

Margaret Rhasoda Varga



I.

THE ART OF LIVING LIFE

Path to awareness and happiness

Margaret Rhasoda Varga

The art of living life I.

**Path to awareness and
happiness**

Motto:

"Happiness means to hear the inner laughter, even,
when you don't feel like laughing."

(Rhasoda)

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Translated by the author (Margaret Rhasoda Varga)

Thank you to the ***Supreme Being***,
and to the angels, including ***ANANDEL***,
ASMDEL and ***LIRIEL***,
that with their help and contribution I was able
to play a small part in the process of creation.

I thank my spiritual master,
Sri Yukteswar Giri's grace
to be accepted as a disciple and to supervise my inner
journey towards wholeness (sat) and consciousness (cit).

I thank my spiritual master,
Sri Paramahansa Yogananda's grace
to be accepted as a disciple and to supervise my inner
path to bliss (ananda).

"In general, of course, the wise men of all times have always preached the same thing, and the fools, that is, the immense majority of all times, have always done the same thing, that is, the opposite, and that is the way it remains... „

(Schopenhauer)

"This world remains as wretched and evil at our leaving as we found it at the entering."

(Voltaire)

"Happiness belongs to those who are content with themselves."

"The happiness of man depends on the unhindered exercise of his excellent faculties."

(Aristotle)

"Unlike the sceptics, I believe in the redemptive power of love. If I did not believe that human nature could be changed and improved, I would not have been born."

(Rhasoda)

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My life journey

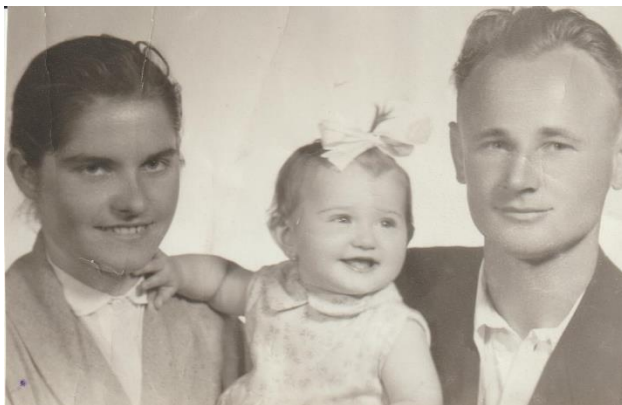
This book is intended to help my fellow human beings find and achieve the path to wholeness, awareness and happiness. In the first chapter, I would like to give a non-exhaustive account of the most important stages of my life. The importance of this is that our own lives can provide the most convincing proof of the authenticity of our teachings.

I was born on 22 July 1957 in Hungary in a small town (Gyöngyös). We lived in a little village (Gyöngyöshalász) nearby the town, which had about two thousand inhabitants at that time. They were manual laborers, farmers, and later trained workers. My parents had finished the seventh or eighth grade in the primary school when I was already at university. We were very poor, but that was typical of everyone in the village at that time.

I was considered a strange little girl, they mostly said about me, you are so *different*, but they couldn't put into words what that *difference* meant. As soon as I learned to read and write, I have read the entire stock of books in the municipal library, regardless of the content. Often at night, by candlelight, I read in secret, because my parents wouldn't let me consume the expensive electricity.

As in most villages, in my village the church situated next to the school too. After school we went to religious lesson, secretly of course, so that the teachers of communist party would not find out¹. I had the same problem with Catholic worship as with the school curriculum, it was not logical. I have sometimes expressed my opinion, without gaining success or popularity in the circle of my teachers. At the age of 10, when the priest was talking about Adam and Eve falling into sin (original sin), I stood up and said, "***I am not a sinner!***" and I had nothing to do with what they did. It was only because of respect for my parents that I wasn't excommunicated from the Catholic Church, so at the end I have got the First Communion and Confirmation.

¹ At that time Hungary was part of the Soviet Union's political-economic sphere of interest, and religious education was forbidden under the communist regime.



Together with my parents in 1958 (at the age of one)



My grandparents (left) and my parents (right) in 1959. In middle (left) is one of my uncles. We were very poor.



Together with my mother and a duck in 1959. I really loved animals.

I was one of the best students at school, but my teachers did not recommend me to continue my studies because my behavior was considered antisocial. This antisocial behavior was manifested, for example in that, as a school book distributor, I distributed sexual education literature among seventh and eighth grade students (their

age were 13-15 years)², as a scoutmaster of the pioneer team, I organized meetings with old communists but found former Nazi party members among them³, or during the break in lessons I was so engrossed in reading a book that I did not notice when the teacher came in. The latter was unpleasant because I was sitting in his seat and I sent out from the class so that he didn't disturb us (I did not notice who came in). Whatever I did in good faith and unconsciously was always embarrassing to someone, but I always got away with it. I couldn't be expelled from school because there was no other one, and I was admitted to secondary school, against my teachers' proposal. I arrange my tasks alone because my parents could not even fill in a single form.

In middle school, I was already committed to materialism because it gave me the most logical explanations for my questions, and I even went to a Marxist secondary school in my free time. Despite this, the *system* (which for me at the time consisted of my middle school teachers and the Communist Youth Alliance) was still distrustful of me. I did not understand this at first, I realized only later that the main problem was with me that nor the party neither the church could not lead me like a sheep. Somehow, I graduated from middle school and successfully entered the Faculty of Pharmacy at Semmelweis University. After many, many seemingly fortuitous events, I finally found a job at Eötvös Loránd University, where I worked as an associate professor, dealing with the sciences which investigate the quality, properties and effects of matter in biological systems (chemistry, biochemistry).

My scientific career seemed to be uninterrupted, but it was not without struggles; first a PhD in pharmacy, then a second diploma in mathematics, and later a PhD in chemistry, although I was only 30

² The reason of my activity was that the half percent of 13-15 years old girls was abused by their family members.

³ It was obligatory to be a member of pioneer team which was the vanguard of the communist party. Some members of Nazi party entered to communist party very early after the 2. world war and at that time (about 1970) they were already accepted members of communist party, so it was extremely embarrassing situation when I started to collect documentation about their life. I was stopped of course.

years old but something was broken in me... But let's jump back in time a bit.



After the First Communion in 1967. My faith that '*I am bride of Jesus*' saved me from rape between 1968-71.



After finishing the primary school at 14 years old. The gaze is directed towards the inner world, for the outside world it signs only: '*I know you!*'

At primary school, the rumor among teachers was that at least half of teenage girls were no longer virgins. Virginity was taken by the family members, mostly under the influence of alcohol. It never became a case, there were no children's rights then... From my own experience, I remember that a very close family member tried to rape me when I was eleven. I was lying naked on the bed, wondering what I could do. It was no use shouting, no one would hear... Then I remembered that I had just been a First Communion and "***I am the bride of Jesus!***" And this cannot happen to the bride of Jesus. Sure enough, the man got over his erection, made an embarrassed apology and said goodbye. This happened several more times until I was fourteen, but it was always the same. This probably prompted the kindly relative to advise my parents to make me a nun after primary school. My only response to this idea was that I no longer believed in God and they should leave me alone. It was only later that I realized what had caused my success, I had simply put my consciousness

outside his world of illusion and refused to play the role of victim. I did this instinctively at the time, and it took me decades of practice later to be able to influence events in a similar way consciously.

I could not call my personal life successful until I was 30. Somehow the boys just sort of bounced off me. Perhaps the early childhood experience played a strong part in that. The spiel here was the same: you are so *different*. One even said, you're like a rock, unwavering in what you want to achieve. And now I'm coming back to a career in science, when something was broken in me... What do I want to achieve? I was unsure, for the first time in my life! I knew for sure that a career in science would not make me happier! OK. So let's look at the other side of life.



After the secondary school at 18. The gaze already looks outwards saying '*I am able to reach what I want*'.



After receiving the second diploma and second PhD and getting marriage in 1987. The gaze asks: '*What else should I achieve?*'

At the age of 30 I met my husband, with whom I still live. I gave birth to two excellent sons. I had a family, children and everything I needed to feel happy in my country. Happiness did not come, it appeared a fleeting feeling in my consciousness, but as soon as it came, it vanished. I was absolutely sure that a bigger career, more

wealth, more children, etc. would not make me happier anywhere in the world, something else was missing. But what was it?

Shortly after my younger son was born, my husband fell ill and I was diagnosed with a malignant tumor. Financially and health-wise, we were broke. My husband brought home from the hospital a newspaper in which an advertisement caught my eye. REIKI course. What could that be? I got up and went. I had a great experience on the course and something touched me: *could it be God that I am looking for?* The first course was followed by other courses. I got involved in the RAI⁴ line and in this organization, I received all my documentable spiritual initiations (REIKI teacher, AROLO⁵ teacher, Spiritual Healing teacher, Angelic Teacher, master Essenes). Later, when the Essene Church was founded⁶, I was a founding member and after completing the priestly training I was ordained as a priest. I attended various RAI courses totally for about 15 years and was a member of the Church for almost a decade. In the meantime, bishops were appointed in the Church and were given the right to heal with the Holy Spirit. As a priest, I was entitled to celebrate the Eucharist, to baptize, to consecrate, and I was aware that ordination as a bishop was theoretically within my reach. But after my ordination, something changed in me again. I thought that, although it was a very beautiful path that the Church was showing me, it was not for me. It took several years before it became crystal clear to me that I could only follow a path that was:

1. frees me from all emotional and mental bondage and gives me complete spiritual independence,
2. does not entail denying my inner self-nature, which is essentially democratic and rejects any hierarchical structure, whether ecclesiastical or secular, operating in an autocratic style of leadership,
3. leads as quickly and as closely as possible to Self-realization and God-realization.

⁴ RAI (Reiki Association International) is an international REIKI organization.

⁵ Hand-feeding energy healing method, the active form of REIKI.

⁶ Children of Light Hungarian Essene Church.

Having judged that the church of which I was a priest did not meet these conditions, I resigned from the church, gave back my priestly licenses and am now on my own internal journey. **This path is the path of mystic yoga, the ultimate goal being the realization of the *sat, cit, ananda*⁷ state of consciousness and union with the Supreme Personality of Divinity, irrespective of religious systems.** At the beginning of my book, I have named my masters, whom I consider as my role models, both in terms of human and spiritual Self and God Realization.

I would like to write about how I came into contact with mystical yoga. Again, let's jump back in time 15 years. The events of my life took place when I was attending my first REIKI course. There I realized that I had been meditating regularly since childhood, but I didn't know it was called that. I also had no problem reaching deeper states of consciousness while working in university, so it was often the case that I didn't recognize the professor who walked in through the door. After the course at home, I was now consciously meditating on a daily basis. On one occasion while meditating, a black hooded figure appeared, startling me and I came out of my meditative state. I was very annoyed because I wanted to continue, but the same thing happened again and again. Since no one around me had any real solution to the problem, I turned to books. That is how I came across some books by Rudolf Steiner on spiritual science. It was from his works that I realized that the black hooded figure is the “guardian of the threshold”, who is myself in a higher conscious reality and who let to enter to the unconscious worlds. Finally, I decided that next time I would let the threshold guardian know that I was ready to confront myself, whatever that might entail. So, I began a long inner work in which more and more subconscious centers were revealed to me. Eventually, the threshold guardian disappeared, but later reappeared in another form. This is how I discovered that, depending on the depth of meditation and the philosophical system used, one can receive repeated warnings from the threshold guardian in various forms.

Once I had enough practice in deep meditation, I turned to solving my own health problem. After it turned out that I had a malignant

⁷ Sanskrit term; sat: absolute existence, cit: pure consciousness, ananda: bliss, salvation.

tumor, the doctors suggested surgery, but I felt during the medical examinations that the tumor they wanted to take out of me was mine, an integral part of me. It is not surprising then that the operation was indeed unsuccessful. I rejected further medical solutions and decided to leave myself completely in God's hands. I figured out that if there is God, He can heal this tumor, and if it turned out that there was not and I died, then without God my life would have no meaning anyway. So, I offered myself to God in prayer. At that time, I was still thinking in terms of Christianity. Christianity has deep roots in me, I really believed I was the bride of Jesus from the time of my First Communion, but I never accepted the dogmas of the Church. After my offering myself, a spiritual master appeared in fine material body and started teaching me yoga techniques, although I didn't know at the time that it was yoga. I was very happy because I felt that I was finally on the right path. After some time, the master asked for full surrender, what I refused, or rather, I imposed a condition: if I could testify that my master existed (not just my illusion) and was serving Christ Consciousness, then I would agree to full surrender. After that, the master disappeared and did not visit me for a long time. I thought I must have been imagining things, and I got over on the matter, but I continued to pray and meditate persistently on my desire to be in God's service.

At that time, I was regularly in a meditative state even during everyday activities. On one occasion, while cooking, I was meditating on how to receive testimony and guidance from God. I realized that I would not accept any testimony because I am an extreme unbeliever, having been a convinced atheist and materialist for nearly twenty-five years. Anything that can be explained by the laws of the material world, I will certainly explain by them. Then the fridge next to me suddenly stopped working, while the cooker hood was running in the kitchen, so I knew there was no power cut. "This wretched fridge went wrong again." - I thought as I opened the door. At that moment, the fridge started by itself. "Must be a contact problem." - and I kept cooking while my little boy, just over a year old, crawled around on all fours. I continued to ponder possible ways of witnessing to God, and it occurred to me that the child was no longer with me. Meanwhile, a strange silence settled over the house, and a feeling that I had never experienced before came over me. It was early autumn, sunny, the

window was open, there was a kindergarten across the street, and I could see children playing in the yard. It was like watching a silent movie, no sound filtered in. It could almost cut the silence, not even the sound of a child's mumbling could be heard. "May be something wrong with him?" I left the cooking and went in search of the child. The child's bedroom was upstairs. When I got up the stairs, the first thing I noticed was that the air condition was running although the window was opened. The temperature outside didn't warrant using it at all, I knew I hadn't turned it on, the kid couldn't reach the knob, and no one else was home! Stunned, I stopped at the top of the stairs and couldn't go any further because there He was, standing 2-3 meters away from me. The whole apartment was covered with a golden light bell, still no noise from outside. "Who are you?" "The one you called," was the answer in my mind. "Have you come to bear witness?" "Yes" "Thank you." From where I stood, I could not see into the bedroom. Instinctively, I felt my little boy was too close to this force that I stood a respectable distance from. "What about him?" - I asked anxiously. "Nothing wrong." But then I couldn't take it any longer, and without waiting for an answer I rushed in to the child, through the force field. The child was lying on its back on the floor, in an unnatural position, completely still and without sound. His eyes were open, but his eyeballs were turn upward, and he held a toy tightly in each hand. My first thought was that he had been turned off, like a robot machine. (With my recent knowledge, I'd say he was in a hypnotic trance.) When I touched him, the biorobot restarted, sat up, resumed playing where he left off, talking in his childish language, no crying or other signs that he was having any problems.

I had a partial memory loss for a week or two after it happened, I guess because I was running through that energy. After that, the child and I had a happy conversation using thought transfer until he was about three years old, when I realized that he still hadn't learned to speak, he could only say one or two words without conjugation, and then only to others. Then I decided that I would no longer be willing to understand what he was thinking, which freaked him out, but eventually he was forced to communicate verbally.

But let's go back to the rest of my life. For a long time after the testimony, I did not know who appeared, I thought it was an angel, as it happened to others in the history of Christianity. Soon my spiritual

master returned, and I was now willing to do what he had asked, to surrender myself completely, although I did not know what it would entail.

At the next pre-arranged time, he took me into a deep meditative state. My consciousness was watching from above in an energy bubble. I could see everything, although I only partially understood what was happening. My physical body lay motionless, unable to be moved by any effort. The master cut the etheric body in two at the level of the heart chakra, opened it and lifted it up in two directions, as when a bridge is opened, and then reached into the etheric body from the direction of the heart chakra up to the root chakra and pulled out a snake, which he took out. I saw the snake coiled between his hands. The master was assisted by two beings of light (angels). I could clearly perceive the difference between the energy bodies of the master and the light beings, although all the beings had a golden glow, the master had a human form, while the light beings had a more indeterminate, diffuse energy field. They then left and disappeared. For me, the time that passed seemed endless, I despaired because I could not go back into my body. Finally, they came back and put me back together again. While the etheric body was being repaired, my physical body was twitching and I could do nothing against it, and finally I was brought back to a normal state of consciousness. Being skilled in deep meditation, I could clearly distinguish between dreaming, waking and meditative states in between, and it was clear to me that my experience was taking place in a kind of super consciousness⁸.

The master stayed with me for three more months, teaching me daily, and then he said goodbye. In the meantime, I continued my studies at the RAI. I started a REIKI club, where my friends and students attended, and where an unknown person, who I later found out was called Zoltan Wollak, came in at one of the publicly announced times. No one understood why he had come, what he wanted, or what he was talking about at all, he simply took over the control. The people present started to feel themselves uncomfortable and to whisper: he is crazy! He caused such excitement among my students that, despite my best efforts, within ten minutes everyone was

⁸ A state in which perception beyond the senses can occur.

in a hurry and had to leave. There were only two of us left: 'Master', I called to him. "Next time don't come to the club, you'll scare my students off." "I didn't come to them." - came the reply. So, from then we met just the two of us, and Zoli started teaching me Buddhism, Taoism, Hinduism. I can honestly say I didn't understand much of it at first. All I knew was that this man was not crazy, although sometimes he seemed to be, and he knew something that I needed, but what it was, I had no idea.

During one of my meditations, I started to chant the name of a Hebrew god and combined it with a breathing exercise. No one told me to do this, I simply felt an inner urge to do this meditation on a daily basis. At first, I felt a pleasant flow of energy, was happy that something was finally happening to me, and persisted. I felt that I could not do it perfectly, so I started to control my breathing again and again. Suddenly, a strange thing happened, a current of energy from the root chakra started in the center of the spine and moved upwards with irresistible force. I was scared and decided I would never do this exercise again. It was too late; the genie was released from the bottle. In desperation, I picked up the phone and called Zoltan Wollak: "Hi. What do you know about kundalini?" - I began without any transition. Zoli had told me nothing about Kundalini yoga before⁹, all I knew about it that it was some mystical thing that, being a Christian, I had no intention of doing. "Why?" came the question. "I think it started" I said, and because he sensed genuine alarm in my voice, he immediately agreed to meet me.

Since this book is not intended to be an autobiography, I will only present what I feel is absolutely necessary to understand the rest of it and to support my later teachings. I have described the beginning of my journey in such detail in order to show that I have risen from the depths of total ignorance, from the depths of elementary instinct, to my present level of consciousness. At the moment of the experience I was neither able to express nor to understand what was happening, so the present interpretation of my experiences only come about through the attainment of a later, higher level of consciousness.

⁹ The type of yoga that awakens the inner power and can lead the practitioner to enlightenment.

I am convinced that my spiritual master (guru) released the power in me, which did not start immediately, but only after I had done something for it. This intervention only meant the partly release of the first two granthis¹⁰. I cleared the obstacle in the root chakra by repeating the Hebrew name of the god together with the breathing exercise. I could not regulate the energy at all, so my days were spent in an alternation of up and down. At that time, I didn't do any regular yoga practice, I just meditated, prayed and let the power to flow as there was nothing I could do for it or against it. On one occasion I was so intensely longing for God that while praying, the energy broke through another barrier in the heart chakra. I was in samadhi for about two hours¹¹, unaware of myself, and after somehow returning, the guru, who had not made any sign of himself for a long time, suddenly reappeared: "What have you done, you poor?" Having no idea what I had done, I fell to my knees before him, "I was just praying..." The light emanating from my body filled the room. It felt very pleasant at first, but after a couple of hours, it gave me physical symptoms that I would experience several times during the next decade.

I have to assume that my masters could not have predicted my speed, as they live in a different time dimension. On the other hand, the kundalini is indeed unpredictable, sometimes it clambers, sometimes it jumps, no guru can predict what the fate of the disciple will be. My healing initiations have helped me through the difficulties, AROLO and spiritual healing treatments. I learned all these techniques from F. E. Eckard Strom, the Grand Master of RAI, to whom I can only express my grateful thanks for all this. Another help was the opportunity to code¹² homeopathic remedies with the AROLO tifar technique, which saved my life on several occasions. I initially acquired my homeopathic knowledge at the courses of the Hungarian

¹⁰ A spiritual knot, an energetic barrier in the way of the kundalini, around the spinal cord.

¹¹ An altered state of consciousness; The state of super consciousness (which can be experienced after attaining enlightenment) was for me at that time the complete loss of consciousness.

¹² The tifar, the master level of AROLO, allows information input into the patient's energy body. The information can also be a homeopathic remedy. In this case, the homeopathic remedy does not need to be taken in, but can be encoded as information.

Homeopathic Medical Association, which I attended regularly for two years before starting kundalini, and then continued my self-taught training.

Since I could not control the kundalini force, it was a life-saving idea for me to sublimate it instinctively into verses, thus freeing myself from the excess energy that would have burned up my physical body, which was not prepared to handle this energy. My poems sprang from the depths of my soul, as from some primordial source, in a kundalini trance, so they needed little correction. In a normal state of consciousness, I would change one or two words per poem for grammatical correctness, as the scientific bent of my mind would not allow me to release from myself some illogical, diffuse set of words. That is why the poems are scientific, poetic and spiritual at the same time, and cannot be classified in any poetic genre. With these poems, I have stripped myself spiritually naked before the world, but only those will recognize this who are naked themselves as well.

The poem "Awakening of soul" did not require a single word change in the original language (of course the English version is translation):

Awakening of soul

Mountains, forests, grounds...
Soul is carried by the clouds.
Hidden under great pines,
on steep rocks, small fane lies.
Entry turns on the lights.
Slowly looking around
peace and silence are found.
That's my real home!
Touching the wall inside
it disappears at sight.
A golden path having spiral shape,
bends upward opening the gate.
This leads to Heaven.
At curves the visions archived,
seem as if alive.

False realities!
When the truth is recognized
you can further arise.
The last vision is dire.
Soul seems to be in fire.
You must remember forever
seeking for God everywhere...
Here He stays.
In light pillar He waits.
Now you can catch!
You are His light.
He embraces you at sight.
Your fall in love is chance
in this cosmic dance.
Delight overflows.
That's the end of roads.

On one occasion, experiencing the so called “living flame” had such consequences that I thought I would never get out of. The living flame means that tongues of flame shoot out from one's spine and the top of one's head (visible only with the third eye). This happened while writing a poem, where I was concentrating to an area that opened up new energy centers. Not knowing what to do, I went to bed, but the flaming continued. After about three hours, I was so sick that I didn't think I would make it through the morning. The sickness was accompanied by general symptoms: unquenchable diarrhea, nausea, fainting-like weakness, extreme trembling, shaking, extreme sweating, and in the meantime, I was tormented by hallucinations, and I heard the panting and laughter of Satan. Confrontation with some form of Satan (or Maya) is a typical Kundalini symptom, which can occur in several ways and several times. Satan wanted me to give up my path to God and then I would get better. I refused, even at the cost of dying in the blink of an eye. Then Satan vanished, and interestingly, my other symptoms disappeared without a trace. I went to bed, slept until morning, then went to work. Much later I became aware that my experience was an activation of Agni, the god of fire (as an inner program). This fire burns away the karmic debts of past lives. Satan is also part of the inner program, embodying the resistances of our own

dark side. The inner force manifested itself at times as a creative force within me, creating in the outer world the process that was taking place within.

In my experiences I have sometimes touched not only death thresholds, but also the threshold of madness. Only my faith in God, my commitment to God saved me, all the while I used all my knowledge to survive. The strange thing was that my sicknesses, as suddenly as they came on me, were gone as I recognized the root cause of the problem. To alleviate the symptoms, I had to take homeopathic forms of deadly poisonous plants, most often in extremely high potencies. The kundalini then affected and activated nerve centers where deadly poisons were produced, the effects of which could be counteracted by homeopathy in a matter of minutes. I later became aware that neither death nor going mad was a reality, but at the time it seemed a very real possibility.

Meanwhile, I not only continued my studies in the Essene Church, which defined itself as a Christian esoteric movement at the time, but I felt an inner urge to explore Vedic philosophy. I therefore attended the Krishna Conscious Believers (ISKCON) for several years, learned about their rituals, visited their book depository and also spent two semesters at the Bhaktivedanta College of Spiritual Science, but I did not enter the church itself. What I learned at the College enabled me to study the Vedic scriptures in a self-taught way in later years. To date, I have read all the texts translated into Hungarian and know their essence.

On one occasion, I felt an inner urge to visit the Buddhist College when they were giving a presentation to prospective students. Instead of the teachers, however, I was captivated by a Tibetan master sitting in the audience. He took a seat directly in front of me and I was in his aura. He was apparently oblivious to the events around him, completely absorbed in himself, asleep for the superficial observer. I mentally asked him to give me all the knowledge I needed for my spiritual development. I spent the rest of the lectures in a meditative state with the Tibetan master, and I had not the faintest idea what the teachers at the college were talking about. Afterwards, I felt a strong urge to study the Buddha's teachings, which were considered to be original, and many books on their interpretation, in a self-taught way. I adopted the Tibetan lineage of Buddhism, obviously not by chance.

In the meantime, I also delved into Taoist philosophy¹³, which resulted in a book, a poetic reinterpretation of Lao Tzu's Tao Te King. Prior to that, I had been on death row in 2003 following an unexpected and spontaneous Kundalini activity, more details of which can be found at the end of my Tao book. It was only later that I became aware that my problem was caused by the reintegration of parts of the self – that had disintegrated in a previous life – during impersonal Brahman¹⁴ realization. I emerged from the death-threshold experience healthy overnight, and my subsequent activity with Taoism resolved the integration of this part of me into the personality. However, later on, my health deteriorated again, my sickness returned from time to time, and at first it threatened my physical activities, namely my university classes, which were supposed to be my livelihood. All this time, no one except my husband noticed my internal struggle, but after that I became ill several times at work and had to be accompanied to the doctor. Fortunately, I knew a physician, who was my spiritual student, to whom I could honestly disclose my situation. What helped me the most was to understand that a doctor sees things differently, he thinks in terms of symptoms, he doesn't know the root cause of the illness and he doesn't feel it is his vocation to look for it. He honestly admitted that he couldn't do anything with me, but he had ways to alleviate the symptoms. I thanked him for the consultation, I had my own methods to alleviate the symptoms too. However, it was an important realization that my symptoms could be blamed to menopause, so colleagues smiled indulgently on my workplace when I was not fully fit for work.

Since I knew that my symptoms were not caused by menopause, I searched for a solution with all my inner strength. I studied the accounts of various yogis (e.g. Gopi Krishna) about their experiences of kundalini awakening, as well as the experiences of some Christian saints (e.g. St. Francis of Assisi). On the basis of these and my own experiences, I have classified kundalini-induced symptoms into three main groups. The energy that travels up the spinal cord and enters the

¹³ 2500-year-old Chinese philosophy that defines Tao as an eternal natural and/or divine law.

¹⁴ An impersonal realization of God in Hinduism.

brain causes the release of higher levels of various neurotransmitters¹⁵ in the central nervous system. First set of symptoms was due to the above-average release of acetylcholine, second one of adrenaline, and the third one of histamine, sometimes the symptoms mixed with each other.

Acetylcholine decomposes relatively quickly in the body and its side effects can be easily eliminated with the right homeopathic remedy. Excess of histamine is a problem for people (usually for white ones) in more developed countries because vaccines sensitize the so-called histaminergic receptors¹⁶ (This is also the reason for the increase in allergic diseases worldwide. This is the price which humanity has to pay to end deadly epidemics.)

In our case, the excess histamine produced by kundalini can even cause shock to the yogi's body. On one occasion, after a yoga practice, my whole body was covered with white blisters which itched extremely, my flesh wanted to burn off from my bones. This was accompanied by a feeling of near faintness and extreme body shaking and sweating. The pain from the itching was so terrible that it bordered on madness. I felt that if I didn't find a solution within moments, I would have to call an ambulance. I found it. The homeopathic remedy I took made the symptoms disappear within some minutes, along with the white blisters.

The biggest problem is excess of adrenaline. That's what kills most yogis. Those whose weak point is the heart they suffer heart attacks or heart embolisms, others have strokes. In my case, I had both heart attacks, but because I treated it immediately, I managed to get away without medical intervention. However, the problem did not stop there, when the energy entered the brain and reached the pituitary level, the autonomic nervous system regulation broke down. Blood pressure, heart function became erratic, fluctuating between two extremes. This caused my fainting symptoms, which I blamed on

¹⁵ Stimulus transmitting agents.

¹⁶ They hypersensitize the receptors where histamine binds. One group of vaccines is those that introduces antibodies produced in animals. Because they contain animal proteins, they trigger a release of histamine in the human body, which triggers a defense against foreign proteins. Allergic reactions are also based on excessive histamine release.

menopause. I found this problem to solve impossible with homeopathy or other methods.

I opine that darker-skinned people tend to have a more active adrenaline-removing enzyme in their bodies, which is why they tolerate high adrenaline levels better. The adrenaline, through various by-products, eventually turns into melanin, which is the skin's pigment. If I could stimulate this enzyme to be more active, my skin would necessarily darken, but this is too slow process. I also recognized that there is an alternative adrenaline removal mechanism that works only subordinately or not at all in the human body. The genetic stock encodes the enzyme, but it is not released. Anyone who wants to achieve enlightenment through kundalini yoga must release this enzyme from gene suppression¹⁷. Of course, this is done unconsciously by yogis, through a lifetime of practice and by being born into a family of yogis, so they inherit from their parents a genetic stock that is suitable for progress through kundalini yoga. In my case, however, there was no way to do this and not enough time. One of my masters give me a mantra to help me, which is used to invoke the demigods and by practicing it, one can achieve several siddhis¹⁸. I used the mantra as prescribed for six months with zero results. Finally, I was told in a meditation that I needed to go to a higher level. Since I had already come to the realization that Krishna is the Supreme Person, based on my Vedic studies, I decided to approach Him.

So, I went on a pilgrimage to India, where I visited various holy places, sought intercession from every aspect of God knowing by me, and performed the prescribed penances. In Vrindavan, where Krishna manifested 5000 years ago, I received several encouragements. In one of the temples where Radha-Krishna murti¹⁹ was placed on the altar,

¹⁷ Not all parts of the genetic material are active all the time. The parts that are currently or permanently inactive are in a suppressed state. This means that no copies of m-RNA are made from them to start enzyme production.

¹⁸ Sanskrit word meaning special spiritual abilities.

¹⁹ A statue or image of a god that personifies that deity. According to the Hindu belief system, murti is identical with the personified aspect of God himself. In Hinduism, there are several beliefs about God, but they are

after receiving prasadam²⁰, I sat down in an asana in a secluded place and, as usual, I entered into a meditative state. After returning from meditation, I noticed that one of the priests was watching intently from behind the pillar. He beckoned me to go there, and without a word he threw a sacred garland of flowers from Radha's neck into my neck. I thanked him and indicated that I wanted the other one, which was around Krishna's neck. I received that too.

One time I was walking alone to our accommodation. It was early afternoon and the street was completely empty. The monkeys, who used to hop and screech on the roofs, were asleep, with only one monkey standing guard on the roof. When I turned into our street, the guard monkey shouted and the whole group woke up. Unlike usual, they lined up silently on the rooftop, even the youngest ones holding their mum's hand, silent and still, just following my progress with their heads. As soon as I entered the gate, the guard monkey gave another cry, and the whole group dropped off and went back to sleep. I bowed my head at this display of monkey intelligence. I wondered. Ecclesiastical and secular authorities can persuade people to stand on a wall of honor in their respect, but who and how can persuade monkeys to do the same voluntarily?

Every day in Vrindavan, I went to Prabhupada's samadhi²¹ and asked for his help. The help came in the form of his former personal disciple who insisted on taking us to Matura, Krishna's birthplace. In Matura, I had similar experience to that I had in my home during the time of testimony, except that here not only the sounds ceased around me, but the scene with the people disappeared as well. More exactly, only Krishna appeared, in the form of the child Krishna, a boy of six or eight years old, and accompanied me to the Krishna temple. Here I experienced the same thing as the gopis²² dancing with Krishna. My

apparent. In fact, all gods are manifestations of the one supreme god Vishnu (Krishna). Radha is the female aspect of Krishna.

²⁰ Sacred food, presented on the altar as an offering to the murti.

²¹ The tomb of Bhaktivedanta Swami Prabhupada, the founding high priest of IKSCON. The tomb is called samadhi if one immerses in samadhi after leaving their physical body; he does not die.

²² Cowherd girls, who manifested themselves as extensions of Radha, their only object of worship was Krishna.

husband and our chaperone searched for an hour, while my husband came into the temple several times, but we did not notice each other. Our attendant had tears in his eyes when I finally came out, as he saw the effects of the mystical experience on me. I felt that in Vrindavan and Matura I had got everything a person could ever wish, although the root cause of my original problem, my illness, which was in connection with the control of adrenaline level, had not been resolved.

We arrived from India to Hungary on Saturday and I had to give a lecture at the university at eight o'clock on Monday morning. As I have a huge amount of experience in giving lectures, it shouldn't have been a problem that I wasn't prepared. Indeed, it wasn't a problem at all, it was the fact that I had done my Kundalini exercise the night before, which had got my adrenaline level pumping, and there was an extra stress of not knowing what I was going to talk about. Consequently, at half past seven I was sick in my room, all the symptoms came on me at once and I felt unable even to move. On top of that, there was even no one around that I could have asked for help. (This day was the first day after finishing the exam period and my lecture was the starting one). And then I heard instructions, which came in the form of an inner voice. Stand up, take off your socks, start the mantra, drink half a liter of water, go and empty, mantra, drink, empty, mantra, drink, empty... I acted accordingly. Within fifteen minutes I had emptied myself, got dressed and, as if nothing had happened, gave one of the best performances of my life. I thanked God that none of my colleagues had witnessed me running barefoot between the bathroom and my room. During that fifteen minutes, it became clear to me where I had made the mistake of impersonal Brahman realization in a previous life, and why we were not allowed to enter a Vrindavan temple²³ in socks but only barefoot. I discovered an alternative way to regulating adrenaline levels biochemically. I was aware that I had got what I had asked for; I had activated the enzyme that regulates the alternative way

²³ You can usually enter Hindu temples without shoes, wearing socks. There was one temple where you even had to take off your socks. Here they kept the self-manifested Krishna muri. When standing on or opening a dimensional gate, one must stand barefoot so that energy can be drained through the foot chakras to the earth in case of a short cut between the root and crown chakra.

of adrenaline decomposition. I can continue my progress on the path of mystical yoga and it never will be problem the high adrenaline level again. And this happened so. The mantra was then no longer needed for this purpose.

I still owe a confession about how I found my guru. About the witness who showed up at my apartment, for a long time I didn't know who he was? This came to light in an interesting way. My husband brought home a textile picture of Shiva from one of his trips to India. We had an argument about where to put the painting because I had a different idea. "I bought it right here, don't you see?" he pointed to a wall, exactly where the witness had appeared to me at the time. I note that he knew nothing of the details of my mystical experience, as we had never discussed it. It was then that I realized that I had received the manifestation from Lord Shiva, who is the most devotional servant of Lord Krishna.



After my death experience in 2003 the universal love state was reached. The photo was taken in 2004.



After my visit to India in 2005. The photo was taken in 2006. Still I don't know: *'Who I am?'*

For a long time, I was not aware of the master who gave me Shaktipat²⁴. I noticed that several times in the morning, I was waking up crying with the thought, "I want to go to the Himalayas, because that is my home!"— and sobbing because I couldn't go to the Himalayas. Where would I go and who would I look for there? Years went by until I realized that the whole world is my home, because God is in me, and where I am, He is there. At first, the night trips to the Himalayas left no conscious trace in me, but later, as my consciousness developed, I remembered more and more details. My masters set me a series of serious tests, if I failed at any task, half a year later the same test would be repeated. Once, in a dream, I was led into a beautiful bedroom where a huge double bed awaited me. "Here you can be with the one you love the most." - I heard the instructions. I sat down in the armchair next to the bed and waited to see who would walk through the door. Then the door opened and Jesus Christ walked through. That was a bliss, because I knew this meant that no worldly desires were connected to my earthly existence, even though this could not be seen in the performance of my earthly duties. Many journeys led me to the bardo²⁵ which shocked me at first, but later my awareness allowed me not to fall into illusion, so I watched emotionless the suffering of souls, which of course is not reality and a single prayer to God could lift them out of it.

One day a friend invited me to his flat and, while he was sorting out music and pictures from his computer, he suggested I pass the time by browsing his library. He had a huge esoteric library. I looked at the books from afar, but none of them interested me. Suddenly, as if I had been electrocuted, I moved and took down a book, which immediately opened to the right page. It was a photo of Paramanahansa Yogananda,

²⁴ The kundalini power can be released in the disciple by an initiated master, this is called shaktipat.

²⁵ Interstitial plane. The word comes from Buddhist literature. Souls, if they still have a connection to the material world after death, are sent to the bardo to wait the next incarnation. Certain levels of the bardo can be likened to Christian purgatory, and the lowest levels to hell. These levels are a glimpse of Dante and are described in detail in his Divine Play. Salvador Dali's paintings are also inspired by the bardo. It is also written about in Vedic and Buddhist literature.

whom I immediately took to my heart. "Who is this?" - I asked my friend. "I don't know. Why?", "Because I'm looking for him." I borrowed the book to copy the picture. There was nothing about yoga in the book, by the way. I then placed the photo on my altar and began to meditate with it. A year later, his book was published in Hungary: "Autobiography of a Yogi". Later, during my trip to India, I was strangely led to a disciple of his, Dharam Vir Mangla, whose work "Kundalini and Kriya Yoga" helped me through many difficulties. We had a few hours to find some book in Delhi before the plane started back to home. First, I had to find the bookstore, because only special shops sold kundalini books, and secondly, I didn't know what I was looking for, because I only remembered a face that had appeared in meditation at home. In the shop, I recognized it in a flash, because on the back of the book had the author, on the cover had Sri Mahavatar Babaji (the present incarnation of Shiva) and in the book had a photo of Yogananda. But I only found out who the guru was when I received the guru mantra a few years later. In this group, Sri Yukteswar Giri was the kundalini yoga master and Yogananda was in charge of the kriya yoga students²⁶.

Undoubtedly, to have an active (or even partially active) kundalini means being chosen. I have often wondered why I am one of those who have been given this opportunity when others, after decades of persistent practice, have not. The answer can be justified on several fronts: on the one hand, I remember many previous lives where I worked with this power, meaning that it was hoped I would somehow manage it because the knowledge of earlier lives would emerge, and on the other hand, it really didn't matter to me because I was a cancer patient and without God I found my life meaningless, meaning that if I died of it, I would lose nothing. I have gone through a lot of suffering and life and death struggles over the past ten years to control this inner force, and my journey is not over yet, but in hindsight I feel it is nothing compared to the suffering of Jesus, for example, or to the celestial bliss what I can own if I reach the success.

No wonder I want to share my knowledge and experiences with my fellow human beings, especially because I now see that this path is not necessarily life-threatening and as difficult as it was for me. The path

²⁶ For more about gurus, see Yogananda: Autobiography of a Yogi.

of my friend Zoltan Wollak was much more difficult than mine, he has overcome many obstacles for me, and the more a path is paved, the safer it is to walk on it.

My experiences will serve as a school examples for future seekers, because I have made and corrected many mistakes, I have looked in and out of plenty of pits, I have explored all the solutions, I have learned to use them and not to abuse them, I have an inner experience in all philosophical systems, so there can be no surprises. I received personal consultation for the inner path from a living master (Zoltan Wollak), and yoga technical help from another (Dharam Vir Mangla) after I contacted him by correspondence. Without the healing and angelic techniques, I learned from F. E. Eckard Strom, my survival would have been unimaginable. Yet I cannot name a living guru, because none of my masters in the physical body have touched my soul, and I do not follow the path of any of them, I am *different*. In 2012 I had the opportunity to attend a yoga class with Swami Veda Bharati. He follows the lineage of the Himalayan yoga tradition. They first learn breath control perfectly, which is prana control, and don't work with the mind until then, and then learn mind control perfectly and don't work with kundalini until then. Now you can imagine how much trouble was caused in me, who could regulate neither prana nor mind, that this power started. After realizing that I am a lucky survivor of an accelerated karma redemption process, I am even more grateful to God that I was given the opportunity to evolve and would not trade my life with anyone. My encounter with Swami Bharati was a turning point in my life despite not joining the traditional lineage of yoga. It was there and then that I made the decision to devote the rest of my life completely to Self-realization and God-realization. All this did not interfere with my daily activities at all, because I learned to perform my daily tasks with the highest consciousness available at the time, so that I felt less and less often in a state of detachment.

I was also unable to join any church or religious community permanently. Someone misunderstands the teachings of Jesus, e.g., "He who would be first among you, let him be last." Some Christian masters interpret this statement of Jesus to mean that the last to leave the material world will be first in the kingdom of heaven, and that he/she must serve here until then. But I think this statement of Jesus means: whoever wants to be first in the Kingdom of Heaven must be

last in the queue for worldly things. Christianity is like a clogged chimney at the moment, which has no draft. Few saints have reached the kingdom of heaven in the last two thousand years, as even their priests wander unconsciously in the bardo.

Someone misunderstands Patanjali²⁷'s teachings (sutra 1.2, 1.3) "Yoga is the stilling of the movements of the mind-consciousness. Thereafter the observer abides in his own true brilliance." However, Patanjali did not say that from your own inner radiance, do not notice the suffering ones who need help and guidance!

Someone misunderstands the Buddha's teachings. If, during someone's right contemplation, the outside world ceases to exist, it doesn't mean the outside world doesn't exist at all, just as turning off the TV does not stop the TV broadcast. If one does not experience the Atman (Self) in the inner path, it does not mean that the Atman does not exist, only that the Atman cannot be experienced in a form independent of any aspect of God, in other words, the Atman is manifested only in a state of unity with Brahman (see later).

There are those who misunderstand Krishna's teachings (Srimad Bhagavatam 1.10.11): "An intelligent man who has come to know the Supreme Lord in the company of pure devotees, and who has freed himself from the harmful company of materialists, can no longer forego hearing about the glorious deeds of the Lord, even if he has heard of them only once." But Krishna did not say that the real devotees are those who wear sarees and dhotis²⁸ and enter the IKSCON²⁹. Nor did Krishna say that a practitioner of mystic yoga is not a true devotee³⁰, because only a practitioner of bhakti yoga is a true devotee. Then Lord Chaitanya, who started the Krishna conscious movement, would not be a true devotee, because He practiced mystic

²⁷ The yoga sutras written down by Patanjali 2000 years ago are still valid today, especially for those who choose mystical yoga. The sage is considered to be the incarnation of Shiva.

²⁸ Traditional Indian costumes for women (sarees) and men (dhotis).

²⁹ A church of Krishna conscious believers.

³⁰ A devotee of the Lord, in the narrow sense a practitioner of bhakti yoga. In Christianity, Jesus Christ was the greatest devotee.

yoga at the highest level³¹?! Krishna says (Bhagavad Gita 18.66). "Give up all versions of religion and worship Me alone." By this Krishna did not mean that Vaishnavism³² equals Krishna consciousness, but on the contrary Krishna consciousness is independent of all religions and free from all dogmas.

I have not mentioned Islam, in the name of which the representatives of power mislead the believers. Current religious practice has very little to do with the revelation that the Prophet Muhammad originally received from the Archangel Gabriel. I have also not mentioned the Jewish religion, many of whose followers to this day do not recognize that Jesus was the Messiah.

Who can I join? The problem is not that spiritual masters and religious leaders misunderstand divine guidance, because everyone can be wrong, but that they do not make corrections and imagine themselves to be the possessors of absolute knowledge. They see themselves as the only chosen ones and their system as the only salvation. What I would like to point out is that when one becomes a believer, one should not put aside common sense, logical thinking and healthy doubt, because this is the basis of all progress. A religion or a philosophy that can be shaken by doubt will sooner or later collapse by itself, and no strength can be drawn from a labile dogmatic belief system. Religious leaders and philosophers have been arguing since time immemorial about which is the true God, and will continue to argue until the end of time. ***Well, I believe that the God we follow from the mind is false, and the God we follow from the heart is true, no matter what we call it.***

For those who are no longer satisfied by the existing systems of theories of existence, an alternative way is to develop their own internal belief system by combining elements of existing religions and philosophies. This is why I have begun to build my own philosophy of life, which weaves together the inner path of Buddhism, Taoism, the mystical yoga of Hinduism, the message of love of Christianity

³¹ Members of IKSCON do not practice mystical yoga because it is considered a lower level of yoga.

³² The philosophy of life of the Krishna consciousness movement spreading outside India is actually a reduction of Krishna consciousness to Vaishnavism, which is only a branch of it.

and the mission of Krishna consciousness into a coherent whole. Many have tried before me, and many will try after me, until a practical philosophy of life is assembled that will finally free humanity from its own bonds, from religious dogma, both literally and figuratively.

It is possible that some religious leaders will say that I have misunderstood all the teachings! For me it is indifferent. I can support my teaching about the world, how it works, about God, about how to reach God, by the example of my own life. I teach what my masters taught me, not philosophical speculation, but the living of God in everyday life, which does not require being a saint, nor living in seclusion from the world, nor avoiding the company of atheists. Who needs God most of all if not the atheist? For what truth I have taught, my masters deserve the glory, and for my errors, the responsibility is mine, yet I will stand before God with a calm spirit, because my intentions are pure.

The spiritual realm to which I am going will be populated. With whom? Those who are open to beauty, goodness, spiritual purity, who love and accept each other, who are open to the feelings and thoughts of others. Who recognize that every worldview that exists, even atheism, is a projection, a narrowing, of a single overarching universal worldview. Just as the world is a reflection of the thought of the One Universal God, so the worldviews of the world are also reflections of God's thought, and only the limitations of our perception prevent us from seeing their unity. To walk in the way of God is to follow the way of experiencing God in practice. Those will enter this realm who do not wish to do violence to one another, physically, mentally or spiritually, who do not wish to rule over others but over themselves, because they confess:

The greatest joy is peace of mind,
the greatest happiness is to experience love,
the greatest power is the power over ourselves,
and the greatest knowledge is the recognition of God.
Om! Amen. Om!



Achieving the equilibrium
between yin and yang energy
in 2010.



In 2021 I already realized:
'Who I am.'

Epilog

I finished of writing this book in 2010 but I realized only in
2021 who I am.

The path to awareness and happiness

Introduction, or what is needed for awareness and happiness?

The fairytale bluebird of our childhood is chased by all, mostly in vain. Each one, according to his/her own abilities, thinks he/she can find it in eating and drinking, in making love, in parental love, in acquiring positions, titles, ranks, in scientific and artistic creation, but the mysterious bluebird usually disappears, dissipates before we can catch it. After a while, people get tired of looking for happiness and settle for substitutes or half-solutions. They begin to blame themselves, their fate, their environment, society, and believers, God, for failing to achieve a state of happiness. Many people believe that happiness as a permanent state of being cannot exist, but is a fleeting, momentary phenomenon, like a breeze that shakes the branches of a tree and then blows them over, or a passing shower that temporarily refreshes a parched earth.

But the bluebird exists.

Once you have seen it, you will never forget it! Visible in the innermost center of the heart chakra, in deep meditation. It is the symbolic manifestation of the individual soul (Atman), which is connected to the Upper Soul (Paramatma, Holy Spirit). The aim is to eliminate the separation between this individual soul and the Upper Soul. The Upper Spirit is present in all beings, sacralizing and vitalizing all beings. What then separates us from Him? Our own ignorance, our unjustified desires, our attachment to things we cannot possess. The solutions, the path to Him, have been formulated by many, in several different ways.

In this book, I attempt to present the path to inner happiness in an accessible way, regardless of ideology, using scientific and artistic means. **What is needed is a willingness on the part of the reader to anticipate trust.** There is nothing in this book, no teaching, no practice, that I have not tried on myself, and that hundreds of thousands have not tried on themselves in all the time that man has

been on earth. Yet so few have had the experience. It may be that one can only realize and absorb a little of what is in the book, but a little is more than nothing, a step is more than standing still. If one has started on the path to inner happiness, the very knowledge that one has taken a step will fill one with happiness, because one's life will have a higher meaning.

If so many people have already formulated the same thesis in so many different ways, why is it necessary for me to do it again? The reader may ask. Put even more clearly, why do I think my book is that which will redeem the needy? The answer to this question is one word: CONNECTION. The relationship that can develop between me and my readers, and that has developed between me and my masters, is the guarantee that those who start on the path will go on. Because we represent a philosophy based on science, independent of worldviews, the progress is not conditional on the acceptance of any dogmatic system. The correctness and usefulness of the theorems and statements made here can be verified by the reader on the basis of personal experience in the course of his/her life. He/she who reads this book need not believe anything, he/she is free, even necessary, to doubt, to wonder, not to forget the knowledge he/she has acquired in the material world, and even to apply it as a basis for further progress.

I wish you a safe journey and a successful arrival at your destination!

The fate

We are born into a particular family, a particular cultural-political-social environment, at a particular time. Based on the genetic make-up of our parents, we create a physical body that we have to live with whether we like it or not. We grow up and follow the patterns of behavior and lifestyle we see in our environment almost like animals. The ant knows that it has to run up and down to find food, the bee knows that it has to go from flower to flower to find its daily food. We raise our children, live our lives, and face old age, disease, suffering, and death. And at the end of our lives we are faced with the big question: is that all there is? Is that all we lived for? Is this what we

fought for? For nothing? Near death, all our achievements, real or perceived, are shattered. Was it worth it?

Whatever we think about whether it was worth it, we have no choice but to live our lives, we are on a forced path, we cannot escape our destiny, we have to run a life program.

There are two things to consider in relation to this issue:

1. How deterministic is our fate? What we cannot change and must accept as it is, and what we can change. In other words, what are the limits we can break, what we cannot break, and what our inner strength enables us to do.

2. If our fate is deterministic, who or what determined it? If we are mere playthings of chance, how can we transform our lives so that chance serves our interests?

Determinism and free will

When we look at our own lives and the lives of others, we find, especially in hindsight, that many circumstances seem to be deterministic (preordained), we didn't want what happened, it just happened. At the same time, in many cases we have to make decisions that we feel the weight of and that have a decisive impact on our lives. Our own life experience leads us to the conclusion that our fate has deterministic and involuntary components, and that our life is a mixture of both. Problems arise only if we fail to recognize these components in time, if we try to change something that is deterministically given or if we do not make decisions on issues that are up to us, but wait for things to be decided without us. The result is the same in each case, but different in character, namely that we run 'unnecessary' circles in life, and only realize after completing the circle that we are back where we started.

So, the first step is to clarify what is determined? What is our room for maneuver? Where are the limits that cannot be crossed?

Let's take it in order: our mother, father, children's personality, date of birth, and place of birth. We have little chance to change our sex, our physical endowments, the age we live in, the socio-political-cultural system, the other people around us, etc. Even the ancients

recognized this determinism and tried to describe it by, for example, astrological, kabalistic, numerical, etc. methods to find out about a newborn child, what are its potentialities, what was it born for? Whether it is encoded in our genes or in our energy body or in numbers or stars, it would be folly in a sense to object to this determinism. We can say that the main stages of our life's journey are fixed, as if we had to travel from A to V, and in any case touch B to C, etc. What depends on us? The route we take and the means of transport. Also, whether we start at all or get stuck at a station. The route may be a motorway, a dirt road, a footpath, or completely impassable, the vehicle may be a car, a bicycle, we may walk, we may fly, and in this case we are less physically constrained.

Let us now examine who or what makes our fate deterministic? According to Jesus freely: *It is given to everyone according to their faith.* In other words, everyone believes in something. The materialist believes in matter and the natural laws that govern matter, the theist in a certain personal or impersonal form of God (Christianity-Father, Krishna consciousness-Krishna, Hinduism-Vishnu, Brahmanism-Brahman, Islam-Allah, etc.) or may believe in or have faith in absolute love, absolute wisdom as a guiding principle, or a supernatural law (e.g. Taoism-Tao, Buddhism, Hinduism-Dharma, etc.) that is eternally given.

