in some ways to bring us to the ultimate truth, it does act as a very useful step for our ascension.

Some of these examples have been inspired by teachings I have heard from others. Most of them, however, have come in moments of meditation, or in the process of creative expression, such as writing or speaking. In none of these cases, however, do I believe that we, personalities, are the source of these ideas or mental connections. I imagine that we are simply holes in the curtain of matter through which light, love, wisdom, and creativity are flowing forth from the One Universal Divine Consciousness. We are the instruments. He is the Musician.

I would like to express my deepest gratitude to William Reid for his selfless offering of his talent, love, time and energy in creating these wonderful illustrations which beautify the book and increase the effectiveness of the mental images created.

I would also like to express deep gratitude to all those immortal souls who, by their presence in my life, have given me the opportunity and stimulus to search for ways of communicating truth in ever simpler and more effective ways. I have gained much more than I have given.

I hope that this book will be useful and enlightening for you. You may also realize that your children may find many of the models very helpful in their search for understanding the world around them.

The truth is simple. Life is simple, We are one. There is only one Being. He creates, lives in, and expresses himself through all the beings and forms which we see.

MAY THIS TRUTH GUIDE YOUR LIFE,

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THE SHEEPISH LION

Once there was a great lioness who went hunting with her new born cub. It happened that while attacking and chasing a flock of sheep, the she-lion made a wrong move, fell of a cliff and died.

The cub was left in the midst of the sheep and grew up with them. As the years passed, the cub became a full-grown lion, but it was instinctually conditioned like a sheep. It made a bleating sound, bah-bah and was afraid of all other animals, just as the sheep.

One day a lion attacked the flock and, in the chase, was shocked to see the ridiculous sight of a lion running away with the other sheep crying in fear. He caught up to the sheepish lion and stopped him, asking, «What are you doing? Why are you acting in this ridiculous way? You a great - powerful lion acting like a lowly powerless sheep? What has come over you? You should be ashamed of yourself».

The sheepish lion explained that he was a sheep, and that his parents had taught him to fear and bleat and run in horror from the lions who were powerful and to be feared.

He then took the sheepish lion down to the river and showed him his face, so that he could see that he was like the lion and not like the sheep. The lion then woke up from his ignorance and discovered his previously ignored inner courage, strength and majesty.

We are like the sheepish lion. The sheep represent our human nature - our personality which always moans, fears, complains, worries and has anxiety about everything. The Lion is the Spiritual part of us which is all-powerful and indestructible. Great spiritual teachers and saints come to tell us the truth of our «LION NATURE», our as yet untapped spiritual powers and greatness which are within us.

We too must awaken to the spiritual qualities which are lying within, so that we may overcome fear - which is simply a result of our **mistaken identity**.



THE GREAT MAGICIAN CREATES WORLD PEACE

Once an extremely powerful magician was commissioned by the good people of the earth to stop all the wars and blood shed between people.

«That is simple», he said, «I'll just make all the weapons in the world disappear and no one will be able to fight anymore».

«How wonderful», said the people. And it was done with a circular movement of his magic wand.

Peace reigned on the earth for about three days as most of those inclined to fighting were looking for their weapons which they could not find. When they decided that they were lost for good, they made spears out of small trees and resumed their fighting.

When this was brought to the magician's attention, he said, «Don't worry, I make all the small trees disappear and they won't be able to fight anymore». And he did this with another circular movement of his wand.

After a day or two of looking for small trees those suitable for fighting, chopped down large trees and made clubs of them and continued their sport.

The magician made all the large trees disappear. Then they started making knives and swords out of metal. He made all the metals of the earth disappear. They started throwing stones with their hands and slings. He made all the stones disappear.

The good people who had commissioned him, now became alarmed as there were no trees, no metals, no stones. How would they live, what would they eat. Soon there would be no vegetation and they would all die even without war. This was definitely not the solution.

The magician said, «I don't know what to do. The only power that I don't have yet is to make people disappear, or else I would have made all of them disappear».

They all sat in a heavy depression, wondering what to do. Suddenly one bright little child spoke up, «I know what you can do. You can make all people experience exactly how their actions make the other feel. So if someone hurts someone, he will feel exactly the same hurt; and if he makes someone feel happy and well, he will feel the same happiness. Then surely no one would be able to hurt anyone, because he would immediately feel the hurt himself and would be forced to stop».

They all saw the greatness in the child's idea. The magician did exactly this. He then recreated all the trees, metal and stones, and even the weapons, which they then transformed into various machines for peaceful and creative uses.

From that day on no one was able to hurt anyone else on Earth, because he himself couldn't stand the pain which he would experience. In fact people were all busy at helping others, because they loved the happiness which it created in them. Everyone lived in harmony and happiness.

How would you feel at the end of this day, if you lived in this magic land? Well, you already do. The law of this land is called the **“law of action and reaction”**. The only difference is that in our world there is a delay in the reaction. You might feel the results of your actions tomorrow, or after ten days, or one month, or ten years or a thousand years. What a shame that it isn't instantaneous.



THE SYMPHONY OF LIFE

Life is like a symphony, and each of us is an instrument which is playing its own unique part in that beautiful musical creation. No instrument can play the part of another, for each has its own different and unique part. Each part is important and vital to the harmony of the whole.

If as instruments we start playing our own tune, without harmonizing ourselves with the other instruments, then we will create only discordance. If an instrument decides to play whatever comes into its head without observing the directions of our **Cosmic Conductor**, then he will become an obstacle to the harmonious performance of the **Earth Symphony**.

If an instrument loses his musical score and forgets what it is that he came to play, then he most likely will start to play what others around him are playing, but of course this is not **his** part and he will not find joy in playing those parts.

If an instrument is not in tune, it will not be able to play **any** part harmoniously. An instrument must be kept in tune through daily tuning (discipline) and practice.

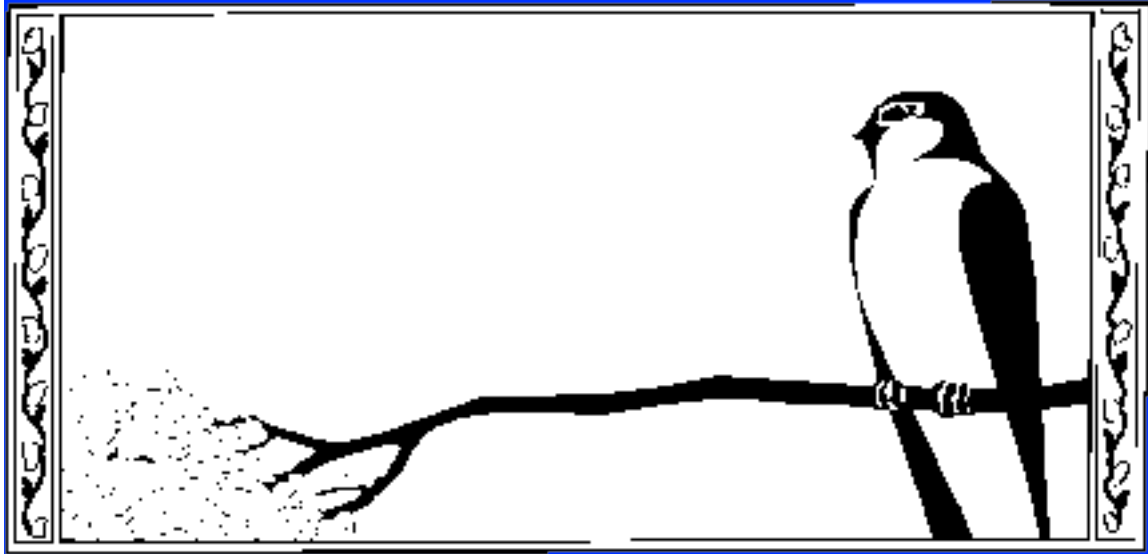
If an instrument is attached to some special part, and refuses to play various tunes which he is asked by the cosmic conductor to play in his life, then he is of little use to the Earth Symphony.

DO YOU KNOW YOUR PART?

ARE YOU PLAYING IT?

ARE YOU KEEPING IN TUNE?

**ARE YOU READY TO PLAY THE VARIOUS PARTS
OFFERED BY THE COSMIC CONDUCTOR?**



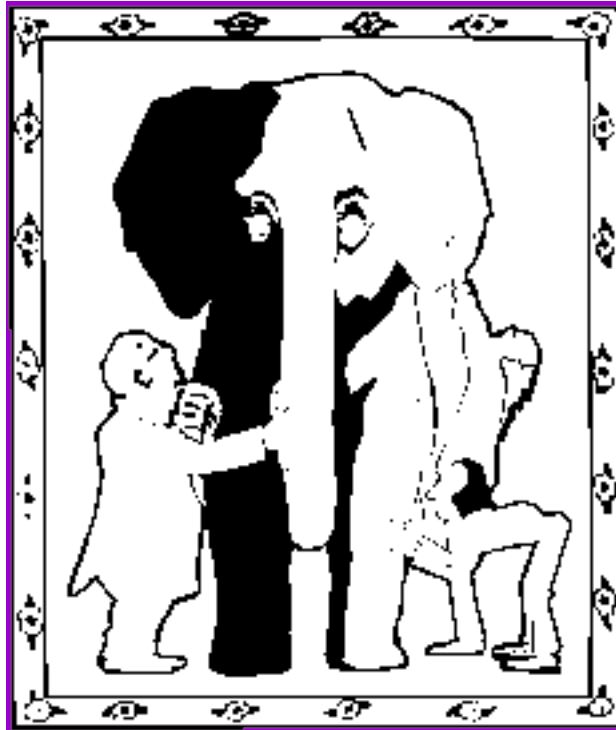
THE BIRD ON THE BRANCH

Once a tired bird rested on a branch for support. He enjoyed the view from the branch and the safety it offered him from dangerous animals. Just as he was used to that branch and the support and safety which it offered, a strong wind started blowing and the branch started swaying back and forth, with such great intensity, that it seemed that it was going to break. But the bird was not in the least worried for it knew two important truths. One was that even without the branch he was able to fly and thus remain safe through the power of his own two wings. The second was that there were many other branches upon which he could temporarily rest.

This small example represents the ideal relationship between man and his possessions, relationships and social and professional positions. Man has the right to enjoy these possessions, relationships and present positions. He can enjoy their support and comfort and whatever they have to offer him in his development. But he need not fear when they seem to waver under him and appear to be disappearing. For they are all in a state of change and can disappear at any time. His real strength does not lie in those external ephemeral things, but rather on his two internal wings, LOVE and WISDOM. These must become his security base, his source of enjoyment and happiness.

When a man develops real unconditional love and wisdom and the knowledge of truth of the ONE CONSCIOUSNESS which is pervading himself and all beings, unhappiness and fear will be unknown to him. Let us enjoy this material world and not be suppressed by it because of our fear and dependence upon it.

**When we are dependent on someone or something
we eventually become their slave and lose our freedom.**



THE BLIND VILLAGE AND THE ELEPHANT

Once there was a village of blind people. In this village lived a blind king, five blind wise men and the rest of the villagers who also could not see.

One day an elephant came trotting heavily into the village, and stood in the village square. All the villagers were quite alarmed and anxious to find out what was this thunderous entity which had entered their village. The king ordered the five wise men to investigate the phenomenon and to report their findings.

Each of the five wise men approached the elephant from a different angle. The first came up the elephant's side, and, after feeling it, reported that it was a huge walking, pulsating wall which had come into the village. The second wise man got hold of one of its legs and said it was not a wall but a walking tree trunk, which had come to visit them. The third came upon the tail and rejected the first two opinions, announcing that the truth was that it was a snake. The fourth having grabbed the ear, stated that the truth was that it was a large walking leaf. The fifth who happened to catch hold of the trunk claimed that all previous statements were wrong and that the reality was that it was a large moving house. The wise men and their followers came into intense conflict concerning the reality of what had walked into their village.

The blind village represents the present state of spiritual blindness affecting all of humanity. The five wise men represent the various major religions, who, approaching the unseen God from various angles, have experienced God in different ways. In our blind state, we argue about what the reality of God is, when there is ONLY ONE GOD, which is in reality the essence of all beings and things which exist.

Why then do we need to fight and argue between ourselves? Each religion is a valid path to the same One God. All are correct. All need to be respected. Each individual may choose the religious path which suits him and move efficiently forward, with love for God and all beings in his heart.

**Let us not be blind to the truth of God's omnipresence
even in those who have differing beliefs.**

Let us open our eyes and see the oneness of all beings.



THE RIVER GRASSES

Have you ever sat by a river and watched the hypnotizingly graceful movement of the river grasses which **surrender themselves completely** to the flow of the river? At one end they are firmly attached to a rock or to the riverbed. If they were not **securely attached** in this way, they would be carried away by the current and would perish. The rest of the grass has absolutely **no resistance** and is thus free to flow in an infinite variety of movements caused by the river's ever-changing flow pattern. A similar type of event may be seen while observing various sea grasses, which are attached to the bottom of the sea and move with the gentle currents and tides. These movements are sometimes less obvious and less varied.

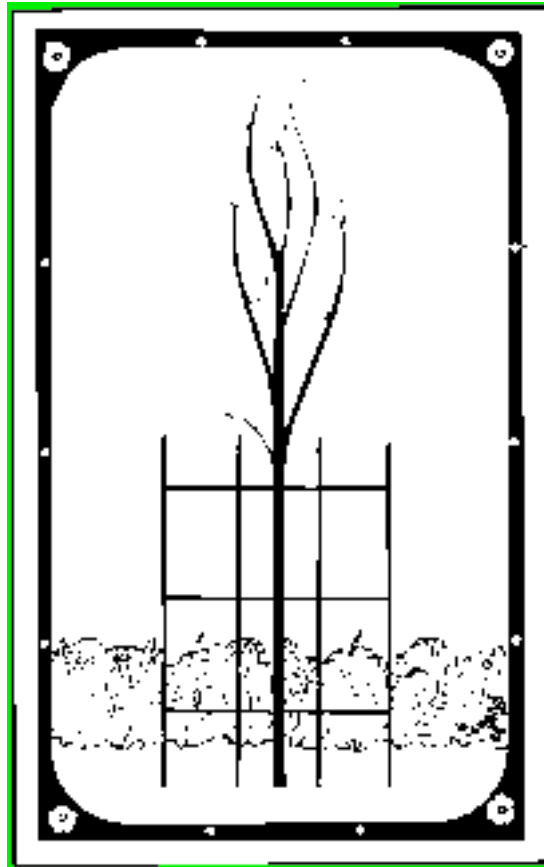
We have something to learn from these grasses. We can learn the delicate balance between **discipline** and **freedom**, between routine and diversity, between **control** and **surrender**, between tradition and change. Obviously, too much of any of these opposite qualities will create problems.

On the one hand we need to have discipline, routine, control and tradition to give us a security base, a moral base, a sense of inner strength and stability in facing the ever-changing circumstances of life. Spiritual disciplines such as prayer, concentration, meditation, proper diet, self analysis, exercises and breathing techniques help to create that centered feeling of an inner stability and inner security.

Then we can feel free to allow ourselves to **flow with life**, trusting God, life, others and our own selves; free from the fear of being harmed, overcome or swept off our feet. The greater our connection with our inner security base, the more spontaneous and free we can allow ourselves to be.

Each of us will have to find his own way of connecting himself to the spiritual rock within him, so that he may adjust and cope in a more relaxed way with the ever changing situations and tests of life.

Be disciplined and flow.



PROTECTING OUR SPIRITUAL SAPLING

When we plant a young tree sapling, we need to protect it from the various dangers to its safe survival. One danger is the lack of water. We need to see that it is watered frequently, until it is able to establish its roots deeply into the earth, insuring for itself a steady supply of water, regardless of external conditions.

In the same way we need to protect our new born spiritual self from drying up because of a lack of spiritual sustenance. We can do this by keeping company with spiritually oriented persons through seminars and group gatherings for spiritual discussion, chanting, meditation or prayer. We can also water our inner spiritual sapling through daily prayer, meditation and reading of spiritual texts.

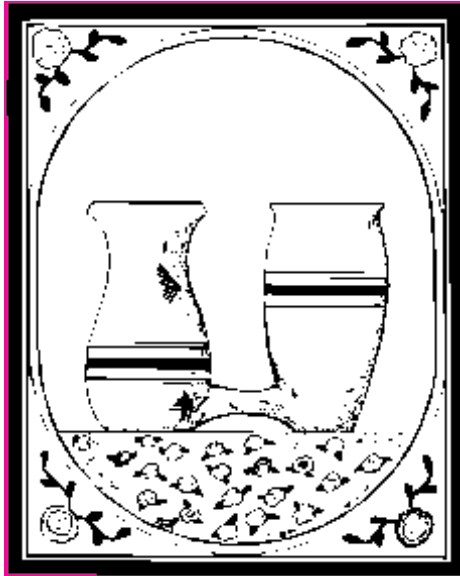
Another danger is that it might be eaten by passing goats. Thus we must erect a temporary fence around the sapling, preventing the goats from eating its tender leaves and shoots. Eventually when the tree has grown larger and its leaves have risen above the level which the goats can reach, we can remove the fence without fear of there being any harm to the tree.

Now the tree is not only no longer vulnerable, but it can offer protection to the goats from the hot sun or the rain or snow. The goats now benefit from the tree.

In the same way we must, in the beginning of our spiritual growth process, protect ourselves from company and contacts with people who are not spiritually oriented, so that we can have the opportunity to develop our inner faith and discipline. (This does not include, of course, our immediate family, whom we have incarnated to serve and love. Nor does it include people who need our help. It does include superficial social and professional contacts).

By avoiding those who are negative towards spiritual values, and keeping company with those who embrace those values, we gradually strengthen our spiritual sapling into a full grown tree, which no longer needs any such protection. We can have contact with all types of negative influences without losing our center. Now, like the large tree, we can offer comfort, love and wisdom even to those who previously would have caused us to lose our spiritual center.

Analyze whether you are a sapling, or a tree, and act accordingly.



CONNECTED CONTAINERS

Communication between people with close emotional contact such as lovers, parents, children or members of the same family, is very much like the flow of water in two containers connected on their lower half. When the water level in one container is pressured downwards it will naturally rise in the other container.

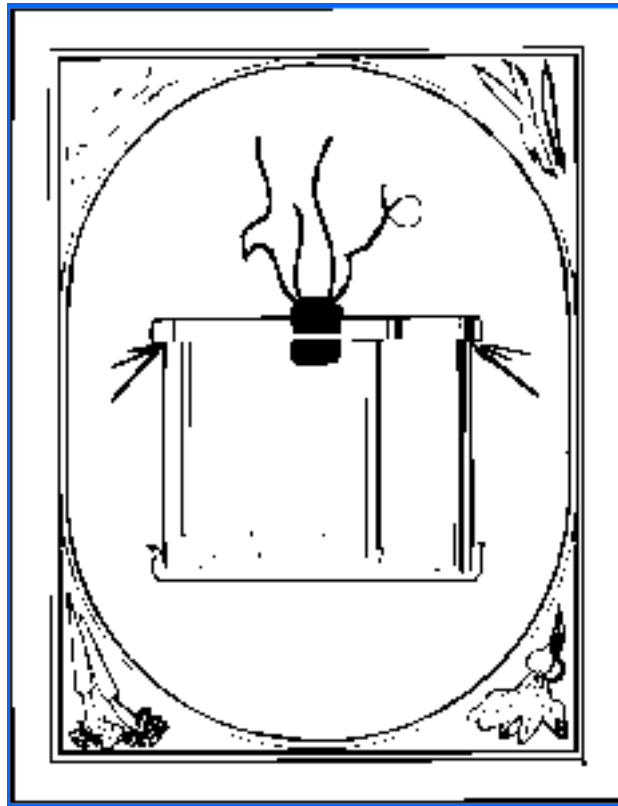
Thus when emotionally close persons suppress their emotions or needs, these feelings generally are increased in the others, without either of them discussing or otherwise communicating about this openly. Thus when one suppresses his fear, the other feels more fear. When one suppresses his desires, the desire level in the other becomes accentuated. When one suppresses his anger, or resentment, then the other finds himself expressing anger and resentment for both of them.

For example, a woman who suppresses her anger may find herself receiving even more aggressive behavior from her husband, because he is receiving her suppressed anger through the bottom half of their communicating containers. She may feel like an abused victim, but in fact it is her own suppressed negativity, which is coming back to her through him.

This is why it is so important for people to express their feelings and needs clearly and openly, so that they can be discussed and solutions can be found. When emotions are communicated in nonverbal and unconscious ways, through these connected containers, then little can be done to find solutions.

You may at times try to avoid problems by not expressing your feelings or needs. You are in fact, however, creating many more problems, which can never be solved, because there is no means of real communication. Your feelings will be passed on to the other whether you express them with words or not. So it is much better to express them with words and actions as clearly and as lovingly is possible.

**Communication is the only way of finding real solutions
to the problems between people.**



THE PRESSURE COOKER

Each person is like a pressure cooker with its cap on. As long as the cap is on no one can know how much pressure is built up inside him. Very often not even he himself is aware of how much pressure has built up in his system until it explodes the top off or starts to seep out of some weaker points in this «cooker».

This release of pressure may take occur as an illness (psychosomatic of course, but even at times in the form of an «accident» which to the untrained mind seems to be an event which is caused by some external force and which has nothing to do with the pressure building up in that person). Or the pressure may become released through various pains, such as headaches, stomach aches, ulcers, colitis or a breathing problems such as asthma or allergies or even as cancer, or heart problems.

In others, the pressure flows out emotionally perhaps in the form of a depression, perhaps through complaining, crying, criticizing, rejecting, or perhaps through anger, aggressiveness, violence or in general an antagonistic behavior.

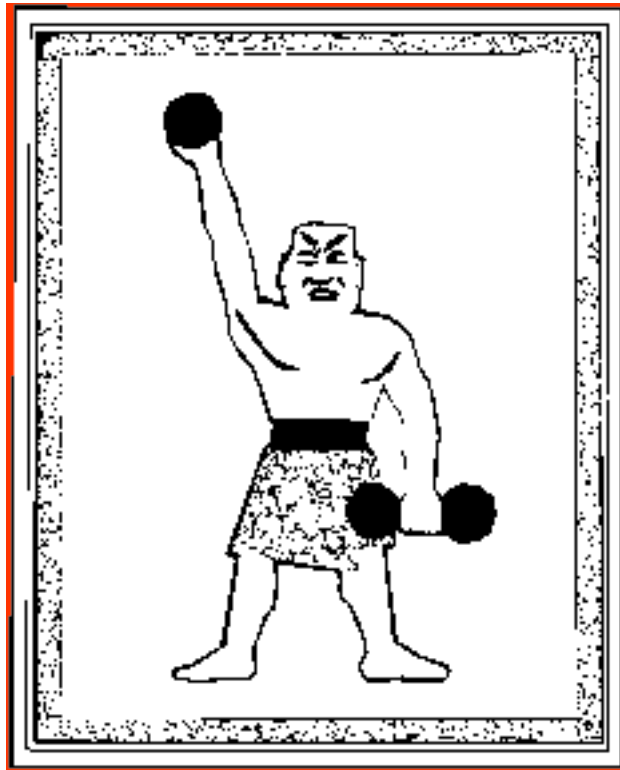
Many manage to keep the cap on for many years so that they do not have to deal with the unpleasantness of facing and working with the «pressure». Some keep the cap on through overeating, others by drinking plenty of alcohol, or taking tranquilizers or other drugs, or watching television, or going regularly to the movies, reading one book after the other, smoking one cigarette after the other, or by never ever being alone, but always with others, or by working continuously, and **not ever leaving free time to look inward** etc. In other words we manage

to avoid confronting our inner «pressure» by keeping our awareness either **dulled** or continuously **focused outward** on something else.

If you have the courage and want to see the truth concerning your self, designate a time every day in which for 20 to 60 minutes you will look into yourself and learn about your real Self in various ways; with exercises, breathing techniques, deep relaxation, prayer, meditation, self analysis and in any other way which helps you create a healthy more intimate contact with your inner self.

When you do start to employ such techniques, be careful not to overdo it at first, with excessive enthusiasm. Just as damage may be done when by taking the cap off the pressure cooker when there is much pressure built up within, in the same way we may do harm to our selves by overdoing such techniques in the beginning. Touch the cap on a regular basis letting the steam out daily and slowly. Thus the pressure will be reduced to the level where you can take the cap off completely and open up the vessel with no danger to anyone.

Start releasing your pressure today.



SPIRITUAL WEIGHT LIFTING

When we want to strengthen our muscles we lift weights. During this process of weight lifting our muscles strengthen, in response to the need to cope with the strain, which is put on them. However, if we increase the weight, or the number of repetitions abruptly, we not only will not strengthen our muscles but we will seriously damage them.

If we do not lift any objects at all, however, our muscles will atrophy. If we lift too much they will be damaged. If we lift the same weight everyday, they will remain at their present strength without any improvement.

The same holds true for our emotional, mental and spiritual muscles. If we continually avoid facing problems by hiding from them, or ignoring them, or by seeking external and superficial solutions such as tranquilizers, drugs or other external security blankets, then our emotional, mental and spiritual muscles will atrophy daily. We will become weak, fearful and dependent with a poor self-image. This leads to an ever accelerating vicious circle of weakness, fear and dependency.

On the other hand, if we suddenly try to throw away every external support, we may fail so painfully that we shall fear trying again. This may then support our basic belief that we cannot make it on our own, that we are not strong enough. Of course this is not true. That would be like saying that, because we fell the first time we tried to walk, we would never be able to walk.

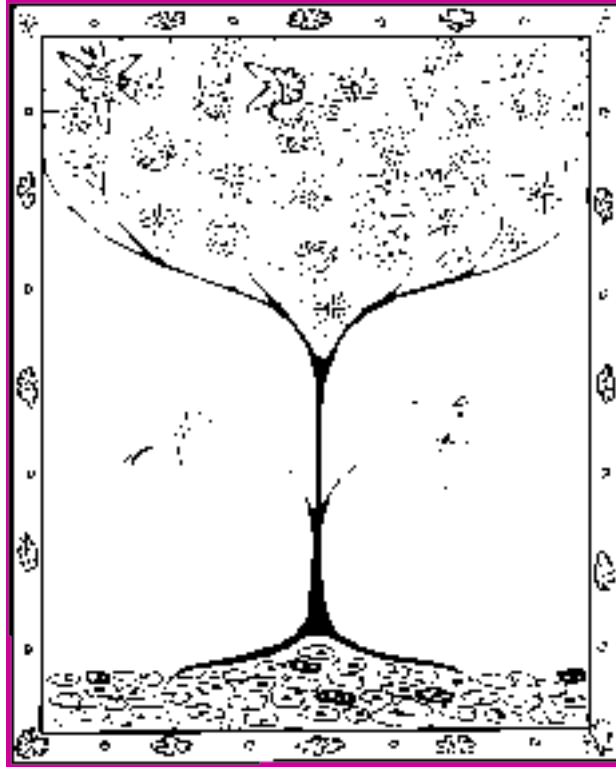
The solution then is to choose our weights correctly. We must continuously choose new goals of self sufficiency, developing our inner strength gradually. Life itself offers us from moment to moment the opportunities which we need in order to grow. We need only to respond to these

opportunities. We do not need to look for problems or difficulties. We can, however, examine our lives to check for problems which we have been hiding or avoiding. We can start working on these.

Also very important for weight lifting is **regular practice**. In our case this means daily exercise of the body, breath and mind.

Daily meditation, self analysis, and other mind strengthening techniques, are an absolute for those who would like to eventually lift the heavier spiritual weights on the spiritual path.

PRACTICE.



THE WISH- FULFILLING TREE

Once a weary traveler was looking for a place to rest. He spotted a tree which offered shade and went to lie down under it. As it was a hot day, the desire for a cool drink entered his mind. As soon as the desire took form in his mind, a tall glass of cool, sweet, fruit juice appeared out of nowhere. He took it gladly and drank of it. Then he thought, how nice it would be to have my soft bed here. Immediately he found his bed underneath him. «How wonderful», he thought, «now how much more enjoyable this would all be if my wife was here to enjoy with me». Immediately his wife appeared before him.

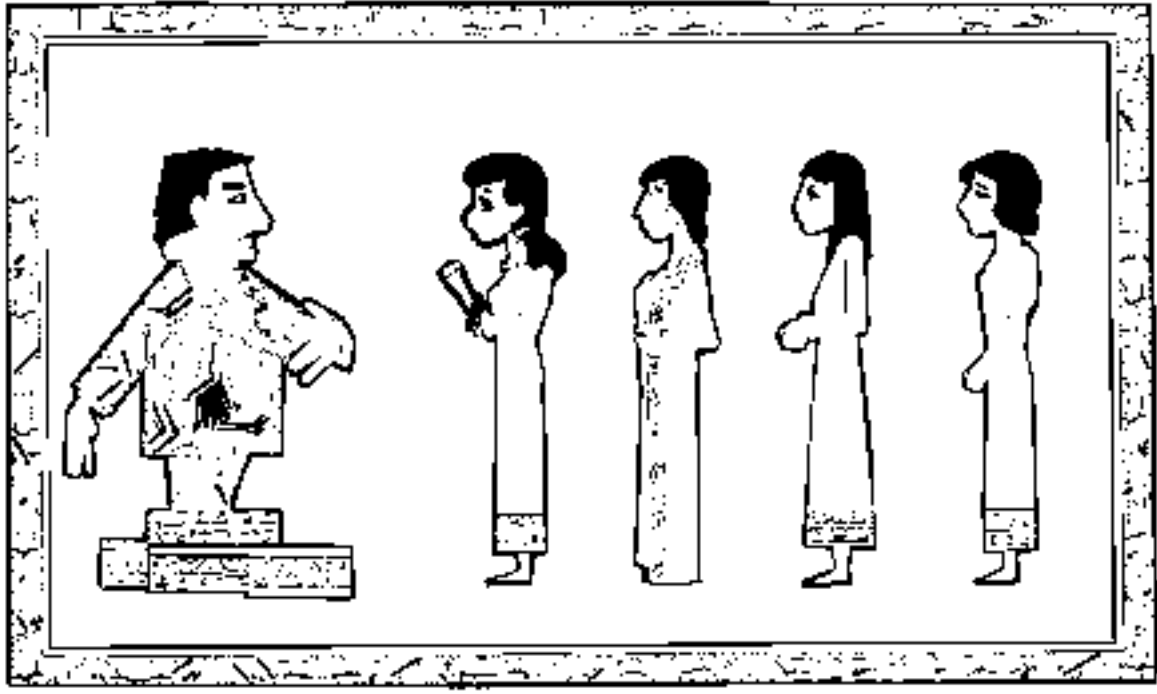
But upon seeing his wife, he became afraid, as he was not sure if this was really his wife, or some demon which had taken her form. As soon as this thought came into his mind, his wife turned into a demon. Then his mind feared, «this demon may now devour me». And of course his thought came true, the demon pounced on him and devoured him.

The wish-fulfilling tree is **life itself**. Sooner or later our desires and thoughts manifest into physical reality. The fulfillment of one desire does not create satisfaction, but rather simply gives birth to the next one. In this way these desires then create our manifested reality. Beliefs and emotions, especially fear and guilt, also quicken our powerful mental energies into external realities. Thus **whatever we desire, believe or fear eventually become manifest in our lives**. Eventually, through our involvement in desires and fears, we are devoured by the material world itself.

Our desires, beliefs and fears guide our thoughts and emotions in specific directions and these then form our personal reality. If we want to have a more healthy, harmonious, and happy reality, we have to guard carefully the doors of the mind, and allow only those thoughts into our minds, which we would like to become manifest in our lives. Desires which we see as not so wholesome for us, or fears, or negative thoughts ,which we would not like to become realities, are best not to be allowed into the mind.

On the other hand we can cultivate happy, healthy, positive thoughts, so that these may become manifest in the wish-fulfilling tree of life.

WHAT WOULD YOU WISH FOR?



THE WEALTHY MERCHANT

Once there was a wealthy merchant who had four wives. He went on a business trip and some days before returning, sent a note to each of his wives that they should inform him of what they wanted him to bring to each of them.

The fourth, or youngest, wife wrote that she would like whatever nice clothing, perfume or jewelry might be available in that place. The third wife, who was frequently ill, asked him to bring any medicine, which might possibly help cure her illness and restore her good health.

The second wife was very interested in knowledge about the world. She asked for books on the sciences, metaphysics, and the occult etc. The first wife, who was the oldest, had lost interest in the ephemeral wishes expressed by other wives, and simply wrote, «My dear husband, I do not desire anything but your safe return to me and your continuous presence beside me».

The merchant returned to his wives carrying what they wished for. Dresses and jewelry for the youngest. Medicines for the second. Books for the third. And since the first wife asked only for him, he went to live with her, giving her himself.

When the other wives complained that he was visiting them infrequently and living with his first wife only, he calmly explained to them that he had simply responded to each according to her desires.

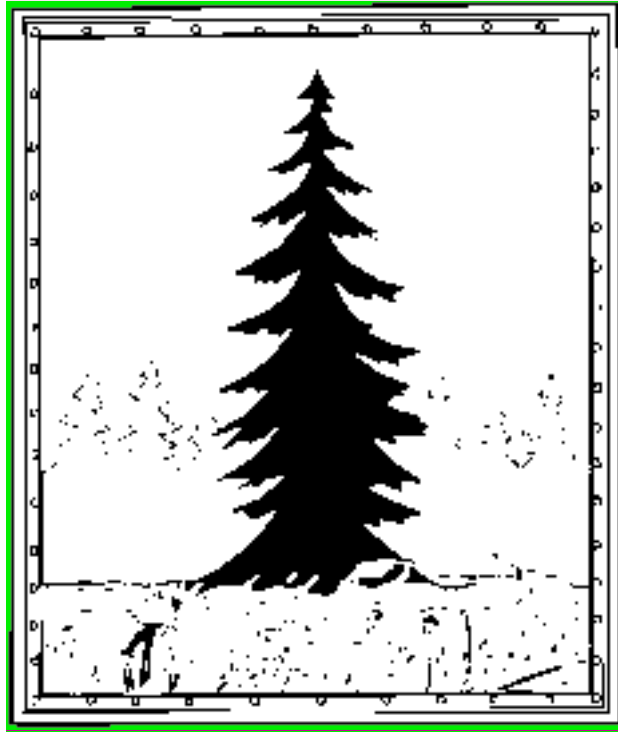
This story demonstrates the four types of devotees of God, their respective motives and the corresponding results. There are those who pray to God for help in their business, for marrying off their children, for help in having a comfortable and “successful” life. Then there are those who

pray for help in curing an illness, or overcoming some problems. In the third category are those who desire knowledge of the material world.

Lastly there are those who want only union with God. They want to be liberated from the feeling of separateness, and experience the continued presence of God within them, and in all beings and events around them.

We get what we ask for.

Which wife are you?



NATURE IS THE BEST TEACHER

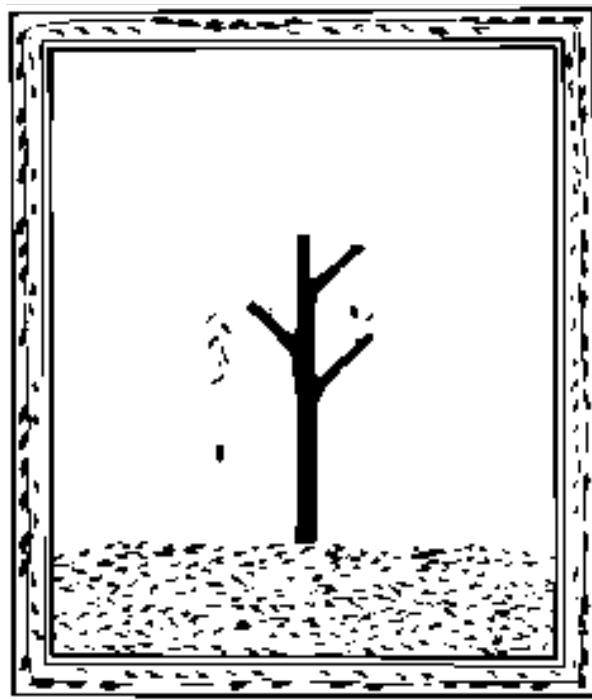
We can learn much from observing the wisdom of nature. There is a saying «As above, so below», meaning that the same laws are functioning on all levels of creation. Thus we might also assume that the laws, which we observe in nature, are the same laws which are functioning within us human beings.

You will notice that in hot dry climates trees with deep roots are full of life and vitality, whereas all the grasses and small plants around them were dried up and dead during the dry season. It became obvious that the trees were able to continue existing because their roots went deeper into the earth, and were able to draw up all the water they needed to survive and flourish. The plants and small shrubs, however, do not have roots deep enough to enable them to reach the life - giving water.

The same is true with human beings. Those who think deeply, and have deep faith in themselves and God, can survive the various crises and difficulties in life. Those who think only superficially and have no faith, can flourish, like the grass, only when they have the right external conditions. When times get difficult, however, they begin to lose their courage and are overcome by their problems.

Thus we have everything to gain by digging more deeply into ourselves to discover our inner springs of strength, security, love, peace and power.

Then we will be much more able to face the various tests in life.



PRUNING THE GARDEN OF YOUR SOUL

At certain times of the year many of us go out into our garden in order to prune dead or extraneous branches from our shrubs, plants and trees. Why do we do this? We do this for a number of reasons. One is that we know that, if we do not remove these dead or less healthy parts of the plant, then it will more easily be affected by various fungi and plant diseases. We also understand that the plant has only so much energy, depending on the amount of sunlight, water and minerals that it has available to it. For this reason we choose to limit the growth of the plant in certain directions so that it will **grow in the directions we choose**, in order to produce more flowers and fruit rather than leaves. We also add manure to the soil so as to give the plant more life energy.

As souls we are responsible for the garden of our body and mind. If we allow various useless parts of our selves to remain within us, they will leave us more vulnerable to disease and problems. These may be toxins, which accumulate in the body, or old habit patterns, or ways of thinking. These can be “pruned”.

If we do not prune our movements in many and various directions, then much energy will be wasted on activities which have little to do with our soul desires and goals. The soul wants peace, love and spiritual growth. If the body and mind are extending themselves in other directions, seeking sensual pleasure and ego satisfaction, then there will be little time or energy for producing the flowers and fruits of spiritual life.

