

Margaret Rhasoda Varga



II.

THE ART OF LIVING LIFE

Change of mindset

Margaret Rhasoda Varga

The art of living life II.

Change of mindset – higher quality of life

Self-knowledge is a selfish activity,
that lifts you beyond yourself.

*

Fear is a lack of an experience,
which strives to eliminate itself.

*

The object of fear is not the same as its cause,
because the cause is inside, the object is outside.
But observing, the object can lead to the cause.

*

Earthly desire is self-extinguishing.
Spiritual desire is self-reinforcing.

(Rhasoda: Aphorisms)

**"If you want something you have never had, you
must be willing to do something you have never
done."**

(unknown; attributed to Thomas Jefferson)

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I thank the *Supreme Mother Goddess*,
KAMALATMIKA
and all aspects of the *Ten Mahavidyas*, including
MATANGI
and to the angels, by name
ANANDEL, ASMODEL and
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that with their help and contribution, I was able to
play a small part in the process of creation.

Thank you for
the grace of **Sri Mahavatar Babaji**,

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to oversee my inner journey

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INTRODUCTION

Everyone wants to live better, in a more harmonious environment, in peace and prosperity, yet few people manage to achieve this. Those who do not succeed blame others, their circumstances, their fate, and believers blame God. If we ask those who wish a better fate what they would do to improve it, we find that they have few feasible ideas. And if, by some lucky chance, they win the lottery jackpot or suddenly become famous, they are unable to take advantage of the increased opportunities that wealth or fame bring. A close look at the life stories of many, many successful and unsuccessful people reveals that achieving a better quality of life requires a change of attitude, and this is something that the unsuccessful cannot do. Ever-changing circumstances force us to constantly adapt; this is a basic law of nature and society. Those who adapt successfully will succeed in the face of changed conditions. This change of mindset is hindered by ingrained patterns of mind inherited from previous generations. It is the task of each generation to go beyond their predecessors, to develop and rethink previous experiences and to incorporate the new elements into their life. In this book, I want to promote this change of perspective. For this change of mindset all levels of human quality, from the material to the spiritual one, can be used and everybody incorporate into his/her life as much as he/she can accept. A change of attitude leads to a higher quality of life, and without a change of mindset there is no higher quality of life.

What is UCCM and why have I founded it?

UCCM stands for Universal Christ Consciousness' Movement (while the association is UCCA). UCCM is not a new religion, nor a new church or organization, but it represents a way of lifestyle, a practical life philosophy. Really there is nothing new in it, yet few people understand it, perhaps because it views, examines and interprets all religions as a whole, focusing mainly on their spiritual essence. In fact, it is a possible path for those who wish to understand religions and live them with their souls, that is, rabid believers should

only seek us if they are willing to abandon their dogmatic understanding. If we live our religions in the spirit, we are surprised to find that the differences between them disappear or become irrelevant. So, we want to capture the common essence of all religions.

UCCM is considered a spiritual and lifestyle movement. Being part of UCCM does not imply any commitment to any organization. It is an inner commitment to a spirituality, a spirituality that the disciple creates for himself/herself, with the help of UCCM masters, from elements of his/her own belief system. In this sense, the disciple has an opportunity to develop the existing freest and most unbound independent philosophy, and he/she will be guided on his/her own inner way. According to the principles of UCCM, there is only the inner path, by which we mean the guidance by the soul. The following of any religion or philosophy is considered as an external way, which is only meant to prepare one for the inner path. In this sense, everyone can keep their original religion or affiliation to an organization, because the UCCM' spirituality principally is compatible with all other religions.

The question may arise: why do we need a UCCM at all? I was motivated to create UCCM because I could not find my place in any religion or organization. My problem was with the different religions that each one looked at and qualified the others according to its own criteria. Even if they accepted the other religion's right to exist, they could not accept and incorporate its teachings. My starting point was that every religion has its own kernel of truth, because if it did not, it could not have survived. However, contradictory statements cannot be true at the same time. The solution is not in rejecting one and accepting the other, but in finding a resolution of the apparent contradiction in the form of a higher truth, seen from a higher perspective. I have always sought this because I am convinced that this approach leads to the ultimate truth. Religions, in their present form, are more or less empty rituals that do little or nothing to ennoble the personality. I had the opportunity to observe this for several decades in the village where I grew up. Typically, this means that the aunties go to the high mass, checking who and how was dressed, and then go to the market to gossip about those who were not present. This somewhat extreme example occurs irrespective of religious affiliation, because it does not depend on a religion, but on the peoples' character. For me, it is proved

that the religion in question could not change the aunties, to whom were completely indifferent in which religious system they participated in the ceremony. So, ritual does not help, people need to be educated, they need to be given knowledge.

Then came the organizations, the schools, where one can get some knowledge to understand why one need religion at all. In these organizations I had the following generalizable experiences. There is the founder of the organization, who usually has a certain knowledge. He/she starts collecting disciples and after a while he/she thinks that he/she has collected enough disciples who can support him/her. Yes, but this requires that the knowledge not to be fully transferred and the disciples do not to develop independence, because then there will be no one to come to the next course. So, they feed the disciples with crumbs of knowledge, enough to keep the interest alive, but not enough to make any serious progress. The founder of the organization and some of the leaders make a living from the pyramid scheme, but the main goal of developing people into autonomous entities and leading them back to God is not achieved, because the leaders are not interested in passing on knowledge, but in keeping the key to the source of knowledge for themselves. This is how spiritual leaders stand between God and man, who then declare that now only through them can God and knowledge be reached. This is also an absolutely universal truth, because the situation is not a function of religious organization, but such is the human nature.

Then I began to think about how to develop an organization that would fulfill the real purpose of bringing people back to God and eliminate the problems I had just mentioned. I think I have found the solution! Now all I need to do is find people who understand and agree to participate in an experiment.

The experiment is very simple. Everyone lives their own life and teaches by his/her example. Everyone does the exercises at home, through which they develop, and small groups of friends get together for tea from time to time to discuss issues and problems that arise and help each other. Each person teaches the other what they know better. In this way they exchange knowledge. Everyone contributes something to the upliftment of the community, some with teaching, some with money, some with physical and mental labor. Well, in this case, we need leaders too to guide the small community, so that the

meetings do not turn into gossip parties and real work gets done. I would like to find first these leaders and give them my concept.

I don't know how far this approach is ahead of my time, but I do know that bringing the UCCM to life happened in suitable time and in accordance with a higher intent. After these, let's look at how I envision small communities working.

The small community leaders are the masters of UCCM. What makes them leaders is that they stand out from their surroundings through their knowledge, outlook and way of life - in short, their self-knowledge. It is never a question of how advanced they are in absolute terms, but only of how their human qualities and leadership skills make them accepted as leaders by those around them. The leader is therefore not a leader in the sense as we have experienced from the communities known till this time, but here the leader sets a trend by the example of his/her own life, which the members of the community follow or do not follow of their own free will, according to their own pace. The maximum number of members in a small community is 12. Above this number, the community will automatically divide according to the laws of group dynamics. This can be managed in a subtle way by asking the member of the community who has come closest to the level of leader to form their own community. In this way, rivalries and other megalomaniacal ambitions will not be fostered.

UCCM's masters receive regular training and continuous professional development from UCCM's leading and teaching masters. They also receive an initiation before starting their activities. The latter is a mandate to represent the UCCM's life philosophy and gives them the strength to carry out their activities. I will not go into the financial background of the operation here, because that is not the point. Leaders can carry out their activities for free or for money, as they agree with each other, with members of the community and with their own superiors. If they accept a financial reward for their activities, they must account for it within their own competence, according to the prevailing social norms, i.e. the UCCM in its current form does not move money and does not empower anyone to do so.

The role of UCCM masters is to facilitate the spiritual upliftment of the members of their community. This may involve spiritual training, whether in the form of courses or otherwise, but it may also simply mean that members can turn to the masters with personal

problems (relationship, family, work, etc.) and receive effective help. The training of the masters specifically focuses on how to live life in a way that allows them to be happy, find their purpose, be able to accomplish their life's tasks, in short, to progress spiritually, and to have the material goods they need also, and they don't even have to retreat from the world.

The masters set the direction of the small community independently, in consultation with the head-master. This means that they organize their gatherings around a particular spiritual activity. This could mean a yoga circle, an angel circle, a self-knowledge circle, a circle for the practice of a particular religion, a philosophical circle, etc. Such circles may already exist independently of UCCM. We welcome them if they want to join and if they accept the philosophy and spirit of UCCM. Their previous activities, if any, will be modified in that, while retaining their main line of thought, they will open the door to the reception of views which they have not previously practiced independently. For example: members of the Angel Circle meet regularly and meditate with angels, and occasionally invite the guiding and teaching masters of UCCM to explore other spiritual paths. In this case, the invited person teaches them in such a way that they are able to incorporate the new knowledge with their previous spiritual practices and apply it in an integrated way. In this way the spiritual life of small communities gradually moves towards a more integrated approach.