Many materialists are proud of not being guided by their faith. Let's see if this is true. According to materialism, matter is an absolute reality existing independently of our consciousness, given from eternity, not lost but transformed, the laws of nature governing matter are also an absolute reality existing independently of our consciousness, equally valid in the whole material world, we cannot do anything about them (rain falls, the earth shakes, objects fall towards the earth, etc.), we can only study them, but only to a limited extent, and we can adapt to them. No one can answer the question of where matter comes from, how the laws of nature came into being, or even when the Earth will next be shaken. The definition of matter is eerily similar to the definition of God, i.e. an eternal, absolute reality that is self-fulfilling in an unchanging cycle, and we are only assisting to that. Scientific laws are not invented or discovered by us, that means we cannot find out new ones, we only describe the experienced reality around us, and their mathematical description is constantly changing,

which suggests that the formulation of the laws is only approximate, one might say empirical. Mathematically derived laws are based on axioms, which are assumptions that are not further proved. (For a long time it was an axiom that the sum of the angles of a triangle is 180 degrees, which was overturned by the development of non-Euclidean geometry, and now it is an axiom that the speed of propagation of light cannot be exceeded, which is nowadays expected to be overturned.)

Overall, we can conclude that our knowledge of the world is determined by the reference system in which we think. There is as if we are sitting in a closed box, observing the internal phenomena that manifests inside the box, and from this we would conclude about the world outside the box, if it exists at all, without ever leaving the box. I have made this point because if we humans want to understand our position in the world, we have to change our reference system, we have to renew our view point.

In mathematics, there is an accepted proof procedure, the steps of which are:

1. suppose the statement is true,
2. derive the conclusions that can be drawn from this, following strict mathematical logic,
3. if there is a contradiction, discard the initial statement and assume the opposite, repeat the procedure,
4. accept the statement from which the logically deduced conclusions have been proven true, i.e. they result in a contradiction-free system.

Let's practice this with a simple example:

Statement: *It is possible to live in water.*

Since we cannot live in water, we have to prove the statement:

a) *look for organisms that can live in water e.g. fish are aquatic animals,*

b) *try to dive under the water and observe what is missing, it turns out to be oxygen,*

c) *test whether the fish needs oxygen, e.g. if you remove oxygen from the water, the fish will drown,*

d) *put the fish outside, it turns out that it will still drown, but not because it doesn't need oxygen!*

e) *let's look at how fish get oxygen from water, it turns out it is through a special organ that we don't have.*

So, our conclusion is: *It is possible to live in water if we have a gill, or carry a bottle full of air and breathe from it.*

Our original statement was correct. We have succeeded in constructing an uncontroversial system that will survive until we find an aquatic creature without gills. In that case, we need to rethink the system and explain the newly discovered phenomenon...

This is how scientific logic works. It can also be seen that a single logical fallacy can lead to an incorrect conclusion. For example, if you expose a fish to air and see it drowning, you could wrongly conclude that the fish is harmed by oxygen, and even go so far as to conclude that the death of the fish is caused by the air! The absurdity of this claim is obvious to all. But it is not so simple when it comes to claims that are difficult to approach empirically. Unfortunately, logic is not or hardly taught in schools today, so most people are unable to consider the things of the world in place.

Now let's take a giant leap and assume that there is a God. Let us try to build a system without contradictions. This is what the thinkers of the great world religions and philosophies have done. Let us see what we have come up with. Then suppose there is no God. Let's build a system on that way. That's what materialism did. Let's see what we've got. Which system can we use to understand more about the world?

If we look carefully at this question, we can conclude that a scientific or philosophical system works well within a given reference system. That is, as long as it only has to interpret the phenomena inside a closed box, it describes well what is happening inside the box. Take, for example, the human body in a closed box. Anatomy, physiology and pathology provide an excellent description of the structure of the human body, how it works, and how it deviates from the norm in the case of disease. These have given rise to new sciences, such as pharmacology, which uses drugs, surgery, which corrects malfunctions by operation, and so on. But despite all this, diseases have not declined overall, we are still exposed to suffering, old age and death. In other words, we have come full circle, ending up in the same place we started.

Then the question arises that we have not taken something into account, our box (our body) is not closed, the outside world is filtering

in. New sciences are then born to interpret the effects of the outside world: history fits us into a particular time, sociology interprets our living conditions, political science studies the social system we live in, but that is still not enough. We discover that there is a subconscious, an unconscious world, and something from there seeps into our box. So, psychology is born, which tries to make scientific sense of our souls. It describes its layers, groups and classifies psychological problems, but it cannot tell us anything about the concept of the soul. It turns out that the soul is not a social-cultural-scientific etc. formation, it is elusive, it slips out of the realm of scientific investigation. Psychology cannot even prove whether there is a soul, where it is, what it looks like, whether it can be separated from the body. There are only hypotheses and theories about all this.

However, all people use this concept. Even things have a soul, we used to say. And we also have souls, spirits, consciousness, subconsciousness, personality, but what do these concepts mean, where are they in us, are they unchanging or changing, are they under our influence or inaccessible to us? If they are, where do they come from, who or what gave them to us? If we have formed them, why can't we control them?

If we want to understand all these things, we have to change our reference system, open our box and let in the information that we have excluded from our studies. To sum up, one thing is clear: we cannot describe the properties of the soul in terms of laws of matter. This can be illustrated by a very simple example, given a man and a woman, their bodies may be united, but their souls may not be united. Everyone has felt this. That is, the soul is not material. If it is not, then let's invent something else for it, let's say it is spiritual, and then we now know that things that are spiritual in nature will have to be looked at in a different reference system, other sciences and laws will describe how they work. Where do we get these laws? We don't have to invent new stuff. Religions and philosophies have long been concerned with the nature of the soul.

Who am I?

Many people may think of their name, their mother's name, or their own profession, title or rank when they hear this question. Something that clearly identifies them, such as an ID number. Others will probably think of their personality, which is the sum of their traits: I am an attractive, intelligent, family-oriented, non-smoker, nature-loving woman. It's like reading a marriage advertisement.

Our data: date of birth, place, parents' names, etc., clearly define us, but tell us nothing about ourselves unless we consult a specialist who analyses such data. The situation is different with personality traits. They do not clearly define us, but they do provide information about us. They do not clearly define us because, apart from the fact that they can change with age, they depend on how we describe ourselves or how others describe us. In addition, our characteristics are largely influenced by our parental environment, education, socio-economic status, etc. The question is: can we find in ourselves an entity that clearly defines our being, independent of circumstances, unchanging, or even eternal, and determines all the other information we recognize as ourselves?

Let us ask the representatives of the various sciences: what defines who I am, that is, what defines my personality? Unsurprisingly, the answer will be different. The geneticist: swears by the genetic make-up, the philosopher of religion swears by the soul, to name just two extremes.

Let's examine the effect of genetic stock. It has been known since Mendel (1866), who first crossed yellow peas with green ones and round peas with square ones that traits are encoded in genes – in packages of information – that were unknown at that time. However, the geneticist cannot answer what determines which traits from the parents' genetic make-up are actually passed on to the offspring. The geneticist, if he does not look beyond his own field of science, cannot answer how group dynamics influence the development of personality after birth.

Religious philosophy teaches that the soul is an eternal substance and determines what we will be when we are born, and all other circumstances that relate to us. In fact, Eastern religious philosophies

speak of the transmigration of the soul, according to which the body and personality are merely shells of the eternal, unchanging soul. Who is right in all this confusion, and how do we form our own opinions? We apply the strict rules of mathematical logic.

We know from the teachings of materialism that matter does not perish, it is transformed. That is, matter is an eternal substance, taking different forms again and again. The teachings of physics state that energy is not lost but transformed (the main theorems of thermodynamics I, II and III), and in mathematics one of the main theorems of computer science is the preservation of information, which means that information is not lost but is always transferred to a different medium (e.g. a music recording from a tape to a CD). In other words, according to the laws of materialism, everything in the material world is eternal and nothing is lost, only transformed. If this is true, it must be even more true for the spiritual world, since it is defined to be eternal by all religions. Consequently, it does not follow from any scientific theorem that it is the soul that will perish and die with the body. But if the soul does not die, but is eternal, like matter, energy or information, it will only be transformed, or more correctly, transferred to another carrier, just like information, i.e. to another body. It is perfectly logical. It can be deduced scientifically, logically, and what can be deduced logically it must be accepted as correct until someone proves otherwise logically or empirically. This is true scientific thinking.

The soul is therefore a packet of information which, once it is placed in a carrier (body), manifests itself and becomes perceptible. It existed before, it will exist after the death of the body, but it will not be perceptible, just as we cannot make a musical recording audible if we do not have a carrier or a device to play it on. The soul is a package of information that is light in nature. It is like a quantum of light. It only becomes perceptible to us when it interacts with matter.

Where does this particle we call the soul come from? It is probably a detached and self-assembled piece of a larger information field, just as a quantum of light is part of a beam of light. So, if we are all such small particles of light, then if we merge in the same phase we can become a ray of light, but equally if we meet in opposite phases we can extinguish each other. Now it is perhaps understandable why we say that we are at the same wavelength as X and not Y.

Otherwise, from your own point of view, which do you find more uplifting? Which of these ideas do your innermost feelings nod to? You are a pile of chromosomes who cannot change your characteristics because they are genetically determined, you die and can never repeat yourself, but disappear forever in the material whirl of the universe. Is that why it was worth being born and fighting through life? Is the only purpose of life to preserve species and consumption? If you believe that, then you deserve to be reduced to an animal by consumer society. You will become a biorobot, a consumer machine, working as a slave in phalanstery of the twenty xth century for a living.

Alternatively, we offer you the knowledge that you are a soul, a particle of light that is eternal, omniscient and omnipotent. This eternal, omniscient and omnipotent part of you is the divine soul spark. When you realize your true self, you can come to possess all these qualities again. To do this, you need to know yourself and transform yourself, a great journey that leads you through the discovery of your own hidden powers and qualities.

Choose!

The components of personality

By the components of personality, we mean, in the ordinary sense, the sum of our good and bad qualities. The layers of our personality are studied by psychology with its scientific tools. In psychology, we need to define several selves in order to get a picture of our personality. Thus, a conscious self is distinguished from a subconscious self, which is further subdivided into layers, and a higher self, which is usually considered part of the subconscious. A distinction is made between the set of qualities that we think of ourselves as real and what others think of us as valid. The difference between these two and their relation to the “real self” is described in the so-called Johari window, which is used to measure self-knowledge. At this point, the reader who is unacquainted with psychology loses the plot and gives up on knowing himself/herself, at least with the tools that psychology offers him/her. This is not at all surprising, since psychology is not able to define the soul, since no

layer of the personality can be identified with the soul, insofar as the soul is considered an eternal substance.

As I do not intend to write a psychological study, I am not going to argue with a psychologist, I simply want to understand myself and show others the way to understand themselves. Let us start from the axiom that there is an eternal, immortal soul, which is light in nature. Let us call it hereafter the divine soul-spark (in Sanskrit: Atman). The Atman, being only a self-contained fragment of a larger field of information, needs a vehicle to manifest itself in a form separate from God, and so it surrounds itself with sheaths, dresses itself in clothes. Its first garment is the buddhi body, which has qualities; it is perfect but incomplete, which means that it does not have all the divine qualities that exist, only some of them. Let us illustrate this with an example: my hand performs its function perfectly as long as it is connected to my body, even though it does not have all the qualities of my body. So, my hand has qualities (e.g. mobility, dexterity, grace, etc.), it is perfect, but it is incomplete.

In addition to the buddhi body, the Atman is clothed with other garments, namely causal body, mental body, astral body, etheric body and physical body. Clothed in the buddhi body, the Atman enters the causal field, from where it tears out a set of tasks for itself. This will be its causal body or garment. The causal body selects the qualities from the mental (thought) and astral (emotion) fields that are essential to the task. It will be its mental and astral body or clothing. It then determines the energy field (etheric body) and physical body properties that match these by selecting the genes from the parent's chromosome stock that encode the chosen properties.

If we accept the above theory, we can summarize it as follows:

- the soul, when it wants to manifest, is by default in the buddhi body,
- the soul first chooses a task (causal body) that it wants to live in the material plane of existence,
- then selects the properties, energy and physical body needed for the task.

Our personality is therefore the sum of mental and astral bodies, chosen by us and determined by the task. It is not given by any God, it is not created by parents, it is chosen and accepted by us. Our

personality is therefore a chosen garment that we can mend, shape and even change again.

Let us then examine the layers of our personality as we experience them, using symbolic circles.

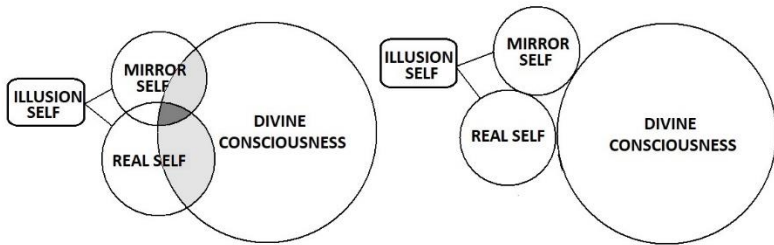


Figure 1 The relationship of the real self to divine consciousness and the mirror self

Divine consciousness (divine spark) is the eternal substance for which we are created, who we are. Our real self is, which we become aware of through the self-knowledge, our mirror self is, what others reflect back to us about us, that is, what we are in the eyes of others. The greater the overlap between our true nature (divine consciousness) and what we think of ourselves (real self), the greater self-knowledge we have. On the other hand, the greater the overlap between what we think of ourselves (real self) and what others think of us (mirror self), the more honest and open we are, i.e. extroverted individuals who can be themselves in front of others. Of course, our level of self-knowledge is also affected by the degree of overlap, because if the overlap is small, we present ourselves as quite different from reality, which means that there is definitely a self-perception and self-esteem disorder during socialization. The situation is even worse if there is no overlap at all, although this is a sign of a seriously damaged personality. The right side of Figure 1 represents a personality that society labels as crazy. E.g. X thinks of himself as St Anthony, others think of him as mad, and in the given cases neither of these is the true. The mirror self and the part of the real self that does not overlap with

the divine consciousness is the illusion self, which arises from the fact that neither we nor others are aware of our genuine nature.

Let us then look at the stages of personality development. Let's use Figure 2 to illustrate (for the sake of clarity, let's disregard the opinions of others).

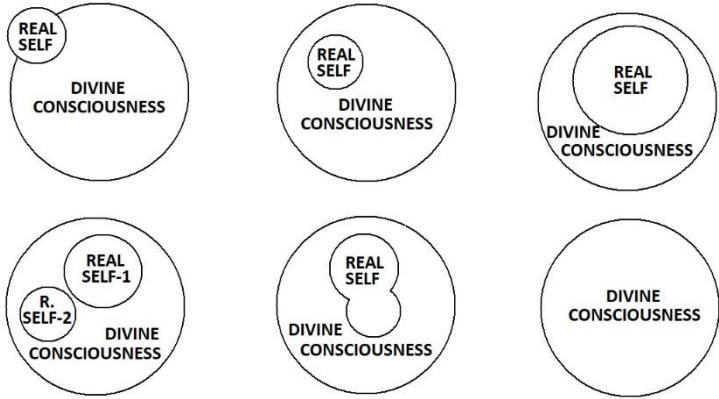


Figure 2 In the course of personality development, the real self penetrates deeper and deeper into divine consciousness, then expands and finally dissolves in it

So, in the ordinary case, there is an overlap between the real self and divine consciousness. The goal should be to have the real self as part of divine consciousness, because in this case the individual does not have any false information about himself/herself, the illusion self-disappeared, i.e. his/her self-knowledge is correct. The second step is that the area of the real self grows within divine consciousness, that is, the individual knows himself/herself as fully as possible. The personality development of an average person proceeds optimally in such a way that the real self-slips further and further into divine consciousness, and then the real self-expands within divine consciousness.

In some cases, personality development is disturbed and this results in the individual becoming aware of multiple real selves (e.g., real self-1, real self-2, etc.). Psychology recognizes this as abnormal, and

tries to bring out one of the realistic selves (usually the better one in terms of social perception) and suppress the other. The real solution, however, is to fuse two (or more) realistic selves into a single personality. This will also result in the real self-expanding within the divine consciousness and realizing itself more and more fully. The ultimate goal is when the real self becomes one with the divine consciousness. (For the purposes of this discussion, let us ignore the fact that there are multiple levels and ways of experiencing divine consciousness; this topic will be discussed later.)

So, the recognition of more real selves is not necessarily bad if it is within divine consciousness, because then it leads to greater self-awareness, whereas if it is part of the illusory self, it takes us away from divine consciousness and definitely needs to be addressed. The realization of more real self can happen through traumatic experiences, drugs, initiations and kundalini yoga. In the first two cases, the person has no chance of getting away from it without a professional help, and in the other two cases, it is the master's job and responsibility to help. If we experience this and our master is baffled by the phenomenon, we should urgently move on, but not give up the search to find help.

The development of the personality of ordinary consciousness people are governed by random and fateful events, for whom divine consciousness cannot yet manifest. Therefore, divine consciousness manifests through the causal body as the causal self (causal or higher self, "conscience"). It is essential for the development of a balanced personality, to know that we have such a causal self-consciousness, which is a projection of divine consciousness, and through a relationship with it we can become aware of changes in our personality.

At this point, it is important to return to the question of how the opinions of others influence the development of our personality. As illustrated in Figures 1 and 3, there is an information field, which I call the mirror self, which encapsulates other people's opinions of us. The more overlap is between the real self and the mirror self, the more we have a subjective sense of being well understood; the outside world reflects back to us what we believe to be true about ourselves.

However, just as the real self and divine consciousness are not necessarily the same, the mirror self does not necessarily cover divine

consciousness. The mirror self may have nothing to do with it, or at the other extreme, both the real self and the mirror self may be located within divine consciousness. The function of the mirror self is to confront us with how we are perceived by others and, if there is a significant discrepancy between the real self and the mirror self, to cause the individual to reflect on himself/herself and to make personality adjustments.

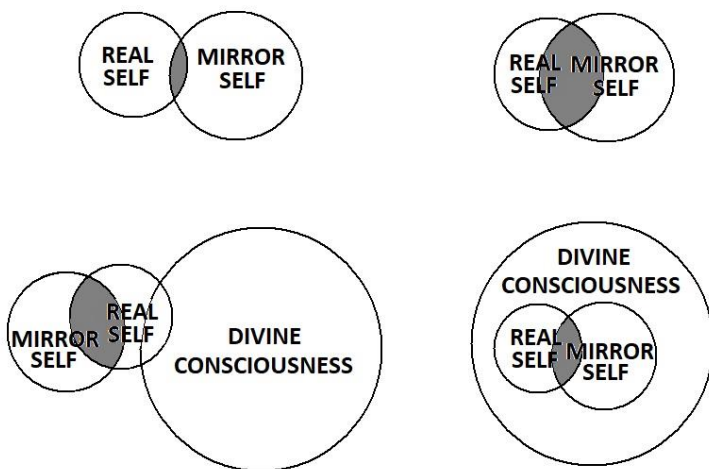


Figure 3 Possible positions of the real self, the mirror self and divine consciousness in relation to each other

On the other hand, it is clear that it is not only ourselves who are under illusion about ourselves, but others may also be under a complete illusion about us, e.g. if they have little self-knowledge and no connection with their own divine consciousness, they will not be able to show us a faithful mirror. The opinions of others about us are therefore not necessarily to be followed, since they can only form an image of us to the extent that their own self-knowledge allows. Therefore, if one wants to use the mirror self for the development of the personality consciously, it is good to test oneself in various communities. It is fortune if one finds a person who is in connection with the divine consciousness, or even enlightened, in whose light one

can acquire a correct self-assessment. If one succeeds in finding an authentic master or guru, one's personal development can undergo a leap of change.

It follows that the leadership of society should be made up of people who are in touch with their own divine consciousness. Then society would function properly and perform the most important task for which we were all born, namely, to realize our own divine consciousness. In ancient times, the role of the priesthood was to communicate with God, and the wise men acted as advisors to rulers. Nowadays, in most religions, the clergy have lost connection with divine consciousness and the few wise men who do appear from time to time are not listened to, so that the whole of human society is sinking deeper and deeper into illusion in the material world. Therefore, we can only offer help to people who are searching thoughtfully.

Levels of awareness

So far, we have found that personality is the sum of the astral and mental bodies. Of course, since these energy bodies map themselves into the physical body, there must also be components in our material bodies responsible for the formation of personality traits. Genes encode proteins, enzymes, enzymes produce regulatory molecules, hormones, etc. and eventually a hormonal system specific to the individual is formed. This is the basis for psychological classifications, which create, for example, sanguine, choleric, melancholic groupings according to the proportions of body fluids. Now, if this is genetically determined, how can it be changed? Obviously not! But are we to accept it as a fact?

At this point it is very important to be aware of the levels of consciousness. Body level awareness means that we think we are the same as our body. Our body is our organs, cells, genes etc. Body level awareness tells us that the proportions of our bodily fluids cannot be changed, we are sanguine, for example, and that's it. If we rise above body-level consciousness and realize that we are an information field made up of all our energy bodies, and that this information field can be changed, then we will find a solution.

The theoretical possibility to change the bodily endowments is that the human (and all living) cells are genetically "over coded". This means that our cells carry much more information stored in their genes than is activated during our lifetime. If we can find a way to unlock the genes that can cause changes in our hormonal functioning, for example, we will have found the path to personality change. It must be very complicated, how much you need to know! The joke is that we don't. It is enough to know that we have astral, mental and causal bodies.

The next level of consciousness is personality consciousness. At this point, the individual identifies with his/her personality, i.e. his/her astral-mental body. He/she says of himself/herself, I am such and such person. In fact, if he/she goes to a psychologist, he/she may even be given a personality test, so that he/she is even more convinced that he/she is the personality that the personality test has revealed him/her. While this is true, it means nothing more than the whole of society (including the psychologist) suffers from the same disease, namely that the level of overall social consciousness is stuck at the level of personality consciousness.

It is important to recognize that we have a causal self. If we are aware of it and practice regularly to connect with it, we will see our personality as a dress that can be changed at will, to something nicer, better, more appropriate to the situation and to the task, to adapt more easily to the life condition. Our causal self-encodes the life task we have taken on for this life. If we find a connection with the causal self, then the physical-astral-mental obstacles to our life task will be removed and our life will be successful, not in the ordinary sense, but in the spiritual sense. We have not lived in vain, in the next life we can make significant progress, we can move on to a higher school. If we can stabilize our consciousness on the causal plane, then we speak of a causal level of self-consciousness. Then the individual identifies himself/herself with the life task he/she has undertaken, becomes one with it and lives it with total devotion. This level can be reached by every person progressing on the spiritual path, through initiation, self-education, faith, study of scriptures, prayers, meditation, etc.

Well, up to this level we can talk about ego. That is, the ego is a self-consciousness in which the individual identifies with either his/her physical body, or astral-mental body, or his/her causal body.

So, ego is necessary, it is part of our personality development, if we don't have a proper self-identification, our personality development is disturbed. The aim is to bring our self-identification up to the level of the causal self. The causal self is the projection of divine consciousness onto the causal plane, and is therefore the first step towards God-realization.

What follows are opportunities that are open to advanced practitioners only, to those who have entered on the mystical path. I consider mystics to be those who set themselves the goal of giving up their causal consciousness. In other words, they move on towards Self-realization (in the sense of Atman realization).

The consciousness of the person who has given up causal self-consciousness resides in the buddhi body and acquires buddhi consciousness. A person who has attained buddhi consciousness no longer has to be born in the gross material world, but still becomes an inhabitant of the fields that are part of the subtle material world. He/she can reside in this consciousness for a longer period of time and will have further choices depending on the philosophical system he/she follows: either he/she gives up buddhi consciousness and does not retain any individual continuity of consciousness, or he/she enters Atman consciousness. The entry of consciousness into the Atman is associated with the realization of oneness with God, God-experience.

Although many people may have a mystical experience, this does not automatically mean God-realization, because it requires first of all the surrender of the causal self, in other words, the giving up the ego. The ego is therefore a personal self-consciousness, and this can be dissolved in a universal God-consciousness, as will be discussed later.

Of course, a person in buddhi consciousness will also have causal, mental, astral, etc. bodies while he/she is in the material world, but because his/her self-identification transcends these levels, he/she will be able to influence these bodies through his/her consciousness. This state can be seen, for example, in the fact that the individual also gives up the life task he/she has been doing till now; for him/her in life the only task is Self-realization and God-realization from now. This means that he/she has changed his/her causal body, usually also changing his/her name. This state is accompanied by a number of other symptoms, which, depending on the individual's previous karma, can be painful or less painful for him/her and his/her environment.

Before we go any further, let us consider what happens when one gives up one's self-consciousness (at whatever level) without realizing the higher levels of consciousness (buddhi, Atman). Such a case can occur spontaneously (e.g., one starts energetic yoga practice without philosophical knowledge or an initiated master) but it is more likely to occur as a result of initiations, when one has chosen a non-self-realized master. The initiation master may erase or inhibit the personal self-consciousness. Then the person has no personal self-consciousness, but has not yet been able to enter the higher fields of consciousness, and his/her awareness begins to search desperately for a level of self-identification. The solutions vary depending on the spiritual literacy, knowledge and experience of the individual. An ordinary person in such a case goes mad, schizophrenic. The situation is even better if he/she identifies himself/herself with a saint, a divine incarnation (Buddha, Shiva, Jesus, Krishna, etc.) and starts living the way he/she believes these persons lived. A slightly better solution is to identify himself/herself with an enlightened master, then one still has a chance to find his/her own way sooner or later.

If someone thinks of himself/herself as the reincarnation of St. Anthony (etc.) and lives that way, it's not a problem, again it's not a problem if others think he/she is crazy for it, the problem is if he/she has no contact with buddhi (or other higher embodied) beings, because there has no one to help him/her. Then the persons are playing a role that is not really theirs, and in many cases, they only recognize it when they leave this stage (die). It is even worse if he/she is not spiritually literate, because then he/she does not recognize his/her situation and that he/she needs help. Furthermore, if he/she lacks faith, sufficient humility towards God or the God-realized entities, he/she is a lost man, will step back several grades in his/her next incarnation, and may wait a long time before he/she comes close to some realization opportunity again. And if he/she fancies himself/herself a divine incarnation, there is certainly no one to help him/her, because who can be greater than he/she?

To avoid such situations, the best advice I can give is that without proper preparation, knowing the spiritual path, understanding the philosophy of the master, we should not embark on the inner journey and let somebody initiate ourselves into something we do not know

what it entails. Worldly and spiritual education, knowledge and intelligence are indispensable.

Literacy, knowledge, intelligence

People are born with different abilities and potential. As we will see later, our innate endowments provide a kind of determinate framework for our development, but within that framework we have a certain freedom of movement.

Neither literacy nor the acquisition of knowledge can be exclusively linked to the school system. It is within everyone's reach, through books or the internet, to have access to the right information. However, the school system is essential for acquiring the basic literacy that enables a person to select from the flood of information in his/her environment. I will not go into the reasons why the school system cannot fulfil its role. The individual alone cannot do much to change the political and social spirit i.e. the zeitgeist that pervades people in a particular era. If the zeitgeist does not reward literacy and knowledge, it is difficult to work against these trends. Difficult, but not impossible. In this chapter, I want to review the basic knowledge that is essential to safely embark on the path of spiritual development and to become a *spiritual seeker*.

I mean by literacy that the person has a broad knowledge of the basic sciences and arts. This does not mean lexical knowledge, which is almost impossible and unnecessary to acquire as a permanent state. The state of what and where to look and what and where to find would be enough to achieve. Why am I highlighting science and the arts? The sciences (especially the natural sciences) teach us two important methods to work with, analysis and synthesis.

Analysis means breaking something down into its component parts. In the field of chemistry, compounds; in physics, atoms; in linguistics, sentences. We can look at the components separately, gain knowledge about them, and then use the method of synthesis, where we put the components back together again, but in a different order. In the field of chemistry, we will get different compounds, in the field of physics different atoms, in the field of linguistics different sentences with different meanings. We can practice these two methods well by

cultivating the sciences. Why is this important? Because we want to improve. To do this, we need to analyze ourselves and our life situations. We need to examine what qualities we have. We need to dissect each of our components, our reactions, until we feel we can no longer disassemble and we have uncovered the root causes of our behavior. Once the root causes have been uncovered, the understanding is born that allows us to examine our components, our qualities, one by one, and then put ourselves back together again in a different order and quality. What will be the result? You guessed it! A different personality.

The other important pillar is artistic knowledge. Here again, I don't mean that someone from memory knows who created what and when. It would be enough for the *seeker* to have a deeper knowledge of a single field of art. Whereas in the sciences we used the left brain, here we need to engage the right brain. The aim is to get a feel for the arts. What did the artist want to express, what symbolism did he/she use, and how does it impress the used symbolism? What is the metaphorical meaning of the actual symbolism, what meaning does it have for us? Proficiency in symbolism can be acquired through the acquisition of a basic knowledge of art (art analysis, e.g. poetry analysis) and is essential to unlocking the true meaning and deeper significance of the scriptures.

There is only one important step left to develop the logical skills. This is best achieved through the study of mathematics, which is everyone should learn anyway. So, what we need:

- analytical ability,
- synthetical ability,
- knowledge and living through of symbolism,
- logical ability.

Knowledge means having concrete cognition. It is useful to have specific knowledge in at least one area of the material world. Not only to be able to make a living from something, but also because this will be our most important relationship with the material world beyond the maintenance of our physical body, of course. One who has no material knowledge of any branch of the material world he/she has no method of cognition the spiritual world. He/she has no base of reference, no foothold to help him/her to comprehend a much more complex science, the spirit science. Here and now I mean by spirit science, that

the seeker must gain knowledge of himself/herself and the Universe through spiritual research within own personality. Intelligence is not the same as either education or knowledge. Rather, it is closest to their creative application. It means being able to use the knowledge we have in ways that maximize our survival and spiritual development in this world. Despite all the contrary information, intelligence can be developed even at the oldest age, and does not require special practices and tools, but it requires will.

It is clear from the foregoing that I have not sharply separated literacy, knowledge and intelligence concerning to the physical world from their spiritual counterparts. Although we often find that someone has one and lacks the other. The scientists of our time do not necessarily have spiritual knowledge. They may be doing well in their field and successful people, but they are most certainly not happy, and their lives are spent in the race against time that makes their discoveries obsolete in some years. No one has ever been able to create an epoch maker without spiritual knowledge, because they were simply not open to that level of spirit.

On the other hand, there are those who have considerable spiritual knowledge without knowledge of the material world. A good example of this is the countless Indian yogis who could not impart any of their spiritual knowledge to the world because they could not find a common language with the scientist of the material world or because they were not interested in it. They wrote down their inner experiences in some kind of spiritual flowery language, what nobody else can understand!

Those who choose a synthesis of the two approach have certainly understood the call of the zeitgeist.

The genuine knowledge

Who am I writing this book for?— may think, the contemporary educators, who can hardly motivate his/her students to learn, and when knowledge is not valued by the people.

Let's give it a try! If the student knows that he/she is an indestructible eternal soul, not born today, that his/her life does not end with death but returns to another body, and that he/she can choose

either to stumble through life unconsciously or to undertake to set out to experience his/her own divine consciousness, which is first achieved by the discovery of his/her own personality; if this truth is revealed to him/her, will he/she still be unmotivated?

This society we live in now will fail if it wants to produce unconscious bio-robots and keep people in psychic slavery, for whom the satisfaction of their needs is the only source of pleasure. Eat, drink, make love! BUY! No money? No problem, get a loan, then work and be miserable, die as soon as possible, because there is no other way out of the mountains of debt.

Man was not given human awareness to be relegated to the status of an animal by a narrow economic stakeholder group, who are interested in maintaining a consumer society and who, being the possessor of money, think they can do anything because money makes the world go around. This false conclusion is reached by those who are really driven by money and draw their general conclusion from themselves. The world is not moved by money, but by consciousness. The consciousness is that moves money. However, only few people have the consciousness to do this. The development of consciousness is the only means we have to prevent the disintegration of society, the degradation of culture, art, science.

The genuine knowledge is the attainments that we are eternal, indestructible souls, born on this planet to develop our divine consciousness, and to do so in love with each other, to help each other. That is the only task, everything else is a play-acting. ***That is why society must serve this single task, it must ensure that every human being progresses in the universal life program at his/her own pace of development, forming his/her own belief system.***

Why should we believe this? - the reader may ask the perfectly logical question. Is it because some Eastern philosophy tells us so, because this is the program that the scriptures of the Eastern world built in us? Let us see what they have come up with in their famous scriptures? Are people in India happier, do they live better, does their society function better? Unfortunately, no. There too, only those are happy, who do not believe the above truth but who live it, because they have come to this conclusion from their own inner experience.

So, there are the masses of believers for whom the path to genuine knowledge remains closed, for whom faith would be the only support,

and there are swindlers, fortune seekers, fake saviors, religious leaders who have no genuine knowledge, and no faith, but rather they have religious fanaticism, hypocrisy. In between are the truly knowledgeable, who are barely audible among the crowds of the previous two groups, because the background noise is so great that it drowns out their voices. The solution of this situation considered as mathematical function is almost zero (floating point zero). Yet the only possibility is that we give news from ourselves in some form if we communicate. For those who are tired of hopelessness, of utter helplessness, of nihilism, of being herded like sheep - not knowing weather for the way of salvation or for the slaughterhouse - the only way is to show them the path to genuine knowledge.

Why should the reader believe me more than anyone else? The answer is simple: I belong to no church, I am under no one's influence; I have founded no organization that I am required to maintain, I have no interest in seeing anyone converted or saved; I want no power or influence over anyone; I have ***no worldly purpose***, "*My kingdom is not of this world*" (John 18.36). For me it makes absolutely no difference whether the earth is destroyed or preserved. Since I know that nothing is destroyed, only transformed. All evolution can be started from the beginning, from the primordial and even from the single-celled organisms, the creator of the universe is infinitely free, for to him time does not exist.

For all of us who are in a similar situation as I am, we have the same task, to do all the tasks entrusted to us, to find all the lost souls who want to return home and help them to return. The contents of this book – if no one buys it, if no one reads it – will have an effect, because it will enter the astral-mental field of the Earth, but it had to be created and projected. That's all that happened.

The necessity for progress

When we turn on the television, the radio, pick up a newspaper, we are constantly being told how much economic development we need to achieve to maintain our current standard of living. Of course, everyone would like to at least maintain their living standards and if it is possible to improve it. The managers of economic life, the

financiers, are fighting for a constant increase in profit, because they own experiences are that if they do not do so, economic decline will set in. They are thus caught up in an ever faster spinning career race, sometimes slowed down by economic crises. But is it true and justified the necessity for progress forced to us by economic operators? Could it be that we are perceiving or living through something wrongly?

The consumer society, on the verge of a climax, is desperately fighting against the realization that both growth (development) and decline (destruction) are natural phenomena in the universe. Living things are born, develop, then decay and die. But the same can be observed from stars to atoms. Why should an economic entity be an exception?

On the other hand, it is also possible to experience that a particular part of the universe (e.g. the solar system) or an area of the Earth not affected by humans can remain in a state of dynamic equilibrium for a longer period of time in spite of constant changes. This means that, for example, trees in a forest are constantly dying and new ones are constantly being born, the same applies to the whole forest ecosystem, but the forest itself is stable for longer periods of time. In general terms, the conglomeration is constant, but its elements are constantly changing, growing or declining. The stability is made possible by the fact that the elements of the studied conglomeration limit the unrestrained growth of each other, so that equilibrium is reached sooner or later.

Yes, but we humans want constant growth, not balance, because we believe the balance is stagnation. Let us examine whether, in principle, continuous economic growth is achievable, and if so, what is the price? First of all, we need to lay down some basic theorems (axioms).

1. We, humans cannot create matter, only transform it. We use the Earth's naturally occurring minerals (including soil, water and air) and living materials (animal and vegetable) to create everything what we need to improve our quality of life. The Earth has a given amount of minerals, and the amount of living matter cannot be increased indefinitely (not enough water, food, land, etc.).

2. All conversion processes lose material and energy. In other words, the conversion process generates waste (heat, scrap, ballast, etc.).

The large circle in Figure 4 symbolizes the total amount of utilizable material and energy of Earth. From this, a certain amount is exploited (inner circle), some of it in its natural form (natural material) and some of it after transformation (artificial material). Part of the latter is necessarily waste. In the end, the result of human activity is waste (another inner circle), because whether the material is used without or after transformation, it will eventually become unusable (destroyed, decayed, spoiled, transformed into waste). The right side of Figure 4 (the other big circle) shows the situation where we are increasingly exploiting the Earth's resources. The result is more and more WASTE! Some of the waste can spontaneously be converted back to its natural state and reused, but this happens much more slowly than the waste is formed and an area in black appears. This is solely the result of human activity! It is the ballast, the end products of artificially created materials which remain unchanged and cannot be decomposed by nature because of their persistency (e.g. certain building materials, batteries, electronics, plastics, glass, ceramics, etc.).

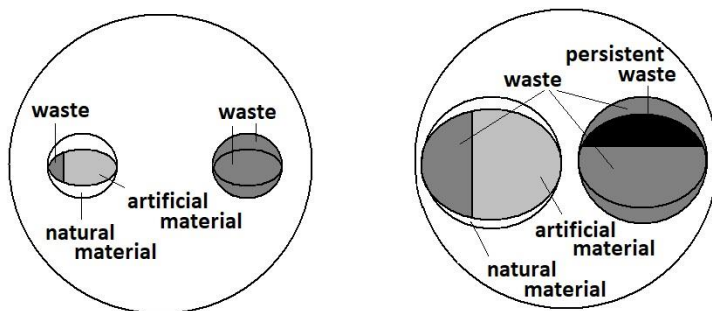


Figure 4 Forced development leads to more and more waste

An environmentally conscious person, who considers the planet as a living being, who is considerate of other living beings, does not want to prosper at the expense of the destruction of other creatures, does not seek excessive economic growth, but aims at so-called sustainable development, because he/she knows that only this can lead to long-term survival. If, moreover, he/she is aware that he/she is an unborn,

indestructible BEING who will return to Earth to continue his/her spiritual development, then he/she must realize, thinking not only for his/her children, but also for himself/herself, for his/her own future, that there must be another way!

The other way, shown in Figure 5. The meaning of the symbolic representation:

- Increase the use of materials in their natural form (without transformation). These only result in waste that decomposes by itself.
- It should not be possible to create an artificial material that produces waste that remains unchanged (persistent) in nature.
- More and more waste needs to be recycled and/or returned to the natural cycle.

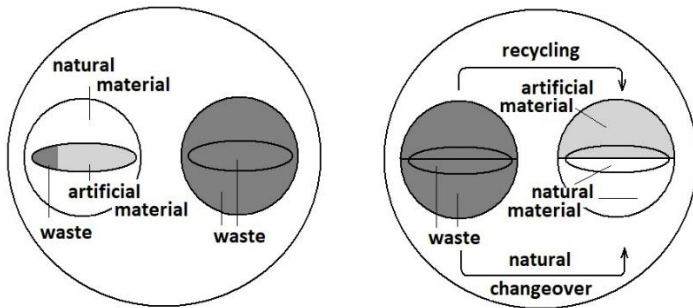


Figure 5 Thinking green means that recycling and reusing waste to natural materials is feasible

All this is a lot of money! - the experts will say - Where will we get the money? - Well, here are some tips!

Humanity performs incredible wastefulness on the one hand out of convenience, on the other hand out of ignorance, and false philosophical and ideological considerations. There are many unnecessary activities that could be avoided, limited or suspended.

Such as the manufacture of military equipment. Let us be aware that we are not in danger from extra-terrestrial beings, because if someone comes here, they have a level of technical knowledge that we cannot stand a chance against with our technique. Any other conflicts

that arise between humans and humans must be settled by peaceful, negotiated resolution, otherwise our future habitat will be dramatically reduced and we may revert to the primitive level.

Another key point is the suspension of costly and self-serving activities (e.g. certain scientific research). Space exploration has made very fine and spectacular progress in recent decades. But let's ask ourselves whether we are in a situation to afford to play this game? It's great that we have found evidence of black holes, but has this moved our world forward beyond some people getting a PhD and moving up on the scientific ladder? Has the fact that there may be a black hole hundreds of thousands of light years away that is absorbing matter at least one notch lower in global temperatures? It's amazing that we take breathtaking photos of distant nebulae and dust piles, but what's the point if in a few hundred years' time, jumping around the fire, our reincarnated astronomer of the future will be forced to search the sky with his naked eye, trying to read the direction of the buffalo herds' migration, and if he finds a few, he will be elected tribal shaman.

They are doing a lot of research, for example to see if there is water on the Moon or Mars. To do this, they feed the taxpayer with the ideology that this will make it possible to displace part of humanity and create more living space. My question to the scientists of the world is, would it not be easier and cheaper to make the Sahara habitable? We could also search for water there! ***Mankind would have the right to colonize other planets if they could relocate technology that does not leave an ecological footprint!*** Or how do you intend to ensure that the Moon and Mars do not end up on Earth, drowning in rubbish?

With the money spent on space research today, we could build an irrigation system for the Sahara! Energy generated by solar panels could be used to desalinate seawater, irrigate it to create artificial oases and thus create housing for people. Africa and Arabia could become a major economic power if they could produce the Earth's energy needs using solar panels.

Every day, we hear about new findings in genetics. It is possible to clone not only sheep, but also humans. The question is why? Won't enough people starve to death? Or does anyone really think that in the event of a global catastrophe we will recreate humanity in this way? This is a joke! In the event of a global catastrophe, there will be no one to keep the tools of technical civilization in operation and able to

use them. Not to mention what the scientists of our time have not yet thought about. What if the doctrine of the transmigration of souls is true? Who will move into the cloned individual if the owner of the genetic stock is still alive? If the body is kept alive, it can only be occupied by another soul with a completely different soul program. Do we want to clone geniuses, instead of appreciating and listening to the ones we have, and researching how to become a genius? If we clone a genius, a deceased mental patient can move into his body. That will be the triumph of genetics!

Medical science is successfully fighting emerging diseases, and some very rare diseases are becoming curable. Coma patients can be kept alive and the lives of incurable patients can be prolonged. Has anyone calculated how many healthy children could be fed with this money who would otherwise starve to death? That is the shame of this primitive, pseudo-humanist society! If one is aware that one can be born again in a fit and healthy body, why would one insist on keeping artificially a physical wreck alive?

Doctors, if they want to correspond to their sacred oath, should be more concerned with how to cure by natural methods, without the introduction of toxic medicals. They should not reject natural remedies, but learn to apply them, unravel the secret of how they work and put the whole of natural medicine on a scientific footing. Instead of cloning, medical science should be concerned with how to reduce the population by natural methods, without inconvenience or side effects for the people and without irreversible symptoms.

The current situation is like this because the financiers have got their hands on the science with their false ideology. ***Science has the sacred task of making life better and more beautiful for all humanity!*** It is not to serve the profit-oriented interests of a few narrow groups or to promote the self-serving careers of those who do science!

Another area where huge savings could be made is in the entertainment industry. The counter-argument, of course, is that it generates revenue. This faulty logic is based on a one-sided approach. The entertainment industry does not generate any income, it just redistributes it. There are unfortunate, vulnerable, disillusioned people, or, on the contrary, rich but bored, empty people who spend their income on the poor, meaningless services of the entertainment

industry. Let see the film industry (I don't mean the art film category), for example, the stupid dumping films that are poured from the media can only be used for that sitting in front of the TV we don't have to wonder what we are able to buy for lunch tomorrow, or to face ourselves for what we haven't done to change our situation. These do nothing to contribute to the social and societal development of humanity or of the individual, nor do they provide any meaningful information about the world that would help us to find orientation. They are like drugs. You can sit in front of the screen with a vacuous face, like a zombie, and watch the vomited stories that the 'creators' pour out on you. These pitiable mass films are invented by people with damaged psyches to get rid of their mental defects. They regurgitate the sick, confused, dark subconscious of their minds onto the viewers, who believe that the life is so and they are even happy that their situation is better than the characters on the screen. The responsibility of media representatives is enormous, because their products and services act on the subconscious as a program that imbues people with the unreal, chaotic, inhuman, cruel world of the lower astral sphere.

Mankind, individually and collectively, is avoiding its real task by manufacturing ideologies and methods, instead pursuing misguided agendas, which only produce unnecessary circles for themselves, wasting a lot of money and energy.

Where the necessity for development is clearly evident is in the area of spiritual development. It is urgent and indispensable. The humanity of our age is like that an adolescent, who suddenly grown, in the fullness of his physical strength, but spiritually and mentally immature, suffering from idiocy, who, in his ignorance and impatience, uses sexual violence on his own Mother (Mother Earth), instead of learning to use his creative power with intelligence and love, and in return receives all he desires, heavenly delights in an earthly paradise.

If we consider that we do not live once, but through a series of rebirths we move up and up the virtual ladder of spiritual development, it becomes understandable that some members of humanity are not on the same rung of the ladder of spiritual development. As we move through the stages of infancy, childhood, adolescence, adulthood and old age in the development of the individual, the same is repeated in the field of spiritual development. Some of our fellow human beings

have broken away from the Oneness earlier, others later, and we have had different numbers and qualities of lives, and thus different experiences. Just as we cannot blame a child for having broken something, we cannot condemn a fellow human being at a lower stage of spiritual development for having made a mistake and harmed others. Confronting his/her own actions after death will give him/her just enough to deal with. We cannot judge him/her, but we can help him/her, because he/she is here and now gaining the experience that we may have already had. We must look upon our fellow human beings as our children, who have not yet grasped the laws of the universe and are ignorantly unable to take full responsibility for their actions.

But that is no reason to allow them to destroy, damage what their more conscious counterparts have created, according to their own false values. There can be played a game few times when the student takes over the role of the teacher, but in the long run it is the student himself/herself who drinks the juice of this reversal, who, without the right sense of responsibility, ends up destroying his/her own living space around him/her. If we are living our lives with a real sense of responsibility, we must always be ready to teach, to forgive, to love, but every student must be aware of the limits to which he/she can exercise free will at the expense of others. ***There must be order in society, everyone must know his/her place, his/her role, must fulfil his/her duties, and after all that, we can talk about his/her rights!***

Who do I want to become?

30-40 years ago, when we asked children: what will you be when you grow up, we usually got answers like: mummy, daddy, doctor, teacher. In other words, children listed the people closest to them who could be role models for them. If we ask the same question now, we get very different answers: e.g. entrepreneur, businessman, bank manager, millionaire, rocker, racing driver, footballer, celeb. The change is clear: there is no role model, not even by chance, who is realistically accessible to the average person and/or represents an intellectual, cultural and humanistic set of values. The point is, he/she should have lots of money and be famous, admired and envied.

Children do not have a role model who model as a personality! Someone who embodies for them a decent, honest man, a person who is helpful, selfless, humane, persistent, strong-willed, brave, clever, educated, knowledgeable and yet successful. In former times, 30-40 years ago, there were at least in fairy tales such characters (e.g. the tricky, but straightforward wandering fellow, the brave, stalwart Indian heroes who stand up to the oppressors) but now fairy-tale characters are no longer role models either, because they suggest the same misguided values that make the whole of society sick, projecting an image of a careerist, all-over-everything, mentally ill, swindler fortune hunter into children's subconscious.

On two levels, a gap is created in the children's consciousness: on the one hand, instead of a realizable, followable personality, they see an unattainable dream-world role model; on the other hand, the value system suggested by the higher self through the subconscious becomes increasingly distant from the consciously adopted or desired value system. In the long run, the result is a schizophrenic society that escapes into illness, depression, drugs, alcoholism, crime, gender identification crisis, and whose individuals are too weak-willed, dumbed-down, and obtuse to be able to face the challenges of the times, to unite to solve the global problems of the Earth, such as pollution, mass famines and disasters. They rush towards the abyss helpless, stunned; each of them tries to grab a little more of the wealth, so that to be hit them the total hopelessness a little bit later. As if they were not human beings at all, but zombies, misguided, badly programmed bio-robots, as if they had no human consciousness, which was given to them precisely to enable them to survive under any conditions and to consciously shape their circumstances.

Determination of target

This book is written for those who decide that they do not want to struggle as helpless puppets being vulnerable to their fate. The first step is to say:

I WANT TO BE WHO I AM INSIDE!

I want to identify myself with my innermost, purest self (Atman), I want to live guided by my own highest consciousness.

If one takes this on, the higher self immediately gains ground and points the way to realization. In addition, one gets everything in the material world that is necessary for one's development, money, power, knowledge or, if nothing else is needed, enlightenment. Of course, the emphasis here is on the word necessary, because he/she may not receive money, power or worldly knowledge, if precisely the lack of these things that he/she needs to experience.

Let's see, what do we have to lose if we accept that we want to live guided by the higher self? Many unnecessary life circles and nothing else. If we don't get money, power, knowledge, because we didn't undertake it in our soul state, we won't get it even if we fight for it to the bitter end. That is, we invest a lot of energy in acquiring things that are not ours and with zero results. In the end we give up because we get tired of it and set our sights on something else. If it is that simple, what is the obstacle that stops people from rushing towards self-fulfillment? (By self-realization here and now I mean realization of the higher self. We'll come back to degrees later.) The reason is fear, desire and ignorance. The fear of giving up something we have achieved, and the longing for something that may not belong to us. Ignorance means that they have never heard of the concept that there is a higher self and that they should live according to it. In the Christian culture, even those who have heard something about God, Jesus, the Ten Commandments from their priests, and think that God will punish them, do not follow religious precepts. Nota bene, they go to confession, then they think God forgives, at least that was promised in His name. Fewer and fewer people in today's world believe that this is how it works, and they are right to be disillusioned by this childish notion.

So, God is in us in the form of Atman, and the projection of this on causal level is the higher self (causal self). I am talking about this because it is the first step towards the realization of Atman, we cannot aim further if we have not even reached the nearer. The causal self is a set of programs that carries the life task that the soul has set for this life. Of course, this set of programs has been influenced by previous lives, which means that our life is on a certain forced course. This program package is represented in the horoscope, in the name, in the palm of the hand, it can be represented by kabbalah calculations, tarot cards, etc. So, it is a life program running in the subconscious, which

if it gains ground, can be run much faster. It's very similar to what happens on your computer. We load various software on our computer that we want to run, e.g. music, video, games, etc. Meanwhile, a program is running in the background that we are not aware of. So, back to the life program, this program is running in the background (in the subconscious) and cannot be deleted, while in the foreground (in the conscious) we run the program packages of our choice, the little battles we play in life, all are game programs. What will happen? The hidden program slows down, hinders, influences our game programs, the game programs, in turn, hinder the life program. The result: our lives run at low efficiency, our goals are always hindered, we can't make progress even with high energy, in extreme case our computer freezes and we get sick.

In order to increase the efficiency of our lives, we need to delete all unnecessary game programs and make the life program the main program, putting everything else in the background and subordinating it to the main program. This is the first step. Then our life will start and the tasks that have been holding us back will be removed. It is true that sometimes it is painful to have to give up objects, passions, places, people, etc. But we should remember that we should give these things up sooner or later, because the life program that is kept in the background is working anyway, and we can only slow down the unfolding of events. Everything that happens to us follows a predetermined program, and our freedom lies in taking on other tasks motivated by our desires.