By removing the old and useless from our lives, new undiscovered talents and experiences, which lie latent within us, will blossom forth. Thus, as souls, we can begin to look carefully at the garden of our body and mind, and remove the unnecessary habits and activities, which waste our time, thought and energy and prevent us from flowering into beautiful spiritual beings.

WHAT NEEDS PRUNING IN YOUR GARDEN?



THE DISSATISFIED STUDENT

Once there was a spiritual aspirant who was not satisfied by the techniques which his teacher had given him. He went to the teacher and complained, « I have been practicing these techniques for ten years now and I am not yet enlightened. You must teach me something else so that I can proceed more quickly».

The teacher smiled calmly and told him to come with him to the river. The student was excited, because now he would be taught the “technique” which would enlighten him.

When they arrived the teacher said, «Now I want you to put your face very close to the water and look deep into the river». When the student did this, the teacher placed both of his hands on the student's head and submerged it into the water, holding it under the water for almost a minute. The student struggled to be released but the teacher's grasp was firm.

Finally, at the last moment, the teacher released the student's head and he came up gasping for air. The student looked wildly at the teacher wondering why he had done this. With the same calm smile the teacher asked, «What were you thinking about down there?»

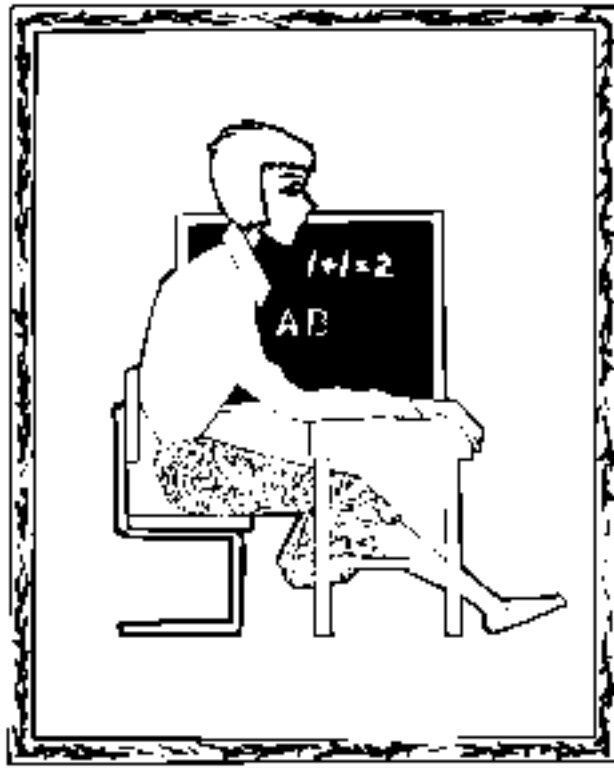
The student blurted out, «About getting free, of course, so that I could breath».

The teacher asked, «you had no other thoughts? No other desires?»

«No», answered the student, «how could I, I just wanted desperately to get free, to live».

«Yes», answered the teacher, «you see, when you desire enlightenment this desperately, and have no other desires, then you will become enlightened».

From this story, we understand that our growth is not dependent upon the techniques we use, or system which we follow, but upon the degree of our desire to really free our selves from our ignorance and limitations.



THE FIRST GRADER

Many people believe that they must be dissatisfied with themselves, or that they must reject themselves, or feel guilt in order to have a motive for self-improvement or growth. They wonder, «If I accept and love myself as I am, what motive will I have for continuing to change, to grow or improve?»

Perhaps the example of the child in grade school will help us to understand that this is not true. No child in the first grades of grade school rejects himself because he is not in a higher grade, or because he does not know as much, or is not as capable as those children in the higher grades. He accept himself as he is, and is happy with himself and his present abilities and knowledge.

Yet no child would accept remaining in the same grade next year, or year after year. There is no conflict in him between **accepting**, and feeling comfortable with his temporarily limited abilities and lower grade, and his **need to continue growing**. It is natural both to accept and love himself at his present stage of education and simultaneously to attend to his learning and growth process, so that next year he is able to do even more and be an even more perfect and capable person.

Growth is a natural instinct, a natural need. It has been discovered by scientists that when a person learns something new, this creates the excretion of endomorphins and other positively reinforcing chemicals in the brain. Learning brings pleasure, when it is natural and from within, and not connected to fear of rejection and failure.

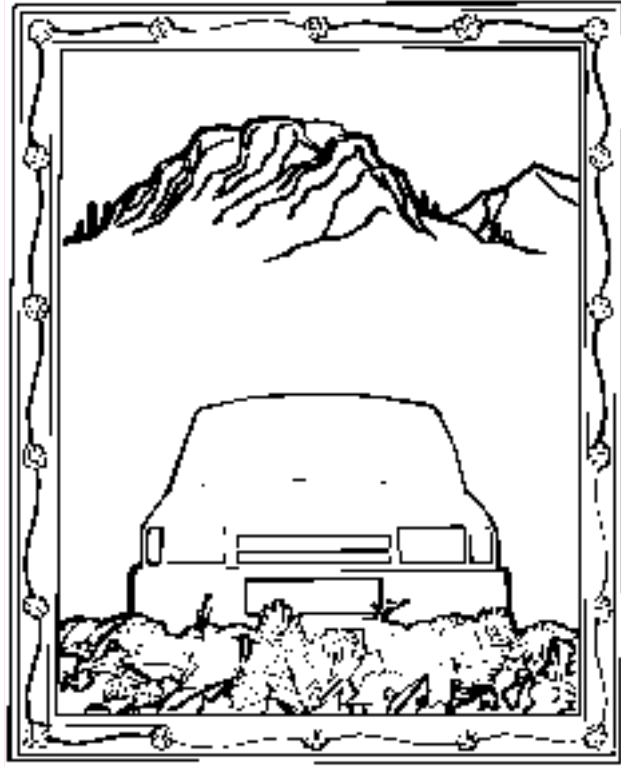
But there are yet other motives for action and growth, and these are **love** and the need for **creativity**. Man needs to give love and to create, just as he needs to sleep and eat. There are basic needs, even if they are higher on the need-hierarchy scale. Thus, even if one does not have self

rejection or dissatisfaction as a motivating force, he will always have love and creativity as motivating forces to grow, create and produce.

So feel free to grow in a natural way.

Feel free to love and accept yourself as you are.

We are all in the first grade of the school of spiritual growth.



THE CAR AND THE DRIVER

The relationship between the car and its driver helps us to understand the relationship between the body and the soul.

The chassis of the car is man's body. The engine is his energy body, the system for the production and distribution of energy. The steering wheel is the mind, which guides the car. The driver is the higher mind which is also called the higher intellect, or if you like, the soul. The owner who sits in the back is the spirit who does not get involved at all in the driving. He is responsible for the existence of the car, but is not involved with the details of the journey. That is the work of the higher intellect.

The problem is that, in most cases, the higher intellect is dormant, asleep at the wheel, the car is being directed by the ordinary mind, which is unfortunately controlled by the senses which lead it here and there with no purpose in life. Thus, most people are like cars which move in circles, with the steering wheel (mind) stuck in one direction. They are lost in what we call vicious circles, which do not bring them happiness. They are getting nowhere.

Many are heading for a crash with a wall (a fated event which is the result of how they are living), but the higher intellect is not developed enough to take the wheel and change its directions.

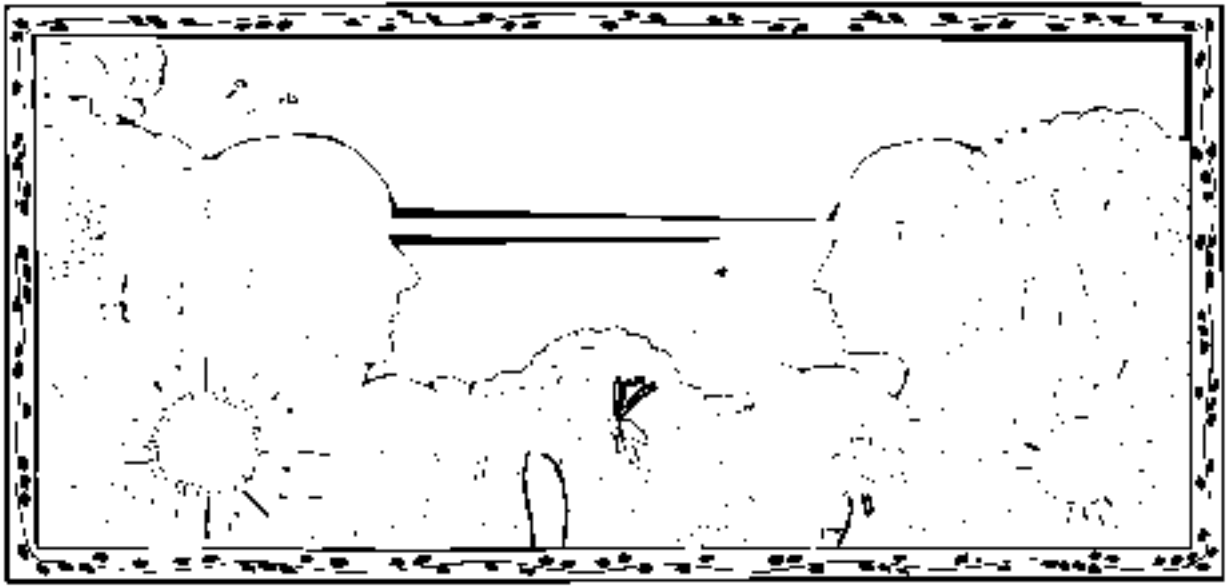
We are lost in habitual patterns of behavior in which we eat, act and think in programmed ways, which are causing unpleasant results in our lives, but we do not have the strength to take a hold of the wheel and change our direction and our life.

The goal of life is to **awaken** this higher intellect so that it can guide our lives. We need to develop **discrimination** and clarity of thought, in order to see clearly the road we are on and the one we want to get on. We also need to have **will power** so as to have the strength to make the change.

The higher intellect can be developed through various disciplines, such as self analysis, exercises for the body and mind, prayer, meditation, fasting and study of spiritual truths as well as serving others selflessly.

How is your car moving along?

Is your higher intellect at the wheel or is the steering wheel (mind) unattended to, moving in random directions?



DEVELOP LASER POWER

The common mind is like a 60 watt light bulb. It gives off a pleasant, not very powerful light, which is able to light up a small room, so that we can see well enough to function. Its light is confined to the small room and does not penetrate the walls to light up what is behind them. Nor can it sufficiently light up a larger room.

Our mind is like a 60 watt light bulb whose, light is pretty much confined to the small room called our superficial, personal, conscious reality. It does not have the power to penetrate to the depths of things, beyond social preconceptions and misconceptions. It is limited by childhood programming and automatic emotional mechanisms, which keep the mind on the surface of things - superficial.

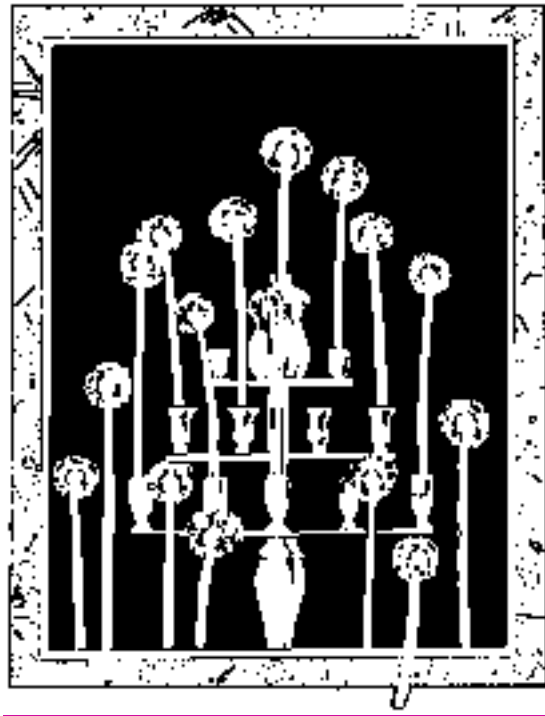
The light of the 60 watt bulb is scattered in many directions and radiates at many different wave lengths and frequencies. If we could take this 60 watts and direct all the energy in the same direction and make all the rays move at the same frequency, we would have a laser which could burn a hole through the wall (of illusion) and expose the reality behind it.

Meditation is the process by which we can turn our 60 watt ordinary mind into a laser mind, which will then be able to penetrate to the source of problems and solve them easily. It will be able to burn through the veil of childhood programming and help us to see the truth about ourselves, others and the world around us.

Twenty minutes a day is not much of an investment for obtaining a laser mind, whose clarity and power can offer you a happier, more fulfilling life, as well as spiritual evolution and finally enlightenment.

It's your choice. Even if you had all the money in the world you could not buy such a laser, nor can you steal it. Nor can anyone else build it for you.

Only you can build it in your own mind.



THE FLAME OF RESURRECTION

It's a few minutes before midnight on the eve of the resurrection. It is the Greek Orthodox Liturgy. The lights in the church go out. There is darkness. The darkness of ignorance, of sleep, of the moment before creation, before the coming of the light.

And, suddenly, there it is. The **Self-Creating Light** which manifests itself out of the darkness, out of the unmanifest. It comes forth shining alone in the darkness. From emptiness has come forth the **ONE**, the absolute.

And the miracle, the mystery happens. Creation takes place. The one becomes two and four, eight, sixteen as the parishers come to light their candles from the one light held by the priest, and soon the church is illuminescent with hundreds of flames, all which have come from, and are one in the same with the original self-igniting Flame, which came from behind the altar. No matter how many flames are lit from that one flame, it is never diminished in any way, it remains as its own original self. In the same way, all of creation comes forth from the one God and He is not diminished in any way, just as eternity is never depleted no matter how much time passes.

The same flame, the same life essence, the same divine power exists in all the flames. They are candles of various sizes, colors and forms, with various types of decorations, but they all contain the same flame. They have all come from the same source and are sustained by the same power, the power of the Original Flame, the **Logos** (the Word).

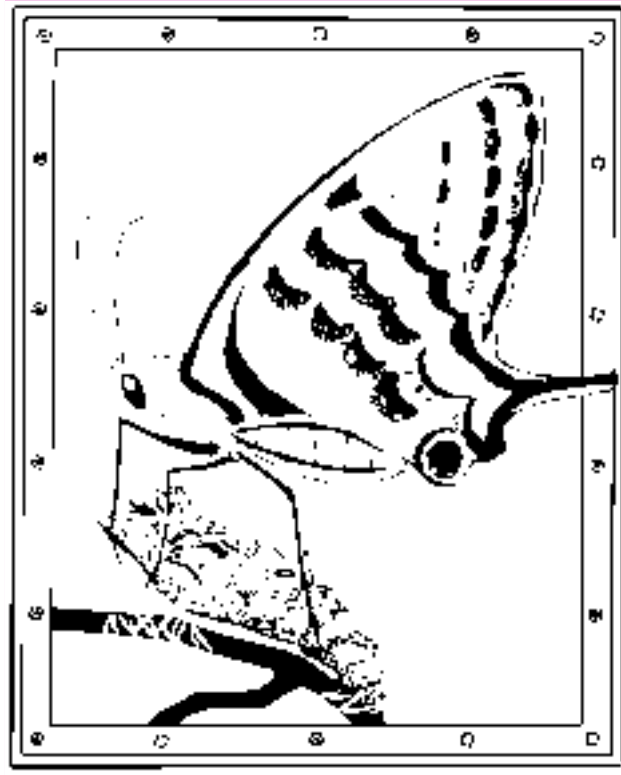
In the same way each of us is a body containing that same spiritual essence, which was once the **ONE GOD** and is now the many forms of beings occupying the earth. We seem different on the outside. We have differences in our bodies, appearance, size, color, religion, beliefs, nationalities,

characters, social class etc. But these are of little significance in relationship to our flame, our light, our CHRIST CONSCIOUSNESS, which is our basic reality.

If we try to put two candles together and make them become one, it is impossible. Two objects can not occupy the same space at the same time. But if we tilt one towards the other, their flames can become one flame. Our bodies and characters can never find perfect and lasting unity, but our spirits, our inner consciousness can.

We can, and must, become **one in spirit**. All those separate flames must once again become unified into one FLAME.

**That is called reunion with God;
unifying spiritually with all his children,
through LOVE.**



THE CATERPILLAR AND THE BUTTERFLY

Some people criticize the individual, who retreats into himself feeling the need to search inwardly and practice spiritual discipline, as ego-centered and anti-social. What they must understand is that for many this is the road to **real selflessness**, which allows for real service to society.

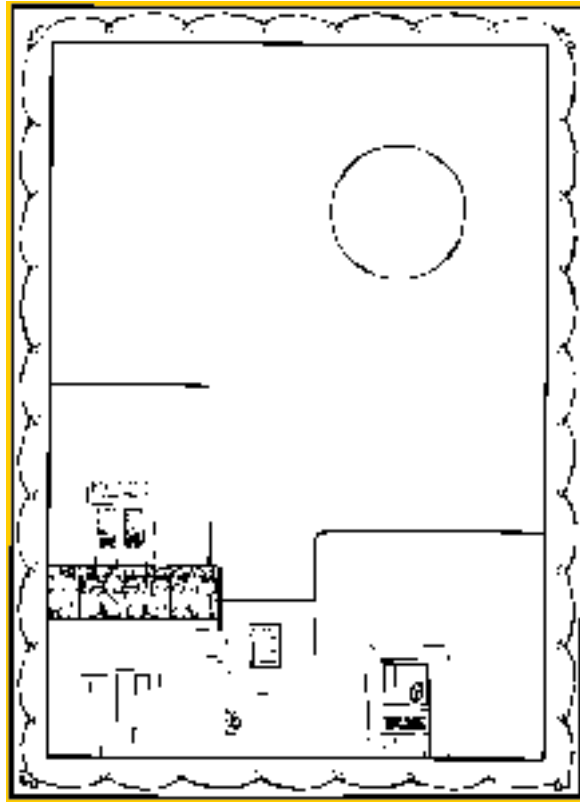
As long as an individual has not found his inner center of strength, security, values, beliefs and life motivation, he will remain a mechanical robot who has little to offer to those around him. He will need to take from society. He is social because of his **need to take**, not because of his **ability to give**.

The caterpillar lives a life of taking. He eats and eats all day long and doesn't offer much to the world around him. Then he closes himself into a cocoon and is transformed from an earth bound, not very attractive, being into a beautiful butterfly, which eats little and gives much beauty and happiness through its appearance and movement.

In the same way, people on the spiritual path reduce their external activities and temporarily close themselves into a cocoon of spiritual practices, so as to get in touch with their inner self. Then they eventually come out of this transformational stage with wonderful qualities such as peace, love and wisdom to offer to those around them.

**At what stage are you,
a caterpillar who is taking refuge in the cocoon,
or the butterfly?**

**Without the cocoon stage of inner work,
it is unlikely that you can have become a Butterfly.**



THE SUN SHINES EQUALLY ON ALL

The sun does not discriminate. It does not look to see whether it is shining on a poor person or a rich one. It shines equally on the saint and the sinner, on the «socially important» and the «social outcast», on the employer and the employee, on men and on women, on the old and young, on the genius and the mentally handicapped, on the fearful and fearless, on the educated and uneducated, on Blacks, Whites, Orientals and Red skinned, on Christians, Hindus, Buddhists, Moslems and Jews, on capitalists, socialists and communists, on the productive and creative and the lazy and uncreative, on the happy and unhappy; on men, animals, plants, insects, microbes, minerals, gas and liquid.

The sun offers its life supporting rays to all who come out to enjoy its blessings. It judges no one and withholds itself from no one. Its love for all beings is universal and unconditional.

Thus is God's Love for all beings. It cannot diminish for any of us, no matter what we do or not do. We have the mistaken conception that God will love us more or less, or reward us, or punish us, because of certain types of behavior. This cannot be true, because God's love is **unconditional** and **universal** and, thus, **permanently available** to us.

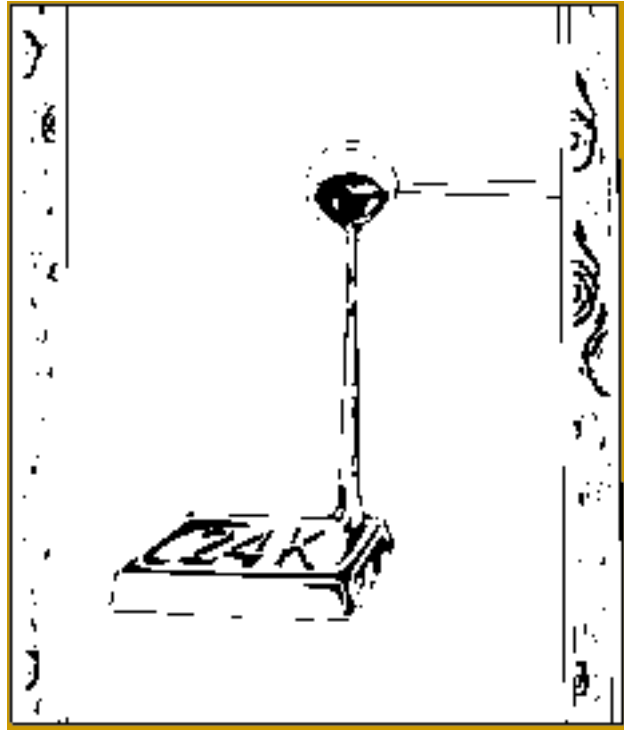
The difficult events which occur to us in life are not God's punishment, but simply a natural consequence of the way in which we have thought and acted until this present moment. This is a natural law, just as gravity is a natural law and not a form of punishment.

It is our free choice, however, to come out of the shade of our ego and our veil of illusions and misconceptions about ourselves, God and life, so as to receive the full blessings of these spiritual rays.

Thus the question is not whether God loves us. That is unchangeable. The question is whether we love God, whether we love our selves and whether we love others. When we love ourselves, God and others, we are permanently free from the shadow of ignorance and separation, which clouds our perception. Then we experience the unceasing flow of divine blessing in our lives. We are continually in the “spiritual sunlight”. Even when we pass through difficult times we can feel that presence and we do not loose faith.

**Let us too develop this type of love towards our fellow man,
regardless of his various characteristics or behavior.**

Only then will we be really free.



PURIFYING GOLD

Love is a word used in many contexts. It can mean anything from lust, desire or attachment, to romantic love, or the highest Spiritual Love.

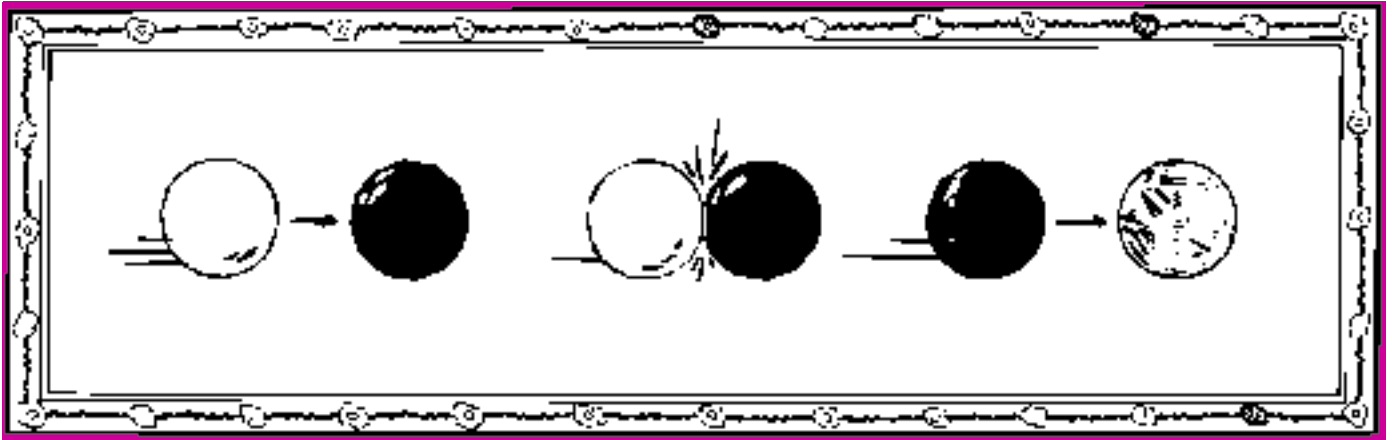
The purity of our love can be measured by the happiness it brings us. When we suffer because of our so called «Love» this means that it is not yet pure. It is mixed with ignorance, need, attachment, fear, lust, expectation, dependency or other mental states. These are always the real causes of our suffering when we «love».

Love then is like the gold ore, which is dug up from the earth. It is mixed with other minerals. We need to heat it up and melt it so that we can separate it from the other unwanted substances.

Our relationships with people close to us are the fires, which help us to purify our love. Every time we feel hurt, anger, fear, resentment, bitterness, hate, jealousy, disillusionment or any other negative feeling, it is because our love is mixed with expectation, dependency, need, attachment or fear. The negative feelings which are generated are an excellent incentive for us to analyze our selves and discover what our attachment is and get free from it. Then we can love a little more purely. Our gold is now a little purer.

**When our love is pure and
there is spiritual awareness
of our true selves,
there can be no suffering.**

**This is the purpose of life;
purifying and perfecting our love.**



THE BILLIARD BALLS

The effect which a billiard ball has on the ball which it hits is very similar to the effect which one incarnation has on the next. The first billiard ball has a certain momentum and direction. This momentum and direction are transferred to the billiard ball, which is hit, and determine the momentum and direction which the second ball will have. And when this second ball hits a third, the movement of the third will be a function of the second.

This same relationship exists between the various incarnations of the soul. Each personality in that series of incarnations is like a billiard ball. The momentum and direction of each incarnation are a function of the tendencies, interests, habits, beliefs, attachments, fears, expectations, emotions, talents and values which characterize the previous personality. This physical-emotional-mental attitude are transferred to the next body, which moves on in a direction and in a manner dictated by the tendencies of the previous incarnation.

In this way, our character and tendencies continue, after the death of this physical body, and are manifested in the next «psychosomatic instrument», which is created by the soul. Thus just as we do not change while sleeping, neither do we change between lives. The potential for change and self transformation exists only while we are incarnated. The purpose of our lives is to see the direction in which we are moving and determine whether we really want to move in that direction. If not, then we would do well to change our direction now.

The only power to create a new life is in the present.

Death will bring no changes.



THE OCEAN AND THE WAVES

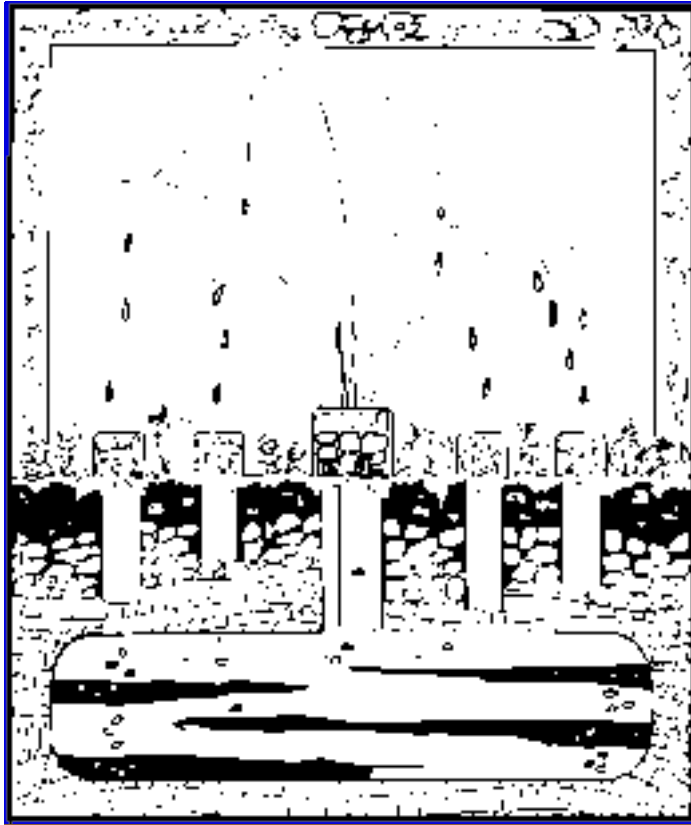
The relationship between the individual and the Universal Soul, the All encompassing Divine Being is similar to the relationship between the wave and the ocean. The wave is a part of the ocean. It is made up of the ocean. It is a temporary form of the ocean which appears on the surface and then disappears and becomes an indistinguishable part of the ocean again.

The individual is a **part** of the Universal being. It is a **temporary form**, which appears, for from a few seconds to a hundred years, on the earth and then disappears into that Divine being again. When man is in his wave form, appearing as a separate being on the Earth level, he gives importance to the “size” of the wave, how “large” it is in relationship to the other waves. He might measure this “size” in terms of money, physical strength, beauty, social or political power, professional position, sexual achievement, spiritual achievement, intellectual ability etc. This human wave, made up of molecules, compares itself to the other waves and fears them, competes with them, envies them, becomes angry with them, falls in love with them, tries to control them. All of this because he sees them as something separate from himself and thus either fears them, desires them or competes with them.

The moment that we realize that we are all temporary parts of One Universal ocean, we will be liberated from all of these emotions and we will be left with feelings of love, unity and bliss.

Each time you see another person or any type of being, remember that he, or she, or it, is simply another wave on the ocean, of which you too are a wave.

Remember also that in actuality there are no waves, there is only the ocean.



THE UNDERGROUND LAKE AND ITS WELLS

The relationship between God and man can be compared to the relationship between an underground lake and various wells which have been dug towards that lake. The lake is God - the divine source of all life. It is the same source of water for all wells. All wells, independent of their appearance and size, receive their water from the same source.

All persons receive their life-giving essence from the same source - God. The problem is that most people have not dug deeply enough within themselves, in order to come into contact with that divine essence, which is at the center of their being. In the example of the wells, this would be as if they were not dug deeply enough, or as if much debris had fallen into them and thus there was at present no real contact with the divine underground lake.

There are periods in history (such as the present) when most wells have dried up, or are filled with debris, and thus virtually none of them have contact with the underground source of water. During such periods of "spiritual drought" the divine lake decides to take the form of a Divine Well. This we call a God-man, such as Jesus the Christ.

With the appearance of this Divine Well it is easier for the other wells to once again taste the sweetness of the essence in the underground divine lake, which they have long forgotten. Through the God-man's love, teachings, miracles and example, the wells are once again stimulated into developing their contact with the underground lake.

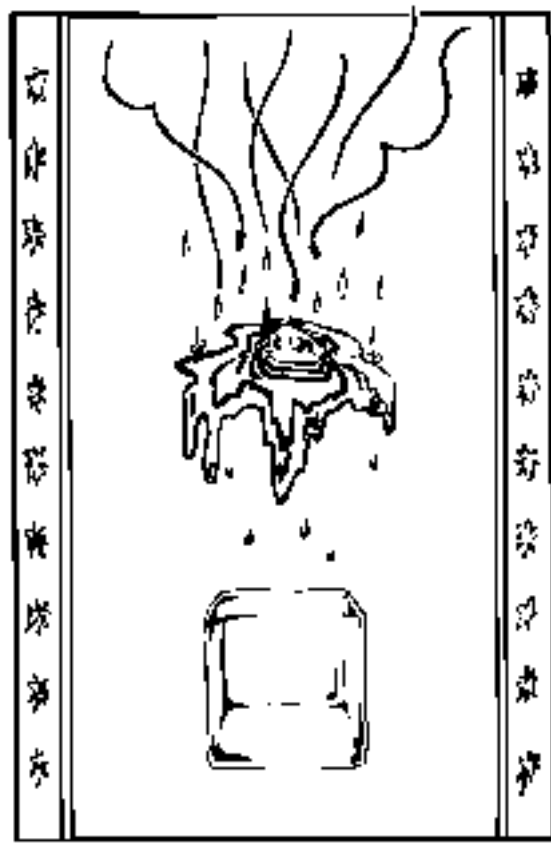
Some do this through love and devotion towards the Divine Well, through worship and service. Others seek to clean out the debris blocking their inner access, and, through self analysis, meditation and philosophy, seek to make direct inner contact with the lake.

It makes no difference what method you use. Most of us find a combination of all methods most successful. Through worship, service, discipline and philosophy we can, once again, establish our contact with the underground Divine Lake which is the source of our Life Essence.

Once we have done so, the next step is to pump that divine essence up to the surface and share it with others, through positive and nurturing thoughts, words and actions, which beautify the lives of those around us, just as water beautifies and brings to life the field where it flows.

What kind of well are you?

**How are you going to connect to the Divine Well
in the center of you being?**



ICE _ WATER _ STEAM

The relationship between spirit, mind and body is similar to the relationship between steam, water and ice. All three are phases of the same basic reality. Steam is a loosely bonded gaseous reality made up of molecules with two hydrogen molecules and one oxygen (HO). As this gas cools it condenses into water which is simply the same molecules more closely knit into a liquid. Water is steam which has less freedom of movement, it cannot defy gravity as steam does.

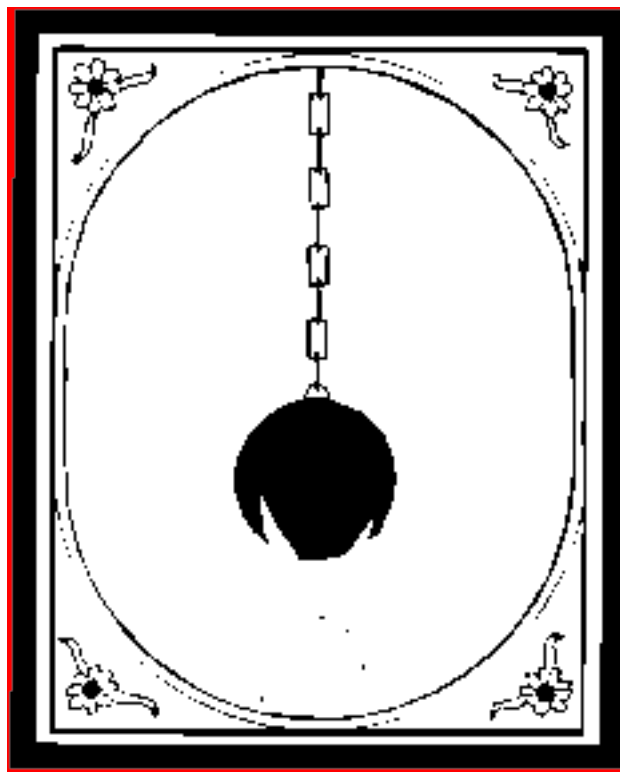
When the water is cooled even more it begins to crystallize and becomes ice, which is made up of the same molecules (HO), but now they are so tightly attached to each other that they cannot move at all in relationship to each other. There is much more rigidity and much less freedom. Ice is water (or steam actually) with less freedom.

In the same way we can imagine that Spirit «condenses» to become mind. That mind is spirit with less freedom of movement. And that our body is “crystallized mind” (or actually then, crystallized spirit) which has much less freedom of expression than the mind or the spirit. The mind then is spirit manifested on the mental level, and the body is spirit manifested on the material level.

Imagine that you have an incredibly large, say infinitely large room full of steam (spirit) which all becomes condensed into water droplets which gather into small pools (minds). Imagine then that there is a freeze and that each small pool freezes and that we have millions of different ice-forms (bodies). Each has a completely different shape, color, and other characteristics. Each piece of ice is unique. It is a unique expression of the specific pool (mind) from which it crystallized.

Yet all the pools and thus all the ice-forms have been condensed from one universal infinitely large cloud of steam. In this way we can understand that all of the forms of all beings are simply manifestations of the One Universal Spirit.

**The next time you are walking down the street,
or riding the bus or in a gathering of people,
look around you and remember
that you and all these other beings are
«condensations» of the same universal spirit.**



HEAT IN THE IRON BALL

An iron ball is heated until it begins to shine a bright red color. The heat is evenly distributed throughout the ball and cannot be distinguished from the ball itself. The heat has taken the **shape** of the ball, but has changed the nature, quality and appearance of the ball.

The iron ball is the body. The heat is the spiritual consciousness, which enters into it upon its manifestation in the physical world. This consciousness is found throughout the body. It takes the shape of the body and seems to be limited by the body. It changes the quality and nature of the body. When the heat leaves the iron ball, it ceases to shine, and appears again as the ordinary dark black matter that it always was. When consciousness leaves the body, it starts to decompose and decay. The body was just the temporary association of atoms and molecules for the formation of a vehicle for use by that consciousness - as an immortal soul - for its earthly expressions.

**Let us not confuse the heat with the iron ball,
or the soul with the body.**

**Their relationship is admittedly intimate,
but surely temporary.**



THE ONE LIGHT

In the center of our diagram there is an ever shining light with no beginning and no end. Encircling this light is a spherical film with an immeasurable number of images. The originally pure-white-undifferentiated light, passing through the film, becomes now differentiated with various colors and forms. These energy-forms then impinge on a spherical screen as billions of images giving the impression of a concrete reality on the outer spherical screen.

The spherical film is the universal causal body, now called by some biologists the “collective morphogenetic field”. Each image on this film is the specific causal body, or archetype, for each species or being. The central white light is God, the Universal creating and sustaining consciousness of the universe.

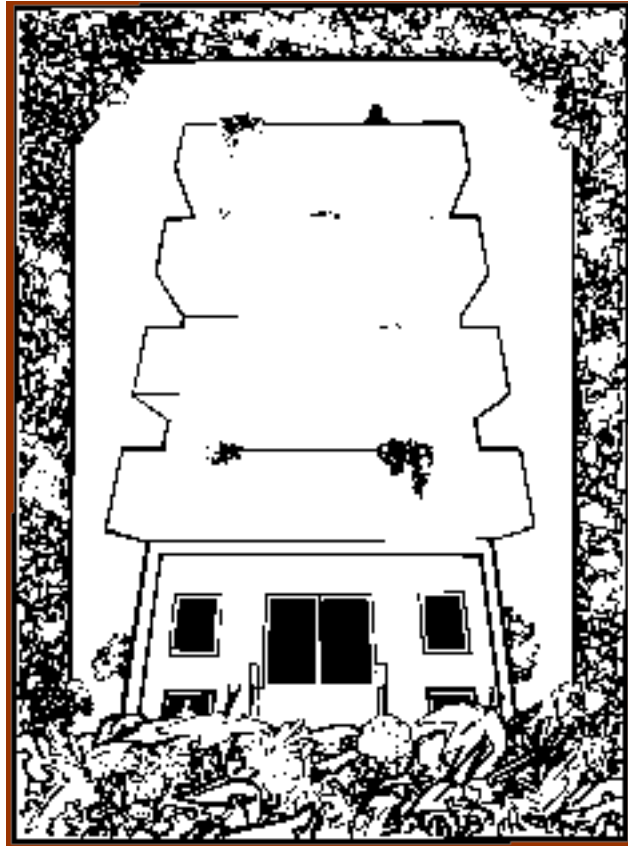
The differentiated light, which has passed through the various film images, is the mental and energy bodies of each species and being. The images which finally appear on the screen are physical bodies, which we encounter in the material reality in which we, as consciousness, are focused.