Some people think that I invented UCCM so that I could find some kind of spiritual occupation for myself. I have to disappoint them. UCCM existed before me and it exists continuously. UCCM's life philosophy, both practical and theoretical, is conceived in the spirit of Oneness. The path that UCCM has shown is the path promoted by Krishna, Buddha, Siva, Jesus, the Holy Spirit, all aspects of God, angels, saints, enlightened masters, etc. Because there is only one path, and that is the inner path. The UCCM is called and has undertaken to show this inner way. The inner way means that each one, knowing himself/herself, searches within himself/herself until he/she is able to recognize the divine essence (Soul-Spark, Atman) and to be one with it. Then to subordinate this Soul-Spark to the God-aspect of one's choice and to live oneself as a projection of it. By walking the inner path, the disciple becomes aware that following any religion, church,

denomination, etc., is only the material realization of a mind-program, essentially following a pattern, and therefore can only be considered as initial steps.

Therefore, everyone is a disciple of UCCM who is truly on the inner path, whether or not they have ever met me. In fact, I am not the only guiding master of UCCM, because all those who have become one with the inner path are guiding masters of UCCM and are one with me, just as I am one with them. Therefore, our knowledge and experience are one and the same, indistinguishable. In this mystical unity we are present in a certain field of consciousness. It is one thing that here and now in this physical body, I am who manifest all of these.

Some doubters also question why I call this path as Universal Christ Consciousness. Why not as something else, as anything else. On the one hand, they have the problem that I am "appropriating" Christ, and on the other hand, that I am "excluding" spiritual paths that do not use the name of Christ. This problem, of course, arises only in those who are at the level of mind. But since this is the majority, the question cannot be left unanswered. My answer to this is, on the one hand, that Christ cannot be appropriated, because he does not allow himself to be appropriated, neither by others nor by me, and, on the other hand, if some people consider themselves excluded because of the name of Christ, that is their fate. One who excludes Christ from himself/herself cannot enter into Unity. Only those who are able to accept all aspects of God, regardless of the form and program in which He has manifested Himself here on earth, can enter the Unity.

In my mind, the practical and the theoretical philosophy of life are not separated. These two are different in people's minds because they do not live what they are taught or learn. Therefore, they say there is theory and there is practice. And I say they are one. While the one seems to be two, thinking is characterized by duality. The challenge and also the beauty of the inner journey is that you have to live the oneness in every moment and if you fail, you get an immediate feedback. Despite all this, the journey of UCCM is easy. It is easier than anything else. It's easy, because one has let go of the burden of mind. Everything I have achieved can be achieved by anyone else, the dimension gate is open.

There are practical reasons for setting up the UCCM also. Let's look at some of the problems that have arisen in our time in relation to people's spiritual development and life on earth in general.

1. Humans are becoming more and more distanced from the Source (God) and from their own divine reality. This is a natural process, as this age (Kali Yuga) is precisely for the purpose of allowing even the darkest souls to rebirth and experience the material existence. To counteract this, however, souls at an even higher-level are also descending into the physical plane, and they want to experience whether they can find the light, the path to consciousness, in such a dark age. The distance between the levels of souls is increasing, the scissors of bipolarity (duality) are gradually opening more and more. Souls who desire light will seek the source of light and must be given the opportunity to evolve.

2. Of course, others feel it too, and the paths and pathways that promise the possibility of God-realization are multiplying. The vast majority of these paths are nothing more than business ventures dressed up in religious garb to take advantage of the spiritual need that arises in people. How can we make a difference and how can we feel which is our path? This is what inner self-knowledge leads to. If one chooses to do this, one will have insight not only into one's own task and potential, but also into the actions of others. The long process of searching ceases.

3. Alongside the rise of darkness, there is also a resurgence of religions. Numerous "sects", organizations and churches are born, which reinterpret certain religious teachings, and even mass religious movements are created. Religious mass movements always satisfy mass needs, because the masses want something new, they want it quickly, and therefore the teaching, although new, becomes superficial. The characteristic feature of such movements and organizations is that they reprogram the minds of those who join them through quick courses, with the help of tasks that do not require any depth studies, and that they do so without overwriting the existing programs, but by adding another one. Because of this, the old mind-set is still running on the followers, but an updated version is already present, so the old and new programs often clash, and the mind-computer signals an error. But there is neither the time nor the knowledge within the organization to correct the errors. Joining such

an organization satisfies the seekers for a while, but either they outgrow it or after a while they can't cope with their tangled programs, creating internal self-contradiction and tension. They may therefore move away from their chosen path, perhaps becoming disillusioned and turning away from trends that show signs of renewal.

4. The spiritual (religious) leader of a new movement, even if he/she has inner knowledge and power, rarely explains to his/her followers how the world works and why things happen. In other words, he/she is overtly or covertly looking for sheep to lead, or worse, to deceive. The distinguishing feature of such systems is that the leaders and functionaries under the supreme leader are not selected on the basis of level of consciousness or spiritual realization, but loyalty to the supreme leader is the main criterion. Staying in such systems, one cannot run out, one's development will sooner or later stop or one must leave away, as the level of spiritual realization of the functionaries determines the limit to which one can develop. Sooner or later, followers' development will catch the eye of the functionary above them, who will find the way to confront or marginalize them.

UCCM has the knowledge and experience to solve these difficulties. As the UCCM is a spiritual and lifestyle movement, the UCCM leaders are not concerned with how many members there are, or if there are any, as the aim is not to recruit members but to promote a change of attitude. UCCM seeks to fill a gap that is missing in mass movements and religious paths.

*

Whatever activity we want to start, we need to look for answers to three questions. What? How? And why? Most people start with the what question, then go on to the how, and either don't get to the why or give a superficial answer. My view is that the most important question is why? Why do people want to do something?

As I mentioned before, I started the searching game looking for something in the outside world and couldn't find it. I was looking for a master, a community, an organization, a church, or whatever, where I could be myself, where I could express myself honestly and not have to wear a mask. Where, if I speak, I don't have to be afraid of offending, embarrassing someone because I disagree or raise a taboo subject. Where I can get answers to my dumbest or deepest questions without being looked at strangely. Where the answer to my question

enlightens, and does not confuse me. Where they don't try to limit me, but free me. I have not found that. I searched abroad and at home, in vain, and then the suggestion came from within and from above at the same time: **"If there is none, create it! If you have not found the master you desire, become you the one! Create a community where everything you want is present."**

Why look for in the UCCM for what you have been missing elsewhere?

- *Because I love you and accept you as you are. Why? Because I love and accept myself as I am. Because you are me.*

- *Because you cannot offend me, you can say anything to me, you can ask me anything. Why? Because I am a soul, and because the soul is inviolable.*

- *Because there is no awkward question, no taboo subject. Why? Because they are all products of the mind.*

- *Because you are free to choose and follow any religion, philosophy, or even a mixture of them, and you can even be an atheist, and I still accept you. Why? Because if you come to me, you want to grow, to change. And if you don't, you'll move on anyway.*

- *Because you can continue your own activities independently of UCCM or within it, you don't get any extra external tasks that take up your time. Why? Because you only have a task on yourself and with yourself.*

- *Because UCCM has all the knowledge you need to change your destiny for better. But please note that right and wrong exist only for you.*

- *Because in UCCM all the knowledge is present to gain moksha (liberation from the cycle of existence) or enlightenment. But please note that your possibilities are created by your desires and are limited by them at the same time.*

- *Because in UCCM, you can take up such position as much as you embrace the UCCM ethos.*

- *Because there are no limits or boundaries in the UCCM, everyone faces their own limitations and boundaries.*

In the midst of my internal and external struggles to achieve the above, I understood why I had not found it until now? Because the One who is capable of all this, is no longer or yet with us...

The teachings of UCCM

How can we make our world more livable?

Man is made in the image of God, some religions claim. But if we examine what does it mean, we find that God is imagined as a human being, who punishes, judges, forgives... In other words, they draw conclusions about God from observing patterns of human behavior, which leads them to endow God with human qualities. What if we were to turn this around and begin to discover our own divine attributes by studying God's actions? Not incidentally, this is what Jesus taught: “...*I came down from heaven, not to do my own will, but the will of Him who sent me...*” (John 6.38). If we acted in this way, we would immediately understand what it means to be made in the image of God and our world would change.