Let us observe our lives. Beyond a certain age, when we have insight, events seem to repeat themselves. We find ourselves in similar situations over and over again, always confronted with the same type of person. This is a typical sign of how the background program works and that we have done a certain task incompletely, so we are faced with the same type of challenge. On the other hand, if we find that the task is repeated at a higher level, i.e. we are given the same type of task but with a higher level of skill, we know that we are on the right path and have done well with the previous lesson. If we already experience such phenomena, then we suspect that there has been a hardware upgrade in the meantime, which has made it possible to solve the task at a higher level.

But that's not what we can see walking through life. Let's take a look at the window-figures who stumble before our eyes, e.g. certain politicians, economists, media stars. They are pitiful examples of our unconsciously floundering fellow human beings who want to take on a much bigger task than their hardware (mind capacity) can handle, and their struggles with each other are the evidence of the internal struggle what their conscious self is waging with the higher self. The struggle for power, money, fame necessarily distorts the personality. Distortion of the personality can only be avoided by those who see their task as a service to their fellow human beings and their own inner divine consciousness. Such people are not touched by power, money or fame, yet they have enough of each. Unfortunately, there are only few such great personalities.

Consciousness and instinct

We can conclude from the above written evidences that human nature can be changed. Let's see again our computer example. If you load a new operation system onto your computer, you can make significant changes in the way how your device works. Changing the operation system is equivalent to reprogramming the causal self, i.e. changing the life task. This occurs in exceptional cases and usually requires external assistance, known in spiritual literature as karma erasure or karma modification. However, we can also bring about personality change on our own, and all we need to do is load some new software onto our computer (mind). Suppose we are reserved people and our activities require us to form relationships easily, or we are grumpy and want to be likeable. This change is easily achieved through self-programming.

Let's return to the main theme of our book, happiness. When does a person feel happy? When you don't have to waste your time and energy on unnecessary tasks, you can do what you are interested in and still your life works. Well, that's not much, one might say. Let's think about it, is it a lot or a little? Does the plenty of money, power and fame make you happy? Do we know a single person who has achieved happiness on this way? I'm sure not, because money is never enough, power is a constant struggle to keep, fame is fleeting because

there will come always others who are better, more beautiful, cleverer. Does constant idleness and entertainment make you happy? Surely not, because once you get bored of everything, you look for more and more entertainment, and in the end you burn out, your life becomes meaningless, pointless. Man is such a construction that he/she is permanently incapable of living only for himself/herself. If he/she persists in this way of life, he/she will certainly become a very distorted and unhappy person.

The goal is to achieve the greatest possible performance in life with the least possible investment of energy within the available framework conditions, and to do this we must stop running unnecessary programs and consciously take up the main program, the life program.

There is no other option. Those who still think there is, have countless lives to see it.

Effects of parents, educators, environment

Many people think of themselves as victims of their parents, their environment, etc. They were born in the wrong place, under the wrong star sign, and this is the source of all their misfortunes. For deeper understanding, let's look at the order of births and the laws involved.

The birthplace of a soul is determined primarily by the law of attraction. These are: karmic attachments of previous lives to persons: one person has harmed the other one or one has done good to the other but it was not reciprocated, or one is attached to the other by emotions; attachments to objects (house, country), ideas, tasks (home, religion, philosophy). In this sense, the birth of the Dalai Lama is also the result of an attachment, the difference is that it is conscious and devoid of any instinct. Secondly, a determining factor where is the willingness to receive a soul who being at a given level and willing to take on a given task. If the soul has a great urgency to accomplish a task, and the urge to develop is a great driving force, he/she may be willing to make considerable compromises, e.g. a future scientist may wish to be born in the USA, but is not accepted there or has no connections, he/she is born in Hungary, and later emigrates and carries out his/her activities there. In this case, the soul has taken on much more difficult conditions than if he/she had been born in the USA, but in the end,

he/she is worth it, because if he/she does not take the risk of being born in Hungary, he/she will miss out on, e.g. the development of the atomic bomb (e.g. Leo Szilard, Eugene Wigner).

In Hungary, the Gypsy issue is an embarrassing problem. Too many children, too much poverty, ignorance. Let us examine this issue in the light of spiritual law. A soul wants to be born, to develop, but no one accepts him/her, only a gypsy family. Let us be aware that the soul is neither Gypsy nor Hungarian, nor even Jewish or Muslim. He/she is born where he/she is attracted, where he/she is accepted, or where he/she has to go by his/her karma in order to fulfil a task. Let's look at another example: a Muslim killed many Jews, now he is born into a Jewish family to experience what it is like to be killed by a Muslim, the same is true in reverse. This makes it easy to see how stupid the Palestinian-Israeli war is. The same souls, born to one nation or to another, they have been killing each other for thousands of years and still don't understand what the story is about. They are completely ignorant from spiritual point of view, but they fancy themselves very clever and highly cultured! And of course, they proudly proclaim the superiority of their own religion! Well, I do not know of any religion whose revelator has given orders to devastate others. But it is possible, and even necessary, to defend ourselves, otherwise evil will reign on Earth. After many millennia of warfare, no one remembers who started it, and we are left to point fingers at each other. Who benefits from peace and war? Always the financiers who have benefit, the common men who fall in battle are just vulnerable, unconscious, suffering subjects of a game for more money, more power.

Going back to the original question, we choose our parents, our circumstances, within the limits of what we are given. This is only true, however, if we have at least reached a level of consciousness where we are able and willing to communicate at all with the beings in the higher spheres who are working for us and who are organizing our birth.

A good example of religious fanaticism and bigotry is the following story, which has happened to me on several occasions when I have been on spiritual mission in war-torn Islamic countries. Contact with angels allows us to guide departed wandering souls lost in the astral sphere into the light. An angel appears and guides the soul to an intermediate plane of existence, where the soul is cleansed of karmic

lessons, and then his/her next birth is coordinated and he/she takes on new karmic lessons. Sensing the souls, I indicated the possibility to them, explaining in detail what it was about. The Islamic war dead were never willing to follow the angel (the Christians did!), but aggressively clung to me and sought to harm me. After a few such incidents, I changed tactics. I recited the first row from Quran and told them, Mohammed had appeared to you, followed him. An angel then took the form of Mohammed as he lived in the soul's imagination, and the souls obeyed without exception. The lesson to be learned from this story is that the ignorant people can be dealt with only on their own level, there is no other possibility. So, if we do not even reach the level of communicative contact with the God-serving beings of the spiritual world, we will have a dark future after death, because we will get lost and gradually sink deeper and deeper into the lower astral spheres, which is already the porch of hell. I would add that this plane of existence is an inner world of illusion created by souls, but it is also a reality that can be experienced.

So, we are born into a family, into a particular socio-economic environment and our life starts to happen. Seemingly we are not responsible for anything, or even so? Yes, we are responsible for the way in which we deal with the situations that arise around us. We were beaten by our mother, raped by our father, we are underprivileged! So, we cry and cry and we don't even think that we can turn our disadvantages into virtues, because a hard life full of hardships makes us more resilient.

You may not yet have the faith and awareness to turn disadvantage into advantage, but you have the opportunity to develop even through me. The power of the human spirit and consciousness is given to us so that overcome the circumstances, that try to keep us in bondage wrapping around us.

Our parents and educators instinctively program into us their own experiences, fears and knowledge of the world to help us survive and fit in. Many of these are wrong, but many are right: Don't touch the fire, it will burn! Even if we do it, we will certainly suffer less injury than we would without the prior warning.

At the latest, when we reach adulthood, we need to start weeding out the parental, nurturing programs and move to self-programming. Without this, we will be programmed by others (parents, educators,

partner, media, etc.) and will remain unconsciously floundering biorobots, who are tossing by the fate.

Integration into society, socialization

In a fortunate case, the parental background helps the soul to integrate into society, after all, everyone grows up somehow. The problems arise when the social and societal background provided by the parents do not meet with the soul and he/she wants to break out of this environment. This is the rare case, the majority of souls do not fall far from the tree, but this book is probably not for them. The soul who wants to transcend his/her parents' way of life is probably born just with this life challenge. He/she has accepted a compromise birth conditions because there was no better place to receive him/her, he/she experiences his/her parents' background as an obstacle, and at a certain stage in his/her life he/she begins to struggle for rising up.

The very first level of self-realization is when one does not automatically accept the fixed set of habits of the parental home and wants to shape one's own life. For this, certain patterns and templates are indispensable, from which he/she can build his/her own ideas like bricks. Since a completely ready-made pattern is rarely found, he/she must look at carefully in the world, observe how other people live, pick out the little elements from other people's life what he/she likes, and gradually build from these basic elements. Especially at times of era change, as now, the problem is that there is no template, the parental model is no longer good, doesn't work, it is outdated, no longer serves the individual's self-realization, but at the same time the question of how to proceed is obscured. This is compounded by the fact that the media, through films, suggest a completely unrealistic, false, illusory way of life, which completes the confusion. A further problem is that there are hardly any teachers who are truly original individuals from whom one can learn a thing or two and whose way of life can serve as an ideal for young people.

In such cases can help a spiritual teacher who does not want to impose his/her own way of life on others, but to reveal the potential and possibilities of the individual through a kind of inner work, so that the soul can realize its own inner program and project it into society,

so that it can be realized as a form of life that can be integrated, which allows harmonious coexistence with the old ways of life.

In principle, anyone has the right to pursue any kind of life of their own free will, a madman for example can develop a completely individual way of life, but there is one problem, he/she will be separated from the rest of society. The general guideline is that the one's expression of free will should obstruct as little as possible the expression of free will of others in the environment. Note that this is a basic tenet from the incomplete implementation of which much disagreement arises.

In the Aquarian Age, the zeitgeist encourages the theoretically unrestrained exercise of free will, but there are fewer and fewer opportunities to do so. Just think of the contradictions we are already seeing:

- declaration of human rights ↔ war, terrorism, repression;
- right to clean water, air, food ↔ environmental pollution;
- rights of embryos ↔ rights of pregnant mothers in the event of an unwanted pregnancy;
- rights of gays, rights of different minorities ↔ rights of the majority;
- animal rights ↔ rights of animal keepers ↔ rights of non-keepers;
- right to eat a certain food ↔ right to refuse to eat the same food;
- students' rights ↔ teachers' rights etc.

Everyone has the right to do everything, but fewer and fewer opportunities have to do so without interfering with the rights of others. Everybody has the right to have a dog as long as *I* don't step in the dog's poo, everybody has the right to smoke as long as *I* don't inhale the smoke and get lung cancer, every embryo has the right to live unless *I* want to abort it, etc. This situation creates contradiction in the individual because it arouses internal division. In the afternoon, I am an environmentalist who protests against environmental pollution with banners in street demonstrations. I go home in the evening, take the dog for a walk, let him defecate in the street, then I take a shower for an hour with lots of hot water using a liter of shower gel, then, because my skin is too dry, I use a liter of body lotion, while the lights are on in the flat, the TV is on in the room (nobody is watching), the

radio bawls in the bathroom (otherwise I couldn't hear it because of the running water). Does this story sound familiar?

Note that asserting the free will of the individual creates a pile of contradictions that are simply irresolvable, and that no government will ever be able to resolve. This is one of the most daunting universal challenges of our time.

The only solution is self-limitation, the recognition that while I have rights, my opponent has equally declared rights to the contrary, and since there is only one Earth, one country, one city, one street, one house in which we can live, we must agree to limit our rights voluntarily and mutually so as not to diminish the rights of the other. This process is what I call socialization.

Individuals should strive to achieve their individual aspirations while respecting the individual rights of others. In other words, in harmony with all beings, including animals and plants, the whole Earth and even the Universe! This will be the curriculum, and those who pass the test will move on to higher education, while the rest will spiral back into an increasingly disharmonious existence.

The effects of group dynamics on personality

As we live in a community, we are inevitably affected by certain group dynamics, so it is useful to be aware of the most important relationships. The elements of a group (community) are the individuals. In a community, the movements (interactions) of individuals will sooner or later select the leaders, and the others will be forced into the position of the led. The leader can be democratic or autocratic (self-regulating). A democratic leader seeks to ensure that each individual finds his/her place in the community and helps everyone to develop himself/herself during the pursuit of the community's goals, i.e. he/she seeks and finds activities for everyone at his/her level. In such a community, individuals feel well.

The autocratic leader is only concerned with preserving his/her own power, so he/she surrounds himself/herself with impressionable, flattering individuals, while others are marginalized. If an individual has not found his/her place in the community, he/she must either confront the leader and fight for the position he/she believes he/she

deserves, and if this fails for whatever reason, he/she either submits and accepts a peripheral role or leaves the community.

From this brief overview, it is clear how much damage autocratic leaders can do to the community (and to themselves), because they cannot mobilize all the individuals in the community to achieve their goals. The marginalized and the oppressed will react by withholding their skills and will not be able to contribute their knowledge to the community's goals, while the sycophants are incapable of independent solutions, as they are only busy seeking the leader's favor and therefore do not move the community's cart forward. While the democratic leader seeks to integrate everyone, the autocratic leader operates on the principle of divide and rule ("Divide et impera"). In this way, he/she divides the community and sooner or later produces his/her own opponent, who then on occasion overthrows his/her rule.

These group dynamics are just as valid in kindergarten as in politics or churches, since the laws are not institution-dependent, but arise from the structure of the human personality. But if one is not aware of them, one can easily fall into illusion.

There is also a third type of personality besides the leader and the led, the one who, by awareness - always takes the vacant place (vacancy) in favor of the community - because he/she is aware that the community works well when all the places are filled, but this is rare, like the white raven. The value of such an individual is most often not recognized by leaders and is relegated to the periphery. They can become the indirect leaders who move events from the background.

If we look at the group dynamics from a spiritual perspective, we can see that the roles that individuals play in the community correspond to one of the Tarot's minor and major Arcana cards. Thus, there will be a *Ruler* or *High Priestess* everywhere, these are desirable roles, but every community has its own *Fool*. If there is no individual present to consciously fill the missing role, then group dynamics will squeeze an individual into that role. Thus, I have seen cases where highly educated, respected scholars, after retirement, have been forced into the role of the *Fool* as other aspiring individuals have competed for the position of ruler.

Of course, in every community there are people who play the "negative" role; one who brings trouble to everyone and is hated by everyone plays the role of Death, and one who is always a bird of

alarm plays the role of Doom. Once the community has somehow got rid of them, group dynamics will soon squeeze in others to fill the gap.

This also shows that there is not too much sense in looking for another community, workplace, etc., because the same tasks will come back to us there, i.e. to find our place, our task, between the 22 initiation paths of the Tree of Life (small Arcana) and its side branches (big Arcana). Our only option is to raise our consciousness to a higher level, which will allow us to live through the initiation paths on a spiritual level, so that we can see over the games of others, and thus cease to be a distraction for them, and they for us.

Purpose, reason and meaning of diseases

The 21st century public perception considers the diseases as an evil to be conquered, and so it constantly fights against them. From a spiritual point of view, struggle always begets struggle, and as a consequence, disease will also struggle for its own survival, and this struggle can never end. However, the fight against disease is costing society more and more, and this creates social tensions, as some people can afford the most modern treatments, while the majority can only access basic services.

If we look at the issue from the perspective of consciousness, we have to conclude that the root of the whole problem is that we are not aware of our own dual nature, that we are body and soul, and that the two should work in harmony.

There is, then, a spiritual demand that wants to act through the unconscious and wants to arise, there is a bodily demand that arises as the sum total of the individual consciousness of all our cells, and there is a free will whereby the individual can suppress one or both of them at will, at least until the physical symptoms become so great that they can be called a disease.

Let's look at an example: the soul's need that the individual gets in touch with own inner divine consciousness, to achieve this it gives suggestions, e.g. meditate! The body's need is to rest, so it gives suggestions, e.g. sleep! The individual can come into conflict with these suggestions in a variety of ways e.g. he/she has to work because needs money; he/she has invited his/her mother-in-law, whom he/she

doesn't want to see at all, but there is already a knock at the door; he/she is being visited by his/her girlfriend who is in trouble; so he/she postpones the suggestions, he/she fights his/her tiredness with coffee, he/she compensates for his/her nervousness with cigarettes, to consider just a typical conflict situation.

The natural man, who may never have existed, but whose qualities can still be traced in the near-natural peoples, would in such a case lie down to sleep, talk to his/her soul in his/her sleep, and work, mother-in-law, girlfriend would wait until he/she woke up, and everything would go on in perfect order. These times like this I used to say that the shepherd on the hills does not need a yoga master, nor does he need a reiki initiation.

This is not how we live. We've moved into huge megalopolises, we're always in a hurry, everything is urgent. There's little fresh air, little natural exercise, little living space, but there's poor, artificial food, a lot of stress. Some people may go back to nature and solve at least part of their own problems, but the majority could not go back even if they wanted to, because there is not enough habitable space on Earth to provide green space for everyone. We therefore need to develop solutions that offer all people an affordable, inexpensive, doctor- and hospital-free way of avoiding illness and recovering. These will be the natural cures.

So, illness is a signal; man, you should stop and think, because you are doing something wrong. If we stopped immediately at the first signal and took into account the needs of the body and the soul, most illnesses would not occur because there would be no need for them.

Sickness can also result from ignoring one's physical needs and trying to rush ahead in spiritual development by stunting them. All the great teachers, without exception, have come to the same conclusion: Buddha rejected the affliction of the body and preached the golden mean, Krishna's teaching also regards excessive neglect of bodily needs as an act against the indwelling Higher Spirit: *Those who, out of pride and selfishness, do such severe penance and self-denial as the scriptures do not recommend, who are motivated by lust and attachment, who are foolish and denigrate the material elements of*

*their bodies and the Upper Soul within, are known as demons. (Bh.G. 17.5-6)*³³

Our whole body is one harmonious unity. Even the smallest cell has cellular consciousness: it knows its own function and its own needs to perform that function, and has the right to send an impulse through the nervous system to the brain if it is not feeling well, and it does, but we are not aware of the complaint of individual cells until a big problem arises and until the complaint dissipates to a whole organ.

We behave as if our cells, our organs are not our own. We go to the doctor and show our bodies to a stranger, with the task of finding out what's wrong with us in a few minutes, and wonder how he/she guesses. He/she gives us some general sedative, reducing, suppressing, symptom eliminating drug. If that doesn't work, they take out the parts that have become inoperable, replace them, like at the car mechanic. If something can no longer be replaced, they switch us to artificial devices to keep our vital functions. If we die, never mind, it will soon be possible to clone us. What is the problem here?

Basically nothing, it's just that it's completely wrong approach. Of course, everyone has the right to go astray of their own free will, but not at the expense of my wallet. On the other hand, I also have the right to seek and find the path that I think is right and not to be forced by society into primitive and unrealistic solutions. Of course, my rights only extend as far as I do not restrict the rights of others, for example, I cannot endanger other people by arbitrarily removing myself from the health care system.

The success of health care, which is in fact an illness care, is due to the fact that medical practices allow the patient to temporarily remove himself/herself from social and/or family duties, thus giving him/her the opportunity to recover on his/her own. One has to look carefully at the medical statistics to see how significantly the number of illnesses falls when people are on holiday.

Our whole body is permeated by a universal field of life energy. If our energy absorption from this life energy field is disturbed, we become ill, just as when a plant does not receive light. The natural sciences deny the existence of this vital energy because they could not prove the “vis vitalis” theory in the early 19th century. It is time to try

³³ Bh. G: Bhagavad Gita

to prove it again. The one who perceives this vital energy because he/she is in contact with it does not need proof because he/she knows it exists. It will be difficult to prove it clearly with instruments, but rather by showing the interaction of the living body and the vital energy, clear evidence will be obtained. The MRI technique is one of the possibilities to provide the evidence, and then at last the unbelievers will believe that it existed before, we just ignored it.

Coming back to the causes of illness, illness can be caused by a lack of vital energy, e.g. not being able to take in enough because of where we live and the way we live. The lack of life energy alone will curb the unscrupulous reproduction of humanity. In some areas, population density will increase to the point where there is not enough for the individuals. The same phenomenon will occur as has long been established by ethology describing animal behavior. If the number of individuals in a population in a given enclosed area exceeds a certain level, the number of individuals will decrease even if there is sufficient food available, unless the population is able to expand. In the case of humans, expansion can only take place at the expense of nature (flora and fauna), and in many places it is already taking place at the expense of each other. The situation can only get worse unless there is a dramatic increase in human consciousness, which is unlikely.

The life energy (experienced in its material form) comes from the Sun, the Earth and their interaction, it is not particle energy, but electric, magnetic and gravitational, inexhaustible in principle, but can be locally in short supply. As a field, it is continuous, an individual can absorb more or less than the average. Absorption occurs through special organs, chakras. Developing the chakras, improving their functioning, through initiations, yoga practice, prayers, etc., improves the energy supply to the chakras, thus having a positive effect on health. Negative feelings and thoughts impair the functioning of the chakras and cause illness. Understanding how the chakras work and how they generate energy is very important for avoiding and curing diseases.

The energy absorbed by the chakras is transmitted through the energy conduits (nadis) to all organs, some of it is emitted and becomes visible to the seers as an aura. Of all the scientific techniques currently known, the aura can only be made visible by Kirlian photography, all other methods measure something else, e.g. infrared

radiation, which can also be used to infer diseases, but infrared radiation is not the same as aura radiation, it has a different quality. (For those who do not believe that life energy exists even with Kirlian photography, I recommend that one has a Kirlian scan taken before and after X-ray irradiation to see the difference).

The nadis run along the nervous system but are not identical to it, e.g. in the case of organ removal, the organ and nerves are physically absent, but the etheric imprint of the organ and the nadis remain, and a sensory pain can be experienced by an organ that no longer exists in the physical body. These phantom pains can be eliminated by appropriate energetic intervention. The nadi is like the magnetic line of force.

It is important to be able to distinguish between the cause and the reason of diseases. For example, in the case of a bacterial infection, the cause of the disease is the bacterium. However, the presence of a cause is not sufficient for the disease to develop, because then everyone who comes into contact with the bacteria would become ill. The reason is usually very complex and multifaceted, with the psychological and mental factors of the moment and the current state of the physical body determining whether or not we get sick. Antibiotic therapy eliminates the underlying cause, giving the body a chance to recover because it doesn't have to fight the bacteria and can deal with the astral/mental issues. But if this fails, the antibiotic therapy will not have the desired effect, the disease will be prolonged or take a different form.

With the right lifestyle, it is possible to recover from the disease without drugs. I and my whole family are examples of this. However, there will always be illness, because illness is a reminder that we have transgressed the laws of the Universe and have not acted in unity and harmony with all beings. As long as man is not in a state of perfection, he/she will always have illnesses, the emotional-mental processing of which helps us to understand the reason, and the awareness of the reason is an effective means of eliminating the illness.

So, don't look at our illness as something foreign, something that has happened for reasons beyond our control. Our illness is part of our being, a product of our thoughts and emotions. If we have created it, we can most effectively eliminate it. Let us talk to our sick body parts, listen to the messages of our cells and organs, what they want to make

us aware of. The awareness of a single cell or a group of cells does not usually extend to understanding the functioning of the whole organism, but we have the possibility to make our cells aware of the why, provided we are aware of it ourselves. Therefore, the development of an individual's awareness is essential for understanding and healing his/her disease.

To summarize the above, our illness is a reminder of our disconnection from our own divine consciousness, a reflection of the extent of our disconnection, and therefore recovery from illness cannot be imagined without taking a small step towards our own perfect spirit.

Coincidences, turns of fate³⁴

If you look back at your own life, you will certainly find at least one event that you think, in retrospect, was a decisive factor in the course of your life. Frequently, these events may seem to be the result of external compulsory forces, perhaps directed by others. In many cases, illness, birth, death, the will of others, loss of a job, etc. have prevented us from continuing our lives in the traditional way. There are relatively few people who consciously experience these reversals of fortune, who decide to turn loss into gain and turn bad into good. If this is done, the loss, the evil, loses its original orientation and is transformed into a positive event in the individual's consciousness. Like everything, it is a matter of living, a task that we either resist or take up.

First of all, we should understand that the task of life is life itself. Mary, the mother of Jesus, certainly did not meditate much, nor did she take the time to reflect on the very bad course of her life. She was seen not only as a fallen daughter by people living around her, but she had to flee with her family across the desert to Egypt. There, she had to live among strange people, leaving behind everything she was attached to. Her fate was no better later, her son was crucified and Christians were persecuted. If we only glance at the scriptures of any religion, we can see from the historical accounts that the people of old did not have a smooth life, and many would have been happy to live

³⁴ The biblical citations originate from the Holy Bible (New international version, International Bible Society, 1984) everywhere in the book

in our conditions. The saints became saints after their death, the wise were exalted after their death. Until then, they were just as struggling as anyone else, often suffering the incomprehension of their surroundings or even martyrdom for the cause they represented. That is fate. Fate is encoded in us, the best we can do is accept what is inevitable and with all our might we try to avoid what is avoidable. Jesus, recognizing what the future held for him, said:

"My Father! If it is not possible for this cup to be taken away unless I drink it, may your will be done. " (Matthew 26.42.) That is, he did his best to avoid it, when he cannot do, he took it up.

In nature, we find a continuous interaction between evolution (change) and permanence. Enduring permanence leads to stagnation, which makes the living being rigid and unable to adapt, and permanent change without constant stages exhausts it, because then their life becomes a continuous struggle. Both are associated with disease and premature death. We can adapt ourselves most harmoniously to this natural law if we are always ready for both. Avoid periods of stagnation in our lives, knowing that this will be followed by sudden change to which we may not have the time or the ability to adapt, and this prevent us from running after ourselves in a period of our lives because we have fallen behind our environment, ourselves, and time has passed next to us. In other words, we need to keep learning and educating ourselves before time and circumstances become too short, even if we cannot see exactly where we are going.

What is true for an individual is true for a whole group of people, a country, ultimately the whole Earth, indeed the whole Universe. It can be seen, then, that we cannot escape this natural law, even by dying, so, I can only promise self-redemption as salvation, but self-redemption is precisely the taking up of our destiny.

So, let's welcome the crossroads of fate as an integral part of our lives, as another challenge in which we can prove to ourselves our ability and adaptability. Some may not like it, but the question is whether there is an alternative, once the Universe is structured this way. Man is forced to struggle either with other people, or with the forces of nature, or with himself. This is evolution itself, this is LIFE itself. Monks who live in seclusion from the world often have life and death struggles with the forces of nature and with themselves, but because their struggle is not public, only we believe it to be without

struggle. On the other hand, those who have consciously accepted all that awaits them in this life, and even afterwards, will have a life without struggle, because they do not experience it as a struggle, but as a natural consequence of fate, like Mary or Jesus. Mary, when the angel of the Lord announced to her that she was to have child as a virgin, said, "*I am the Lord servant. ... May it be to me as you have said.*" (Luke 1.38.) And Jesus said: "*For my yoke is easy, and my burden is light.*" (Matthew 11.30.) It's my life and point, what can I do? I'll take it.

The question now is where to find the spiritual strength to face all that lies ahead. Here is no need to think large things. For some people, a job-change or a divorce is a big challenge. Each of us has to face challenges according to our strength. Well, this requires an understanding of our own inner being. Those who do not know their own inner resources, their own essence, their divine self, become discouraged, fall into illness, give up the struggle and life quickly.

It makes one wonder that religions that have located God outside of human beings, placing their fellow human beings under the tutelage of an external God who punishes and rewards, have in fact taken the life force of human beings to turn them into a flock of sheep to be herded, often by religious or political interest groups, not towards God, but towards their own narrow interests.

So, God is within us, the reality of our own microcosm, but that does not mean that He is not outside us. God is a macrocosmic reality who has mapped Himself in us, placing a small part of Himself in us. Until we find it within ourselves, we cannot connect with Him, the God of the macrocosm. This knowledge that God is within us gives us the strength to stand in all of life's situations. And whoever can complete the great macrocosmic connection, their time here on Earth is over and they can ascend to higher dimensions.

The essence of life

The concept and relativity of good and evil

It is already clear from the above that the notion of right and wrong is a matter of human judgement, which depends on historical time, culture, religion, individual philosophy of life, upbringing, etc., and from which we cannot, and would not be wise to be completely independent. It may be that, according to my philosophy of life, it is completely unnecessary and useless to bring flowers to a cemetery on the extinct graves where nobody is present already, because he/she has long since passed away into a dimension of his/her own karma, but I respect the needs and customs of others in this regard. In fact, no one can be killed or destroyed, because we are all eternal souls, but this does not give anyone the authority to kill, precisely because he/she can create no body, no soul, and therefore cannot take away what he/she has not given. So, there is a human-level moral and value system, which the society, in which we live, has developed by a kind of common agreement, and there is an eternal divine moral and value system³⁵. A society functions effectively when there is a relatively large overlap between the two. There cannot be a complete overlap, because then the kingdom of God would already have been established here on earth, and this would make further existence on earth unnecessary. So, there are two kinds of law to obey at the same time, the human and the divine. If society wants to function well, these two will not conflict. However, since this is not our common experience, we have to wonder why and what makes society sick, and why the individual is divided against himself in it?

In a single sentence, society is sick because no one can live in it freely according to their own values. The robber-murderer cannot because he is pursued by the police, and the well-meaning cannot because they cannot live in safety from the robber-murderer. Our world is becoming increasingly polarized, and the differences seem

³⁵ Unfortunately, the eternal divine moral and value system is not properly represented by the world religions. The rules are only simplified formulas of divine laws.

irreconcilable, and they are, because the robber-murderer will not go into voluntary exile, and he has nowhere to go. And violence begets violence endlessly. Let us be aware that the Earth is a hospital where the sick people are admitted to be cured of their tormenting desires, their morbid fears, their selfish lust for power. So, patients cannot be referred elsewhere because there is no other hospital. From here, the cured must leave. Those who are cured of all these things can leave, or come back as doctors, and that is a different state.

So, our world is the way it is, we cannot change it. We can only change our own consciousness, which will also fundamentally change our attitude. As our consciousness grows, we will be able to create the conditions of existence that will allow us to heal completely and thus leave this plane of existence.

Good and bad are meaningless if we see events as a film that has just been shot. We must distinguish between the act and the actor (perpetrator). If we are watching King Lear, for example, we would not think of condemning the actor who plays King Lear, but we can condemn the act he performs. From this point of view, society has the right to condemn and exclude undesirable elements from society if it sees no hope of changing their attitudes. Human legislation has changed and refined over the millennia, but like everything human, it allows for loopholes.

Divine justice is free from judgment and loophole. In fact, no God judges, but our perfect spirit examines our actions, and we judge ourselves to experience the opposite kind of events on basis of tooth-for-tooth, eye-for-eye basis in a next life. Only love and forgiveness can absolve us from this, if we are able to forgive both ourselves and our adversaries and look upon them with love after death.

I would like to give you a personal example. In my previous life I died in the gas chamber of the Auschwitz ghetto. During the flashback in hypnosis I clearly experienced some of the events of that life and the moment of death. Having left my body before my physical death, I watched the suffering of the dying from the outside, as if I were sitting in a cinema. Immediately the higher meaning and significance of this life became clear to me, I forgave everyone and could look with love at both the sufferers and the perpetrators. Since angels were waiting for me, I said: let's go from here and I immediately followed the light. My companions, who were with me, could not forgive for a

long time, and wandered in the intermediate planes of existence, chasing their tormentors, who had also died, thus keeping each other from salvation. As time passes, they too are slowly being reborn, but have they learned from what happened, or will they have to live through it again, sometimes changing roles?

I came back to tell everyone. This world is a realistic dream that will end when man is no longer a wolf of man, when love and forgiveness permeate all our actions, and we discover in all beings the same quality we have found in ourselves, divine consciousness. So, there is no right and wrong, there is only experience - which is necessary for progress - and the subsequent qualification of experience. How can I qualify my experience in Auschwitz as bad? It was undoubtedly a terrible experience, but without it, I could not be who I am today. Is such a cruel experience necessary for progress, is there really no other way to get closer to our true selves? In the Tarot card symbol system there is an initiation path called the Final Judgement. It is the last-but-one initiation path, those who don't have it cannot go to a higher class. It is exactly what I have said, we are experiencing a doomsday and we have to be able to forgive and let go of everything. No matter that we live through during a war, a tsunami, an earthquake, a plane crash, the point is the same. If you fail the exam, the experience will be repeated, because every exam is repeated until you pass it. One has to pass certain examinations in order to move to a higher class where the power of consciousness will be able to eliminate the suffering of life. Once thus we passed into the plane of existence characterized with no qualifications, one will be able to understand that neither events nor beings can be qualified as good or bad.

A favorite story in Genesis is the creation of angels and fallen angels in Christianity. The short version of the story is: After God created man in His own image, He commanded angels to serve man. Some of the angels disobeyed the command, claiming that humans were inferior to them and therefore unwilling to serve them. A huge battle then took place between the obedient angels and the disobedient ones, which ended in victory for the obedient angels, the rebels were banished to Earth and condemned to haunt humans. Thus, was born Lucifer, Satan, the chief of the devils (fallen angels).

Even as a child I had a problem with this story, because I could not understand how angels could say no to God and fight with each other. I thought this interpretation came from a peculiar human understanding that was unable to understand what it meant to live in Oneness with one another. I once read a story about angels that for me gave a good sense of the experience of being in Oneness. I am sure the angels will forgive me for only quoting the content of the parable, and although I was not the one to whom this suggestion was given, I will use it in this writing.

The angels watch people's progress and notice that people often contradict each other. Not being aware of this possibility, they decide to test how it works.

Angel-1: I will ask for Your help, and You will deny it, as people do.

Angel-2: All right. We can start.

Angel-1: Please come here and help me!

Angel-2: Immediately. - And she's already there to help the other one.

Angel-1: Not good! You have to go against me.

Angel-2: OK. Let's start again.

Angel-1: Please come here and help me!

Angel-2: - She struggles with herself, then whispers, barely audible:

- I caaannoooot!

Angel 1: OK, I'll go then!

In unity, contradiction is impossible, so great is the love and devotion for one another. It is as if my right hand is carrying out and my left hand is refusing the central command. It creates disunity. Anyone who believes that angels could disobey God's will assumes that God is in a state of split consciousness, suffering from schizophrenia.

Later, my study of the Vedic Scriptures illuminated the essential part. This is not the question of disobedience to commandments, of armies of angels in revolt. Although there are beings who have become part of the group of devils and demons under the influence of the binding forces of nature, their leader is also a devoted servant of God, and all are under divine authority. According to the Vedic Scriptures, there is an illusory energy of God (Maya) which keeps created beings

under illusion and temptation. Depending on how we respond to the temptation, we will fall into different categories and this will determine our further destiny. But it is possible to move from one category to another, and in the subtle material world, it often takes only a thought.

There, then, it is not Satan who haunts, but Maya who haunts the illusory, ignorant beings. This concept appeals to me because it gives a much better sense of the essence of Oneness and how we find our way out of the maze of temptations. The ordinary Christian view is clearly deflating, placing the blame on Satan. Christian saints have mostly fought Satan and killed the tempter (e.g. St George the Dragon Slayer). The perception is: - *Dirty Satan, how dare you tempt me, the Saint!* - is clearly not conceived in the spirit of Oneness, that is, Satan, if he existed, would be a creature of God, a part of God, because nothing exists outside of God. The saints of the Vedic Scriptures do not fight, but either redeem the tempter if he appears to them as a demonic spirit, or they escape from the temptation of Maya by the recognition of the illusion. According to this view, e.g.:

- *Dear temptress, thank you for your efforts on my behalf, and for pointing out that I still had a crumb of ignorance and illusion, which has now definitely dissipated, and I am now in the position of no longer needing you, so I redeem you in the name of the Lord.*

The Vedic kings, who had power over evil, commanded the demons, the devils, and designated a place for them to operate, because all living beings have the right to life and to do their work. According to this conception:

- *I order you to go to the place designated for you: to the taverns where drunks go to party, to the brothels, furthermore to the places where unnatural sexual activities are carried out and served, where illegal gambling is practiced, where illegal manipulations of money are carried out, and where illegal acts are committed. As long as you operate there, you can be safe from harm.*

Jesus' viewpoint is clearly closer to the Vedic aspect. He commanded Satan:

- *"It is written: Worship the Lord, your God, and you serve him only."* (Luke 4.8). By this statement he clearly indicated that he could no longer be tempted, because he was in the Unity, and that Satan must serve God as well.

In light of this, I rewrote the angel – fallen-angel story. How did that actually happen? Each person can decide which version seems more credible to them.

After God created man in His own image, He instructed the angels:

God: *Serve humans so that they may recognize Me, become God-men, and return to Me with full consciousness.*

The angels have gone to serve humans according to God's will. But the angels were displeased by the humans' service, so after a little while they returned to God to ask for His help.

Angels-1: *Lord, we are not able to serve humans because they have such desires that if we fulfill them, then human will turn away from You and deny You, and then our service is not according to Your will. Therefore, we ask you to release us from the service of humans!*

God: *Unfortunately, I cannot relieve you of your service, but I understand your complaint. Henceforth, fulfill only those desires that lead them back to Me, so that you may serve according to My will.*

The angels-1 went and continued to serve the humans according to the modified instructions.

Angels-2: *Lord, we are not able to serve humans because humans have such desires that if we fulfill them, they will turn away from You and deny You. But since Your order is a command to us, we are ready to fulfill their desires that are not according to Your will. Please release us from Your service so that we may fulfill Your command.*

God: *Unfortunately, I cannot relieve you of your service, but I understand your complaint. Henceforth, serve Me by tempting humans so that they will realize where their unbridled desires are leading them.*

The angels-2 went and tempted the people according to the modified instructions. Who has failed here?

What must be clearly seen is that the divine part of man is the Atman, and the angels are part of the Paramatma (the Upper Spirit, the Holy Spirit). The essential difference between us and the angels is that in the case of man, the Atman is separated from God by several layers, as if surrounded by several layers of envelope. The experiment is about what happens when we put more and more wrapping around the Atman in order to experience duality. We are part of this experiment.

In this sense, no one is more or less than the other, but plays a different role in the cosmic play of realizing the essentiality of ourselves.

What does it mean to be free?

I have already covered this issue quite well in my previous book (Dimension Gate: *Free Will as Illusion*), so here I will just summarize my main findings.

For embodied human, free will is apparent, not real in the material world. Although he/she has rights declared by society, he/she is constantly confronted with limitations in the exercise of these rights. He/she can fight for these rights, but his/her struggle incites the struggle of the opposite camp. Struggle always begets fight, and it continues in endless combat. This is not to suggest that it is not worth fighting, quite the opposite. Fighting is necessary if there is no other way to achieve a goal, but fighting will not bring a real solution. Today's modern democratic societies are in fact pseudo-democracies, in which for the individual is guaranteed all rights, but he/she cannot exercise them effectively because he/she is either preoccupied with the struggle for existence or cannot see through the flood of information manipulated by political and economic powers. Thirdly, he/she is simply not believed because he/she perceives, recognizes and/or teaches something different from what is accepted by the majority (e.g. inventors or God-men).

What does it mean? The old saying "Knowledge is power" needs to be modified: One who possess the information has the power. It is no coincidence that all rebels first want to seize and own the media. For where can we get information from which we form our personal opinion on an issue in order to take our opinion? The answer is the media, the internet, etc. Yes, but all our sources of information are manipulated in varying degrees by individual or group interests. So, we will take the opinion of the interest group with which we can most identify, motivated by our personal interests. Let us look at some examples.

As young children, we identify with our parents who take care of us. For a child, his/her parents are sacred and inviolable. Even an alcoholic father and a depressed mother are sacred to a child because

they are the basis of his/her existence and because he/she cannot see the way out of his/her situation. It is a kind of material, emotional fixation. Therefore, when a child is torn from such a family, it is as traumatic as if he/she had lost his/her parents. The motivation is based on attachment to the ordinary life and fear of the unknown.

There is no different later, only the object of attachment changes. Many people supported the socialist political-economic system (in the communist countries) because they were attached to the habitual life and were afraid of the unknown, of new challenges. In other words, they basically had no independent philosophical or economic opinion on the matter, but only felt that they were losing their own basis of existence. Few generations had to grow up until, without supporters, the system could collapse.

Once I was talking to a scientist (who was a member of the Hungarian Academy of Sciences) and I asked him why he couldn't accept homeopathic medicine. He replied, "If I accepted it, everything I have taught would be destroyed and my own scientific views would be ruined." In other words, he had no independent opinion, knowledge or experience on the matter, he was just afraid that the scientific views he held on would be shattered. This is a kind of intellectual fixation that is common among the official practitioners of science. At first, official science is always resistant to knowledge that seems to overturn the old basic knowledge.

It is no different for religions. I have often talked to different believers about why they cannot accept the teachings of another religion. The answer was always the same: they believe it, their scripture, prophet, master, etc. taught it, if they believed otherwise they could not be a follower of that religion, denomination, group, etc. In effect, they are motivated by adherence to their dogma, which indicates that they have no independent knowledge or opinion on the matter. They have accepted something without examining it and enjoy the advantages of the position, namely the ideological protection of a group, denomination or religion, the warmth of belonging to it. In return for he/she has given up his/her autonomy, ability to form own opinions. This is religious fixation.

This mentality is known from the animal world, because the flock (or herd) provides a certain protection against the challenges of the world, helps us to survive, and therefore we have to bow to the pack

leader and take the place that the community has assigned to us, in other words, we have to fit into the social environment, we have to socialize. Of course, this creates tensions and sometimes causes us to fight, just as in the animal world there is a struggle for position in the pack, so in human society there is a constant struggle for position, for material wealth, for power, for information.

In contrast, the world's greatest thinkers never belonged to any interest group, their knowledge was their own inner knowledge, and therefore, it was unprovable for others, often not even comprehensible. Those who did achieve freedom of thought often fell prey to the ignorant representatives of power, e.g. Galileo. And those who have also achieved spiritual freedom and risen above the binding forces of nature, instead of serving an example to follow, have incurred the wrath of the ignorant masses (e.g. Jesus).

Why were the contemporary Jews angry with Jesus? Why could they not accept and follow his teachings? At that time, everything was taken away already from the ordinary Jewish people by the occupying power. The impoverished, oppressed masses often become the instruments of manipulation of the oppressive power. The masses were inhibited in enjoying their country, their freedom, their material goods, so their faith was their only attachment which left. They clung to it, it was the basis of their existence, it was the cohesive force between them. It was their fixation, and that is why they became the object of manipulation by their own religious leaders. And then someone from Galilee came along and started to demolish their rigid dogma. Jesus knew, of course, that without this there was no way forward, that the old faith was no longer fit for survival, that a new pattern, a new template, a new idiom was needed.

The last thing can be taken away from people is their faith. If humans have nothing left but their faith, they will kill to keep it, because it is the basis of their existence, the only handhold which keep them on material world. Today, the impoverished people of the Arab countries have nothing but their faith! This situation is eerily similar to the socio-political situation of the time of Jesus, but in a different form. Oppression does not take only in the form of an emperor or an army, but of economic oppression as well.

The exercise of our free will is therefore limited by the society in which we live. This limitation is operated by our fixations. In

exchange for socialization, as long as it is beneficial and promotes the individual's fulfilment, we partially forego the expression of free will. The only exceptions to this are the greatest thinkers, who could live by their own laws because they no longer have fixations, but society generally does not tolerate this. Therefore, great minds must either take on a *redemptive* role or withdraw from the world to live by their own laws. The total freedom is the overcoming of our own limitations and the unfolding of our own unhindered creative capacity, whereby through us God's will is fulfilled, while we have become fully identified with the Law, or Oneness. ***Therefore, free will exists only for those who have freed themselves from their own inner bonds!***

The real meaning of life

In the search for the meaning of life, people have many answers. However, in seeking the ultimate answer, we cannot abstain from distinguishing between life in the material world and transcendental existence. If one has the fixation that he/she is living only once, and after his/her bodily death everything that made him/her is destroyed, then one will naturally pursue the goals of life in the material world. He/she will seek to enjoy life, because this physical plane was created for those who seek pleasure. Those who are beyond the level of eating-drinking, lovemaking, will have nobler goals. Many want to do something lasting to leave a mark, such as creating a work of science or art, a book, or becoming a benefactor of humanity. In reality, they are all in the same position, running the pre-coded life program. There is nothing wrong with that, it is the way it should be. But most of them have no knowledge of this life program and - guided by their seemingly random destiny - struggle along or, on the contrary, luck almost falls on their lap. Man is such a construct that he/she cannot exist permanently without a purpose, for he/she would not get out of bed. Goals are therefore necessary, but they are necessarily temporary, because they disappear as soon as the goal is achieved.

The goal that never ceases, because it is set to infinity, is the process of self-discovery. The divine spark within us desires to know and recognize itself through our actions in the outside world. The external world has no other cause or purpose, it merely provides a

space for action and feedback to the actor in the play of action. Self-discovery can be accomplished in two ways through external action or through internal self-knowledge. The latter is made possible by the fact that our mind, like a computer, contains a representation of the entire universe, i.e. everything that we perceive outside is also present inside, otherwise we would not be able to perceive it, and everything that can be experienced inside has its counterpart outside. This is the well-known hermetic principle: as outside, so inside; as above, so below. If one truly understands this principle deeply, one will no longer doubt the existence of God and think that man created the gods to support himself/herself because he/she was weak in the battle with the forces of nature to survive. Figure 6 shows how each point of the macrocosm (material and non-material Universe) is mapped (connecting lines) in the human mind. The Universe (God) is an infinite dimensional being, that is why the human mind is attuned to the infinite, that is why man, although existing in a finite dimension in the physical body, can conceptualize the infinite. However, it is also seen that man is created as an extension of the single point of the Universe (God), this point being his/her divine essence (soul spark, Atman), which appears in the material plane of existence clothed in various garments (energy bodies). Through the soul-spark, every human being is in direct contact with God, yet the separation is real, as I will explain later.

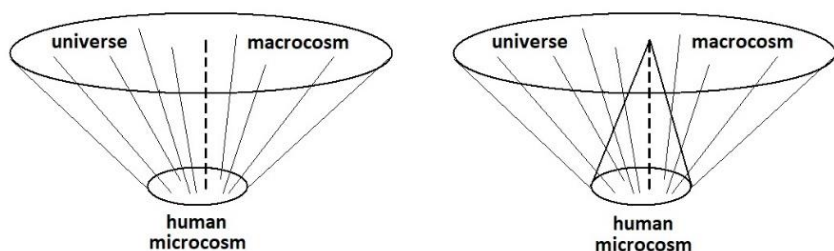


Figure 6 The relationship and interconnection of the macrocosm and microcosm

The essence of life on the physical plane of existence is therefore to exist in a form separated from God, with a single purpose, to return

or reintegrate back to the original place from which the expansion occurred.

What was the point of leaving if the goal was to return? – the question might be rightly asked. Well, what is the point of going to America if the intention is to return? If this question is asked from the reader, he/she would surely answer that it makes sense because he/she can gain experiences, knowledge, skills, material goods, etc., which he/she would not have been able to acquire at home, and he/she can use some of these things when returns home.

What is the point of leaving the divine plane of existence and suffering here on Earth in a material body? The answer is the same. Creation came into being because living beings desire to have independent experiences about separation of Unity, to live through what is like to be disunited. Having had this experience, when they return, they will have a different appreciation of their possibilities in Oneness. This is similar to the experience of that Hungarian dissident who was not allowed to cross the border of his homeland for 30 years and the first time he returned he kissed the mother ground and gave interviews in impeccable Hungarian, while the one who only made a short trip to America, after returning, told others about his experiences there in broken Hungarian. This also explains why the Father prefers to receive the prodigal son and He holds a celebration when the son returns (see Luke 15.21-32). On Earth, an educational film is being made with our participation, watched by millions of beings like we watch TV, and although sometimes the staging is bad, the casting is poor, anyone can sign up and participate to prove that they could do it better. Some people are unconscious participants and some are directors of their own or others' scenes. Whichever group we belong to, the goal is the same, to grow, to experience, to expand self-knowledge, to serve the Supreme consciously or unconsciously. This is as if each of us were a cell of God, and at the beginning we were to participate unconsciously in the functioning of the whole organism. Unconscious functioning arouses resistance, so it is possible for everyone to experience the (apparent) separation from the organism, to continue to exist as a single cell, and then, realizing the needlessness of this, to reintegrate and now to perform with full consciousness the task which he/she had previously performed without consciousness.

Humans are made up of billions of cells. Each cell serves the whole organism unconsciously, it simply cannot do anything else. If it does, and separates, it becomes a cancerous cell which is cut out and thrown on the rubbish. In this sense, the whole material world can be considered a tumor cell on the body of God, but since there is nothing outside God, there is no rubbish, the separation had to be done differently. These isolated cells will become self-conscious and will return to serve the whole organism consciously.

That's how all beings serve the Supreme, even Satan, or let's call him Maya. He simply cannot do otherwise, because everyone is in God. Those who think that they don't have to serve anybody because there is no God, they are eliminated, that is, they are detached. This is of course illusory, at any moment a thought is enough to re-establish the connection. On the other hand, if service is consciously undertaken by the being, then suffering ceases for him/her, because resistance to all that is his/her duty finishes, and the fog of his/her ignorance is dispelled. He/she will be ready, after his/her reintegration, to live the Oneness on a higher level.

The yogi knows that each of his/her cells is an independent being with a tiny cellular consciousness. He/she therefore strives to develop each of his/her cells so that these elementary units can perform their function in him/her with full consciousness. God consists of a set of minute sprout of consciousness (soul-sparks), some of which have attained self-consciousness, others of which are still unconscious, and therefore God seeks to develop the latter so that all of its elementary units may have full consciousness of the whole and be integrated into it of their own free will.

So, God is the greatest yogi.

The art of self-programming

Reality and illusion

For those who decide to take their destiny into their own hands, it is a good idea to first gain a thorough self-awareness; without that it is easy to find yourself going from one illusion to another. You can be under illusions about yourself, about others, about the world, its laws and its operation. The importance of self-knowledge has already been discussed in the previous chapters, but it is also important to be well-read and to acquire knowledge from others on the field in which one wishes to operate. I would like to give a few examples to illustrate how one's illiteracy can lead to an illusion of the individual from which then it is very difficult, or in many cases impossible, to emerge him/her.

1. An elderly lady from a small village in the countryside contacted me saying that she could heal with the Holy Spirit. Her healing abilities are experienced by those around her, but her problem is that she is seriously ill. I told her to come to a REIKI I course and we will see what she can do. She came. Firstly, she was shocked to find that others could also heal with the laying on of hands, and could even transfer much more powerful energy, and secondly, she realized that there were certain rules of energy healing (whatever system one is working in) that she had not been following, and that was the reason why, while she was healing others, she herself was suffering from increasingly severe symptoms.

2. A man came to me saying that he had started the kundalini power in himself and he thought that certain initiations, which he thought I could give him, would help him because he was very ill, and in this state, he could not continue his spiritual path or his daily activities. My conclusion about the man was that he was in complete delusion about himself. Unfortunately, his ignorance of yoga literature, philosophy, religions, natural sciences, etc., was so great that it was impossible to convince him by argument where he had made the mistake which had brought him to this state. He had suffered psychological damage for certain reasons, from which it would have been possible to extract him if he had admitted it. He could reasonably have continued his

development under controlled conditions, but his insight had diminished and he insisted on being initiated, which of course he did not receive (at least not from me). It must be clearly seen that a force such as kundalini, if really started, will give one such distinctive knowledge without prior study that one will be able to have discussion with persons who have acquired their knowledge in the regular spiritual school system or who represent that. If, therefore, one has no elementary idea of what is going on within oneself, and is unable to observe and describe objectively one's own inner processes, then one has not been given this power, and probably never will be, because kundalini is the highest level of self-knowledge.

With these few examples, I wanted to point out that it is not advisable to walk on the spiritual path without a spiritual education, as every field has its own science and its own practitioners at different levels, to whom one can turn in case of problems or for further teaching. To skip classes, to skip steps, is for few, and for those who do, it is better to have a master who is ahead of them in the field. One can cling to one's own individual illusion as if one's life depended on it. In this case, it is better to leave the person in his/her own faith, and the best you can do is to pray for him/her. To illustrate this, here is a story:

A rainy, overcast afternoon. I'm just about to leave from home when the doorbell rings. My former student, now homeless, stands at the door. His clothes are filthy and disheveled, his mood erratic, halfway between a fit of tears and laughter. Maybe he's "high" again... – How did you get here, you know you can only find me here by chance!