Thus when we look at another person, animal, plant or even object, we are simply seeing another manifestation of the same light, of which we are also a manifestation.

There is only one universal consciousness behind all beings, objects and situations.

Thus, the same consciousness is expressing itself through the eighty year old wise man and the two year old child, through the elephant and the mosquito, through man and woman, through the genius and the mentally handicapped, through the peaceful and the aggressive, through the saint and the criminal, and through myself and yourself.

**This is a wonderful exercise,
imagining the same universal divine consciousness
in all beings, objects and situations we encounter.
We will then be full of love and peace.**



THE APARTMENT BUILDING

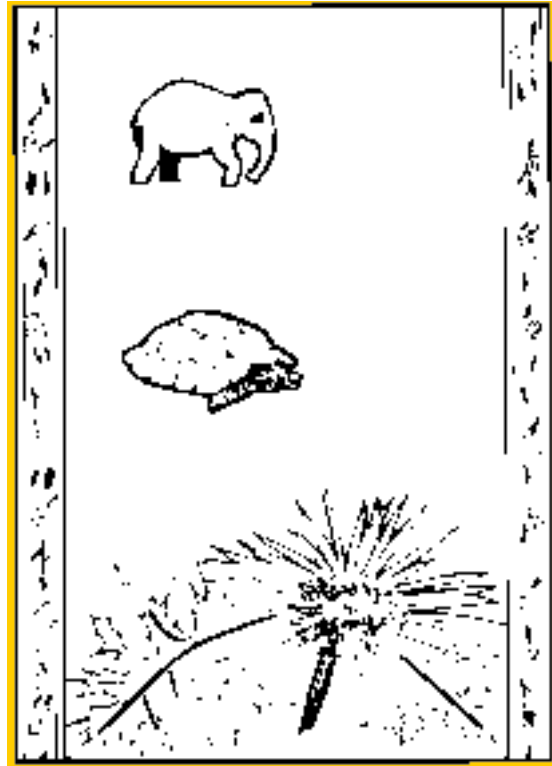
Our perspective of reality is much like looking out from an apartment building. Imagine that you are living in the basement with a very limited view of the street above you. You see only people's feet as they tower above you. You see only the brief scenes which happen just before your window. You see only a portion of most of those scenes. Your perspective of things is quite limited.

After some years you move up to the first floor of the same building. From here you see the same street more clearly. You see more in both directions. You understand more about what is going on. You are seeing the **same** reality but your perspective has improved.

After some years you move up to the second story and then to the third and the fourth. With each movement upward your view is broader, more encompassing. The events, happening on the street (the same events which were dominating your vision in the basement), are much smaller and less significant, less imposing.

After more years of evolution you arrive to the **top** of the building from where you can look out in all directions. You have a much more universal perspective from here. What is happening on the street is no longer so threatening. You see far along the street in both directions and perceive from where people and vehicles are coming from and where they are going. You understand more about their movements and purposes. You understand their presence in front of your building now, in terms of where they are coming from and where they are going, and thus you understand them better.

**On which floor are you now living?
Would you like to see things more clearly? How can you do that?**



THORNS, TURTLES AND ELEPHANTS

We have all heard of Darwin's law of selective evolution and the survival of the fittest. According to the concept of evolution, all beings have developed from some basic primeval cells, which divided and went their different evolutionary ways. There has resulted a wide variety of species of living organisms, each of which has found its own unique way to protect itself, and insure its survival as a species.

One example of a survival defense mechanism is that of **thorns** which many plants have. These thorns protect the beautiful flowers and sweet fruit from possible danger. These thorns say «stay away». Another basic defense system is that of the turtle who hides in his **shell** every time he senses danger. He prefers to hide from the reality around him in the safety of his shell. A third example of successful survival strategy is that of the **great size and overpowering strength** of the elephant. The elephant is a quiet, peaceful vegetarian animal, which does not bother anyone who does not bother him. He is afraid of no one as has no need for thorns or shells to protect him.

We humans also have our **defense mechanisms**. Our concern is not so much physical as emotional survival: not to be emotionally demeaned or hurt. We have many fears and insecurities. We feel vulnerable in an unfriendly and often antagonistic society.

Some of us have emotional defense mechanisms like the thorns of the plant. In order to protect our soft and fragile emotional self, we shout, blame, criticize and speak sarcastically, so as to keep the other at a distance. Thus we feel safe. But what we are really saying with all those thorns is «look at how unhappy I am». Others of us respond to emotional threats by hiding in a shell of «apparent» insensitivity, which we develop around ourselves for protection. But that shell also closes us into our room of loneliness.

A third type of human being feels an **inner strength, inner peace** and **self acceptance**. There is an inner greatness about him which allows him to ignore the insults and attacks of the others, as an elephant ignores a mosquito on his back. He maintains his peaceful large self and does not get involved with the small, petty, emotional ego-games which the others play. He understands and forgives.

What type are you - a cactus, turtle or elephant?



SEX, EROTAS AND LOVE

Love, erotas and sex are like the sea, the wave on the sea and the foam on the wave. **Sex** is like the foam. It appears very fancy and beautiful on top of the wave. It seems quite important but in the end it is just water mixed with a lot of air. Its existence is enticing, stimulating, but, alas, short lived. The feelings of satisfaction and unity, which result, are only temporary, and require frequent repetition, without ever leading to a permanent state of satisfaction and unity.

Erotas is a wave on the sea of love. We fall in love with a **certain** other wave, forgetting that all waves are equally manifestations of the one sea. We focus on that particular wave with great interest, making it the basic source of our happiness, and sometimes, our only reason for living. It is difficult, however, for these feelings to last in their original intensity, and they frequently lead to disillusionment and, sometimes, to negative feelings, as our expectations are not fulfilled.

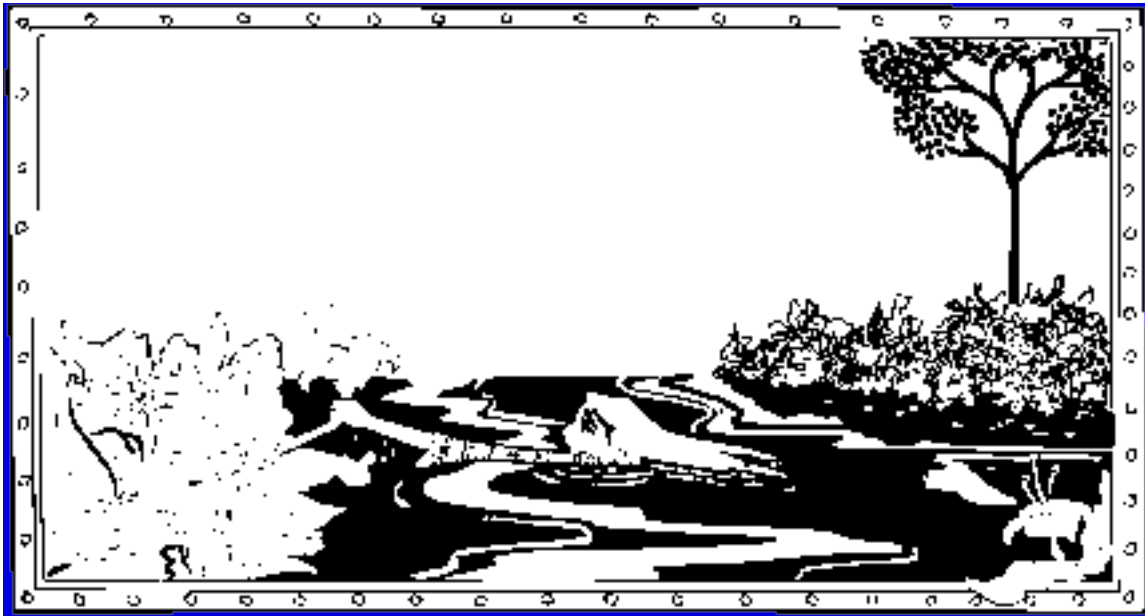
Waves are temporary parts of the sea, which obtain temporary personal existence and then return to the original state of unity with the sea. In the same way, erotas is a temporary wave of feelings, which could lead eventually to love without conditions, or, in other cases, to the dissolution of the relationship.

Love is the sea - the water itself. Although it takes many forms, it is one and the same in all those forms. Thus love, by its nature, is universal and without conditions. It is for all people regardless of their characteristics and attitudes. This is pure, unconditional, selfless love. This is what we are looking for and are trying to get from others. The surest way to get it is to give it.

The foam and the wave are temporary parts of the sea. They are made up of the water of the sea. In the same way sex and erotas can be parts of love; temporary stepping stones towards the unconditional love, which we all so much desire. Our problems occur when we get caught up in

the illusory stimulation and temporary happiness offered by sex and erotas, and loose sight of the real reason for their existence - that is as stepping stones towards love.

**While climbing a stairway,
one needs to remove his foot
from the previous step in order
to place it on the next.**



THE FLOW OF LIFE

Life is a continuous flow of changing events and situations. We often feel insecure with this flow and would like to stop it. We fear change and our natural instinct is to resist it. Thus we are unable to flow naturally with the ever changing events of life. We would prefer that everyone and everything remain exactly as we have known them to be until now.

This resistance is the cause of much of our suffering. We create many problems for ourselves and others simply because we are continually fighting against the flow of life. The results are a stagnant life with little creativity, or joy, and a minimum of deep meaningful contact with others. Our lives are molded into roles and habits in which we feel secure, because they are familiar.

Life, however, is a process of evolution and growth. **Nothing can remain the same and grow simultaneously.** Growth means changes. It means the destruction of the old and birth of the new. If the seed does not die, the tree cannot be born. If the old trees do not die the new saplings cannot flourish. Old ideas and beliefs must give way, so that new ones can blossom. Who we were until now must be replaced by that greater self, which is lying within us, waiting to be given the space to grow.

When we try to walk upstream or hang on to the banks of the river, we experience the continual pressure of the river flow upon us. Thus, when we resist the river of evolution and growth, it exerts its pressure on us. When we let go and flow with the river, its currents carry us safely, quickly and enjoyably around all obstacles, bringing us swiftly to our destination - the ocean.

**Is life's river pushing on you?
Are you resisting?
Do you want to let go
Why? Where?
Imagine life's events like a river and
have trust that that cosmic current
knows where it is taking us.
Let go and enjoy.**



THE KING AND HIS FIVE WIVES

Once there was a king who had five wives. Although he was supposedly the monarch and all the kingdom belonged to him, he was actually a miserable man, a slave in truth to his wives. He had no way of controlling them. He was unable to refuse any request they made. He was truly a servant to their demands. Now this is enough of a problem when you have one wife, but when you have five, then your life becomes a continual suffering. One day he thought, «are all men afraid of their wives? Is there any man who has control over his wife?»

He decided to call a meeting of all the men of the kingdom to see if there was anyone who had control over his wife. Two large tents were set up. One for those who had control over their wives and one for those who did not have control. All the male subjects began to filter into the tent for those who did not have control, which began to bulge beyond capacity, while the other was empty. This consoled the king to a degree, in that he was not alone in his inability to control his wives.

Then suddenly he noticed one lone man enter into the other tent and with great joy rushed over to him to congratulate him on his unique ability to control his wife. He asked him, «Please now tell me your secret as to how you manage to control your wife?» The man looked at him in surprise and answered, «Me control my wife? I do not have any control over her, she totally controls my life».

The surprised King asked, «Then why are you sitting in this tent?» The poor man answered, «My wife ordered me to. She told me not to sit with those other men who are controlled by their wives».

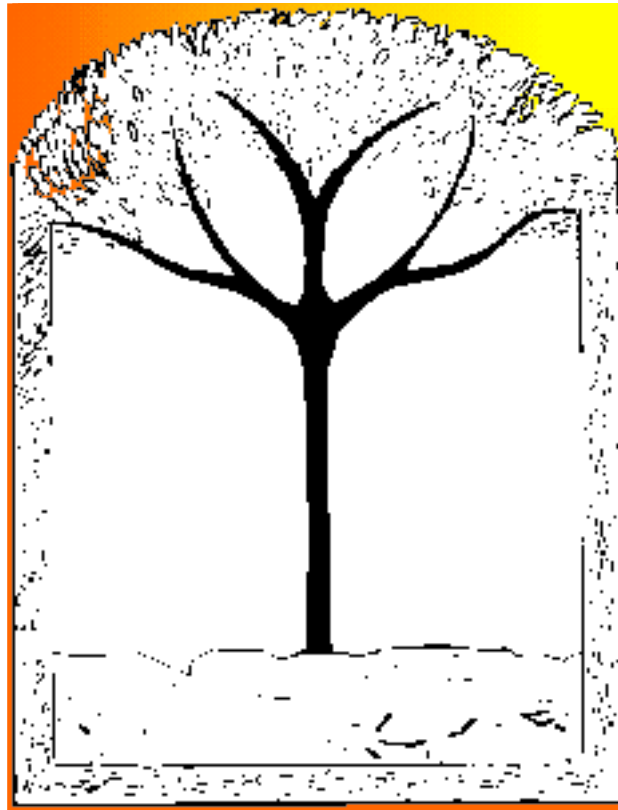
The disappointed king told him, «well you cannot sit here, you will have to go to the other tent». The man dropped to his knees and pleaded with the king, «please mercy, oh King, do not order this, punish me, banish me, but do not make me go against my wife's orders».

The king represents our human mind. The five wives are the five senses of taste, sight, hearing, touch and smell. The poor mind is not only unable to control the senses, but is lead around by the senses all day long, serving their needs for stimulation, for food, for drink, for various comforts, sensual stimulation etc. We are controlled, throughout our lives, by the desires and commands created by our senses.

The result is that we end up like the king with five uncontrollable wives. We have no time or energy to do what the soul and body need to be health and content. We become miserable slaves to the habits of the senses.

For this reason all systems of spiritual growth offer various techniques for the gradual development of control over the senses, so that we may use them for enjoying life, rather than loose the meaningfulness of our lives serving them.

TO WHICH TENT DO YOU BELONG?



BE A TREE

A tree sends its roots deep into the earth and its leaves and flowers towards the heavens uniting them.

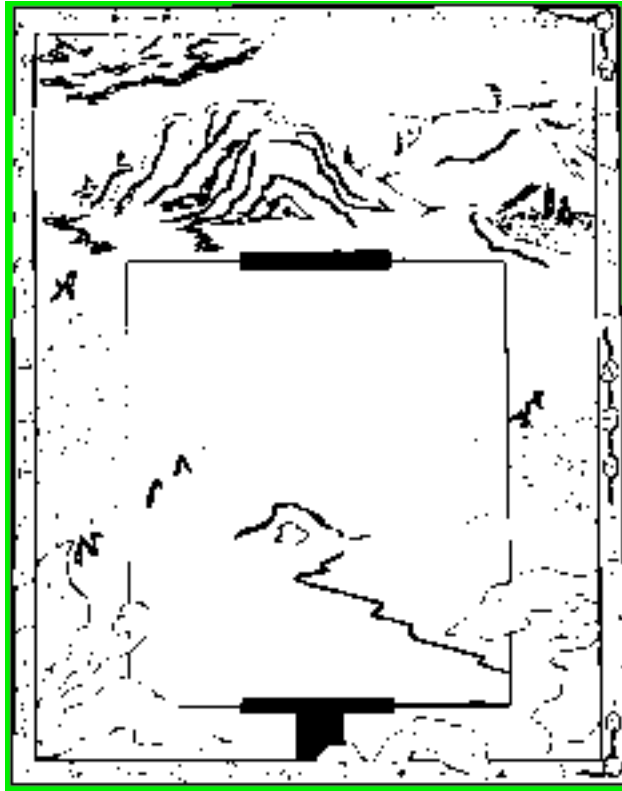
It stands still, straight, tall, independent, following no one, needing no one. It stands silently except for an occasionally whispering of the wind in their branches and leaves. Their silence brings peace to all who stop and absorb it.

It follows no one, needs no one. But it offers continually to those around it, shade from the sun, shelter from the rain and leaves and flowers for beauty and various purposes, as well as fruits for the sustenance of their bodies.

Trees give without asking back. They give selflessly, without caring what we will do with what they give. They let go of their fruit without attachment as to whether it will be eaten by man, animal, bird or insect; or whether it will be used as decoration, or whether it will rot unused, or whether it will give birth to other trees. It is not attached. It works all day and night to produce and, when the fruit is ready, it has no use for it and lets it go, without dictating what must become of that offspring. Can we do the same?

Trees grow steadily searching always UPWARD towards the sun, towards light. They never seek darkness. They cleverly make use of every available energy and space so as to get more and more light into their beings. Can we do the same with our time and energy?

Trees are old and wise. Some have seen hundreds of years of civilization pass by and yet they do not boast or expect others to listen to them. They let their wisdom express itself through the peace and beauty which they radiate. Let us become wise, peaceful and beautiful like them.



THE HALF FINISHED PAINTING

There is a spiritual truth which claims that everything which has occurred and which is occurring at this moment was and is perfect. The future we do not know. But once the future has become the present, then that too is perfect.

On the other hand, we see so much obvious imperfection, so many mistakes, so many things which seem to be wrong and need to be corrected both in ourselves and in the world around us. How can these apparently contradictory perceptions both be true?

The idea of a half-completed painting may help us. The painting is not finished and thus it is not yet in its perfected form. It is in the process of being perfected, of being completed. We know that it is not completed because consciously or subconsciously we know that it can be much more than it presently is. But we do not reject the painting because it is not yet what it will be. We do not say that it is wrong or unacceptable. We simply perceive it as incomplete and we get on with the process of completing it.

Let us then imagine ourselves, our personalities and the personalities of those around us to be half-finished paintings. Let us imagine the general state of the society and world around us to be a painting in process.

Yes there are many weaknesses, faults and aspects to be improved in those paintings. But they are perfect in their incomplete state. A painting must pass through a series of stages until it is finally completed. Each of these stages is a perfect part of that process of completion. No stage could be skipped or avoided.

Thus we and those around us are perfect at every stage of that process of becoming perfected. We and everything around us are perfect at this stage in the process of perfection. Even our imperfections are the perfect temporary part of our movement towards perfection. Thus when we imagine ourselves and others as unfinished paintings we will have patience and understanding for our weaknesses and faults seeing them as parts of our being which need to be worked on in the process of manifesting the perfect being which is waiting latent within us to become a reality.

**Enjoy your work on the paintings which you presently call
your personality and your life.**



THE PERSONALITY'S BROKEN LEGS

It is important to begin to realize that our personality is just like our body. It is not our true self, but rather a vehicle, or body, through which our true self, the soul, is expressing itself. We are more detached from our physical bodies than from our «emotional body» or «personality body».

For example, we would not reject someone because he has gallstones, a malfunctioning kidney, high blood pressure, a broken leg or cancer. We accept these physical weaknesses as natural and as no reason to reject someone or withdraw our love or approval.

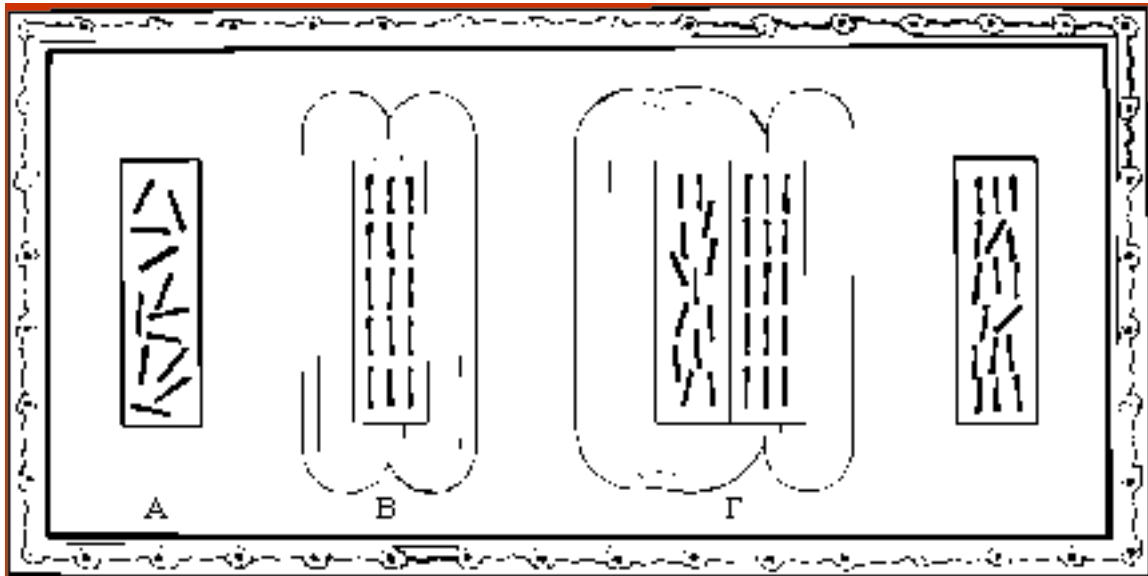
On the other hand, we do tend to reject people when they are lazy, negative, egotistical, fearful, weak, jealous, angry or aggressive. What we need to understand is that these emotional weaknesses are no different than our physical weaknesses. They are a natural part of our limited temporal existence in these physical and emotional bodies.

Having a “jealous problem” is like having a «liver problem». It is not reason for rejecting ourselves or others. We do, however, want to see what is causing it, so that we can cure it. In the same way, it makes no sense to reject ourselves or others for being weak, or fearful, or aggressive. The most useful approach would be to recognize that this problem exists, and try to find the cause within ourselves and others.

Thus, the next time we recognize some weakness or negative trait within our selves, or others, rather than criticize and reject, let us remember what we have said here, and think «my personality has a broken leg», or «his personality has a broken leg». Then let us ask what we can do to help ourselves, or the other, mend our legs.

You may be interested to know that the legs, which most personalities have broken in their childhood years and seldom mend completely, even though many years have passed, are the legs called «self-confidence» and «self acceptance» or «self esteem». When these emotional legs are broken in childhood by, perhaps well meaning but often ignorant, parents and teachers, that person's personality manifests a number of negative traits, which require understanding, love and help in mending, rather than rejection or criticism.

Remember this simple truth concerning yourself and others.



MAGNETIZE YOUR PERSONALITY

There is an interesting phenomenon in the physics of a magnet and its effect on a piece of iron. In order to understand this phenomenon, we must first realize that a magnet is simply a piece of ordinary iron with one simple difference: all the iron molecules are all aligned with their poles oriented in the same direction. This unified alignment and polarity allows them to create a powerful magnetic field, which gives them a power which simple pieces of iron do not have, since their molecules are neither aligned in the same direction nor are all their poles similarly oriented. However, every time a simple piece of iron comes into contact with a magnet it is slightly changed. Being subjected to that magnetic force, cause a few iron molecules to realign themselves with the same polarity in the same direction. That simple piece of iron after each contact with a magnet becomes a little more of a magnet. If we allow it to remain in contact with a magnet for many hours, or bring it into contact with the magnet many times for shorter periods of time, the iron will permanently become a magnet.

The same is true concerning the relationship between the mind - personality and the soul. The soul is like the magnet. It has special qualities of peace, spiritual clarity, unconditional love, inner strength, inner inspiration and fulfillment. The mind- personality when they come into contact with the soul, or inner self, temporarily obtain these qualities, while in meditation or prayer for example. But when one ceases to meditate or pray, the mind begins to function again based on old programmings.

It may seem that we have done nothing. That we have no benefit sometimes, but the truth is that the mind has been changed, to some small degree, by each contact with our inner peace, with our soul, with our inner magnet. The mind is oriented, piece by piece, in a more spiritual direction, gaining clarity and becoming more powerful. Each meditation, or prayer session, leaves us a little more reoriented and our mind a little more powerful.

**Just as we can magnetize a piece of iron,
we can spiritualize
our mind.**



A DOG TIED TO A TREE

A dog tied to a tree has a limited degree of freedom. His freedom is determined by the length of the rope and how smartly he uses that length. If he goes in circles around the tree then the rope will become shorter and his freedom diminished. If he gets it tangled in his legs, then he is even more limited.

We are somewhat like that dog. We are born with a certain degree of freedom. This freedom is determined by certain limitations, which are the result of heredity and the early childhood environment. We come into this life carrying with us certain limitations. These limitations are in no way designed as punishments, but only as learning situations. There is no punishment in the universe, there is only learning. The length of our rope is determined by how we have lived in past, and what lessons we have come to learn in this incarnation. It is also largely determined by our present belief system and how we perceive life.

The more selfless we have been and the more evolved our worldview, the greater the length of the rope and our freedom. If we have acted selfishly and our worldview is limited and overly self oriented, then our rope will be short. It is short, not to make us suffer, but rather to offer us the stimulus to learn how to lengthen it by changing our behavior and our way of thinking.

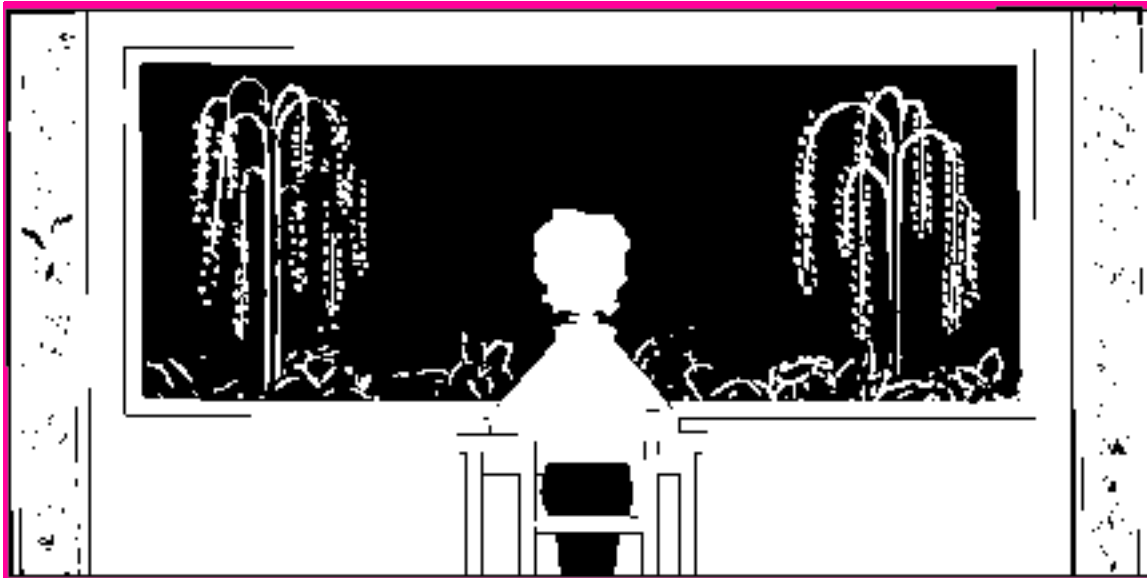
That is the difference between us and the dog. Our rope length is changeable. We can change our life situation by changing our belief system, habits and life style. This lengthening process is a natural result of spiritual techniques and character transformation.

It is important to realize that no one else determines the length of our «freedom-rope». It may appear that a parent, spouse, the government, economic factors or life situations are limiting

factors in our lives. They are only the means for the manifestation of the rope-length which is, in reality, determined exclusively by our own past actions, present beliefs and the lessons which we have come to learn.

**No one else is responsible for our limitations and
no one else can free us from them.**

This is exclusively our responsibility.



THE SCHOOL OF LIFE

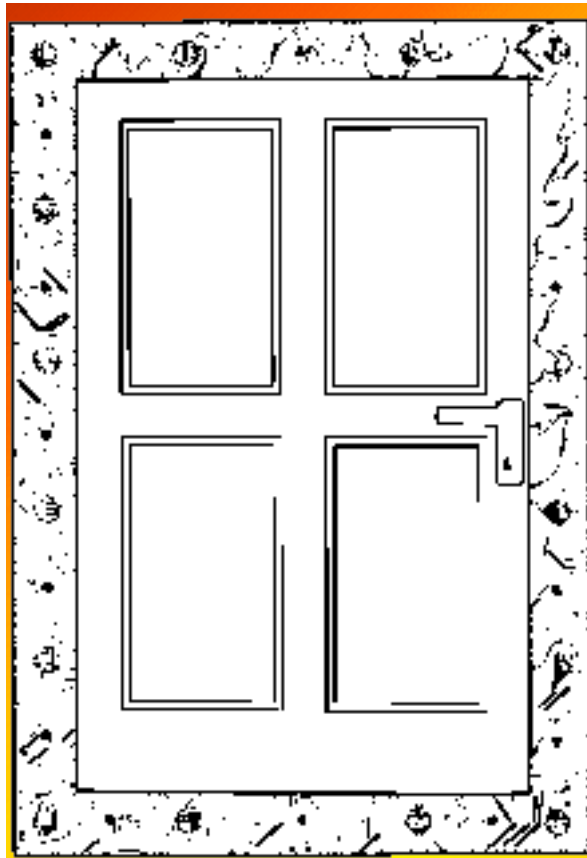
Life is a school. It is a continuous process of learning and growing. In the beginning the lessons are basic and common to all beings. The lessons of survival, of basic communication and cooperation in relationships; skills which we all need to learn (even though many of us have not yet learned some of these lessons).

In our early years, at grammar school, we are not given any freedom in choosing our lessons. They are determined for us by those who know better than us what abilities we will need later on. As we mature, we are given small choices as to what we will learn, and how and where we will learn it. Thus we could say that, in the first years of our educational process, we do not have free will. Others dictate what, how and when we will learn. Eventually we are given a greater degree of freedom of choice in this learning process.

Perhaps we could say the same for our evolutionary growth process. It might appear that, as souls in the process of evolution, we have little freedom of choice at first concerning the lessons which we come to earth to learn. We might image that each lifetime is like a year at school. We may have come to learn selfless love, or patience, or forgiveness, or responsibility, or balance, or to overcome fear or ignorance. Each life has its basic lessons. If we do not learn a lesson, then it will be repeated in the next school year. We continue in this way learning more and more about our real, spiritual, divine nature and about the divine nature of all existence.

We might also imagine that, as we progress in this universal school, and we develop greater powers of discrimination and clarity of mind, we are eventually more conscious of the process of selecting lessons. From that perspective of spiritual clarity we can be relied upon to choose to learn the lessons rather than avoid them. We are less likely to waste much time or, in some cases, entire lifetimes in the pursuit of shallow sources of temporary pleasures.

**Have you discovered what courses you are taking in this incarnation?
Are you proceeding steadily towards those life goals?
What have you come to learn?
What have you come to offer?**



A FIRE IN THE BEDROOM

Some people prefer to hide their problems from themselves and others. Because it is too painful to deal with them, they lock them up in their subconscious mind and pretend to themselves and to others that these problems or feelings do not exist and that all is fine.

When some stimulus or inner searching brings them into contact with these old covered up but actually very active and certainly not yet healed wounds, they seek to avoid facing these old situations. They say, «don't dig up old problems». «Let them be». «I just feel worse when I think about them».

This may be true. It may be painful. But it is more painful and always will be because we refuse to look at and heal these old and festering wounds. Hiding them within our subconscious, and pretending that they are not there will not heal them. There is a large difference between hiding (suppressing) something and overcoming (transcending) it. We will know that we have overcome a previously painful situation when we can remember it and talk about it without feeling any negativity at all. As long as we feel unpleasant feelings when we remember or talk about an incident or situation, then it is still an open wound within us which we have not yet surpassed.

What we are trying to do is similar to someone discovers that there is a fire in his bedroom, but because it is too painful to face it at this moment, he prefers to close the door so as not to be bothered by the smoke and pretends that there is no fire at all. How much time will pass before the fire will spread to the hall and to all the house destroying it completely?

Our hidden painful experiences are like this fire, and bedroom is our subconscious mind. By locking the door to the subconscious we lock the fire in and pretend that it is not there. It gradually permeates, however, all aspects of our life without our realizing it. It undermines our health, creating psychosomatic illnesses and we cannot understand why our immune system is weak and unable to protect us. The reason is it is worn out from trying to contain the «inner fire».

It makes us over sensitive to people's remarks and selfishness. We easily feel hurt, upset, feeling insecure or fearful. All this because the fire is burning within our inner room, distorting our every reality subconsciously. We destroy our relationships fighting about small and petty matters, because these subconsciously remind us of that unfinished, unresolved, unhealed wound.

**So let us begin to open that door little by little
and put out that fire with the cool healing water
of truth and love and acceptance for ourselves
exactly as we are.**



THE WAKING DREAM

You may be dreaming that someone is chasing you, or that you are falling, or in some kind of danger. But you wake up and realize that the reality you were experiencing was mental and temporary, not permanent and real. The same realization occurs with pleasant dreams which we are enjoying, and, to our disappointment, wake up. It was not real, although it certainly seemed so before waking.

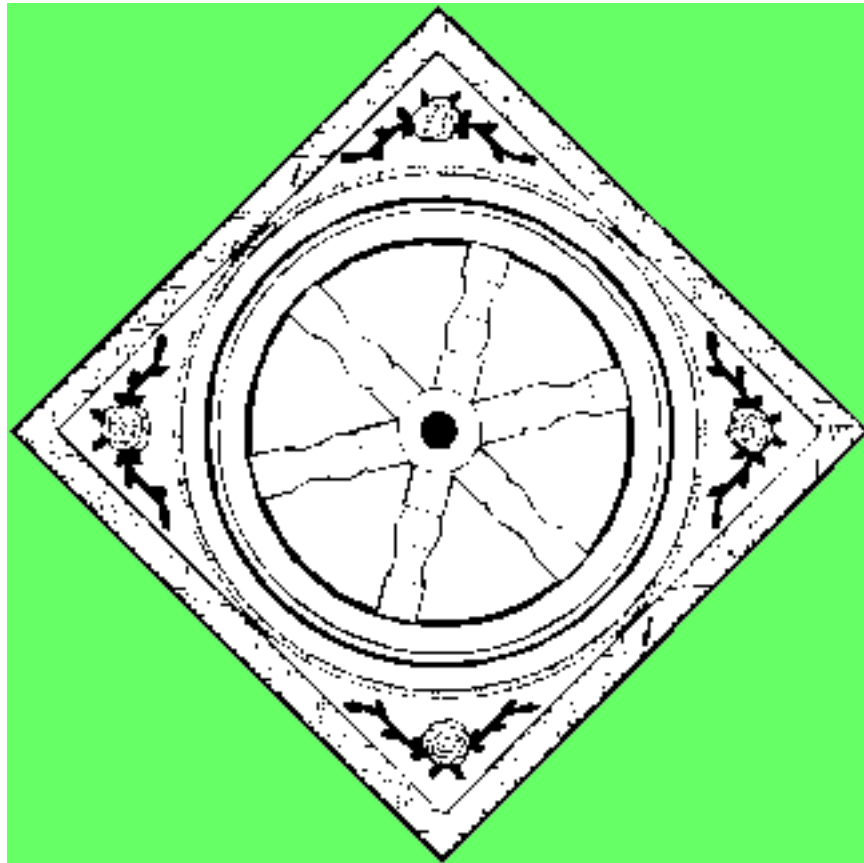
The same is true of our life dreams. They last 80 years or perhaps even 100 years. Some life dreams end even more quickly. At that point we leave our dead bodies on the earth and realize that it was all a temporary reality, that we were not those bodies. The body dies and we continue.

Thus the life we live is a temporary dream. It has an end. Whatever we may gain or lose, achieve or not achieve, will disappear when we wake up. The only possessions we will take with us are our character, our knowledge, our talents, tendencies and habits. They will form our reality in the after death state.

Anything which will end cannot be real in the absolute sense, because after sometime it will be something else. Our body in some years will be food for worms, trees and other beings. In many years to come the molecules which constitute it could be parts of apartment buildings, mountains, the sea, other persons, animals or plants, or even parts of our new body. Matter is a sea of molecules which is continually changing forms.

Perhaps we should wake up now and realize that all that we worry about and fear is all a dream, which will end soon enough.

Better to enjoy the dream.



THE ONE CENTER

The relationship between one man and the other is like the relationship between one spoke of a wheel and another. Let us divide each spoke into four parts, representing the four basic aspects of man; the physical, the bioenergy, the mental and the spiritual (the body, the bioenergy, the mind and the soul). The **physical body** is the most external and superficial aspect of man and is located at the outer end of each spoke. At this level of being each being is separate and different. No two material bodies can occupy the same space at the same time. It is difficult to conceive of our inherent unity at this physical level.

The second section is the **energy level** which has to do with the flow of the basic life energy within the body and mind of the individual. Energy is something which flows and can be passed from one person to another in various ways. Our unity is more perceptible at this level. As you will notice the distance between one spoke and the other, at this section of the wheel, is shorter than between the physical sections.

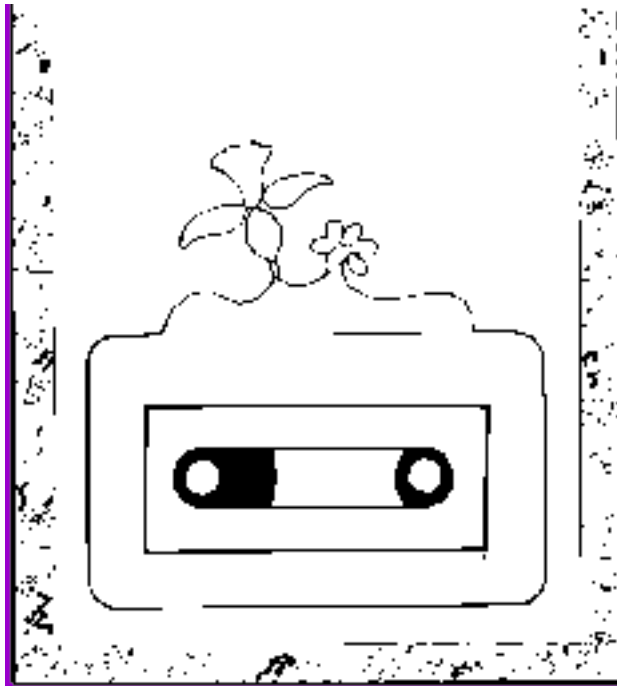
The third section, moving towards the center, is the **mental** aspect of man. Here the distance can be even closer. People can become united by ideas which appeal to them. They are still separate but there is greater possibility of becoming unified through their common beliefs.