This medium (matrix) in which we live was NOT created by God. He created an Earth, which He has placed at our disposal so that we shape and mold according to our will and ability. He has endowed us with divine gifts and the capacity to create, which we should exercise and perfect on this Earth. Unfortunately, the majority of people do what they want and not what they are supposed to do according to the divine will, and even blame God for not making the world perfect or for not intervening to alleviate suffering. **This matrix is therefore the product of a human mind separated from God.**

The first step would be to recognize that we are the creators of our own destiny, of our immediate environment. The second is that we have all the gifts to be able to reshape our world. The third is to have the will to do it, and finally continuously do it.

Most people get stuck at the very first step, because they do not take responsibility for their fate, but pass it on to others. Why is this wrong? Well, God works and creates, we are made in His image, so we must work and create if we want to follow the divine pattern. If you work and create, so will your children, and if you don't, your children won't. If you work and create and your children don't, you give to them for a while, but after a while you say, I showed you how to do, learn it and take care of yourselves. Jesus taught that we are the children of the Father, therefore everything we need is given to us.

Included in this role model is that children follow the Father's instructions, strive to grow up, become creators and reciprocate the help. Anyone who expects others (or God) to create a better and more beautiful world for them is denying their own divine creative capacity, and thus denying themselves and God Himself! And he/she who has denied himself/herself and God, from whom does he/she expect help? **In Oneness there can be no lack, therefore, he/she who has lacks, is in Oneness neither with himself/herself nor with God!**

The second step is for those who doubt, who dare not believe that they can change their destiny. To overcome our doubts, we need self-discovery and self-awareness. Once this is achieved, the power and insight necessary for creation are born. Cognition also involves knowing which skills to develop, which knowledge to acquire. If one does not believe oneself to be able to solve own tasks, from whom does one expect to believe it? What makes you think that the outside world will give you feedback contrary to your own beliefs? This is not possible if only because it contradicts the first point, that we create the outside world. That is, the outside world always reacts to what we believe about ourselves and project (unconsciously or consciously). **We can therefore become creators by creating within ourselves what we want and manifesting it outwardly. If we cannot create it yet within ourselves, we should develop our abilities.**

Once we get over the first two hurdles, we may still lack the intention. There are those who are aware of the first two points, yet think that they are not in charge of creation, others should create. They prefer to withdraw from the world e.g. meditate, pray. Of course, they still have physical needs, but they think that others should create these to them. Why is this inappropriate? To understand this, we need an additional explanation.

Let's look again at how God or nature works. There are three stages to every sequence of events that takes place in the universe: 1. creation (unfolding, development, integration), 2. destruction (decay, regression, disintegration), 3. Then the cycle starts all over again. Some believers join the destructive aspect of God (e.g. Siva believers). They do not create, but meditate during the creation cycle, and then engage in the destruction of creation in the post-creation cycle. The whole truth, however, is that in the creation cycle even Siva generates a creator aspect of himself to assist creation, and the destruction is also

done in complete harmony with the creator. Believers who wish to realize the destructive aspect should take this into account if they aspire to full realization. There are believers who seek to realize the non-creative (unmanifested) aspect of God (e.g. Buddhists). For them, creation is an illusion, so they think it is a waste of time to participate in it. But the unmanifested God sometimes manifests, i.e. creates, and then they are unprepared for it, because they have never done it, they have never developed the divine creative faculty in themselves; even though they knew its existing, they have never lived it. These solutions, therefore, although they may be considered as God-realizations or self-realizations, are still not in harmony with Oneness. In order to be in tune with the Oneness, we need to know what stage of the cycle we are in and connect to the aspect that is currently active.

We are now in the age of Christ. At this time the highest creative power is the Christ force at work. Therefore, every human being who wishes to be fulfilled should practice the liberation and realization of the creative forces hidden within himself/herself.

The physical body and bodily functions

The mystery of food preparation

This chapter is not intended to give nutritional advice or describe dietary regimes. There is a wealth of information available on this. My focus is on the state of mind in which we buy, prepare and eat food. If our state of consciousness is currently the highest available to us, then our food will be at our level of consciousness. Our eating habits, like our whole life, are determined by our internal belief system. If we believe this or that is bad for us, we create the opportunity for it to happen. So it is with the other extreme. If our inner belief is that nothing can harm us, we can survive deadly poisons.

If you follow a dietary regime out of religious conviction, don't forget to discuss it with your body, with your cells. In a meditation session, let them know why you have made this choice, reassure them that the change will be good for them and that they will be healthier for it. The awareness of the body's cells does not necessarily reach the awareness of the mind, so the body does not understand why it is not getting the nourishment it has become accustomed to and likes. This creates resistance in the body and causes symptoms. The same is the case if, for example, someone is on a diet. If you don't talk to your body about it, you will suffer, otherwise you will succeed easily. Why torture your body when you can achieve results without it? Here are some examples of the approach that leads to a harmonious cooperation between body, mind and soul.

Let us create a new way of cooking that takes into account the unity of body, mind and spirit. First prepare food for yourself according to the changed habit. Once that's done, it's time for others to follow.

Step 1: Look within yourself in a meditative state and ask your body what it needs. Think lovingly about your body. Let us do this with the awareness that we want to maintain the temple of our soul. Let us not do this with our mind, but let us surrender to our pure feelings. If we do it right, the finished meal will appear before our soul's eyes, but it may be that only the ingredients appear. At this point we don't know what we are going to make or how, but the result of our

action is already born within us, just not yet crossing the gate of consciousness. This is the first step of creation.

Step 2: Remain in a meditative state and start to take out the ingredients with the mind switched off. Usually, it is rare that something is missing, because our senses know exactly what is at home, and we don't need to tell them. If something is missing, we can tune into the result, the finished dish, and feel what spices harmonize with it. That way, we can easily find a substitute ingredient.

Step 3: Start the process. If you are still in a meditative state, you will sense exactly the order in which you need to prepare the components to get the fastest and most delicate result. Step by step, assemble the ingredients, add the spices. You don't need to think while you're creating. It comes naturally. You can feel that the food needs to be baked, cooked or steamed to get the flavor you want. It's done. It is the final step of creation.

If you want to prepare food for others, you should do the same. Think of them with love and tune in with them. Ask ourselves what their bodies need and what they would welcome from us.

It is important to realize that you will probably not be able to prepare meat dishes using this method. Because we are in union with all beings during meditation, we will be able to perceive exactly the reactions of the organisms that we have had to destroy in order to feed ourselves. The fundamental difference between an animal and a plant is that the plant has no astral body. The astral body is identical to the pain body. That is, the animal's pain body is still present in the astral field for a long time while we process the animal's physical body. In the plant we will not perceive a pain body. The plant only has an etheric body, it is an energy body that we take up and build into ourselves as we eat. If we are not yet able to give up eating meat, we can thank the living being for sacrificing itself for us and put a reiki symbol on the food after preparation. The reiki symbol will help to break down the astral body of the creature that has been destroyed.

If we practice this successfully, we will eventually come to realize that the universal love that infuses us in the process of preparing food – and that flows both to the living beings for whom we prepare it and to the beings from which we prepare it – actually comes from a single source and flows down to us. We can call it God, or simply Source, according to our beliefs. When we begin to feel this, we can prepare

our food as an offering to this Source. The difference will be that we will have sacred food coming out of our hands, which may even have a healing effect. If we work with the Source of universal love in our awareness, we will be in constant communion with it. Thus, we will carry out our activities with total devotion and enjoyment.

Not only food preparation, but also other activities can be done in the same way. If we do so, then the activities that are not compatible with the principle of universal Oneness will disappear from our lives. Let us give ourselves time for all this. No one is asking us to do things that we are not yet capable of doing. Most importantly, let us have the desire to want to do this one day! This is not utopia, it is reality. That's how I live my life.

The three-legged chair – the secret to health and long life

Humanity lives together with diseases and is constantly fighting against them. It is a pattern of thinking. If you don't want to live like that, it is possible to change your way of thinking. People cannot imagine how easy it is to stay healthy. If you start from the premise that man is a unity of body, mind and spirit, and if you have all three components, you are like a three-legged chair, never wobbling. But if one is missing...? So, the task is simply to develop all three components (legs) and take care of these areas. There is nothing extra to do. As an example, here is my own approach.

Maintenance of the body:

Food: I eat a very simple diet, I don't pay much attention to it, I prefer to spend my time more usefully. However, I always energize my food. I cook simple, easy to prepare meals, eat raw vegetables and eat small quantities. I make sure to drink plenty of fluids (two liters) and watch my body for signs of what it is lacking. If I feel it, I replenish it immediately. E.g. breakfast: milk tea (half a liter), 5 biscuits, lunch: cream of celery soup with a slice of whole meal bread, two apples, dinner: steamed vegetables with potatoes. Occasional skipping of one or two meals (fasting). This is necessary to reduce the bacterial load in the intestinal tract. If one eats too much, one feeds his/her gut bacteria unnecessarily, as they will leave away anyway.