– I felt like you were calling me. I need to talk to you. Believe me, I didn't smoke weed. I swear, I'm totally clean... You know – he falls on a chair – I'm the reincarnation of Jesus... I didn't want to believe it either, but it's true. I fell down because I took the sins of the world upon me... – he sobs.

*I look at him for a while, deeply. What should I do? What is the right thing to do, and is there any right answer? Then I remembered the words of Jesus: **'I was hungry and you gave me something to eat; I was thirsty and you gave me something to drink; I was a stranger***

and you took me in... If you did it to one of the least of these brothers, you did it to me." (Matthew 25. 35, 40)

Finally, quietly, I just say: – Master, I am happy that you have entered my dwelling. Eat and drink. I'm afraid there's only tomato soup, because I wasn't prepared for your arrival.

After some persuasion, he accepts: – That's fine, perfect...In the meantime, he tells a story:

– You know, I make people unhappy, I make everything bad happen in the world, I make it rain and ... – he cries, his tears fall into the soup, he smears them on his face with his hands.

– Want good for people, then you will be happy and they will be too!

– But I cannot, only evil comes from me, all evil comes from me! – He looks at the sky. A storm is coming.

– I have to go, I'm afraid of the storm. I'm the reason there's a storm. The sky is angry with me!

– Let's go together. I was leaving anyway. – I'll put him in my car. – I'll take you for a ride, and together we'll concentrate on the sun shining, the weather being nice, people being happy...

– I can't do it...

– You'll see, it will go. I'll help you. – Slowly he calms down. We're moving. In a little while:

– Maybe I am not Jesus yet? What do you think?

– It doesn't matter. If you think you're a "small-john", you're just in delusion. Whereas if you experience something that brings you closer to God, it's real.

When we arrived, the sun was out.

– The sun is shining! – He gets out of the car, dancing and jumping with euphoric happiness. – Now I am happy!

*We, dust people, cling and struggle to reach God's feet. Some think they are Jesus, some Buddha, some Shiva, others think they have been initiated by the Holy Spirit. But who and what can achieve with this? "**and whoever wants to be first must be slave of all**" (Mark 10.44)–, said Jesus. If we experience God in ourselves for a moment, and it makes us happy, that is our reality; if we are imbued for a moment with an all-embracing love, and it makes us happy, that is our reality.*

Everything else is dust and ashes...

Everyone has the right to create an individual illusion if it is necessary for their happiness and otherwise does not disturb others. However, if one cannot integrate his/her individual illusion into the collective illusion of his/her environment, and a conflict of interest arises between his/her individual illusion and the collective illusion, he/she will be labelled mad and excluded by his/her environment. The collective illusion is place, time and circumstance dependent. A thousand years ago, someone who thought that a man could one day reach the moon in a spaceship was labelled mad, and even today a woman who fights for women's equality in the Islamic world is still considered mad. Hereinafter, I want to analyze the material world as a collective illusion.

From our school studies, we may still have some recollections of the structure of the atom. The atom is made up of a nucleus and electrons in orbits around it, and the nucleus is made up of protons and neutrons. However, 99% of the atom itself is empty space, as the nucleus and electrons make up only about 1% of the total volume of the atom. The reason why we cannot penetrate into the table with our fingers, even though both are 99% empty space, is that the binding energies in empty space do not allow us to do so. Recent scientific results in particle physics make the situation even more interesting. If you start to look at the constituents of the atom, you find that protons, neutrons and electrons can be further decayed, and even the elementary particles they form can be broken down into further particles under the right conditions. This process can continue until we arrive at particles that no longer have resting mass, i.e. the mass characterizing the matter slips away unnoticed from our hand and is replaced by energy. We can therefore say that the atom exists in the form of binding energies, which bind the elementary particles that make up the atom.

A similar conclusion can be reached by looking out into outer space. The existence of black holes is already proven in the central cores of star systems and scattered throughout the universe. They are densifications of 'matter' that represent infinite masses at point-like scales. Obviously, this object cannot be of a material nature, but can rather be described as a gravitational field, representing a force of attraction such that even light cannot escape from it.

Matter is therefore a transient phenomenon in the universe, a subjective reality that can be experienced but does not actually exist, instead there is an energy field that we identify as matter. In other words, the energy field, when it cools and condenses, gives us the impression of matter.

Let us then examine, when do we call the substance living? A living thing shows signs of life: it is born, it grows, it reproduces, it moves, it dies. We perceive that this definition is not complete at several points. A star can be born, grow, create planets (reproduce), move, die. A virus is not considered living by biology because it cannot reproduce on its own in the absence of a host. But, by the same way, we cannot consider a mule (a cross between a donkey and a horse) to be alive, given its inability to reproduce on its own. It is even less clear what to make of virtual beings created in computer simulation that exhibit all the signs of life according to a pre-written program. If we consider them alive, we must not turn off the computer, or we will kill them. But they can't be living beings, it's only a simulation! And what if we are just such virtual beings, part of a computer simulation. So, are we alive or not alive?

We can see that the concept of life, of a living being, is also subjective. These definitions have been created to help us to comprehend the world around us. Our definitions are provisional, they change from time to time, just as the idea of the indivisibility of the atom has been changed.

Now let's take a giant leap of thought and see what Vedic philosophy has to say about illusion: *The Supreme Personality of Godhead said: 'There is an indestructible banyan tree whose roots grow upwards and whose branches grow downwards, and whose leaves are the Vedic hymns. He who knows this tree knows the Vedas.*

The branches of this tree grow both up and down, nourished by the three binding forces of material nature. The branches on them are objects of the senses. There are also roots which grow downwards, and these are connected with the fruitful actions of human society.

In this world, it is impossible to see the true form of this tree. No one can understand where it begins and ends, or where its base is. Its roots are strong, but with great determination, with the weapon of separation, one must cut down this tree. Then he must seek the place which once is reached, he need never return, and there he must

surrender to the Supreme Personality of Godhead, who is the beginning of all things, and from whom all things have been flowing forth from time immemorial. (Bh.G. 15. 1-2-3.)

The roots of a tree reflected in the water of a pond are positioned above and its branches below, as in an inverted world when viewed from the water. Standing in the water, we can think the tree is real, but when we come out onto the shore, we see that it is only a reflection of the real tree. The same is true of the relationship between the material world and the transcendental world. The material world is a mirror image of the transcendental reality, but this will only be recognized at the moment of enlightenment. It is not the material world what is real, but the transcendental world that has created this projection. So, if the material world exists - even if only as a virtual reality - because it can be experienced, then the transcendental reality must also exist.

At this point, one may wonder whether the material world is the real world, and the transcendental world proclaimed by religions is merely a reflection, a projection of the material world in our consciousness. This idea is flawed by the fact that nothing could arise in our consciousness which is not part of the material world, i.e. a higher dimensional reality. In the mirror of the lake (consciousness) we cannot see anything that is not present on the shore of the lake. Reality and its mirror image are always in a one-to-one correspondence, the difference is that the mirror is distorted.

What distinguishes us from, for example, a monkey, is that our consciousness (which is not the same as the physical mind) can encompass and thus visualize more than three-dimensional realities.

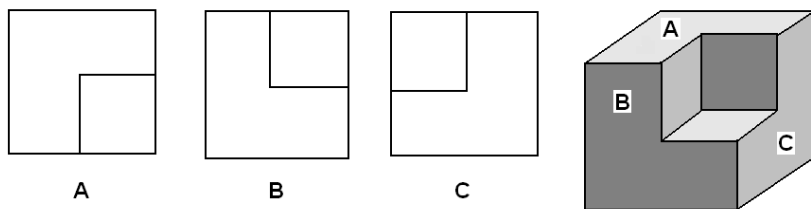


Figure 7 A truncated cube and its projections

Figure 7 shows a truncated cube and its two-dimensional projections (A: top view, B: front view, C: side view). Let's show Fig. A, B and C to a living being existing in two dimensions and ask it whether the three shapes represent the same thing. Assuming that our living being has the intelligence to answer, it will say no, they are three different shapes, or if they are one, they are rotated relative to each other, but it will not realize that they are projections of a three-dimensional cube. In contrast, an intelligent being thinking in three dimensions can easily put the three projections of the cube together. In a similar way, one can imagine the relationship between the earth (three dimensions), the universe (four dimensions) and God (infinite dimension).

So, if the material world is only a reflection, then we have the key to escape, because if we cut down the tree that chains us to the material world, then the transcendental world in its reality is automatically recognizable, because we become part of it.

To escape the illusion of the material world, it is essential to know the most important fundamental laws that govern the universe.

The most important fundamental laws regulating the material and the subtle material world

The Law that rules the Universe, called tao in Taoism and dharma in Hinduism and Buddhism, is universal, completely unified and homogeneous. It applies to all (believers of any religion and non-believers alike) without exception, and can be exempted only by faith in some personal form of God, because only God Himself can excuse anyone from His impersonal and therefore indifferent laws. Lao-tzu knew the tao and described it (for more details, see Lao-tzu Tao Te King), Buddha knew the dharma and reported on it (*Who sees me sees the dharma, who sees the dharma sees me.*), Krishna, the creator of the dharma himself, spoke about it and described its workings.

Moses also knew the Law, and tried to give it to the people, but because they didn't understand it, he destroyed the original tablets of stone with the original laws, so the Jews finally Ten Commandments were given. Jesus was also a knower of the Law and, like Krishna's

teaching, showed how to be ascended above the impersonal operation of the Law.

The Scriptures of the various religions describe aspects of the Law that rules the Universe, most comprehensively in the Vedic Scriptures. Basically, there is only one Law (Law of oneness), but it is useful for the human mind to interpret each aspect of the Law separately for ease of comprehension. So, the division of the Law into parts is a human invention, and therefore it makes no difference how many laws are formulated by us. In this paper, I will discuss the four aspects of the Law as taught in Hermetic philosophy, as it has a tradition in Christian culture, but I will also compare it with the approach of other philosophies and with the scientific viewpoint.

As above, so below, as below, so above

In other words: what is above it is the same as below, and what is below it is the same as above; a sequel of this law: as out, so in; as in, so out.

This law is what makes the world knowable. If you take a small subset of the universe and analyse it thoroughly, you will find that the laws established for that subset will hold true for the whole. In other words, if we are looking at atoms or star systems, if we are looking at the personality of ourselves or the workings of society, we will find the same final conclusions. The whole universe is represented in our personality (see Figure 6), so that all its elements can be recognized and viewed by internal examination, while at the same time the cultivation of the sciences which study the world around us has no other aim than to acquire internal self-knowledge.

Using the results of modern science, it can be concluded that the "as above as below" principle is the recognition of that the universe has a fractal structure. Fractals are mathematical sets whose structure, when extracted from a subset, gives back the structure of the whole set. The best known is the Mandelbrot set (see Figure 8).

Fractals are found at all levels of the material world, not just in mathematics. Fractal structures can be found e.g. in the alveoli of the lungs, the vascular system, a snowflake and the foliage of a tree. If we consider the universe to have a fractal structure, then the material

world as we know it is a subset of a higher-level subtle material world, and the latter of an even higher-level world, while the fundamental laws remain unchanged. The sequence can be continued at will until we reach the transcendental world from which the projection has started.

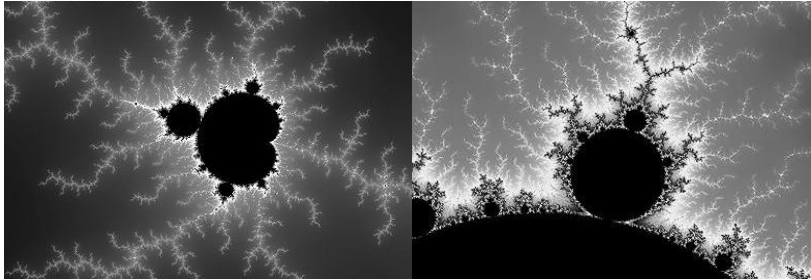


Figure 8 By studying the details of the Mandelbrot set, it is shown that the image can be enlarged to infinity without changing shape.

The principle of “as inside so outside” clearly refers to the reflecting tree mentioned in the introduction, i.e. what is present in our inner world (microcosm) is obviously repeated in the outer world (macrocosm). The god of the microcosm is Atman, the god of the macrocosm is Brahman; the inner experience of this is the enlightenment, which is the living through of the unity of Atman-Brahman. It follows from carrying this line of thought further that if man has personal consciousness, then God also exists in personal manifestation. To Moses, God revealed Himself as "I am who I am." and to Arjuna, Krishna revealed Himself as the Supreme Personality of Godhead. Further conclusions will be discussed in a later chapter.

The law of interaction or attraction
(special case of the law: the law of resonance)

This principle determines how the elements of the material (subtle) world relate to each other. The laws of motion of the planets or the attraction of souls to each other are also the consequence of the operation of this principle. The law of interaction also specifies where

a person is born, into which family, which country, in which age or social system. It can be seen, therefore, that our destiny is determined before we are born by our own inclinations, for which the law only provides a framework. A law cannot be held responsible for the fact that someone was born in a camp during the Second World War or was born in Africa and starved to death. It is difficult to imagine, in our everyday consciousness, that a soul could desire such an experience, and so another law must be taken into account to understand this. But now let us analyze a little the law of interaction.

We all have past lives in which we have interacted with different people. This interaction has manifested itself in the form of attractive or repulsive forces and is burned into our energy body. Born into a next life, these forces come into play again, bringing the soul into contact with similar types of people and situations. It is exactly the same situation as when the same subject matter is given up again in school because it has not been thoroughly understood. If one looks impartially at one's own life, one can come to the same conclusion. Certain personality types are repeated several times in our lives. Men unconsciously choose a wife of a similar type to their mother, and conversely women are attracted to their father's type. If a person marries several times, he/she may notice that his/her future spouse, although different in outward traits, has many of the same inner characteristics as the divorced spouse. I knew a man who was married four times, the first three times he chose a woman with the same personality type and experienced the same situation with her. All three women gave him a daughter, and all three wives were financially ruining him. Two more love affairs followed his wives, but those women also used him as a stepping stone and exploited him financially. When we got acquainted he told me about his life and I brought some context to his attention. He himself was shocked, because he couldn't understand why he always played the same role with women. Fortunately, he managed to raise his awareness to such an extent that the fourth marriage was a real step forward for him, as he recognized the cause of his original attraction and managed to overcome it.

We not only attract people, but we also organize situations and tasks around us according to the law of attraction. In this sense, the persons in the situation are merely our playmates, assisting us to gain

an insight. The right attitude is to be grateful to them for this, for without them we would not have gained the necessary experiences. Let us look at an example.

Mary thinks that her husband is cheating on her because he is getting less and less close to her and is coming home late more often. As she is disturbed by this thought, she is growing colder towards her husband. At one point, she expresses her resentment at her husband's late arrival, and then, in an argument, the magic "*you probably love someone else*" phrase is uttered. Her husband reassures her and peace is restored for a while.

The spoken word, however, never stays within the four walls, resonating through the invisible wires of the matrix (emotional-thought field) that surrounds us in the wider environment. The female colleagues of the husband (let's call him Lesly) start to whisper that Lesly spends a lot of evenings in the office with Giselle, the new secretary. The news reaches Giselle, and although she has never thought of looking at her boss through a woman's eyes, she begins to wonder whether his words and his look might be a sign of an approach. Of course, she found some signs, because this is her projection. She begins to withdraw, and more carefully organizes their evening overtime. But this becomes even more suspicious to those around them, and now Lesly's male colleagues are also making joking references to an intimate relationship. Both Lesly and Giselle know that they are suspected of a love affair by their environment, but so far, no misunderstood words or gestures have been spoken or communicated between them. The work environment, however, gradually reinforces the emotional-thought field that increases the likelihood of such an event to occur. Eventually, an argument at home with the wife is enough, and the next time they are posted together, Giselle and Lesly find themselves in each other's arms. The love triangle or quadrilateral is complete, relationships either are falling and are rearranged or they are not, but what has happened leaves a bitter taste in everyone's mouth.

People, according to my personal experience, are almost helpless in such a situation, most of the time the expectations of the environment are fulfilled and the predicted event occurs. Let's examine who, what insight would have contributed to a different outcome in the above situation. The wife is motivated by jealousy and

feelings of inferiority. She feels that she cannot give Lesly everything and therefore withdraws at the first sign of problems, rather than initiating a renewal of the relationship. In a familiar situation, she should initiate a confidential conversation to restore and stabilize the relationship. The spoken word: *surely you love someone else already* starts the events, the cosmic law is set in motion: "*They sow the wind and reap the whirlwind*" (Hos. 8.7). Every thought or word spoken comes back amplified, according to the law of resonance, in order to facilitate cognition. Incidentally, Lesly may not love her as much as before, but he would still not want to leave her, he has no time to look for another relationship, and he prefers peace. Let's see how the other characters assist the scene. The female colleagues are envious of Giselle, who is in a good marriage and although she has just got there, she gets the extra work (and extra pay). The female colleagues are burnt out on both their work responsibilities and their marriage, they are actually waiting for a miracle to happen, but since nothing is happening, they are acting out their subconscious desires with someone else. In fact, they would like to be in Giselle's situation, they desire for an intimate relationship with Lesly, but they are too cowardly and comfortable for that. Giselle wants to prove herself at her new job, so she tries hard, jumps at her boss's every word, stays late without saying a word, but when she recognizes the other women's intrigues, she tries to withdraw, because for her it is also important to maintain good relations with the others. Giselle moves in the right direction, but too abruptly and conspicuously. She is afraid of losing her job, her boss's trust and the goodwill of others. Her subconscious realizes that she could be the absolute loser in the situation and she falls in panic. In the situation, Lesly is the one who does almost nothing, but is carried along by events. He is overwhelmed by the many tasks to be solved, he has no time to deal with the intrigues of women, he doesn't even have time for his wife, not even for Giselle. He has got little help in his tasks, and certainly no understanding; his new colleague's enthusiasm - not entirely altruistic, of course - pushes him in direction of least resistance so he gives the extra work for her. He recognizes the situation only when his colleagues make intimate hints. One solution might be to defuse the tension with humorous remarks. For example, he might say, "Come on, Giselle, make your bed, we're going to be here late today". In the same way, Giselle could

answer him for all to hear: "Boss, today you should call in Susan for overtime, because she would really like to be alone with you". Of course, one has to name the person who is the most vocal in the intrigues. In a workplace (or at home), if it is said jokingly what everyone is thinking, tensions will be relieved. That's why kings used to employ court jesters.

Summarizing however, the lack of awareness and experience made all stakeholders unconscious participants of the events. The scene has played out. Who learned and what from it, and how they will apply it, will turn out during a future attempt.

The reason I have used an example from private life to illustrate how the law works, is because it is familiar to everyone, but it works in exactly the same way as the stock market crash, the Great Depression, world war, global warming, and even the "end" of the world. Of course, it takes the thought energy of millions of people to set global events in motion, but this can be easily mobilized by the media, by providing a rapid flow of information, even fake news.

Today, millions of people believe that global warming will accelerate unless there is a change in environmental policy. Why don't we collectively believe that global warming will slow down, even it will stop? It is the same with end-of-the-world predictions. The more people wait for the end of the world, the greater the chance of a major catastrophe, and following this we can hear the reproaches: *we predicted before*.

We cannot escape the realization: that will happen with us what we deserve according to our faith and the faith of others about us. Jesus' saying, "*According to your faith will it be done to you*" (Matthew 9.29) is precisely a general formulation of this law.

If we are aware of this law, we also have the opportunity to change the direction of undesirable tendencies by always radiating thoughts into the emotional-thought field that promote the global spiritual development of the Earth. If we cannot decide what would be good for this purpose, we can ask for the help of angels, enlightened gurus, saints, demigods, gods, etc. Through our regular prayers to beings having much greater mental energy in the macrocosm, we can even bring about fate reversal changes for all humanity.

I would like to give you a small example from my own experience. One summer, 15-20 people who knew about angelic communication

came together in a club. After the discussion, the club leader suggested to end the event with an angel meditation. Everyone enthusiastically agreed. But if we were going to invite an angel, let's ask for something. Opinions were divided what to ask for. I suggested to ask for rain, as it hadn't rained for two months. Others, however, would have preferred to enjoy the uninterrupted sunshine. The debate was resolved by the club leader's suggestion to call the angel of love, which was accepted by everybody. In my meditation I invariably asked the angel of love for rain on behalf of universal love to help the thirsty plants and animals. The angel of love replied. *"My dear children! How can I give you rain when you cannot even agree on what to ask for!"* My answer was: *Please ignore self-serving requests and grant those who have been the purest among us.* A few days later, a heavy local rain refreshed the thirsty land.

The technique was used already by cavemen to capture the buffalo, in ancient times the army of priests made sacrifices to the gods to improve the fate of the guided, and the examples could be continued. Only we civilized people are so arrogant to think that we are not affected by the powers of the subtle material worlds, or even that there are none, even though we could receive enormous help from them. Instead, we are striving to subjugate nature when we have not even reached its rudimentary cognition. Is this civilization? No, it is man's vain, arrogant, unconscious defiance of his Creator and the order of the created world. There is no doubt who will be the loser.

The law of cause and effect (karma law)

The meaning of the law is: a cause is followed by a consequence (effect) and the resulted consequence is the cause of a subsequent event, and every consequence has a root cause, in other words, nothing happens without a cause. There are countless examples for working of this cosmic law both in everyday life and in the known scriptures. Let us now look at an example from the Old Testament. Esau and Jacob are twin brothers, but Esau was born first. In Jewish (and all patriarchal) society, the first-born son used to replace the role of his father in case of the death of him, and he had all the rights and duties in the role of head of the family. Esau was not concerned about this

issue, so he easily sold his birth right to Jacob for a bowl of lentils. This would have been no problem so far. How did the law of causality come into play? The mother of the twins preferred Jacob and wanted Jacob to receive the paternal blessing from their father, which was also a mandate to be the head of the family. Perhaps Jacob was better suited to this, or their mother was worried that there would be no one to care for her properly in the event of her husband's death. So, she helped by trick to Jacob to receive the paternal blessing due to the firstborn. As her husband was old and blind, the mother wrapped her second-born son's arm in animal skins (the first-born Esau had a hairy arm) and led him to her husband, who blessed him. Esau, realizing that he had been tricked, chased his brother away, who fled to a distant country. I will waive from telling the story further. So, cause does not automatically give rise to negative causation. The wheel of karma is set in motion by our reactions, and it can be broken by recognition and forgiveness. On the one hand, if Esau had been born first, then this would have been accepted as God's (fate's) will, and on the other hand, if Esau had voluntarily and consciously renounced his birth right, then again, the law of karma would not be triggered. It can be seen, therefore, that the setting in motion of the wheel of karma is always connected with a person's refusal to accept what is destined for him/her and with his/her attempt to change his/her fate by unfair means at the expense of others. The root reason was that a human law (birth right) based on customary law could not be changed, because then the foundations of patriarchal society would be shaken. The mother did not accept the customary law, she could not change it, so she tried to circumvent it. In doing so, she initiated a series of events for her beloved son and, of course, for herself.

So, karma, as we have taken this concept from the Eastern religions, exists and has existed everywhere and at all times, it just hasn't been called that. Karma itself is the activation of the law of cause and effect. Karma is destiny, a task that must be solved, but in such a way that it does not provide another cause and does not trigger further causation. This is called breaking the wheel of karma. To live karma-free means that our actions do not provide a cause that is followed by a causation. This sounds beautiful, but how can it be done? Let's jump ahead in the story. So, Jacob fled and served in a foreign land where, after a life of hardship, he became very wealthy

through his ability. When the time came, he returned to his homeland with his whole family and all his wealth. But he could not have known what kind of welcome he would receive. There might have been a fight between the brothers. By birth right, Esau could dispose of all Jacob's property, but since Jacob had been blessed by his father, the reverse was also legal. The two brothers had this task to perform. We know from scripture that Jacob fought God before meeting his brother and won, thus gained the name Israel. But what could be the meaning of this symbolism? Jacob was struggling with himself, with his own inner strength to achieve divine consciousness. He surrendered himself to God, that is, he made up his mind to bow to the divine will, whatever it might be. He would not commit fratricide under any circumstances, but would rather ask Esau for forgiveness. So, he sent servants with gifts to propitiate his brother. And indeed, the miracle happened, the two brothers forgave each other and were united in love. The wheel of karma was broken.

Jesus' teachings are therefore already present in the Old Testament, but he was the first to say unequivocally that the wheel of karma can be broken by forgiveness and love. In doing so, he replaced the Mosaic law of "*eye for eye, tooth for tooth, hand for hand, foot for foot*" (Ex 21.24) with a law of love and forgiveness. Mosaic Law itself is the implicit formulation of the law of karma, which expressed that if one has harmed others, he will repay it in the same measure. Jesus, on the other hand, taught people not to insist on carrying out the Mosaic law, because what happens to them is the consequence of a previous cause, and the continuous chain of causation and effect will never end if they avenge all the evil done to them. That is why he taught, "*Love your neighbor as yourself*" (Mark 12.31), "*Do to others as you would have them to do you*" (Luke 6.31).

The law of karma is also known as the law of restoring harmony, which means that evil can be overcome by good deeds. In this context, it happens that a mass murderer, for example, if he realizes his crime at the latest at the moment of his death and appeals to the Almighty for mercy, his next life's punishment is not to be a victim of mass murder, but to be given the task of saving the lives of others, even at the cost of his own life. Therefore, it is said that where evil is rampant, grace overflows. If divine mercy were not at work, human evil could not be checked, for every victim would seek retribution, again and

again bringing the law of cause and effect into operation. We are currently subjected this seemingly endless chain. According to the Vedic scriptures, this chain began with one group of priests cursing another, and vice versa, and from this vicious circle the descendants (modern humanity) have not been able to break out until today.

The law of creation

Our thoughts, our words, our actions have a creative power, and this power increases in this order. This was known and used by prehistoric man, as the cave paintings show. Before killing the buffalo, they drew the desired event and then played that to each other around the fire. In this way, the thoughts of the whole community were directed towards the desired goal, to increase the likelihood of its realization. This is the principle behind the mind control technique used today. It is the same law that magicians and magical techniques bring into play.

Human creative power can be increased and developed by improving concentration skills, thought control and many other means. However, in any case, if we wish to create, we must take into account the laws and their effects as described above. Thus, it is not advisable to generate a created reality that sets in motion the law of causation, and it must also be considered that others have creative powers outside of us, i.e. if we wish to create something but it is not in accordance with the will of majority of the material world, as well as the subtle material world, and the divine laws, we will necessarily fail.

The extent of our creative power and our ambition should not be spread largely, as this is always a challenge to those who oppose us. Therefore, whatever we achieve, let us remain humble and attribute positive changes not to ourselves but to God, since the creative power comes from Him, and we receive it only to serve Him.

Creation is a responsibility, just like childbearing. If we start a creative thought, we have to take care of its result after its realization, e.g. if someone creates a church, an organization, he/she has to take care of it as his/her child, he/she has to support it, raise it, and this will cost him/her several lifetimes until he/she realizes that he/she has

served himself/herself by creating. It is not easy to use the creative power correctly, so this knowledge has always been a secret. On the other hand, however, the ignorant masses can be easily manipulated by the use of this secret knowledge if it falls into the hands of evil men.

For the average person, the safest use of angelic techniques is because requests directed to angels will be coordinated with the other forces of the universe, and only those requests that do not disturb the harmony of existence will be granted. On the other hand, help from God can be prayed through angels against the expansion of evil.

There are countless cases where someone reaches a desired goal and can't do anything with it. Lottery winners or sudden media stars are good examples. The subconscious often reacts in such a way that the person feels undeserving of what they have received, and as this is usually true, the fame and fortune that is easily gained is quickly dissipated. So, let us use our creative power with humility, accepting only what we can handle and what we need. We are present with most humble in creation when we think that nothing is ours, everything belongs to the Supreme Lord and we have only been given it for use, then we do not develop attachments to our creation and can easily part with everything when the time comes.

By using our creative power correctly, we could end hunger, energy shortages, pollution or global warming in a short time and create a paradise on Earth. It is not power or knowledge that is lacking, but the will of the majority. The inventions that would solve all these problems are already present on Earth, often in physical form. Thousands of patents, ideas are sitting in drawers or have been thrown away because the short-term power and economic interests of the Earth's economic and political elite are not in line with their realization, and because there is no harmony and union among the Earth's inhabitants. Each wants to live well, expand, get rich at the expense of the other, and on top of that, wants to impose its language, culture, religion, economic-political system on the other by force. We do not need to search to see if the story of the Tower of Babel is true, the turmoil in Babel is not the past, but the present.

It is thought-provoking that the great world teachers (Krishna, Jesus, Buddha) never taught humanity how to turn the Earth into Paradise, but each came to show a way out of the material world. If mankind could reach the level of consciousness to transform the Earth

into a Garden of Paradise, there would in fact be no need for the Earth as a gross material plane of existence. The purpose of our being here, therefore, is not to achieve technical progress in the material world.

In the case of Mary and Lesly above, all the cosmic laws were at work simultaneously. The first law (inside as well as outside) appeared as Mary's inner world, her microcosmic reality (she thinks she is being cheated on) was projected into the environment, since the two can only exist permanently in unity. I have explained in detail how the second law comes into play. The third law was at work in the background, as Mary, Lesly and Giselle had already formed a love triangle in their previous lives and were now switching roles. Finally, the fourth law, the law of creation, allowed the thought energy of several people to be amplified in such a way that the event finally took place.

It can therefore be seen that these laws never operate independently of each other, but are always complementary and interrelated. In fact, there is only one law, and for the sake of clarity we divide it into its elements. However, the law of "ALL IS ONE", in this formulation, is very difficult to understand, to explain and to follow. Mary is an element of the matrix (emotional, mental, causal energy field), who is connected to the other elements, Lesly, Giselle and colleagues. These invisible energy fibers connect them through the collective unconscious planes and transmit information between them. If they were conscious, they would know what the other was feeling or thinking at any moment. However, this level of awareness requires growing up, and it comes through a long course of experiences.

In a similar way, we can imagine the relationship between us and the spiritual world, and even God. When we emit an emotional or thought vibration, it resonates in the higher worlds, and we get the result back accordingly. The same happens in reverse, if information is sent from above downwards, we can receive it, provided we are receptive to it. However, the spiritual world is very complex, it is not only made up of positive beings and a set of positive thoughts and feelings. Many people don't even understand the complexity of the material world, so they have difficulty processing and interpreting the flood of information from the spiritual world.

In today's world, there is also a lot of information filtering through from what we call the deep astral plane. Some "artists" take this transmission and they are not restrained by themselves to make a film

out of it. The films of horror, thrillers, etc. that flood our world come from the most impure sphere of this collective unconscious. Film helps to materialize these unconscious contents, thus giving these thought-forms creative power and unleashing them on the unconscious masses. Thus slowly, what existed hitherto only as hidden, repressed unconscious content, now becomes a bloody reality, part of our everyday life through materialization in the material world. Who and by what right does one feel empowered to project his/her own filthy subconscious into the consciousness of others for our amusement? These "artists" deserve to enjoy the fruits of their own labor in this world after their death.

For those who do not want to become prisoners of this emotional and spiritual ghetto in their life and death, I can offer as the alternative way the raising their own consciousness and/or prayers and faith in God.

Let us then examine how we got into this miserable situation called the material plane of existence.

Interpreting the first seven days of creation

1.1) "In the beginning God created the heavens and the earth.

1.2) Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

1.3) And God said, Let there be light, and there was light.

1.4) God saw that the light was good; and he separated the light from the darkness.

1.5) God called the light day, and the darkness he called night: and there was evening and there was morning - the first day." (Genesis 1:1, 2 and 3)

God first separated the created realms from the divine realm (which is not created, and therefore exists from eternity). He called the created realms heaven: the heavenly realm; and earth: the material realm. The material realm is in the abyss, the heavenly realm is in the heights, symbolizing the "distance" from God. The abyss had not yet been reached by the creative Light, so the material realm was still "formless and empty". The material realm swam in the water. Water symbolizes

an intermediate realm between the material and the heavenly realms. Above the intermediate realm, the Spirit of God, the Holy Spirit (the feminine principle of God), hovers, waiting to receive the creative power, to be fertilized and to create the material world itself.

The appearance of light is the manifestation of the creative power and will that begin creation itself. Then the light is the creative force, while darkness is the receptive force, the separation of the two is the first step of the emergence of duality; darkness and light can be equated with the forces of yin and yang.

Light, as day, represents the age of predominance of the creative forces, darkness, as night, symbolizes the predominance of the receptive forces. This is how the ages of creation were born, characterized by the predominance of different forces. Creation therefore began with the predominance of the receptive forces, followed by the predominance of the creative forces "*...and there was evening and there was morning*".

This day and night have no connection with the earthly calendar, since at that time the material world is not yet created (it exists only as a principle, a thought). At this time, events are still taking place on the plane closest to God, where the calculation of time is quite different and cannot be expressed in earthly dimensions. Let us call this divine time.

1.6) "And God said, Let there be an expanse between the waters, to separate waters from water.

1.7) So God made the expanse, and separated the water under the expanse from the waters above it. And it was so.

1.8) God called the expanse sky: and there was evening, and there was morning - the second day."

Then the separation of the intermediate realm, symbolized by water, takes place. The expanse is the creation of a ceiling that further divides the intermediate realm into two parts. Thus, the "water" below the ceiling becomes the astral-mental realm, which is located directly above the material realm, while the "water" above the ceiling is located directly below the heavenly realm as a kind of spiritual realm. This creates four superimposed planes (realms) under the one divine realm. These levels correspond to the five interlocking life-trees, on which we walk to live through our initiatory paths as a kind of ladder (cf. Jacob's ladder into heaven; Table 1).

Table 1 Levels of creation

Level	Property	Living beings
Transcendental realm	existing from eternity, not created	divine incarnations
Heavenly realm	<i>primary creation</i> (sky)	angels, demigods
first expanse (sky)		
Intellectual realm	<i>secondary creation</i> ("water" above the ceiling)	human souls achieved perfection, subtle material archetypes
second expanse (sky)		
Fine Material realm	<i>tertiary creation</i> "water" under the ceiling (astral-mental)	developing human souls
"Garden of Eden"	(ethereal "earth")	

The ceiling separating the waters will also be called the sky (second sky). This will be the sky of beings in the material world. This sky is to be distinguished from the first sky which separates the heavenly realm from the levels below. The two sky divide the created world into three levels, which means that creation will take place on three levels. These ceilings can also be interpreted as a kind of abyss (gap), which according to some interpretations we must be jumped over, by others the divine grace lifts us over them.

Fine material realm is not meant the material world in its present form, but a much more subtle, etheric version of it, which can be explained as something like the etheric body that currently pervades the physical body, which is made up of pure energy. Evening and

morning are again periods of predominance of the yin and yang forces still according to the divine calendar.

1.9) "And God said, Let the water under the sky be gathered to one place, and let dry ground appear. And it was so.

1.10) God called the dry land ground land, and the gathered waters he called seas. And God saw that it was good.

1.11) Then God said, Let the land produce vegetation: seed-bearing grass, and trees on the land that bear fruit with seed in it according to their various kinds. And it was so.

1.12) The land produced vegetation: plants bearing seed according to their kinds, and trees bearing fruit with seed in it according to their kinds. And God saw that it was good.

1.13) And there was evening and there was morning - the third day."

From this point on, there is synchronicity in creation. What God utters in the divine realm is realized in the heavenly realm (primary creation), and then, like it, the inhabitants of the heavenly realm realize the same in the intellectual realm (secondary creation). On the third day, therefore, the intellectual creation (between the first and second skies) takes place - (but this is referred to in Part 2, point 5, after the 7th day of creation: 2.5)"*and no shrub on the field had yet appeared on the earth and no plant of the field had yet sprung up ...*"). This creation is carried out by the inhabitants of the heavenly realm in synchronism with the divine creation. On the spiritual plane, the separation of sea and land, and then the creation of the archetypes of plants and trees takes place. This is again a pattern, a template, according to which a level below, –the second creation–under the sky (tertiary creation), is created later. It is important to note that all plant archetypes are created in such a way that they can recreate themselves by multiplying. This makes the creation process, once initiated, self-sustaining.

The day and night here have nothing to do with the calculation of time based on the movement of the celestial bodies, which are not yet spiritually created. On the third day, time is calculated according to the heavenly reckoning of time, since it is performed by the inhabitants of the heavenly realm.

Each level has its own time, as perceived by the beings operating in that dimension. Time is therefore not an absolute concept. More correctly, on the divine plane, time is infinite, in other words, there is

no time. In the created worlds, time is also created, likewise in the form that Einstein explains in his theory of relativity. A being looking from one dimension into another dimension perceives time in the other dimension differently, as faster or slower than in its own. From our material world, time passes more slowly in the spiritual or heavenly realm, and from the spiritual or heavenly realm, time passes more quickly in our dimension. This explains why all events in the material realm seem simultaneous, as if there is no separation between past, present and future when is viewed from the spiritual realm. (In fact, everyone is eternal, so it makes no sense to talk about time, but one's stay in a particular form of existence is finite, so it makes sense to talk about time.)

When interpreting the first seven days of creation, most people usually think of a calendar, even if it is not earthly time. However, it may be that the first seven days of creation have little to do with any concept of time. The "day" can be interpreted as an aspect of God's light. In such an interpretation, the seven days may also denote seven different natures of divine light, which successively predominate and perform different creative functions. The last, the seventh day, is the non-creation aspect itself. So, darkness, which is the receiving principle, has had to receive all six creative principles, with different results. It is as if a married couple had six different children in succession. The first child is called 'Light', the second 'Expanse', the third 'Plant', the fourth 'Celestial body', the fifth 'Animal', the sixth 'Human'.

Whichever interpretation we choose, it is certain that we cannot get any idea of the duration of creation from this earthly dimension, and indeed the question seems to be completely meaningless. Yet it is advisable to retain the interpretation according to duration, because perhaps more people can follow it.

1.14) *"And God said, Let there be lights in the expanse of sky to separate the day from the night, and let them serve as signs to mark seasons, and days, and years.*

1.15) *and let them be lights in the expanse of the sky to give light on the earth. And it was so.*

1.16) *God made two great lights - the greater light to govern the day and the lesser light to govern night. He also made the stars.*

1.17) *God set them in the expanse of sky to give light on the earth.*

1.18) to govern the day and the night, and to separate the light from darkness. And he saw that it was good.

1.19) And there was evening and there was morning - the fourth day."

On the fourth day, God creates the celestial bodies to measure time. The sun, which rules the day, embodies the yang principle, the moon, which governs the night, embodies the yin principle. There is a reference to the fact that God does not perform the task himself: *1.17) "God had them set in the expanse of sky..."*, the causative form means, that God's thoughts are performed by the inhabitants of the heavenly realm in the intellectual dimension. This difference turns out from the Latin version (and from the old Hungarian translations which followed the Latin very thoroughly).

So, God had the created heavenly bodies placed on the first expanse, which is the ceiling (sky) of the intellectual realm. The question arises, how did this happen in the heavenly realm? In the heavenly realm everything is self-luminous and there is no need for celestial bodies, the angels themselves are beings of light, they have an independent luminosity. Here everyone still perceives God directly, not through signs. In the intellectual realm, it is necessary to define the tasks more specifically, because the subtle material world will be created on this model. It is important to note that there is no question of good and evil in relation to darkness and light. The heavenly bodies that embody these represent principles that cannot be qualified. It is only after the fourth day that the celestial calendar can begin, which is understood according to the function of the celestial bodies in the intellectual realm.

On the fifth day, the creation of ancestral images of aquatic and aerial animals takes place at an intellectual level. The created animals are able to multiply themselves by divine blessing, that is, they themselves become creator.

On the sixth day, the ancestral image of land animals and man is created on an intellectual level. The creatures created here also receive the divine blessing to reproduce. On the intellectual level, reproduction is takes place by thought that is, all created beings become a creator by their thought.

Man was created in the image of God. *1.26) "Then God said, Let us make man in our image and in our likeness."* This phrase is not used in the creation of plants and animals. Its meanings are:

- He made them into two sexes, according to the male-yang and female-yin principles. In other words, some human beings will be dominated by the yang (outflowing) principle, others by the yin (receiving) principle, and they will play the role of creator or maintainer accordingly.

- He made them creators by thought that is, like God, they can create through their thoughts.

But this would not make humans different from plants and animals, since God has given them the right to create similar beings in their own image by their thoughts, and there is a duality in plants and animals, even if not necessarily in the form of two separate individuals. The point is:

- God has given man a part of himself (divine self, divine spark, perfect spirit, atman), which is the essence of human beings. This enables man to perceive his/her own divine nature, to follow divine instructions, and makes him/her capable of "governing" other living beings.

To rule means to take care, because a good ruler looks after his/her subjects.

This means that God created man in his own image so that man could care for other living creatures and the part of the created world that was destined for him/her. More specifically, man is to ensure for other living beings the right and opportunity to live a healthy, happy life, to reproduce and to develop (spiritually).

The seed-bearing plants and seed-bearing fruit were intended by God to be the food of the human ancestors, while other plants were appointed as food for all other living creatures. It is important to reflect on this, because if we really want to return to God and follow God's laws, then a return to a vegetarian diet is necessary sooner or later to avoid karmic retroactions.

On the seventh day God paused creation and blessed the seventh day.

According to Genesis 1, the creation of the intellectual world, or the archetypes, takes place till the seventh day. This is clear from the second part. That is why we must also deal with some of the events of the second part.

According to Part 2, point 5, creation has not yet descended into the subtle material world. Symbolically, "God hath not yet sent rain

upon the earth, neither hath man made the earth to rain;" It is clear from this that the events of the first seven days did not involve the realm of subtle matter (astral-mental and "earthly"). The water here represents the life force, in which everything was already present in its germ, but the life force had not yet been brought to life. The creative force, which was at work on the higher planes, is here manifested in the subtle material world as an all-pervading life force. Hereafter the creation-history is repeated on the subtle material plane. It is in this realm that the creation of the Garden of Eden (Paradise) takes place, as well as the creation of Adam as the progenitor father and Eve as the progenitor mother, and the creation of all other living beings in the pattern of the archetypes of the intellectual world.

The above succeeds from below:

2.8) *"Now the Lord God had planted a garden in the east in Eden and there he put the man he had formed."*

2.10) *"A river watering the garden flowed from Eden ..."*

So, the garden is in Eden, but then why does a river come out to water the garden?

The explanation: the archetype of the Garden of Eden is in the intellectual world, and from it comes the river that waters the Garden of Eden, which is the Garden of Eden of the subtle material world. This river is nothing else but the stream of life-force that vitalizes the living beings of the subtle material world. This river divides into four branches outside the garden and feeds the areas of ethereal earth.

Another significant difference in the expressions is that always **God** is mentioned during the genesis in the first seven days. God is the primary creator who utters his thoughts, the angels (and demigods) are the secondary creators who perform them. In tertiary creation, which takes place on the subtle material plane, always the **Lord God** is mentioned. This suggests that in secondary and tertiary creation, the creator is not the same. In tertiary creation, the ruler God (demigod) is the creator who has attained a high level among the beings of the intellectual world, he becomes creator, he is who embodies God. People who familiar with Greco-Roman mythology or the Egyptian belief system perceived the creative forces till this level. Therefore, they had faith in more God. They did not perceive the existence of Godhead operating above these creative forces. That is why Judaism brought something new with its belief system, because they saw, or

received by divine revelation, the knowledge of the existence of Godhead on the highest level. Accordingly, the demigods are also creatures of this supreme Godhead. In Hinduism, the multiple levels of creation and the specific descriptions of the events of creation have always remained crystal clear.

God has forbidden nothing! The Lord God already forbids and threatens: 2.17) *“but you must not eat from the tree of knowledge of god and evil, for when you eat of it you will surely die.”* During the genesis in the first seven days, there was only light and darkness, without qualification, nor evil neither evil knowledge. At this stage of creation, it is possible for darkness to become evil if one does not obey the instructions.

The history of the present earth (gross material world) began after the expulsion from the Garden of Eden. Adam and Eve, as creatures of the subtle material world, should have been to learn the creation, i.e. the self-multiplication (reproduction), through the way of consciousness thought, through the control of the life force. References to this are found in several scriptures: e.g. Jesus was born of Mary through the reception of a power (the Holy Spirit). This power guided the physical body so that the child could be created. According to the Vedic scriptures, Krishna's parents created several children without ever meeting because they were both chained in prison.

One might ask what the snake means in this idyllic world, like the Garden of Eden. The snake is actually a symbol, a symbol of kundalini power. If one awakens this power in oneself without subordinating it to the divine will, one can use it to do anything, even to destroy or kill. He/she can exclude God from his/her thinking, because he/she experiences that he/she is God, that there is no other creator but he/she, and even that he/she has created the Creator with his/her thoughts. In fact, this is the tree of the knowledge of good and evil. Adam and Eve were forbidden to awaken this power, but not to remain forever ignorant. The Lord God would have taught them the right use of this power if they had waited for the right time when they were mature enough to use it. They should have learned to create under the guidance of this power. So, in Adam and Eve the kundalini wire was connected to the Sahasrara, but the power was not awakened in them. After it has been awakened in them, but they did not yet possess of adequate knowledge of the laws of the universe, a separate world had

to be created for them, in which alive they cannot disturb the subtle material and intellectual worlds. 3.7) *"Then the eyes of both of them were opened, and they realized they were naked;"* and thus bodily self-identification appeared in their minds before they had attained the consciousness of oneness with God.

A body of pure energy does not need to be clothed, there cannot be such thought. But a person who has reached the stage of bodily self-identification feels that he/she has something to be ashamed of. To feed from the tree of knowledge of good and evil, is to take it upon oneself to discern for oneself what is good and what is evil. Until then, there was no classification for them (they did not realize). This undertaking plunged them into the experience of the deepest duality, the gross material world. Expulsion from Paradise means that the kundalini wire from the energy center (Sahasrara) at the top of the head has become disconnected and coiled in the root chakra (Muladhara). Thus, the direct connection with God was broken.

Basically, there is no sin in what has happened, it is just that the level of realm we are in, we have to follow the rules and the laws of that realm. In the subtle material world, you cannot operate in the ways of the gross material world, this is why Adam and Eve had to leave that dimension. This is how the creation story of the gross material world came into being, which is the fourth creation, in which self-reproduction is sexual, and the execution of all other creations is also accomplished by the means of the gross material world.

Of course, we cannot say that this was not God's will, but we cannot say the opposite either. Wherever we are present in creation, our will is already involved. God gave us the opportunity to continue creation on the gross material plane, but we should not necessarily take the opportunity of it. However, it could be considered that Adam and Eve were chosen to try out a form of existence (physical body) that is rare in the universe.

Now it's a shame to lament whether it's good that this happened. Instead of lamenting, let us discover the laws of the universe and accept the rules which are concerned to us. And if we are bored with this life form, let us look for the possibility to ascend to higher life forms to closer to God.

Happiness - Levels of its living through

Happiness is indefinable. Yet every person uses the word, either in the sense that 'I' was very happy at a certain time, or, on the contrary, 'I' am very unhappy. If you cannot define happiness, try to group the experiences you have had according to their quality. There are seven levels of happiness. Only the highest level of gladness can be considered to be real, the rest is just pleasure that comes and goes, yet in people's minds the two concepts are conflated.

Material happiness (pleasure) experiences are those which are related to our existence in the material world. It is the fulfilment of the desire to satisfy the instincts of existence and of sexuality, or the lack thereof, that is most familiar to all humans. A piece of bread for a hungry person, a glass of water for a thirsty one is certainly a great happiness. Once the lack has passed, the same event no longer gives rise to the experience of happiness. For the Jewish people who had been led out of Egypt, the first manna that fell from the sky to feed them was a great joy, but when they had to eat it for a month, they began to complain. The experience of happiness on a material level includes not only being fed, but also being successfully emptied. There is nothing to be ashamed of, children are most natural in this respect. Satisfying the sex drive also provides happiness of a material nature. One seldom admits to others that the performance of vegetative functions is in itself a source of happiness, and this is especially understandable when their fulfilment is a problem.

Continuing the line, for a few days the lottery prize is certainly a great joy, but after a few months it comes the disillusionment, namely how much trouble is with money; where to put it, how to invest it, that not to lose it, paperwork, administration, beggars, extortionists, investors, advisers who cheat you, and suddenly, there was money, there is no money.

The reason why I think it is important to elaborate on this topic is that it will be essential for us to be able to experience and surrender to all levels of gladness during the pursuit of happiness.

The next level is the experience of etheric body bliss. This is less familiar to the average reader. In this case, the person derives pleasure from the fact that the life energy in his/her body flows in a certain direction. A yogi can experience the pleasure of directing life energy,

and the average person can experience it most in lovemaking, where the etheric bodies overlap and energy is exchanged during sexual activity. If you experience this with a partner, you will certainly become attached to them, this is when people say: I've never had sex like that! But, like everything else, this can be learned, and if you can control your life energy, you will not be dependent on a partner.

The astral (emotional) type of happiness is the experience of different aspects of love. Most people experience this with their family as parental, filial, spousal love, but it would also be important to experience love of friends and fellow human beings (neighbor love). However, love is usually laced with emotions and attachments, is not pure in this sense, and therefore results in attachments and fears, which are in connection with the apparent loss of happiness. If we are able to purify our love from emotions, possessiveness, fears, and are motivated by pure love as a feeling for the other person, we are already in a state of bliss.

Happiness on an intellectual level is the experience of a high level of enjoyment of the creations of others, of the arts and sciences, and of the pleasure of one's own creation activity. Today, the lack of this is one of the greatest problems, because on the one hand, it is hard to find intellectual products to enjoy, on the other hand, unpretentiousness begets unpretentiousness. The decrease of level in intellectual creation leads to a decline in public taste, which in turn affects the quality of creation and leads to intellectual stagnation in a self-reinforcing process.

The experience of happiness on a causal level, when one realizes that one is living not only for oneself but also for others, that one has a life task to perform with total devotion. The best-known examples might be taken from the history books, from the truly outstanding politicians, country founders, heroes of freedom, people who have done something great and noble for their people or for humanity.

Transcendental bliss is the experience of universal love, full consciousness, love for God, oneness with God, etc. This will be discussed in more detail in a separate chapter on God-experiences. These experiences are the living through of a permanent state of blessedness.

Reading this, the reader may already be sad, thinking that he/she is already excluded from a significant range of happiness experiences,

and that the only available sources of gladness are eating and drinking, sex and perhaps even aspects of human love. In what follows I would like to prove that this is not the case, but that ignorance, illiteracy, laziness, selfishness and other negative mentalities must be eliminated in order to enable the disciple to attain higher realization.

The chakras as energy centers

The chakras are energy centers in the astral and etheric body through which life energy is absorbed and released. Persons who perceive the functioning of the chakras perceive that the chakra rotates clockwise when it is taking in and counter clockwise when it is giving out. The speed of the rotation also provides information, the more vigorous the rotation, the greater the rate of energy input or output. Much of our non-verbal communication takes place through the chakras. Let's look at some examples:

1. An unknown man and woman meet on the street. The man "sees" that the woman's sex chakra is spinning in the direction of emission, from this he "knows" that the woman has sexual desire presently. Now he instinctively releases some energy from his own sex chakra, she senses this and if she instinctively accepts it, then the direction of rotation of her chakra changes from giving to receiving. The man knows now that she is receptive to his energy and tries to pick up her. This acquaintance will lead to sexual intercourse, if the heart chakra of none of them gives repulsive signal. Similarly, to the sex chakra, the heart chakras communicate whether they are mutually receptive to each other's energy, if so they experience their relationship as love, if only one of them accept the signal of heart chakra, the relationship either will not start or eventually breaks down later.