The fourth level is the **spiritual**, which is beyond differences of bodies, energy and ideas. There is even a greater unity felt when someone comes into contact with this spiritual part of himself. He starts feeling a unity with people independent of their characteristics.

When someone goes deeply into the center of his being, he comes into contact with the actual center of his existence, the **ONE UNIVERSAL SPIRIT**. When an individual ceases identifying with his particular body and mind, and unites with the spiritual center of his being, he comes into contact with the spiritual center of his being, he comes into contact with the **spiritual center of all beings**. He experiences **unity consciousness**.

Thus we can see that, although at the surface we seem to be different individuals, with different beliefs and needs in the center of our beings we are all one. The purpose of life is to come into contact with our spiritual center, so that we may then facilitate that same unity on the physical, emotional and mental levels.

Then we will have personal, social and world peace and well being.



THE CASSETTE PLAYER AND THE CASSETTE

The relationship between our soul, our body, our mind and contents of our mind is like the relationship between the electrical current, a cassette player, a cassette and the contents of the tape.

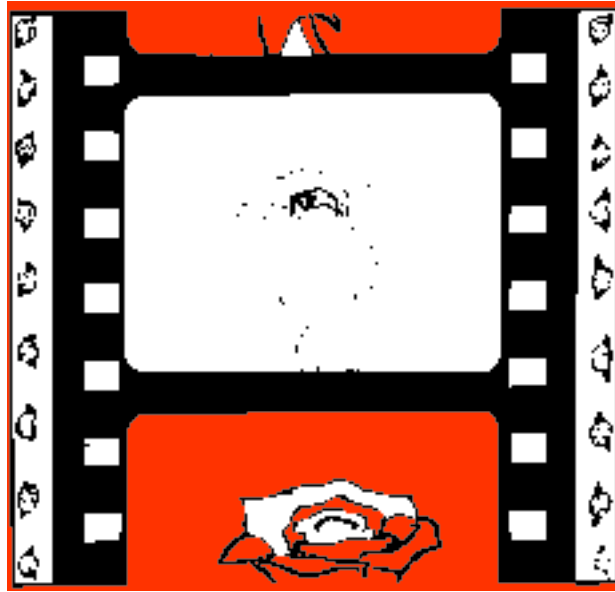
The cassette player is the body. The cassette which is placed in the player is the mind. The contents of the cassette are the contents of the mind.

The cassette can be changed without any harm or effective change occurring to the cassette player. The contents of the cassettes can be erased and re-recorded with more positive and harmonious contents. The mind and its contents can be changed and improved without changing who we really are.

We go through life believing that we are the body, the mind and the contents of the mind. We are not. We are an independent consciousness which is observing the changes going on in the mind and more specifically the contents of the mind. We remain who we are independent of these myriad changes of mind and subpersonalities which exist within us. We are afraid to make changes. We believe that we cannot make changes because we **are** the contents and the habits of the mind. Thus we are caught up in mechanical thought patterns which were recorded when we were young children and now we cannot get free from them.

When we realize that we are **not** the contents of our mind, but rather a separate consciousness which is watching these thought forms and emotions appear, change and disappear, we will then be ready for the first steps towards real freedom. Then we can consciously observe, analyze and change the contents of our minds.

**If you are not happy with the reality
which your mind and mental contents are creating,
consider erasing them and recording a more positive reality on your cassette.**



THE MOVIE OF LIFE

There is one universal consciousness which is the creative and sustaining power in all beings, objects and events. The example of the light of the movie projector will help us to understand this. The light, before it passes through the film, is pure and white. Let us also imagine that it is eternal. Its rays pass through the film, the light now takes on color and form of the images on the film, and passes through space, until it impinges on the screen, giving the impression that some type of reality is taking place on the screen.

All of the images on the screen are creations of the **one** same light. When two people are loving, two manifestations of the same light are loving each other. There are not two lights, one for each person appearing on the screen. When two people are fighting, two projections of the same light are fighting. The other people appearing on the screen watching, or participating, are also projections of the one light. The animals and plants in the background are projections of the same light. The mountains, sea, sun and even the earth, on which all the actors are standing, are also simply projections of the one same light. Even the events which are occurring on the screen are the result of the interplay of rays from this one light.

Thus this one light is the **creative cause** of every being, object and event, which occurs on the screen. In addition, it is their only **sustaining power**. If the light should go out, or be projected elsewhere, all those images would cease to exist. It is also the **governing power** for whatever happens on the screen. Nothing happens without its participation.

This light represents the one universal consciousness, which is the creative source of all beings, objects and events. Most call this universal consciousness GOD. It is the source and sustaining power of our existence as individuals. We were not created and left disconnected from the source of our creation. We are continuously connected to this source. Otherwise, we, like the images on the screen, would immediately cease to exist.

Thus, **every** person, animal, plant or object we encounter is an expression of this one universal consciousness. If we were to follow any of these back to its source, we would arrive to the same source from which we ourselves flow forth. We are all one; projections, manifestations of one Being. Even the events which occur in our lives are projections of this one universal consciousness.

Realizing this will help us feel compassion, identity and unity with our brother spirits on the earth regardless of their appearance, attitude or characteristics. By realizing this highest of truths - that we are all projections of one divine spirit, we can eventually manifest the love, peace and unity, which are lying within us, just waiting to be realized.

**The next time you are feeling alienated
from someone or something,
remember this image -
that you both are temporary images on a screen,
and that the same light is creating both of you
and everything that is happening to you.**



THE CIRCLE OF LIFE

A circle has no beginning and no end. Or perhaps we could say that its end comes around to meet its beginning. Thus the end is the natural evolution of the beginning and the beginning the natural result of the end.

Life is the same. From the moment we are born we move towards the end, which is called death, which is not what most people think. Death is simply the departure of the soul from its physical body. When we remove our clothing at night, we do not cease being because we have removed our clothing. We continue to exist without our clothing until we put on some new clothing. This cycle of putting on and removing clothing continues day after day. Thus putting clothing on leads to removing it and then removing clothing leads to eventually putting on new clothing.

Life is a continuous process of the soul's creating a body, or psychosomatic system, through which to express itself here on the Earth. When that body has served the purpose of its present incarnation, the soul throws it off in some way; suddenly or gradually, gracefully or painfully. The soul then eventually decides on the next lessons or mission, which it needs to work out on the Earth level, and soon, it again creates a new body.

Life never stops, but simply alternates between being manifest on the earth level, so that we can perceive it, and then not being manifest of the earth level, so that it is temporarily invisible to our limited physical vision. The consciousness, which we call life, is eternal and indestructible. It just **seems** to be born and die.

It passes through various sections of that circle (visible and invisible) giving us the impression that some serious changes are taking place. In reality these changes and events are superficial, and have little affect on the inner consciousness. Birth, growth, decay and death are the changes which we see with our physical eyes. Those that we do not see are those which happen between «death» and «birth».

They are the experience of a new subtle energy body, which is much more free and pleasant than our physical body. Then we are met by guides, or relatives, who help us with our acclimation to our new environment. We then experience an examination of our immediately previous life, evaluating our performance and determining what new lessons need to be learned, or projects need to be continued. Thus we eventually decide what type of new clothing (body and mind) we need to put on for our new incarnation.

It has been found that in general we do not like change. When we are here we do not like the idea of leaving. When we are there we do not like the idea of coming here. Just as death is the end to this experience, birth is the end of that experience.

We would do well to realize our independence of all this process, and simply enjoy whatever part of the CIRCLE OF LIFE we are experiencing at the present moment. Since no part of the circle is different from any other part, and there is, in reality, no beginning and no end, but simply and endless process of turning.

You are not alive.

You are life itself.

And life cannot die.



THE RIVER OF LIFE

Life is like a river. Watch one, for an hour or two, and you will understand what I mean. The river flows . Life flows; time flows on whether we like it or not. There are, however, various ways in which specific parts of the river, and individual objects on the river, flow. In that overall massive flow towards the ocean, some parts flow rapidly and aggressively. Other parts flow smoothly and harmoniously. Other parts stagnate for long periods of time in one place before moving on, or perhaps they do not move on at all but evaporate into the sky, or seep into the earth, and never reach the ocean.

Still other parts get trapped into whirlpools, moving in circles, moving over and over in the same place. Some parts of the river enjoy the glory of becoming a famous waterfall. Others end up in a lake until they evaporate into the sky. Of course they will come down as rain again for another chance to flow towards and unite with the ocean. Some parts are muddy, others are full of vegetation, others are crystal clear. Is it clear to you now how the river is like life?

We are each like some part of that river. Some of us are moving aggressively, perhaps violently and dangerously. Others are moving very slowly without real progress. Some have stagnated

completely. Others are moving in vicious circles. Yet others are moving smoothly and swiftly towards their goal the ocean.

The ocean is the ultimate desire of every part of every river. It is in unity with all rivers everywhere. There is in reality only one ocean. All oceans on the earth are connected, so that there is only **one** ocean into which all rivers flow. Just as there is only one universal consciousness into which all beings unite. Each river has a **name** and **form** until it reaches the ocean. There, in that merger, it loses its name and form and simply becomes a part of the ocean. You cannot find that particular river in some specific part of the ocean. It is dispersed throughout the entire ocean. We, as individual consciousness, will someday unite with the universal consciousness, which we call God. We will no longer be called George or Mary but will now be dispersed in that universal oneness with all that exists.

Most parts of the river however do not reach the ocean on their first try. They evaporate on the way. They are absorbed by plants, drunk by people or animals, passed through factories for cooling or mixed with other substances. Thus they do not reach the ocean on that trip. At some point, however, they evaporate into the sky and eventually are rained down again and merge with another river, which is moving towards the sea. Eventually some day they will, in some way, merge.

We come to earth to merge with humanity and with God through love, wisdom and service. Few of us make, however, on our first try. The body dies and we eventually come back again to give it another try, until we eventually merge with the ocean of humanity and divine consciousness.

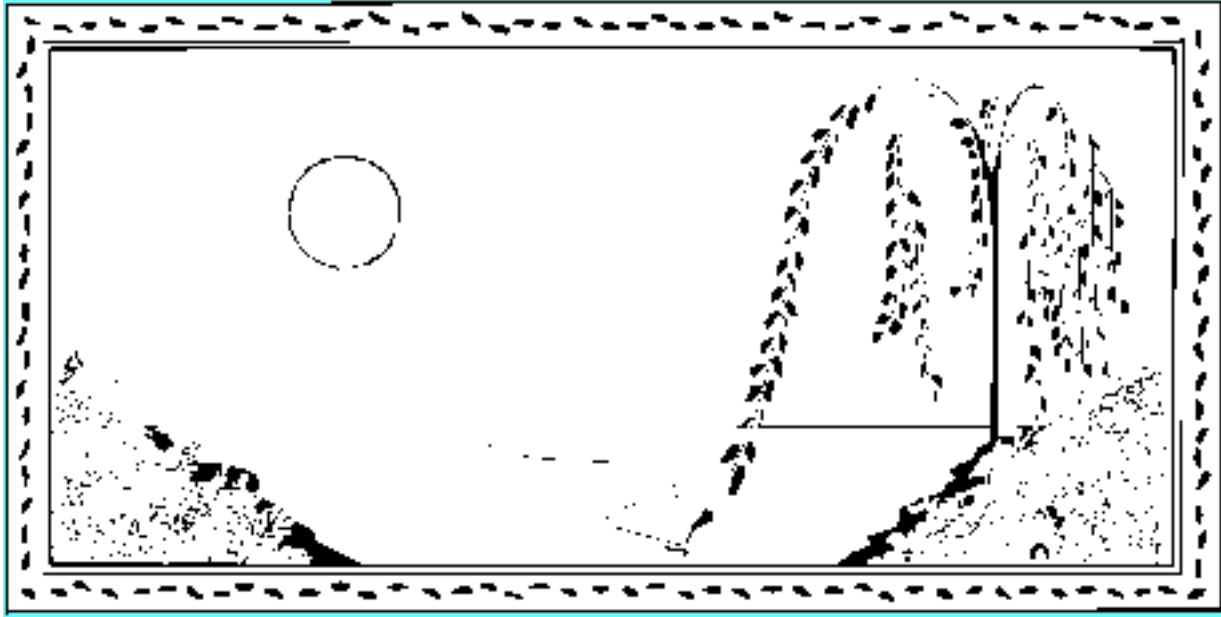
What is your flow like?

Are you moving in circles?

Moving rapidly without harmony?

Have you stagnated in some pool of life?

Or are you flowing smoothly, swiftly and harmoniously?



WRITING ON WATER

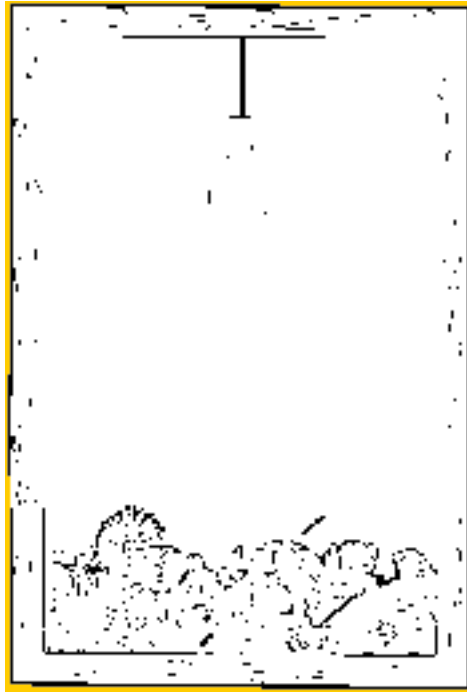
You cannot leave an impression on water. You can try to leave your mark, but it is impossible. You can cut it with a knife, penetrate it with a screwdriver, write on it with a pen, hit it with a hammer, cut it with a saw, try in any way to change it or to affect it. You will fail.

It will, of course, be temporarily affected, as it reacts by sending out waves in response to these interventions. But soon after its **immediate** and **temporary** spontaneous response, it will **return** to its original state.

Our mind would do well to emulate water in this way. Our mind now is not like water, but more like a rock, wood, metal or paper. When any of the above actions are performed on it (cutting, sawing, writing, pounding etc.) it is permanently changed. It does not return to its original state, but is now affected by what has happened to it. Just as such effects become a permanent part of the stone, wood, metal or paper, our experiences become a permanent part of our inner psychology and affect everything we perceive, think, feel and do.

Thus we are seriously programmed and controlled by our past. We hold on to past events, feelings, and traumas, just as stone holds on to the marks made on it. Let us learn to become like water, which responds in the present to whatever is happening, without being conditioned by the past events, which it has already let go of. In this way we will live in the ever moving present moment, unaffected by the past, able to respond to events and people as they really are, and not as we misconceive them through the filters of the past, which we wear like colored glasses over our eyes.

**Let our minds become as flexible,
flowing and free as water.**



THE ELECTRIC CURRENT

The relationship of the electrical current to the various machines through which it expresses itself is a good example for understanding the relationship between the spirit, the body and the mind.

The electric current is the spirit, or more accurately, the universal spirit, since it is the same current which flows through all the different appliances, bringing them to life. It is the same current which flows through the light bulb, the cassette player, the air conditioner, the heater, the stove, the radio, the stereo, the television, the fan, the electric vacuum cleaner, the computer, etc. (The list is extremely large and ever expanding). All these different manifestations, functions and types and qualities of machines are brought to life by the **one and same electric current**.

In the same way, all the beings we see on the earth, humans, animals, fish, plants and insects, even microbes are expressions of the one universal spirit.

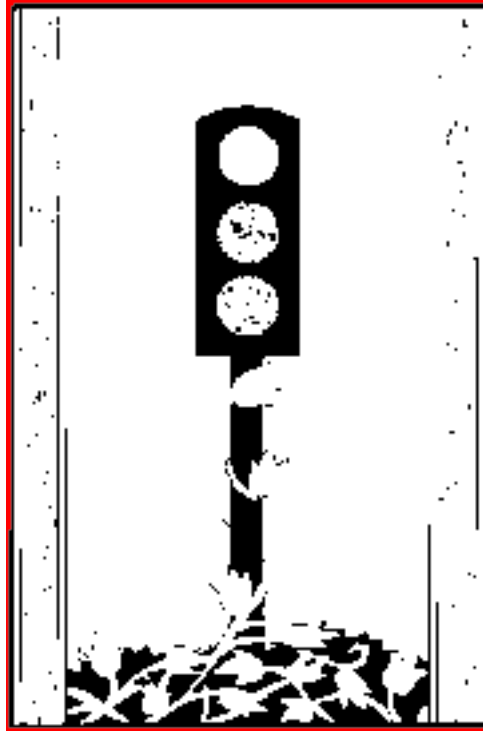
Although all machines will eventually deteriorate, falter, and break down, the electrical current will remain unaffected. The same is true of the decay or death of any of the trillions of bodies, through which the universal spirit is expressing itself. Although bodies are born and die, the spirit is unaffected.

Although some machines may have various functions, or different qualities, the current which is flowing through them is the same in quality. One light bulb may project more light than another, but the limitation is in the bulb, not the current. Thus, although people and animals have different functions and differing qualities of bodies and minds, the spirit, which is flowing through them all, is the same. The limitations are found in the vehicles of expression of the spirit (the body and the mind).

The machines are temporary manifestations, through which the eternally existing current flows expressing itself as heat, sound, cold, motion, light etc. The temporary reality is the machine. The lasting reality is the current. In the same way, our bodies and personalities are temporary vehicles of the expression of the universal spirit. The spirit is eternal.

The **purpose of life** is to realize that we are **not these machines**, these bodies and personalities, but rather, **we are the current itself**, the one universal spirit, which is omnipresent and eternal. We also need to realize that we are all **equal**; that we are all **one** and the same being expressing itself in various ways. That is the basis of love and unity.

**The other purpose of life is
to express that beauty, peace and creative power
that lies within us
through the temporary body and mind
in the form of thoughts, words and actions
which benefit the world around us.**



WHY DO YOU STOP AT THE RED LIGHT?

The traffic light turns red and you stop. Have you ever asked why? Some people don't. They ignore it, perhaps at the risk of their own and others' safety.

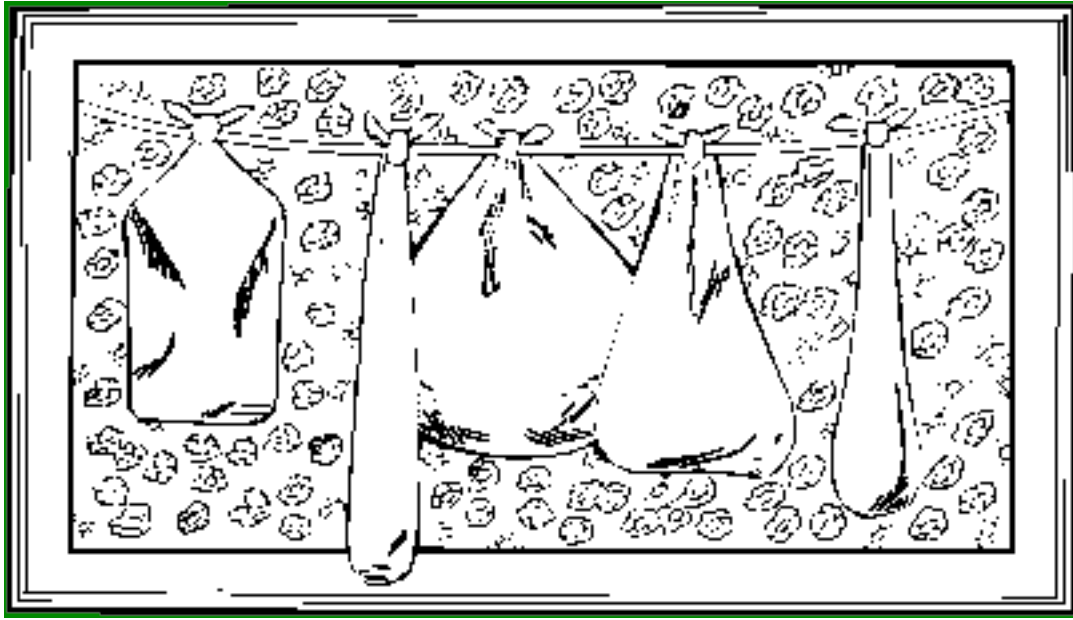
But **why** do we stop? There is no huge metal or cement barrier, which is preventing us from continuing. We are in a hurry, there is no barrier, only this tiny red light hanging above the road. What gives it so much power over us? Why have we stopped?

It is because we **fear** being harmed by an oncoming car, or because we fear being caught and fined or jailed as a result. Or is it just a **mechanical action**, which we perform like sheep who follow the bells or avoid the sheep dogs who are barking. Is it our fear or unconscious programming?

Or is there another possibility? **Love**. Yes Love. Love for humanity and for human harmony can make us stop at the red light. **Wisdom** that our social harmony depends on conscious participation in the laws which ensure harmony for the whole. The one who passes through the light is not free, he is bound by his own selfish needs, often at the expense of his own interests. But stopping out of fear or habit, is not much better.

Apply the question to other aspects of your life now. Why don't I litter the environment? Why am I kind and proper? Why do I go to church, why do I pray, meditate, perform various disciplines? **Fear, habit** or **love-wisdom**? Why do I pay my income taxes? Why do I do selfless service? Why do I keep up social contacts? **Fear, habit** or **love-wisdom**. Why do I watch my diet? Why do I act ethically? **Fear, habit** or **love-wisdom**.

WHY?



THE MIND IS LIKE A PLASTIC BAG

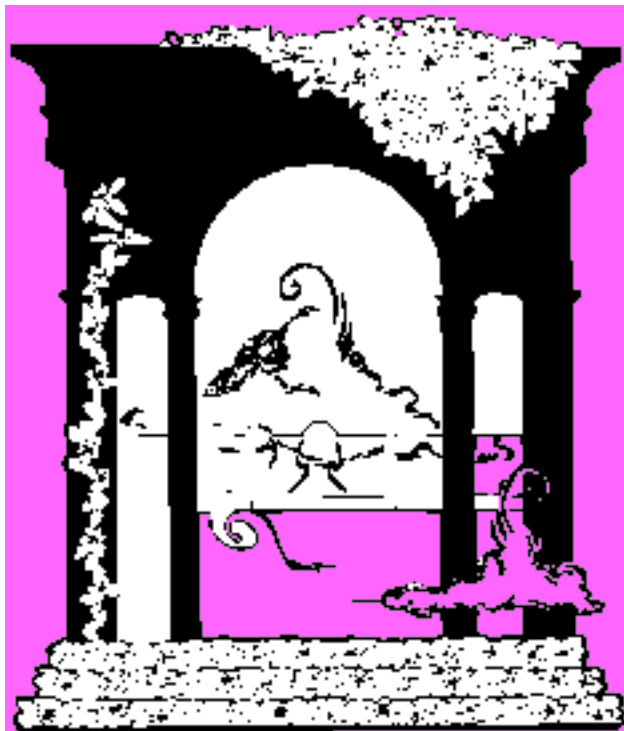
The mind is like a plastic bag, or a piece of cellophane, with which we wrap objects. The bag, or the cellophane, takes the form of its contents. If the contents are long and slim, it becomes long and slim. If the contents are round, it becomes round. If the contents are square, it becomes square.

The mind does not have its own shape. It takes on the shape of its contents, of our thoughts, beliefs, feelings, needs, desires, habits, expectations etc. Our mind is gradually formed into a specific mental, or personality, type by its various, temporary contents. Thus, if we have a continuous flow of negative thoughts, or feelings, or weakness, inability, fear, danger, hurt or anger, our mind takes this form and becomes crystallized around this type of thinking and functioning.

But, in reality, the mind has no form of its own. It can be changed by changing its contents. We can start putting positive thoughts of faith, self confidence, self acceptance, happiness, optimism, love etc., and our mind will gradually be reformed into this new way of thinking and feeling. What we will put into our mind and how we would like to form it, it is up to us. We must remember, however, that it is very easy to become the victim of a **crystallized mind**. It can be gradually decrystallized and reformed. But few people realize this and make the necessary effort, and thus are victims of their own negatively formed minds.

**Choose the type of mind
you would like to have.**

Cultivate it daily.



THE COSMIC BANK ACCOUNT

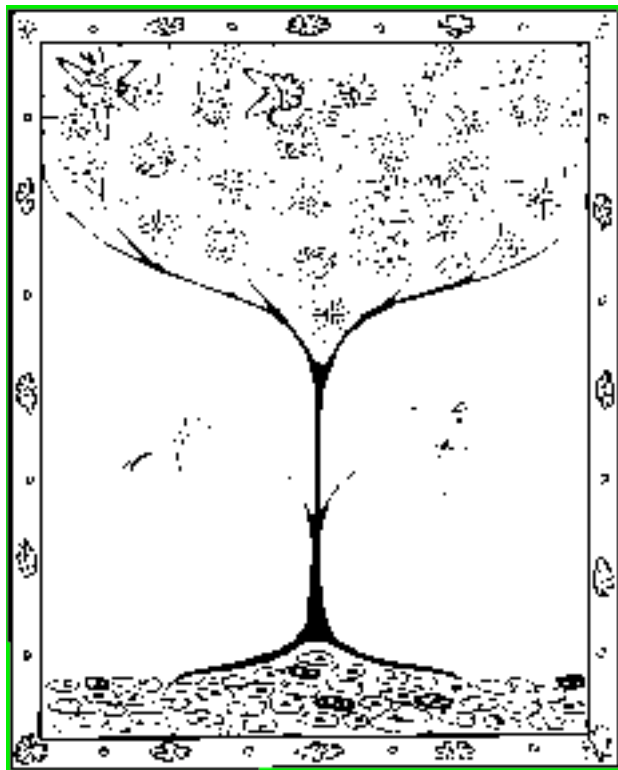
Each of us has a cosmic bank account in which are recorded all our thoughts, words and actions since the beginning of our lives here on the earth. Our selfish actions are withdrawals from this account. Our selfless actions are our deposits.

We come into this life with a certain balance which only the **cosmic accountant** knows. We may have a surplus or a deficit. As with all bank accounts, when we have a deficit, it means that we owe certain amounts to various people. We owe them because we have acted selfishly towards them in the past. And thus we suffer what seems on the surface to be injustices from them. It seems to be injustice because we do not know where our account stands with respect to that person, or with respect to life itself. We do not know that we have treated them badly in the past and the debt is being paid.

The cosmic accountant never makes a mistake, nor does he get involved in the exchanges. He neither rewards or punishes. He is not a policeman, just an accountant. He sees that every account is balanced, sooner or later.

So, if we are giving love and helping others and receiving only abuse in return, it may be because we have come into this life with a deficit in our account. We have come to make deposits of love, kindness and service until the account is balanced. Gradually the account will start to have a surplus and we will eventually start to receive our interest in the form of inner peace, happiness, harmony with our selves and the environment.

**Trust in the cosmic accountant. He does not have favorites.
You are getting exactly what you should have,
based on your previous deposits and withdrawals.
Keep making deposits and avoiding withdrawals
and you will become very happy and spiritually rich.**



YOU HAVE A DIVINE MISSION

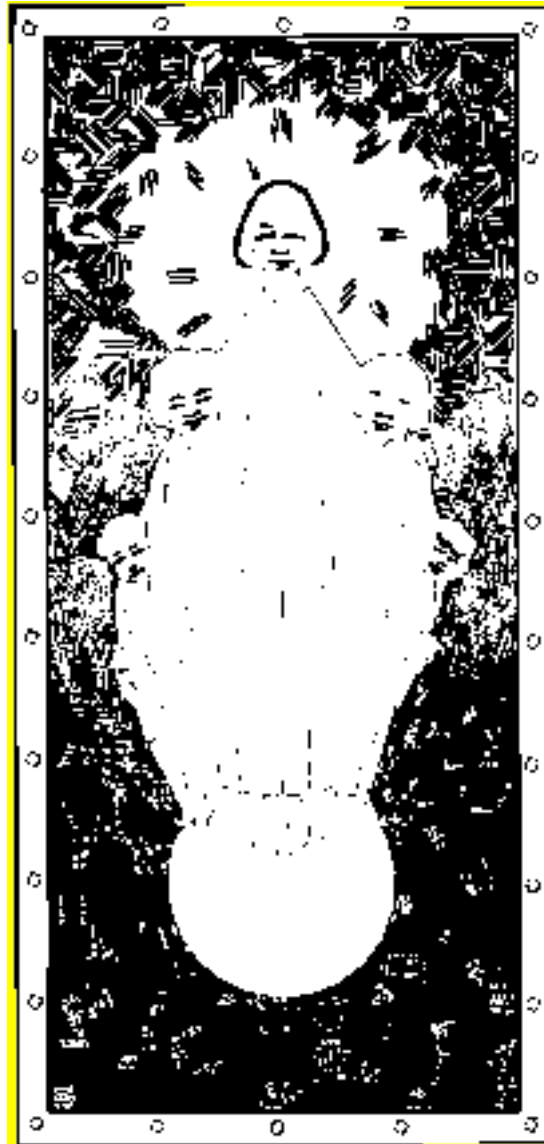
Yes, you are a divine consciousness, which has temporarily incarnated on the earth plane, in order to proceed in your evolutionary process and to improve in general the quality of life on the earth. You are a vehicle for the expression of the divine on the earth. You can make this world a better place for yourself and for others.

There are people who need your help. They are ill, handicapped, poor or lonely. Some are victims of war, others cannot see, others are too ill to cook for themselves. Some are without financial resources. Some need emotional support. **They all need love.** They all need to feel that there is **someone who cares.**

And you, on the other hand, **need** to give. You need to use the physical, emotional, mental and spiritual powers, which have been given to you, so that you might help these people. In this way you become a clearer channel of divine energy, grow spiritually and simultaneously the world becomes filled with more light. Christ condemned the fig tree which was not bearing fruit and told of the master who took the gold coin from the servant, who did not try to use it to create more. You have been given talents, abilities, energies which must be used for the benefit of all. If you use them only for yourself, or don't use them at all, you will not grow. You will remain stagnant. You will lose what you have.

Let us be like the plant which takes sunlight (energy) and transforms it into flowers and fruit offering beauty and food to the world. We can take spiritual energy and transform it into thoughts, words and actions which make this world a more loving, unified, place to live.

**What can you do today to make this world a little brighter,
a little happier for someone?**



YOU ARE A CHILD OF THE UNIVERSE

You are a child of the universe.
All the Earth is your home.

You are a part of God.
You are the divine essence,
living temporarily in this body.
You are here to bring paradise to Earth.

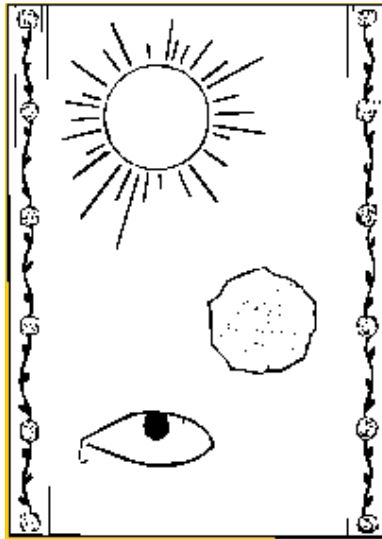
You have within you the Faith
which solves all problems.
You have the unconditional Love
which opens all hearts.

You have the inner Peace
which will sooth all wounds.
You have the highest Truth,
which will light the way for all.
You have inner Joy,
which lightens all hearts.

All, whom you see, are your family.
They, too, are children of universe.

Live in love with them,
care for them and help them.
And when you have need,
Do not fear to ask their help.

**Do not forget who you are.
Stand Straight and Smile.
Let your Light Shine.**



WHY DOES SUNLIGHT MAKE US HAPPY?

Why does sunlight make us happy?
Because it reminds us of our inner light.

And why does the smell of a rose make us happy?
because it reminds us of our inner beauty.

Just as the peaceful scene in nature
reminds us of our inner peace.

And the limitless sky brings us awe,
as we remember our own limitlessness.

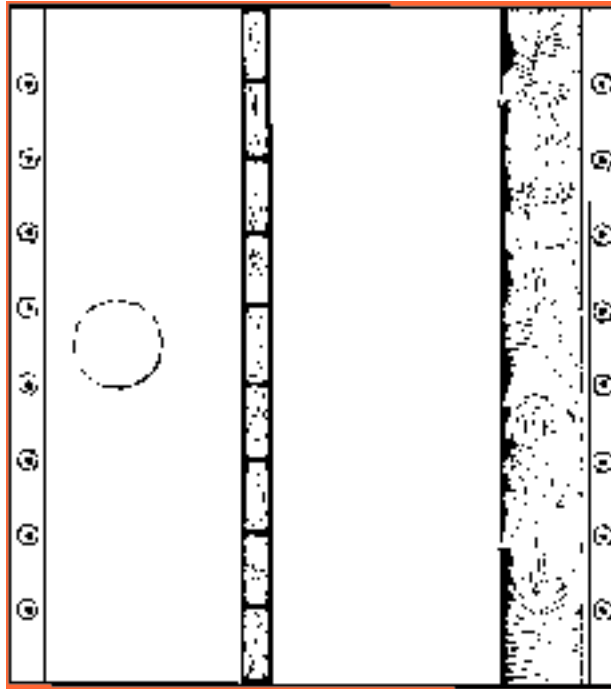
Why do we feel so safe and secure when we hear words of wisdom?
Because they remind us of the truth within us.

Just as the purity and innocence of a child cause us to love him,
as we remember our own inner purity and innocence.

Why do we cry when we see acts of kindness and love?
Because they remind us of our love for all beings.

Just as the music brings us to ecstasy
as we remember our own inner harmony.
**AND WHY DO WE SEARCH INTENSELY TO FIND GOD?
BECAUSE HE REMINDS US OF OUR REAL SELF.**

**HOW WONDERFUL WE ARE.
WHY DO WE SEEK
OUTSIDE OF OURSELVES,
THAT WHICH IS WITHIN?**



THERE IS ONLY ONE LOVER, ONE BELOVED AND ONE LOVE

There is only one consciousness. Although it seems to us that there are many separate, different and often antagonistic beings, they are all brought to life by and sustained by one universal consciousness. This consciousness manifests itself as material creation with all its objects, beings and events just as the light of a movie projects the movie onto a screen.

The light of the projector is pure white, without color and without form. This is the universal consciousness. It then passes through the film and the once pure white light now takes on the colors and forms which are on the film. The light falls upon the screen and we see people, objects and events occurring on the screen. But they are simply projections of that one light. They have no separate cause of reality. They are all projections of one light; the chairs, floors, the sky, the people, animals, plants and insects. All are projections of that same one light which is essentially formless and colorless but is temporarily taking these forms on the screen. When the film ends, the light on the screen will be pure and white again.

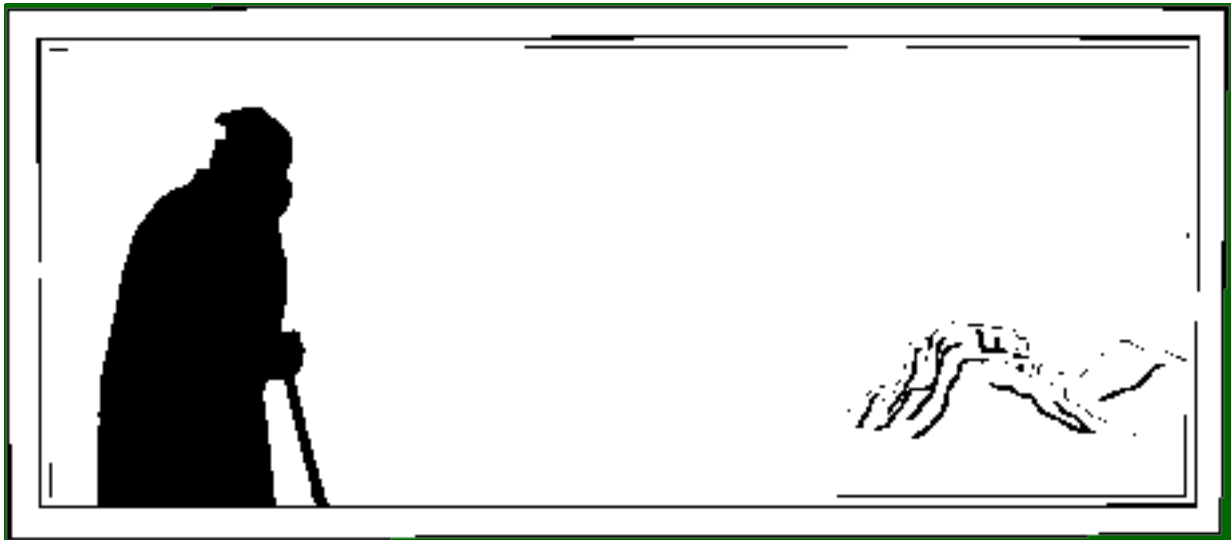
It is the same light which is projecting onto the screen the body of both persons who are fighting or loving. One seems to be fighting the other or to be antagonistic to the other, but they are projections of the same light, of the same universal being. Two people on the screen have great desire or love for each other and want to become one. Yet they are simply two different projections of the same light. The one light is fighting itself or loving itself. Even the act of fighting or loving is a projection of the one light. Every moment, every word, every object and event are projections of the one light.

We are all in the same way projections of the one universal consciousness which is pure, limitless, eternal and formless but which projects itself in a creative way onto the screen of life. Thus there is no other than ourselves. There is one consciousness which pervades manifests itself as and

pervades all beings. Thus there is in reality only ... One consciousness which loves through all beings. There is also only ... The same universal consciousness is the life essence in every recipient of love. And finally, there is only ... One consciousness of love between all lovers and beloved.