Exercise: light gymnastics in the morning, walking 3-5 km in the evening (10,000 steps), in the open air, in green surroundings.

Breathing: regular breathing exercises. Also, during the day, 5-10 minutes at work, which is completely refreshing.

Every day, I ask my body what it needs and either give it or tell it that its need is actually unnecessary. Every tiny cell has a tiny consciousness and it may have a necessity of own, and with its tiny consciousness it doesn't understand why it doesn't get what it wants. If you explain to your cells, to your organs, what you are doing and why, then the resistance on their part is removed.

Maintenance of the spirit:

The mind is the seat of the spirit (do not mix with the soul). The mind receives a lot of unnecessary information from the environment. So, it needs to be cleaned and processed every night. If one fails to do this, headaches and insomnia come. I do mental work, so my mind has plenty to do, so for me its cleaning is the priority. If you don't work with your mind, you have to find work for your mind. Otherwise, the mind will become blunt and one will become dull and inflexible in old age. The best occupation for the mind is to read and interpret the scriptures and spiritual writings. The scriptures do not bring in unnecessary information, they relax, soothe, and speak of living life in symbolic form. Deciphering symbolism trains the mind. In no way do I recommend crime, horror, love stories or TV. It makes you dumb and does not move you forward. If one needs to keep up to date with information, then use half an hour of internet a day. That's plenty of time to find out what's going on in the world, what other people are doing, and not to miss out on world events. TV is dumbing you down because it presents all information in pictures, thus atrophying the brain area responsible for the internal visualization of written text. The effects of this can already be seen in university students, who are unable to visualize written text in the form of internal images and therefore do not understand what is written. They only understand the words, not the depth of meaning of the text.

Maintenance of the soul:

The seat of the soul is the heart chakra (not the heart as an organ), in the spinal cord in the middle back. The heart center is the seat of

pure feelings. If the mind is cleaned regularly, the pure feelings will be free from emotions and will not be polluted by them. Clear feelings are always positive, but emotions confuse the assessment of a situation. Clear emotions always lead to a correct assessment of a situation and lead to the right decisions, showing the solution. Clear feeling makes people transparent, and in the light of this, it is possible to distinguish between those with whom it is worthwhile to cooperate and those whom it is advisable to avoid. Connecting with the heart center is connecting with our own divine consciousness. Meditate with it every day.

If you have no pure feelings yet, practice harder. All skills can be improved! You only gain knowledge in what you practice.

Life energy and nutrition

Life energy is the energy that sustains life, all that a living being can take in and use to sustain its existence.

It is natural for ordinary thinking that we can obtain the energy we need to sustain ourselves from the bodies of other living beings (plants or animals), i.e. we use the chemical energy in the physical bodies of other living beings. To do this, however, we have to destroy the other living being partially or completely. Plants photosynthesize energy from light energy (photons). Imagine that humans were once capable of a process similar to photosynthesis. However, the original ability has not been completely lost, it has just been eclipsed. Man absorbs life energy through his/her chakras (energy centers) while also feeding on the bodies of other living beings.

So, the life energy we take in can come from matter, this is physical nourishment. It can come from energy such as our ability to partially absorb infrared, visible and ultraviolet radiation from sunlight through our skin and our uptake of oxygen through breathing. Oxygen oxidize the molecules of matter producing energy and above this the elemental oxygen releases energy when it binds to a carrier molecule (hemoglobin) in the blood. The body also uses this extra energy. This is why it is important that our blood always carries enough oxygen. The energy absorbed can also come from electromagnetic and/or magnetic fields, which the chakras are specialized to receive. In addition, we can absorb even higher levels of energy, but this requires spiritual practices and training.

In order to stay healthy, it is essential that we have the right amount and quality of energy in our bodies. Nowadays, nutrition is too much shifted towards the physical one, including the consumption of animal products. A plant-based diet is possible without destroying the plant, for example by eating its seeds or fruits. I note that this was the state of Paradise. Reading the creation story of Moses, we can be concluded that the latter were destined for the pair of people in Paradise.

Beyond nutrition, our way of life is also distorted in other areas. We spend little time in clean air and natural environments. We build our houses of artificial materials on top of each other and in energetically unfavorable places, the whole Earth is pervaded by radio and other waves of all frequencies, which interfere with the human body's communication with the Earth's magnetic energy fields and the Sun's electromagnetic radiation. We must survive in such conditions! The human body can be evolved to direct its energy intake more selectively towards natural sources. For those who can do this on their own, congratulations. For those who cannot, there are a number of energetic initiations available to enable them to harness a slice of life energy for themselves and possibly for others. REIKI requires the least prior training and we can't do any harm with it.

There are many energetic healing techniques today, and many people don't understand why, when the life energy field is unified and universal. However, the latter does not mean that it is homogeneous. Life energy, like light, has different frequencies. Furthermore, the uptake and transmission of life energy is subject to certain rules, which have been formulated for us by various masters who have made the technique available to a wider public. This means that they, even after their departure, supervise the observance of their method and only take responsibility for the use of a given spectrum of life energy when one works according to the rules they have set. This is because there must be order in the Universe. Imagine there was a bank full of money. Anyone could go there and take as much of it as they wanted and use it for whatever they wanted. What would happen? Some people would go into debt because they would not realize that the loan would have to be repaid, and others would use it for evil purposes. Does the analogy sound familiar? What is in the world today? Debt and economic crime. The same would happen if life energy were freely available to all. Of course, even now, everyone takes as much life

energy as they can and let's see how they use it. What do they use it for?

God has given us a place to live here on Earth to develop spiritually. That's why He gave us life energy. In contrast, what do people use it for? At best they eat, drink, have fun, enjoy. At worst they destroy, torment, torture each other and other living beings. Would you give them more life energy to do all this to an even greater degree?

So, a higher use of life energy must go hand in hand with a higher set of morals and values. On the other hand, diseases are always related to not living or living according to the laws of the Universe. It does not matter whether one ignorantly or consciously violates the laws of Oneness. The result is that he/she blocks himself/herself from the free flow of life energy. If one cannot understand this and does not want to change it, why does one want more life energy? If one does not want to evolve, to live in unity with other beings, on what basis does one want a higher quality of life? Therefore, life energy cannot be used in healing without limitation. The high masters know the laws and enforce them on us for our own good. Therefore, everyone who has been initiated into an energy system can only act according to its rules.

Sexuality without taboos

Introduction

Every day I am confronted with how people are not aware of the functioning of themselves and others. This also applies to the physiological functions of their own body and, in connection with this, to the functioning of their energy system and their instinct level. This 'ignorance' is related to neither literacy nor education, in neither a secular nor spiritual sense. A doctor may have an excellent knowledge of the physiology of his/her own body, but he/she is at a loss to deal with the sexual problems of himself/herself and others, but the same applies to priests or spiritual teachers who are also at a loss when confronted with the sexual instincts of themselves or their disciples.

Of course, this does not apply to everyone, but for my part, I can hardly find any writings that provide readers with a sufficiently broad range of information. For this ignorance, people are the least to blame. In the society in which we live, there is a simultaneous sexual permissiveness (anything can be done at any time) and a plethora of sexual taboos and prohibitions. People cannot see clearly and cannot decide between them, so they fall from one extreme to the other.

In man, for every question that arises, there is also an answer within himself/herself. But to find this answer requires deep reflection and accurate, unbiased self-observation, which people are also not trained to do. What I am also surprised that university students need to be taught and explained how to gain knowledge through the rigorous (detailed, precise) observation of experiments. Just as we can observe something in the outside world by focusing our attention on it, we can also observe the workings of our own bodies, whether material, energetic or instinctual; and focused attention, when directed with the right intention towards a particular goal, can bring us very close to the answer. It is also necessary that we have no emotions (negative or positive), no repressions, fears, prejudices about the subject, because then we will be confronted with these and not with reality. But what can we do if we even have problems focusing our attention? In any case, the biggest problem is if one does not discover these deficiencies in oneself and does not want to change them.

In the following, we will analyze how our sexual activity is affected by

- the environment (parental patterns, friends, media, the culture we were born into)
- our energy system (chakra function)
- our instincts (hidden information in the unconscious spheres of the central nervous system)
- our consciousness, our spiritual commitment, our principles.

This also sheds light on the causes of sexual aberrations and violence. What is considered aberration and does this definition make sense? What is the function of sexuality, from the narrowest to the broadest interpretation? How do we live it in a way that makes us happy, yet allows us to develop and not add to our frustrations?