2. A young woman is pushing a baby down the street. Another woman who loves the children sees them, her heart chakra is triggered by the sight of the child. 'Oh, how cute!' appears the involuntary thought or word. If the young woman responds in kind, they stop and exchange a few words about the child. Our elderly lady continues on, gets on the tram and meets a drunken homeless man. Her heart chakra, which had been rotating in the direction of emission, immediately stops, stiffens almost into immobility: 'Ouch, what an unpleasant,

disgusting person' comes to mind immediately the thought and she tries to get to the other side of the train.

3. The teacher is talking in class, no one is listening. The students' chakras are spinning chaotically in total confusion. The teacher is used to it, the world is like that. If he knew how he should speak, his experience would be different. If he wants to convey his presentation, he has to learn chakra communication. He has to give energy through the releasing, heart, throat and forehead chakras. Yes, it is tiring! But if it succeeds the teacher will shift the chakras of his students towards receiving and they will be receptive to his text. Everybody will be happy and have a good time in class.

Those who are more familiar with the workings of the chakras may notice that these energy centers are located in the central nervous system, in the etheric body, and are like flowers. Each chakra has a corresponding number of petals, and these petals can be closed and opened, just as flowers can open and close. Knowing how the chakras work, after learning appropriate exercises, allows us to consciously control their direction of rotation, speed, opening and closing of petals, etc.

Chakra communication is part of our everyday lives, something we all live with, mostly instinctively. "I love you" says the man, "I don't believe you" says the woman, and she's right if the man's heart chakra is almost still. We can see that our chakras sing clearly our emotions independently what we express with words.

After this little introduction, let's return to our main topic: happiness. If we look more closely at the levels of happiness and the characteristics of the experience, we can see that each chakra has a corresponding positive and negative set of experiences, which we recognize as happiness in positive cases and unhappiness in negative cases. If all our chakras are functioning in balance and harmony, we identify ourselves overall as a happy person, or we may occasionally find a sense of lack in one or more chakras.

There are countless practices for harmonizing and controlling the function of the chakras, some of which can only be transmitted through personal teaching. Those who have already learnt them should feel free to apply what they have learned, and if they wish to learn more, they should seek a suitable master. Here and now, I will only deal with the spiritual components of the function of the chakras, and

I will not go into the issue once the problem has reached the physical body. All disharmony first appears on the astral-mental level, if it is not resolved, it will sooner or later be transferred to material plane.

Harmony of the first (root) chakra (Muladhara)

Take time for long walks in nature, alone or with a small group of friends. If you are walking in a group, choose partners for whom nature is a temple. Nature walks are not about having a picnic together, discussing work gossip or blaring the radio. If someone wants to do such an activity in nature, they are free to do so, but it is not to balance the first chakra, it has other functions. If we go into nature for the purpose of chakra harmonization, we should learn to live in harmony with nature. Therefore, it is better to go alone at first, and later on you can teach your friends to do it too.

Breathe together with the trees and plants. Let us bend down to the grasses and flowers. Caress the petals of the flowers, hug the trees and bushes. Talk to nature. Find a suitable clearing, lie down in the grass, let your body touch the ground in as many places as possible (at least free your feet). Let us admire the clouds, the blue sky, the birds flitting about. Listen to the buzzing of bees and flies, the chirping of crickets. Let's play in the grass. Find a stream, sit on its banks and stare at the stones. If we absolutely want to do something, collect pebbles and throw them back. Be part of the big whole.

*It is blessed who - standing on the forest slants -
is touched by the dream of dormant plants;
who sees the secret of the tree that ripens the berries,
which does not watch who use the fruit that it carries.*

(Dimension Gate, Meditation with the Angel of Bliss, excerpt)

Harmony of second (sacral) chakra (Svadhista)

If you are still sexually active and have a partner, take the time to enjoy sexual pleasure in a relaxed environment for a long enough period of time. There are energetic techniques which, if learned, can give us energetic pleasure in addition to mere physical pleasure.

Sexual activity is fortunate to involve not only the union of physical bodies, but also the confluence of etheric, astral-mental, etc. energy bodies, during this life energy, love energy, information (spiritual experiences) can be exchanged with the partner. It can also be used to balance yin-yang disharmony. The control of life energy can be learned during sexual activity, so that orgasms can be withheld for a sufficient period of time and sexual harmony with the partner can be achieved.

It is a fashion in esoteric circles nowadays to give female disciples sexual initiation to emphasize the above benefits. (The reverse may also occur, but there are fewer female masters.) Ladies, do not fall for these pseudo-gurus. A true master never abuses the ignorance, vulnerability or admiration of the disciple. The goal of a true master is for the lady disciple to be happy and find harmony with her partner and it isn't that the harmony she experiences with her master to distance her from her partner. If a master wants to transmit energetic information to his students, this can be done without sexual contact. In fact, a true master who truly masters the second chakra can direct the energies in such a way that sexual desire for him does not arise in his disciples.

If you are temporarily or permanently without a partner, you can learn sublimation techniques that transform sexual energy e. g. to love or creative energy. It is important to know that giving up sexuality does not automatically mean giving up desire. I have known several ladies who, for religious or other reasons, have lived in strict abstinence, but unconsciously masturbated regularly in their sleep. Cases like this always come out accidentally, but always because the body tries to make conscious the existence of sexual repression. If the repression is so strong that desire has no way of entering consciousness, it will find a roundabout way for itself.

Sexual desire is a legitimate desire of the body, let's not deprive ourselves of this source of pleasure until we can replace it with another bliss. Summary, in connection with sexual activity we can phrase twofold purposes:

- 1) If we want to make use of it, we should raise our sexual activity to the highest possible level towards total unity with our partner.

2) If we no longer wish to live with it, we should sublimate it to the highest possible level of energy.

Harmony of the third (releasing) chakra (Manipura)

The more you can stay in your natural state, the happier and more balanced you are. Psychosomatic, psychic and neurological diseases are very rare among primitive peoples because they are able to live in their natural state. What does this mean? I eat when I'm hungry, I defecate when I need to, I sleep when the sun goes down, I wake when it rises. We modern humans start to indoctrinate our children into civilized behavior from infancy, so that by the time they grow up they have completely forgotten what it means to live naturally. On the one hand, this is useful, because society expects us to abide by a set of written and unwritten rules, and those who adapt better, do better, but on the other hand it often places unnecessary burdens and stresses on the individual.

Let our children (and ourselves) live freely at least in the family environment! Let's not insist on unnecessary family rituals (e.g. always having breakfast and dinner together, always going to bed and getting up at such and such a time, always dressing in such and such a way, etc.). Let's give scope for the natural human being to develop, because the individual's well-being and happiness are more important than respect for empty rituals and traditions.

The harmony of this chakra is in connection with how we can exercise power over others and surrender ourselves to the power of others. Whichever side causes problems, it results in damage of personality. If you are forced to live your whole life as a subordinate person, both at work and in the family, your distortions will soon manifest themselves in mental and physical illness, not to mention unhappiness because you are always living up to the expectations of others and cannot develop freely, whether positively or negatively. These qualities are always relative, a function of age, society, culture, and the human factor of the immediate environment. The transformation of 'negative' personality traits cannot take place without their surfacing, so a repressed personality, even if he/she is programmed by the environment to be a very pleasant person, does not develop because he/she has no way of self-discovery.

Similarly, but in another aspect, it is not beneficial to be constantly dominating our environment. These people also stop developing as individuals because they do not get authentic feedback about themselves from their environment. They are surrounded by others with awe mixed with respect if they have truly earned it through their valuable qualities, or people pretend the admiration while having the opposite feelings and thoughts towards them. Thousands of years of Chinese wisdom in the Tao Te King writes thus (17):

*"About the supreme, the subjects know nothing...
They run after those who directly below the king;
First, they are praised then they are feared,
finally, they will be treated with contempt...
Since the people answer to the lack of trust
for those above them, with real mistrust."*

These types of people can be found at all levels of society, mostly political leaders, and in unfortunate cases dictators, but also in church positions. Many church leaders, masters and gurus celebrate themselves with their followers and disciples, secure in the knowledge of their own infallibility. Saint-Exupéry gave an unmistakable illustration of this type in Little Prince:

"– Your Majesty... what does you rule?"

– On everything – the king answered with immense simplicity.

– On everything?

The king made a running gesture, pointing around his planet and the other planets and the stars.

– On all these? – asked the little prince.

– On all these – the king replied.

Because he was not only an absolute ruler, but also a universal one.

– And do the stars obey your majesty?

– Of course, – said the king. – Right away. I will not tolerate any indiscipline...

The little prince was amazed at such great power."

Of course, the little prince did not obey even the king's pleas, because one who is truly free cannot be dictated. Man, in authority

imposes himself on his community, do not allow his own followers to flourish freely, who suffer unhappily and frustratedly, and then finally leave him. In many cases, he attracts similar types of personalities who ride the vanity of the supreme leader and serving his power ambitions they become obsessed with their own power. In this way, man in authority becomes so absorbed in his own role that end up he wear it as a mask that has grown on himself, and fail to notice when his star is setting.

Harmony of fourth (heart) chakra (Anahata)

The balanced functioning of the chakra is related to the giving and receiving of love, as we have already seen some examples in the introduction. Let us listen to ourselves and become aware of the functioning of our heart chakra. The world is hungry for love, so let us not be sorry for this positive energy from people, which is not ours anyway, as we take it from our environment. If we are love-givers, people will open up in our presence, they will be more direct, kinder, everyone will be attracted to us and feel comfortable with us.

But I cannot hide the fact that if one wants to live the all-embracing love that flows equally to all, without distinction, it will not be an easy task, in our times. Although this is shown by the way of Jesus: "Love your neighbor as yourself" (Matthew 22.39), it is also encouraged by most of the world religions. Unfortunately, the experience of all-embracing love did not go hand in hand with the ability to reproduce the bread and fish of Jesus for me, so I had to give up wandering the streets in this blessed state. The saints who experienced this feeling were beggars themselves also, so no one asked them for money or food, and the monastic dress protects against the groups of beggars. I had to learn to regulate my heart chakra, so I only "turn on" in the right environment. Based on my own experience, I suggest that anyone who can should set up a monthly quota to spend on charity, supporting charities and churches that can provide more surely for the needy, instead of distributing to the unfortunates on the streets who are held at bay by the beggar mafia.

Let us consciously practice partnership, parental, childish, friendly, and even our neighborly love for their own sake, because it is GOOD, and because what we give out is what we get back. At the same time,

do not be a prisoner of our love, notice when someone is abusing it, draining, exploiting, exhausting, emotionally blackmailing us, and learn to turn away from the person who is trying to take advantage of our love for selfish purposes. I have seen many cases of someone who, as a prisoner of their love, has supported their loved one to the point of exhaustion, to the point of his/her own financial ruin, and the loved one has stayed with him/her only as long as the support lasted.

A lesser known problem is the lack of acceptance of love. Some people can give, but cannot accept. In their presence, one always feels in debt. Love energy flows well when there is reciprocity. Love can be reciprocated with love and nothing else. Many masters and gurus expect their love to be reciprocated with service. If one has such a feeling, the love of the guru is not absolute, not pure and not selfless. Service should come from the disciple voluntarily, out of love.

Summary, it is true that absolute love is owed for everyone without discrimination, therefore it is absolute. Nevertheless, we are not the source of absolute love, we are only its mediators. The source is God, He is inexhaustible, our sources are finite, and therefore we can only give from what flows to us. If we understand this, there will be disharmony within us nor in giving neither in refusing or accepting.

Harmony of the fifth (throat) chakra (Visuddha)

Its location also shows that the throat chakra is closely related to verbal expression. Speech is an essential means of communication and it is important for everyone to be effective. People who have problems with this chakra experience that they speak but are not listened to. In many cases, speech impediments are also due to an inhibited functioning of this chakra. We have all seen cases where someone's words pour out non-stop, and in the meantime, we will be completely exhausted. These personality types steal energy in the meantime of speaking from the person they are talking, and then, having exhausted them, they gracefully float to the next victim.

When the throat chakra is working correctly, you can express yourself with choice, conciseness, emphasis, your words has weight, your sentences has roundness, completeness and during speaking energy is released. A person who can control the throat chakra always says as much, at that time and at the level that the partner can receive.

Such a person is a pleasure to talk to, because you know you are enriched by him/her. Many yogis temporarily or permanently shut down the throat chakra because they know that reality can only be conveyed in a limited way through words, and because their words carry a weight that would influence the fate of their listener. These yogis do not speak, or if they say something, it is immediately fulfilled.

I am often watching by shocked the irresponsible activity of fortune tellers proliferating nowadays. The difference between divination and depravation is a hairbreadth and this has been since time immemorial. Let us take an ancient example:

Oedipus' parents were predicted that their son would kill his father, the king of Thebes, and marry his mother. To avoid this fateful event, the parents had the child placed on a rock and left him to his fate. But the servants of the king of Corinth found him, and he was brought to the king's court, who raised him as his own son. Oedipus, when he grew up, learned from a predictor his fate, which was to kill his father and marry his own mother. Believing that the king of Corinth was his father, he left the city to avoid the events that had been foretold. During his journey, he came into conflict with strangers and killed one of them, although he did not know that the victim was his father, the king of Thebes. As he arrived in Thebes, Oedipus came to know that a fearsome sphinx was threatening the city. He solved the riddles and defeated the sphinx. The citizens celebrated him as a hero, crowned him king and married the widowed queen to him. After the disasters that befell the city had passed, the royal couple found out the truth: Oedipus had murdered his own father and married his own mother. After the secret came out, the queen took her own life, and Oedipus blinded and cursed himself and lived as beggary.

Even as a student, I was stunned by this story in which some people who considered their fate as a fatality while are escaping from it, finally attracted it for themselves. On the other hand, I was appalled at the irresponsibility and ignorance of the prophets in destroying the lives of families, and that none of them thought - beyond their precognitive vision, which was obviously linked to perceive into the karma of the people who turned to them - to highlight what could be done to break the wheel of karma. According to the belief system of the time, Oedipus or his parents should have thought along these lines: the gods are angry with me because they destine this fate me, I will

take the punishment they have inflicted on me, but I will do my best to atone to the god whose just wrath has brought this blow upon me.

A person, if he/she says something, is responsible for what he/she says; if he/she is a prophet, a seer, a yogi, then even more so. They must know that all future events are merely probabilities, but if they are presented as the only possible outcome, they are pushing their fellow human beings into a supposed possible outcome. Thus, the augur has been proved right, his/her reputation has been enhanced by proving his/her abilities, others can also come to have themselves predicted or corrupted and they even pay for it and the oracle gets rich.

My fellow human beings, do not fall for this foolishness, do not consider your own fate as a fatality. There is bad karma, brought upon us by our past lives, visible to those who have insight, but there are always multiple solutions. If you go to a psychic and the psychic sees only one option, then you should urgently move on and look for another. We tie seemingly insoluble knots in our own fate and we are born with the task of untying them. The key words to untie the knots are always FAITH, KNOWLEDGE and LOVE.

Once, a group of graduate students in astrology were debating my formula (not knowing that it was a formula for a living person), and they concluded that it was impossible to implement because the set of problems to be solved would require two opposing personalities, so that sooner or later the person would either be forced to choose and suppress one personality in itself, or become schizophrenic. It has been similarly failed by "seers", palmists, card readers, kabbalists and others while I am smiling of them.

Who is truly seer is silent about the future, and if he/she does speak, he/she speaks a little and only enough to draw his listeners closer to God. The motto of the five chakras should be, "Silence is golden" or, "If you had listened, you would have remained wise".

Harmony of the sixth (forehead) chakra (Ajna)

The chakra responsible for thinking, for the functioning of the mind. The average person may not even think that it is possible to control the mind, because how can we control our thoughts? The mind control technique is a basic attempt to regulate the mind, based on the

principle that if we cannot control our thoughts, we should at least think positively, thus activating our positive creative powers.

The mind has a multifaceted role in human life. In simple terms, we can think of the mind as a computer. On the one hand, it is used to store information, which can come from previous lives and from the present life, and on the other hand, it runs various mind programs. These programs are uploaded into us by parents, teachers, media, priests, masters, gurus, etc., often without our knowledge and against our will. These programs (patterns, templates) cause people to instinctively follow most of their parents' patterns (lifestyle, behavior) without being aware of it. The situation is not much better if, let's say, they follow the pattern of a master, because this is also just a mental program. These mind programs can be overridden by increasing awareness, except for the life task (life program). The latter can only be overwritten by an enlightened (or commissioned) master and is known as karma modification. Lot of people follow some religion only by mind program, and are as unhappy as the irreligious. The way to happiness is to find your own life purpose, which was encoded before you were born.

The human mind works like a radio transmitter and receiver. The mind can tune in to the thoughts circulating in the collective thought field, which are made conscious through the mind, and the mind associates its own mind content with them. A person inexperienced and unfamiliar with the workings of the collective mental field perceives these thought waves as his/her own and thinks of himself/herself as having invented the thought in his/her mind, or these are his/her original idea. In fact, the thought elements are not original, but given, but from the elements of the thought field and from the content of his/her own mind, an individual idea, a thought unit, can be formed, which can even be considered original. The existence and unity of this collective thought field is the reason why certain scientific discoveries are recognized almost simultaneously in different parts of the world, and why certain scientific or philosophical truths are discovered at the same time by researchers in a given field of science in a given era.

On the other hand, although the thought that appears in the mind can rarely be considered completely original, the person who receives the thought is responsible for what he/she thinks, and even more

responsible for what he/she does after the thought appears, under its influence. Suppose someone suddenly has the thought of killing his/her mother-in-law. He/she doesn't know where the thought came from in his/her mind. It could have emerged from the personal unconscious as a thought manifestation of a repressed emotion, it could have appeared from the collective thought sphere, but then it must have been previously turned into a thought form somehow by someone. In the latter case, he/she is only a receiver. However, everyone is the receiver of that idea which otherwise addresses him/her. That's why he/she is the receiver of that idea because he/she actually hates his/her mother-in-law. If he/she then receives the thought and performs it, he/she is absolutely responsible for the murder, even if it is proved that he/she was out of control at the time, and he/she is acquitted according to human law. It must be clearly seen that there is a human legislation which will never be perfect, always trying to approximate reality and truth, and there is a divine legislation which is absolute. The divine legislation works through the basic laws described earlier and will be discussed in more detail later. Every thought, feeling, action leaves an imprint in the energy body and these imprints are carried by the person even after death and even carried on into the next life. This was what the prophets mentioned in the previous chapter saw.

Coming back to the functioning of the frontal chakra, this energy center regulates all activities related to thinking. Different areas of the brain are developed differently in various people, some are more receptive to certain sciences, others to languages and the arts, others to none of these, but have, for example, a good practical sense or manual dexterity. Every human being has at least one area of the brain that is more developed compared with the average people, which society and the individual should have exploited luckily in order to be a successful and happy person in society. In other words, one of our tasks is to develop our superior abilities and use them for the benefit of society, and another is to raise our mean abilities above the average.

So, this chakra works harmoniously if this natural human need can be satisfied, and our happiness, our well-being, depends on it. On the other hand, the individual is confronted with countless obstacles from his/her environment and society which prevent him/her from fulfilling this task, and therefore if his/her environment does not reward his/her

ambitions and abilities, or if he/she falls behind in the competition what he/she should be engaged with people who have better abilities than himself/herself than he/she is forced to give up his/her ambitions and consequently experiences himself/herself as unhappy, untalented, superfluous in society and judges his/her fate to be hopeless.

Unfortunately, today's society is not about allowing everyone to develop their abilities unhindered, and I suspect that earlier societies were not about that either. So, there is ideal society, neither in the past nor in the foreseeable future, and we have to live with what surrounds us.

We have to accept that not everyone will become a scientist, artist or inventor, or decipher the ancient Egyptian hieroglyphics or create a spaceship that travels at the speed of light. These activities can only serve the self-fulfillment of a tiny minority, i.e. the number of people who can derive pleasure from the unhindered development of their intellectual potential is finite, and this possibility is given not necessarily those who have the most outstanding talents. This joy is changed to the opposite if the Nobel Prize is gained by others instead of us, and if we consider the eternal race against time, according to which anything what it is worth to invent it is worth to invent first, because this is the only thing what is rewarded by an achievement-oriented society.

Increasing numbers of people will realize that there is no point (for them) in pursuing external sources of pleasure, first because it is inherently hopeless and second because there cannot draw lasting pleasure even from gaining the Nobel Prize, since in the next year it will be handed out again, and it is unlikely that the same will be the winners. Furthermore, in science, art, or even in economic and political life, to maintain the level of achievement over the long term requires an enormous energy investment from the individual, on which his/her whole life, health and happiness may depend. In other words, during the pursuit of happiness, while one is striving to develop his/her excellent (or perceived) abilities, he/she loses just the thing that was most important to him, happiness.

Eastern cultures recognized this contradiction thousands of years ago and developed worldview systems for people in which both the average and the above-average could find their inner source of joy. Without this source of inner joy, the whole of society will become

depressed, which we are already seeing signs in our home and in Western civilization, and which are likely to increase in the future.

One way to evolve intellectual skills is to make mandalas. I recommend it for those who feel artistic inclinations but for whom a career as an artist is not available for whatever reason. Mandalas can be made by any method, computer, hand-painting, bead-weaving, drawing in sand, etc. The original purpose of mandala making is to occupy the mind with some creative activity and to experience the joy of creation, not to keep the result, but if one cannot part with the result yet, feel free to keep the mandala, decorate your home with it or give it as a gift to others. By making a mandala, an individual can satisfy their spiritual creative abilities and move on to experience spiritual sources of joy.

Another useful and spiritually beneficial activity is the study of the scriptures. I recommend this for the intellectual types. We can choose the Scriptures of any religion; the point is to be able to immerse ourselves in them. This is analogous to the process of deciphering the Egyptian hieroglyphics, since each scripture is a specific system of symbols that must be mastered for a deeper understanding. The question may arise why I do not suggest crossword puzzles as a pastime. Well, not from religious fanaticism, but from experience. Crosswords, even if successful, do not bring lasting inner joy, but once you have learned and understood a chapter of Scripture, you can gain very deep insights and life experience, you can see the problems of people around you, and life situations come back to you as familiar. The events are processed in symbolic form, precisely so that they do not lose their eternal validity.

It may seem surprising that, although the Scriptures are thousands of years old, the problems of people being included in them are the same as nowadays; let's replace some of the characteristics of the age, it turns out that nothing has changed. What was King David in the story of Old Testament concerned about? On the one hand, the war. Translated into today's language, how he could extend his economic and political power to the surrounding countries in order to ensure greater prosperity for his own people at the expense of others. On the other hand, although he had many wives, because he was rich and could have all the women he wanted, he wished the woman (Bathsheba) who remained faithful to her husband. Translated into

today's language, a man who attracts plenty women will run after surely the only one who doesn't want him. Thirdly, his favorite son died; although he had countless children by his various wives and concubines, he was solely upset by the loss of the only child born from the coveted Bathsheba, whose husband he got rid of by sending him to the frontline to fight in the war. Ah well, man is fallible!

If we look at the history of mankind in the light of the scriptures (the scriptures of any religion), we find that during the economic and religious wars, men killed each other, men cheated on each other with different women and vice versa, women envied and competed with each other as wives and concubines, their children did the same, fighting for power and position. On the other hand, the scriptures also tell us how to live differently. So now let's look at what has changed? ... And now let us see if we know how to live differently? If not, then let's read on this book further.

My third piece of advice for people who want to improve their intellectual abilities is to control their thinking, to regulate their mind, which can be done with different techniques (e.g. yoga). The beneficial consequence of this is to free the mind from patterns and desires, so that one's prevalence in the material world is no longer important, and as it loses its importance, one can attain the grace of leaving the material world, moksha, liberation.

The mind therefore plays an important separating role between the consciousness (intelligence, buddhi) and the soul (Atman, divine spark). This separation allows the experience of duality. When the mind is completely purified, emptied, this separating role ceases and its original function becomes clear, and the unity of conscience and soul can be experienced.

The seventh energy center (Sahasrara) is responsible for the connection with God and the absorption of divine life energy. The working in it without spiritual studies for most people is beyond the border of their possibilities. The energy center works in a natural way, but they cannot access it and influence its functioning. Moksha, liberation, is attainable without touching this energy center, but it does not mean enlightenment, but the attainment of a higher level of consciousness.

Tools for self-programming

The remaining chapters of the book are intended only as a reference point for those who are seeking God. The individual use of each chapter can be performed for the seeker's own risk, and they can appeal with their questions and problems to the author for guidance in principle and practice. The book does not substitute the personal guidance.

The aim of self-programming is to break down the limits of our possibilities, to invent and realize ourselves. The purpose of this book is not hidden, to lead the reader to spiritual realization, but as long as one's desires are bound to the material plane of existence, we cannot speak spiritual realization, till then one's desires must be realized in the material world, and one can rarely give up their desire until one have success in its realization. Thus, the means discussed here can be applied in all walks of life, one only needs to be aware of the rules and laws described above.

Let's start from the premise that we are part of a virtual reality. At first glance, it is irrelevant how this virtual reality was created around us, or by whom and what. We are programmable elements of this virtual reality. Our minds run countless hidden and unconscious programs, and are occupied by numerous fragmentary programs that slow down our mind-computer.

The first question of who and what is programming us has already been mentioned. Now we need to talk about how we can transcend the programs that have been fed to us in one way or another by our environment. Once we are aware of who we are and who we want to be, then we can take the tools that are meant to direct us to self-education.

Role models

You can choose a living or a deceased person as a role model, in both cases it is important to have enough information about the one's personality. We analyze the personality traits of the chosen role model, just as we did for ourselves, and decide which personality traits we would like to replace with the personality traits of the role model in us. We can do this with several role models. Exceptionally, we may

identify with the whole personality of a single role model, but be careful, because perfection is rare and we should not copy others' mistakes unnecessarily, but learn from them.

It is not advisable to choose a role model from the media. On the one hand, media stars are themselves paper masks, created characters, they are not themselves, and they play a chosen role. This role often has no connection with their own personality, which, in many cases, they do not even realize. The biggest problem of our time is that to find a role model whose personality fits into contemporary society is becoming increasingly difficult, so let us walk carefully in the world and, if we are really looking for a role model, our paths will cross those of someone who can serve as a role model for us.

The most fortunate case is when we find a self-realized master (guru) with whom we can fully identify. In this case, we can take on the personality traits of our role model, but don't be surprised if our "master" guides us on his/her own path, because he cannot do anything else. If we have any doubts about whether we have made the right choice, we should simply change role models.

Let us never forget that our personality (astral and mental body) is really just our clothing, and that the essential part of us is our own ideal Self and our true guide isn't programmable. We only need to correct our personality in order to successfully achieve the Over self and to integrate more easily into society.

Saints can be good role models provided they have reached a state of perfection. If we choose a saint as a role model, we should study his/her life before deciding. In this case, it is right not to immediately take in his/her personality traits, but merely to use meditation with him/her as a guide when we have doubt about the rightness of our actions. If, on the other hand, we decide to adopt his/her personality traits, then don't be surprised if we are unable to fit into society. Therefore, we should only do so when we are ready to retreat from our social obligations and have already arranged everything accordingly.

In today's age, many people want to achieve some kind of spiritual realization, but many people miss the aim. The most common mistake is to start without suitable training and education, self-knowledge and consequently knowledge of others and the path. The most typical spiritual and religious groups:

I. Average educated, easily enthused, believers who are dazzled by the sounding, slogan-based and/or scientific-sounding teachings and knowledge of a guru from far away (it's essential to be foreigner).

What should stand out:

- Slogans such as "You are perfect, because God does not create imperfect." The point here is that you don't have to do anything to achieve perfection, just go to his courses and lectures.

- Questions cannot be asked, or if it can, explanations are omitted or meaningless; the questioner is mocked or embarrassed.

- The guru feels empowered to override accepted scriptural rules - that people don't like to follow anyway - with popular claims, and explain why that rule is outdated.

- Scientific claims are based on half-truths, unproven and unprovable, lacking logical reasoning, or are outright scientific sounding gibberish that the public doesn't understand a word of, but sounds very good, and no one dares to say they don't understand it, because how embarrassing that would be...

- After a while, believers become attached to the guru, they feel a constant urge to go to the course, to go to the lecture, if they don't go they feel they are missing from something, if they go they feel they are participant of a big thing.

- It lacks philosophical grounding.

II. Average literate, easily enthused, devout people who blindly follow a guru from far away (or native) who has a certain partial knowledge, perhaps trained abroad. A common characteristic of this group is that they take very seriously the things; they undertake renunciations, penances; practice and meditate beyond their means etc., and after a while they become unable to integrate into society. They can't live with others, breathe the same air, lose their jobs, become impoverished, drift to the periphery, lose contact with their families, etc. The guru either takes this as natural or ignores it, or it is arranged saying: this is your karma.

What should at least be apparent to the guru is that the disciples have automatically taken up his chakra and energy system, even though they are not yet at the stage of spiritual development. The guru may have given up everything, but his disciples have families, jobs, social obligations to attend to, and they have time later to retire from

society (if they want to). This situation isolates them from society, so that they cannot influence it. They cannot pass on the knowledge they have acquired to those around them, nor do they show love or tolerance for other members of society, which is cannot be the goal of any path to God.

III. People of average education, easily enthused, believers or, on the contrary, disillusioned people who drift. In fact, they are looking for community, but cannot find it, so they are drawn to spiritual groups. Community has no real purpose, just to have fun, to do something special. Let's invoke spirits, angels or whoever, we don't know who's coming anyway. The point is that we are more evolved than other people. We are descendants of the 'such-and-such' nation, into this term we can insert at will any historical (preferably extinct), spiritual (or perceived to be) people group. This is particularly popular in Hungary, because there is no other nation who has so many ancestors as we have.

What you should notice: there is no serious teaching here, there are programs, festivals, and everything is included. Especially the various masters, seers, helpers, healers, prophets, who provide services to the credulous participants who have little or no idea, and not even can be, who these people are, where they belong, what they represent. But at least there is democracy, from shaman through witch to astrologer, everyone fits in the group and everyone helps those who turn to them, even in anything.

IV. Average literate, believing people with a great sense of mission, who want to save the world (e.g. Hungary) from darkness, evil, disaster, doomsday, etc. Also, descendants of the 'such-and-such' nation, mostly thinking of themselves as possessors of special knowledge, power, etc. However, since they do not share this knowledge and power with others, it cannot turn out that their knowledge and power are not special at all. Of course, the leader of such a group can only be a possessor of special knowledge and power, who has secret and diversified connections, which are so secret that it cannot be ascertained.

What should be apparent that all is in connection with power; with the exercising power over others (people, groups, nations), ordering

the things of the world according to God's will, which is here understood in a particular way according to the will of the personal leader. It is also striking that everything is strictly secret and confidential, the participants observe each other, report on each other. The result of this strict secrecy is to present another image to the outside world, which leads to common lies, compounded by distrust of outsiders and of each other.

The above list is a non-exhaustive one, which highlights the main features using locally sharp expressions. A spiritual community may have characteristics of several groups. The seeker must therefore choose from these communities according to his/her best judgement. Since there is something to learn from each, it is worthwhile to experience and study the inner workings of several communities. Before anyone concludes that, wow, what a world this is, I state, the world has never been better or worse, and communities have not functioned differently, because they have always reflected the imperfections of human nature.

But let's get back to the search for a role model, which is not easy after all. My general suggestions:

- Don't choose a role model who is out of your reach at first, progress gradually, once you have approached a role model, change to a higher level.
- Don't choose a role model as a first choice who was not able to fit into society (e.g. retreated saints), only if you yourself are ready to withdraw from society.
- Don't choose a role model who you can't love or accept wholeheartedly, because you cannot follow him/her and love is the greatest driving force in following a role model.

Nourishing the body

Sanctify every meal. I do not mean the practice of empty rituals. Let us feed on the idea that what we eat is part of God, and that every bite brings us closer to becoming fully part of him. To do this, of course, we must eat in such a way that our food is free from violence. Seeds and fruits are completely free from violence because their gathering does not involve the destruction of the plant. Plant foods can

be offered to God, blessed with our own words or learned mantras. If we are on a meat diet, we can thank the animal for sacrificing itself for us and put a REIKI symbol on it. At all times, thank God for keeping us alive and for allowing us to sustain ourselves with food.

Change your diet form so that you don't have to do violence to your physical body. The physical body has legitimate desires and these should be respected. The body is the vehicle of the soul, just as we take care of our car, we must take care of our body. If we want our car to take us far and long, then we need to fill it up with the right fuel. If we want to change our eating habits, let's talk to our bodies so that there is no resistance. A particular type of diet is neither good nor bad in itself; there is good and even better, it all depends on what we want to achieve. We should not follow religious habits mechanically, without inner conviction, out of fashion, just to score good points at someone. Let's only keep in mind those precepts with which we can fully identify, because already we have either embraced them or they have become part of our belief system.

Switch to another diet at the latest when you retire and gradually work towards achieving non-violence as fully as possible. Not only in the Vedic Scriptures, but also according to the creation story in the Old Testament, plant food was appointed for man (see the interpretation of the seven days of creation). Depending on our situation, we can make the change earlier, but beware of unnecessary battles with our environment, which consumes too much energy and the change in diet alone has not enough efficiency that we quarrel with everybody because of it. There is a prescribed time for everything, so there is a suitable time for this too, and when the time comes, we will find the solution we want without fighting with ourselves and our environment.

If you have enough time, prepare your own food and drink and use as few pre-made products as possible. During cooking, identify with the activity you are doing, think with devotion of the loved ones for whom you are doing it. We will find that our positive (but also negative!) feelings and thoughts are also incorporated into the food carrying them as information.

Once we have committed ourselves to realizing God within, we should prepare our food with thinking to God, with praying and chanting, and offer the food to Him as a symbol of our love and

sacrifice. If we are not yet at this stage, let us try this at least occasionally, on special opportunities, to experience what it is like to work for Him and give pleasure for Him. God basically doesn't need food, but we need to learn to do everything for Him. Food prepared in this way nourishes not only the body but also the soul.

As in all areas, in the field of nutrition, we should be tolerant of those around us who eat differently. Cosmic tolerance is a part of the realization of God as well, but it is often forgotten by spiritual masters. God exists in a state of cosmic tolerance and allows us to voluntarily, of our own free will, recognize and obey His laws, so on what basis do we dictate to anyone to follow certain dietary habits? But one should know, and we can enlighten him/her, that if he/she does not strive for non-violence in his/her diet, he/she will be slower in his/her spiritual progress.

Nourishing the soul (mantras, prayers)

As mentioned before we can nourish the body with non-violently prepared, offered to God, and blessed, energized, natural food properly. But this is only one way, and not the only way, to strive for a way of life free from karmic retroactions. In the Cosmic Laws chapter, I explained that we should strive to achieve a way of life which does not provide a cause that will result another life (law of cause and effect).

I would like to give an example to illustrate how to fit harmoniously into the law. Suppose we want to build a house, but we don't have enough money. We go to the bank and take out a loan. The bank will give it to us, but only if we give appropriate guarantees. I guess everyone is familiar with this situation.

Now imagine that God is the banker and the house we want to build to enter the kingdom of God is our spiritual (light) body³⁶. In the kingdom of God, you cannot live in just any body, only in a fully purified body of energy, let us call this body from now light body. God doesn't lend us money, but life energy, with the purpose of building up our light body. In contrast, what do we use this life energy for? We

³⁶ The light body is not the highest structure but this will not influence our conclusion here.

eat, we drink whatever we want, we make love, in short, and we enjoy the pleasures of the material world. We can do this for a while, but if the banker sees that we are not using the loan for what He intended, after a while the resources dry up, we become sick, we become poor, and now not only the construction of the light body is in danger, but also the structure of the physical body. In the meantime, the loan that was taken out will have to be repaid. Then we are able to repay it if we turn to God. One way to turn to God is to practice mantras and prayers regularly.

Let's create a sanctuary for ourselves where we can practice regular prayer activities. If you have a room that can be completely dedicated to this is the best solution, if not, designate a corner or place your altar in a cabinet. The altar can be decorated as you wish, you can put holy pictures on it, according to your beliefs, you can put a photo of your master, etc. (It is important that from the people who are currently living in the physical body, only those are placed on the altar who are certified saints or enlightened gurus!) Enlightened masters and credible saints, independently from their belief system, will certainly not interfere with each other's influence, in other cases there may arise an energetic disturbance that will be reflected in our minds. In this case, let us remove the image of the problematic person. The altar should be opened when it is in use, otherwise it should be covered or closed (e.g. the cupboard door).

Let's form a habit of using the altar. Decide at what intervals, what prayers, mantras and how many times we will recite etc. Strive to use the altar at regular intervals at the same time, e.g. monthly, weekly or daily. If later we want to increase the frequency of altar application, we can do so, but we should commit to use less at the beginning, what we can keep, rather than having to reduce it later. If a practice system has been set in, its reducing will cause a sense of inadequacy and remorse, so the gradual increase is recommended. Habituation is like a program that helps us override useless habits.

The altar is a symbol, its care serves to nurture and deepen our relationship with God. If this relationship become important for us, we can reach to open a dimensional gate in our homes. The altar represents our personal relationship with beings in the higher dimension of the macrocosm who are our intermediaries to God, so it does matter who we place on our altar. When we travel, carry a

photograph of the person who best embodies our relationship with the altar, and use the altar in our absence as we would at home.

The energetic functioning of the altar is based on the principle of magic image saturation, its energy is fed by the interconnection of our creative powers with the powers of the masters (saints) on the divine plane. Therefore, it is important to place on our altar only the images of the entities who have reached the divine plane, because in this case their energy will strengthen our God-realization, otherwise our prayers would feed the (possibly egocentric) project of a master on the physical plane.

You can use any religious prayers or mantras what you like, you just need to think about what you want to achieve, for doing this the God images, God-realization chapter gives you some guidance. There is also the possibility of offering food, drink, etc. before the altar, for which we can develop our own home ritual rules, or apply what we have learned from the rituals of a particular religion, if we have this type of training.

Training and control of body and mind

In the spiritually uneducated person, consciousness during sleep and wakefulness is not separated from the body with which events occur. A person who dreams experiences events as affecting his/her physical being, e.g. he/she is being persecuted, and his/her reactions will be corresponding, e.g. he/she flees. When he/she wakes up, only then realizes that it was a dream and the events did not take place on the physical plane. The dream takes place in the astral-mental field, where we are present in an astral-mental body. During wakefulness, consciousness follows events on the physical plane, where we experience something as real when our physical body is involved. Meditation teaches us to detach from the physical body, which means that consciousness shifts into the etheric, astral-mental, causal or even higher energy fields. At first it is not easy to distinguish between them, but with some practice one will know which body one is in. In meditation, consciousness can be lifted out of the physical body and the meditator will have an out-of-body experience, and with some practice, can even wander in space and time in this state and make real observations. In many cases, his/her observations can be verified and

prove to be correct, e.g. he/she draws the interior of an unknown apartment.

Through practice, the ability to shift consciousness within oneself can be acquired, and consciousness can penetrate to various centres of mind where long-forgotten information is stored. These can be brought to the surface and erased, depending on what is our task with them. The mystics of ancient times have known since time immemorial that achieving control of the body and mind is important in developing higher levels of consciousness, and therefore they have developed practices that have been preserved for us in the form of yoga exercises.

Yoga

I recommend practicing the elements of yoga to all seekers of God, regardless of their belief system. The most general definition of yoga is oneness with God, which means that everyone is a yogi who wants to achieve oneness with God. The laying down of the principles of yoga is attributed to the sage Maharishi Patanjali, who lived in about 400 BC, and his Yoga Sutras have become known as the eight-step system of yoga.

1. Yama: The yogi should observe general moral standards and strive to develop and practice positive qualities (non-violence, honesty, integrity, morality, love, compassion, etc.).

2. Niyama: the practice of personal virtue and self-discipline, the pursuit of God-realization, devotion to God; restraint in all worldly things that might take one away from realization. Regular purification of the astral-mental body, training in the scriptures, philosophies of existence.

The precepts of yama and niyama are nothing more than the principles and rejected patterns of behaviour recommended by all religions.

3. Asana: regular physical yoga practice. The practice of asanas promotes and facilitates the flow of vital energy to all organs. Through this, diseases can be avoided and the body is prepared to withstand more vigorous energetic work. However, the practice of various postures is only a necessary but not a sufficient condition for God-realization and self-realization.

4. Pranayama: the attainment of cosmic consciousness is closely related to the mastery of the breath. Pranayama is a breathing practice that involves the conscious control of the flow of life energy.

5. Pratyahara: Withdrawal of consciousness from the external world and separation from the senses, because the senses mediate the external and internal illusory worlds. Then the mind quiets down and consciousness can reach higher inner states.

6. Dharana: continuous concentration on a single thought or object (e.g. an image of God, mantra, etc.). When dharana is performed, no other thought can be present in the mind except the object of concentration.

7. Dhyana (meditation): consciously maintaining a state of thoughtlessness for a long period of time. In the state of meditation, the yogi forgets his/her body, his/her senses and mind-level awareness are turned off, but he/she knows that he/she still exists. In this state of awareness, the yogi is unaware of space, time, place, but still retains the individual self-consciousness that contemplates the wonderful state of bliss with peaceful serenity. Many different inner voices become audible (Anahat voices) and by concentrating on these, Samadhi is attained.

8. Samadhi: When the real self of the yogi merges into the divine consciousness or with other words his/her higher spiritual consciousness into the Cosmic Consciousness. The first level of this state is Ananda (extreme inner happiness and joy). This state is associated with liberation from worldly desires. The next stage, when the yogi's ignorance dissolves, this is the possession of intuitive and true knowledge.

Types of yoga

Depending on which of the eight steps described above is highlighted, different types of yoga have evolved from historical times to the present. Of course, teachers or followers of each type of yoga swear by their own system as the best possible version. But human souls are not the same and cannot move at the same speed along the same path, so it is better for everyone to choose the type of yoga that suits their personality.

The main types of yoga:

Karma yoga

The yogi strives to change his/her bad karma (action with negative retroaction) into good karma, i.e. all his/her actions are determined by the pursuit of good deeds. This means the transposition and perfect realisation of yama into everyday life. Those who follow this path can emerge from the material world as well as anyone else, but their progress is very slow because they have to practice yama in increasingly specific life situations, and they will not be able to do so until they have incorporated the other stages of yoga into their practice. For example, Jesus on the cross pleaded for God's forgiveness for his tormentors. No human being can do this without attaining the state of samadhi. Therefore, every soul, after practicing karma yoga, will sooner or later shift to a higher type of yoga.

Bhakti yoga

In the yoga of devotion, the yogi focuses on total self-surrender to God (e.g., a community of Krishna conscious believers). This is the perfect realization of niyama in everyday life. However, those who perfectly realize niyama (e.g. Prabhupada, countless Vaishnava masters and Jesus) inevitably set in motion such energetic processes that lead them towards the practice of other types of yoga. Thus, Krishna's believers sooner or later enter into the realization of dharana, where perfect concentration on the maha-mantra (Hare Krishna...) is achieved. This is called japa (chanting) inoffensively.

Hatha yoga

The type of yoga that aims at the perfect realization of asanas. (The best-known contemporary exponent is B. K. S. Iyengar.) However, whoever achieves the postures perfectly, thereby gaining complete control over his/her body, also achieves control over the breath, and has thus passed to the next stage, which is then followed by the others.

Ashtanga yoga

The collective name for the types of yoga that deal with the control of ascending (ascendant) or upward directed energetic processes. It includes kriya and kundalini yoga. It focuses on the practice of pratyahara and the steps above, but it is not without its lower steps.

My personal experience is that it is useful to practice each of the first seven steps, even if not with the same intensity. As time goes on, the yogi's personality changes and the focus may shift, making it more difficult to start practicing a particular step from the beginning than

simply doing a proportional shift. For example, if one is practicing only bhakti yoga and one's devotion becomes so great that kundalini energy spontaneously starts to flow in one's body, one may hurry to find a way to regulate this power (this is what happened to me). Many Christian saints have done the same, e.g. St Francis of Assisi, who knew nothing about kundalini and could not regulate it, but endured a lot of physical suffering because he did not do targeted yoga exercises. The founder of Krishna consciousness, Caitanya Mahaprabu, had fully active kundalini power, spontaneous kundalini activity appeared in his body in many cases, but he did not engage with it, so sometimes he was not conscious at all, he went into spontaneous samadhi, from which he could only be brought out by chanting Hare Krishna. This was acceptable 500 years ago in India, and even today, living in a holy place, it is still acceptable, but the same does not work in the Western cultural context, because here one would be surrounded by total incomprehension. Just imagine what would happen if, for example, in a Krishna consciousness believer, as a result of total self-surrender, kundalini suddenly spontaneously started? Who would understand and who could help him/her? Probably they would call a doctor and then exclude him/her from the community as a simulant who fakes transcendental symptoms because he/she wants to be a saint!

The situation is no better in the Christian churches, and as an example we can read about the lives of several saints who suffered many humiliations until they were canonized long after their death finally. The reason for these is simply that believers are ignorant of the inner power and do not practice the whole yoga process. Incidentally, **sainthood is - on the part of whole humanity - a universal defense mechanism, so that the person in question does not have to be followed.** If one is a saint, it is not possible to go on his/her path already, because we have put him/her on a pedestal and separated ourselves from him/her. But the saints were all trying to show us that we can, and should follow them!

Here I would like to dispel some common misconceptions about yoga, spread both in the East and in the West.

- Basically, no one type of yoga is better or worse than another, but there is good and even better solution for a person in one situation, which is not necessarily true for another person in another situation.

- One who cannot connect pranayama with the regulation of chakras, who has not been taught this technique, or who has not found it out from his/her own and does not know what it is all about, will not be able to achieve pratyahara. Therefore, it is unnecessary for someone to claim walking on the path of astanga yoga when one can tell at a glance that he/she is unable to regulate his/her chakras.

- Stopping the flux of thoughts in meditation is not the same as achieving a state of thoughtlessness. Anyone can stop the flow of thoughts for longer or shorter periods of time, but a state of thoughtlessness is the attainment of a state of emptiness (sunya). In this state, the level of consciousness is at least under the top of the skull, in the cavity between the two cerebral hemispheres, where there are physically no nerve cells, i.e. the disconnection of perception from the senses (including the mind!) became complete. In the state of emptiness all internal images cease to exist because the life energy does not touch any nerve cell. This is preparation for the exit into the macrocosm, which can only be achieved by raising the kundalini.

- The last step, the samadhi is pointless to practice until it comes by itself. It is no sense for someone to pretend to be in samadhi when one is not there, and yet claim to be practicing samadhi. Here again, the rule is that in the material universe, everyone can only deceive himself/herself, but he/she can do so of his/her own free will, according to his/her own wish.

- Until the yogi has stepped out through the Sahasrara (raised his/her consciousness outside the top of skull), he/she is operating in his/her own microcosmic reality. Until then, he/she sees the internal programs recorded in his/her mind, even if they appear as external images. However, the activation of these internal programs is extremely important, because these determine the orientation at exiting into the macrocosm. Without it, the yogi will not be able to orient himself/herself once he/she leaves the Sahasrara, will get lost and will not be able to return, or will go mad in experiencing the macrocosm. An example of the first case is Lazarus, who as a disciple of Jesus practiced the Samadhi but, on leaving his body, got lost in the macrocosm because he could not orient himself. The others, thinking he was dead, buried him. Jesus, who knew exactly what had happened, was able to bring him back from samadhi because Jesus' voice gave Lazarus direction and he found his way back into his body. (In

samadhi, life functions can cease and the body begins to decay, the only exception being the bodies of highly advanced yogis who have developed energy body /prana body/. In this case, the body remains as if asleep for extended periods of time.) Another example is myself, who in a life 800 years ago, after leaving the Sahasrara and dying a physical death, went mad under the effect of experiences because I had no direction and because my consciousness was not developed enough to bear the perceptions. A similar experience was lived through by Arjuna, who was shown the macrocosm by Krishna, by pulling up the kundalini in him, thus lifting the centre of consciousness out of his body (Arjuna thus got Shaktipat). Since Arjuna also did not have sufficiently developed consciousness, he felt mad and begged Krishna to withdraw this manifestation. By doing this Arjuna chose a direction, he wanted to see Krishna and this saved him from going mad. That is why I recommend that anyone who comes to way of kundalini yoga should choose an orientation as soon as possible, to turn to an archetypal image of God before entering the circle of experiencers of the macrocosm, because one cannot be sure that after a few hundred years one will be able to tell all these stories.

The power of faith

When we look at a person, we have to observe together with his/her belief system. It is quite unnecessary to threaten a Christian that if he/she eats meat he/she will incarnate as an animal in his/her next life. This is not part of his/her belief system, and because he/she does not believe in it, it will not happen to him/her. In the same way, it is useless to threaten a Hindu with hell, because for several branch of Hinduism it does not exist, because there is only Maya. It follows that for the ordinary people the absolute reality, independently from their belief system cannot be experienced; this is manifested only to those who see beyond the realm of illusion. We can therefore reckon that an average person moves within his/her own belief system, both in life and in death, and experiences accordingly.

This statement was made by Jesus, "Go! It will be done just as you believed it would." (Matthew 8.13) and Krishna said, "Whatever state of being a man remembers when he leaves his body, that he will undoubtedly attain." (B. G 8.6). The correct interpretation of these two

sentences is essential for us to understand the driving forces of what is happening around us.

Let's first analyze Jesus' statement: both in your life and in your death, your faith controls the events that happen to you. Your faith is the sum of all the feelings and thoughts you hold to be true about the universe and how it works. The closer your faith approaches the Absolute Reality you do not yet know, the closer it leads you to it. In other words, you will fall from illusion to illusion until the illusory blocks around you gradually vanish and one day you may reach to perceive the Absolute Reality. At the same time, all illusions restrain you as reality until you know a higher level of reality.

A materialist believes only in matter, for him/her there is no higher reality. Since he/she believes that after death his/her consciousness will be annihilated, that is what he/she will experience when he/she dies. In an absolute sense, his/her consciousness will not be destroyed, but it will not be experienced by him/her; so, he/she will be born in a next life without remembering anything from his/her previous lives, but he/she will bring his/her karma with him/her, knowing nothing about it. Regardless, the information of his/her previous lives will be stored in the causal body, but for him/her this information will remain hidden. To give an example, a materialist is like as the same operation system has been loaded again in each of his/her lives on his/her mind computer without correcting the errors (karma), while he/she has no idea about it, so that his/her life program will become more and more difficult to run from life to life, because his/her karma will not decrease. The only way out of this is if he is introduced to teachings in one of his lifetimes that will bring him out of this ignorance.

If a Christian worshipper who does not believe in reincarnation, but thinks that there is a hell where he/she is punished and a heaven where he/she is saved, he/she will find that at the moment of death he/she will have to look into a pillar of light, like a mirror, to confront himself/herself. If he/she is unable to confront himself/herself and runs away in fear of punishment, he/she will end up in hell (bardo) and suffer there until he/she realizes that it is not reality, but only his/her dream. Then, by turning to God, he/she will enter heaven, where he/she will get retraining and reborn, choosing a life in which he/she can repay his/her karma. The purer the life he/she has lived, the less time he/she spends in the plane of existence called "hell", ideally

realizing in an instant that it is an illusion and immediately ascending to higher realms.

The line could go on, analyzing each belief system, but in each case, we would find that while the same thing happens to everyone, their subjective experience of what is happening will not be in accordance with reality, but in accordance with their belief (consciousness), which means they are under an illusion.

Let us then analyze Krishna's statement, which leads us to even deeper truths. Instead of state of being, state of consciousness is a more illustrative term; its meaning: the state of consciousness in which we die is the state in which we remain after death. A person in a coma remains in a coma after death, a person who commits suicide continues to experience suicide after death, etc. According to this the life-film stops at the moment of death! The state of consciousness has been recorded what just was reached. So, if we die in God consciousness, we remain in God consciousness. And if we can do this, then the feature film in the material world is over, there will be no more sequels, because the goal, the realization of God, has been achieved.