**We are projections of the one universal consciousness
of which we too are a projection.**

**How beautiful it would be to experience the oneness
as we now experience separateness.**



HAPPINESS

ARE YOU LOOKING FOR HAPPINESS? Most of us are. We search in various places. In money, in material objects, in the opposite sex, in various forms of sensual pleasure, in professional success, in social recognition, in having children, in vacations, in not doing anything at all, in retreating to a monastery to pray and meditate, in creating a small farm far away from the pollution, by living in a community with other like minded people... the list is endless.

Each of us may, or may not, find happiness in some combination of the above mentioned realities. We have all gone through a number of them, have been temporarily happy, and then have become bored, dissatisfied, or even negative towards them. Some of them may, at this moment, be giving us temporary happiness. What can bring more **lasting** happiness?

Happiness is found in any activity which creates unity in our world of separation. Happiness is to love and be loved. Happiness is to be able to help, and be helped, by our brothers and sisters on this planet. Happiness is being free from fear. Being free from fear of rejection, fear of being laughed at, free from fear of death, free from fear that there is not enough for all of us, free from the need to compete with my brother, free from the need to act egotistically. Free from my own selfish needs and the separateness they create in my life.

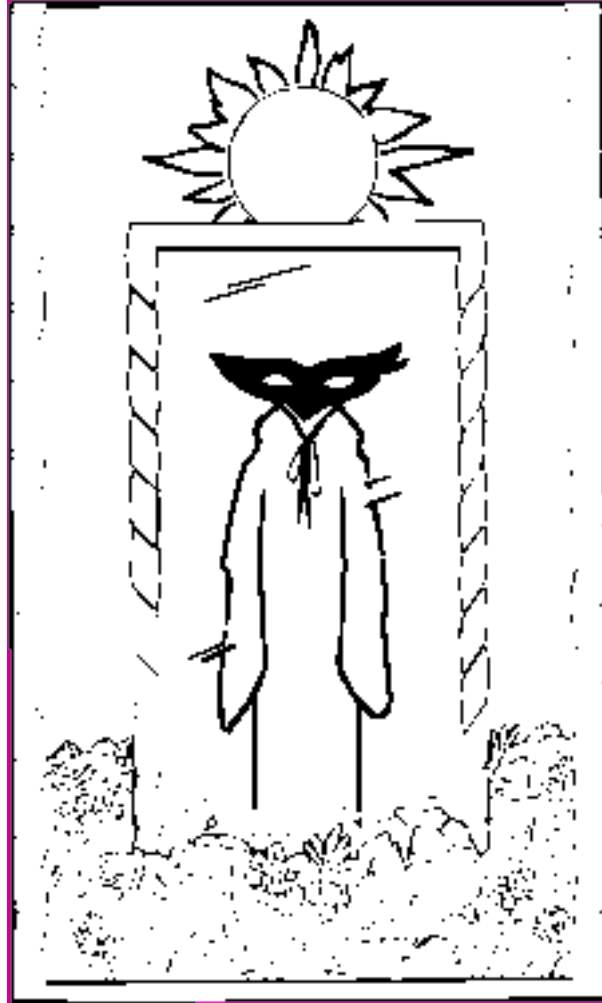
HAPPINESS is the realization that we are all one universal being, and that another's pain is our pain, his happiness our happiness, his need our need, his children our children. Happiness is being able to let go of our narrow self interest and spend time serving another who is less fortunate.

**Happiness is finding meaning in life by being connected to,
and by being useful to others.**

We were born separate to become one.

Therein lies our happiness, in our oneness.

YOUR SELF IS ALL YOU CAN BE



No matter how much you try,
Your **SELF** is all you can be.
It is a waste of time to attempt being something else.

You are the unchanging **SELF**.
Underneath the every changing masks,
Behind which you try to hide.

Why not take a look
Behind those masks,
And enjoy who you really are?

After thousands of years of trying,
Give up this obsession with being someone else.
BE YOUR SELF.

The only thing which can belong to you,
Is your own **SELF**.
Everything else which you try to hold on to,
Will slip from your hands.
Either **it** will perish
Or your **body** will.

Why seek security and happiness
In accumulating these shadows of reality

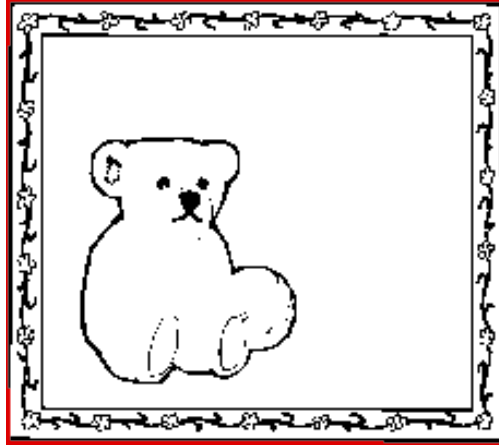
The Sun which showers
Rays of peace and joy
Is none other than your own **SELF?**
Why waste time?
Let go of everything else.

PROCURE YOUR SELF.

You can belong only
To your **SELF**.
All other affiliations and relationships will perish.
One or the other will leave.

Why seek another to belong to,
They too can belong only to themselves.
Can we belong to both ourselves and to others?

We only belong to our SELF.
Because there is only one SELF.
When we belong to it,
we belong to everyone.



WHAT MAKES YOU HAPPY?

That which makes us feel happy is ever changing. When we were two years old happiness was having a doll, or a toy car, or playing in the mud, or investigating insects. At the age of seven happiness was playing ball, or with dolls, or drawing, or playing various games in the school yard. Later happiness was music, and then dancing and then having a close friend of opposite sex. Eventually the object of our happiness evolved into having a means of transportation and then our own place to live, a job, and a spouse. Then to have children, and then to build up a material security base of possessions. For many happiness became being socially accepted and esteemed by others. Some may seek social power while others seek various sensual pleasures for their happiness.

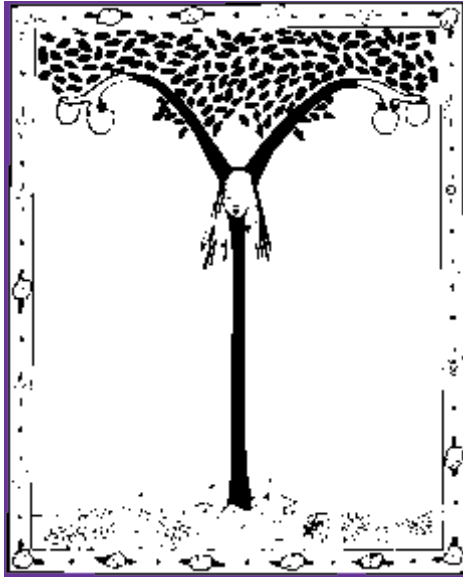
One thing is sure. Nothing, until now, has succeeded in providing us with **lasting happiness**. We require continual repetitive enjoyment of the same objects of happiness such as sex, or cigarettes, or sweets. Eventually, however, even these too lose their ability to provide us with the positive feelings which they once stimulated.

Life is change. Thus, the objects that generate feelings of happiness and fulfillment are also in a process of change - if we let them. Our basic problem is that we get attached to old objects of happiness, and expect them to give us the same feelings year after year. In this way we do not grow, but remain in stagnant pools of our own attachment. Just as we have let go so many times in the past of old sources of happiness to move on to new ones, we must continue doing so if we want to grow.

If someone told us, when we were two, or seven, or fifteen, that the things which made us happy then would be boring and meaningless to us later, we would not be able to comprehend such a thing, and would think that they were lying to us. Why should we believe that things are any different today. We are still very low on a very long stairway of spiritual evolution. We have many changes to pass through before we arrive at the top step.

Are you caught up in trying to maintain some old source of happiness which is creating more suffering than happiness for you at the present?

When an old source of happiness starts producing pain and conflict with ourselves and others, it could be a message that time has come to move on to new horizons of interest and activity.



DON'T FOOL YOURSELF

Are you growing spiritually? Have you learned the «mystical laws of the universe»? Have you been initiated into the “inner” groups of an esoteric circle? Have you been blessed by a spiritual teacher? Are you meditating every day? Do you fast once a week? Have you taken a large number of seminars and read an even larger number of spiritual books? Can you discuss spiritual subjects for hours, solving the riddles of the universe? Are you growing spiritually? Maybe; maybe not.

All of the above have very little to do with whether you are actually growing spiritually. It may be an indication that you are trying; or perhaps you are just seeking after self affirmation in another way?

Don't fool yourself. If you are not serving, if you are not helping those around you on a regular basis, then you have not yet experienced the highest spiritual truth of all - that we are all one consciousness and that whatever is happening to the others is happening to us.

Until we experience this sense of unity and desire to serve others in whatever way we can, we are not actually growing spiritually. We are just accumulating knowledge, books, seminars, spiritual teachers, initiations, etc. These may eventually lead us to that feeling of unity, and they may not. That depends on you.

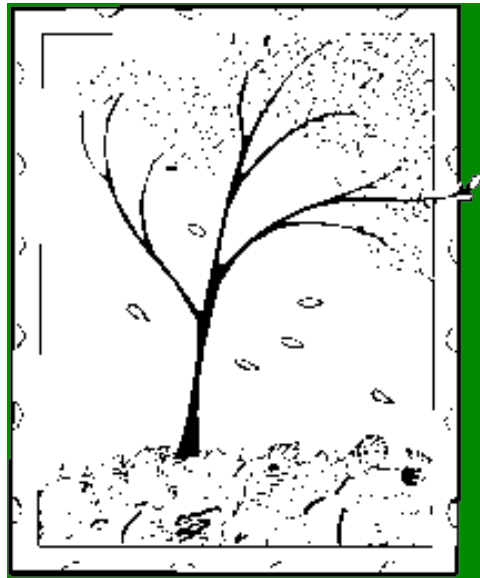
We recognize the tree by its fruits. Spiritual knowledge, spiritual discussions and the consumption of large quantities of books have no value whatsoever, if they do not shine onto the world in the form of love, service and compassion. The well may be full of water, but this has no value if it is not pumped up to give life to the plants, animals and people around it.

Have you been filling your well for a number of years?

**Perhaps the time has come for you to
spread a little of your water to those around you?**

Have you been sending your roots deep into the earth for a number of years now?

Perhaps it is time for you to produce flowers and fruits.



WE CANNOT SEE THE WIND

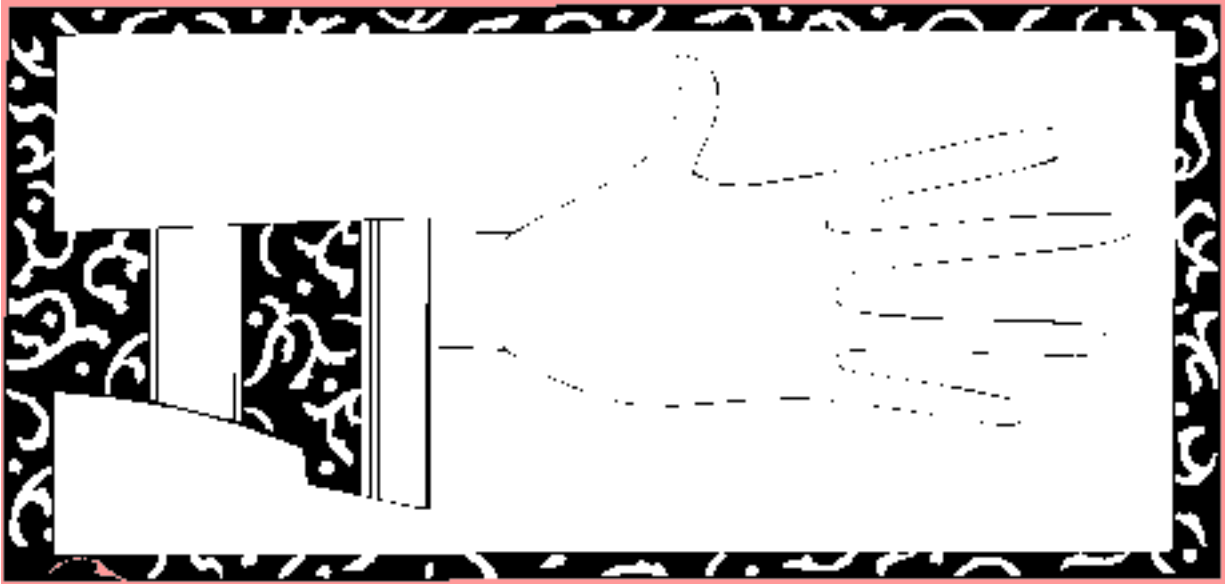
Have you ever seen the wind? Think about it. The wind cannot be seen. We become aware of the wind through its affect on the objects around us. The swaying of the grasses, bushes and trees. The flight of leaves, and dust. The waves of the sea. Its sound as it rushes through small spaces. The sound of the objects it moves. The feeling of pressure and coolness on our skin.

In the same way, we cannot see God. But His presence is very obvious through his effect on creation. The mere existence of creation and life itself is evidence enough that there is a Great Power in the Universe. The presence of a Divine power, a Divine intelligence reveals itself to the careful and thoughtful observer in his every sight.

In the powerful beauty, harmony and complex interdependency of nature. In the inexplicable powers and capabilities within man, animals and plants. In the miracle of birth, growth, decay and death. In the supernatural powers of saints and holy men. In the architectural beauty of atoms, molecules, and crystalline structures. In art, music, dance, religion, science, philosophy, psychology and metaphysics. In the innate wisdom of a child. In the universal thirst for Love, peace, truth, righteousness and brotherhood. In everything that moves - for we do not know how it moves or who moves it. In the body you are living in, which digests food, circulates blood, breathes and carries out millions of functions, while you are waking, sleeping and dreaming, and you have no idea how all this is happening. In the super human achievement of the great athletes and the excellence of great minds. In the life, message and example of Jesus the Christ. In the overwhelming beauty of a small bud, a plant, a child as it manifests into this world out of no where. In the pieces of earth, minerals, atoms and molecules which develop into exquisite life forms which feel, think, move, talk, love, create and grow continually in awareness and understanding.

Every object, energy, movement and consciousness we experience is simply a manifestation of the UNIVERSAL DIVINE CONSCIOUSNESS.

We cannot see God, but there is nothing that we can see which is not a result of His underlying presence.



FIVE FINGERS

A hand has five fingers. They appear separate and can function independently. Fortunately, however, there is only one consciousness which governs their functioning. Imagine the confusion which would be created otherwise, if each finger was ruled by a separate consciousness. Imagine your fingers refusing to cooperate with each other. Imagine one wanting to rule the others or acting aggressively towards the others. What could such a hand possibly do? Absolutely nothing. The simplest acts would become impossible.

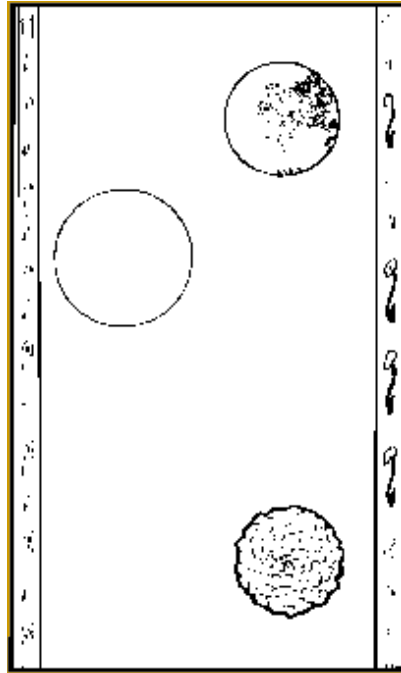
We might imagine our society as a large hand with millions of fingers. In order for all these people to function in harmony and be able to create a positive, safe, happy reality with wellbeing for all, we have to function like millions of fingers guided by the same consciousness of one hand.

Only then will our society be able to succeed in creating the material, emotional, social and spiritual conditions which we all need in order to live happy, healthy and loving lives.

What kind of finger are you on the hand of society? Are you interested in the welfare of all the hand or only in your self? Are you a cooperative finger or one which functions competitively in relationship with the other fingers? Remember, whatever happens to the hand happens to all of us.

**If each finger looks out for itself and
not for the whole,
the hand will obviously become paralyzed.**

**The next time you are feeling alienated, or separate,
imagine that the others are simply
fellow fingers on the same Divine Hand.**



CAN WE BELIEVE OUR EYES?

Can we believe our eyes?

They tell us that the earth is flat.

Yet it is round!

They tell us that the sun circles around the earth.

Yet the opposite is true!

They tell us that we are sitting still reading this.

Yet we are spinning around the center of the earth at 1000 miles per hour.

We are moving around the sun at 66.000 miles per hour,
and around the center of the galaxy at 500.000 miles per hour!

Can we believe our eyes?

They tell us that the wall is solid.

But in fact it is mostly space with very little matter!

They tell us that plants cannot hear and feel.

And yet they do!

Can we believe our eyes?

They condemned Jesus as an impostor and crucified Him.

Yet he was an incarnation of God!

Can we believe our eyes?

They tell us that we are these separate bodies,

That we will die and it will all be over.

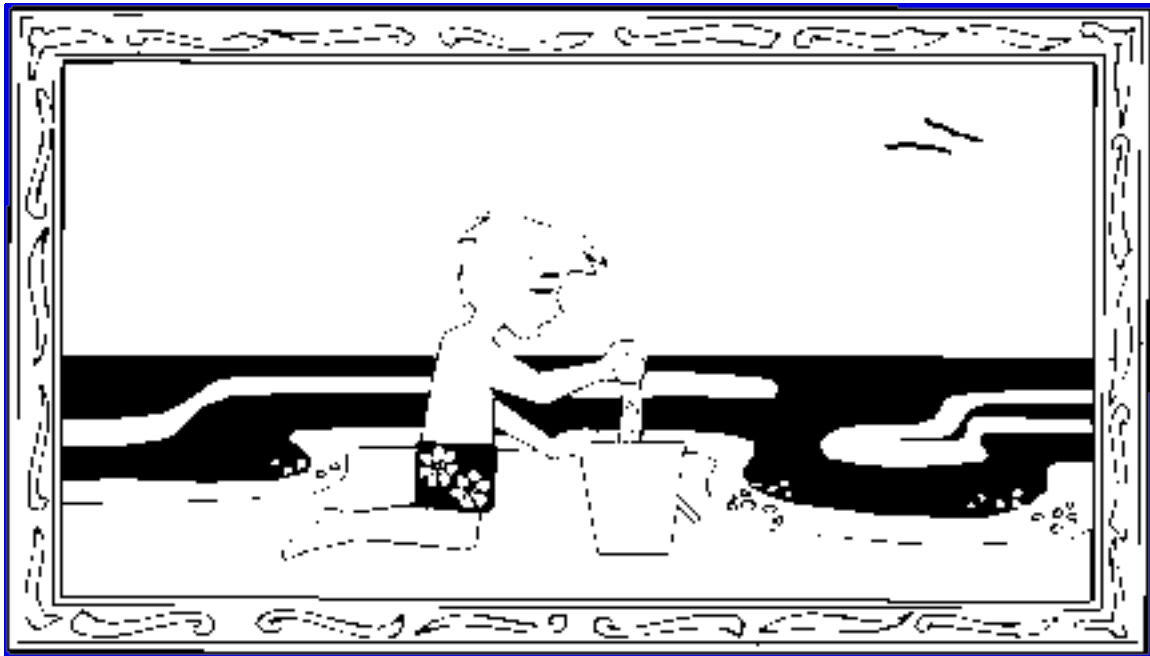
They tell us that the world is dangerous and we must fear.

They tell us that we must close our hearts and protect ourselves.

They tell us that we are weak and limited.

That we are unworthy and must prove our worth to others.

Can we believe our eyes?



THE CHILD AND THE MONK

Once a child was playing on the sea shore filling his cup with water from the sea and pouring into his bucket. A monk from a nearby monastery happened to be passing by, stopped and asked the child, «my child, what are you doing?»

«Hello Father», the child answered, «I am trying to put the sea into my little bucket here».

A wise smile appeared on the monk's face, «my dear child, you must realize that you cannot fit the huge sea into your tiny bucket».

The child looked up innocently and replied, « I guess you are right. In the same way, however, you too, Father, must also realize that you cannot fit the wholeness of God into your mind».

...The monk walked away wiser.



THE TWO LITTLE ANGELS

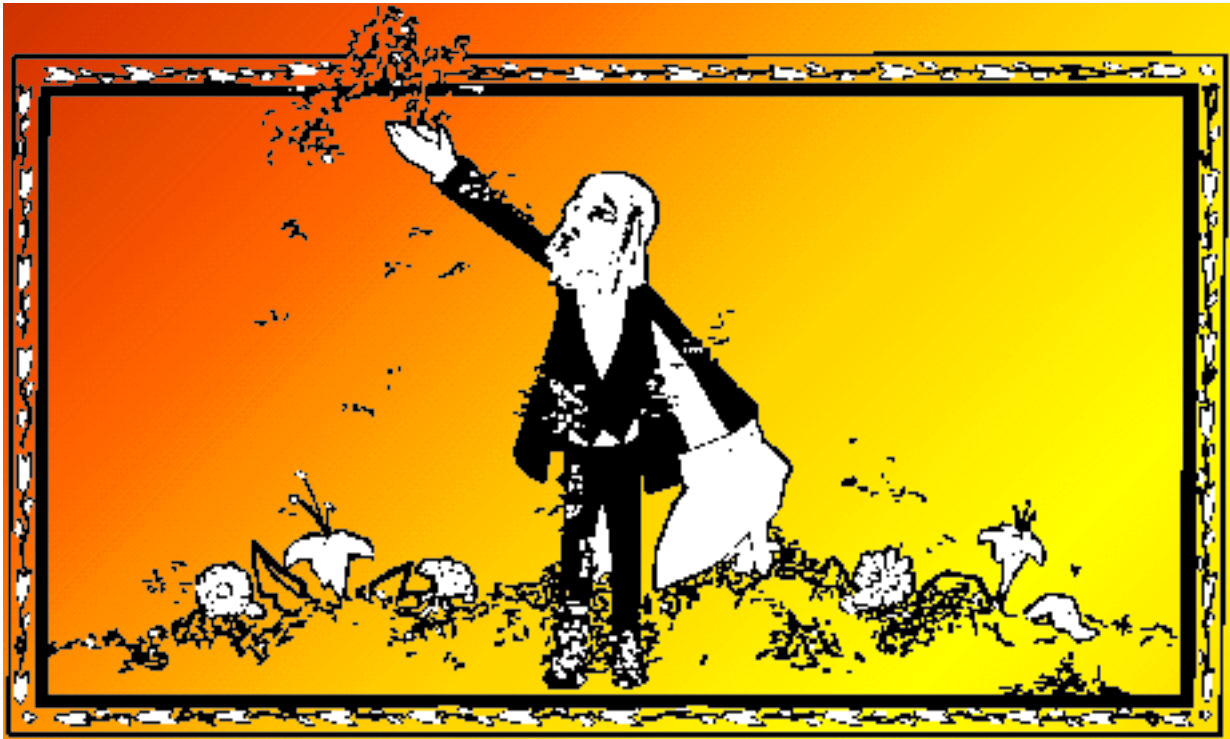
Once there were two little angels employed by the Lord. One was continually travelling back and forth to and from the earth. The other was sitting for long periods of time on a little cloud wondering what the other little angel was doing travelling back and forth so frequently to the earth.

The sitting angel decided to ask the busy angel what his job was, «Tell me brother angel what is the nature of your work which keeps you so busy?»

«Oh,» answered the busy angel, «I collect all the “pleases” from the people on Earth and bring them to the Lord. And may I ask, what is your work which requires that you sit for long hours on this little cloud looking down at the Earth?»

The sitting angel solemnly sighed, «Oh, my job is to collect the “thank you's” from the people on Earth and bring them to the Lord».

LET US GIVE THE SITTING ANGEL SOMETHING TO DO!!!



GOSSIP

A man went about the community slandering the rabbi and spreading malicious falsehoods about him. One day he felt remorse at what he was doing and so visited the rabbi to beg his forgiveness. He indicated that he was willing to do anything to make amends. The rabbi told him to take several feather pillows from his home, cut them open and scatter the feathers to the wind. While it was a rather strange request for the rabbi to make, it was a relatively simple matter to execute.

Having done as he was told, he came back to so inform the rabbi. «Now», said the rabbi, «go gather up all the feathers. For despite your obviously sincere remorse and willingness to correct the evil that was done, it is about as possible to repair the damage done by your words as it will be to recover all the feathers».



THE TRAPPED BIRD

One day a bird flew into a room in our house. (It could have just as easily been your house). We wanted to help it to get free. But it was afraid of us. It did not trust us. It had been programmed by his species' previous contact with ours that we are dangerous and that we kill them not only to eat them, but (for all things) «sport».

He was so deeply programmed that he was unable to distinguish between those previous contacts between his species and ours, and our present very kind and well meaning motives to help him get free and save him from harm. His fear would not allow him to perceive our good intentions. Every time we approached him he frantically flew away banging into walls and various objects, proving to himself his original belief that we were dangerous and wanted to harm him.

We, however, in truth had no intention to harm him. If he could only have perceived clearly the present moment; and not distort it through his previous conditioning, he would not have been harmed at all. His own ignorance and misconception of reality are the cause of the harm that is happening to him. His lack of trust in the hand that is chasing him to help him get free is causing him to fly blindly into objects which harm him and cause him to suffer.

We are all very much like that trapped bird. We are caught in the room of our limiting beliefs and attachments which limit our freedom and happiness. The hand of life comes with the motive of love to set us free from our attachments and limited perception of ourselves and the people and events around us. We do not trust that hand. We are afraid of any type of change.

We do not trust the flow of events, and try to prevent any type of change so as to feel secure, even if the environment in which we feel secure is in reality a painful one for us. We prefer to stay in our room of suffering rather than trust the hand of life which comes to free us with some type of life change.

This process of freeing us from our self-created room of limitation and suffering often entails removing one of the walls or even the foundation of that room, resulting in events such as the loss of a job, or of some valued possession or (that which we all fear the most) the loss of a loved one. In what other way can we discover inner security, inner strength, or the truth of our real spiritual

nature without occasionally having some of the walls removed so that we can see ourselves and life more clearly, more objectively, more deeply?

Are you afraid of the hand of life?

Are you afraid of change?

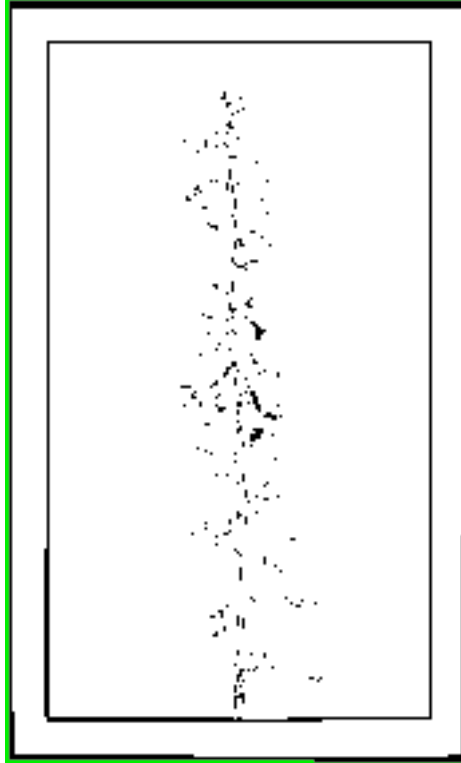
Or do you believe that life really loves you and wants only whatever is for your best as a soul in evolution?

Do you believe that life will always give you exactly what you need in order to continue your process of evolution and self realization?

Can you flow with the changes which you cannot change or obstruct?

Or are you like the bird trapped in your own room of beliefs and fears?

It is your choice.



BUDS - FLOWERS - FRUITS - SEEDS

There are some plants which exhibit all the aspects of fructification from the bud, to the flower, to the fruit, to the seed all at the same time on the same stalk. In observing such a plant we discover that the energy, in the form of life juices, is flowing up from the roots of the plant towards the upper reaches of the plant. Thus, while the flowers on the lower level of the plant have already become fruit and seeds, and some have even fallen off to create other plants, the middle part of the plant is still in its flowering stage and the top of the plant has tiny buds, some of which are barely visible, to which the life energy has not yet arrived.

This example reminds us of the human being, who is in a state of evolution, in which his vital energy is moving gradually upwards from his lower levels of consciousness, situated in his abdominal area, to the higher levels of consciousness located in his chest, neck and head. We might imagine that, like in these plants, our energy has already reached our lower centers of consciousness which motivate us to seek security, pleasure and power. We might also imagine that, since these centers are already so active, they have already fructified and have formed seeds, which will grow into plants in the future; thus the saying «As you sow, so shall you reap». Today most of us are reaping the fruits of the seeds we have sewn through these lower centers of motivation.

Gradually, in some people, this energy starts flowing up into the heart center and there is a flowering of love in that center. This love has not yet developed into a fruit or seeds. It is just now flowering, and the individual is enjoying this process, but is not yet enjoying its results in his life yet. In other words, others will react to him according to his previous, more selfish, motivations, which have left many seeds around.

The energy has not yet risen up high enough in most individuals to cause a flowering of the even higher centers of wisdom and self-knowledge. Thus, these are like the buds which, for the time being, are still closed. The various religious paths and spiritual disciplines can facilitate this energy's ascension into the higher centers as the individual evolves. Each of us has latent spiritual potentials, which have not yet manifested, just as those buds on the top of the flower have not yet opened up.

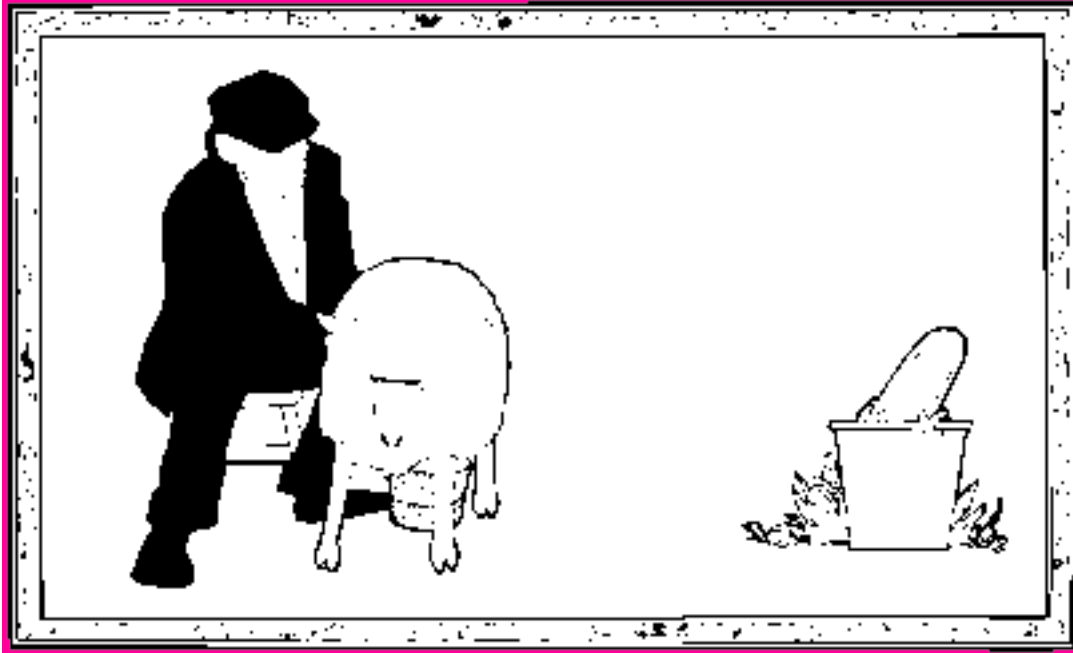
From this example we can also draw some other conclusions:

1. There is no need to fight with old, negative habits, or reactions, or ways of thinking, or feelings. These tendencies will, like the fruit of the plant, fall off if we simply ignore them and allow the energy to rise upward to the higher centers of love and wisdom. Thus we should avoid guilt and self-hate, and use that energy for developing the positive spiritual qualities which are latent within us.

2. There will always be a delay between a change in our belief, or the «flowering» of a new idea, talent, discipline or quality, and the fructification of those inner changes in our daily lives. Just as it takes time for the flower to become a fruit, it takes time for our new goals and decisions to become habits. It also takes time for the others in our environment to respond to those changes. They are responding to the seeds we have sewn long before. The seeds which we sew now from our higher centers will bear fruit after some time.

Thus PATIENCE and PERSEVERANCE are essential.

What other parallelisms come to your mind from observing this plant?



THE BUTTER IN THE MILK

Butter is in the milk. It is everywhere in the milk but cannot be seen to be in any specific spot. Its presence in the milk is subtle but essential. Milk would not be the same without its butter.

Spiritual consciousness is permeating all the body as the butter in the milk. Butter, however, can be separated from milk and be experienced in its purity. This requires beating, churning and various processes. The spiritual consciousness in man can be separated from the body and mind through various processes called spiritual practices such as prayer, meditation, self- analysis, breathing techniques, love, devotion, selfless service etc.

The goal of life is to realize that this spiritual consciousness, which is our REAL NATURE, is something separate and independent from the body and mind. It exists before the existence of the personality and after its death.

We are an immortal spiritual entity.

**The goal of life is to realize that truth -
experientially.**



THE COCONUT AND ITS SHADOW

The relationship between material life and spiritual life can be understood by observing the relationship between the coconut and its shadow.

The coconut is hanging in the palm tree. Its shadow appears on the ground. The coconut is the spiritual reality which is not easily reachable. The shadow is the material projection of that spiritual reality, which **seems** closer and more easily obtainable. Thus, the unknowing person seeks to grab the shadow, the material world, which is just before him, more easily noticed and **hypothetically** more easy to obtain. But, strangely enough, every time he reaches to grab on to the shadow, it slips through his hands and he ends up with nothing but sand.

This is truly the nature of the physical world. We think we have something as our own; a person, a relationship, money, a position, an object, wealth, fame, a friendship, and suddenly it is gone like that shadow. All of the material world is simply a shadow, a temporary projection of the one basic spiritual reality. Whatever we obtain, or believe is ours materially, will, at some point, prove to be a shadow, including our own physical body, which will also fade away like all other «shadow» bodies we know and are attached to.

When someone has grown tired of chasing shadows for his happiness or security, he just might look up and begin to realize that the reality, which exists behind the shadow coconut, is the real coconut, which lies high up in the tree. At first he is filled with joy at his new discovery. At last he will find real happiness, he will obtain the real coconut, and will be eternally fulfilled.

But then, as he tries to climb the tree, he begins to get discouraged, because he has become weak and undisciplined all these years of seeking easy happiness through easily approachable shadows.

He keeps slipping, moving forward a little and then back again. Progress is slow. He becomes disillusioned and considers giving up.

Then he remembers, however, that he already tried every other possibility for achieving happiness, security and fulfillment, and that all other sources have failed him, that they are all empty shadows. He realizes that he has no other choice and continues his slow, but steady, climbing, often doubting, but then always remembering that ultimately he has no other choice and that he is not missing out on anything else, since the rest of the world is made of shadows.

He eventually arrives to the top and grabs the real coconut, he comes in touch with the spiritual reality within him and, thus, with the spiritual reality behind all of creation. As he comes down and walks with his newly obtained coconut, he suddenly realizes that wherever he goes the shadow coconut follows him.

He now realizes that, having obtained the spiritual reality, he has the material reality, which is just a projection of the one under his control. He can control matter. Miracles, which are now his nature, occur spontaneously in his presence. He can now share his real spiritual nature with others, so as to awaken them to the truth, so that they too may seek after the spiritual rather than the material. And having procured the spiritual, they will also have the material world in their hands. Seeking after the material they will end up with empty hands.

**Which coconut are you chasing after,
the easy but disappearing shadow on the ground, or
the lasting, but difficult to obtain, real coconut on the tree?**



SPIRITUAL WELL DIGGERS

Some spiritual seekers do not have the stability and patience required to succeed. They are like the person who digs a well seeking water but becomes disappointed and gives up after five meters. Then he sees another spot which looks promising. He starts to dig with new enthusiasm there. But after five meters, once again disappointed, he gives up. Then after some time he starts with new hope at a new site, believing this now to be the solution. But again after five meters he gives up his effort.

What he didn't realize is that the water he was seeking was only twelve feet under the ground. If he had stayed one place and dug deeply he would have experienced success by now. By jumping from place to place, however, he has no results.

**The same is true for those who
change spiritual systems and techniques frequently
looking for easy solutions.**

**It is better to choose a spiritual path
and follow it deeply.**



HOW THE MONKEYS LEARNED TO WASH THEIR POTATOES

Scientists were conducting experiments on monkeys on a small island off Japan. They dropped potatoes in the sand, on a regular basis, for the monkeys to eat. The monkeys liked the potatoes, but were not especially happy about the sand which had stuck to them.

Early in the experiment one newly born monkey discovered that he could wash his potatoes in the river. In this way he could enjoy the potatoes without the sand. He continued to do so, and soon others of the **young** monkeys of the group learned to do the same. Some of the parents of the younger monkeys also learned this new behavior from their offspring.

The number of monkeys who learned to wash their potatoes grew very slowly. After about five years, they were still an insignificant minority in comparison to the overall monkey population of the island.

Then one day a very surprising thing happened. All of the monkeys started to wash their potatoes in the river. Not only that, but also monkeys on the neighboring island. Suddenly this new knowledge, this science, this art, this new behavior had become available to all, but not through normal means of learning, or communication.

Some scientists and other progressive thinkers, as well as those versed in metaphysical laws, believe that this information, or trait transference, can happen through an «unified morphogenetic field», or a «collective causal body», which unites all members of any species at

some subconscious or archetypal level. Some believe that there are even larger morphogenetic fields which create links between species and unite all of creation **for that matter.**

What does this mean? It means that whatever I do, or do not do, has some effect on the rest of my species, other species and the universe in general. It means that every time I choose love over hate, I strengthen the quality of love in my species and on the Earth. Every time we forgive, we make forgiveness a little easier for the rest of the world. Every time we choose peace, or service, or right action, these become a little easier for others to choose. It means that my every thought, word and act are strengthening or undermining certain traits in all beings. It means that we are, in reality, all parts of one universal being and that our lives, thoughts and behavior form that being to some degree.