I do not intend in my writing to vote for any sexual behavior. No person can impose rules on another, because each person must find

out for himself/herself what path he/she can follow through his/her own experience. If we understand ourselves, we will understand our sexual motivations, then we can decide whether to give in to those motivations (live them) or deal with the issue in a different way. If we understand ourselves, we will not judge others, because we know that the judgment is triggered by our hidden secret motivations within us.

When we judge others, we in fact reject a behavior pattern that is repressed in us and unacceptable to our consciousness. The moment we recognize that rejected program within ourselves, external judgment ceases. Many people refer to God-given laws, but in all cases, these are mediated to us by human beings, and are merely recommendations that consider the level of culture. If we do not understand the purpose, reason and meaning of divine rules, we will not follow them, for who will obey a rule that makes no sense to them? It is natural that the ignorant masses will always be governed only by rules and regulations, often imposed by force. But we must not aim at the level of the ignorant masses.

I trust that my explanation will be a liberating experience for many and will help to bring about a change of perspective that will lead to a happy, harmonious sexuality!

How the environment affects our sexual activity

Today, most people are born because of instinct. By this I mean that parents make love motivated by their instincts, and the child enters its future body at conception through its instinctive attractions. (This could be otherwise, but that is not the subject.) It also follows that the consciousness of the partners and the quality of the lovemaking determines the tendencies and qualities of the child who will be attracted to the parents and the actual situation.

Of course, materialists will deny all this, but denying the facts will get us nowhere. That the future characteristics of a child will be determined by a random combination of genes is merely a deflection of the responsibility that every parent bear for bringing a being into existence. The "random" combination of genes is controlled. Anyone who does not accept this as a work-hypothesis is probably already at

this moment scrolling on irritably, and my further explanation will not disturb his/her unconscious existence.

The unborn child is therefore present at conception, during lovemaking during pregnancy, and usually enters the couple's life before they think about having children. Of course, we need not think that this is a conscious presence. The child is present as an information field. It brings its own information field from its previous lives and seeks parents whose information field can match its own. The information field carries past experiences and the tasks to be experienced in the next life. He/she is therefore looking for parents who will provide him/her with all the experiences he/she needs.

The quality of the lovemaking that takes place at conception and afterwards is burned into the child's information field. This process continues after birth. An infant instinctively senses when its parents are making love and reacts with an emotional response. This emotional response includes his/her own attitude towards both parents and the mother's attitude towards the lovemaking. So, if lovemaking is regularly interrupted by the baby's crying, that is something to think about. When my children were born, I was unaware of what is described here, but I observed them and their reactions with the same precision and accuracy that I have always used in my scientific experiments. My son was only some months old and could lift his head a little. He was lying in a cot with a lattice next to our bed and was fast asleep. For safety, I hung a small curtain on his bed on the side facing our bed so he wouldn't see out if he did wake up. Suddenly I noticed that he was breathing differently. He squirmed until he pulled the curtain aside and peeked out to see what his parents were doing. Of course, we had a good laugh, I gave him a kiss and waited for him to fall asleep. It is very important to see lovemaking as a natural part of life, but not without intimacy. Making love is a private matter between two people, it is not the child's business, and the child has to get used to the fact that his/her mother does not always share herself with him/her. The more natural the parental attitude, the less repression can develop about sex. The way we parents, approach sex is the way he/she will approach it. This is the primary experience or pattern. He/she will build himself/herself from that.

The child's further sexual experience is when he/she is exploring his/her own body as soon as he/she is out of the nappy. Young children regularly masturbate, which of course only we consider to be masturbation, as we have our own preconceptions. They are simply happy to stroke their genitals in the presence of others, just as animals are not embarrassed when we watch them. It's best to leave them to do it. And when they are of preschool age, it's a good idea to say that we don't used to fondle ourselves in the presence of others. So, they memorize that excretions and masturbation are intimate. I would add that this is an absolute culture-dependent factor. Parents have to integrate their children into the culture of the age and place. It is certainly much better that the child hears from the mother he/she should not touch in his/her panties in public than a kindergarten teacher, other parent or child make an inappropriate comment that he/she misunderstands and stores up with guilt. Later, we can reinforce their intimacy by introducing a knock on their door. This lets them know that it's appropriate for them to knock before barging into the toilet, bathroom or parents' bedroom. The child has as much right to intimacy as the parent. They need a place where they can be alone, where they can let themselves go, where they can hide, where they don't have to conform to anything, that belongs to them. If there is none, or if it cannot be created, then the development of the personality is disturbed from the very beginning. If you don't have enough space, at least use a curtain to separate the child's place, so that he/she can use it when he/she feels the necessity of it.

The more natural the parent's handling of the child's emerging sexual activity, the more direct the relationship between them, the influence of friends and the media can have the less negative effect. The impact of the media is usually bipolar. Friends and the media, at the latest during adolescence, bring all kinds of repression and all kinds of release into the young person's life. In this dumping of information, he/she has to find his/her way and develop his/her own attitude to sexuality. A good parental role model is a sure support. This does not mean that he/she must necessarily follow it, but this will be the point of reference compared to or against which he/she acts. Neither too lax nor too strict sexual pattern is appropriate. The text "But in my time..." is already met with resistance and is totally ineffective. He/she is not in the place of others at the time, and it is not

for others duty to decide for him/her what is right. It is best to simply state your opinion, e.g. "I wouldn't do it that way because..." The reasoning should always include that happy sexuality requires the mutual will of two people, on a higher-level mutual respect and appreciation, and mutual love on an even higher level. In other words, there should be fixed the degrees that exist anyway between human and human, so that he/she can decide what level he/she wants to live his/her human connections in the field of sexuality.

What I have outlined so far is not the ideal, but the feasible way to raise children. Mostly, however, we are here because we have failed to live life well, which means we have made mistakes. And we repeat the mistakes, i.e. we make mistakes in child-rearing, sexuality, partnership, etc. All this happens so that we can recognize and learn from it. So, if we realize we have made a mistake, we should not be ashamed to admit it, even in front of the child. He/she will understand and accept it, as for us so later for himself/herself. If we teach him/her that it is possible to make a mistake and that it is not a shame to admit it, because only then can we correct it, we will reduce the compliance, which is one of the most common causes of frustration in adults. The main cause of our frustration is that we want to appear perfect when we know we are not and we fear the judgement of others.

This frustration also manifests itself in sexuality. The parent, in trying to maintain the appearance of perfection and omnipotence, frustrates the child, and this is further reinforced by the effects of the media. What do he/she see in the movies? The two extremes. Violence, pornography, a relationship that is empty, or perfect love, lovemaking, relationship. And life falls in between. Film's job is to extract life events and magnify their significance with a purpose (whether that purpose is noble or not). The filmmakers (the entire crew) incorporate an instinctive, unprocessed, unconscious part of their own personality into the plot, and then confront it in the form of the finished film. What his/her film is, so is he/she, even if he/she only plays a supporting role. Thus, the film is created by each of them about themselves and for themselves. All of this is very cleverly sold to the ignorant masses for money, so that they even pay to have the unconscious of the creators revealed under the heading of art or entertainment. Of course, only those who resonate at that level and cannot otherwise confront their own subconscious can be led in this

way. We can see in the films that are currently on the screen, what the subconscious of the man of our time like.

So, the media is sexually frustrating the person of our time. The false sexual model is presented as if it is to be followed and universally accepted, and the idealized model as if it is normal, natural and can be fulfilled by anyone. This is the distorting effect of the media, it is a distorted mirror effect. It is caused by the self-serving competition for money. This is how they draw attention to themselves. If the media were not distorted, no one would pay attention to them, and then what would they do for a living?

Everyone is born to move forward from where they are. Everything serves this purpose. Parents to child, and vice versa, the director with the actors playing a particular role for the world, from which everyone should identify themselves. Those who can do so will move forward, for the others the story will be repeated in a different cast. For those who have recognized the essence of role-playing, the game is over. *"The whole world is theatre."* (Shakespeare).

The effect of chakras as energy centers

Chakras are the energy centers known from yoga literature, through which we receive and release life energy. Chakras are not a concept to be believed in, but rather to experience how they work. Those who experience them will believe that they exist because they will perceive a change or difference on themselves. Chakras and the experience of how they work can be learned. Yoga systems are not based on belief but on experience, this means that everything that is laid down in yoga can be experienced. We have to accept experiential reality as true, because if we don't, then all forms of information acquisition will be challenged all around us and the ground will slip from under our feet. We get information about the material world, just like we get information about God, the chakras, or anything else, through experience. One can argue about how correct the experience is, or what it really means, but there is no doubt that perception itself exists.