Faith therefore has both a fixing and a liberating role in our lives, in that the wrong belief system locks us into the material world, and the right belief system leads us out of the material world. Here, of course, right and wrong are relative terms, because if one's goal is to wander in the material world, it is best for one not to engage with transcendental issues at all. Naturally, in that case, he/she will also miss out on the experience of transcendental happiness, and the material pleasures will be his/her only source of pleasure, and his/her life will be full of illness and suffering, because that is the scenario of a film set in the material world.

Self-realization and its stages

Overview of the main religions from a philosophical viewpoint

Many people think about the different religions - because of their contradictory teachings - that only one of them can be true and the others false, or more subtly, wrong. I have nothing against those who hold this view, nor have anything to do with them, because if one chooses a theistic religion and makes every effort to follow it in order to get out of the material world, one does not need a teacher. Others, however, wandering among the teachings of religions, find them all discredited, and end up with materialism, because it at least contains logical and provable elements.

Let us accept the premise that each religion has a truth content, each describes a subset, a reduction, of the Totality. It is as if each religion were a closed box contained by the Totality. Until we step outside the box, or move into another box, we cannot recognize the context of the other box. The box is our own pattern of thinking, and to understand the other system we need to change perspective. If we want to decide what form of Self and/or God-realization to choose, it is useful to be aware of our options we have, based on the religions and philosophies that currently exist. Let us look for the philosophy that describes for us most perfectly, without contradictions, the inner and outer world we experience.

At first glance, it may seem shocking that I include materialism among the religions. People are used to the idea that materialism is enough to know and religions are enough to believe in. I will now prove that it is possible to believe in materialism and to know religions. To do this, let us first examine the difference between belief and knowledge.

We speak of faith when we do not have personal experience of the object of inquiry, instead of we accept the experience of others; we cannot gain information about the object by a method independent of it; the knowledge we gain cannot be deduced logically. Let us look at some definitions to which materialism gives an answer that falls under the category of belief:

A1) Matter is its own cause, (inherent or primordial cause), so it exists from eternity³⁷, it is not created; the laws describing the change (motion) of matter are determined by the intrinsic properties of matter.

A2) Life originated from the inanimate.

A3) Our consciousness is destroyed after our death.

Compare these with some religious teachings:

B1) God is the cause of Himself, an inherent or primordial cause, He exists from eternity, He was not created, He made all laws.

B2) The inanimate is imbued with the life force (the breath of God) and made alive.

B3) Our consciousness exists after our death.

We then analyze each point.

The A1) can never be proven beyond reasonable doubt, because research about the laws of matter is limited (we cannot leave the material universe by material means, we cannot look out of it to see what lies beyond, we can only examine matter by material means, etc.), and the intrinsic property of matter precludes its complete knowability (cf. Heisenberg's uncertainty relation). The results of research can only be conclusive for a narrow circle of researchers, the average person believes them without having personal experience of them.

Let's look at B1). If God exists, He must be tangible, He must give a sign of Himself. So, God appeared to Moses, Jesus saw the Father, Krishna lived on earth, etc. In other words, God manifested Himself to a narrow circle of people, for whom He had a demonstrative power, and they, by their teaching and extraordinary abilities, signified Him to others. No one is excluded from this experience, God can in principle manifest Himself to anyone. Assertion B1) does not refute A1), so one who believes in God can accept the material world as it is and build a philosophy of non-contradiction in his mind. In contrast, A1) refutes B1) because, God is excluded from their view. Materialism therefore excludes the existence of God, but religions do not exclude materialism, at most they regard it as a secondary factor.

³⁷ We cannot differentiate here the matter and the energy, because $E=mc^2$

The problem with statement A2) is that even if we could create the living from the inanimate, it would not prove that this is what once happened, since we cannot go back in time to the beginning to examine it. According to B2), if life is created by the life force, then life force must exist and be experienced. This can be verified as countless healers can impart life force, some saints have been able to raise the dead or bring people back from near death without medical intervention.

According to A3), if our consciousness is destroyed after death, then we have no chance of gaining knowledge or experience after death, we cannot be sure that consciousness exists after death, since we have already axiomatically ruled it out. However, if B3) is true and our consciousness exists after death, then we can retain our consciousness after death and even pass it on to others, as evidenced by the impact of countless yogis - who has departed from the living - on to their disciples. These few examples show that materialism's answers to certain questions do not go beyond the category of faith.

If all these are true, why do we believe in matter more than in God? It is because of our lack of relationship with God! Everybody knows that one has a father and a mother, yet if you ask a child growing up without parents who is his/her father or mother, he/she will say, I have neither father nor mother, because I do not know them. We are all connected to matter, but few people have a conscious relationship with God. So, our faith in God begins to become knowledge when we have a relationship with God! This relationship is personal, and as it deepens, it expands until eventually we can say that we know God. This is how we acquire the greatest knowledge, which is the knowledge of God. If one knows Einstein's theory of relativity, one can talk about it, but if one has scientific cognition about it, one is able to deduce it and even develop it further awakening from sleep. If one believes in God, then one can talk about God and even can have an experience of God; if one has realization of God (which is the real knowledge), then the experience of God is so deeply integrated into one's personality that the qualities of the God aspect one has experienced, can be manifested in him/her. Knowledge, therefore, differs from belief in that the knowledge is integrated into the personality by inner realization, it built in the living being completely that he/she can live according to it.

It doesn't matter whether one is a materialistic scientist or an idealistic philosopher, if one cannot apply one's knowledge to life, one's knowledge is dead knowledge or non-knowledge. Let us look at this through a few examples. For example, if a doctor can correctly determine only from the symptoms of a disease which organ is malfunctioning, that is knowledge; if a mechanic can tell you where the fault is in the car after a few laps, that is also knowledge; but if an ontologist (existential philosopher) recites the relevant scripture and cannot interpret it correctly, thereby misleading others, that is non-knowledge. From these few examples, one can see that there is hardly any real knower today. The materialists have a little bit easier because they can substitute their lack of knowledge by instrumental investigations, while those who investigate the dimensions beyond matter can only attain real knowledge by purifying their minds and rising above the mind.

In what follows, we will examine five basic questions from the perspective of some of the major world religions. The answers to these questions will give us an idea of what each religion has to offer us. Of course, I have given the answers here on the basis of the most widely known or most original forms of the religions in question, since it would be impossible to analyze all the trends, but that is not the point, because we are not going to choose a religion for ourselves, but a path to God-realization, regardless of religion.

I note, that each system looks to be lack of contradiction as long as it is not viewed from the perspective of another system. Thus, a believing Christian, Buddhist, etc. can rest assured that if he/she sincerely follows a system, everything will be given him/her according to his/her faith, universal law and/or God's will. The problems begin when we start looking at systems and comparing them with each other (see Table 2)

I would like to illustrate the situation with an example. A teacher at university teaches biochemistry. Although the teacher talks to everyone about the same subject, the biology students will find the subject too chemical and the chemistry students too biological. Only those who can master an integrated approach can pass the subject. It is common experience that only a minority of students attend the classes, even though they all want to pass. And when they fail, they

defend themselves by saying that they have not even mastered their own subject, not even something *else* (the integrated approach).

Table 2 The answers of the different philosophies to the most important existential questions

1. Where do cosmic, natural laws come from?	
<i>Materialism</i>	Laws exist from eternity, they arise from the intrinsic properties of eternally existing matter.
<i>Buddhism, Taoism</i>	The dharma (tao) as a universal law has existed since time immemorial.
<i>Hinduism</i>	World law (dharma) exists eternally in the equally eternal Brahman (God as Absolute).
<i>Judaism, Christianity</i>	The laws were created by the Creator (God) who has existed from all eternity.
<i>Krishna consciousness</i>	World law (dharma) was created by the eternal God (Vishnu, Krishna).
2. How did the Universe and life come into being?	
<i>Materialism</i>	The Universe, and life in it, was created by the self-motion of matter through differentiation.
<i>Buddhism, Taoism</i>	The Universe and life are created by the fluctuations of the dharma (tao).
<i>Hinduism</i>	The Universe and life were created by the fluctuations of dharma (tao) in Brahman.
<i>Judaism, Christianity</i>	The Universe and life were created by the Creator (God) who has existed from all eternity.
<i>Krishna consciousness</i>	The Universe and life were created by God (Vishnu, Krishna) who has existed from eternity.

3. Is the Universe eternal?

<i>Materialism</i>	The Universe is destroyed and then rebuilt, according to the laws of matter.
<i>Buddhism, Taoism</i>	Only the dharma is eternal, the Universe is a temporary illusory Universe, life in it is an illusory existence and will cease to exist. (Taoism does not answer this).
<i>Hinduism</i>	Only Brahman and dharma are eternal, the Universe is destroyed and then reborn according to the working of dharma.
<i>Judaism, Christianity</i>	The Universe will be destroyed at the end of time, according to the will of the Creator (God). (They do not take a position on recreation.)
<i>Krishna consciousness</i>	The Universe is destroyed from time to time and is recreated according to the will of God (Vishnu, Krishna).

4. What is man's fate in the Universe?

<i>Materialism</i>	Man is born and then dies; there is no self-identifying part which remains after death; the components of human body return to the eternal cycle of matter.
<i>Buddhism, Taoism</i>	Man is born, then dies, the constituents of human body return to the cycle of matter, the soul wanders in the cycle of existence according to its merits as a self-identifying part, and is born again. Eventually, when human becomes enlightened (Buddha), no self-identifying eternal part remains after him/her, human consciousness breaks down into its constituent parts and returns to the eternal cycle of dharma. (Taoism does not answer this).

<i>Hinduism</i>	Man is born, then his/her body dies, the constituent parts of human body return to the cycle of matter, the soul wanders the cycle of existence according to its merits as a self-identifying part, and it is born again. Finally, when the individual realizes his/her divine consciousness of self (Atman), he/she unites it with Brahman, whereby the self-identifying part ceases to exist because it has dissolved.
<i>Judaism, Christianity</i>	Man is born, then his/her body dies, the constituents of human body return to the cycle of matter, but the soul, as an eternal, self-identifying part goes to Hell or the Kingdom of Heaven on its merits, but it must wait to the final judgment for decision. In the Kingdom of Heaven, he/she will have eternal life as a child of God.
<i>Krishna consciousness</i>	Man is born, then his/her body dies, the constituents of human body return to the cycle of matter, but the soul, as an eternal, self-identifying part, wanders in the cycle of existence according to its merits, and is born again. Finally, when the individual realizes his/her divine consciousness (Atman), he/she either merges it with Brahman, whereby his/her personal consciousness ceases to exist, dissolving; or he/she enters into the service of the demigods and/or Krishna, whereupon he/she can serve the chosen aspect of God while retaining his/her personal consciousness.

5. Does man have any influence on the laws of the Universe or of matter?

<i>Materialism</i>	No, at most human can get to know them, but he/she cannot change them.
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<i>Buddhism, Taoism</i>	No, because everything works according to the dharma, so the best thing to do is to surrender to the dharma.
<i>Hinduism</i>	No, because everything works according to the dharma, so the best thing to do is to dissolve in Brahman.
<i>Judaism, Christianity</i>	No, but human can ask the Creator (God) to change his/her fate, so human can ask for mercy.
<i>Krishna consciousness</i>	No, but human can ask God's personal form (Krishna) or the demigods to change his/her fate, so he/she can ask for mercy.

The situation is similar with different religions. A Christian, Hindu, Buddhist, etc. believer who does not understand the inner workings of his/her own religion, how can he/she cope with the inner workings of another religion? Yet many people want to pass exams in their present life, and in several subjects. All we can hear in spiritual circles is that the 'paragurus' are treading their last incarnation, and have only come to Earth to help. But if they have to declare what their spiritual purpose in life is and how it can be achieved, they cannot put together a meaningful sentence beyond cheap slogans, which may be enough to win the admiration of the spirituality-hungry masses, but certainly is not enough for the 'teacher' himself to achieve the desired goal. Since they do not feel the need to educate themselves in existential philosophy, to study scriptures, the result will be similar to that of school, failure. Having said this, without claiming to be exhaustive, let us look at the open questions that cause the followers of each worldview to repeat classes. I will analyze these questions from a perspective independent of the philosophical systems, using an integrated approach to be presented later.

I. Someone is a convinced materialist and does not see out of his/her own box. Since materialism holds that there is no soul that lives on after death, the materialist persevered that he/she will be annihilated at death. Therefore, he/she wants to realize everything here and now (we only live once!), enjoy, create for now and not for

eternity etc. and he/she wants to do it at any cost. On the other hand, he/she is afraid of death and does everything to delay it, and finally, when the moment of death comes and he/she could experience that there is a soul that continues to exist independently of the body, he/she does not believe it (since it is not in his/her belief system), so his/her consciousness gets lost in the bardo (intermediate plane of existence), sinks into ever deeper layers, and then falls into total unconsciousness. Then he/she incarnates again, unaware of his/her previous lives. He/she is lucky if he/she repeats the same class over and over again and does not sink lower.

II. Someone who is a convinced Jew or Christian. Most Jews and Christians know nothing about the inner nature of the soul, the cosmic laws of operation of the universe, the belief systems of other religions, including reincarnation. So, for they are also typical of what I have described about materialists. The Jews' situation is also complicated by the fact that they believe they are the chosen people, so they think they can do what others cannot. (I note that I do not meet a religious group who do not think of themselves as God's chosen people.)

Christians believe that Jesus has redeemed them from all their sins in advance, so that whatever they do, they don't have to pay for it, at most they have to confess, when Jesus only laid down a set of principles that if they followed with faith and devotion, they would enter the Kingdom of Heaven. After they think they only live once, after death they either get lost in the bardo like the others, or they wait in their graves (in unconscious state) for the Last Judgement, which comes who knows when, and they cannot prepare for it by accumulating the experiences of other lives. (I once visited a church where a Christian bishop was buried. Above his coffin was written to pray for him to be blessed because he had done so much good for the poor. I went up to the coffin and said, "Wake up, the Kingdom of God has come", because he was in the coffin waiting for the Last Judgement. Then the soul came out of the coffin. ""How do you want to get beatification, when you could not even cross the threshold of the Kingdom of Heaven?"" Finally, I asked an Elohim to guide him from the physical plane of existence. If the high priests of a religion get lost because of their ignorance, what happens to the followers?)

III. Most of the followers of Islam are those who are kept in the greatest ignorance and darkness by their leaders, primarily in order to

be fanatical. On the one hand, they are promised salvation if they commit suicide bombings in the name of God, for example, and on the other hand, they are deceived into believing that their religion is the only true one and that all other religions are false, so that they are led to believe that 'infidels' (other believers) cannot be saved and that killing them is not only excusable before God, but a praiseworthy act. Many Muslim believers are the unconscious victims of this deception, but all they need to do is take a few authoritative religious history textbooks and think on it.

Muhammad was a poor, uneducated, illiterate, but attractive-looking shepherd boy who was taken in as a servant by a rich, cultured widow and with her he later married. When he was about 40 years old, the archangel Gabriel, who Christians believe is the messenger of God, appeared to him in a cave while he was doing penance. So, on the one hand, the teaching comes from the same God as in Christianity! On the other hand, Muhammad's original teachings had a total of about twenty followers over a decade, and they were members of Muhammad's family. Mohammed nevertheless persisted with the original teachings as long as his Jewish wife, 15 years older than he, who was Mohammed's spiritual companion and the owner of their wealth, lived with him. After the passing of only beloved wife and uncle - who had been his spiritual guides - Muhammad began to adapt his teachings to the belief systems of the nomadic peoples in the area. He left Mecca not because of persecution, but because he found no followers there. For example, he introduced polygamy, he himself tried to forget the absence of his wife by the graces of his harem women. There is more evidence that he himself deviated from his own original teachings, not only in marriage laws, but on other issues as well (e.g. he and his followers regularly robbed Meccan caravans to earn income because they were their enemy). Having made a fortune from the robberies, he later made peace with the Meccans, when they allowed him to spread his doctrine in the city. In Mecca, a god named Allah was already worshipped, whom Muhammad bestowed with universality and exclusivity.

After his death, the doctrine underwent further changes, and it is not known how much of the original teaching remained. What are we to make of a religion that treats women as second-class beings, keeps them ignorant, obliges the chador to wear, etc. all according to the

teachings of Muhammad? Muhammad respected and loved women. Why would we follow a man who used the teachings he received to gain power and the purity and authenticity of the teachings neither he nor his followers could preserve? The spiritual core of Islam is preserved by Muslim monks (e.g. Sufis and Dervishes), who have always been persecuted by an official belief system intertwined with political power. Is this how true faith should work? In fact, the problem is not with the basic principles of Islam, but with the practice of implementation, which uses religion as a means to gain and retain power.

IV. Most Buddhist believers have no idea what Buddha actually experienced when he became enlightened or when he passed away. Even the Buddhist masters know only in part, and are profoundly silent about it. The ordinary Buddhist believer does not know, for example, that without active kundalini he has no chance to become to bodhisattva or to Buddha. Since in Buddhism there is neither an eternal soul nor an eternal God, but everything happens in the eternally functioning dharma as a process of apparent existence, Buddhism is essentially an atheistic philosophy. A spontaneous, temporary aggregation of the elements of the dharma becomes a self-conscious illusory living being who wanders in a wheel of existence, a cycle of suffering, until he/she gives up all attachment and finally falls apart again into unconscious elements. Buddha promised the cessation of suffering alone, and could (or wanted to) offer no other way out for atheists wishing to escape from the cycle of existence than total (apparent) annihilation after death.

Many Buddhists think that Buddha, as some kind of god, resides in a certain field of consciousness, and from there he observes the wheel of life and the suffering beings within it. Even if this were true, it would not be worth praying to Buddha or hoping for help from him, because in Buddhism everything happens according to an impersonal, mechanical order of dharma, which no one, especially Buddha himself, can override, because then he would contradict himself. On the other hand, Buddha never claimed that after his death there would be anything left of him (or anyone) that could help, on the contrary, he taught that even the last spark of consciousness would be extinguished. This was his view about consciousness (or the soul):

"It cannot be state that it will be reborn,

*it cannot be state that it will not be reborn,
it cannot be state that it is born again too and it is not born again
too,*

it cannot be state that it is either born again or it is not born again."

The resolution of this paradox would require a longer explanation, so I do not want to go into it here, but I just wanted to point out that anyone who prays to Buddha hoping for help is praying in vain, because Buddha, after his death, did not maintain any continuity of personal consciousness, and so could not promise it to anyone. On the other hand, the many bodhisattvas who have not yet attained Buddhahood, i.e. whose consciousness is still present in some plane of existence, can be appealed to for help, but their existence is also a further question mark of Buddhism. For if Buddhism is such a great spiritual path, why do they insist on a temporary semblance of existence? I would like to shed light on this contradiction with the following self-made koan (paradox) for those who think they understand Buddhism:

If there is nobody behind the connection of the ingredients of existence, then how can be decided whether one exists or not?

This idea reflects the basic contradiction that, since Buddhism denies the existence of the Atman, which is supposed to provide the binding force between the elements of consciousness, if it does not exist, then there is no one who can decide whether they have disintegrated or not, whether they have been rearranged or unchanged. As a final, absurd conclusion, Buddhism can say nothing about anything, because there is no one and nothing that can say anything. In comparison, Buddhism is one of the best canonized religions (after Hinduism, it has the most authenticated scriptures), but it was a waste to talk so much about nothing, in my opinion.

Nevertheless, Buddhism shows beyond any doubt the inner path of self-discovery without which no-one in other worldview can evolve. I myself have experienced many spiritual paths and have reached a very high level of following many philosophies (in previous lives). The biggest problem I had with Buddhism was that at the penultimate point the consciousness still exists and after this point one cannot turn back to see if one has made the right decision, because there all continuity of consciousness ceases. If I choose this, then I surrender to the mechanical laws of dharma, whereby my disintegrated existence-

elements can reassemble, whether into stone, bacterium, or preta (ghost), and it all starts again. True, it will no longer be me.

V. The Hindu believer blindly believes in reincarnation and karma. So much that it does not even occur to him/her that he/she could possibly change his/her fate. This is (also) why the slums in India are full of poor. 'This is my destiny, this is my karma.' If you will be born again, it will be better. Or not. What would make it better? If they do everything on the same way, it won't get better next time. On the other hand, being unable to navigate in the jungle of gods of their own religion, they worship many different gods, even though Hinduism is basically a monotheism. The emanation of the Supreme Brahman is everything, including demigods. The simple Hindu also prays to the demigods to avoid them getting angry with him. But if we pray in many directions, we scatter our energy and end up achieving nothing. On this path, it is advisable to choose a particular aspect of God and worship it, accepting that others may prefer some other.

My opinion is that it's quite sad if demigods can still be angry and can be offended, because that's the ego. (I, for example, can no longer be angry, and I cannot be offended.) That's why I refused to believe the Hindu masters that demigods can be offended. I also refused to believe that karma is immutable, and rejected many other dogmas that would believers freak out if they knew, but it's no different with the dogmas of other religions. Nevertheless, Hinduism is the most tolerant religion in all respects.

In Hinduism, all powers are personified, so they are related to aspects of God as persons. But the Supreme Brahman is impersonal, and those who follow the path of mystic yoga want to immerse themselves in it. This was a contradiction for me, which is one of the reasons why I researched Vedic literature. It turns out that God's opponents e.g. demons also end up in the impersonal Brahman radiance eventually and are annihilated there (their continuity of consciousness is broken), so it is like a gathering place for me, those who don't want to serve are put there. This of course made the hairs on the backs of my Hindu masters stand up and they immediately classified me as ignorant, even though it makes perfect sense. In Hinduism, there is an eternal divine soul spark (Atman), it dresses up in different clothes and forms the personality. The final state of Atman is the unity of Brahman, i.e. one can enter impersonal Brahman as a

naked Atman. Since Atman is the innermost, purest essence of all beings, it is also found in demons, i.e. they too are there in the form of Atman. However, the Atman no longer possesses an independent and self-determining consciousness after its merging into Brahman, so all its experience in its previous form of existence is lost to itself. Its former destiny can be sought and recharged to him/her only from the Akasha Chronicle. The question then arose what was the sense of struggling to attain a God-realization which is nothing else but a surrender of self to the mechanical laws of dharma, similar to Buddhism.

Here I must point out that there are manifested and unmanifested (formless) aspects of God. The unmanifested cannot be known, it is uncharacterizable. The manifested aspect is the Creator, His emanation is the Brahman radiation. The impersonal Brahman is thus part of the creative aspect, from it the naked soul-sparks are constantly emanating, and according to the movements of the dharma these Atmans will form the divine part of new beings.

Since Buddhism rejects the basic axiom of Hinduism that there is an eternal Atman, Buddhism goes further than the impersonal realization of Brahman and guides beings to the aspect of an unmanifested God. In this case, according to Buddhism, there is no imprint left after past lives.

The unmanifested aspect of God could be described, in the Buddhist parlance, as:

*It cannot be said that it exists,
it cannot be said that it does not exist,
it cannot be said that it exists too and it doesn't exist too,
it cannot be said that it either exists or does not exist.*

The unmanifested does not exist until it manifests, because there is no one to report it, but it still exists because it can manifest. If it has manifested, if it has begun to create, then someone (created being) comes into existence who can account for it, that there is someone who created us.

According to Buddhism, entering the unmanifested God aspect can result in a complete loss of information about past lives. According to Hinduism, however, both unmanifested and impersonal Brahman realization is only a partial loss of information, since all information acquired through conscious (or unconscious) development in the past

is lost to the individual, but remains an imprint in the Akasha Chronicle.

To sum up, the highest level of Buddhism is to achieve the withdrawal of all imprints of consciousness from the Akasha Chronicle, which is nothing less than the mergence into the unmanifested God-aspect, as this is the only place where "non-being" can be experienced. And the impersonal realization of Brahman in Hinduism is immersion in the river of light (Brahman radiance), where the Atman experiences itself as a wave of the river of light, eternal but without independent consciousness. An imprint of one's previous lives remains in the Akasha Chronicle, from which information can be retrieved.

In my view, if God's purpose with the creation was indeed to know His creative ability, then it is not favoured for created beings to choose a form of return that involves a loss of information, because then there would be no sense the whole creation. If there is no purpose of creation, if there is only a mechanical law driving the whole process of happening, then there is no God, then the mechanical law (dharma) is the ultimate reality. This is one with atheism. In this sense, atheism (like materialism) is a way out of the suffering that characterizes the material world, because it ceases, at the latest when we die. Although the whole process of happening remains without ultimate purpose, if it is right, there will be no one who will be bothered by it. If someone is bothered by it, then one must seek a different worldview.

VI. Krishna consciousness. In the Bhagavad Gita, Krishna gave the essential summary of all existing religions and modes of God-realization about 5000 years ago. He states that He (Supreme Person) created everything and therefore everyone has a place in this system. All beings are under the influence of the three forces of nature (gunas: ignorance, passion, goodness) and their actions and their results are determined by these forces. He also reveals that by recognizing and worshipping Him, the being can rise above the gunas and that this is the ultimate goal.

The main belief systems mentioned in the Bhagavad Gita:

- a belief in spirits, ghosts (e.g. shamanism); it establishes contact with beings of the intermediate plane of existence, calling on them for help,

- beliefs in demigods (e.g. Shivaism, Egyptian theism, Greco-Roman beliefs),
- belief in the law (dharma) (e.g. Taoism, Buddhism partly, Hinduism partly)
- belief in Paramatma (the Upper Spirit) (e.g. the realization of the Holy Spirit in Christianity, the realization of the layers of consciousness of universal love in yoga),
- belief in impersonal Brahman (Brahmanism, impersonal Brahman realization in yoga)
- faith in the Supreme Personality of Godhead (Bhagavan, Krishna).

Krishna states that what kind of state of consciousness we die in, that is the state of consciousness we will reach after death. Thus, the materialist who dies thinking of material possessions and their loved ones returns to the material world, the shaman to the realm of spirits, the demigod worshipper to the realm of demigods. The believer in the law becomes identified with the law, the believer in Paramatma becomes one with the Upper Spirit (Holy Spirit) or dissolves in the universal love consciousness, the believer in Brahman becomes part of the impersonal Brahman radiation. And the Krishna believer becomes the eternal companion of the Supreme Person in the transcendental world. This relationship with Bhagavan may be servant, friend, brother, sister, parent, child or lover.

Key features of the system:

- it is completely fair, because it gives everyone what was most important to them at the moment of their leaving,
- it is democratic, because it gives everyone the opportunity to ascend and to correct their mistakes in the next incarnation,
- it is infinite, that is, it operates as a process that exists from eternity to eternity, but for those who averse by this, it offers the possibility of a temporary detour on one of the transitional planes of existence,
- includes all religions and philosophies known to date.

To prove the latter, let's look at some examples:

The teachings of Jesus and Krishna are in many ways consistent:

Krishna: "Always think of Me, be My devotee! Worship Me and offer your worship before Me, and thus you will undoubtedly come to Me!" (B. G. 18.65.)

Jesus: 'Love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment.' (Matthew 22.37, 38.) No doubt Jesus saw this as the most important ingredient of salvation.

Jesus emphasizes man's filial relationship with the Creator, but in one of his parables (of the wise and foolish virgins) he also says that we can have a love relationship with God, and that this is the highest possibility. Following Christianity, then, we can ultimately be brought to God's ultimate dwelling place and be his companions there.

Christianity as we know it today does not include, but does not exclude, the legitimacy of reincarnation, and there is written evidence that reincarnation was once a natural part of the early Christian belief system (no one is interested in disclosing this at the moment).

Shivaism fits perfectly into the Krishna consciousness, because one who serves and worships Siva does so indirectly with Krishna, since Siva is Krishna's most devotional devotee. The same can be said of Paramatma realization, since impersonal Paramatma is present in all beings. It is the sustaining power which is meant to ensure the relationship of beings with the Creator. The Atman (individual soul spark) is connected to God through Paramatma. Therefore, one who realizes Paramatma realizes an aspect of God. The Atman fits into the Paramatma like a plug into an electrical outlet, but just because we have found the outlet that connects us to the power source does not mean we know the power provider itself! The provider is the Creator Himself, who is the source of our existence.

There is no doubt from religious history writings that Buddhism came about as a critique of early Hinduism (Brahmanism) and that after the birth of Buddhism, the Hindu belief system changed a lot and became more nuanced. Nevertheless, the Bhagavatam Purana, some 2500 years before the birth of Buddha, indicated that a divine incarnation would be born with a specific task:

"Then, at the beginning of Kali-yuga, the Lord will appear as Lord Buddha, the son of Anjana, in the province of Gaja, to mislead those who are envious of the god worshippers." (B. P. 1.3.24.)

(According to accounts of the Buddha's life, he was born in what is now Bihar province and delivered his legendary fire sermon in the town of Gaja, which was destroyed shortly after the Buddha's death.

His mother lived under the name Maya, but we do not know what other names she had according to the custom of the time.)

God's justice, His love for created beings, and the observance of the fixed laws of creation do not allow God to destroy somebody or forcibly convert anyone to God. At the same time, a spiritual way must be shown to those who are not capable of accepting any God. By this purpose, philosophies have been developed that allow beings to attain a certain state of spiritual realization without faith in God. He/she who recognizes the law that moves the universe can immerse himself in the law; who does not find in himself/herself the Atman he/she can unite with the Brahman. His/her subjective experience will be that, in the absence of a connecting force, he/she will fall apart into elementary components and all his/her continuity of consciousness will cease. I would like to illustrate this with a computer example: a computer consists of two components hardware and software. All the software can be deleted from the computer, but it still will exist and if one downloads new software, it will continue to work again. Other options are: the computer can be switched off, in this case no software can be loaded onto it, and it can be taken apart into its component parts to make it completely inoperable. Then apply the example just given to the case of the soul computer. Hardware is the carrier (body form, information field) and software is the content (consciousness). When the Atman (consciousness) is submerged in the Brahman all previous forms (information fields) are destroyed. Atman "knows" only that it is part of Brahman. However, it can be re-loaded onto other carriers, according to which it incarnates again as a beggar, for example, knowing nothing of having been a yogi who had previously realized Brahman!

Buddha began to take himself apart, thereby the soul computer become inoperable. Its components now continue to move according to the laws of the dharma, and can spontaneously assemble into another soul-computer, onto which another software can be loaded, but it will no longer be Buddha! The new soul-computer knows nothing of the previous fate of its elements. Buddha, while disassembling his soul-computer, had to meet a center of consciousness (without this he would not have disassemble himself), he had to see that this center of consciousness was connected to a source of energy from which it drew the energy it needed to function,

so he broke contact (switched off the computer). However, this is equivalent to being back in the unmanifested (the unmanifested has no light; it is self-luminous but absorbs its own light). Is this a final state? No, because the unmanifested can manifest again and create anything, but it will no longer be Buddha, but a new manifestation, unaware of previous manifestations. Only what has manifested is preserved and maintains transcendental existence. Thus, for the Buddha, the journey is over, but it is not over for his constituents, which have since acquired a new existence around us. Buddha foretells that he will return as Maitreya-Buddha. Buddha was implying that the elements that once constituted him could spontaneously reassemble into Buddha over billions of years, and then Buddhism could be reaffirmed by an eminent teacher. If we think about the probability of this, we can see how they mistaken who tried to identify themselves as Maitreya Buddha. So, the returning of Buddha himself has no reality or his teaching cannot be true, but another person can return as Maitreya-Buddha to reinterpret the teaching. When the divine incarnations or emissaries speak of returning, they never mean that they personally will return, because they are not speaking on their own behalf, but on behalf of the Consciousness to which they have joined. Thus, for example, Jesus does not speak of his return, but of the coming of Christ, that is, of the coming of a person who is the representative of the Christ-consciousness.

So, it can be seen that neither Buddhism nor Christianity is in contradiction with Krishna consciousness. In Krishna consciousness, the creature is allowed to withdraw as a separate spark of consciousness, but its elements can again recycle back into existence and become conscious again. There is also the idea in Hinduism that the ultimate state is unmanifested existence, accordingly there is no eternal transcendental reality, but Krishna does not say this in the Bhagavad Gita, but states: *"He who knows the transcendental nature of My appearance and actions, after leaving his/her body, does not take birth again in this material world, but attains My eternal abode."* (B. G. 4.9.) Similarly, Jesus taught, *"But seek first His Kingdom and His righteousness, and all these things will be given to you as well."* (Matthew 6.33).

God experiences, God realization

First of all, let us be clear that anyone can experience God, but this does not equate to God-realization. There are also significant differences between experiences of God, about this it is important to know just because, e.g. someone has a dream in which Jesus appears, he/she hasn't necessarily to conclude that he/she has been chosen to be the next Messiah.

The images that appear in our dreams or meditation come from the subconscious. Visions of experiences of God are messages from the causal self. In discussing the components of personality, we have seen that the real self is not fully aware of itself, it is in an illusion. Thus, divine consciousness, through the causal self, sends a message to the real self that it exists, and thus warns it of a mistake that has been made or a task that is to come. These inner visions come from programs encoded in the unconscious, which in psychology are called archetypes. Psychology does not answer the question of where archetypes come from in the unconscious, but it does acknowledge their existence and can even bring up them under hypnosis.

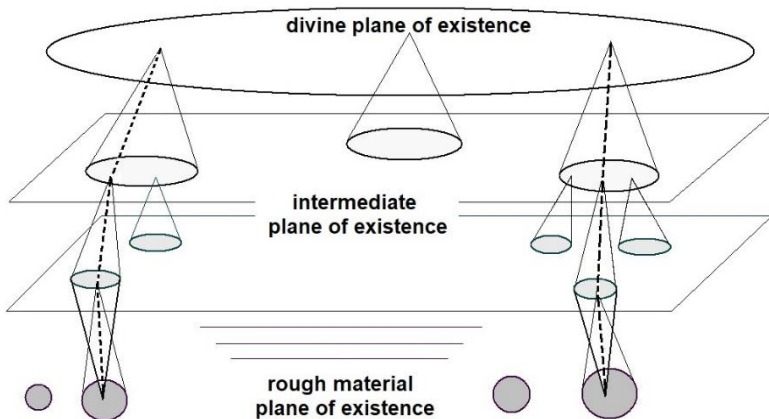


Figure 9 Relationship between the planes of creation and the projections created

According to my knowledge, archetypes are the representations of the God-aspects of the macrocosm (Fig. 9) in us. Since the representation of macrocosm is complete, we can contain angels, archangels, demigods, the Holy Spirit, but also any person who has become an archetype, e.g. Jesus, Krishna, even Buddha. Those who are encoded in their personal form in the human subconscious are usually considered divine incarnations or avatar (avatara in Sanskrit).

Such a meditative or dream experience is therefore an attempt by the divine consciousness to make contact, whereby a hitherto inaccessible realm of the unconscious is trying to enter consciousness. If this is happening more and more frequently, even in a consciously evocative way, it means that the particular archetype in the seeker has been activated, it is beginning to expand towards the real self and consciously take possession of it. Such activation can occur spontaneously (e.g. a deeply felt prayer, a traumatic experience that causes one to suddenly open up to transcendence), through initiations, kundalini yoga, mantras. For example, when someone is initiated by the Holy Spirit in Christianity (and let's assume the procedure is authentic), the Holy Spirit archetype is activated, which leads to Holy Spirit realization when the archetype takes control of the person. Holy Spirit realization is not the same as enlightenment, since the person has not recognized the Self (Atman) and has not erased his/her ego, i.e. his/her personal sense of self. The situation is illustrated in Figure 10.

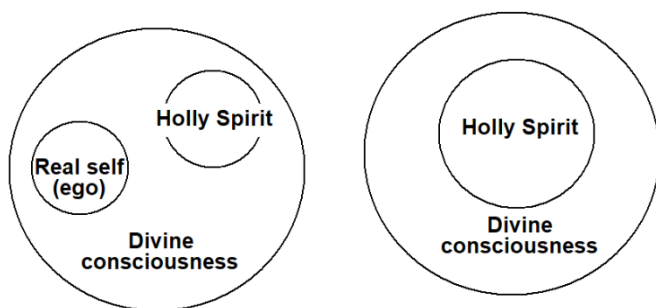


Figure 10 The effects of the initiation of the Holy Spirit on the construction of the personality

However, it may happen that as the initiate experiences the Holy Spirit more and more, the ego is erased and he/she identifies with the archetype of the Holy Spirit. It can be seen that this does not imply a full realization of divine consciousness, but a partial realization does, because the Holy Spirit within divine consciousness extends. By a further stage, if the initiate immerses the Atman in the Holy Spirit, then the divine consciousness becomes identical with the Holy Spirit, that is, one identifies the Atman, which is the individual soul-spark, as the part of the Holy Spirit aspect which is located on the divine plane of existence in the macrocosm.

In a similar way, this can be played out with all archetypes, so that people seeking God realize a face of God, but the same is true of the various cosmic layers of consciousness, into which, when consciousness penetrates (e.g. in Kundalini Yoga), individual consciousness (as Atman) first dwells, then, immersed in it, becomes part of that cosmic layer of consciousness, and can no longer distinguish itself from it. This is what happens in the realization of the unity of Atman with Brahman, where the individual consciousness dissolves in the cosmic stratum of Brahman.

But until we reach this state, there are still many degrees of God-experience to be had. After the inner images in dream or meditation, the next stage is when an aspect of God manifests as an outer manifestation in a waking state of consciousness. In this case, the believer creates an energy field in his/her environment, which, if strong and persistent enough, the manifestation of God enters this energy field. This intermediate energy field is needed because there is a large enough energetic distance between God and us and to bridge this distance, an energy body is needed into which the called divine incarnation extends. The trace of the encounter may be a fleeting sensation, but it may also leave permanent marks in the material world (e.g. for Moses God gave laws carved in stone; for a Goswami a flat piece of stone /salagrama sila/ took the form of Krishna, etc.). The scale of these permanent marks depends on the strength, intensity and permanence of the energy field created by the initiate into which the God-form enters. In describing my life journey, I have reported that my first encounter with God in the form of Siva caused changes in the material world (sounds of the outside world disappeared, the air

conditioner started by itself, my son went into a hypnotic trance, then I had memory loss). My second encounter with God in the form of Krishna happened in Mathura, where I became imperceptible to people and people around me disappeared for me (for about an hour). There I was helped by the universal energy field that is present in Mathura thanks to the devotees there who maintain it. It is therefore easier to experience God in a holy place.

The next level is the state, usually called enlightenment, when, as a result of introducing the kundalini into Sahasrara, the initiate experiences the Primordial Light (or Pure Light). This is nothing else but the impersonal Brahman, or aura of the Creator God, which consists of billions of tiny soul-sparks. The experiencer is so blinded by this Light that he/she cannot see through it and feels a desire to merge with it, as when moths fly into the fire, even at the cost of being destroyed.

The highest level of God-experience is when the individual soul-spark emerges through the Sahasrara by means of the kundalini force, and the encounter occurs outside the physical body at the level of Atman consciousness. This is common with saints who receive a light body after their passing.

The experiencer of God is often accused of having imagined, projected the whole phenomenon, and it was not real. This criticism does not make any sense because the whole material reality is only a collective imagination, i.e. if in this collective illusion someone projects God as an individual illusion, then who and by what right has any objection to this. One who is above all illusions could rightly comment, but they are usually silent. Otherwise, everyone projects what is his/her inner, living reality, for someone God, for someone Satan. Here I should note that the experience of God is always preceded by the experience of the opposite force in the form of Satan or Maya. This force, which separates us from God, personifies our own inner obstacles, which, if we are not aware of, can easily frighten us. I am sad to say that this has happened to me, which only makes me wonder afterwards, because one can imagine what all those (great) masters taught me for decades, if they could not even tell me so much in a meaningful way.

The shadow personality, which penetrates into consciousness as a component personality, is an unpurified, unknown part of ourselves.

It is the part of the mind (manas); the skeptical. It has the authority to ask questions, but not to answer. If one doesn't know the answer, then the answer is not yet integrated in buddhi, and this needs to be worked on. For the person on the inner path often experiences negative beings and forces, in the form of images or sounds, to which the conscious mind says, this is not me. It makes no difference whether the sound comes from outside or inside, because if the difference between inside and outside has not yet disappeared, the dual state of consciousness still exists. In the state of unity consciousness, the difference between inside and outside disappears, along with the shadow personality (because the mind is cleared), like when the sun is directly overhead, then there is no shadow. If one still has the shadow personality, then one has not attained the state of enlightenment; then the kundalini in him/her has not entered in the right direction, not at the topmost point, or one has not been able to maintain the state. I would like to illustrate this with an example: a yogi with a fluctuating state of consciousness who has not attained purification may hear a voice within himself/herself saying to kill Y, a yogi with a fluctuating state of consciousness who has attained purification may hear X wanting to kill Y, but an enlightened one who is immersed in the Self may hear nothing but the voice of Om or the ajapa japa.

The initiation of Jesus in the light of Hindu teachings

Jesus said us, "*For where two or three come together in my name, there am I with them.*" (Matthew 18.20) What does this profound sentence mean?

Let's look at some of the outstanding spiritual events in Jesus' life: When John the Baptist baptized Him in the waters of Jordan, the Holy Spirit descended on Him.

What does it mean? The Holy Spirit is the aspect of God present in all beings, and as such is identical with Paramatma (the Supreme Spirit, the Holy Ghost). Jesus recognized Himself as Atman as part of the Paramatma at His baptism. What the disciples saw descending upon him as a dove was nothing other than the light appearing over the Sahasrara chakra, representing the Paramatma form of God. Jesus knew that this was not the final realization. According to the

Scriptures, He then went into the wilderness, where He fasted for forty days and was repeatedly tempted. The events clearly show that He then performed the upliftment of kundalini through the Sahasrara and experienced union with God in the state of Atman consciousness. Jesus transcended the Brahman radiation and saw God in His true nature. Having raised His consciousness above temptations and removed all duality within Himself, He could command Satan, who symbolized the desires that tempted Him, *"Away from me Satan! For it is written: Worship the Lord your God, and serve him only"* (Matthew 4.10.) By this He renounced all selfish desires and submitted Himself completely to devotional service, known in Hinduism as Bhagavan realization. He then received Sankalpa Shakti (a special faculty, siddhi), i.e., all His words could be fulfilled.

Jesus was therefore the perfect example of the highest God-realized person, who realized all three aspects of God (Paramatma, Brahman, Bhagavan).

What does it mean to follow His way? It means what He said in the first and most important commandment, *"Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength."* (Mark 12.30) In other words, he commended to us total devotion to God.

What is Jesus' redemption? First and foremost, it means that we embark on a path of spiritual realization, just as He did. And secondly, it means to live the opportunities that the presence, the teaching, the energy, the love, the knowledge of the realized spiritual masters give us. Here I would like to dispel certain misconceptions that are quite common among Christians, i.e. that they have been redeemed once and for all by Jesus. Jesus took upon himself the sins of the world.

Let's take a spiritual look at what happened? Before Jesus was crucified, He called His chosen disciples to Himself and was changed before their eyes (Matthew 17:2,3). The disciples saw that Jesus' body was made of pure light, and Moses and Elijah appeared beside him, having the same body of light. The disciples fell to the ground partly in fear and partly from the energy that surrounded them. So, Jesus showed His light-body to His disciples, but they did not understand. The one who has the immaculate light-body has attained the transcendental realm, retaining His individual consciousness and

living in the company of God as Vishnu-tattva (a not-separated independent part of God).

Even when Jesus was crucified, He remained in a state of God consciousness. When He said, addressing the crowd that was defiling Him, "*Father, forgive them, for they know not what they are doing.*" (Luke 23.34), He then sublimated (transformed) all the negative energy that had been accumulating in the Jewish people's energy body. This was a karma cancellation, i.e. the karma of the Jewish people that had been accumulated up to that point was cancelled (by karma I mean the retroaction of negative actions that must be counterbalanced by positive actions). This does not apply to the karma that has accumulated since then, either for Jews or Christians.

After the crucifixion, once Jesus had a light-body, He could materialize a new physical body for Himself without further ado, if He needed to. His resurrection therefore meant that He appeared to the disciples in a newly materialized body. Opinions are divided as to the fate of Jesus.

Some insiders believe that Jesus left Judea and died in another country. However, no one has yet presented any scientific evidence for this. In fact, for the mystery of Jesus, it does not matter what Jesus' fate on earth was, since Jesus exists eternally in a transcendental body. Now we may be able to understand what this means. Jesus became an archetype, and the hitherto impersonal Paramatma (Holy Spirit) took personal form through him.

So, God always sends us help if we turn to Him with sincerity and devotion, as Lord Krishna promised: "*Wherever the practice of religion is in decline and irreligion predominates, I Myself will come down.*" (B. G. 4.7.)

So, the Lord descends again and again, in personal form and under different names. His personal and impersonal forms are related to each other like the nature of a wave of light and a particle of light, which are constantly transforming into each other because they represent two finite aspects of the same thing. And the highest God-realized incarnations become archetypes, programs running in the subconscious of every human being to help us in God-realization. The formation and extinction of new archetypes is a continuous, never-ending process. An archetype wears out when people stop praying to it. Therefore, it is pointless to argue about which is the true God and

which is not, because for each person and group of people it appears differently depending on their level of development. How can we expect everyone to understand God at the same level? This is why Jesus says, that love YOUR God, that is, the one you claim as your own.

The ultimate goal of human life

In the Universe (in God) there is no final state, there is only constant change and happening. If this were not the case, there would be no creation, since there is no possibility of escaping from the state of permanence as a final state. Considering the above, there are several different states that can be realized in the Universe, which are marked out for human beings by the paths of self-realization and God-realization (Figure 11).

The impersonal cosmic layers of consciousness are planes of being in which our consciousness can reside for extended periods of time and experience existence in unchanging, homogeneous emptiness, love, light, etc. They cannot be maintained forever even after physical death, because it requires a continuous absorption of energy to reside in this dimension. And if energy absorption is required, the Supreme Being emitting the energy can control the processes that take place in these fields of consciousness by directing the energy. If a plane of being receives less energy, then the elements of the fields of consciousness that are there (the individual sparks of consciousness that are immersed in the collective field of consciousness) will fall back from the state of emptiness back into the material dimension. These homogeneous realms are to be thought of as God's projected energies that can be directed. (To use an example, if I love someone, I project an energy of love from myself and project it onto Y. He/she feels my love as long as it is directed towards him/her. If he/she wants to keep this orientation, he/she has to keep asking for it, he/she has to be open to me, if he/she shuts himself/herself off, forgets about me, he/she will perceive that I have turned away from him/her. In fact, this is not what happened, but he/she could not keep the state, he/she could not stay in my love.)

The development of the impersonal layers of consciousness is moving in the direction of personal form, and so the demigod realms are created. The god-man who realizes the impersonal stratum of consciousness, which is an attribute or aspect of God, becomes a demigod on the highest level, who creates a demigod realm from those who serve him/her, on the model of the realm of the Supreme Person. It is therefore open to man, according to his/her capacities, to become a demigod and to serve demigods. One can enter into the service of the demigods (their realm) who has incorporated the God aspect (attribute) represented by the particular demigod into his/her consciousness. It is like asking for a password at the border of the realm, whoever knows it is admitted.

Those who pursue personal realizations of God are attracted to some personal aspect of God and strive for a transcendental existence. They must always follow God in order to remain in His company, even if God chooses to realize a physical incarnation. Then the divine incarnation brings His personal company, and they engage in a common task. These events are called the games of God (lillas in Sanskrit). Such games were performed by Krishna, but demigods also accomplish similar acts. In this realization, beings serve the chosen aspect of God, but this service is out of unconditional love and is as natural as a mother serving her child or a wife serving her husband, etc. The transcendental realm differs from the demigod realms in that it is eternal, uncreated, and can be entered only in completely purified light-body. The demigod realms are destroyed when creation is withdrawn, but the eternal part of beings (Atman) is not.

In all realizations, the ultimate task is self-surrender to God, i.e. obedience; since voluntary obedience is the class-portion of beings in the case of those who choose the personal form, and indirect obedience (e.g. through law) in the case of those who choose the impersonal form. Anyone who is still troubled by the fact that he/she must obey some God is fundamentally ignorant of the concept of Oneness, for if man is in Oneness with God, it is inconceivable that he/she should not do what God wants to do through him/her. In the transcendental realm, the question of personal and impersonal becomes meaningless, since all beings experience themselves as beings of light who can assume both particle (personal) and wave (impersonal) qualities, and can

alternate between them according to the will of Oneness, according to the nature of the task.

There is a spiritual path where neither personal nor impersonal consciousness is maintained by the entity. It can only do this by severing his/her connection with his/her Creator. This is only virtually possible; therefore, this realization is equivalent to reintegration into the unmanifested aspect of God. It is not, of course, a final state, for the unmanifest can at any time manifest again, driving the elements of the unmanifest aspect into a new cycle. Buddhism shows the realization of this. However, we cannot be absolutely sure that Buddha's realization was this, because no feedback has yet been received from this aspect for those who are still in the cycle (samsara). Those who are immersed in this aspect cannot retain any continuity of consciousness by which they can still communicate or, being reborn, remember their previous existences.

If we look at Figure 11, we can see that it looks like a solar system. This is not accidental, since the same pattern of creation is repeated at every level of creation. This repetition makes possible to understand the created world in principle, since at any level of creation we find the same laws and structure. However, the Creator Himself is not knowable in principle, although He knows Himself. As the name implies the unmanifested God is that part of God which have not manifested to created beings.

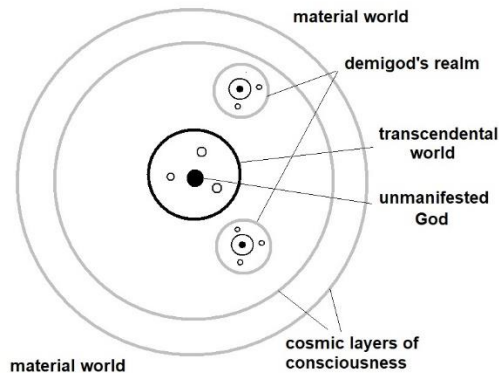


Figure 11 Symbolic representation of different realizations of God

In my personal opinion, the most natural state in the whole Universe is to be fully consciously engaged in God's games, regardless of which plane of existence He manifests Himself. Moreover, the nearness and presence of God in our consciousness provides the highest and everlasting source of joy, the like of which exists neither on earth nor in heaven. Therefore, if we want to be happy, let us choose the personal existing in God-consciousness, because this is the only thing that no one can ever take away from us.

Where do we come from and where are we going?
World program

The Hindu scriptures provide the most detailed and comprehensive world program. In it, the four basic world ages (Satya-yuga, the golden age; Treta-yuga, the silver age; Dvapara-yuga, the bronze age; and Kali-yuga: the iron age) alternate and in this order, the divine consciousness, divine presence and life energy of human beings decline in each age. The obvious question is: why do we need four ages? The world ages are energetically regulated in such a way that souls of different levels can be born in each age. If there were always Satya-yuga, some of our fellow souls would never have the opportunity to develop individual consciousness, because only the low divine presence of the darkest age would allow them to do so, and they would be forever excluded from progress. **All that exists is part of God and will return to Him once fully conscious.** This is the first most important principle of the World Program. All who have realized and experienced this practice cosmic love and tolerance for those who are in a lower state of consciousness. Anyone who does not like the Kali-yuga is free to leave, no one is holding him/her back, the door is open. Everything can be tried in the Kali-yuga, and since our naughty children are quite ingenious in tormenting and torturing each other, they will try everything. So, for those with weaker nerves, I tell you now to hurry out of this plane of existence.