It also means that we do not need to manage to reach all beings on a conscious level concerning matters such as peace, love, ecology, cooperation and unity. Just as only a small percentage of monkeys were required to learn to wash their potatoes in this way, and then suddenly all were blessed with this wisdom, perhaps a small percentage of humans who meditate, pray, serve, love, care for the environment and sacrifice their time and energy for these values, may be enough to make that transformation in the morphogenetic field of mankind, so that all men, women and children will wake up one day believing in peace and caring.

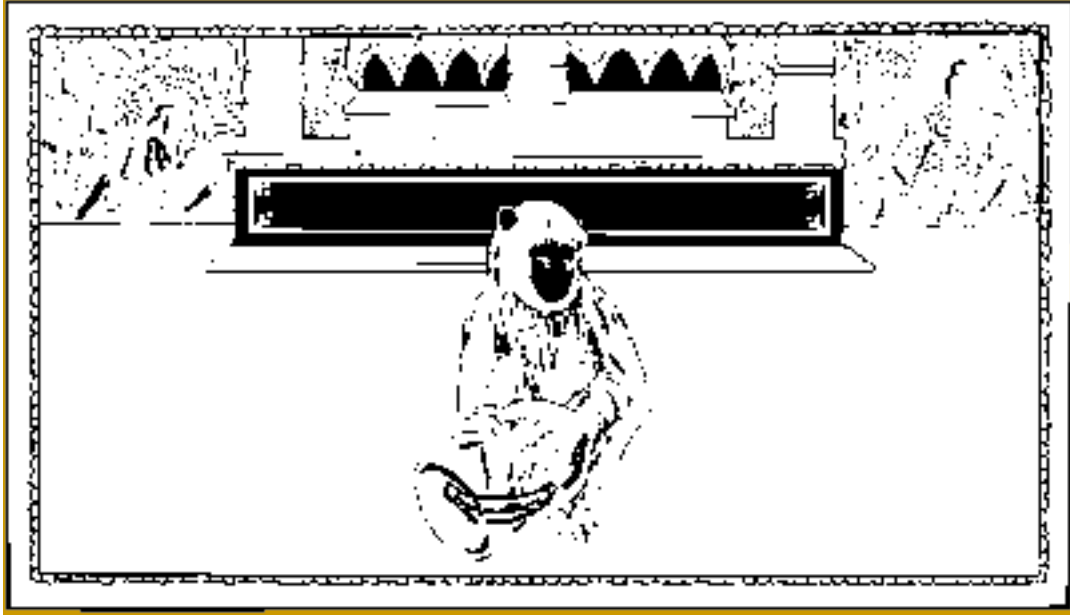
Seems impossible? Perhaps it is. But have you got any better ideas, as to how we are going to save this planet from certain destruction? Have you got any better way to spend the rest of your incarnation than to instill such positive qualities in your selves and become an example for others to do the same?

**Can you think of another way of life which
could bring you more happiness or more meaning?**

If you can, then do it.

If you cannot, then do not make compromises, do not waste time.

Give all of your life to this purpose.



YOUR BANANAS

Here is how they catch monkeys in India and South America. They tie a narrow neck bottle to a tree. In the bottle they place a banana. The monkey passes by, perceives the banana and very smartly manages to squeeze his hand into the bottle and slips his fingers around the banana in the larger inner area of the bottle.

Now he tries to pull his hand out in order to eat the banana, but it won't come out because his hand, which is now holding the banana and is in the form of a fist, cannot pass through the neck of the bottle. He pulls and pulls, but cannot get his hand out. He sees the trapper approaching him and tries to get away, but cannot, because his hand is wrapped around the banana and thus unable to be removed from the bottle.

Although he is obviously going to suffer under the hands of trapper, and although the bottle and the banana are the cause of his demise, it never crosses his mind to let go of the banana so that he can extract his hand and be free. He is literally attached to the banana, and the banana, which was previously a potential source of happiness, has become a source of his suffering.

We are all like those monkeys. We have a variety of bananas in our lives to which we are attached, and although they create much suffering for us, we cannot let go of them. Some are physical or material attachments such as cigarettes, coffee, tranquilizers, alcohol, denatured foods, or large quantities of food, or sex or TV, or money or material possessions, such as houses, cars, land, stereos, videos, the list is endless. Not that these are inherently bad, but they might be in some cases ruining our health and happiness. And, although we are aware of this, we are unable to get free from them, because we are attached to them.

Or our attachments may be more mental, such as the acceptance, approval or love from specific persons or from all persons. Or we might be attached to professional success, or recognition, or to

having things done the way we believe that they should be done, or to being the smartest or prettiest, or to having perfect order and cleanliness in a home where others might not share the same need.

None of these are wrong or bad, but our attachment to them just might be creating suffering for us at this time, because we are not able to have what we are attached to. When we are attached in this way, we have two choices. We can suffer because we cannot get the banana out of the bottle and, thus, get trapped in vicious circle of suffering and unhappiness. Or, we can let our attachment become a preference for the banana (any banana) and let go of it when we see that we are only creating unhappiness for ourselves (and probably for others), and thus we can all stop suffering.

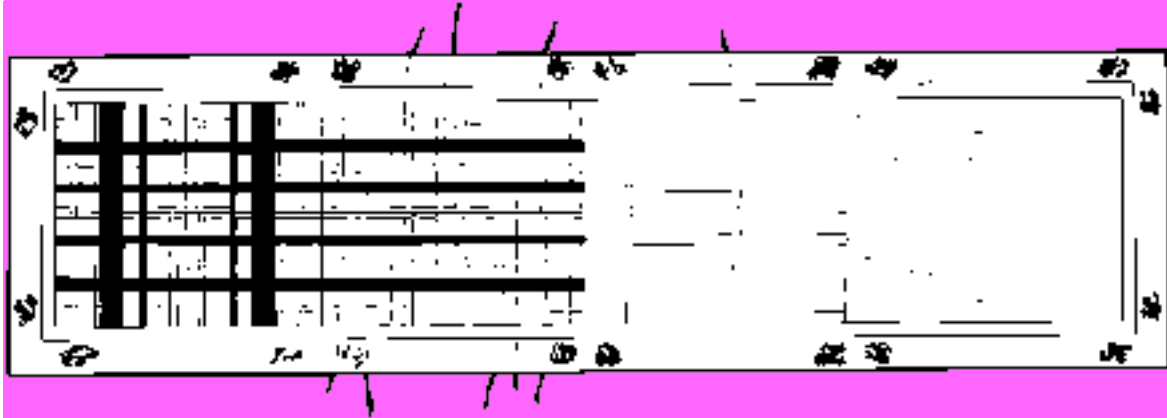
It often happens that we get so caught up in trying to force that specific banana out of a specific bottle, that we are blind to the fact that there are hundreds of bananas lying all around that bottle free for our taking, if we could just master up the intelligence to let go of that, which we are trying to force life into giving us. A good example of that is when we become attached to acceptance, approval or love from specific persons such as a parent, spouse or child. When we cannot get the affirmation of those feelings from them, we feel hurt and angry and try to force them in various ways to give us the recognition we are looking for. In our obsession for recognition from these specific persons, we loose sight of the fact that we have love, acceptance and approval from so many other persons. We are so focused on what we cannot get, that we are blind to what is offered so abundantly to us from other sources.

Are you aware of your bananas?

**Are you aware that you are creating your own suffering,
because you refuse to let go of them?**

What do you want to do about it?

What do you plan to do about it?



A SOLUTION FOR A TIGHTLY KNIT MIND

The mind is actually empty. At least it would usually be better off if it were. It could be empty, an empty channel for the flow of divine energy and inspiration from the spiritual dimension into the physical and mental dimensions.

But our minds are usually full of various threads which create a rather tightly knit fabric of ignorance and illusion, which allows very little if any, of that inner light to flow out into the world. What we see, when we perceive the people around us, is divine light, well covered by the fabric of their minds. Put a toxified physical covering over that and you've got a human being.

This fabric is made up of hundreds (thousands in some cases) of beliefs, preconceptions, fears, desires, needs, illusions and misconceptions about reality, which completely distort any event, or stimulus, which tries to enter the mind. Nothing is allowed to pass through without close scrutiny, less it be threatening physically or, even worse, demeaning or insulting the EGO. Thus, virtually nothing passes freely through the mind. Most impressions get stuck in the fabric of the mind. Even the insignificant events, such as what the taxi driver or the shopkeeper said to us, get caught up in that tightly woven fabric. This fabric of the mind is like the filter over our stove, which accumulating more and more grease, allows less and less to pass through.

Do you have this type of tightly knit mind which is holding countless past experiences in its weave? Would you like to loosen the weave, remove a few threads, a few fears, attachments, preconceptions, a few desires or needs? Would you like to shake out the fabric a little so as to remove those past experiences, traumas and subconscious mechanisms? I would. And I am sure that you would too.

This process of shaking the material and gradually removing unwanted threads is called purification. It is a basis of spiritual evolution. Various techniques are available, both traditional and modern, both religious and scientific. You can choose those that suit you most.

Two, which are especially effective for removing unwanted threads, are self-analysis (and discrimination between the truth and subjective programmings) and meditation. Through this dynamic duo, the threads are gradually removed and the spacing is greater between the remaining ones. If we continue for many years, the holes become quite large, and even large intense experiences are allowed to pass through without getting caught in the mind and creating

negativity for the future. This does not mean that we become insensitive. It means that we react in the moment to whatever is happening, but that we do not hold on to it and later create fear, or negative feelings, which distort future experiences. We are able to react, forgive and forget.

If we keep meditating and exercising spiritual discrimination for many years, with daily regularity, we will gradually experience a condition in which all threads will have disappeared. This is called ecstasy, or bliss, in which there is no more personal mind to limit our experience of unity and universality. When this state occurs permanently, this is called enlightenment, perfection or the kingdom of Heaven.

**Which are the first threads which
you would like to remove from
the fabric of your mind?**



YOU ARE NOT SOMEBODY;

YOU ARE NOBODY

AND EVERYBODY

Your greatest mistake is,
Believing that you are Somebody.
Since you are Consciousness,
Then obviously you are No **Body**.

You are Universal Consciousness.
Thus you are **Every** Body.
Yes, that is the Truth -
You are **No** Body and **Every** Body.

Are you confused?
It is really very simple.
Consciousness cannot be confined
To one particular Body.

It is Universal in Nature.
It is thus No Body.
And at the same time,
It is Every Body,
For **Every** Body is
An expression of it.

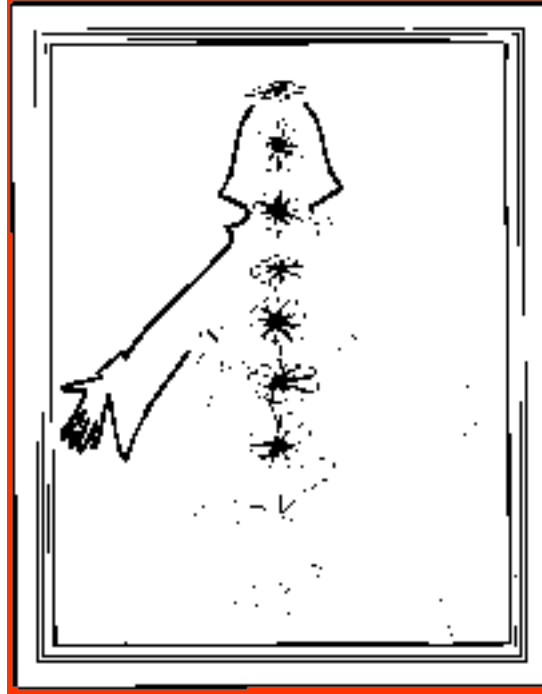
Now it must certainly be clear.
You cannot be **Some** Body.
You can be **No** Body.
Or you can be **Every** Body.

If you want to be NO Body,
Detach your self from everything equally.
If you want to be EVERY Body,
Identify with everything equally.

In most cases, however,
You have to become **No** Body,
Before you can become **Every** Body,
And that is really wonderful.

Don't make this mistake anymore.

Don't limit your Self to **Some** Body.



THE SEVEN CENTERS OF CONSCIOUSNESS

People are motivated by different needs. These needs cause them to think, speak, and act as they do. We are slaves to our needs.

There are seven levels of needs, or levels of consciousness, from which people operate and live their lives. Very simply and briefly they are as follows:

1. Man's first need is for **SECURITY**. A man in his search for the feeling of security will attempt to find it through money, objects, positions, social recognition and various relationships.
2. Man's second need is **PLEASURE**. This need causes him to chase after various forms of sensual pleasure such as food, sex, cigarettes, coffee, TV, movies and a wide variety of substances and experiences which stimulate the sense organs.
3. **AFFIRMATION** of his worth or power is man's third need. In search for this affirmation, man will do whatever he believes he must do to prove to others and himself that is capable and worthy of recognition and esteem.
4. The fourth center is called the **LOVE** center, because here a man begins to experience love **without conditions** for the people around him. He becomes more interested in giving and helping rather than obtaining security, pleasure or affirmation.
5. The fifth center is the center of **ABUNDANCE** in which an individual experiences an oneness with all of nature. All his basic needs are provided for by nature, and he exists as an instrument of service and harmony for the whole.

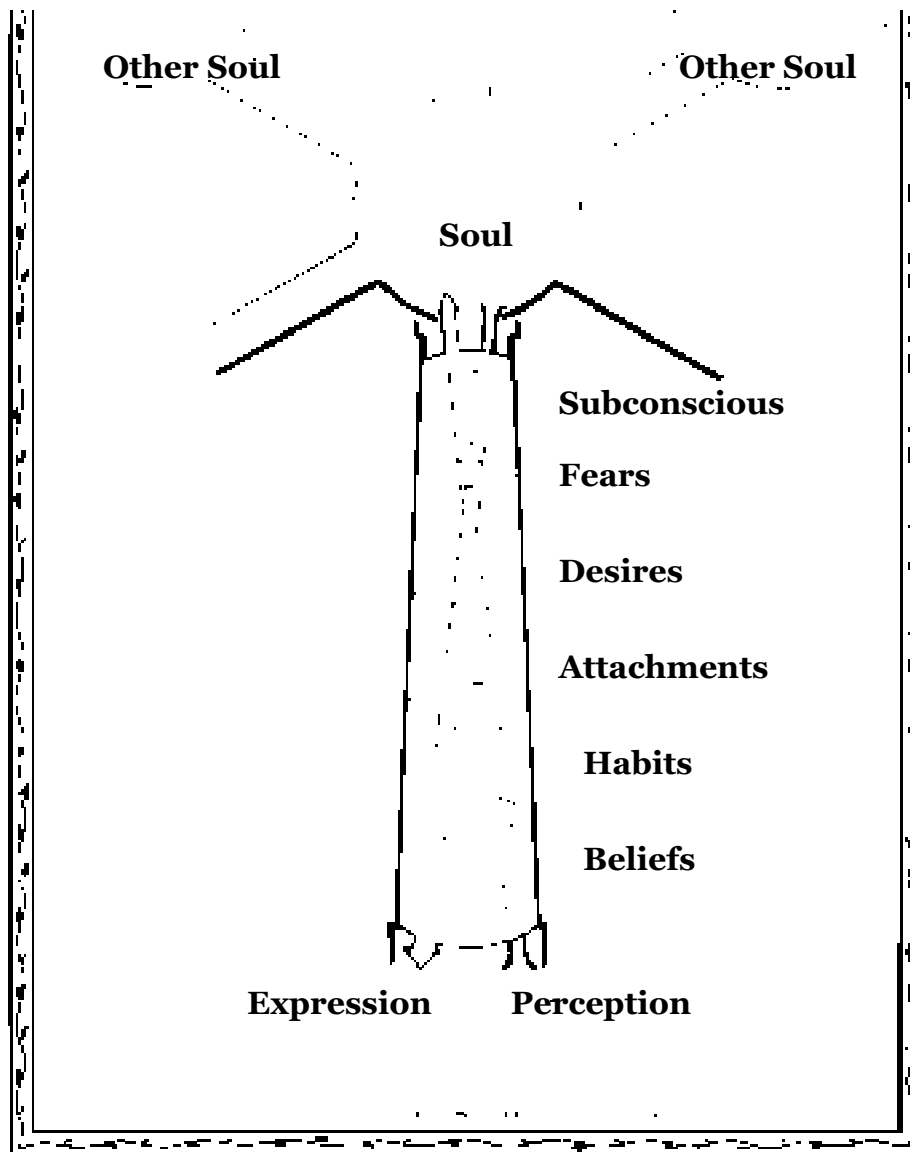
6. In the sixth center of consciousness, one becomes the **WITNESS** of all that happens in his body and mind. He becomes the detached witness of what he does and what happens to himself, and is not identified with the body and mind. He now experiences himself as an immortal soul independent of body, using the body temporarily for his functioning on the earth for a specific period of time.

7. The last center is called the center of **BLISS**, or **UNITY**, in which the soul ceases to experience individually and realizes his blissful oneness with all beings and the world around him. Not much can be said about this state, since it is an experience beyond time and space.

We are all experiencing all of these centers in our process of evolution. For each of us some are more active than others. This will change throughout the day depending on our energy level and surroundings. It is useful to ask ourselves frequently **from which center we are functioning.** That is, where are our thoughts, words and actions coming from? From the needing centers of security, pleasure and affirmation or from the higher centers of love, affirmation, detachment or unity?

**Let us accept ourselves, wherever we are, as souls
in a process of evolution, while we simultaneously
attend to the process of letting our
thoughts, motives and feelings flow from the higher centers.**

**We will then experience more love, peace, health, vitality
and joy in our lives.**



OUR PERSONALITY FILTERS

We view the world through a long tunnel of filters which distort, to a great degree, that which we see. We perceive the world quite subjectively through these various mental conditionings. In other words we see the world not as it is, but as we have been programmed to believe it is.

If one wears red colored lenses, everything appears in shades of red. If we wear green colored glasses, everything appears in shades of green. That is because the colored lenses, filter out all other frequencies of light, allowing only the frequency of their color to pass through.

Our beliefs, expectations, needs, fears, desires, attachments, aversions and emotions are all filters which allow only the events which “agree” with them to pass through to the mind. We see what we fear. We see what we expect. We see what we believe, regardless as to what is truly there.

In the accompanying diagram we are the immortal soul which is represented by the circle at the top of the long channel of the personality structure. Along this telescope of the ego are the various filters which represent our various programmings and beliefs, emotions, and expectations,

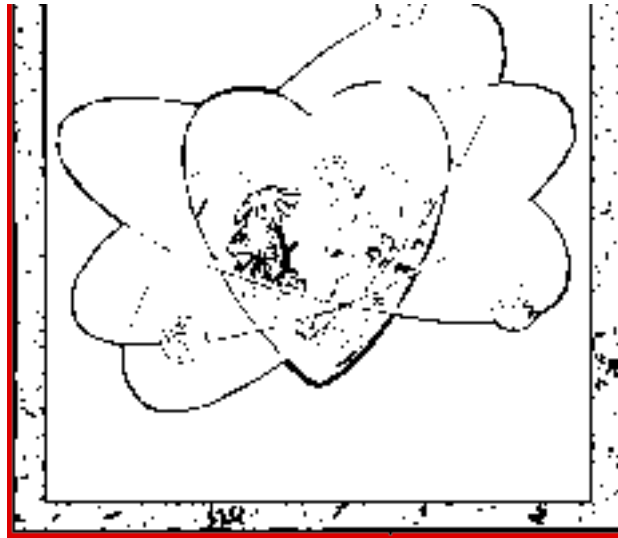
concerning age, sex, money, nationality, religion, politics, health, society, people, animals, and most importantly, ourselves and our relationships to the world around us.

All of these conditioned thoughtforms distort the events occurring in the outside world. Each filter already has images printed on it and thus adds its own images to whatever events are passing through for perception. The same holds true for the expression of our inner self. We are unable often to express what we really feel, because our conditioning does not allow us to, usually because we believe that we will be rejected.

The purpose of life is to examine the images printed on these filters, which distort simultaneously that which we perceive and that which we express, thus creating a considerable amount of confusion both for ourselves and others in our lives. Once we have discovered these thoughtforms, we can then begin a process of getting free from them by realizing their falsity, and by creating new positive thoughtforms which represent more clearly the truth of the reality in which we live.

**The last step is to remove all thoughtforms,
even the positive ones, so that we can experience and express
in a totally undistorted way -

the TRUTH OF LIFE.**



UNITY IS THE ANSWER

How can Nations find peace between each other?
Only by realizing that they can all have more through Unity.

And opposing political partners?
That their country will fall apart if its people are divided.

And workers and employees?
When they realize that through cooperation they all gain more.

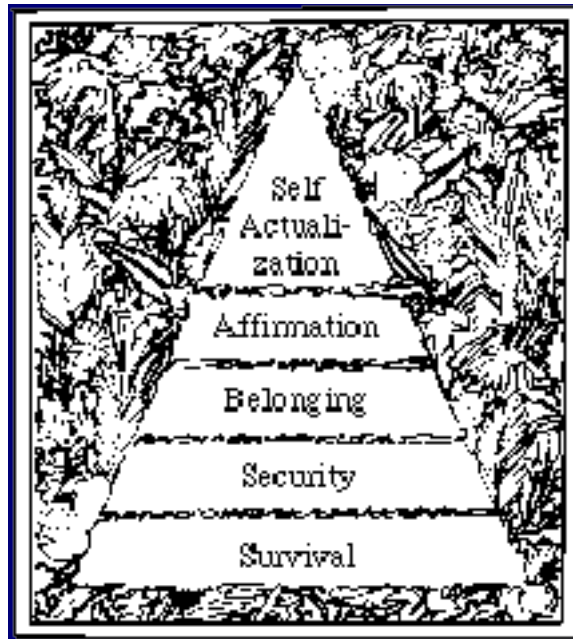
And family members?
When they understand that **unconditional Love** is their lesson.

And you in your self?
When you Love and respect all aspects of your being.

On all levels, in all cases
Unity is the answer.

Unity with all; man, nature and God.

Unity is Divinity.



THE HIERARCHY OF NEEDS

Why do we do what we do? The answer is always that some need is compelling us to do that. We are slaves of our needs. We do whatever our needs command us to do.

There are all types of needs; physical, material, emotional, mental, social, professional, spiritual etc. When we satisfy our needs they stop annoying us for a period of time, but soon enough they seek repeated satisfaction. When a particular need keeps coming up repeatedly over a period of years, it controls our lives and determines, to a great deal, our character and our relationships with the people and world around us.

Psychologists have discovered that there is a hierarchy of needs which, in most cases, need to be fulfilled in a certain order. The first and most basic need is that of survival and the satisfaction of basic body needs such as food, water and air. If we do not have these, we obviously cannot feel the need for anything else. The second need is for safety from dangers of any type. If bombs are falling, or we do not have a home, or a lion is chasing us, we can not feel the need for anything else until we find safety.

The third need is for human contact, to belong to someone or to some group (family, social, professional, political, religious, racial, athletic group or any other type of group). Once we feel that we belong to one or more groups, we start to feel the need to be respected and esteemed by those groups. We want their affirmation. We would like to stand out, to be something special. This helps us to feel our own worth.

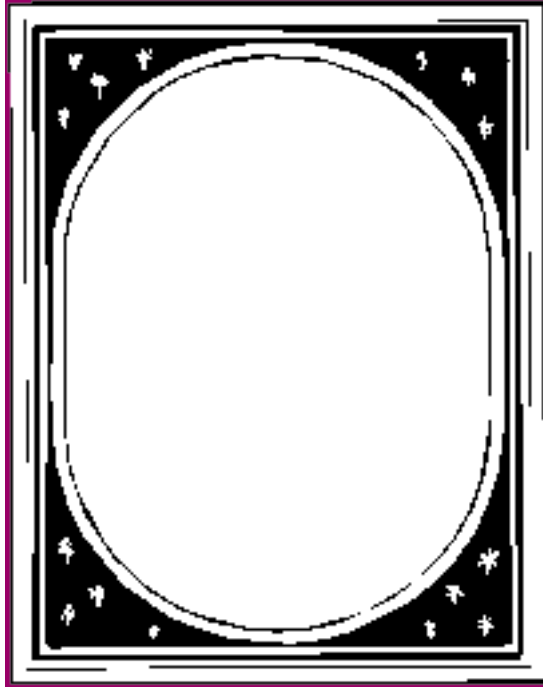
Once we have established feelings of security, worthiness and self esteem we begin to feel another need growing with us, the need for **SELF-ACTUALIZATION**, or the manifestation of ever greater portions of our latent potential on the physical, emotional, mental and spiritual level.

This is the real purpose of life. The purpose for which we have incarnated. That does not mean that our other more basic needs, which come before this in the hierarchy of needs, are not important or must be ignored. It means, however, that they must be seen as stepping stones towards higher levels of living and being.

Thus, there are no «good» or «bad» needs, or desires. They all exist as a part of an ever-ascending stairway of experiences and tests, which allow us to develop and manifest our unlimited inner potential. Our problems are created when we get caught up in some particular desire or need and do not move on, when the time comes. We become attached to old stimuli, which once provoked pleasure, security or affirmation for us at a certain step on that stairway. We have stopped there, not realizing that we can find even more security, happiness and self worth by letting go of that step and proceeding on to a higher one - even though that step is unknown to us and perhaps provokes fear, or other feelings, within us.

**Let us move onward and upward,
letting go of the steps (needs and habits)
which are now creating unhappiness
and inner and outer conflict.**

**Let us dare to step upward
even though we are not sure
of what we will encounter.**



FOR A MOMENT YOU ARE GOD

Imagine you are God.

You are All-knowing.

All-knowing means everything you know about yourself

Multiplied by 5 billion other living selves

Multiplied by all their past and future life experiences

Plus all the plants, animals, insects, and microbes
each and every atom, proton, and electron.

Plus all the planets, stars, and galaxies to the edge of eternity.

You know all this and much, much more in every instant

Because you are God.

Imagine you are God.

You are in all places at all times.

Not limited by a physical body,

You are nowhere and everywhere at once.

The whole universe is your body,

You are everywhere present inside, outside, above, below,

Behind, before, beside, and beyond everything.

You are the inner motivator of All,

Because you are God.

Imagine you are God.

You are all the Powers of the Universe.

Nothing opposes your will - one will - your will.

Obstacles dissolve

Diseases disappear

Your wish is the world's command

Creation is in your hand.

Creator, Sustainer, and Destroyer of the Cosmos.

You are God.

Imagine you are God.

The embodiment of Love.

That's what you are; pure love.

Infinite love

Unconditional love

Love that clings to nothing

Love that needs nothing

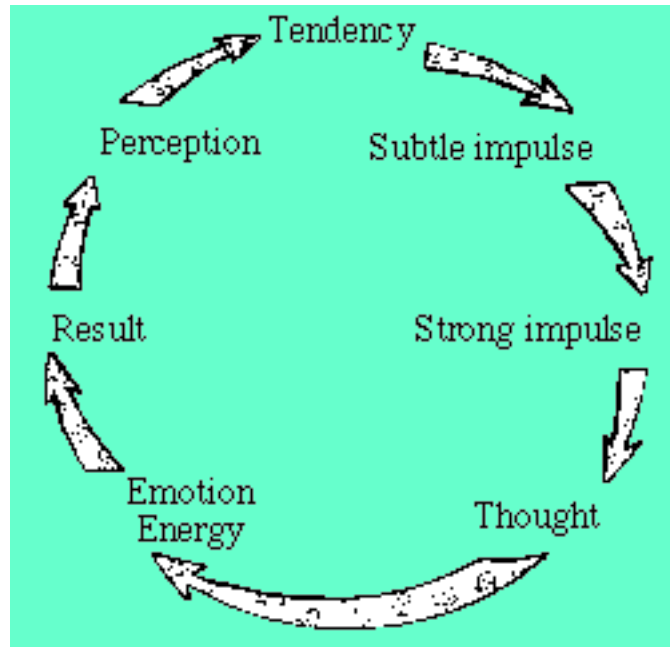
Love that desires nothing

Just pure, unlimited love
Love that illumines everything,
Your love is the light of the world
A radiant beacon for all
How good it feels
How perfectly blissful
You are the embodiment of bliss.
You are God.

Imagine you are God

All are your children.
You are Mother and Father, Guardian and Guide for all.
Everything you do is for the welfare of your children.
No thought for self, all is for the welfare of all.
You are dedicated to creating heaven on earth.
Your every thought is love.
Every word is truth.
Every action is righteous.
You are peace in the heart of all creation.
You are God.

**Imagine often that you are God.
And surely someday you will be.
For, inside you, you already are.**



THE CIRCLE OF TENDENCIES

Do you occasionally wonder why you feel the way you do, or act in the way you act? It is almost as if there is some other person within you, programmed to act in a specific way, independent of what you consciously believe is in your best interest? This, our mechanical nature, is the result of the **CIRCLE OF TENDENCIES**.

We are born into this life carrying with us certain tendencies, which we have developed during the series of incarnations, as souls, in the process of evolution. These tendencies are strengthened or weakened by our childhood environment and experiences. Our character gradually becomes crystallized and our nature mechanical and programmed.

These tendencies seek expression in our mental, emotional and physical life. They start as basic inner tendencies, which lie within the «subconscious» of the soul, manifesting as inner impulses such as a feeling, need or desire. At first they are just subtle feelings. Gradually they gather energy and momentum and become strong feelings, desires or needs, with an intense presence in the mind. We identify with these desires, or feelings, and they occupy ever-greater portions of our minds, leaving little of our consciousness free to be conscious or objective.

We eventually become totally identified consciously, or subconsciously, with an impulse and act upon it. We have now become the slave - victim of this mechanical tendency, which is the result of a past, of which we are not even consciously aware. Ninety percent of our emotional life is controlled by these programmings from the past.

We act upon an impulse. That action creates certain results in our lives. We then become even more identified with this tendency. Acting upon our fear, anger, jealousy or lust simply makes us more identified with those aspects of our nature, and we begin to believe that we **are** those characteristics.

We lose the awareness that those are simply tendencies, which arise in the sea of our consciousness, and are not our real permanent self. They are the temporary waves on the sea. Although we are the sea, we identify with the waves, believing that we are them, and limit our self image to those particular waves and, thus, manifest in our emotional, mental and physical life a small, and one sided, version of our multifaceted being.

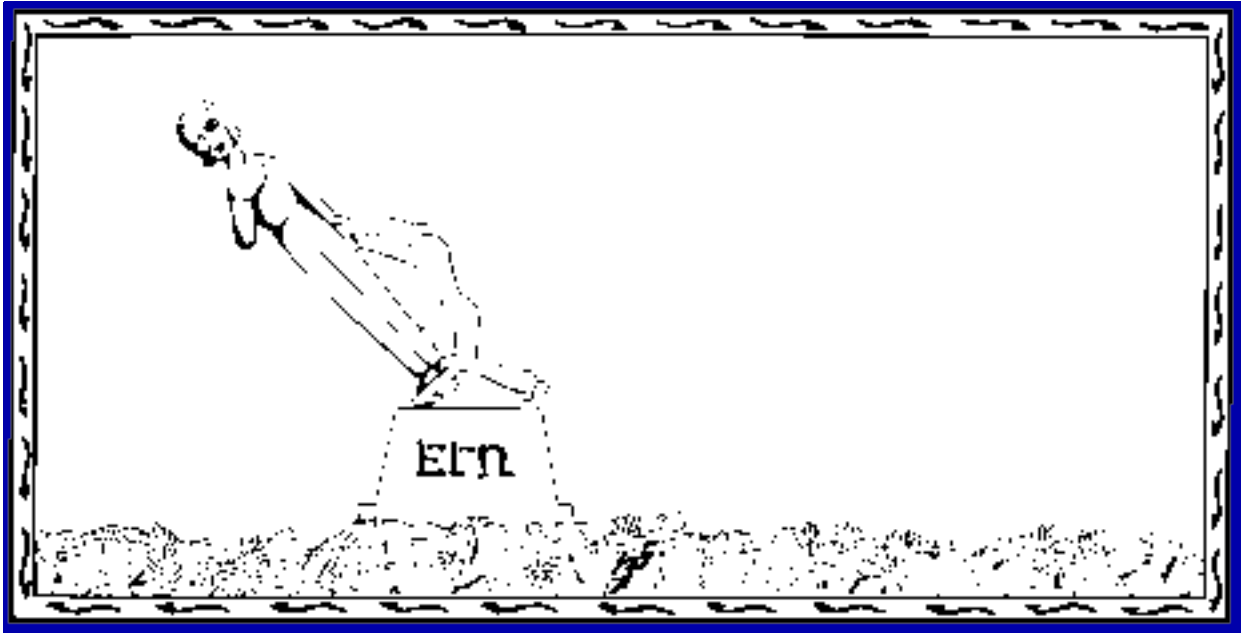
The results of our actions create an external reality, which simply reflects the basic beliefs which caused our impulses in the beginning. Acting out of fear or distrust, creates a reality in which we attract to ourselves people and situations which simply verify, to our distorted belief system, that we must fear and that we are vulnerable and that people are not trust worthy. **Our beliefs create our actions and our actions create results, which verify and strengthen our beliefs.**

We are thus caught in the vicious circle of tendencies. Whoever wants to get free will have to become conscious of this fact and realize that he is **not** his tendencies. He will have to employ techniques for raising and freeing consciousness, such as various disciplines which exercise his discrimination and will power.

The supreme technique is meditation in which we transcend these impulses. Keeping spiritual company will help, as it will help to cultivate our positive tendencies and weaken our negative ones. Self-analysis will help us to discern the repetitive patterns of behavior, feelings and beliefs which create our reality.

If we want to get free from this mechanical circle of tendencies we will need objectivity, so that we can determine whether each impulse is really in response to our needs and responsibilities of the present or whether they are programmings from the past.

**We wish you success
in your escape
from this circular prison.**



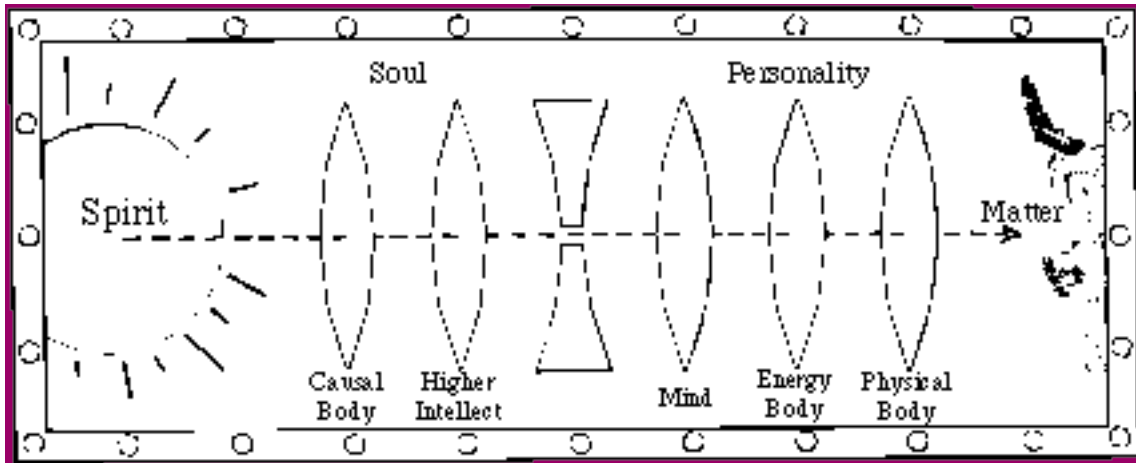
OVERTHROW THE DICTATOR

No one likes to live under a dictator. Yet we all do. We live under the dictatorship of the EGO. It does not allow us to do what we really want. It constantly demands that we fulfill its desires and habits. We are required to serve this tyrant from morning until evening.

How can we get free? It is simple. Do not serve the Ego. Serve others. Rather than cater continually to his endless needs, put some time aside on a regular basis to serve others. In this way you will gradually get free from his control, and you will be able to fulfill your **spiritual needs**. Your need to be useful to others. Your need to help others. Your need to feel that your life has meaning because you are useful to some people. Your need to relieve the pain and unhappiness of your fellow man. Your need to make someone else happy. Your need to share. Your need to feel your unity with all people. Your need to give and take real love, which does not depend on what you are going to receive from the other person.

**Overthrow the dictator and release your inner self,
which has been imprisoned for so many years
by this merciless tyrant.**

**Set free your inner love nature,
your inner goodness who cares for
and wants to help others.**



OUR FIVE BODIES

Most people believe that they have only one body. Most esoteric philosophies, however, teach that we have five bodies. Some claim even more, but usually these extra bodies are sublevels of the five basic ones mentioned below and represented by the five filters in the accompanying diagram.

At the extreme right we have the spirit represented by a circle which we could imagine is an eternal light source. This light represents the life consciousness of the universe, which is responsible for the existence of all beings, objects and events. This spirit, or pure consciousness, needs certain instruments, vehicles or bodies through which to express some portion of its unlimited creative potential on the material and mental level.

The first body that the spirit manifests and uses is the subtle **Causal Body**, which is a complex of very subtle impulses, which are even less perceptible than thoughts. This is the storehouse of memories, knowledge and tendencies accumulated during the long series of incarnations, which the spirit has projected in its experiment with expression, creativity and evolution on the material level.

The second body is called the **Higher Intellect**. This is a higher part of the mind, which has the ability to discriminate between what is truly good for us and what is not. It is also able to remember and act according to the spiritual truths, something which the common mind is often incapable of doing.

The **Common Mind** is the organ of the spirit which we experience 98% of our waking hours. It functions according to the various programmings, which it obtained in the past, and has little real clarity. It is basically preoccupied with procuring security, pleasure and affirmation. It contains numerous negative thoughtforms.

The fourth body is the **Bioenergy Body** which is the source of energy for all the body's functioning, as long as the spirit is projected into the Earth plane. How we feel physically and emotionally is highly dependent upon the quantity and quality of the flow of this energy.