So, we can observe a perception that at certain points in our body we give or take energy, that is, we communicate with our environment. Let's look at how does an instinctive chakra communication take place between a man and a woman when they are getting to know each other? First there is eye contact, then the man looks at the area below the navel. If he senses that the woman is giving off energy in the second (sex) chakra, he will initiate. The man senses that woman has an active second chakra, i.e. sexually unsatisfied. The man is releasing energy in second chakra and is watching if the woman is receiving it? Acceptance occurs when the energy released by the man reverses the direction of rotation of the woman's second chakra. This is how he knows she is receptive on him. From then on, even if she says she doesn't want sex, he senses that she doesn't tell the truth. And he is right! Of course, the woman doesn't want just sex, she wants love. That's why she is watching how the man's heart chakra is working. That is, she focuses on the area between the breasts. Now the woman is releasing energy from her heart chakra, if the man picks it up, then the woman feels that the man needs love too. If not, he just wants sex. The energetic communication between them continues at the chakra level until they decide if they want something from each other and what is it?

Often, we say something in words, but the other person feels that it is not the case. For example, the man says: I love you. Meanwhile, his heart chakra is almost motionless. If the spoken word is not backed up by energetic communication, the words fall from us without credibility. Another example: a woman gets on the tram with a baby - Oh how cute - the thought appears in most women's minds and their heart chakra moves in the direction of transmission. Then get on a homeless man in dirty clothes and unwashed - Yuck, how disgusting - comes to mind, and the heart chakra closes, almost stops. It's useless to tell your boss you like him when your chakras tell him otherwise. We cannot hide it from the other person if we are not welcome in the same space with him energetically. Sympathy or dislike for an unfamiliar person is explained by chakra communication, in the one case it communicates with a vibration that harmonizes with us, in the other with a vibration that opposes us, and this can repel us.

The less this type of perception works in someone, the more mistakes they make in their relationships with people. Therefore, if

one does not perceive the other person energetically, one can be deceived by words or seriously mislead oneself. For example, we meet a violent and sexually unsatisfied man. How do we know this? A predisposition to violence can be determined by the intense energy output of the third chakra, which when combined with the intense activity of the second one, means that the man is predisposed to sexual violence and will seek for the first opportunity. There is no point in trying to "speak to the soul" of such a man or to tell reason to him. These roll off from him. Unfortunately, people who study materialistic psychology do not know this, and can make serious mistakes because of it. If we encounter this type of violent person, the only escape route is to completely close our chakra communication. No energy should be taken from him, and no energy should be directed towards him! (Of course, if you are a high-level yogi, you can sublimate his negative energies, but this is rare.) If the energy falls off of us, it will return to him, and we have no matter with the situation. He will sense that he has no effect on us, he will lose the urge to do violence because he will have no urge. Therefore, every victim, unconsciously, since he/she misrecognizes or fails to see the context, is himself/herself involved in becoming a victim.

However, sexual dissatisfaction can lead to violence too. Through the root chakra, we take in energy that connects us to the Earth. We need this to exist in the material world. It motivates us to sustain our existence, to eat, drink, defecate, which is the basis of our life on the physical plane. This energy flows upwards and the level of second chakra sublimates into sexual energy. If for whatever reason this cannot be satisfied, it is either repressed or continues to flow upwards. If it is repressed, it manifests in internal diseases, e.g. genital tumors. And if it rises up to the level of the third chakra and gets stuck there, it can manifest in the form of anger reactions in the outside world. These outbursts of rage can be of such a magnitude that the person is even capable of killing. Aggression against one's own children is often due to the sexual inadequacy of one or both parents, for which the child is blamed (e.g. the presence of the child is disturbing, there is no separate room, etc.). All this does not absolve anyone of the gravity of their actions, but merely explains the situation. If sexual energy continues to flow upwards, it sublimates into love, which curbs aggressive impulses. Therefore, the presence of love in someone also

solves the problem of aggression. Often, however, love, even when it is present in us, cannot flow out towards certain persons and so it gets stuck, and we get angry at that person and blame him/her for our bad fate. All this can be helped by self-observation and by understanding the energetic functioning of the chakras.

The function and levels of sexuality

Man is a unity of body, spirit and soul. By the body I will mean the physical body, by the spirit the astral-mental body, in fact the mind, and by the soul I will mean the soul-spark, the eternal part of us that dwells in the heart. The astral-mental body is in fact the projection of the mind, the two are one and the same, for simplicity's sake we will consider them to be the same.

Since we are made up of many levels, we experience sexuality on many levels, whether we are aware of it or not. Everything that we experience in this material world is present in our minds in the form of pre-coded mind-programs (see also the first volume of my book).

1. There is therefore a program in us that parents and society activate in us. **This program is the species preservation.** So, the first function of sexuality is to maintain the species for the survival of human society. Any program can be denied, because we can override them, we can either accept them or not. The question is, when do we do the right thing? If one fails to implement this program, one can do so without repercussions if one chooses a higher purpose of life than it has an average human. This program is therefore set in motion and provides impulses to facilitate its implementation. It is also fortunate that we run species preservation as a program because doing it so we facilitate the birth and development of other souls, and we create an opportunity for ourselves to enter a particular family at a subsequent birth, and to continue our task in the family and circumstances already known to us. Therefore, if a family dies out, the persons to be born will have to look for another family, which may involve extra circles.

2. Every single cell in our physical body is alive and has its own cellular consciousness. For our cells, experiencing life means that they are running through a multitude of stimuli. We can experience stimuli in many different ways, for example by touch. Every part of our body

longs to be touched. Our nerve cells crave to send impulses to the central nervous system to signal that they are alive and exist. Touching the genitals is special in this respect because it involves a lot of nerve endings. Every particle of our body is happy when it is touched, and this 'joy' is signaled to the seat of (lower) consciousness, to the mind.

The second function of sexuality is, the source of bodily pleasure.

As long as a man is not able to reach higher sources of pleasure and thereby make himself/herself happy, no one has the right to take away his/her sexuality as a source of pleasure. I have met followers of various religions who have renounced the experience of sexuality. Unfortunately, they have unhappiness written all over them. If one's religion does not make one happy and saved, one should look for another way and not torture oneself, because one's renunciation will only turn into a repression of one's natural desire. We are born on earth to live our desires or to renounce them. We have the freedom to choose, but let us not force ourselves, but let us admit that another path is right for us. Repressed sexual desire, being energy, if it is not sublimated, will definitely erupt somewhere, either in illness, early menopause, or sexuality seeking a different direction from the natural one (I will come to this in the next chapter).

Our bodies definitely deserve the pleasure of being touched. If we don't have a partner, or he/she is not enough, we can caress ourselves. There is nothing we cannot give ourselves. Let us love ourselves, love this physical body, and fulfill its desire to be the carrier of our soul for many years to come. Women are definitely recommended to have a daily breast massage even if they have a partner, because men neglect this area. Other techniques can be found in Taoist practices if one is not imaginative enough by oneself. Masturbation is considered taboo, especially by women, so it is denied afore men and kept secret afore women because they are ashamed. The shame of carnal desire is an old, female, culture-dependent mind-set passed down from mother to daughter. I say: don't be ashamed if you don't have a partner, and don't be ashamed if he can't satisfy you. Face yourself without shame. Similarly, in men there is an ancient built-in program that forbids masturbation, passed down from father to son. Its origins are known from cultural history, and can be traced back to the Old Testament story of the - otherwise erroneous - interpretation of the act of Onan. In short, the story is that Onan, unwilling to beget his wife a child,

wasted his seed on the ground and was therefore ostracized by the community. Many people think that this story does not apply to them because they are not Christians, especially Jews, and have nothing to do with it. Unfortunately, this is not the case. The misunderstood customs of earlier cultures have remained encoded in us as mind patterns, as fragmentary programs, and act through the subconscious.

3. Another component of sexual desire – besides the desire for touch – **is the desire for orgasm**. To understand this, we need to understand orgasm itself, which can also be experienced on several levels. The lowest level is when the orgasm is confined to the spinal part of the central nervous system. The cells of the genitals are stimulated by caresses and touches, and the nerve cells receive this stimulation and become charged. The recharging comes from an increase in the uptake of energy from the first (root chakra) and second (sex chakra). This charge is first increased, similar to a capacitor, and then, when sufficient charge has been created, a discharge to the outside world and/or to the central nervous system occurs. The discharge causes the nervous system to enter a relaxed state, which feels good because the chakras have been freed from the energy charge, or because substances that trigger pleasant sensations are released in the spinal cord of the central nervous system. The orgasm is more intense the more nerve cells are involved. If a very large number of nerve cells are "discharged" simultaneously and in a coordinated manner from the genitals towards the central nervous system, the impulse can reach a specific part of the brain. At this point, so-called endorphins, pleasure hormones, are released in the brain. This is similar to the effect of drugs, but without the side effects (but habituation and addiction are possible). In addition to the pleasure hormones, muscle relaxants are produced, as well as fear-reducing hormones ('courage' hormones), pain-relieving and healing substances. So, I hereby prescribe orgasm for everyone. A very high level of consciousness is necessary for somebody to be able to endure the joyless, dreary, stressful, hopeless, grey days of our material world without this source of pleasure. The experience of orgasm in the brain has other positive effects:

- Reduces aggression. Aggression is formed when sexual energy is trapped between the second and third chakra and the discharge occurs through the third chakra to the outside world.