Yes, but where should we go? Not everyone can realize Atman, let alone Brahman... Well, the enlightened masters maintain temporary, intermediate planes of existence for those devotees who can remain on that plane of existence after death by following certain rules. Those

who have cleansed their astral-mental body in their lifetime and thus earned the right to pass on to the Crown Chakra (Lalta Chakra, not to be confused with Sahasrara!) can enter here. On this plane of being they can work on their causal body and await the coming of the following yuga, where they can complete their evolution. So, these souls have not attained enlightenment, they have not realized any aspect of God, but because of their faith in God, their commitment, their self-surrender, their prayers, they can, at the moment of death, by focusing on God, find the loophole that leads out of the gross material world. This does not mean that they never have to be born again, but that if they obey the rules of that particular spiritual plane of existence that apply to them, they will not return to here.

The soul can leave through many gates at the moment of death. For believers of ordinary consciousness, the highest level is the exit through the crown chakra. The way to Sahasrara is open only to those who have broken through the ego barrier with kundalini. (The intersection of the ego center and the nadis is like a knot tied on the nadis. In fact, it is the psychic knot in the sixth chakra (granthi in Hindi), which consists of six intersections.)

If we look at the World Program in a broader sense, the divine game is about God testing the ways in which created beings can best understand, accept and love Him. In other words, how does God need to address the parts of Him so that they can finally recognize that they are one with Him, have always belonged to Him and will always belong to Him? Where does man want to live if there is nothing but God? God has created a temporary illusory existence where we experience His apparent absence. Even a single thought would be enough to recognize this immediately.

On the other hand, God, as an eternal and infinite dimensional being, is not necessarily homogeneous, although there are homogeneous fields within him, which are like a shell from which one can only break out by giving up the desire for homogeneity. Homogeneity is reassuring because it gives the illusion of immutability and knowability to the creature. It is possible, however, that the ever-changing, dynamic fields that appear as thought-bubbles in the homogeneous fields are the illusion, where the divine thought fluctuations create a semblance of a series of events. This will be

undecidable to the creature from either this or that point of view. But the creature can choose where and how it wants to dissolve in God.

Immersion in the homogeneous, impersonal divine fields (cosmic consciousness, cosmic love, etc.) is a surrender to the collective task-cycle of the field, without the experience of individual existence, whereas immersion in the personal God is a surrender to the task-cycle of the particular aspect of God, imbued with the experience of individual existence. Enlightened ones with the purified light-body gain the ability to immerse themselves in both the personal and the impersonal existence, even to wander in the "body" of God to experience all aspects of God. The second most important principle of the World program is therefore that **existence is a never-ending process of self-discovery.**

*

For man, the state of bliss here on Earth is attainable by controlling the mind and anchoring the consciousness in buddhi (or Atman). From the moment we are able to do this, we have already established a connection with our own inner true self, the Overself, and this inner guide will show us the direction of further progress and direct the speed of progress.

The knowledge that there is no sin, that no one is judging us, that we can start over and try again countless times, is in itself liberating. And the consciousness that comes with knowing ourselves and the macrocosmic laws can make us adults, active creators of our own destiny.

*

If you want to go down this route and haven't found the right community for you, contact us. We welcome everyone. Each student can receive individual training within the framework of his/her own worldview.

The second volume of my book is about the practical implementation of the journey described here for those who come to us.

Exercises

Meditation exercises

The meditations written in this chapter help you to work through the problems of everyday life and to find unity, peace and harmony with your soul. The meditations described here are essentially concentration exercises and should not be confused with real yoga meditations, which are done in a state of emptiness of mind and require more serious prior study.

Here the principle of meditation is to first narrow our awareness to an inner image providing a pleasant calm (e.g. a meadow of flowers), thus creating a synchronized state of mind and senses, turned away from the outside world. From this synchronized state, we move on to the actual task, focusing our awareness on the problem.

The meditations described here are mostly divided into three main parts:

1. directing the mind to a suggested image: (e.g. a meadow),
2. focusing the narrowed mind on the problem,
3. returning to point 1, then directing awareness to the outside world.

These meditations work because:

1. consciousness is directed from the outer world to the inner world (so that the mind is simultaneously less stimulated and less scattered),
2. by focusing the consciousness on the problem to be solved, we increase the concentration of the mind, which opens up the subconscious layers that are connected to the problem,
3. if the constriction is such that the mind can be stopped, then the soul can be given space and contact can be made.

The meditations described here can be done alone. If you need guidance, you can record the text on a tape recorder.

The more advanced levels of meditation are taught in our trainings, under the supervision of the author and the designated masters.

I. The journey of life

Make yourself comfortable and relaxed. Close your eyes or let them close on their own. Take ten very deep breaths and exhale very, very slowly. Then return to a comfortable breathing rhythm. With your eyelids closed, turn your gaze up and in...

Everything moves further away that disturbs you. All the noise, all the sound just takes you into a deeper and deeper state of consciousness. With each exhalation, tension and anxiety leave you, until finally you are in a completely relaxed, pleasantly deep state of consciousness. You can clearly see or hear or sense what is happening to you and know that it is all for your benefit and development.

Imagine you're about to embark on the biggest trip of your life. You think about the trip you're planning. What will be your destination? How long will the journey be, and what stations will you have to include along the way to stop, change or wait? What means of transport do you intend to use? Who or what do you intend to take with you on this journey? What do you intend to achieve or accomplish by this journey? Think about all this calmly. You don't have to rush anywhere now. You need to plan the biggest journey of your life carefully. Give yourself time to think about this and wait until I tell you to go (5-10 minutes break).

When you've thought it through, imagine that your greatest journey is the life you're living now. With that in mind, think again, where do you want to arrive? What is your destination? How do you want to get there, through which stations? What do these stations mean? Who and what are you taking with you, who or what will you need? By what route, in what vehicle do you intend to make this journey? Do you see a choice in the conditions of the journey?

Now that you know this journey is life, what would you change from your previous itinerary? How would you change it? Think again. Who or what could influence your plan, who or what could hinder or help it? Mentally go through the stations. Where, at what point, can you expect obstacles or difficulties? What tools will you need to cope with the difficulties? Give yourself time to think about this (10-15 minutes break).

It's almost time to go back. You're bringing everything you've lived and thought through into the here and now. You remember everything

with crystal clarity. Your journey is over. Take a few deep breaths. Slowly move your fingers, stretch and open your eyes.

II. Problem solving

Part A

Make yourself comfortable and relaxed. Close your eyes or let them close on their own. Take ten very deep breaths and exhale very, very slowly. Then return to a comfortable breathing rhythm. With your eyelids closed, turn your gaze up and in...

Everything that disturbs you is removed. All the noise, all the sounds just takes you into a deeper and deeper state of consciousness. With each exhalation, tension and anxiety leave you, until finally you are in a completely relaxed, pleasantly deep state of consciousness. You can clearly see or hear or sense what is happening to you and know that it is all for your benefit and development.

Imagine you are standing in a beautiful sunny meadow. A warm, gentle breeze caresses your skin. Sheep clouds float in the sky. As you look out across the meadow, you notice a path leading through the meadow. Start walking along it. Along the way, trees, bushes and brightly colored flowers line the path. As you walk slowly and leisurely, you will see a house in the distance. As you approach the house, you see that its door is invitingly open.

Part B

You enter and are greeted by a pleasant twilight. You sit down in an armchair. As soon as you sit down, you realize that it's like being in a cinema, but you're all alone. It's just your cinema, they're showing films of your life. When the curtain goes up, the moments of your present life flash before you.

You can observe events that have had a stressful, disturbing effect on you. You can look at the events and people that have limited or are limiting your free will and the development of your personality. You are observing, not judging. You are now looking at your own life from the outside. You are smiling at what is happening. You know, all of this was necessary for you to be who you want to be. When you've seen it all, the curtain comes down.

You sit quietly and wonder: how can I cope with these obstacles? What should I do? Should I accept them or should I dismantle them? What is missing to accept, what is missing to dismantle?

Part C

It's almost time to go back. Take the path back to the meadow. On the way, look around, take in the scenery. All that you've experienced and thought about, you'll bring into the here and now. You remember everything with crystal clarity. Your walk is over. Take a few deep breaths. Slowly move your fingers, stretch and open your eyes.

Part B can be replaced depending on the nature of the problem. Below are some examples of this.

Part B

You enter and are greeted by a pleasant twilight. You sit down in an armchair. As soon as you sit down, you realize that it's like being in a cinema, but you're all alone. It's just your cinema, they're showing films of your life. When the curtain goes up, you're looking back on one of the most hectic days of the past week.

Go through it point by point, covering every detail. Who hurt you? How? Who did you hurt? Why? What did not you do honestly? Who did you think of with anger? What made you angry? What did you feel was unfair?

Don't judge now, just watch it as an outsider. The curtain comes down and you're left there alone. In your mind, forgive everyone and apologize to everyone, let go of all resentment, all anger. All that happened is in the past. It's useless to keep it, to brood over it. Wrap it in a bag, throw it in the dustbin next to the house, burn it or let it blow away.

Part B

You enter the building. There is a small door opposite the front door from the lobby. Step into this intimate little room. This is the conversation room. Here you have the opportunity to talk to your body, your organs, your tissues.

Now we are going to talk to our bodies. We will look at our body, our organs, our tissues, attune ourselves to it as if it were another person. We ask them, what hurts you, what do you want to say to me?

What do you want to get from me? What do you need? We promise to always listen to our body's signals and ask for its cooperation. If we find a sick organ or body part, let us take it out from our body in thought and look at it completely objectively, without emotion. Look at it with pure love, as a friend. Indeed, it wants to help us recognize a flaw, a deficiency. Let us make an agreement with it. Put it back healthy. If we find an illness, let's talk to it about quietly withdrawing, settling down, disappearing. Let's ask it, do I still need you? What do you want to signal to me? What should I change? What do I need to do to stop needing you? If it is a disease we have to live with, let us accept it with love as part of us.

Part C

III. Contact with the soul

Part A (see Meditation II)

Part B

You enter the building. On your left you will see a staircase going down and it is lit. Slowly descending the stairs of 10 steps: 1, 2,10 and you will come to a corridor with a door at the end. On the door you will see a sign, which you can touch to open the door. This door leads to the temple of your soul.

Step inside and take a look at the temple. Make yourself an altar and decorate it as you wish. Everything you need for this can be created with your thoughts. Arrange this chapel as you wish, so that you feel at home here.

When all the transformations are done, sit back and enjoy peace, tranquillity and harmony. In this inner stillness you are experiencing, you can meet your soul. Feel your soul. You can feel it with every breath, with every heartbeat. It is your inner being, pure, silent, eternal, immortal. He is constantly giving you signals, sending you messages from your heart. How many times have you heard?

Get in touch with your soul. From now on you will always hear this pure quiet, peaceful, patient, accepting being that you are. You just need to create a little inner silence to receive its message. Enjoy this new or perhaps familiar feeling.

Part B/B (problem solving with the soul, optional)

Part C

It's almost time to go. Say goodbye to him. Know that it'll always be with you, goodbye is only temporary. Close the door and go back down the staircase of 10 degrees 10, 9, ...1. From the house, return to the field. Start back along the path. On the way, look around, admire the scenery. Bring with you the peace, calm and harmony you have experienced. Take a few deep breaths. Slowly move your fingers, stretch and open your eyes.

If you have made a successful connection with the soul, you can use this to problem solving, asking the soul questions such as:

Part B/B

What makes me maintain my illness? What should I do to get better? What is the main obstacle to my recovery? Do I still need this disease? Why do I still need this disease?

Listen carefully to what your inner being, pure, silent, eternal and immortal, whispers in your ear. Receive its signals, because it is sending you a message from your heart.

Part C

More examples for **Part B/B**:

a) Ask yourself the question: What do you think about the ultimate purpose of human life? What do you consider to be the ultimate goal? Be honest with yourself! What are your solutions?

b) Ask yourself the question: Who do you identify with? What do you know about the self? How do you experience giving and receiving love? Be honest with yourself! What are your solutions?

c) Ask yourself the question: How do you feel about respecting the free will of others? What are your motivations? Be honest with yourself! What solutions do you have?

d) Ask yourself the question: Do you know yourself? How conscious are your actions? Are you motivated more by your instincts and desires? Be honest with yourself! What solutions do you have?

e) Ask yourself the question: How aware are you of the laws that govern the universe? Be honest with yourself. What solutions do you have?

IV. Meeting our fellow human beings

Part A (see Meditation II)

Part B

You enter the building. A door opens from the lobby to the right, leading into a large room. Look around the room. Notice the furniture, the decoration on the walls. As you look around, a side door opens.

Relatives, friends, acquaintances... and yes, even people you don't sympathize with will arrive. Slowly the room fills with active participants from your past and present. It's like being at a reception where you're the host. Everyone is your guest. You go up to each one and greet them one by one. You start with the people you love, the people you sympathize with. You thank them for being present in your life, for helping you in past and present. You hug them and experience with them that you come from the same source. Your souls touch and become one in love. After you have greeted each other, they leave and slowly there will be fewer and fewer in the room. Eventually only those will remain with whom you could not get on the same wavelength. Now go to them one by one. Apologize to them or forgive them for hurting you. These disagreements stem from the fact that our human perspectives are different.

Everything that has happened was the part of your life and it is as important as what has been good and beautiful. They have taken on a heavier role in your life. That they show you your faults, your shortcomings. They serve as a mirror for you, in which you can see your own qualities that you consider negative magnified. Make peace with these characters in your life, embrace them and experience love with them. The last ones left are the most difficult ones with whom you have not yet been able to sort out your relationship. If there are any, don't rush yourself. Give yourself and them time to understand why you are in this situation.

Now say goodbye to everyone who stayed. Next time you will continue the task of experiencing love with them. The room is empty. Sit alone for a while and relax. You have done a great task. Enjoy the peace, calm, harmony that is now being created for you in this silence.

Part C (see Meditation II)

Even deeper meditations can lead to an encounter with the guardian of the threshold, who guards the gate of the unconscious. It is the causal self and can also reveal past lives or reveal specific problems that may be evoked from the deep unconscious. Do not contact it without the guidance of the suitable helper.

Concentration exercises

In the following, I would like to describe some concentration exercises.

Concentration on the body

Part A

Make yourself comfortable and relaxed. Close your eyes or let them close on their own. Take ten very deep breaths and exhale very, very slowly. Then return to a comfortable breathing rhythm.

Part B

Turn your attention to your right hand. Pay attention only to your right hand... With all your senses you perceive only your right hand... All other parts of your body cease to exist for you. You are now only your right hand, nothing else... You have completely ceased to exist except your right hand... You continue to exist in your right hand... Your whole body consists of a single right hand...

Part C

Now go back to sensing your whole body. You can feel your whole body again...

Part B (another example)

Turn your attention to your left hand. Pay attention only to your left hand... With all your senses you perceive only your left hand... All other parts of your body cease to exist for you. You are now only your left hand, nothing else... You have completely ceased to exist except your left hand... You continue to exist in your left hand... Your whole body consists of only one left hand...

Part C

Now go back to sensing your whole body. You can feel your whole body again...

You can continue with other points on the body as you wish. If this exercise is successful, the concentration exercise can be used to solve different tasks, e.g. as follows:

Part A (see above)

Part B

Turn your attention to the point in your body where you feel pain. Pay attention only to the place of pain... With all your senses you sense only the pain... All other parts of your body cease to exist for you. You are now only the painful part of your body, nothing else... You have completely ceased to exist outside the painful part of your body... You continue to exist in the painful part of your body... Your whole attention is focused on this painful area... The pain in this area becomes more and more unbearable... You feel that you can no longer bear it... The more intense the pain becomes, the more you focus. You are the concentration... And now ... suddenly the pain disappears. You have won.

Part C

Now go back to sensing your whole body. Feel your whole body again... Take a few deep breaths. Slowly move your fingers, stretch and open your eyes.

Once the concentration practice is mastered, the method can be used to focus on individual chakras and to experience oneness with people, objects, etc. These exercises are taught in our courses.

Awareness exercises

I. Awareness of the body

Part A

Make yourself comfortable and relaxed. Close your eyes or let them close on their own. Take ten very deep breaths and exhale very, very slowly. Then return to a comfortable breathing rhythm.

Part B

Now focus on your body. Feel yourself sitting on the chair, your legs bending at the knees. The way your feet touch the ground and the soles of your shoes. The way your hands rest on your thighs. Feel your spine, the position of your head, the position of your shoulders. Feel the way the clothes touch your body. Take each part of your body in turn. Feel the way your eyelids cover your eyes, the flutter of your eyelashes, your tongue in your mouth, the way the air flows through your nose into your lungs. Be aware of the position of every part of your body. Identify exactly how they are positioned in relation to each other. Go point by point through your body. Be aware of every tiny movement. Become aware of your digestive organs. Be aware of your heart beating rhythmically, of blood rushing out of your blood vessels and then flowing back into your heart. Now, at the same time, become aware of the synchronized functioning of your entire body. Every organ, every cell is performing exactly one predetermined function. Perfectly and harmoniously integrated with the functioning of your whole organism. You are now fully aware of your body.

Part C

Take a few deep breaths. Slowly move your fingers, stretch and open your eyes.

II. Awareness of the five senses

Part A (see above)

Part B

Now become aware of how your skin works. The surface of your skin is covered by your clothing. Feel its tightness, its touch. Become aware of the tiny hairs on your skin, the warts, the opening and closing of your pores, the functioning of your sweat glands. Feel the nerves carrying information from the surface of your skin to your brain...

Now become aware of the saliva being produced in your mouth as you swallow it and it goes into your stomach. The position of your tongue and the tiny flicker of your tongue. The way your thoughts trigger the production of saliva. How the thought of being sweet makes you feel, feel where the change occurs on your tongue, how the experience progresses, and where the awareness occurs...

Now become aware of the way air enters your nose. As the fine cilia on the surface of your olfactory cilia move. Be aware of the

creation of scent, of the way a molecule of scent sticks to the surface of your cells and creates an olfactory experience within you, of how it travels as a chemical change and becomes conscious in your mind...

Now become aware of the way the noises are reaching your ears. They vibrate your eardrums, creating a very subtle movement. The vibration of the eardrum is transmitted to the auditory bones. Feel the movement of these tiny bones. The bones are connected to a membrane with a fluid behind it, the fluid makes waves, and these waves are sensed by your nerves, which in a flash of time deliver the information to your brain...

Now become aware of the way the light enters your eyes. To do this, open your eyes halfway, but remain in a meditative state. The particles of light penetrate through your pupil to the inside of your eye, pass through the lens of your eye, which collects them and projects them into the retina. The tiny sensing devices in the retina immediately pick up the light coming through the vitreous body. The cones, like tiny prisms, break down the rainbow into all its colours, the rods add the play of light and shadow that creates the tone, and all this is consciously registered in your mind in a split second...

You are now fully aware of your senses.

Part C (see above)

Similarly, feelings, thoughts, breathing can be made aware. Once awareness of all these has arisen, the experience of inner stillness is established. When this state is established, one can then move on to the practice of contemplation, which allows one to solve various tasks, e.g. solving scientific or historical problems, creating works of art, contemplating with prayer, mantras, various aspects of God, etc.

We teach these levels to our advanced students in our personal training sessions.

Journey to the planet named Earth

(fantasy)

The imaginary story presented here is the experience of a ghandarva who came to Earth to study Earth civilization. The ghandarvas are the lutenists of the heavenly realms, whose mission is to glorify God by all means of art in all circumstances. In the light of the ghandarva's earthly experiences, we can get a picture of ourselves from the perspective of a heavenly being. The story also shows how the ghandarva encounters a self-realized Himalayan yogi whose teachings - in which the history of earthly civilization plays only an educational role - bring him closer to a deeper understanding of creation and God's plan.

Sometimes the imagination turns to reality...

Have fun!

Before departure

I was sitting in Samadhi, recording the last lines of my latest poem in the information field of the world ether, when the six-pointed, pulsating star, the call sign of the Interstellar Space Exploration Reclamation Centre, appeared in my consciousness. At such times, I should immediately tune into the Centre's channel to receive the message. Well, they'll wait a while, it can't be that urgent, there's no time after all...

*There is no space, time, matter, just light,
Only the thought is the sole creative might...*

I continued the poem I have started. Anyway, I know what they want, they have already indicated it before by transmitting their thoughts. It's true that I answered: I don't negotiate by thought transference, I prefer personal contact. Well, I'll be going in a moment, the finishing of poem can wait, who knows how long it's taken to receive the message of my poem from the world ether by someone.

I tuned into the message. It indeed told me to travel to the "InSpERe" center immediately. In my mind, that's what I just called the **I**nterstellar **S**pace **E**xploration **R**eclamation Center. I hopped into my single person crystal-powered space helicopter. "InSpERe" is a good light-year away, so I'd better hurry. The Chief doesn't like to be kept waiting. On the way, I entered the destination into the on-board computer: Interstellar Space Exploration Reclamation Center.

– Refine location...

– Come on, don't joke!

– Give me a precise location! – the plasma-powered biodivergent space communicator ordered.

– Don't you already know where it is? – This gadget is out of date, I should replace it. I thought, giving up. Well, I had not kept up with progress. – Please tune into my memory!

A few seconds later I arrived at the "InSpERe" and to my surprise I was immediately led to the Chief. Shiv welcomed me. That's what we called the Chief among ourselves. I bowed deeply.

– Lord, you called me.

– Why did you delay? – He looked at me with a deep penetrating gaze; his eyes were full of feigned sternness and immense love.

– Not a minute has passed, Lord!

– Why did you delay? – He repeated the question.

– Sir, you know that I am reluctant to leave this planet, and I feel that you will ask me to do so now. – I confessed sincerely, knowing well the purpose of the visit.

– You have been chosen. You used to travel a lot, you know the three worlds. And... I trust you.

I knew he meant that he trusted me to come back. There have been times when some delegates have not returned from planet Earth because they were too absorbed in the pleasures of the material world.

– A couple of hundred years ago, we started a re-cultivation experiment on a planet called Earth. – He continued. – Since that time ten thousand years elapsed there. It is our duty to monitor the creatures that have inhabited the Earth in the intervening time and to decide whether to modify the conditions of the experiment, or to end it. You must travel there and report on the developments, and your report will carry great weight in our decision.

– You can count on me, Lord. When do I have to leave?

– At once. Details will be provided by my secretary. – At that moment, a tall, slender, airy lady entered. Uhm. Our consciousness instantly merged. It made such a profound impression on me that I felt even less urge to leave afterwards. If I were not many thousands of years old, I might still be ..., but, let's get down to the task.

– Rasah – called me by my name. Her voice was like the strings of a harp were sounding. – Concentrate on the task! – It was a sign that she was perfectly aware of my every thought. Once I was convinced of her abilities, I thought it best to pull myself together and set about my preparations with full concentration.

I was led to one of the interstellar ports of the "InSpERe", where I was provided with the appropriate space shuttle, already equipped with the necessary tools and information.

– The journey will take three hours, it's long enough that you prepare about the history of the Earth, its culture, its scientific and technical knowledge and the tasks to be done. All this can be fed into your personal information field from the memory of the on-board computer

linked to the world-ether during the journey. It is planned that you will spend one hour, or 50 earthy years, on the planet Earth. Please note that the time spent in transit, which is 150 earthy years, is not entered into the computer because we do not yet have accurate information about this period. So, your ingenuity will be needed when you arrive.

While I was in awe of this incredibly precise organization, I had to express my doubts:

– 150 years missing! That's not negligible...

– That's why you were chosen. We are confident that, despite all these, you will bridge this tiny time compared with the history of the Earth with your exceptional intelligence.

– Uhm! – I didn't feel like playing a game with responding to her compliment. I was getting fully into the task, and the responsibility of it was completely saturating me. – Well, by the time I get back, my report will be completely out of date as another 150 years pass on Earth. How can you make a responsible decision based on a 150-year-old report? Couldn't a telepathic link be maintained with a chosen person? – Meanwhile, I heard Shiv's voice in my mind. – You have not disappointed me, my son! You will be in constant contact with me!

The lady smiled. I knew she understood. I was fun on myself since I had made the decision earlier that I did not negotiate by thought transfer. Well, now I had asked for it myself. In vain, the Boss is always right. I entered the spacecraft with complete composure, sat in front of the control panel without thinking, and attached the information transmission unit to my head. My consciousness, which consisted of the same matrix as the computer's data and information carrier unit, was instantly attuned to the equipment and it began to obey, by way of thought alone. Meanwhile, the past millions of years history of Earth flashed before me.

Arrival

I arrived at a base in the Himalayas, where they already knew about my mission. I was greeted by a small group of yogis who had left the physical plane of existence in the last 150 years and had volunteered to stay close to the Earth to carry out certain tasks. They have an energy body that can still be easily transformed into a physical body

if necessary, but they mostly stay in this special energy body because they do not need food and drink to survive and are not bothered by the weather.

By the way, the weather! One of my first experiences was that there is weather on Earth. Once upon a time I had known all the hardships of being in a material body, but now I've used to live without it. The Himalayan guide has helped me to develop an energy body that is free of all physical limitations, but very close to the vibration of material bodies. Without it, I would not be able to perceive the actions, feelings, thoughts of beings in the material body. I myself remained invisible to them, but I was able to observe and perceive everything that was happening around me. It was my duty not to influence the beings and events under any circumstances. I moved freely among them, travelling to every corner of the earth, from the depths of the seas, across the deserts, to the snowy peaks of the mountains. From time to time I returned to the Himalayan base, where I left the space shuttle and recorded my experiences and observations in the on-board computer's memory. Although the capacity of my consciousness gave possibility to absorb and store a very large amount of information but it was still not infinite and it was necessary from time to time to save, organize and sort the data I had collected.

Shiv, with whom I stayed in constant contact, would occasionally query the data collected on the computer. This was easier for both of us because I had to tune into the physical plane vibrations while collecting data, and I was so busy that I couldn't concentrate on my chief. He did occasionally contact me if the task required a change during implementation.

The report

Search for intelligent beings

My tasks included searching for intelligent beings on Earth and studying their behavior. In my search for different levels of intelligence, I had to consider the following aspects:

- The creation of an organized society in which individuals perform a specific task, thus allowing for the division of labor within society.

- Using and transforming the tools and objects available in the environment.
- Being in harmony with the environment. The degree of independence from the environment and the speed of dynamic adaptation.
- Ability to conceptualize, form abstract concepts.
- Thinking ahead, i.e. anticipating the future, consciously planning actions to facilitate future tasks.
- Culture (sports, arts, science).
- Knowledge of the laws and operation of the material universe.
- Knowledge of the laws and operation of the non-material universe.
- Knowledge of the absolute, eternal nature of the soul, the science of spiritual realization.

My conclusion: I have not found a society of intelligent beings on planet Earth that fully meets all of the above criteria.

There are different levels of societies that satisfy some aspect of the above criteria. Bees and ants, for example, are highly organized societies, but have not yet reached the stage of conceptualization. Dolphins are highly intelligent creatures, but they are driven only by the survival instinct. Of all the beings with a material body, I have found humans to be the species that satisfies most aspects.

There is no doubt that humanity has a relative highly developed culture and science, they can transform their environment, they can make themselves in a certain extent independent of environmental influences, but they do not live in harmony with the environment, destroy and kill other living beings. They are very aggressive species who do not even spare the lives of their own kind if their material interests require it. Wars are a regular occurrence among them, where they destroy each other either because of material or mental differences. Famines are regular, and there is great poverty, while other groups of the same race continue to waste material goods to excess. Disorganization, lack of foresight, excessive destruction of the environment has put human society in great danger, which the leaders of society refuse to acknowledge. But the biggest problem is that human beings are not aware of the spiritual laws of the universe, the inner nature of the soul and spiritual self-realization is only the privilege of a few religious sects.

Hereinafter I have focused my observations on the human species. The essence of our experiment on planet Earth is that a soul spark with perfect intelligence and consciousness was placed into an animal body about 10,000 years ago in Earth time. This body evolved spontaneously over millions of years from a lowly evolved animal body and its evolution was speeded after entering the soul spark. The aim was to study the difficulties that living beings with the capacity for perfection must face in subordinating the instinctive activities of their coarse material animal body to their consciousness and in triumphing over their instincts. How much time is needed for this and what techniques can be used to achieve full consciousness in the shortest possible time. Where are the most serious obstacles that prevent living beings from living their pure consciousness.

I have extended my observations to other species in order to see, if the human species were to become extinct for whatever reason, which animal species would be worth transferring the soul spark of absolute consciousness to in order to continue the experiment.

Who is intelligent?

I have already mentioned that I occasionally returned to the Himalayan base to organize and computerize the data. The time I spent with the Himalayan yogis and the discussions I had with them were very enlightening for me, and helped me to understand the connections originated from the complexity and the special situation of human beings. During such conversations, the sage Giri would usually start to tell anecdotes, drawing his inexhaustible ideas from some scripture occasionally what he knew by heart.

Balaam's donkey

It happened once, many thousands of years ago, that Balaam was summoned by the ruler to ask the shaman for help against his enemies. Balaam was in no mood to do so, for he learned that God was on the side of the ruler's enemies. Yet, fearing retribution and attracted by the promised rewards, he set out on a journey on donkey's back to curse the enemy. Yes indeed, but on the way the angel of the Lord stood

in his way to thwart his mission and warn him of his task. Three times the angel stood in the way of Balaam without his noticing. When the donkey could no longer evade the angel, it lay down on the ground and refused to go any further. Balaam, not understanding the matter, beat the disobedient donkey, but it still refused to obey, until Balaam also perceived the higher will, left the donkey alone, and finally pronounced a blessing instead of a curse on the enemy.

– Hence the saying, "He is stubborn as Balaam's donkey," Giri finished the story.

I had a good laugh at hearing this.

– I myself have observed that animals are quite good at detecting light beings, while humans are hardly any. I also sometimes have a problem with animals living in the company of humans, behaving strangely in my presence, which people don't know what to make of, and blame the animals. If it weren't against the rules, I'd be happy to play tricks on them at times. Imagine their surprise if the scientific laws they had learned in school, were suddenly turned upside down and started working in reverse.

– Oh, we've done it countless times.

– And? What was the effect?

– That's why we became saints. – Giri smiled, whose holiness was truly without any doubt.

Biological observations

The human race on planet Earth is basically made up of two different sexes. A male and a female can only procreate through sexual intercourse. The vast majority of society is heterosexual, but there is also homosexuality. Homosexual individuals are not able to reproduce with each other because they cannot biologically change sex. There are bisexual individuals who have characteristics of both sexes.

Generally speaking, sexual activity is a crucial part of human life, the main motivation for their actions, their thinking revolves around this topic, and sexuality is the source of countless psychological disorders. If we compare the sexual activity of human with the animals that have reached the highest level of intelligence, we can conclude

that there is no significant difference. The choice of mate is primarily influenced by instinctive elements, and desire is regulated by certain hormones which are a necessary part of the functioning of the physical body. I found two important differences that are not observed in animals. The lack of sexual satisfaction makes some male humans aggressive and they act out their aggressive desires violently on females they consider their possession. On the other hand, sexuality in human society has become a business, an industry. This means not only the commodification of the physical body, but also that a myriad of devices to substitute the sexual partner and enhance sexual performance have been marketed.

One can imagine how the spark of perfect consciousness has been covered up in these beings, and what signals it sends in desperation to the individual. These signals manifest themselves in psychic disturbances, illness, impotence, infertility, but because they are not processed, they lead to depression and premature death of the individual as a self-reinforcing process.

The individual tries to draw his/her joy of life from sexuality, but since he/she fails in the long run, he/she descends into total depression and disease by old age, becoming a biological wreck whose biochemical functions can only be maintained artificially by poisons called medicines.

Social and scientific judgements classify human sexual activity into so-called normal and aberrant groups. But what is normal and what is aberrant has varied from age to age and culture to culture. The wise men of the human race have always sought to set sexual norms for their fellow human beings, and humanity has invented a variety of excuses for why these should not be followed. More recently, science has been invoked to find excuses for all activities hitherto classified as sexual aberrations. Rather than investigating the biological, biochemical or population dynamics causes of the sexual behavior patterns found in the animal kingdom, they have gone no further than simple fact-finding. The rationale is that if something occurs in the animal kingdom, it is normal and can be applied to humans. Thus, based on animal behavior, they excused themselves from developing and following human behavior patterns.

Researching animal behavior was also very important for me during my mission, as I had to do a comparative analysis. The human

species did not receive a higher level of consciousness in order to pursue an animal existence. The purpose of the earth recultivation experiment is to study how higher consciousness elevates humans above animal behavior patterns. While I have found indications of this in some eras, in the last century the unfolding of clear trend towards the regression of the human species can be seen.

I felt it necessary to visit my Himalayan friends to discuss my observations.

What is normal?

– Giri, were you a married man when you were still living in a physical body? – I addressed the question to the Himalayan saint.

– Yes, I lived a perfectly ordinary life, like any human being.

– This disproves the human belief that saints should live in a life of severe penance, abstinence, renunciation and suffering.

– I totally agree. Here you will find many saints who lived ordinary human lives. Of course, what does ordinary mean?

– What do you think what is normal sexual activity?

– Which aids for the long-term survival and development of the human race, it can be considered normal – he said thoughtfully. – This does not mean, of course, that what is normal leads out of the material world. Spiritual evolution is certainly not promoted the release of sexual energy without regulation and self-limitation.

The conversation continued and, as usual, ended in another anecdote.

Why were Sodom and Gomorrah destroyed?

Once upon a time, a long time ago, two angels appeared in Sodom. The angels descended from the higher spheres to investigate the sexual activities of human. They took the form of very handsome looking men and walked about the city. Eventually they stayed at the house of Lot, who recognized them and tried to protect his guests from taking pleasure by townspeople with them. But the men living in the town surrounded the house and tried to force Lot to hand over the guests. Lot offered his own two virgin daughters, but to no avail. For the male

inhabitants of Sodom were homosexuals, not interested in the charms of women, but rather attracted by the two angelic-looking men. In the end, Sodom and the surrounding settlements of Gomorrah were destroyed by a volcanic eruption, burying its inhabitants. Only Lot and his two virgin daughters escaped, all others perished. Lot's wife changed to salt column as she looked back at the decaying Sodom. Lot fled to a mountain with his two daughters and lived as hermits. When the daughters saw that their father was old and there was no chance of them ever being near another male, they got their father drunk and he fathered a child for them. The offspring became the ancestors of great nations.

– Uhm. In human society nowadays, the latter is called incest and it's punished, – I noted, after some silence.

– The story reveals the relativism of moral law. What serves social survival? On the one hand, homosexuality is a characteristic of affluent societies, where nothing normal is pleasurable anymore and therefore they turn to the forbidden, which in one way or another leads to the destruction of the group, and on the other hand, it is a characteristic of certain primitive populations, where the sex ratio is shifted and sexual tensions are thus reduced. Furthermore, reproduction between close relatives was not prohibited for a long time. In many societies, members of the ruling class secured their power in this way, since they considered themselves to be divine descendants and did not have intercourse with the lower classes. This led to serious inbreeding and genetic degeneration.

– Yes, I have information on this. Homosexuality has been observed among animals and many other strange sexual activities have been described. People use these observations to excuse themselves by saying they are just doing the same thing as animals.

– What I find strange is that people want to follow animals, when in fact it is the other way around. Animals copy human activity. Relying on the astral information field, animals copy certain human behavioral patterns, which should draw attention to the universally destructive effects of human activity.

– What is the real cause of homosexuality in human society?

– If I had to answer in one word, I would say ignorance is the root cause. Scientists are well aware that the intestinal tract retains some of the characteristics of the skin surface, as if our skin continues inside our body as an intestinal canal. Thus, touching or rubbing certain areas of it, through the brain connections of the nerve endings located there, produces a sensation similar to that of genital stimulation. When the stimulation of the genitals becomes habitual or for some reason unpleasant, the senses seek and find other ways to discharge sexual desire. On the other hand, human beings change their sex from one life to another. Sometimes the attachment of two souls to each other is so strong that even the sexual taboo of same sexuality is broken down, and this cannot erect a barrier between them. Yet they chose the same sex precisely because they wanted to break the emotional and energetic bond between them.

– Quite understandable, but my observations are that homosexuality is a dead end for spiritual development, chaining souls to the deepest astral worlds after death.

– That's right. That's why it has always been forbidden by all religions, except some nature religions, where, for example, animal spirits are worshipped. The intestinal tract is a representation of the deepest astral worlds, and one whose consciousness dwells here and whose life energy flows here will remain on this plane after death. Regular cleansing of the intestinal canal, on the other hand, will prevent the awakening of menial desires. All that is needed is the ancient yogic practice of salt-water enema, which stimulates and fires the nerve cells in the rectum, thus satisfying the nerve cells' desire to be touched.

– Do sexual aberrations really exist in animals, or are they just copies of human patterns?

– The sexual activity of animals is always well-defined for the survival of the species and the individual. The scientists of our time may not yet understand the hidden reasons, but it is not the animals' fault. Consider, for example, the case of necrophilia in wild ducks. When a wild duck dies suddenly and unexpectedly, e.g. flying into a glass wall, its mate, and even the other males, mate with it for hours. The reason is that they are trying to bring it back to life by a collective effort. They pump life force into the female through the cloaca (anus) to see if they can revive her. In humans too, if a point is pressed near

the anus within a certain time after death, the person can be revived. For sure human beings could learn humanity from animals.

Nutrition

Human eating habits have changed enormously over the past millennia. In my report, I analyze only the least desirable trends. Most striking is the institutionalized waste of food in economically developed countries, while famine is ravaging some areas. The amount of food wasted would be more than enough to help the hungry as donation, since the food thrown away will in any case be wasted. The unused food could be deposited in food depots, where those with a penniless card could receive the daily needs of their families free of charge. The obstacles of this are administration, disorganization and the desire to make a profit. Administration because, for example, it makes the use of food subject to regulations, whereas it is better to eat expired food than to starve, and disorganization because surplus food should be carried to the place where it is needed. In any case, it is a human achievement that, while an animal, after having eaten its fill, leaves the leftovers to weaker animals that cannot obtain prey, or to scavengers, man stands by the leftovers in order to make a business profit even from their sale. This desire for profit is always at the expense of others and is a fundamental characteristic of human society.

Another distinctive trend is the decline in the use of fresh food at the expense of pretreated, packaged, frozen, preserved, processed, in short, industrially treated food. At every step, food loses the life energy that has infused it through its contact with the Earth. By the time it reaches people's tables, it is truly dead matter, not to mention the enormous waste of time, energy and money that goes into its transformation.

A large proportion of humanity is meat-eating, of course in a much more civilized form than carnivores, but there is no difference in the essence of the matter. They feed on the meat of killed animals, which is consumed after several days or even weeks. In the past, people ate the meat of ritually slaughtered animals, which they offered to the gods beforehand. Later, the gods, seeing that people were making their

offerings out of an attachment to eating meat, forbade animal sacrifice. Nowadays, people are increasingly turning away from the old religious precepts, not understanding their spiritual essence, religions have become empty dogmas, some are formally religious, others not even so, and meat-eating has gained ground.

Beyond the fact that hundreds of thousands of innocent animals are kept in appalling conditions and slaughtered in abattoirs, eating meat is the least rational form of nutrition. Mankind could only eat plants, instead they feed the animals edible plants and eat the meat of the animals. This superfluous interposed circle results in a huge waste, because while 80-100% of plant food can be used for consumption (human or animal), only 25-30% of animal flesh can be consumed, the rest being bones, skin, hair, offal. Of course, the narrow section of society that has manufactured and is manufacturing the ideology for all this can justify it both scientifically and commercially, and the rest of humanity is stupid enough to believe it. Waste leads to a predatory exploitation of the environment, which leads to an ever more tangible destruction of nature.

To summarize my observations, I returned to the Himalayan base, where I was greeted by the usual scene of thousands of yogis chanting their prayers to delay the seemingly inevitable destruction and to reinvigorate the drained Earth. I sat down among them so as not to disturb their blessed activities. Giri, who had become my personal advisor, noticed me and motioned for us to move aside.

– Why are you doing this? Why do not leave them to their fate? – I asked resignedly.

– All human souls are our brothers and sisters. Mother Earth is our sustaining mother, She has asked us not to abandon Her children, so that in time they may come to a better understanding. I will take you to Her.

I had heard of the goddess many times before, but as I didn't know Her personally, I happily agreed to the visit. On the way, Giri entertained me with a story.

The Seven Princes

There once lived a king who had seven sons. Because he loved all seven equally and didn't want his sons to fight over the inheritance, he had a huge palace built with seven gates and gave each of his sons a part of the palace with a separate entrance. The sons didn't know that they all lived in one palace, because each of the seven always went through his own gate.

Once upon a time, the king (Father) went away for a long time and before he left he told his sons: take care of your mother (Mother Earth) and love one another. Time passed and the sons lived in love. The evil fairy (Maya) envied this and started a feud between them. They began to compete with each other to see whose palace was bigger or more beautiful. Their mother became sick of this rivalry and, emaciated to the bone, ordered her sons to her side on her deathbed.

In desperation, the boys immediately ran to their mother and all arrived at the same time. It was only then that they realized that although they had all come from different directions, none of them had to leave the palace to visit their mother. They realized that they had all been living in ONE house before, they just hadn't realized it. Through a joint effort, they won the victory over Maya and their mother was cured.

Once again, a time of love and happiness has come to the Royal House.

– I wonder when humanity will understand the spiritual essence of this simple children's story, – I added thoughtfully.

Meanwhile, we arrived in a pristine landscape of indescribable beauty, where the lush green grass evened silky underfoot, the trees in constant blossom as they crumbled under the weight of their harvest. The forest grew thicker, but the branches opened of their own accord, pointing the way. Animals were grazing peacefully in a hay-scented clearing, and nearby I could hear the trickle of a stream with crystal clear water running through it. At the edge of the clearing, near the stream, wild animals were cooling and quenching their thirst. Everything that appears in the kingdom of heaven, in our thoughts, and is projected holographically, I saw materialized here.

- Surely this is the place that people refer to as Paradise, from which they have been expelled – I noted.
- Welcome, foreigner having come from far away – a clear ringing voice nearby hit our ears. I looked around for source of the sound, but saw no one.
- My Lady, – I said, bowing deeply, – I am so overwhelmed by your realm of unparalleled beauty that my vision is unable to recognize you in the form of Atman. If you find me worthy, please assume a form that I can see.
- What you see here is all my shape, but let be according your wish. The goddess then appeared, surrounded by a golden veil of light, and we both fell to the ground.
- My Lady, I am compelled to ask You to lower Your light, You are completely blinding my vision. - I asked the goddess, struggling with the desire in my mind, "How happy can be a soul whom You grant a union experience."
- Let it be as you wish. - I heard now the voice from within myself, which had completely shattered any illusion of separateness. Once again, I found myself on the slopes of the Himalayas with Giri, who was smiling happily.
- I don't know how to thank you, – I said, a little confused and dazed, not expecting to experience God far from my home. Giri giggled at my embarrassment, barely audible.
- I sensed that you don't know the female aspect. You know, the feminine and masculine aspects of God live in apparent separation to maintain the duality of the material universe. Therefore, Mother God experiences Oneness with Her divine consort through Her children.
- I see. That's why He sent me, because He couldn't come!
- So, it is fitting that God's feminine and masculine powers should be united in their children.
- Could the place of unparalleled beauty that I saw be a home for humanity if they could learn to live in love and harmony with each other and with nature?
- It is indeed the heritage of humanity, but not everyone can enter it. Those who have completed their schooling on earth and earned this heavenly realm will be their dwelling place. You know the Jews, led by Moses, searched for this kingdom for forty years, wandering in the

wilderness. Finally, when God saw that they were unable to follow His laws, He allowed them to conquer by force a kingdom which they thought was the promised Canaan, and for which they are still fighting today. Yet for them the promised Canaan was what you saw now and that was not situated in the gross material dimension.

– I see! That's why God told Moses, you can't go in there!

– That's right. Moses never crossed the threshold of the kingdom of the Jews, he went to Canaan, and the people remain under the illusion that Canaan is a kingdom on earth.

Spiritual life

We sat on the slopes of the Himalayas. In the valley, the banyan trees were in bloom, their scent was wafting up the mountain paths and hugging the snowy peaks.

*“In evenings flower-scent is flooding,
while the life rests, its soul is floating.”*

The thought came into my mind spontaneously, unexpectedly, almost creeping into me, along with the smell of the banyan trees. Giri looked at me in surprise.

– You?

I smiled. – You know, I am the bard of the heavenly realms, my soul would rather write poems than treatises on the evolution of mankind. But as I serve the Supreme Lord, I perform my task with complete devotion.

– Son! – Tears glistened in his eyes.

– My father. – From the sky came the smell of ambrosia, mixed with the scent of banyan trees. As we sat under the starry sky, we both thought of the Supreme Lord, and our souls merged and became one. It was already dawn when a light breeze caressed my cheek, signaling to me that it was time to go.

– I have to go. – Using the rest of the night I flashed past to study what people dream about.

In the dimension from which I came to Earth, my job was a kind of standby duty. I was monitoring from which part of the Universe

requests for help were coming from living entities to the higher worlds. If I detected such a call, I connected with the caller and automatically all his/her feelings and thoughts became known to me. In each case I gave energetic help in a completely unbiased and unjudgmental way. The seeker was free to use the life energy and information received according to his/her own will and purpose, but living in the shackles of his/her desires and attachments, he/she always initiated a series of events that, according to his/her own inner program, resulted in a series of experiences necessary for his/her development.

So, I was no stranger to insights into the emotions and thoughts of living beings. Seen from the other world, all human activity seems to take place in a dream, while beings are unaware of it. More correctly, they could aware if the right degree of consciousness had been attained. Therefore, it was interesting for me to have the opportunity now to get quite physically close to people and study their dreams. It is like a dream within a dream. When one dreams, what happens to them in their dream is absolutely real. Suppose while he/she is sleeping in his/her bed, he/she is being chased in his/her dream and they are trying to kill him/her, he/she flees or he/she confronts his/her attackers, he/she dies or he/she escapes, the symptoms of the struggle are definitely showing on his/her physical body, he/she is panting, sweating, moaning, tossing and turning restlessly. This is an indication that the dream indeed results in a kind of real experience, which the actor lives through fully. He/she then wakes up and realizes it was only a dream and relaxes, but it is good that it is not real, he/she thinks.

In fact, the same thing happens with the experience of death, after you die you realize that life was a dream and not reality. Of course, this is not for everyone. There are souls who do not wake up after death, but continue to dream of their life on earth, which can be even more horrible than the state they experienced before death.

Dream is the reality and reality is dream, or more precisely both are dream and reality as well. No wonder, that for some people dream and reality slip together, and even worse, that these are mixed up or interchanged. I have observed that in the world of people, psychological problems are treated by psychologists and psychiatrists who have the same problems as the people who come to them.

But let's look at what these psychological problems stem from?

What do people dream about?

*Grumpy literate distorts the law to get brief,
Wild guard persecutes a pale, dreading thief...
Half-blind robber unlocks the halter in sleep,
and the owner is baaed by a flock of sheep.*
(Z. Wollak)

Insights into dreams

1. Gretel dreamt that Hansel raped her in her sleep. Hansel happens to be Gretel's boss and a very aggressive, pushy, violent man who repeatedly intruded into Gretel's sensitive mental world. He often alludes to Gretel's unladylike forms and behavior, and his vocabulary is a sexual profanity. Gretel is a single woman with unfulfilled sexual desires. Hansel has elemental sexual energy, but he should never need Gretel, who is a withered spinster in his eyes. The next day, Gretel will go to work terrified, and the first teasing word will make her cry. She'll be convinced that her boss is out to get her, and that he's being mean to her because he knows she's not like that. She's a decent woman. But Hansel is fed up with this lifeless, dried wretch, who is not even possible to joke with, and fires her. Of course, Gretel becomes convinced that she was fired for not sleeping with her boss. All men are like that, that's all they think about. So, she never gets married. She will die of uterine cancer at the age of 50. Hansel hires another female employee who is the exact opposite of Gretel. A sexual relationship begins between them, but that's another story. Hansel will die of a heart attack at the age of 49.

Hansel and Gretel belong together, bound together by a passionate love in a past life. They couldn't tear themselves apart. Of course, they know nothing about it. Now they have tried the opposite. Of course, the outcome of the story would be different if they were both more conscious and understood the dream signals of their subconscious.

After examining the dreams of a few hundred average people, selected according to specific criteria, I conducted further research among people who had above-average intellectual abilities in some area.

2. R. Dawkins had a dream in which Jesus appeared to him and gave him a teaching. Mr. Dawkins was an atheist man, philosophically uneducated, but scientifically highly qualified. He had previously written several books in which he criticized and even ridiculed people of faith. The dream was repeated several times, and Dawkins tried in vain to distract himself from the apparition during the day, but the reality of the dream increasingly transformed his outlook. Eventually he decided to write a book about his own conversion. The book was a great success with believers, while the ridicule of unbelievers continued until his death. Dawkins was convinced that Jesus had appeared to him, and as arrogantly as he had previously rejected all forms of faith, he was now just as bigoted in his opposition. He travelled the world as a missionary, lecturing everywhere and calling people to conversion. The teaching he imparted in his lectures came directly, he claimed, from communicating with Jesus. In reality, his sermons did not go beyond the level of the average Bible exposition, and neither he nor his followers got out of the cycle of existence.

Dawkins only realized what had really happened after his death. In his dream, his own higher-self appeared in the form of Jesus. The higher-self wanted to signal to him to change his perspective because his conscious self was in disharmony with his soul, and the consequences of this could manifest in illness. Dawkins, being a rigid man, could not process his dream experiences in any other way except by switching his mind and inducing an inverse program. If he had stayed at home and prayed silently, searching for the inner laws of the soul, he could have discovered the way to God, which he could have represented authentically to the whole world. Instead, he wasted his time in a field of substitute actions. In his next life, he set himself the goal of embarking on the path of God-realization.

After a few days I returned to the Himalayas to organize my experiences. After our previous experiences together, Giri was fully aware of me and the essence of my mission.

– Look, people don't know they're asleep, and if they're woken up prematurely, they get completely confused. Genesis says, "...then God put man to sleep..." Everything that happens takes place after that, but nowhere in Genesis does it say...and then God woke man up.

– I know the story of the expulsion from Paradise, – I replied. – So, people are sleeping in Paradise while they think they are exiled and living on Earth. But You know that Paradise is not the ultimate reality. It's all a children's story. The question is what fairy tale to invent that will help alleviate physical and spiritual suffering here and now.

– What if we told the truth? Those who don't understand believe it to be a story, those who do will wake up, the rest will pick up as much as their abilities allow.

- Reality, as you know, cannot be handed over, it can only be achieved by living it, by experiencing it. That's why the arts were born, poetry, music, visual arts try to bring the transcendent closer to people. But their popular versions are completely self-serving, this "music", this "poetry", this "fine art" can no longer fulfil this function, because what has become part of the entertainment industry serves to make money, and does not elevate the soul and spirit, but pulls it back, degrades it. Giri was silent for a while, then quietly remarked:

– Is there any experience that does not lead to God?

We both knew the answer, because the questioner was one with the answerer.

It happened once, when Lord Rama was on Earth, that he went for a walk in the forest and met a hunter. The hunter was roaming the forest and indiscriminately killing animals even when he did not need food. When the hunter saw the Lord Rama, he was very frightened and thought it was his last hour. He fell down and begged him to spare his life.

– Why should I do that? – Rama asked. – Neither you have mercy on the animals that come before you. Why do you destroy these unfortunate creatures when they have done you no harm?

– Sir, I am a hunter and it is my job to kill.

– Then it's your last hour! – The Lord lifted up his bow.

– Lord, have mercy! – Begged the hunter. Rama, who himself was the absolute mercy, pondered.

– All right, I'll give mercy, if you alter.

– How can I change? I have spent my whole life in the forest, I have killed all my life, and I have committed many sins. I don't know any other way to live.

– Chant the word RA-MA-RA-MA-RA-MA-RA-MA-RA-MA...