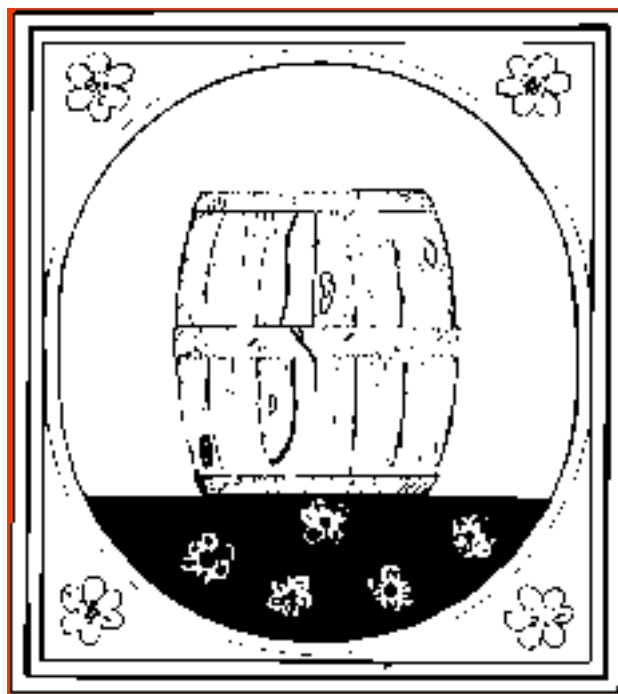
The last body is the one we believe that we are - the **Material Body** or physical body. It is made up of cells and organs which receive control messages from the nervous and endocrine system.

These systems are receiving guiding impulses from the energy body which is a manifestation of the mental body (mind). When these three bodies function without the guiding influence of the higher mind, they act in a materially oriented way, usually out of fear, and thus not in their own real interest.

At death the three lower bodies fall away, and the spiritual consciousness is no longer focused on the earth level. The higher intellect and causal bodies continue to exist between incarnations. They then project new mental, energy and physical bodies. The spirit is independent of all this, just as the light of the movie projector is unaffected by the various images, which it projects onto the screen.

The purpose of life is to examine, purify and develop these bodies, so that they may function harmoniously and effectively. The second step is to align them in harmony with the guiding wisdom of the higher self. The last step is to cease identifying ourselves from the bodies and identify with the pure spiritual consciousness, which is the cause of their temporary existence, just as the light from the movie projector is the cause for the temporary phenomena appearing in the room and on the screen.

**Let us purify and cultivate all of our bodies,
not only our physical one.**



WHAT CAN A BARREL OF 60 BILLION CELLS DO?

Well, what can it do? Can it dance, sing, walk, or talk? Can it think, feel, philosophize? Can it draw, write or compose music? Can it make scientific discoveries, or start a business? Can it cook a meal, or wash a floor, or decorate a home? Can it lead a group or a society?

Probably not. Perhaps it could eat something we dropped in the barrel, if it was in liquid form. It could probably consume oxygen also. They might even multiply and create some kind of odor.

Now, what is the difference between a human being and that barrel with all those cells. A human is just a barrel of cells which live together for about 70 or 80 years. And they are not even the same cells which live all that time. They are dying and being born constantly and there is a complete change over every 7 to 10 years (except for nerve cells).

The difference between a human being and the barrel full of cells is **UNITY**. The cells in the body of a man or a woman are unified by their loyalty to the **one** consciousness, which is governing the life in that body. Those cells are cared for by that loving consciousness, which provides for all their needs, through the **cooperation** of the other cells. The cells receive their food, oxygen, protective antibodies, hormones and even regular waste removal through the cooperation of **all** the other cells.

Each cell is living in harmony with the other cells for the good of the whole. Thus a human being is able to do so many more things than a barrel with the same number of cells. Unity is the answer. Mutual love and cooperation between the individual and the whole which is to the benefit of all. When such love and unity exists, then miracles are possible.

On the other hand, if some cells of the body decide to set up their own separate territory in the body, and not live in harmony with the laws of the body and the other cells, they are called cancerous cells. They are destructive to the whole and eventually to themselves, for when the body breaks down, they too perish. They are not very intelligent and are not perceiving their real best interests.

That is exactly the difference between our society, as it is today, and how it could be, when we will eventually be really united. Today our society is like that barrel of 5 billion individual cells each living for itself. There is little love and cooperation, but rather the opposite: mistrust, competition and selfishness.

Our society is, then, unable to create the conditions which are necessary for each cell to actually thrive and live a creative and fulfilling life. Because people are not offering their services to society, the society is not able to provide for each person that which he needs in order to be productive and happy. A vicious circle is thus created in which both the individual and the society suffer and under-produce.

Humanity is like the body with the cancerous cells, which have decided to ignore the laws of harmonious living and are gathering for themselves whatever they can get of the common resources, so that, as a result, other cells are undernourished and unhappy. This leads to unrest, resentment, strikes and eventually to social violence. All suffer then, for the whole body of society degenerates and, eventually, even those selfish, cancerous cells lose what they thought they would gain.

We have seen this mistake repeated over and over in history. But we do not learn. Let us look now and learn. Let us live in unity. Let us stop thinking only of ourselves and see what we can do to create more harmony, cooperation and love in our society. Let us not hoard resources for ourselves, but let them flow in such a way that all may benefit. Let us serve the whole, so that the whole may protect us and provide for us in return. All can have food. All can have clothing and shelter. All can have love and happiness. There is no lack of resources. There is only their improper distribution and unintelligent use of resources.

**Let us stop seeking to take,
and look at what we can give.**

**If you were a cell,
where would you prefer to live,
in a barrel with 60 trillion unrelated and antagonistic cells,
or in a healthy and harmonious body?**



THE SPIRITUAL TEACHER

The Spiritual Teacher must not become a crutch, a tranquilizer, or a dependency which undermines our inner strength. He or she should be like the battery charger, which we connect to our batteries in order to get our car started when its batteries are low. Once the car is running we do not remain attached to the charger but we disconnect it and continue on our own power.

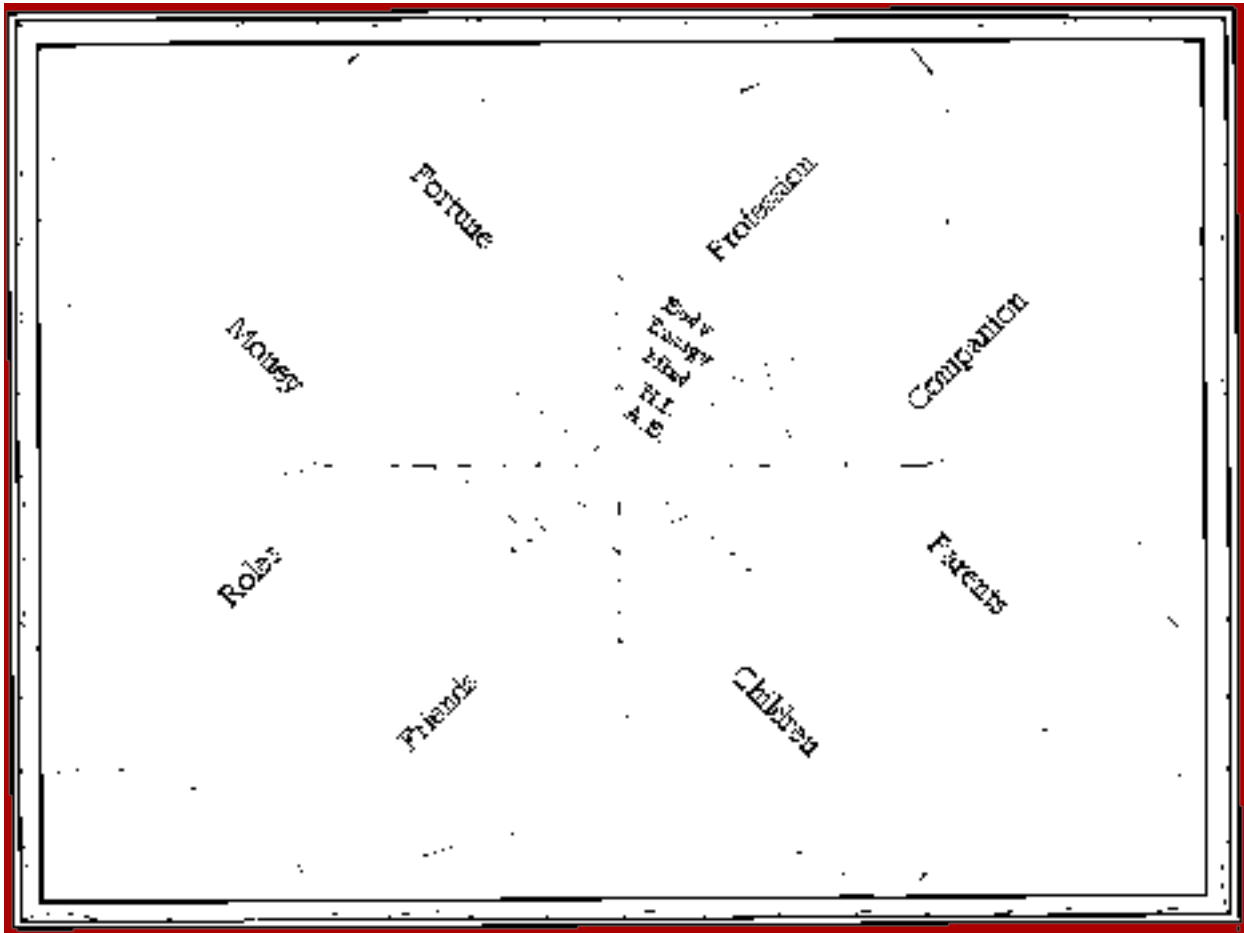
Or he is like someone who helps us by pushing our car until the motor starts up and then we move on freely without him.

He is indispensable in the beginning.

We could not get started without him.

Later on he becomes a hindrance.

**Because we ignore our own power, and wisdom
and our direct connection to the Divine.**



THE WEB OF ATTACHMENT

We all dream of being totally free, of not being limited by obligations, governments, other persons or any other factors. We feel suppressed by others, and by the multitude of activities and responsibilities, which define and confine our lives.

What we do not realize is that we, ourselves, create all these restrictions. We are limited by nothing other than our own needs and attachments. We are limited by our dependency on the world around us for our feelings of security, pleasure and affirmation. The accompanying diagram will help us understand this.

Our true identity is the spirit, which is in the center of the circle. As spirits we are eternal, invulnerable, and self-fulfilling. As spirits we have no needs. We **are** everything and thus do not lack anything.

This spirit, however, while incarnated, loses awareness of, and contact with, its real nature. Forgetting its real nature, it identifies with that which is most apparent about itself - the body and the mind. This identification with the body and mind, which are temporary vehicles of expression during the process of incarnation, creates fear and insecurity; for the body and mind are not eternal, invulnerable nor self-fulfilling. They are vulnerable to pain and death.

We begin to seek security and happiness in various ways. We look around us to find ways in which we can create an external environment which helps us feel safe, secure, worthy and happy. In this process we attach ourselves to various persons and situations, outside of ourselves, as sources of security, happiness and affirmation.

Each of those external factors (and our body itself is one of them), then becomes like a magnet which pulls our mental, emotional and physical energies in its direction. We gradually get locked into certain roles with those external attachments. We play the role of the child, or the parent, or spouse, or the victim, or the professional, or the intelligent, the superior or inferior, the hard worker, the «goody-goody», the one who is always right, the one who knows everything, the successful one or the failure, the strong one, or the weak one, the artist or the scientist; the list goes on and on.

We identify with these roles and believe that we **are** those parts which we are playing, forgetting that we are an eternal consciousness, which is temporarily playing those parts in order to learn, to grow and to serve. We then develop a long list of **ATTACHMENTS AND AVERSIONS**. We create a long list of factors concerning all those roles, which must be exactly as we want them to be, in order for us to feel secure, happy and affirmed in those roles.

Each attachment and aversion creates more unhappiness and fear, and it becomes obvious that it is totally impossible to create an external situation, in which all the people and events will be just as we want them to be, in order for us to be happy.

Our mind becomes lost in this WEB OF ATTACHMENTS, as we think and worry constantly about how we are going to control our external reality, so that we can be free of fears, doubts and anxieties.

We suffer more and more, as we are unable to obtain what we are looking for, and our dependency on these external whirlpools increases and we are enslaved by them. Our nervous system is gradually depleted. We are not free to be happy, independent of what happens around us, or how others act.

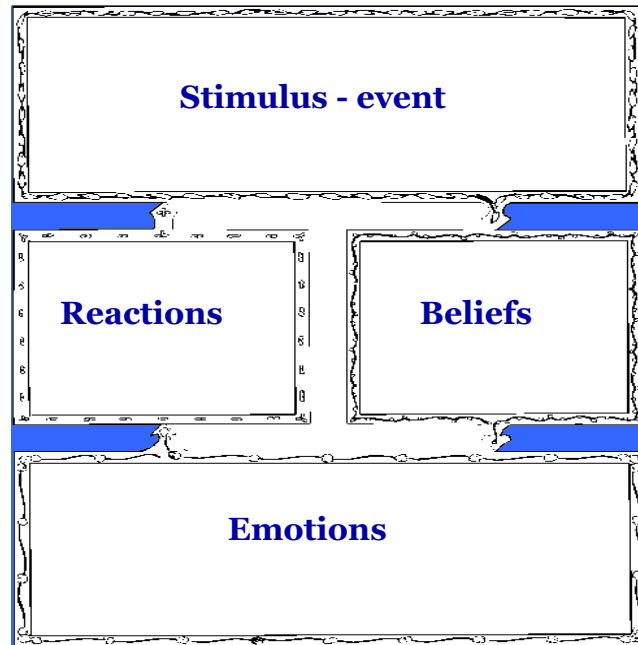
All of this is not a result of the fact that we **have** these relationships and responsibilities but because we are **dependent** on them and **attached** to the results, concerning them, for our feelings of security, happiness and worthiness. The problem does not arise from our desire to love, serve and create, but rather from our need to create feelings of security and worthiness through our relationships with these people and situations.

We can have as many very close relationships as we like, and give as much love as we have. There will never be pain or limitation of our freedom or happiness, unless we expect something from those relationships. We can have lists of responsibilities, and they will never be a burden, unless our security, happiness or affirmation **depend on the results of our efforts**.

The solution then is to turn our awareness **inward** so that we can experience again our own **true nature**, which contains all the security and happiness that we could ever ask for.

**Internal contentment, and
a harmonious and deep relationship with our inner selves,
is the only gate to freedom from the**

WEB OF ATTACHMENTS.



BOX ANALYSIS

It is not easy for someone to analyze himself. The mind is a complicated organ which plays many games and is not easily understood. The «box system» of analysis is an invaluable tool for those who want to get a clearer perspective on our feelings, needs and beliefs. This is the same system which is used by computer programmers in determining what a computer is programmed to do with information which is fed into it.

The human mind is like a computer, which is programmed to react very specifically to certain forms of input. We are controlled by a whole series of programmings, which cause us to feel and react in ways we would often prefer not to. But we are not in control. These programmings are in control of our minds.

Let us look at how we can use these rectangles in order to gain clarity and even eventually get free from these compulsive programmings. In the first rectangle we write the **stimulus**, or event, which is triggering our experience. This could be something which has happened, or is happening, such as comments by others, or successes, or failures etc. Or the stimulus could be a thought which we are entertaining in our minds, such as what will happen in the future to our selves, or our loved ones.

Then we skip the second box and write our **emotions** and feelings in the third box. These are the emotions which are created within us when we experience, or think about, that particular stimulus.

We then return to the second box and ask ourselves, what do I **believe**, which makes me feel that way, when this happens, or when I think about this? What do I believe about these events which make me feel these emotions? Here we search for and write our beliefs or programmings.

It is important to find a belief which can explain each of our emotions. We ask, what do I believe about this which is creating my fear, or anger, or hurt, or rejection. Some beliefs, of course, can create more than one emotion. Our analysis is not complete until **all of our emotions are explained by beliefs** which we write in box no. 2. These beliefs interpret the stimulus in such a way as to produce those particular emotions. If we cannot explain all our emotions, then we have not found all of our beliefs. One belief can, of course, explain many emotions.

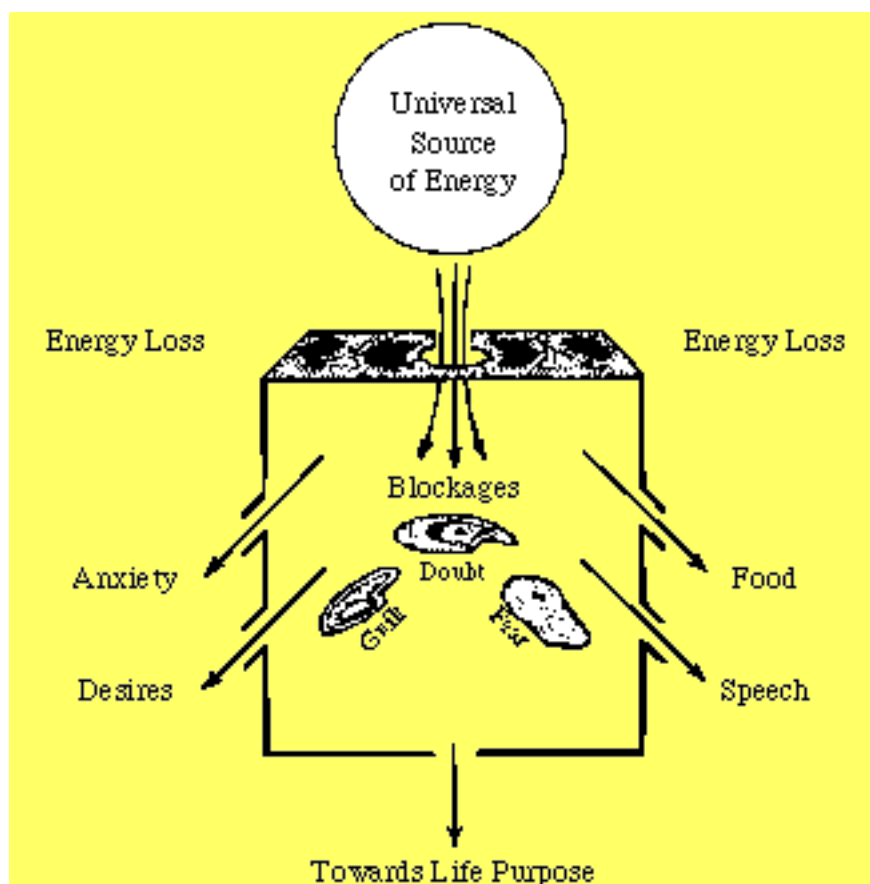
These beliefs, then, are the **cause** of our reality. They produce our emotional life. If we want to feel differently, we will have to change what we believe about ourselves, others and life itself. By transforming the contents of box number 2 (our beliefs) we transform our reality and our lives.

Most, however, try to find happiness by changing the others, or the situations around them. This is perfectly permissible, but seldom successful. At times we may be called upon to do both: to try to change the world around us while simultaneously changing ourselves.

In the fourth box we write our **reactions**, internal and external. We observe and record how we react, within ourselves and towards others, when we are controlled by those emotions. We may avoid the others, or we may become aggressive. We may reject ourselves or tend to eat or drink more.

Thus, with the help of these four rectangles, we have a much clearer picture of how we feel, what stimulates those feelings, what we believe, which creates those feelings, and how we react when we feel that way.

**This is the first step
towards getting free from
negative emotional mechanisms.**



THE ENERGY BOX (THE HUMAN ENERGY SYSTEM)

Each person is like an energy box (or energy system to the scientists). Energy comes in and goes out and what remains determines the energy state of that box or system. When the state of energy is high and of good quality, then the box (a person) feels well. When there is lacking in energy or it is of poor quality, then the box, like any instrument or being, does not function well.

The one source of all life energy, for all human and other being's energy boxes, is the universal cosmic consciousness. This consciousness is the universal source of all energy, regardless of the form that energy may temporarily take. Looking at the diagram we see that energy flows into the box from this universal source above the box. Each box has a differing degree of opening towards this universal energy source. Some are more open and thus receive more energy than others. Prayer, meditation, deep relaxation and a balanced way of life, as well as a positive mental attitude, develop a greater energy contact with this universal source, which most of us call God.

This energy, however, does not remain in the system, but is used in various ways for various purposes from heating the body and digesting, to thinking, walking, creating new cells, expressing emotions and growing spiritually. There is one energy source and it is distributed by each individual according to his needs, desires, beliefs, fears, attachments and actions.

Much energy is lost around **food**, especially because we eat more than we need, and eat the wrong substances. This creates a significant energy drain, as the body tries to handle this great demand of dealing with these large quantities of difficult substances.

We lose a great deal of energy through needless **talking**, which not only expends energy, but often creates feelings of separateness, antagonism and competitiveness, which then require additional amounts of emotional energy to deal with.

The endless **search** for security, happiness and affirmation through **external** factors, persons and situations is another important energy loss, as ninety percent of our energy goes into this vain pursuit of happiness through the external world.

We also lose large portions of energy through **anxiety** and negative thinking. We spend much time and energy worrying about what might happen, or about what happened in the past, and thus are not able to take energy from the **only real source which is in the present**. Whoever lives mentally in the future or past will not have contact with this energy source except during the hours of deep sleep.

Thus, although we have incarnated for specific purposes of learning and growing emotionally, mentally and spiritually and for manifesting certain missions of service here on earth, a rather insignificant amount of energy manages to flow in that direction. Most is lost through the various energy leaks on the sides of the box and little or none ends up flowing towards our life goal.

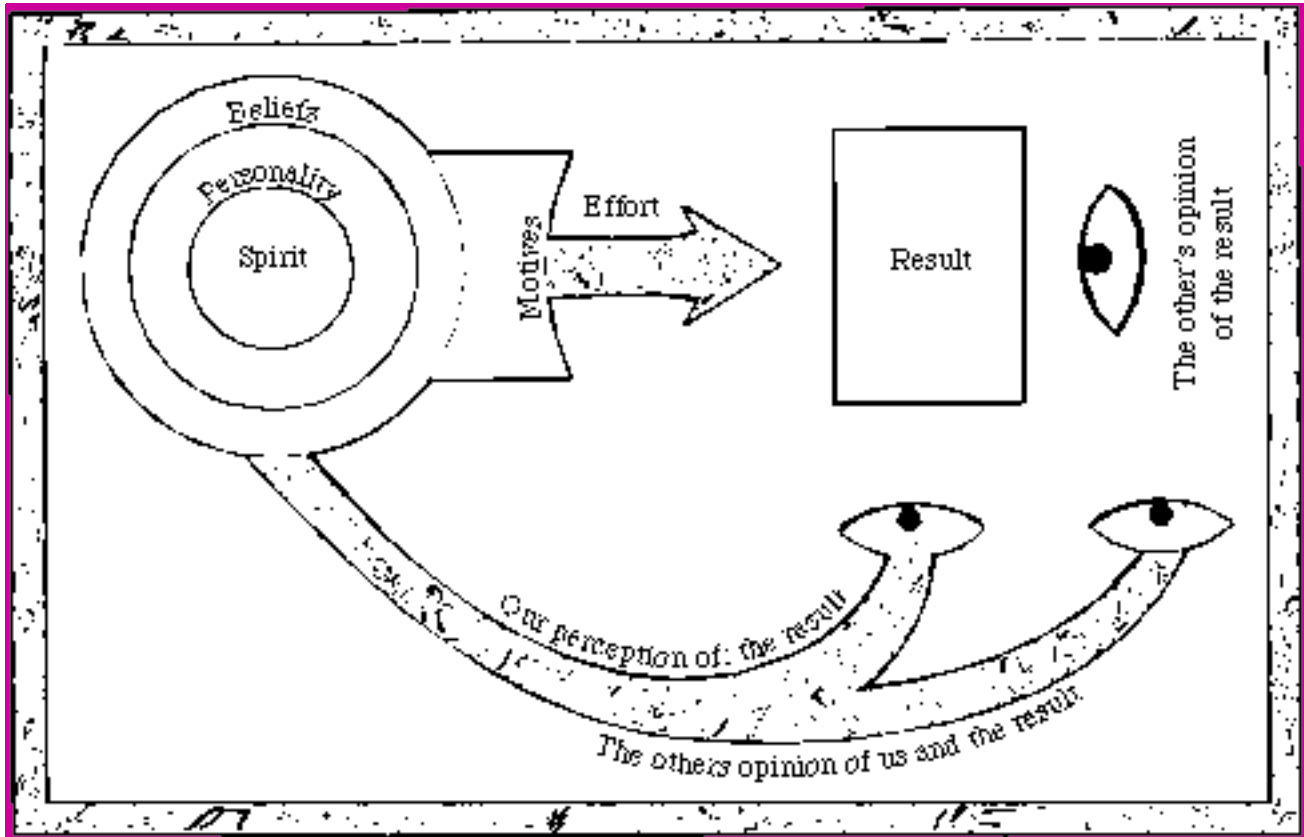
But these leaks are not our only problem. We also have certain **inner blockages** to energy flow, which trap the energy within the system, not allowing it to flow outward. That causes a stagnation of energy flow, which is destructive to the system itself. This manifests as suppressed negative emotions such as fear, guilt and doubt, which prevent us from manifesting our full potential of energy flow towards our life goals.

Few people live in such a way that large portions of their life energy flow towards their spiritual life purpose. In addition to the previously mentioned obstacles, one other major obstacle is that they have **not** yet realized that they have a life goal (beyond survival, pleasure and self affirmation) or, if they have, they have not discovered what exactly it is.

What do we need to do? We need to make a system's analysis of our energy flow. First of all we need to **plug up the leaks** such as overeating, talking, socializing too much, chasing after external sources of happiness and the tendency towards fear and anxiety. Secondly we need to work on **removing the inner blockages** of fear, guilt and self-doubt. Thirdly we need to discover the **purpose** for which we have taken this incarnation. Included in that purpose there will be both what we have come to learn and what we have come to offer.

Lastly we need to **open up our aperture** towards the universal energy source, so that we can channel an ever-greater flow of cosmic energy towards our life goal, in the form of thoughts, words and actions.

**Thus, the first ecology system,
which needs harmonizing, is
our own life energy system.**



HOW WE VALUE OURSELVES

This unusual diagram will help us to understand how we value ourselves and hopefully how we can heal ourselves from an epidemic of self-doubt and self-rejection.

In the center of the circle, on the left, is the **spirit** which is eternal and divine. Being divine in nature there is no question about its worthiness. The spirit appears to be temporarily encased in the outer circle of the **personality**, which is the spirit's temporary projection into the physical and mental dimensions. This personality is encased in a circle of **beliefs**, which define and limit it. These basic beliefs mature and manifest as needs and **motives** in the life of the personality. These needs and motives then generate various **efforts** towards certain goals (material, emotional, mental, social, professional, spiritual etc.).

We make efforts towards the satisfaction of some need or goal. At each stage of this effort certain **results** are forthcoming. We identify with these results and are very attached to them, because through them we measure our worthiness.

This is our BIG MISTAKE. Until this point everything was fine. Now our problems start. We are programmed by society to measure ourselves, and others, by the **results** which we achieve. Even though we have often heard that «it's how you play the game that counts and not whether you win, that is important», nobody really believes it. Every one believes that they are worthy of love and respect from others only when they win and only when they are better than the others.

Even worse, than measuring ourselves according to our results, is measuring ourselves in the light of **others' opinions** about our results. Actually what we are looking for is affirmation in the eyes of others. Our basic belief is that if others accept me, believe in me and accept me, then I am OK. This is based on the belief that «**I am who others think I am**». And since others see me through my results and measure me in that way, then I measure myself in the same way.

As if this is not enough of a problem, we create even more problems with **our subjective distortion** of how other people see us. We project our own self doubt, and negative self image, onto others and cause them to reject us, even when they do not have such an intention. In other cases we distort completely our perception of their opinion of us through our own negative self-image. Thus, even though they may respect us, we cannot see that.

I would suggest another way of evaluating ourselves. As **spirits** we can accept and love ourselves in every situation as incarnations of the one divine consciousness. As **personalities** we can accept and love ourselves at each stage of our evolutionary process, since we cannot expect ourselves to be perfect, since we are in a process of becoming perfect. If we want, however, some criteria for measuring our personalities as a tool for expression here on the earth dimension, let us do so based on; **1.** The purity of our motives and **2.** The quality of our efforts.

The results have no importance whatsoever. What matters is that we are trying our best and not seeking to harm anyone. Regardless of our results, we deserve love and respect. **All persons deserve love and respect.** This does not depend on ability. Perhaps some people deserve to be in positions of responsibility because of their abilities, but this does not mean that they deserve more respect or love than those who have less abilities.

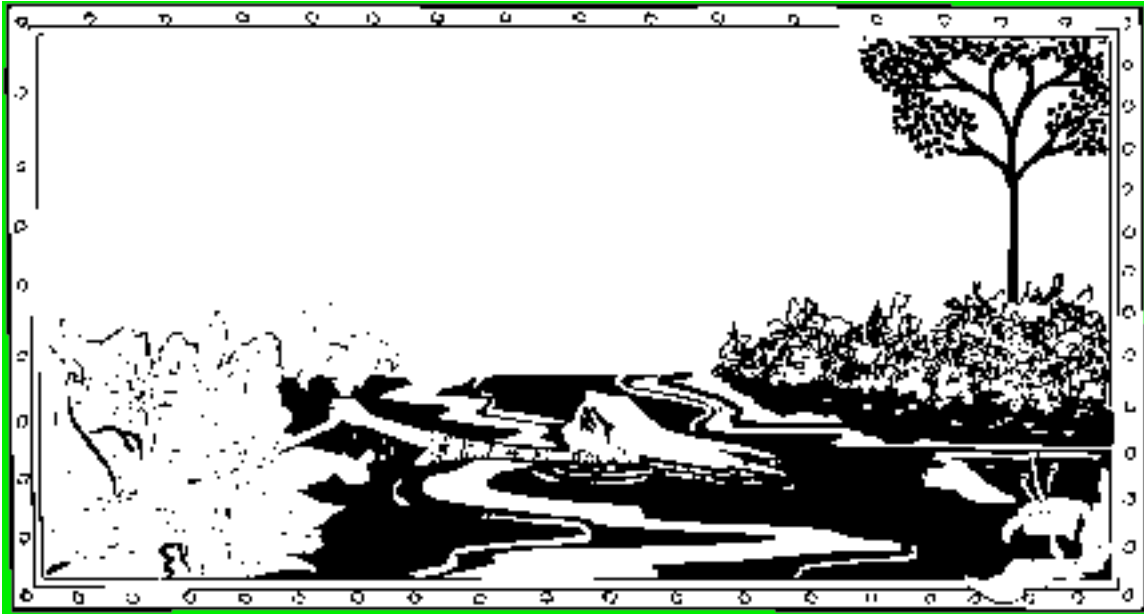
Let us learn to love and respect all equally

(including ourselves)

regardless of abilities and results.

We are all one manifestation of the

ONE DIVINE CONSCIOUSNESS.



A NATURAL MEDITATION

Have you ever been to a quiet stream in the countryside, in the spring, when life is green and moist? You sit down on a rock and watch the running water. The sights and sounds of the flowing water and the growing plant life begin to work their mysterious way into your nervous system.

Gradually, with the simple repetition of the water's song, and the harmonious beauty of the natural surroundings, the thousands of electronic impulses of your brain begin to discharge into the tension-absorbing air.

All of the concerns, problems and projects, which had filled your mind to bursting capacity begin to disappear.

There is nothing to try to figure out now. The flowers silently console you with their perfect peace and harmony. The fresh air tingles in your lungs and your head becomes clear. You feel somehow sedated, as if the forces of nature have conspired to put you to sleep - to put you at ease. The wind massages your body with caresses of coolness as the sun unties your muscles with penetrating warmth.

There is nothing to do, nowhere to go, nothing to think of. Just lie back and absorb the peaceful vibrations which flow into every part of your being, whispering, «be at peace, relax my friend, all is well now».

A delicious sleep falls upon you; not really sleep but a half-conscious half-asleep state, in which the trees and sounds and breeze begin to come inside and mix with all of the thoughts and feelings. It is as if the door of your mind has been opened and all of those conversations, actions

and perceptions lying unresolved, floating at various depths in the sea of the mind, begin to float upwards and outwards. Reality now is a mixture of the inner and outer.

The peace and security of being in the womb of nature, of letting go to the sun, to the water, the wind, the earth, draws out the stresses and frustrations. We swim semiconsciously at the level where the conscious blends into the unconscious.

We dance in our sea of consciousness, sometimes floating up to the surface, catching the sensation of a breeze, or the warmth of the sun. Then we dive downward into a stream of upward floating thoughts, images, sounds - all the dislodged refuse from nervous stresses and unresolved problems.

We watch them as they float by and then dive deeper, sensing by now there is something at the bottom of the sea, which is attractive to us.

Occasionally we get caught by an upward floating sensation of worry, resentment, an image or an attachment, before we know it we are at the surface again, thinking, wondering, worrying, being rocked by the waves of attachment.

But the dance goes on, we begin to sink again, for by now we see that we cannot really dive because diving is too intense - there is too much effort - we get hooked too easily on upward floating garbage. We instinctively learn the dance of the water, sinking, watching, letting go, being carried on the vertical currents of fresh water from the depths of our consciousness, like a seagull, with wings spread, gliding the air currents flowing against him without a movement, without an effort, letting the air do all the work.

By this time, we are no longer concerned about where we are going. The water becomes clearer, more free of debris. We have gone beyond the levels of stress release, past the wreckages of old memories, relationships, failures and traumas. We have danced through the caverns of resentment and worry. The water becomes very clean, very still, very peaceful.

We are coming to the **source of our life current**, the source of the ocean, the **spring of pure consciousness**. Hence we may encounter pure light or sound vibrational energy. Only subtle vibrations exist here. Only electromagnetic energy. Our bodies become filled-recharged with life. Our consciousness is renewed as we have cleared the way for a burst of fresh «energy» to flow up purifying the sea of consciousness, regenerating the mind, giving new life to every cell of our brain.

If we do not become enamoured by the sensation of light, by the bliss of this energy, which charges through our system, then we may sink a little deeper into the vast nothingness from which the spring of life flows.

Here there is not even energy; no body, no mind, no sound - absolute nothingness - total vacuum - only tremendous, potential, unmanifest God, from which all life and material creation flows.

COMING BACK TO THE SURFACE

The sound of chirping birds greets you as you slowly float to the surface. The branches dancing in the wind wave, «hello». The sounds of insects buzzing, and water splashing, salute you with a «welcome back friend, you are part of us now».

It takes a while to remember where you are. You were only gone for 15 minutes, but it seems you have been in this spot all your life. The mind is clear, refreshed and in the present. There is nothing to do but take off your clothes and go swimming.

Have you ever been to this quiet stream in the countryside?

Everyone has - either to a stream, or river, or mountain, or sea, or forest. And how well we feel when we return; how much more energy, clarity and newness we have to continue our work, to carry on with our life, to solve our problems. Somehow everything is more alive, more harmonious for a while; life is not so boring, difficult or overbearing.

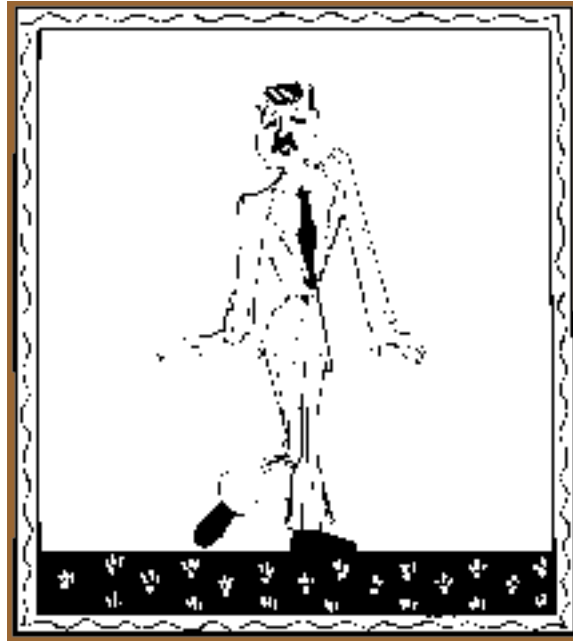
It doesn't take long, however, to discharge all that energy and clarity. Once again we become upset, nervous and bored.

Can we go to the stream every day? It certainly would be nice, and life would be much less complicated. However, for most it is completely impractical in terms of money and availability of such places - especially for those of us who live in the city.

Well, mother Nature has a secret for us. We don't have to go anywhere at all. The stream of life, that place of peace, that source of strength and knowledge and harmony - lies right inside each one of us.

Meditation is the way to contacting that source. It is nothing more than visiting this stream on a daily basis. It is the sinking dance into our sea of consciousness, releasing the submerged stresses and coming to the point of **inner stillness**, where there is no object of consciousness - but consciousness itself.

**Done regularly,
this inward dance leaves us fresh,
more alert, more relaxed, more creative, more healthy,
and more in tune with ourselves and our environment.**



THE ADVENTURES OF KATHEN

THE TAILOR _ PART 1

Once upon a time in a very typical village of a quite common country there lived a very famous and capable tailor named Dimo. It was quite an honor to have a suit made by this tailor, and people were willing to make many sacrifices in order to do so.

Our story starts when our hero KATHEN becomes 21 years of age, graduates from college and is overwhelmed with the desire to have a suit made by Dimo the tailor. Not having enough money, he borrowed from a number of friends and went for his first fitting. The fittings were quite enjoyable and even more enjoyable was the attention he received from his friends when he let them know (by chance through causal discussion) that he was having suit made by Dimo.

The big day arrived. He waited with excited anticipation as the great and faultless Dimo placed the suit onto Kathen's body.

Now something very strange happened. Kathen was confused. The suit did not fit him at all. It had nothing to do with his body and certainly was not in accordance to his taste.

His mind was in great conflict. What should he do? This was the great Dimo, who was perfect, who never made mistakes. This was the waited for moment of success of being recognized and accepted by all those around him. But the suit did not fit. What would the others say?

Being young and still bold (perhaps others would call it inexperience) he decided to speak up. «Mr. Dimo, the suit is very nice but the right shoulder is longer than the left, there seems to be some problem».

A wise and condescending smile appeared on Dimo's face. «My son, there is nothing wrong with the suit. You are standing lopsided». He pushed Kathen's right shoulder down so that although now he was in fact standing lopsided, the suit was now fitting his arms correctly. Or perhaps we should say that his **arms were now fitting the suit.**

Kathen was now even more confused, but decided to speak out again, «You see there is a great amount of extra material bunched up on my neck».