- It promotes socialization, empathy, acceptance and love for others, and reduces feelings of loneliness and vulnerability. This happens because the rise of sexual energy into the brain also means the sublimation of sexual energy into love energy. And love connects.

- It increases courage, entrepreneurship and success orientation. Because during orgasm the brain receives a huge pulse of energy that spreads throughout the brain, all areas of the brain start to work more actively.

To experience orgasm in the brain, we need to reduce the amount of energy that is released to the outside world during orgasm. Sexual energy is released to the outside world through the penis together with the semen in men and through the clitoris in women. This is what I call an external orgasm. With an external orgasm, there is less central nervous system involvement and the experience is a short-lived physical satisfaction. The energy released, because it is not sublimated, returns after a while and causes repeated sexual urges. The internal orgasm (directed upwards towards the central nervous system) triggers the positive effects described above. To experience this, it is necessary to learn to control sexual activity: orgasmic restraint, concentration, the ability to direct energy.

4. The next pillar of our sexual drive is the desire for love, a partner, a child, a family, togetherness. If we want to express all of these in one word, we would say the desire to experience oneness with other people, with a partner, with a child. Without experiencing oneness, no one can be redeemed. One of the greatest mistakes of all religions is related to this. The religious leaders want to make people realize the experience of unity with God in such a way that they skip the intermediate stage, the experience of unity with another person, the loved one(s). When we love another person with total devotion, we experience God in them. For us he/she is HIM/HER, here and now. We practice with him/her the experience of oneness, the being in oneness with all its joys and renunciations. Only those who are exceptionally highly evolved souls, or who have experienced it in a previous life and do not need repetition, can skip this stage, but for them it is not a problem! Love is also energy, a higher form of energy. The more purely we experience love (without attachments, emotions, passions, etc.), the more we experience the divinity of ourselves and others through it, because love modifies, transforms, teaches,

educates, makes everyone beautiful, better. What we realize in small ways, in our families, is realized in larger ways, flowing out into the world around us.

The experience of oneness can be lived through of course without sexuality, but few people can. It is a help for us to realize the experience of togetherness with a partner. The experience of oneness means that the astral-mental energy fields merge. The experience of oneness provides an opportunity for the exchange of experiences, energy, knowledge, information, which accelerates the development of the person who experiences it. Oneness experiences can occur during lovemaking, during the experience of romantic love, during deep communication, during pregnancy with a child, breastfeeding, and whenever one opens up to it.

5. Tantra is the highest experience of love, togetherness and oneness in the human condition. Tantra is not simply sex or lovemaking, but everything, totality. It is experienced by far fewer people than claim to practice it. The essence of tantra is that not only do astral-mental energies flow together, but unity is created at all energy levels. I will not elaborate on this further because I am sure my readers are still experiencing it in its preliminary stages. The reason I am talking about it is that now it is fashionable to take courses in tantric sex. Of course, it never hurts to learn something. In these courses, something is imparted surely that will make sex more beautiful and better, or bring you closer to experiencing oneness. But all this is still an astronomical distance from tantra. In tantra there is no longer any sexual urge, no longer any urge, no longer any desire! The pleasure of being is still present, so that one's energies are in a constant flow and exchange with others, with the person of one's choice in the case of a partnership.

The influence of our instincts on sexual activity

The spiritual psychology system I have outlined treats the central nervous system like a computer. (For simplicity, I consider the central nervous system and the mind to be the same.) This computer has a background storage and an operating system. The background storage stores all programs (behavior patterns, schemes) of the present and

past life, and the operating system coordinates the running conscious or unconscious programs. Our instincts are present as hidden information in the unconscious spheres of the central nervous system also.

And who owns the computer? When you say, "I am." Where are you pointing? To your head? No! Between your breasts. In the center of the heart chakra is the true "I am", the Over self, the seat of our eternal consciousness. The soul, the computer's host, is therefore not material. Materialistic psychology, because it does not recognize the trans-material nature of the soul, places the soul in the mind, identifies it with the mind, and subordinates the activities of the soul to the mind. This causes serious confusion in the spiritual development of people, because it makes them think that their beingness can be identified with the content of the mind. But the mind as a computer can never control itself, just as your computer does not control itself, but you are its controller. Materialistic psychology cannot help people because it does not say who controls the mind-computer. It expects the mind to control itself, but the mind cannot do that because it only works with ready-made programs, clichés, and combines them. It can neither overwrite nor change these stored programs, at most it puts them in the background memory, i.e. it suppresses them. (Those who have completed the UCCA spiritual self-knowledge training can have personal experience of all this, so it is not necessary to believe it, but you can be convinced.)

Now let's explore how the operation of mind-computer affect our sexual activity. The mind-computer stores all the ancient (even animal) patterns of sexual behavior. Normally these are suppressed in the background memory, but under certain circumstances (alcohol, drugs) they can be activated. In fact, the repression of normal sexual activity can trigger a mental program that has been dormant, i.e. a pattern of behavior – different from the generally accepted one – manifests itself, invades the consciousness. In this case, the person himself/herself does not understand why he/she is acting and why he/she desires what he/she is doing. When we read about XY doing this and that and judge him/her for it, we need to be aware that these behavioral patterns are present in us, but we are not (yet) aware of them. As long as these patterns are present in the subconscious, we

can never be sure that we are not acting in the same way as the person we have judged for his/her behavior.

Of course, this does not absolve anyone of responsibility for their actions. Man was born human precisely to learn to control the mind-computer. There have been yoga techniques for this for thousands of years, because people who follow Eastern philosophical systems have long known all that I am describing here. By certain methods, the redundant, fragmented mind programs can be eradicated and no longer interfere with life and spiritual development. However, until one is not mature enough to study and practice these techniques, one must banish violent mind patterns that violate the free will of others into the unconscious, and the easiest way to do this is to avoid releasing them through the excessive use of drugs and alcohol.

The mind also stores all experiences that have arisen in connection with sexuality in the past and present life. These experiences are either positive or negative motivations until they are understood. Patterns of parental sexual behavior are also passed on, and their encoding begins before birth. In other words, the unborn child senses the relationship between the parents, the circumstances in which it is conceived, and even the circumstances of conception determine the kind of soul who can enter the woman's womb. This is why every woman instinctively objects to keeping a child born of rape. Because of this programming of the mind, the child will later follow the sexual pattern of the parent of the corresponding sex. One consequence of this programming is that the male child of homosexual parents and the female child of lesbian parents have little chance of overriding the parental pattern.

To understand this in more depth, let's take an example. Catholic priests are required to be celibate. Celibacy is encoded as a program of the mind. The consciousness, when interpreting the prohibitive program, decodes it as "I cannot make sex with women". In addition, the mind will also forbid masturbation, as it is still present without understanding as a fragment of the Old Testament program. This results in sexual repression which can erupt in two directions, homosexuality or pedophilia. The mind does not prohibit these because when it decodes celibacy it simply does not apply the sexual prohibition to same sex and neutral sex (child) individuals. From this example we can see how the mind fails because of the rigidity of the

mind's programs. If celibacy, as the program of the Over self, is present in someone, there is no problem in observing it!

What is the solution?

1. The abolition of celibacy avoids but does not solve the problem. There will be fewer pedophile and homosexual priests, but that will not make anyone understand their own sexual urges any better.

2. Turning off the ban of masturbation (onanization). Now let's see where this prohibition comes from. According to the Old Testament story, Onan's wife was questioned in the community why she had no children. She defended herself by saying that although her husband lives with her, he wastes his seed on the land. Because of this, Onan was ostracized by the Jewish community, becoming a despised man. To understand the story, we need some background information. In Jewish communities, property always went to the first-born son, and he was obliged to take care of the elderly female members of the family after their husband died. This is why every woman wanted to have a son, because if she didn't have one, she would end up in poverty. A daughter, if she married, was placed in the husband's family and became a subordinate member of it, so she could not take care of her mother. If a woman was still of child-bearing age but her husband died and she had no male children, then her husband's nearest male relative was obliged to take her as his wife and beget a child for her. (This customary law survived for some time in early Christianity.) Onan married the woman who complained to the community, under this customary law. Onan happened to have already many children by several wives, and not being a rich man, he did not want any more children, and he was even aware that she would bear her deceased husband as a child. He could not deny child from his wife, because she had the right to do so. So, he opted for interrupted intercourse, thinking that he would not be found out. So, Onan was not condemned by the community for masturbating, but for not impregnating his wife. Since biblical commentators have never revealed the reality of this issue, a defective mind pattern is passed from father to son in the subconscious of men and unconsciously takes effect. (There is also an energetic reason for the prohibition of masturbation for those who want to pursue a spiritual life, see the following chapter).