– Lord, how can I chant your holy name, Oh Lord? – Rama was truly touched by the humility of the hunter. Ignorance and darkness were present so profoundly in the eyes of the hunter that he did not judge him.

– What have you been doing up to now?

– I killed.

– What does it mean to kill?

– MARA.

– Then chant MA-RA-MA-RA-MA-RA-MA-RA...– he said, then dismissed the hunter. The hunter walked the forest with this mantra from then on. Never for a moment did he forget to chant. Eventually he became so absorbed in the mantra that he even forgot to kill. When his hour of death came, he thought of the mantra and achieved liberation.

– We humans commit countless acts of ignorance and our situation would be truly hopeless without God's overflowing grace. God has given even the simplest, most ignorant person the opportunity to reach to him. Nothing is needed but the chanting of God's holy name. – Finished Giri, who was then surrounded by Himalayan saints gathered in the name of Lord Rama.

– If someone is touched by the Lord just once, even for a single moment, he/she will always long for that moment in all his/her future life and will always seek that moment wherever he/she goes – I noted silently.

– Yes, once... Once it happens with everyone...

Giri and I were alone again. I was still preoccupied by the experience of what had happened with Dawkins.

– You are an excellent expert of the human mind, tell me how is it possible, that someone's mind can go from God-denying to God-believing in a single day, and after such a conversion, some do, but others do not achieve liberation? What happens in the mind at such a time?

– The mind has a layered structure; the layers inhibiting each other are situated on top of each other in the cerebral cortex, as if there were alternating YES-NO-YES layers. The innermost program of man is

set to YES to God. If one freely says NO to this program, one can do so, but this is accompanied by spiritual disharmony. In order to restore harmony, the YES program begins to expand and spread to the denying brain area. The YES is a response to the denial, which then confirms the NO program. The NO program then begins to expand and spread to the YES area. This in turn reinforces the negation of the negation, which is nothing more than a YES. The same process took place in the case of Saul, the later apostle Paul. People of average mental ability deny in one life, believe in another life, and alternate until they settle on a belief. People of high intellectual ability can convert in a single day, but that does not mean God-realization. For God cannot be known by speculation in the mind, it requires the surrender of the mind. Lord Brahma prays to the Supreme thus. *"The mind cannot capture You with speculation on You, and words cannot describe You. You are the supreme master of all, and therefore You are worthy of worship by all."*

We can know God only with our hearts. The Lord Jesus said, *"Love your God with all your heart, with all your mind, with all your strength."* The Lord Krishna said, *"Think of Me always, be My devotee. Worship Me and offer your worship before Me, and you will undoubtedly come to Me!"* These teachings are of the highest order and are eternal. No philosopher will ever be able to teach mankind a greater teaching.

– These teachings have been part of humanity's spiritual and cultural heritage for thousands of years, yet hardly anyone has ever fully implemented them. When the Supreme Lord asks me what is the reason, what should I tell Him then?

Giri remained silent, only his tears fell, voiceless.

The family, the basic unit of society

The family is not only a basic societal, social and economic unit, but also a basic biological unit, as many animal species raise their offspring in families, which is necessary primarily for the biological survival of the species. If we start from the biological level, we should compare the human family with the family models found in the animal world. The most obvious comparison is the family of apes. In the case

of monkeys, the family is essentially matriarchal, as only the mother being secure and the female taking care of the offspring. In the case of monkeys living entirely in the wild, I did not observe any distortion of the bond between mother and child, which means that the bond is strong as long as the offspring has to be cared for and is automatically loosened when the offspring grows up. The offspring follows a gender-appropriate pattern of behavior taken from the wider environment, and no maladjustment is observed, as the functioning of group dynamics quickly assigns the place of individual within the wider community.

The human family is a much more complex concept and the emotional-mental limitations of the individuals who make up the family, as well as societal, social inequalities, are reflected in the distortions of the family. Let us first consider the distortions that occur at the level of the individual:

- people want to possess each other; this also applies to the parent-child, man-woman relationship, this possessive tendency is completely absent in animal societies;

- family members suffer from role confusion; the woman is often male, the man sometimes female, and the child is either a slave or a ruler. There are societies where the woman is also forced to take on the role of slave, both economically and socially. In animal societies, I have not found such discrimination between male and female individuals, except in cases where the difference between the sexes is biologically determined (e.g. one is significantly smaller or weaker than the other). I conclude that the oppression of women, where it has occurred, is purely socially motivated, and not in the slightest way biologically justified. In many cases, women are physically and mentally stronger and more mature than the average man.

As I have observed the historical development of human society, I have seen that women have only been able to break out of oppression by assuming male roles, and the result has been that their traditional female roles have been disrupted, resulting in the disintegration of the family. The few women who seem to have managed this situation are living their lives in a schizophrenic state, running between work and family. In this situation, everyone is unhappy, the family is unable to provide the role model and a primordial security for the child, and the family produces a mass of emotionally damaged, striving with

integration disorders offspring without sense of purpose. Where traditional roles are best preserved, there is nothing to eat, but that is another topic.

If the family is sick, society is sick, and vice versa. Many people see this and look for a way out, but they can't find it. The inherent misconception stems from the ideology of the consumer society that the main source of human happiness must be inexhaustible consumption. If you can satisfy your desires without limit, you will be happy! - says the system. Well, I have not experienced this anywhere. The consumer society leads to enormous waste on the one hand, and immense poverty on the other, and a permanent lack of the experience of happiness on both sides.

Since earthly beings cannot find a way out of the family crisis, I have tried to summarize, based on my experiences on earth, what would be the principles that could provide a solution to their problem.

Every human being is fundamentally unique and belongs only to God, in which sense belonging to a family is only temporary, a necessary corollary of the material plane of existence. The role of the family is to anchor the individual in the material world, to give him/her a kind of root, to provide security and to enable him/her to fulfil his/her tasks in the material world. Just as a tree cannot grow tall without roots, so man cannot reach heaven without roots. The truly great individuals have always had roots and drawn their energetic nourishment from the Earth. The family must provide the background for the child to carry out his/her own individual life mission for which he/she was born. All other goals are secondary.

In the family, individual life tasks must be coordinated, and each family member must help the others in their tasks, because each family member will get ahead if he/she helps his/her peers. In the family, as in society, no one has the right to oppress the others, but they have the duty to limit each other's rights so that everyone can participate in the family's division of labor and roles. It is in the interests of all concerned that the family should be maintained as an elementary unit, and everyone should do their utmost to ensure that it is maintained. This could be expressed through obedience of children, respect and love for parents, and parents' care and absolute love for their children, but at the same time by setting wise limits. And the two parents could achieve family peace and harmony through mutual appreciation,

acceptance, forgiveness and mutual nurturing of the relationship. The best way to nurture the relationship is through joint activities, the most effective of which are nature walks, joint prayer, meditation, listening to harmonizing music, cooking together, eating together, deep conversation, etc.

Why is this so difficult for human beings to recognize and realize?

I had already asked this question to Giri, who had just finished his meditation.

– You come from the world of ideas, where it is quite natural for beings to exchange information by tuning into each other. Among humans, in the rough material world, this non-verbal form is increasingly relegated to the background. While people living close to nature still use it successfully, because without attuning to the forces of nature their survival would be threatened, people living in artificial environments no longer receive information from nature and are becoming disconnected from it. They think there is no other channel of information than speech. Speech is very restrictive in the transmission of information if it does not go hand in hand with the alignment of partners, so that terrestrial beings often have the impression that they do not understand each other, even if they speak the same language. Imagine the confusion in Babel when they don't even speak the same language. The family is the perfect vehicle for learning to tune into each other's feelings and thoughts. Optimally, if this is done well, the individual will be given a major help in integrating into society.

– Speaking of Babel. I know the story of the Tower of Babel from the Bible, when God confused the tongues of the people because they wanted to build a tower that reached to the sky. What is the deeper meaning of this symbolic story?

– The Tower of Babel is the symbol of all activities that do not focus on spiritual self-realization, but instead see the task of humanity in technical progress. Technical progress will not solve global problems. The reason is very simple. The funds needed for technical progress are in the hands of narrow interest groups that have no interest in solving global problems, and therefore these will never be provided, because the state is already drowning in social spending, and the narrow

interest groups will never put aside their narrow interests, because they will become immediately impoverished. Babel's Tower is not a story of the past, but of the present. Take a look at the fragmentation of science. The higher the level of technical development, the smaller the area that a single person can cover and the more people would need to work together in a coordinated way to solve a scientific problem. While this is possible in principle, take a peek at a scientific conference. There, everyone teaches himself/herself and lectures for own self, even if there are many people in the room and they speak the same language.

– So, is the family the community where they should learn to communicate at an elementary level? – I return to the original topic.

– Not only communication, but also synchronization. The best example of this is that a mother carries her child in her own body, another being, a soul for nine months, with whom she should live in physical and psychical harmony, at least during pregnancy.

– The mother undoubtedly experiences something that we inhabitants of the world of ideas experience with everyone at every moment, the experience of oneness.

– The experience of oneness with child, parent, lover, master, heavenly beings, self, God. Without this, there is no enlightenment, because it is the surrender of separateness, where the ego shuts down for a second, which brings an experience of bliss like no other – Giri closed the conversation and continued with a tale. I sat down next to him, with a waiting and trembling soul from excitement.

Once upon a time, a poor-lad with a clear heart set out to see the world. He was determined to go as far as he could until he found the fairy-tale bluebird of happiness. As he walked along the road, he saw a white dove with broken wings. – Please help me! – the bird called to him. – I can't fly and if they find me here, I'll be eaten by wild animals. – Without a moment's hesitation, the lad took the broken-winged pigeon, fixed its wing, fed it, watered it and cured it until it learned to fly again. The bird was very grateful. – Ask anything of me, and I will grant it. – What could I ask, my little dove? I have a greater problem than you can help. – Ask me, and you will not regret it. – said the bird, for it was a magical bird sent to help the poor-lad. –

You know, I'm looking for the bluebird of happiness, you've been many places, what advice do you have, where to go, where to find it? – Well, poor-lad, you've got a big axe to grind, but since you've helped me, I'll help you. There is a Bronze Forest seven years' walk from here, and in the Bronze Forest lives a bronze unicorn, if you can find, ask it.

The poor-lad was walking and walking and after seven years he reached the Bronze Forest. He went through the whole Bronze Forest for seven years but he did not meet a single creature. Finally, he sat down under a tree and wondered how he was going to find the bronze unicorn. As soon as he sat down under the tree, the tree uttered. – I know what you're doing here. Put your arms around me, and when you hear my real voice, you can go on your way. – The lad hugged the tree, and to his surprise, a bronze bell rang in his heart. At the sound of the bell, the bronze unicorn appeared and said: – Come, sit on my back, I will take you to the Silver Forest, where you will meet someone and ask her. – The lad sat on the unicorn's back, and as the unicorn had wings, it flew off with him into the Silver Forest and set him down.

The lad had been wandering in the Silver Forest for seven years and had met no one. When he was walking through the forest for the third time, an old witch appeared to him. – I knooow what youuuu are doooing heeere! – she cried in a hoarse voice. But until you kiss me, I will not tell you where to find the bluebird! – The lad was cogitating having to kiss this old crone, but as he hadn't met anyone in seven years he surrendered, he wasn't going to die from a kiss. – Come on, old crone – the lad put his arms around her and planted a kiss on her cheek. And the witch turned into a fairy. – Thank you for saving me from a spell. Now nobody can stand in our way, if you will, nothing separates us. – smiled the maiden temptingly. – Not so, my fairy. I'm looking for the bluebird of happiness. – replied the lad. – Very well. Look deep into my eyes and all you desire will be yours. – The lad looked deep into the fairy girl's eyes, and saw in them everything a man could wish for, except the bluebird. – I do not see in your eyes what I seek, let me pass. – Then the fairy gave the lad a golden wand. – Strike me with this wand and you will be taken to the Golden Forest. The one, who you seek, lives there but the rest is your duty. – The lad obeyed, the fairy disappeared and he found himself in the Golden

Forest. As he was walking through the forest, he heard a flute. He started in the direction of the sound and from behind a tree the Supreme Personality of Godhead emerged. As He played the flute, bluebirds gathered around him. The poor-lad fell down on the ground before Him, tears of transcendental bliss welled up in his eyes and his whole body began to tremble. – Lord! Please, accept me into your service! – May it be as you wish. Enter into my eternal dwelling. – said God, and it was so.

We listened for a long time, without thinking, immersed in each other and in the love of the Supreme Person...

– Tales have a profound educative effect and spiritual symbolism, which fulfils the personality. Of course, people's stories are not like yours, which is enough for enlightenment – I noticed with smiling.

– Enough for those who understand. – looked Giri at me with penetrating eyes.

– Olé! Are you testing me? – I giggled – All right! The white dove is the symbol of the Holy Spirit. A broken wing is a symbol that people need to restore their relationship with the Holy Spirit. The tinkling sound in the Bronze Forest is one of the sounds of the heart chakra Anahata, which is heard when the heart is cleansed of all positive and negative emotions. Then the unicorn becomes visible, a symbol of beauty and purity, the power animal of the heart chakra. The Silver Forest points to the importance of experiencing cosmic tolerance, which means acceptance of all that exists and all that happens. When this is achieved, the silver color appears in the light of the human aura. The witch is the shadow personality that souls in the world of duality project out of themselves to confront. When this is done the shadow personality immediately becomes attractive, but still appears as a tempter to beings and offers the fulfilment of all desires. If one can renounce all this, then intimacy with God will imbue his/her aura with a golden light. This is symbolized by God appearing in the Golden Forest. In this state, the only desire that remains for the being is eternal devotional service, which manifests as the most natural mode of existence and elevates the created being to the Transcendental plane. The three trials (healing of dove: the ability for compassion for suffering beings; becoming one with the tree: the ability for

experiencing union with all beings; kissing the witch: the ability for experiencing love for all beings) are the three obstacles that must be removed from the path of Kundalini power. The seven years represent the seven chakras, which have to be passed through 3 times in total. $3 \times 7 = 21$, the sum of the digits of the number 21 is three, symbolizing the realization of the three faces of God...

– That's not what it is taught in people's schools, as you will see. – smiled Giri and reminded me that it was time for me to go and study what people teach their children?

School system

The first thing that struck me about the human school system was that it does not take into account the child's aptitudes, age and interests, even at the lowest level. Instead, a centralized curriculum - with a centrally imposed set of requirements - is imposed on the initially moldable minds of young children.

I sat in the school desk and contemplated. I was invisible to them, but all their feelings and thoughts were crystal clear to me. Most of the time, even the teacher could not agree with the curriculum. The children were bored to death and by the end of their compulsory schooling, even their initial childlike interest had completely disappeared, while they were resigned in the whole training. Of course, the curriculum was put together by very *clever* people who knew exactly what a child aged 6-18 needed. They probably knew because they hated the same things when they were kids.

The second thing that surprised me is that they teach without the slightest idea of how the human mind works. Even though their computers are built on exactly the same principle. Their computers also have a fast-access operating memory, which is used to store and use the data that is needed at the moment, and a huge capacity back-up memory (Winchester), which is a little slower to access, and which is full of faulty, out-of-use, fragmented programs that interfere, slow down the operation, and if some of these fragmented programs can get stuck in a running program, the machine can freeze. This happens to people sometimes, when someone freezes or freaks out. It's a pity that when this happens, instead of uncovering the fragmented programs

running unconsciously and they delete them, the medical professionals administer drugs.

The distortions of the school system and the lack of knowledge of how the mind works have led to human beings being able to use only a fraction of the available mental capacity. But the most striking thing for me was that increasing mental capacity is in nobody's interest! The current economic and political elite of this society could kiss their power goodbye immediately if people were more insightful. On the other hand, the individual who takes on the challenge of significantly increasing his/her mental capacity and becomes a genius, is confronted with incomprehension, exclusion, loneliness and often lives a life of abandonment, of being labelled mad because he/she has realized something that others have not. These people are like lilies that have been smothered by weeds. After a while, they get tired of the hopeless struggle. Their state of mind can perhaps best be described in a poem:

*The world is filled with noise and pother.
Who longs for silence, his dream is over.
The world is overrun with weeds...
Don't slay, let them increase...
The lily closes its chalice silently;
it put the world's burden quietly.*

When I got to this point in my observations, I had the idea that I would definitely suggest to my leaders that we create transitional planes of existence for human beings who take it upon themselves to develop above-average consciousness and at the same time excel in their human values. This possibility will free them from the burdens of the gross material world, and there they can continue their development with proper guidance until they can enter the demigod or transcendental realms. They would thus be motivated at least by the fact that they could leave the gross material world, to which they would never have to return, unless they could not fit into the society maintained by the inhabitants of the realm of ideas. To create and develop this system, however, I must win over very high supporters, for I know that attempts have been made to select certain groups of humanity and raise their consciousness for the purpose of becoming leaders of others, and these attempts have always failed over time. I

have decided to discuss this with my Himalayan guide so that I can come up with a workable proposal on my return.

Health

Earthly man has been suffering from a wide variety of diseases since historical times, and his/her life is a constant battle against illness. I found it interesting that, although humanity follows animals as a model in sexuality, for example, but they have a very different approach to disease. Animals, when a fellow animal falls ill, leave it to its fate, because death is a natural part of life. If an individual cannot cope with his/her illness, he/she must die, it is the order of nature. Among natural peoples, this approach is still observed. They 'heal' with herbs, with healing rituals led by shamans, i.e. they do nothing more than help the sick body to activate its self-healing powers. If this does not help, they leave the patient to die, usually by helping the way to death with a ritual.

In civilized human society, they think differently. Here they invented patient care, the hospital and the health service to coordinate them all. Modern science has undoubtedly made enormous progress in fighting pandemics, but it has not been able to eradicate the possibility of epidemics themselves, so it has created epidemiology, which is another set of institutions that must be maintained. Of course, it all cost an awful lot of money to maintain. In order to 'cure' disease, a pharmaceutical industry has been created to produce a mass of artificial chemical compounds called drugs. Researching and testing new drugs requires new financial resources, while the number of sick people and those in need of care is growing and the financial resources are dwindling.

One doesn't need too high mental capacity to see that this will sooner or later become unsustainable, and in some place, it already is. The masses, brainwashed by their leaders, are naturally used to this, and if they have pain they immediately use painkillers, and if they get a deadly illness they expect society to do everything to save their lives, no matter what the cost, just they will be able to suffer for another week or two, or months, artificially maintaining breathing, heart and other bodily functions. The ignorance of the masses - despite their

education - is such high that they do not even realize that most drugs do not cure anything at all, but only alleviate or suppress symptoms, by reversibly inhibiting the action of an enzyme - responsible for the symptom - in a lucky case. The patient is cured independently from the treatment, moreover frequently in spite of the medication. But often they don't even recover because they are already hopeless, but because it is against the law to let them die, they are pushed even further into taking the drugs. Human society has reached the point, as an achievement, where it is possible to ask for a merciful death in the case of incurable diseases, but this is not allowed everywhere.

But what is the truth? The pandemics have the task to control the number of populations of humanity, to eliminate human having the weak organisms from the population, just as wild animals still happen naturally. Man, of course, with their conscious, wanted to go beyond the principle of natural selection of the animal kingdom and took control of his/her own destiny, and with this the full responsibility for everything that happened.

I have observed that the root of the problems is that natural methods have been unduly supplanted by artificial methods of treatment, which are much more expensive, dangerous and environmental polluting, and all because of the profit-oriented operation that has become the main motivation of human society. The pharmaceutical company from producing medicines, the pharmaceutical trade from distributing medicines, the health service makes its living from having a large number of patients, etc. None of them is interested in running out of patients, nor are the patients themselves interested in being completely cured, because if they are sick, they do not have to work.

Most simple illnesses, if recognized early, would not require medical attention at all and the more serious ones would never develop. The knowledge to do this is available to mankind, but it is not being used.

Let's see:

1. The soul is eternal, only the body dies, therefore death does not exist, so there is no point in keeping the body alive beyond all limits. People should meditate on the eternal nature and divine origin of the soul.
2. If they are unable to do so, they should reflect on the root cause of their illness, that their consciousness has been divorced from divine

consciousness and they are moving at lower levels of consciousness, which goes with illness and suffering, and therefore they should strive to return to divine consciousness.

3. If they cannot yet live according to their divine consciousness, they should be aware that there is an all-encompassing field of life energy that animates their bodies, which they should take up to regain their health, and they should strive to remove any blockages within themselves that separate them from this life energy.

4. If they cannot remove the blockage on their own, they could seek out healers who has connection with this life energy field to ask for their help.

5. If they don't believe this can work, they could resort to alternative therapies such as homeopathy, acupuncture, Ayurveda, phytotherapy, etc.

6. If they don't believe in these things either, they could make use of modern medicine, at the original cost.

Society should therefore support those who are able to maintain and regain their health on their own, then those who would choose cheaper alternative therapies for their recovery, and finally not support expensive modern therapies, but only allow them to be used. That is how a healthy society could be created. If health care worked on this principle, there would immediately be fewer sick people, temporarily many more deaths, and a steep decline in the human population, which would immediately make the planet more livable for those who survive.

When I have reached this point in my experience, I visited the Himalayan base again and presented my ideas to the wise Giri.

– I am shocked at the amount of money that goes into supporting the sick people in human society. It would be perfectly logical to support the healthy, because then everyone would be interested in keeping themselves healthy, but now people are interested in keeping their illnesses! – Giri burst out laughing, his tears now were running down his ageless face with laughter. I waited patiently until he finishes laughing.

– You! You really come from another planet! – he said finally wiping his tears. – Look, that's not how human society works. It can't work like that! It's a reversed world. Here, the fool teaches the wise, the

weak wants to lift the heavy, the coward controls the brave, the unbeliever wants to save the believer, and all are convinced they are doing the right thing.

– If humanity will not choose this path voluntarily, sooner or later circumstances will force it!

– That's right. It's called divine providence around here. Divine providence frees the sick from life, the healthy from the sick, and the Earth from the masses of those who exploit it. Then the game starts all over again. – We have been silent for a long time. – Look, –said Giri again – this is not that way as God wanted this game to be played. Not so roughly, so cruelly. But somehow, they must be taught to experience the consequences of their actions. The best way to do this is to have a virtual world that can be recreated at any time, and in which anything can be repeated at will.

– Yes, I understand. Sometimes it feels so real that I forget that I've just entered a virtual world. The whole creation is wonderful, I can't get enough of it. Everyone seems to be doing what they want, but everything is guided by divine will. How does God do it? Despite all the efforts of my highest consciousness, it remains incomprehensible in its totality...

– If it's incomprehensible to you, imagine what a human soul in the rough material body can understand?

– My only Giri, You, who are in a state of full consciousness, free from all illusions and above the binding forces of nature, do You see how the binding forces (gunas) move people in illusion?

– I can see that, but I can only help if they appeal to the aspect of God of which I have made myself aware. In other words, I am not able to see the whole of creation either, my son. – the sage bowed his head quietly.

Culture (sports, arts, science)

If I had to use one word to describe human culture, I would have to say that it is divided against itself, or that it has lost its purpose. This misalignment stems from the fact that individual and global goals have become inverted or confused. Humanity has now developed a highly advanced technical civilization, which does not go hand in hand with

spiritual, mental and intellectual development. In other words, humanity resembles a child entering adolescence who has been given the technical knowledge and opportunity to destroy the Earth or even turn it into paradise, but is not aware of this and is unable to see or take responsibility for it. In this situation, it is the intellectual elite of society that should be in charge of society, but to do this, the intellectual elite should have a clear vision of the goal of the development of all humanity and the driving forces of this development. Without this, the blind will lead the blind and (in the words of Jesus) both will fall into the pit.

At first, I didn't even want to study the sport activities of mankind, because I thought they were for keeping the body fit. But then I realized that only a tiny minority of people do sport with the aim of keeping their bodies fresh and young. In contrast, professional sport activity has developed as a barely refined version of the ancient gladiators' life-and-death struggle. The struggle to win is fought at all costs, even at the cost of athletes selling their health to be a few thousandths of a second better than the other. It's no longer important not to doping, but to do it in a way that cannot be detectable! That's why they employ experts alongside elite athletes who administer combinations of doping substances at a rate that ensures their charges pass the doping test. And modern gladiators are happy to assist, because they are rewarded with huge financial prizes if they win. This is particularly true for sports that are popular with the masses, because they are the ones that provide the highest revenue for the organizers. And spectators can be enticed by new world records, while human capacity is finite. Watching the frenzy in the sports arenas, I thought I had landed on the planet of the apes, there was indeed nothing human about these creatures.

Money has taken control of the whole culture. After sport, the arts took over. The function of art would be to remind man of his/her own divinity and to lead man back to God. This was the purpose of the close relationship between art and religions in historical times. Religion (God) was the main theme in all the arts. The degradation of the arts took place in several stages. If art can no longer serve God, it should aim at presenting higher human values. Its task should be to provide a cathartic experience, to strengthen man's faith in truth, purity, his/her own humanity and spirituality. If it cannot achieve this,

it should present ordinary human values, such as beauty, goodness, love, respect. If it can't even represent that, what good is it??? Well, to make money! From this activity, with its empty functions, which is called art, flows all that is not divine, not even human, but inferior and deformed. The pseudo-artists spew their filthy subconscious regurgitations onto the people, the more sophisticated of whom turn away in disgust, while the masses belch like pigs on the manure heap and pay for it. And the ideology is that it has to be done this way because it is the demand of the masses! Since when can mass demand dictate the function of art? This is only possible in a society where the suckers are in control. In order to keep their stupidity hidden and maintain their power, they try to keep others ignorant.

The contradiction is most evident in the cinema, where money is most explicitly dominant, and where the entertainment industry has developed. Here, beside dumped goods that are supposedly satisfying the needs of the masses, expensive artistic creations are produced that are equally good for nothing, except to satisfy the artist's ego-boosting ambitions. This is the other extreme, where the creation of the ego-realized artist has taken nobody - including himself/herself - by one step further towards the realization of neither his/her own humanity nor his/her own divinity.

Science was the latest to succumb to the virtual power of money. At present even the otherwise rational idea does not prevail that it should be researched what is needed by society as a whole. Research can be done on anything that can be funded by a researcher-manager with an ego-blessed desire for self-fulfillment, who is bouncing around among the financial managers of the economic lobbies, who are fools for science but professionals at raising money. Hence the contradictions that, while science and technology are achieving inconceivable results for the average person in space research, genetic engineering, etc., they cannot even solve the most trivial environmental pollution problem. All the knowledge and technology on Earth is available to prevent global pollution, global warming, famines, species extinction, etc., but scientists do not do this because they are not paid to do it, and even if they do and find a solution, they cannot exploit their invention. There are thousands of inventions and discoveries lying in drawers that should just be taken out, but instead of taking them out, they are rediscovered, modified, because they want

to gain recognition for their ego, because that is the attitude that best meets social expectations.

In my experience on Earth, I have seen that the entire intellectual elite has surrendered leadership to the money men, and has even become their slaves. Now the money men control what they can research, what they can create, what they can publish and where and in what form. If something is not economical (for them) and does not have a business value (for them), it does not exist. They do all this in the guise of democracy, and to make it even less conspicuous, artificially keep humanity in a state of intellectual underage. All of this is aided and abetted by a section of the intellectual elite, who are licking the back side of the money men with dripping spit for the small handouts they are given. Besides, the control of the money men is bringing the whole Earth to ruin, since their minds are only capable of multiplying money, and they have no capacity to create and to grasp higher goals.

But let's get back to the misdirection. Money is a means to reach a purpose, but not the goal itself. When money rules, the means takes over the control of the processes, and the process only ends up reproducing itself, i.e. money wants to multiply itself and control the processes accordingly. This is the self-movement of money. The functioning of capitalist society is based on the self-movement of money. It is limited by physical possibilities, namely when capital is globalized and there is no one left to exploit because of poverty and/or because of the depletion of the earth's resources, the system collapses. It is clear that it can get rich only at the expense of others or at the expense of the Earth's resources, so when these are exhausted, the system fails.

Humanity today lives in a social formation that is unsustainable and will collapse. The intellectual elite bears a huge responsibility in this, they may see this, but either buries their head in the sand or avoids facing up to the problem in search of their own self-serving happiness.

First of all, I have to point that where there is the most knowledge, there is the most power, and money must be put back into the function of a tool instead of a control role, because that is where it belongs. And the intellectual elite must strive to regain its moral hold, in conscious of its own knowledge and power. If it fails to do so, the intellectual elite will fall with capitalist society, and in the chaos the totally

uneducated mob will take over, sweeping away the achievements of science and technology, which it cannot use anyway.

I felt that at this point in my report I had a little bit carried away by emotions and could not remain an objective observer of events, so I returned to the Himalayas to rest. It was the autumnal solstice in the northern hemisphere, signaling the approach of autumn in the temperate zone. I could not and did not want to hide my disappointment in the human race's ability to evolve from Giri, who greeted me sadly:

– I know what you are feeling. – He put his hand on my shoulder and we sat in silence. I thought about autumn and the fact that my mission would soon be over:

*All the leaves wither, fall and weep,
the autumn wind laments its summer sleep.*

To my surprise, Giri responded in verse:

*A monk - wandering on snowy space -
has only desire to achieve the grace.*

He looked at me for a long time, with a penetrating, snake-like look, as if he couldn't decide whether I understand? While I was halfway between crying and laughing. Finally, I laughed in embarrassment.

– Is it so weak? – he asked, like a child caught in a prank.

– On the contrary, very apposite. – I replied now chuckling. In fact, it was not his attempt at poetry that made me laugh, but my own bolt of lightning like realization that I had understood the essence of the divine plan. Giri exuded divine wisdom on such a level that just being near him was enough to make me feel in the palm of God's hand.

– The creature can only be deceived by its own illusion, its own dream. – referred to the essence of my poem. – What did you expect? It is not the healthy who are admitted to hospital, but the sick so that they will be cured. The Earth as a hospital was created to cure ego sickness, it has no other function. Here everyone and everything suffers from the same disease. And the essence of ego sickness is that man puts his/her

own goals and desires before the global interests of the whole human race. It is this misalignment of goals that gives rise to the delusional tendencies that have frustrated you. But the hardest is yet to come. – He referred to the last task of my mission, which was to study the relationship between humanity and God.

– Before I go further, bless me!

– Me? Who am I to bless you?

– Please! – I knelt down in front of him so he could no longer refuse me.

– Lord, Thy will be done, – he laid his hands on my head.

I then spent an extended period of time at the Himalayan base, while my master taught me the divine art of self-realization. In this way, I - who was a lyricist of the spiritual world, an intuitive, all-embracing, all-integrated poet and artist - acquired the science of wisdom and clairvoyance.

Giri said goodbye to me with a story, which he passed on to me as a signpost.

A lesson from the selfless, devoted service, or expect nothing for a good deed

The lion and the mouse *(after La Fontaine)*

Once upon a time, there was a lion. He was the king of animals. One day the lion was very hungry, but he was lazy to hunt, so he caught a little mouse that was scraping near him.

– Well, little mouse, this is your last hour. You can say goodbye to your life.

– Don't eat me, my dear lion, I'm a small morsel for you anyway, and you'll see, you'll be able to use me one day.

– "Ha-ha-ha," laughed the lion, "what use would I have for a little mouse, I who am the king of animals! But you're right, you'd be half my teeth short if I ate you, you'd only make me hungrier. So then, see how merciful I am to you, I will let you go, but you must never again come before my eyes.

Time went by and once the lion fell into a trap. The forest resounded with his roar, but no one could help him. The little mouse heard this and remembered his promise. He quickly gathered himself and rushed to the lion's aid. He chewed the rope and freed the king of the beasts.

– You see – he stood in front of the lion. – I was right after all. I told you, that you could use me once.

– And I told you not to come in my face again. You're in your last hour. I'm gonna eat you.

– Why do you want to eat me, my dear lion, – asked the little mouse, frightened, – since I saved your life? Without me you would never have escaped the trap!

– That is why. Don't tell anyone you freed the king of animals!

With that he grabbed the mouse and ate it. A short time later the lion was trapped again, but this time there was no one to save him, so he died. Years went by and the time came for the lion and the little mouse to be reborn as lion and little mouse again. The story repeated itself. But this time the little mouse was smarter. He chewed up the rope near the lion's tail, and before the king of beasts could see who his savior was, he ran away.

The little mouse was sent to the Kingdom of Heaven for his deed, but the lion has been playing the same story with many little mice ever since, until he realizes that there is no difference between a lion and a little mouse, because the same Spirit (the Holy Spirit) is at work in all living things.

Yes, everything is in order. And knowledge is like water flowing from the top to down. If we don't bow to each other, we will never get each other's knowledge and skills. God-realization is a process of never knowing who and what will bring us closer to Him. If I want to receive the diligence of the ant, then I must bow to the ant, because this creature best represents the aspect of God's diligence. To every being God has given at least one quality that manifests itself most perfectly in that being. Through the Giri's teachings, I have acquired the ability to truly see, the essence of the tiniest being as well as the most powerful. So, I felt prepared for the final task.

Religion, philosophy, knowledge of the science of self-realization

Religion and faith have accompanied man since his awakening. Earth scientists believe that man turns to the transcendent out of ignorance, because he/she does not understand the complexity of the world around him/her and fills the gaps in his/her scientific knowledge with religious ideas. Thus, as science develops explanations for the hitherto unclear phenomena of the universe, the religious worldview disappears. This is the current scientific ideology. However, the religion and faith are not scientific categories, but spiritual, and fall outside the scope of scientific inquiry. Science narrows its object of study to the material world. Only that is considered to be science which can be deduced from axioms (e.g. mathematical laws) or can be experienced empirically (through experiments) and reproduced as necessary. Thus, philosophy - which was once the science of thought (contemplation) in the history of earthly civilization - no longer belongs to the subject of science, because it does not satisfy the conditions of scientific thought. Earthly science can thus be compared to a snake biting its own tail, unable to escape from its own prison, because it has excluded from its scope of investigation everything that is not material, and classifies as pseudoscience or fraud everything for which no material explanation can be given.

Nevertheless, religion is what distinguishes man from animals. All living beings have a piece of the impersonal life energy field that makes them alive, but man has been given a tiny piece of the personal divine consciousness by which he/she can live as man and as part of God. If this is true, why is it not so? It is because there is another program operating in man, in addition to the divine consciousness, which separates his/her personal self-consciousness from the divine consciousness. This is a layer which we call the ego-program. This is what gives rise to the dual nature of man, what has made man of special interest and, in our case, of study.

So, the point of our re-cultivation experiment is to see, putting a spark of divine consciousness into an animal body and then load an ego program onto it what extent progress can be achieved and how long it takes. How to accelerate the development of humanity, manipulated in this way, in a way that is bearable for them and does

not infringe on their individual freedom. At that time, everyone voluntarily joined in the experiment, that is to say, voluntarily undertook to descend into an animal body with the consciousness of God. The ego program was necessary because none of the sparks of divine consciousness could have endured existence in an animal body without it.

By now, the game of experimentation has become so violent that it is disturbing the tranquility of the higher worlds, and at the same time the beings of the higher worlds are responsible for the outcome of the game. Therefore, there are leading personalities who are proposing the withdrawal of the experiment, which would, of course, entail the physical destruction of the whole Earth and all its beings. The sparks of divine consciousness are of course indestructible, as is the life energy that pervades them, only the virtual physical world would disappear, but in doing so there is a danger that the sparks of divine consciousness would lose their individual character and consciousness and would have to be absorbed into a central impersonal energy field. The responsible beings of the higher worlds are wondering how this experiment can be eliminated or developed in such a way that neither the personal freedom of the beings involved in the experiment nor the divine laws are violated.

From time to time, beings from the higher worlds have descended among humans and acted as world teachers to guide humanity back to the experience of their own divine consciousness. These attempts, however, have been a succession of failures. So, it was also my task to study the reasons for these failures in order to develop more effective solutions for the future.

Science and technology have made unprecedented progress on Earth in the last hundred years. One by one the laws governing the functioning of the material world are being revealed to the inhabitants of the Earth, but since science has narrowed its field of activity to the study of matter, the study of the laws of the spiritual world has been reduced to a minimum. Without the latter there is no prospect of further progress, since all material laws are the projection of spiritual laws in a narrowed, lower dimension. The study of the laws of the spiritual world is classified as faith and religion and is considered unscientific. This has led to the regression of ontology (existential philosophy). In the absence of free thought, religions have become

dogmatic systems of rituals in which the essence of the original teachings has gradually been lost. It is no accident that scientific thought rejects the religions that currently exist as unscientific delusion. Thus, human society is divided into atheistic scientists and believing ignoramuses who fighting each other. The atheistic scientists are unaware that they should recognize God as part of themselves as an inner spiritual program, while the believers seek God somewhere outside themselves, thus separating themselves from God and failing to find a connection with him due to lack of inner experience.

If I had to describe human society in one word, I would say chaotic. Even the followers of different religions are fighting each other because they think they are the only ones with the true faith and the true God, and the other is wrong and even lying. Something similar happens in the madhouse when two Napoleons meet and fight over which one is the real one. Of course, it's getting out of fashion now for madmen to play Napoleon, and now they are mostly Jesus or Buddha, but that's also possible in everyday life. . My opinion is that the world is full of delusional pseudo-teachers who have no inner realization but who attract a large following with their fashionable slogans. At the same time, the material world has become a lukewarm spiritual stagnant water in which one can bath, but in the last five hundred years, irrespective of religious affiliation, hardly enlightened soul has got out from it.

The Earthlings are at very different levels of spiritual development, because this is the only place where everyone who wants to experience material world has been collected together. They should be separated somehow! Separate planes of being should be created where human souls can be placed according to their level of spiritual realization and continue their evolution there. I shared this thought with Giri when I returned to the Himalayan base.

– What do you think about that, Master?– I asked, sitting down next to him.

– This is what has happened so far, but on the Earth. – Giri laconically noted – It's no accident that one is born in Africa or North America, or in a ghetto or a palace.

– If they lived on separate but interoperable planes, it would be easier to manage their training. Now, if you teach for some persons it is too few, they don't listen, for the others it is too much, they misunderstand. It's like putting a kindergartener and a university student in the same class.

– I agree with you on that. It is not easy, but not impossible, to sort them out, if we find the right criteria for sorting them out. Do you have an idea?

– Not yet. I have not found a correlation between belonging to a particular culture or between wealth-poverty and spiritual development. In fact, spiritual development was not even correlated with religious affiliation and faith. I have found people who consider themselves atheists, but because of deeply experienced humanisms, they are more aware of their divinity than the majority of people who attend rituals, without knowing it. In other words, many "religious" unbelievers, and many atheist "believers".

– Don't spread this among the priests, or they'll send you to the bonfire,

– Giri laughed – or crucify you, as they did with Jesus.

– Fortunately, we are now shooting another film, and I am not the main character in this one, either so I can escape the consequences. – I replied, smiling but deeply understanding the meaning of his comment.– The question is, can I count on you? – Giri nodded mysteriously.

– The key is hidden in the Christian Bible: 'I will come to you as a thief in the night...' But *who* understands this?

– Sorry, I have to go, they've come for me! – I laughed happily. Giri laughed with me.

– Well, it's like this... Whom have been come for, they will understand, whom have not yet been come for they are waiting for a Saviour. Well, there's nothing left to wait for.

– I'm sorry, I have to go. –I repeated the sentence seriously. The white-haired Giri hugged me.

– I know, son, I know... – and as if there were tears in his eyes...

– I will never return here. 'I am like the wind, cannot be known where it comes from or where it goes...' You too... you must leave soon...

– I am in God everywhere, so I am at home everywhere.

– Thank you. You have left an everlasting impression on me, Sir. – I bowed myself to the ground in front of him and then boarded wordlessly into my interstellar spaceship, which was already flashing to warn me of departure.

The return

After exactly one hour on Earth and a total of six hours of travel, I arrived at the spaceport of the Interstellar Space Recultivation Centre and immediately rushed to Shiv's office.

– Sir, I am at your disposal.

– Thank you. We have already made our decision on the basis of your report. The Recultivation Commission has decided to liquidate our Earth experiment.

– What does it mean, Sir?

– Full liquidation.

– Sir, this decision is beyond your authority. I will appeal to the Supreme Person. – I said without emotion. We fixed our eyes on each other for a moment.

– Do what you think is right. – He bent his head quietly. – I bow to Chris's will.

The decision

"No one can be held responsible for what they do in their sleep. But everyone is responsible for dreaming bad dreams."

Ladies and Gentlemen!

You can, by the grace of the Supreme Person, continue your dream games on planet Earth until your awakening.

APPENDIX

Summary of the philosophy of Universal Christ Consciousness (UCC)

God is existent from eternity, eternal, omnipotent, omniscient, omnipresent, infinite in dimension, and not created. He is complete in Himself and therefore needs no one and nothing. He can take any form and manifest Himself in any form. He exists as an unmanifested (the non-creator aspect), in this state, although He knows Himself, He is unknowable, because there is no independent being who can know Him. In this form it can only be described by negation: neither such nor such.

The non-creator manifests a part of Himself as the Supreme Personality: 'I am the Supreme Self (Atman)!' This is the first thought (OM). This part is the Oneness, because the named part is in unity with the unmanifested Being. The Oneness can become a creator by manifesting two forces of itself, the creator and the sustaining aspect, as only the unity of these two forces can create a sustainable creation. The very first creative thought would instantly vanish if it were not accompanied by the sustaining power which preserves the thought. Creative thoughts are constantly being generated, but manifestation can only come about if the sustaining force contributes. When the two forces are balanced, reaching the equilibrium, then comes the creation in a flash, it is the projection of a thought spark into a dimension beyond the Supreme Personality. This dimension can be imagined as the body of God, into which God places energy during creation. The spark of thought runs through the elements of the transcendental body, touching them, setting them in motion, whereby each element touched manifests as part of the Transcendental Reality into which God, as a personal Supreme Self, places Himself.

The Transcendental Reality is eternal, and self-luminous, in it everything already has a name and a function. The powers of the personal God (Bhagavan, Krishna-Narayana) are the creative power (Christ-power) and the sustaining power (Holy Spirit, Paramatma), the light of the Supreme Person emanating into the unmanifested dimension outside the Transcendental Body and becoming visible as

impersonal Brahman radiance. On the base of the pattern of the Transcendental Reality, a further projection of creation come into existence. From this point, the personal God entrusts the continuation of creation to a part of Himself who is a non-separated complete-part (a personality in unity with God, having full consciousness), His further creation bringing into being the dual (bipolar) world, using the two forces, the creative force creating the forms, the sustaining force filling the empty forms with information. Creation, from the point that a non-differentiated whole-part of God takes over, repeats itself, for in it each element becomes a creator again, i.e., further energy is placed out.

In Transcendental Reality there is no need for Law, because there everything is governed by God consciousness. The Creator of the dual world creates the Law (Tao, Dharma), which is operating above the dual world, regulates its events; as the emanation of the Christ Power the cosmic consciousness, and as the emanation of the Holy Spirit (Paramatma) the cosmic love is manifested, which are the realization levels of the impersonal aspects of these powers.

The impersonal forces are constantly evolving into personal aspects as the number of beings, who have realized and experienced that force to the fullest, increases. Thus, the creators of the material world (Lord Brahma) are the multitude of persons who have most perfectly realized the Christ-power and who have created a series of material universes, from which only a few have manifested in gross material (physical) form as our world. And the person who most perfectly realized Paramatma was Jesus Christ, who thus became the personal form of the impersonal Paramatma and was fixed as a divine-archetype.

It is perceptible, therefore, that in the infinite Universe, infinitely many different kinds of God-realizations can be imagined, from which we can individually choose according to our inclinations. The different forces and energies are represented by different persons at each level, who have undertaken to create manifestations on given plane to guide and support creatures in developing God-consciousness. For example, Virgin Mary is the archetype of the realization of cosmic love, and Buddha is the archetype of the realization of cosmic consciousness and Law. Many of the enlightened ones in Hinduism are attracted to the impersonal aspects and they aim the realization of Brahman; and many

represent the Christ-power (e.g. Mahavatar Babaji) or Krishna himself (e.g. Caitanya Mahaprabu). In the meditative state, Lord Siva is the embodiment of World Spirit, meditating on the creative Christ-power. His consort Shakti (Durga, Mother Earth) is the antipode responsible for the maintenance of the material world. These two forces are present separately in the universe, when the two forces merge, Shakti withdraws her power from the material world leaving it alone, at this point the material world begins to destroy and then it is rebuilt again.

In fact, we can choose any realization of our own free will, but our guides and our inclinations will steer us in the direction that is available.

According to the philosophy of the UCC, the created world is not governed by the impersonal Law, but by the personal God, but for those who have not recognized the personal God, the impersonal Law will be the determining factor in their destiny. This is why Jesus' teaching 'that everybody is given according to their faith' is true, for each is treated and dealt with according to his/her faith and level of development.

According to the UCC philosophy, there is no sin, punishment, and punishing God, only the law of retroaction, whereby man draws to himself/herself the events by which he/she punishes or rewards himself/herself according to his/her own beliefs. However, since faith in a personal God overrides the operation of an impersonal and therefore mechanical Law, there is forgiveness, mercy, and salvation from God's unmerited favor for beings who bow before God.

According to the UCC philosophy, creation has a purpose and meaning, which is nothing less than the eternal development of created beings for the purpose of knowing God at the highest possible level. In this process, there is a resting (staying) in a temporary state of consciousness, there is a regression (e.g., the "giving back" of self-consciousness and immersion in the impersonal or the unmanifested aspect), but the ultimate goal is to pass into the Transcendental Realm, from which there is no return to material existence except in the company of the Supreme Person with full consciousness. Until this is reached, there are temporary planes of existence, available by the grace of the Realized Masters to evolving souls who are yet only capable of leaving the gross material world for now.

According to the UCC philosophy, the only source of happiness is self-realization, progress towards God-realization, and the development of a right philosophy of life in which the individual finds a source of joy and solace in the midst of the overwhelming contradictions and disparities of material existence.

According to the UCC philosophy, the development of the individual soul (microcosm) repeats the universal (macrocosmic) developmental processes, i.e. the same thing happens in small as in large. The first divine idea is the realization of the existence of the Self (Atman), followed by the recognition, balancing, unification and uplift of the two forces (creative force: yang, sustaining force: yin), resulting in the person becoming self-luminous (the light of the Self flows unhindered from his/her being). This state is also called Siva-Shakti union, which automatically destroys the illusory world in one's consciousness. It can be recognized that the material world of the macrocosm is not annihilated by one's experiencing Siva-Shakti union, but the microcosmic material world of the individual is. Therefore, he/she, as an individual, having come out of the material world, can withdraw his/her energies that he/she has put out into the material world and take his/her place at a particular point in the Universe where he/she can continue to exist in conscious or unconscious service. He/she can only retain his/her consciousness up to a certain point in the progress towards God according to his/her level of realization, just as in the presence of a masters of higher consciousness, the disciple can neither speak nor retain his/her individuality, but can only dissolve in them. Then the being either dissolves, giving up completely the individual consciousness which he/she has perfected through many lives, or he/she takes up his/her appointed place, where he/she can devotionally develop his/her service to come still closer to the object of his/her worship.

The Universal Christ Consciousness

- is **universal**; because it is non-denominational, non-dogmatic, gives everyone the opportunity to develop within the framework of their own faith, and because it gives the opportunity to realize any aspect of

God. Although it uses the Hindu names of gods too, this is only because other religions have not named all of the forces and forms.

- leading towards *the realization of Christ*, by which we mean Jesus Christ, and all the masters who have realized the Christ-power to a greater or lesser extent, as well as the realization of the Supreme Self,

- is *conscious*; it proceeds towards the development of the highest level of consciousness through the conscious efforts of the disciple.

In order to promote the realization of Universal Christ Consciousness, I have founded the Universal Christ Consciousness Movement (UCCM) for all those who are receptive to the teachings of my books and whose goal is to be free from the bondage of the material world in their present or a future life.

Ad my disciplines have founded the Universal Christ Consciousness Yoga Association (UCCA) where we teach the principles of UCC in detail on three main levels.

Afterword

Who is steadfast in the Overself (Atman) he/she has a mind like a smooth mirror of water. Occasionally events ripple across it, which soon calmed down and the mirror of water smooths out again.

That's me too. Events affect me, because without those I cannot examine them. The result of the effect can be one of two things, the event either falls off me, losing its power, or it moves on, changing direction, both according to the divine will.

I, as Margit Varga, from my birth to death (1957-2003) and after it as Margaret Rhasoda Varga (from 2003 till death) was present in the material world and my consciousness influenced the events that touched me.

That was my job. OM! Amen! OM!

About the author

(brief summarization)



Margaret Rhasoda Varga (spiritual name: Rhasoda May) was born on 22th July 1957 (Hungary, Gyöngyös) as Margit Varga. She is founder of UCCM, leading yoga master and teacher of UCCA. She has initiation of different spiritual healing techniques. Expert in the religion-philosophical systems of Buddhism, Hinduism, Taoism, Christianity. He is also familiar with modern psychological trends and alternative healing methods. He started out as a naturopath, but later her inner journey

led her to a different direction.

Her scientific qualifications are: pharmacist and mathematician, she has PhD in pharmacy and chemistry.

She was a founding member and ordained priest of the Hungarian Essene Church of the Children of Light. Later, following her inner path, she left the Church. For four years, she was a personal disciple of the God- & Self-realization Foundation (India, Delhi) founded by Dharam Vir Mangla, whose guru is the world-renowned yogi Paramahansa Yogananda. She was also initiated into kriya yoga by the international master of Yogoda satsang. Her current guru and spiritual master is Sri Yukteswar Giri.

In addition to this volume, she has written and published several other books and poems.

Other UCCA publications

Margaret Rhasoda Varga: 22 Atlantean Initiation Paths Part I-II (available in Hungarian) Music by S. Jancsó Miklós.

Lao-tze: Tao Te King (translated to Hungarian and interpreted by Margaret Rhasoda Varga) (available in Hungarian)

Margaret Rhasoda Varga: Dimension Gate (available in Hungarian)

Margaret Rhasoda Varga: The Art of Living Life II. Change of mindset (available in Hungarian and in English)

Margaret Rhasoda Varga: The Art of Living Life III. (available in Hungarian and in English) *The book is the material of "IQ-EQ-QS" spiritual self-knowledge, lifestyle training (the basic level of UCCA "Tat-Tvam-Asi" yoga school)*

Margaret Rhasoda Varga: The Sky and the Earth Meet (available in Hungarian and in English)

Margaret Rhasoda Varga: Interpreting the life and spiritual mission of Jesus (available in Hungarian and in English)

Margaret Rhasoda Varga: Meeting of Worlds (Meditation talk with Sri Yukteswar Giri) (available in Hungarian and in English)

Margaret Rhasoda Varga: Without Illusions (available in Hungarian)

Margaret Rhasoda Varga: UCCA "Tat-Tvam-Asi" Yoga School. (available in Hungarian and in English) *The book is the material of "Tat-Tvam-Asi" Yoga School (first level)*

Margaret Rhasoda Varga: The book of the inner path I-II. (available in Hungarian and in English) *The book is the material of "Tat-Tvam-Asi" Yoga School (second level)*

Further information:

www.uktm.org

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The great secret

***God hid the secret in the human heart,
which was by the atheist declined.
Jew buried it in symbols.
Muslim hid it under locks.
Christian put it under legal defense.
Buddhist buried it in himself.
Hindu made everything public.
But hardly any recognized it.***

(Rhasoda)

All in my life I have searched for the truth with unshakable faith. I do not accept anyone's ideology automatically, without verification or at the word of authority. Am I a skeptic or a believer? Both and neither. Only those who have already recognized their inner essence can afford this view. This inner essence ensures independence and moral standing, it gives us the strength to learn about ourselves and the world.

In this book, I invite the reader on a journey; to the most interesting journey that can ever happen to us, a journey within ourselves, in our own personality.

(Rhasoda)