Again the same condescending smile, a smile that you see on adults, when children ask serious questions which the adults cannot answer. «You see Kathen, the real problem is that you are not standing properly. With this, the Great Dimo gently and without Kathen's even understanding how, shaped his body again to fit the suit. This was Dimo's great talent, **to shape people to suits and not suits to people.**

Kathen left fitted to his suit, hunched backed, turning to one side, with one shoulder lower than the other. All his friends loved his suits. He enjoyed their acceptance, praise and admiration. How lucky he was to have had this opportunity to be fitted by the great Dimo.

As time passed, however, the novelty of the suit produced less and less admiration from those around him. In addition, he began to feel various pains in his body and discomfort in his mind. A peculiar thing happened. His body retained this form even when he took off the suit. And even more discomfoting was the fact that his mind had also taken the form of the suit and he saw the world around him as hunchbacked and lopsided. He had become totally distorted physically, emotionally and mentally by the suit, into which he had been fitted by the great Dimo.

He had lost his natural form, his own thoughts, his spontaneity, and his fluidity. His health and peace of mind were disturbed because his energies could not flow freely with a hunched and lopsided body and mind.

As his health failed even more intensely and his mind became even more agitated and sometimes depressed, he sought after some type of help. It was then that he discovered Yoga exercises, breathing techniques, meditation, positive thinking, self-analysis and study of spiritual truths.

His body and mind responded. The life energy began to flow again. His health returned. His mind became more relaxed and cheerful. He once again became his natural self undistorted by his «Dimo Suit». Of course he was not yet totally free. The body and mind had become used and addicted to the form of the suit they wore so many years. However, whenever Kathen performed these techniques, the energy began to flow again.

The problem remained that he still felt the need to wear the suit when he was in front of others, and thus his energy became blocked and distorted again and then needed again to do more exercises, breathing and relaxation in order to establish the proper flow again. He could not yet be his own self in front of the others, he still needed this suit to make him feel worthy and lovable by the others. At some point he will stop wearing this suit, and will be himself in all situations, and then his body, mind and energy will always flow freely.

Are you wearing a Dimo suit?

Is it distorting your body?

Your emotions? Your mind?

Would you like to take it off?

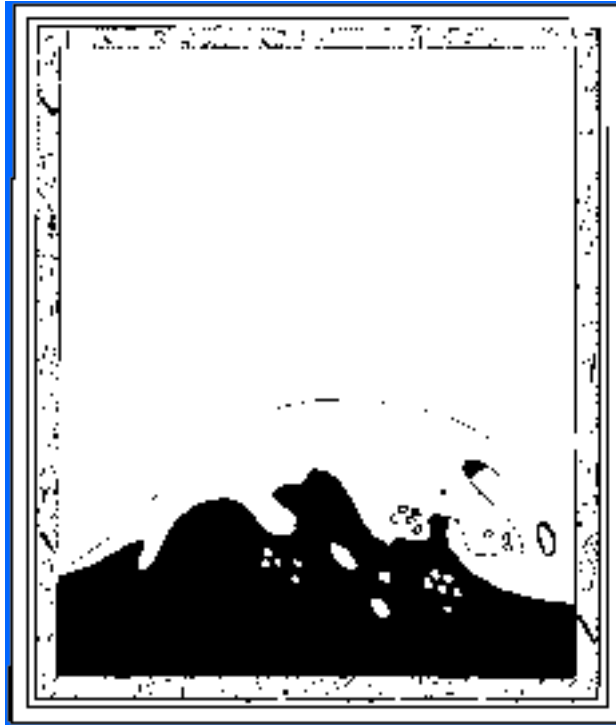
**Would you like to restore the natural posture of
your body? Your mind? Your life?**

It is up to you.

No one else can remove it for you.

(But be careful;

**Dimo also makes Yoga suits and
even spiritual aspirant suits.).**



KATHEN AND THE GREAT WAVES

(THE CONTINUING ADVENTURES OF KATHEN)

Kathen decided to confront the great waves at the infamous “Life Beach”, where the waves were known not only for their great power, but also for their complete unpredictability. Just when you think they are rolling steadily, they suddenly break on you. And at other times, just when you are sure that they are going to break into a mountain of foam, they keep on flowing and diminish and harmlessly roll onto the sand.

He came ready to try out his strength, his cleverness, his ability to confront and conquer these great adversaries. He stepped into the water with slight apprehension, his blood circulating more rapidly than usual, a clenching in his stomach. There was an excitement which flowed through his veins; the excitement which all feel the first time they confront the waves on “Life Beach”. A fear, which is probably more a product of what he had heard from others, especially his parents, as a young child, about these “dangerous” waves. Yet he knew he had no choice. The waves had to be faced, if he was ever to become a “man”, if he was ever to succeed in life.

A thousand thoughts and feelings passed through his mind as he slowly moved deeper, now up to his hips, approaching the point where the waves were breaking. This was the moment of truth, as to whether he had really learned anything during all those years of education in “wave resisting”. Twelve years of basic education and then another four at college all pretty much based on various ways to resist and in general fight these waves at “Life beach”.

The first wave was approaching. He dug his feet into the sand below and hunched a bit forward with his hands on his thighs as he had learned. He was now braced, ready to resist, to hold his own

against the wave, He heard a thud, as it hit him directly in the solar plexus and knocked him on his back as if he was a piece of straw. He was defeated, not so much physically as mentally. He was afraid now, not so much of being harmed, for he had taken the fall and it was not so bad. It really wasn't dangerous as they had told him. No he was afraid of **what they would say about him**. He feared that they would lose respect for him, reject him if he wasn't successful. He feared **failure** much more than the physical harm, which might come.

As he began moving back out toward the area in which the waves were breaking, he felt a thousand eyes watching him. His mind created illusionary images of their gossiping about him, laughing at him, criticizing him. He dared not look back to see them. It is a shame that he didn't, for if he did, he would have seen that absolutely no one was paying any attention to him, and he would have relaxed and faced the waves with his attention focused on them, and not on those who he imagined were watching him and criticizing him. Each of them was actually totally focused on himself, also creating illusions that all the others were watching him and commenting on him.

It was a really ridiculous sight for an uninvolved witness to observe. Thousands of people, all neurotically creating illusions of being looked at, when not even one was looking at anyone else.

He moved forward with double tension now; fear of not being able, and of being rejected. The wave came, but this time he wasn't even in position, because his mind was still focused on those doubts and fears. It blew him over as if he wasn't even there. Actually he wasn't there, mentally at least.

This scene repeated itself about 20 times, with the same result. He just wasn't focused; he couldn't concentrate. He had lost his self-confidence. He sat on the sand beaten and disillusioned.

He closed his eyes as he lied in the sun. The sun was warm and began to relax him. His muscles began to relax and his mind began to clear. He decided to do a deep relaxation, as he has learned in the exercise class, where he went twice a week during the winter. He lied down under a nearby tree, closed his eyes, and began to gradually relax all the muscles of his body. He was now totally physically relaxed. He calmed his mind by allowing his thoughts to pass out of it, as if his mind were a river. His mind was a river and every thought was a leaf on the river. He neither tried to hold on to the leaves nor to prevent them from coming or going. He was the unconcerned witness of his thoughts, which just flowed from somewhere to somewhere. He was not his thoughts, and thus he gave no importance to their contents, or to whether they were "good" or "bad", "happy" or "sad"; they did not belong to him; they were just flowing temporarily through his mind. How wonderful he felt. How at peace with himself. How different from how he felt twenty minutes earlier.

Suddenly the image began to change and the river began to gain momentum and was transformed into a great wave. The wave became larger and larger and suddenly Kathen saw himself very small in front of the wave. The difference in size between Kathen and the wave was much greater now in his mind than it was in the physical reality. It was coming towards him. His heart began to pump like crazy. What happened to all that peace. What should he do? He called out in his mind for help, "God help me, Save me". He in general was not the religious type, but in such situations, he seemed to forget that he was not. Anyway, who else could you call out to in such situations. No one else could hear. No one else could do much either, since it was all in his mind.

Just as the Wave was coming down on him to crush him, a gentle loving voice called out "**don't resist, don't run, jump into the center of it**". He did just this. He neither resisted, nor did he

run away from it, but just dove into the center of it, just as it seemed that it was going to crush him.

There is no way to describe what he experienced at this moment. It was exquisite. It was bliss. It was love. It was everything positive he had ever experienced only magnified a thousand times. There was no time, no space, no conflict, no problem, no Kathen, no wave. **He had become one with the wave.** He had conquered it by becoming one with it. He was so filled with gratitude that he cried with joy. Not that his tears made much difference in all that water.

As he began floating gently up to the surface of the water at «Life beach», he now realized that the Wave was incredibly **beautiful** in its center. That it was divine in nature; that it meant absolutely no harm to anyone anywhere, but it was there to help each one discover the truth about himself, about the nature of life; and how to face, how to live it.

He realized, as his head finally rose above the surface, that the wave was perfect. That each wave was specifically created for each person who confronts it. That each wave holds within itself the happiness, the security, growth, evolution and fulfillment which each person is looking for. He realized that **when we resist, fight or run from a wave we are not able to penetrate into its center, so as to receive all the gifts it is carrying for us.** Only when we dive directly into the center of the wave are we able to really benefit from all that it has to offer us.

Just as he was realizing this, the wave taught him another lesson. He heard the gentle inner voice say, «straighten your body and lie on top of the wave». When he did this the wave carried him in and placed him down gently on the sand. There was much applause and admiration from all. They wanted him to become their teacher and guide them since he was so strong and capable, and had conquered the Great Wave. He explained to them that there was only one way to conquer the wave, and that is not to resist it and not to run from it, but to dive into its center. Hearing this, they angrily departed, and almost beat him for regarding them as so foolish to believe such a thing.

Kathen was left with his secret. At first he was disappointed that he could not share it with others, but he gradually accepted it, as the voice within him told him that gradually others would listen, when their time comes and that many would learn this secret directly from the Great Waves just as he did.

How do you usually face the great waves?

Do you resist them, fight them,

run from them,

or do you have the courage

to dive into them,

or ride on top of them?



THE ANGEL WHO CAME TO EARTH

The angel heard his name being called by another angelic voice, «Angel, God has an assignment for you. He wants you to go down to Earth and be born into a human family and teach the people of the planet earth how to love. A family has been chosen, and the mother is pregnant with your human body and is presently in labor, so get down there right away and get into that body».

The angel thought to himself, «What a surprise, and so quick. I hardly have time to think about what I will do. Anyway, it will be fun teaching people to love». Our angel rushed down to Earth to the tiny little body which was just being born. The angel was born into a family which already had two children, two boys one 5 and the other 7 years old. The angel was born into a female body (but as everyone knows angels have no gender, they can take on either male or female bodies).

It was quite a sudden shock to fit into that small and helpless body. The room was very bright and cold and the people were acting very mechanically without feeling or caring for each other. No one was especially excited or happy about Agapi's birth. (That is what they named her. It means «Love» in Greek)

It seems that her parents did not want to have a child at this time. And if they did, they would have preferred that it would have been a boy and not a girl. (That's the way it was in that particular country). They were having financial difficulties, and on top of that, their relationship was not

doing very well. They were constantly arguing, demeaning and hurting each other and their children.

Agapi was unhappy in this hostile environment. She couldn't understand why these people were so unhappy, so ungrateful for all that they had, so fearful, so angry with each other. They seemed very strange to her. She had no way of communicating with them yet. She could understand everything they said and everything that was going on around her, but she had not yet developed the facility of speech.

The years passed and things only got worse. Her brothers picked on her and teased her. Her parents pretty much ignored her, except to yell at her when she made a mistake or when they themselves were tense and upset. She felt rejected, and hurt. She was not used to this kind of behavior. She needed and had expected something totally different from her family.

All of this pain and disillusionment began to form a veil over her mind. She began to retreat into herself. She became preoccupied with herself in her room. It was as if she were in a stupor. She forgot completely that she was an angel, and the purpose for which she had come to earth. She lost all of her inner strength, and was melancholic most of the time.

She literally lived in fear. Fear of being rejected, of not being loved. She began to believe that she was evil and unworthy of love, since no one cared for her or gave her love and affection. She rejected her own self and began to neglect her studies and her health. She imagined rejection even where there wasn't.

She began spoiling her relationships with her friends. As she moved into adolescence, things got worse as her hurt and self-rejection turned into anger and rejection towards the others. Towards her parents, her brothers, her friends, towards the «system» and, most of all, towards God who had allowed all of this to happen. She even stopped believing in God and had completely forgotten that she was an angel.

She could see no purpose in life, no reason for living, no reason to wake up in the morning, nothing to do which had any joy or any meaning. She did not like her room, her family, nor her school... She didn't like her life.

She decided that she didn't want to live anymore, and that she would commit suicide. She thought about how she could do it. She decided to do it the next day after she had written a few letters to everyone explaining why she was leaving in this way.

She stayed up all night writing the letters. In those letters, she wrote the story of her life. She brought up every memory she could possibly find in the recesses of her mind. She finally arrived to the moment of her birth and delivery room. She couldn't penetrate, however, beyond that to the time before her birth. She brought up all her past and put it on paper. It was a confession of her suffering and pain and anger. It was also a testimony of the sad state of human life on this planet.

She finally fell asleep around four in the morning, totally exhausted, physically and emotionally, with one thought on her mind, «What was it like before I was born? Where was I before I was born? Who was I before I was born?» These questions turned over and over in her mind like waves pounding endless on the shore of her mind.

As she passed into the sleep state, her mind began spinning in an upward moving spiral. She felt herself pulled upwards out of her body and began moving at an exhilaratingly fast speed upward,

through the spiral which had become a tunnel which ended in an incredibly intense white light, much brighter than the sun.

She passed out of the tunnel and found herself in a place beautiful beyond all words. Colors which she had never seen on earth. Enchanting music was all around here but it had no source, no beginning, no end, it just was. She felt a sense of total inner peace and fulfillment.

There were lovely beings of all types, all radiating love and joy without speaking or making any effort. Love and joy were their inner nature. She began to remember. Something was familiar about this place. «I feel at home here. Totally at home».

She began to realize the truth about herself. «This is where I was before I went down to earth. I am an angel! I am an eternal being! I am a divine being! I am beautiful! I am a part of God himself! Now I remember I was sent to Earth to teach people to love. I got lost there, I got off the track? And imagine, I had planned to commit suicide tomorrow».

Another angel, the same one who told her about her mission, eighteen earth years earlier approached her and explained. «It was all planned to happen exactly as it happened. If you hadn't gone through all that you did, you would not have developed the depth of feeling and compassion and inner strength to help people in the way that you will when you return now. Also you would not have had the motive to seek so deeply into your past, and into your self, in order to rediscover your true origin and purpose on the earth. You would have gotten lost in the superficial pleasures, past times and activities of earth life just as all the other angels».

«All the other angels?», repeated our angel in surprise, «are there others down there like me with the same mission?»

The more experienced angel smiled with a look of amused disillusionment, «Yes, my brother, **All** the humans on earth are angels who have been sent with the mission to manifest God's love, peace, creativity, joy and harmony on the earth. Every last one of them is an angel who has gone there for that purpose.

Unfortunately, however, less than one in thousands ever remembers his purpose, and even fewer ever spend much time and energy realizing it, making it a reality for themselves and others».

«Why do they forget?», asked our angel.

«They remember for a short time after their birth, but the messages which they receive from their environment are all oriented towards making the new born angel believe he is that small body. He is taught to fear and to feel weak, vulnerable and unworthy. The wisdom and love within him are not nurtured, so that they may grow and become strong. Thus they are hidden under the veils of ignorance and fear. Ignorance veils their inner wisdom and fear covers their inner love».

«What can we do to help them?» asked our angelic friend.

«We can go down to earth and fight inwardly to remember the truth about ourselves and about life. We can begin to live that truth and express it through all our thoughts, words and actions. We can do this by loving all who come in contact with us unconditionally, just as they are. We can love them in this way by remembering and seeing their divine nature. By remembering that they, too, are angels who have come to earth to remember their true nature and, after having done so, bring forth all of the divine potential which is waiting within them to be manifested».

«All of this can be done more easily if you seek out other angels who have remembered the truth and work together. Teach the people around you the truth about themselves. Help them to love themselves and others. Help them to realize that they are immortal and divine, and that there is no reason for fear or insecurity.

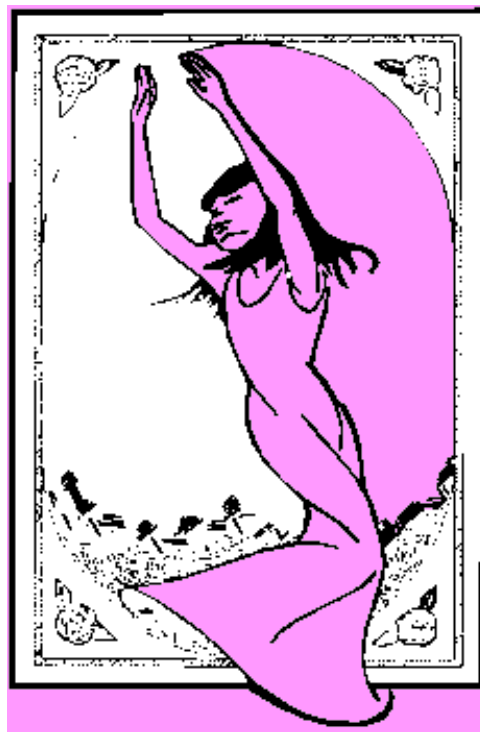
Explain to them that God loves them just as they are and that they need not fear Him. Teach them that God is love and that they can approach Him best through love, by loving all of his creatures, even the animals and the plants and insects. Teach them to come together and cooperate in unity to create a society of love, sharing, peace and harmony, where all have what they need and all are happy. Teach them that all this is possible because they are God's divine rays on the earth and that they are capable of all this».

Our friend began to think out loud, «but who will listen to me? On the Earth I appear as a girl only eighteen years old».

The more experienced angel explained, «The body is only the **instrument** for your expression. It is God's power which expresses itself through it. When you are pure and confident and connected with your inner self, you will emanate a powerful vibration, which will touch people's hearts and awaken the truth within themselves, and they will forget your body and will connect with your soul, and will listen. But remember this, **YOU HELP PEOPLE THROUGH WHAT YOU ARE, NOT THROUGH WHAT YOU TEACH OR DO**».

«Your greatest teaching is who you are, how you live and behave, how you feel and think. These things, even when they are not seen by the others, have much more effect on them than what you teach. **Your example is your most powerful teaching.** Work on being connected with your inner source and let your self-flow from this source. Be your self. Don't try to be something that you are not. What you are is beautiful and divine, if you just let yourself be what you really are.

«Now get ready, your time has come».



Our angel friend, who is named AGAPI (Love) on earth, felt herself being pulled downward, through the tunnel towards her body on earth. It was only 6 a.m. in the morning. The light of the coming sun was dispersed throughout the room. It was beautiful. Everything was beautiful. Her room was totally different. Absolutely nothing had changed, but it was totally different, because Agapi was different. She knew who she was. She had a purpose. She had so much to do and nothing to fear, nothing to loose. She had so much to do, to share, to give, to offer. She was ecstatically happy about the idea of serving, loving and making people feel better.

This was the first day of the rest of her life.

«However, winter came and with it, dreaded hibernation. I had really come to fear and wanted to avoid this inevitable hibernation. It meant an end to all the power, professions, and fame I had accumulated, and become attached to, during the summer.

«The next spring I awoke with a gift for buying and selling. During that next year I became an extremely wealthy merchant and I indulged in every luxury for myself and my family. It was perhaps during the approach of winter that year that I had the greatest fear of hibernation. All my wealth would dissolve in the rain of time separating winter from spring.

«During my third summer there I became a teacher of young squirrels. In the 4th I was ill much of the time and took odd jobs at home. The remaining summers in the third hole found me mastering various careers: a famous actor, a drama critic, a lawyer, a thief, an explorer, a powerful politician, a revolutionary guerrilla, and my last summer was spent as a social worker.

«Whuuuuuuuuuuuu... I awoke in the 37th year of my life on the fourth level, once again ignorant of my years on the lower levels. Food, sleep, a mate, a family, power, money, fame, all remained to be a part of what interested me, but new strange urges were growing within me.

«There was a need for love and communication with others. I began joining together with other groups of squirrels and even other animals on the fourth level. I was trying somehow to be open and loving towards all beings, even if they weren't squirrels.

«We joined together according to various interests, whether it be games or business, pleasure or work. It was just an excuse to be together and share ideas, feelings and love.

«My family was still an important part of my life during those early years on this level, but toward the 44th year my interest was projected more outward. I was interested in helping society in some way, Then in the summer of my 44th year I first came in contact with a "**BORING Group**".

«I had heard the word before, but had always been conditioned by the slogan so predominant on the lower levels, "Boring is boring". (As a noun the first "boring" indicates the act of drilling a hole into the center of the tree for upward passage. As an adjective the second "boring" shows it 's pretty dull.

«Whuuuuuuuuuuuu... there was a magnetic atmosphere of peace and love in the room, and all the other squirrels accepted me with a gentle smile. In the front, about to speak was a very special white-haired squirrel with the shortest tail I had ever seen. And, even more to my amazement, he had a few owl feathers sticking out of his side.

«My friend, who had brought me, understood my amazement and explained that this squirrel had come down from the fifth level and that many of the squirrels on that level had begun to grow feathers.

«That was also the first time I was aware consciously of the fact that this tree actually had six holes or seven levels on which one could live.

«As the wise old squirrel spoke it was as if he were picking knowledge and truth out of my own mind and placing it before my eyes so that I could see it more clearly.

«I didn't really remember much of the details of what he said, but I was so overwhelmed by his love and peacefulness and understanding, that I began to attend these "Boring meetings" more and more regularly.

«We talked, we sang, we danced, and ate together, but in a different way than in the 3rd hole where all was competition and aggression. I spent less and less time in the lower holes and became more and more absorbed in these groups.

«We started therapy clinics and welfare centers for the less fortunate animals. In general we were concerned for the welfare of the whole animal community - not just our own individual needs.

«Twelve years, I lived in this way. Toward the end I was less fearful of hibernation, thanks to the "Boring meetings" through which we learned that although we lost all our possessions and family during the hibernation period, the important fact was that we were the same consciousness which woke up the following spring.

«We learned certain habits of living, by which we could be happier and more loving squirrels. By obeying these laws of nature our tails grew steadily shorter, and, theoretically, one day we would begin to grow feathers and stand on two legs like the wise squirrel from the fifth level.

«Deep inside, every squirrel wanted to fly, but very few really believed they ever would. The laws of nature, which we were to follow, in order to prepare our bodies and minds for flying someday to the infinitely distant top of the tree, in which we lived, were:

- 1) Not to harm ourselves or any other being in the forest.
- 2) Never to lie, or deceive ourselves, or others.
- 3) Never to take anything which was not rightfully ours.
- 4) Never to take or want more of anything than what we needed for a simple squirrel life.
- 5) To treat all other beings, no matter what their form, as we would like to be treated ourselves.
- 6) To be content with our present condition, while always trying to improve.
- 7) To practice daily cleansing of our bodies and thoughts.

«These guidelines for living constituted the foundation for safe and successful "Boring" as the inner need of every squirrel's life, whether he knew it or not.

«So on faith and belief in what the elder Squirrels told us, I tried as well as I could to follow these suggestions from my 44th to my 49th year. I often failed and had many moments of doubt and confusion as to whether it was worth it. Occasionally I would sneak down to the 3rd hole in the evening and enjoy nightly squirrel pleasures. But the morning after I was always full of guilt and vows to never again abuse myself in that way.

«This often renewed my determination to find the inner strength to follow the 7 laws of nature and attend more "Boring meetings".

«Whuuuuuuuuuuuu... » the wise old "Who Owl" continued his unbroken Whuuu. This was all in one breath, mind you, and it was now 9 minutes to midnight. But very strangely it was becoming lighter in the sky. The Whuuu... carried me back to the story. Uuuuuuuuuuu.

«Whuuuuuuuuuuuu... In my 49th spring I awoke with a very joyous feeling in my heart. I was a lighter colored squirrel and had a rather shorter tail. And I soon discovered that I was living on the fifth level of this endlessly ancient tree.

«The instinctual, natural desires of my earlier years, as a snake and a squirrel living in the lower holes, had been greatly attenuated by the repeated observance of the 7 laws of nature.

«I had a simple love in my heart for all beings, and during these years I took a family or profession or not, as was most suitable for my one main purpose - understanding the truth about life.

«I spent the first few summers studying at the higher level universities and centers for learning on this 5th level. Here we learned the laws of physical nature, and this we called science. I mastered completely the knowledge of physical nature, and became in a short time the foremost authority on methods of climbing to the infinitely high top of the tree in which we all live.

«This was always the unspoken goal of every squirrel scientist: to devise a way to ascend to the unreachable top-limit of our known world.

«Others, working on a more mystical level, conceived the idea that squirrels could fly. And indeed there were some flying squirrels, but unfortunately they could only fly laterally or downward.

«Although I was the most renowned scientist in my field, I began to become quite disillusioned with my work and the approach. I had become so involved in my feverish attempt to solve this problem, with all the facts known to squirrels at that time, that I lost all contact with the love and happiness with which I had begun my years on the fifth level. I had even given up observing the 7 laws.

«I had begun to seriously wonder what life was all about - Why was I alive? Why was I a squirrel and not some other animal? Why was I this particular squirrel. and not some other squirrel? Everything seemed meaningless and confused. There seemed to be no purpose in life, not even the 7 laws, or "Boring groups" (which truly, now, were boring). Science had failed me. I had come to the end of the trail. I didn't care to live anymore. There was no purpose, no reason to live.

«I decided to jump out of the fifth level and end my life in the perilous fall to the ground.

«I stood ready and determined to take that final and fatal step, to put an end to my tormented mind.

«But here, as I was standing looking down, ready to jump, I saw far far below a snake crawling along the earth toward the first hole of the tree. And before I could really understand the strange feeling which that sight created within me, I heard for the very first time the eerie sound of the «Whuuuuuuuuuuuu» from far above. In the sky far above the fifth level, I saw the spectacular flight of what I now know to be an owl.

«The snake below, the owl above and the "Whuuuuuuuuuuuuuuuuuuuuuu" released some great tension in my mind, and a flood of strange feelings and ideas began to flow into my body and mind. It was like a river flowing after the first autumn rain, soothing and healing the thirsty riverbed dried and cracked by the scorching summer sun.

«I turned and walked in a trance-like state toward my 5th level abode, contemplating that strange sight of the owl and snake and the feeling it created within me.

«Upon arriving home, to my great surprise I found the door open and inside was sitting an elderly squirrel, white-haired and with a few feathers on his back side. Immediately the memory of my earlier years with the "Boring groups" came back to me. This was my first "past-summer recall", as I was soon to learn to call them.

«Somehow and in some strange way I half expected this squirrel to be there and also I intuitively knew that I was supposed to sit in front of him and that he was going to speak to me. As he spoke, it was like my earlier "Boring meeting" experiences, where the speaker seemed to be picking the thoughts out of my own mind and simply putting them into words before me, so that I could clearly see them. They were ideas that were seeds within me - he was ripening them so that I could eat and digest them.

«He began and I listened:

«"You have seen the snake and the owl. The snake is your past. The owl is your destined future. The snake egg was formed from a beam of light, and the egg hatched the snake; that was your beginning in this tree. For 12 years you lived like a snake according to the desires of a snake, ignorant of the beam of light from which you originated, and which continues to be the only source of your life. This light is the thread linking together your summers which are only apparently broken by the hibernation in winter.

«"You have spent 42 years as a squirrel, also ignorant of your essential "light nature", and of your destiny to reunite with that nature. You are in a process of evolution. You will develop into an owl gradually over the years, and then you will be transformed into the beam of light which you really are, have always been, and always will be.

«"This is the purpose of life - to realize your light nature. There is a method of doing this, and you shall learn it. We call it **Boring**. Not as you know "boring" from your previous group meetings, although that has prepared you to take this step now.

«"You have sought to reach the limitless heights of this tree through all of your facts and formulas.

«"Well, here is a fact you know, but have ignored. It is impossible to scale this tree from the outside, because every winter all is wiped clean. Even if you could extend summer for an immeasurable amount of time (and may the sun forbid such a thing) you could not succeed, because the law of gravity prevents any gross physical matter from reaching those heights. This is a law of nature.

«"Only energy - light energy can reach the top of the tree".

«At this point I interrupted my teacher, and, trying to impress him with my own ability to think for myself, asked, "But what about that owl I saw flying so high in the sky? How can **his** body go so high?"

«He would leave me alone to flounder in my confusion until I was at the point of desperation. Only then would he intercede with his miraculous hand to give me a boost or restore my faith. It was always a terrible test, but nothing else seemed important now.

«Whuuuuuuuuuuuu... it was my 61st year when I first awoke on the 6th level. I had my first feathers. I was excited at first, but after a while it seemed quite normal. Along with the diminishing tail and increasing feathers came other mental and physical powers.

«I was soon able to recall at will experiences of past summers, all the way back to my days as a snake on the first level. I could also do this for other squirrels, but avoided it unless absolutely necessary.

«A peaceful, powerful magnetism began to develop within and around me. Others came to absorb these vibrations. When necessary, and within the law of recycle, I would lay my hands on the ill or the unhappy to relieve them. I would teach and repeat various sounds and phrases which called upon beneficial forces known only to those living on the sixth level.

«At every moment, however, my mind was engaged in the Whuuuu which had become a continuous river of energy, love, and consciousness flowing through my heart. No matter what I was doing, saying or thinking, the Whuuu was the ether upon which these actions moved, just as water supports a boat.

«I had become a channel, a receiver of cosmic energies which descended from the limitless above and were transformed into deeds, words and thoughts through the medium of material body and mind.

«I offered all thoughts, words and actions to the Sun, to the light which was my very nature, and to the wise "Who Owls" who sat silently on the limitless top of the tree, offering silent inspiration to all who could open themselves to receive.

«During the last six years on the 6th level, I taught to those who would hear.

«I taught the law of recycle, which operates on so many levels and which is so essential to be made conscious for the squirrel interested in boring to the truth.

«The law of recycle, also called the "law of return" or "law of cause and effect", is demonstrated by the complete circle of molecules from the roots of the tree to the fruit of the tree. The fruit is eaten by the squirrel which then digests it and eliminates it from his body, allowing it to fall to the roots of the tree where it begins its return journey back to the fruit and the squirrel.

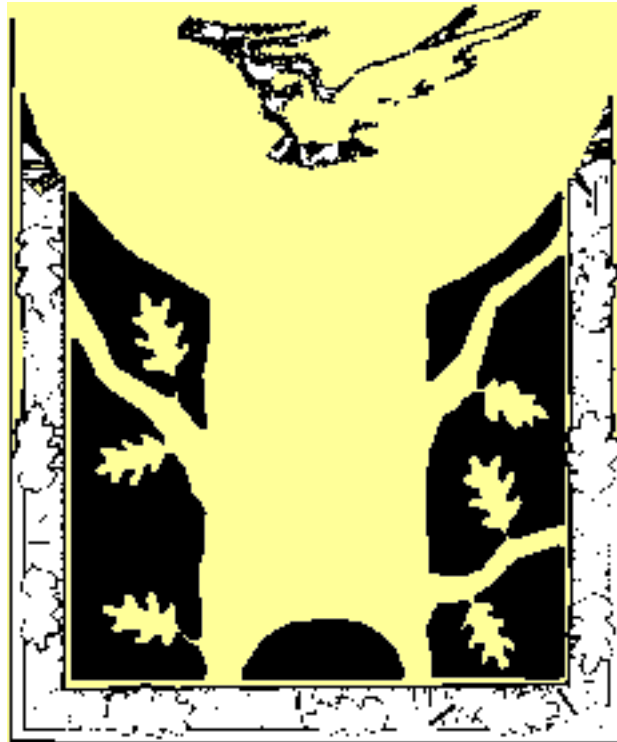
«Each squirrel must realize that this is so with every thought, word and action which is sent out. It ultimately returns as fruit which must be eaten, like it or not. Everything returns.

«This also is true of consciousness. Consciousness leaves the body during sleep and returns upon waking. Consciousness leaves the body during hibernation and returns with a new body for the next spring. That new body is also the fruit of the sum total of thoughts, words and actions of all the previous summers, beginning with the emergence of the snake from the egg.

«All squirrels must seek to liberate themselves from the law of recycle in order to actualize their manifest destiny as owls and finally as the Divine light.

For a moment I caught sight of the "Who Owl", but only to see him evaporate into pure light which beamed back into the Sun, absorbing the thunderous HUUUU with it.

Then, Silence and Darkness.



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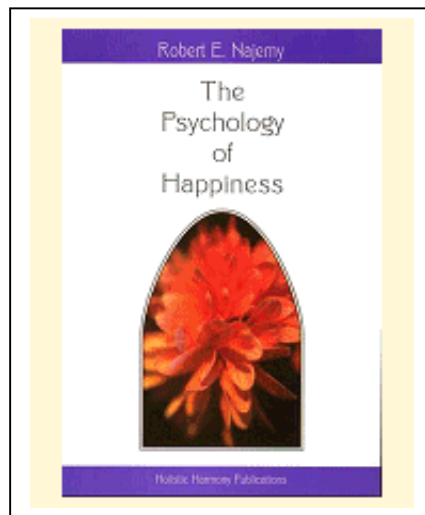
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<http://www.holisticharmony.com/eazines/dissapoint.asp>

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What do you Fear?

<http://www.holisticharmony.com/eazines/fear.asp>

The Results of Fear

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The Causes of Fear

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Facing Fear

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Healing Our Fears

<http://www.holisticharmony.com/ezines/healfears.asp>

Objectifying Fear

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Fear - Faith - Love - Wisdom

<http://www.holisticharmony.com/ezines/faithfear.asp>

Forgiving Others

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Emotions, Resistance & Affirmations

<http://www.holisticharmony.com/ezines/emotionsresistance.asp>

Reconciliation of Inner Conflicts

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Reconciliation of Inner Conflicts no. 2

<http://www.holisticharmony.com/ezines/inner2.asp>

Examples of Inner Conflicts

<http://www.holisticharmony.com/ezines/examplescon.asp>

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Keeping Our Energy High and Harmonious

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Guidelines for Performing Yoga Exercises

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The Benefits of Meditation - Feb 2002

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Hormones - Creating Harmony

<http://www.holisticharmony.com/ezines/endocrine.asp>

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The River Grasses

<http://www.holisticharmony.com/ezines/rivergra.asp>

Spiritual Weight Lifting - Feb 2002

<http://www.holisticharmony.com/ezines/weightlift.asp>

Protecting Our Spiritual Sapling - Feb 2002

<http://www.holisticharmony.com/ezines/spirsapling.asp>

The Caterpillar and the Butterfly

<http://www.holisticharmony.com/ezines/butterfly.asp>

Laser Power Mind -- Feb 2002

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Inner Pressures

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Ice-Water-Steam = Body - Mind - Spirit

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Hidden Problematic Communication

<http://www.holisticharmony.com/ezines/containers.asp>

*** DEATH & DYING ***

What We Can Learn from the Death of a Loved One

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Dealing Positively with the Loss of Loved Ones

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Affirmations for Dealing with the Loss of Loved Ones

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A Nature Meditation

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Truths for forgiving Ourselves

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Love (part 1) What is Love ?

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Love (part 2) Love or Need for Security ?

<http://www.holisticharmony.com/ezines/lovneedsec.asp>

Love (part 3) Love, Pleasure or Affirmation ?

<http://www.holisticharmony.com/ezines/lovplaffir.asp>

Love (part 4) Selfless Love

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Love (part 5) Spiritual Universal Love

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Love (part 6) Loving the Wave or the Ocean

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When I Love You Purely

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What, in fact, is humility?

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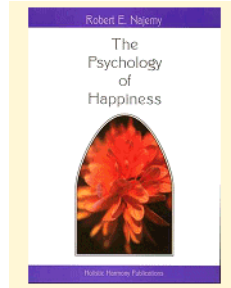
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May you be well on all levels for your being

Holistic Harmony Staff

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You can research a wide variety of subjects that are vital to your health, happiness and overall harmony as well as your spiritual evolution. Click on any subject to view a list of useful and enlightening related texts.

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We offer 8 archive services to you, as members. These services contain vast amounts of information that will aid you in your search for a harmonious life. They also strongly complement the Life Clarification Process.

Here are hundreds of growing archive files - articles, parables, lessons, health tips, and so on. As a member, you may read through these texts, or download them at your leisure.

* **Life Clarification Capsules - Articles**

<http://www.HolisticHarmony.com/members/download/archives/capsules/>

The Life Clarification Capsules are articles, lectures and chapters on a wide variety of subjects, which open our eyes to a new, more positive and objective perspective of ourselves and life.

* **Health Suggestions**

<http://www.HolisticHarmony.com/members/download/archives/health/>

These articles seek to aid you in creating health on all levels, including body, mind and soul, as well as your interpersonal relationships. Archives are filled with positive tips for health rejuvenation.

* **I-messages**

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We need to learn to express our needs, feels and beliefs without complaining, accusing, threatening or playing the victim. This section contains an explanation concerning how that can be done

along with sample messages for specific problems. The focus is on what we feel and need, not on what they other is doing.

* **Contemporary Parables**

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Access 90 simple parables and models which metaphorically teach us the deeper truths of life.

* **Inner Journeys**

<http://www.HolisticHarmony.com/members/download/archives/journeys/>

These inner journeys are designed to guide us into states of consciousness where we can contact our subconscious and higher self.

* **Life Stories and Lessons**

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These contain possible lessons to be learned. The stories involve real-life scenarios and offer us a clearer and deeper understanding deeply our own life situations.

* **Self Knowledge Exercises**

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'Each exercise consists of questions which, when answered, deepen our understanding of ourselves and the issues which concern us.

* **Yoga Exercises**

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Here we present you with short and simple descriptions with images describing yoga exercises. These can be used in conjunction with the Health Suggestions given for each health issue. Each Health Issue suggests specific exercises for reestablishing the flow of life energy for each specific condition.

You may reprint these articles if you include the following Reference Box:

("The Psychology of Happiness" by Robert Najemy is available at <http://www.amazon.com/exec/obidos/redirect-home/holisticarmo-20> and <http://www.HolisticHarmony.com/psychofhappiness.html>. This book and other writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.)

***** Other Aspects of the Holistic Harmony Network *****

D. The Life Clarification Process

<http://www.HolisticHarmony.com/lcp/>

E. About us

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<http://www.HolisticHarmony.com/store/>

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well and happy on
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