3. The development of a higher consciousness, which allows the use of mind control and sexual energy sublimation techniques in priestly practice. To do this, however, Catholic priests would have to practice yoga, which would be an admission that Christianity in its present form is not sufficient for authentic priestly practice. Instead of admitting this, they will be more inclined to make concessions on the first point.

Effect of our consciousness, spiritual commitment and principles on sexual activity

By consciousness, I mean that level where the individual's self-identification is found, that is, with which part of himself/herself he/she identifies. Quite different sexual behavior characterizes a person who lives in bodily self-identification. He/she says: *I am identified with my body, my body wants this and that, I give it to him. Why should I not?* In other words, he/she perceives a desire, he/she looks for the corresponding partner and satisfies his/her desire. He/she doesn't philosophize about whether it is good or bad for whom. That's how most men approach sex. The physical self-identification limits the experience of sexuality onto the physical plane, which means that one can't really move to the next level. Because who experience sex in this way, once the desire has passed, he/she looks for another person to arouse the desire, and then again, and again. He/she basically will not care about the other person's sex, qualities, etc. The point is that someone has aroused his/her desire and he/she has to act on it. Perhaps it is not surprising that this level of physical experience causes the least sexual problems, at least for the individual. The partner may have a different opinion, but this doesn't count him/her. In this case, only physical unity can be experienced with him/her, and he/she doesn't need higher level of harmonization, and even he/she will escape from it if it happens to get in his/her way. Within the bodily self-identification, three further levels are distinguished, depending on which chakra (first, second, third) energy quality has a dominant effect on the individual. I will not go into the details further.

If somebody identifies himself/herself with his/her astral body it means he/she identifies with his/her emotions. For such people, it is important to have emotion in sex. He/she can enjoy sex, can give himself/herself to the other person when there is an emotional connection between them. This does not necessarily have to be reciprocal, it is enough if the emotion-centered person imagines that it has been established. If it is formed, he/she will project his/her desire onto the other and create the emotional illusion necessary for his/her sexual surrender. This is how most women feel. No doubt that most of the sexual and amorous disappointments come from this situation, because the emotional illusion completely prevents the clear understanding of what can be expected from the partner. Although there are many disappointments, it is beneficial in that the person will have an astral (emotional) experience of oneness with the partner, at least for a time, which will remain a defining experience for him/her and which he/she will seek again. This level is characterized and permeated by the energetic quality of the (unpurified) fourth (heart) chakra.

The next level is when the individual identifies with his/her mental body. Then he/she experiences himself/herself as being identical with his/her thought world, his/her way of thinking, in fact he/she identifies with his/her mind (the mind content). Then one has principles, fixed ideas. The partner should be like this or that, the relationship should play a specific role. He/she is looking for a certain type of person and consciously strives to achieve his/her goal in the relationship. He/she is seldom disappointed because he/she is rational, but he/she is rarely happy. Principles are nothing but programs stored and pre-coded in the mind. The encoding is mostly done by parents, unconsciously, in childhood. They encode the mother and father pattern and the growing child will act accordingly. Since the program is rigid, there is little room for deviation from it, no escape, and the experience of happiness get out of one's hands. This stage is characterized and permeated by the energetic quality of the (unpurified) fifth-sixth chakra.

At this level, we must also discuss religious patterns of thought, because they are just programs. Most people are religious not because they are truly religious, but because they are programmed to be religious. For them, together with the religious mind pattern, in the name of God, the sexual taboos is also encoded. The result will be that

sex will be forbidden in most of the cases and allowed in some cases (e.g. within marriage, for procreation). However, God has nothing to do with this directly. Since God does not forbid anything, but says go and experience, this is how you will come to know yourself, the world and Me! But this does not mean that anything is worth trying, because many things have been tried before. The scriptures of all religions describe the sexual experiences of previous generations, with their consequences, through the stories of people. However, there are few people who really understand the deeper meaning of the scriptures and can convey it. As a result, the moral norms suggested by the scriptures take on a dogmatic meaning and become unenforceable for the man of the present day. Dogmas (whether sexual or otherwise) are therefore always the product of mind-programs, which result in from an imperfect understanding of the statements.

Causal level consciousness already gives insight into past and future lives, and treats the present life as part of a process. This also has an impact on the partnership, as the person knows that the attraction - rejection in the present is due to the past karmic memory trace that needs to be resolved in order to break the karmic bond. Therefore, one who is conscious at this level chooses his/her partnerships in such a way that old tasks are worked off and new ones are not accumulated. Awareness at the causal level is the first step towards cosmic love, which allows that pure love permeates the relationship, and doesn't the illusion motivated emotion. At this level an individual can, in principle, live with anyone, but still lives with the one with whom they can mutually offer each other the greatest potential for growth. And sexuality is not a problem because pure love maintains interest for each other and the control of sexual energy has been mastered. In principle, the possibility opens up to experience a (near) total unity with another person in the human quality, which will then serve as a model for experiencing even higher levels of unity. Anyone can reach this level if they have received the appropriate spiritual training. This level is characterized and permeated by the energy quality of the area above the sixth chakra. The states of consciousness above this level are not in the category where sexuality is the main problem, so I will not go into them here.

Deviations from generally accepted sexual norms

Spiritual psychology, which is my approach, examines and evaluates every human action in terms of whether it promotes or hinders the individual's return to Oneness. In this sense, I consider certain sexual behaviors to be acceptable or avoidable, but in no way reprehensible, since behind all judgements lie the failings of our acceptance of ourselves. If one truly wants to experience Oneness with all that is, one must see all that is actually is happening within oneself. Parts of me (my fellow human beings) do certain things out of ignorance, by which they harm first themselves, and second other fellow human beings. It is my duty to educate and help them as much as I am able, and I am doing my duty.

Deviations:

1. Pedophilia

According to the rules of human chakra development, each energy center takes seven years to develop, and every seven years we move up a level, and then if there is time left in our lives, the process starts all over again. This is true if development is not stuck at a chakra due to energetic, emotional, etc. blocks. It follows that seven years are necessary for development of the first (root) chakra, during this time the main task is to know the physical body and connect the soul to the physical body. The next seven years are needed for the development of the second (sexual) chakra, which entails to know the sexual energies and learning to regulate them at a basic level. A further seven years are related to the activity of the third (distributive) chakra, which is intended to develop the adaptation of the individual will to the expectations and needs of the family and society. Therefore, a person is considered physically mature at the age of 14 and socially mature at the age of 21 if his/her development is smooth. Until the age of 14, any violent physical and/or psychological impact related to sexuality, and until the age of 21, psychological impacts also adversely affect and impair the development of a person. It follows that it is not advisable to initiate sexual activity before the age of 14-21 because of damaging development, and that the individual's freedom of choice and individual capabilities should be taken into account to the greatest extent possible. If the individual who commits pedophilia does not

respect the age of the other, society must react in accordance with the law. The same applies to any case where the individual who has suffered sexual abuse is not fully conscious (e.g. mentally handicapped), regardless of age. Thus, a person is not considered fully mature until the age of 21 and is therefore entitled to increased protection from adult members of society, especially parents. In most cases, pedophile individuals are also considered to be handicapped in some way, this is why they commit their acts. Society has no better way of dealing with these situations than to segregate them (imprisonment), which is the most humane but not the most effective way. (I will discuss crime and ways of dealing with it later.)

2. Sexual violence

When sexual violence occurs with an adult, the responsibility of the victim must be considered. I emphasize that I am discussing the issue from the point of view of spiritual psychology and not from the point of view of criminal law. In such cases, problems of self-knowledge of the victim may be raised. An adult human being must know the society into which he/she is born, his/her own strengths and abilities, and face up to his/her subconscious desires and fears that predispose him/her to become a victim. Before sexual violence happens, there are always signs that the person does not pay attention to and does nothing to avoid it. Basically, we are in the physical body to have experiences and learn from them. All experiences on the physical plane can be modelled and prepared for in advance. For example, I imagine what it would be like if I were raped, what I would do, how I would behave. I take into account the possible solutions. As a result, I am not unprepared for the situation, and I may even gain an understanding in the process of modelling that makes the physical experience superfluous. The other side is the perpetrator side. I have mentioned that the cause of sexual violence is basically that the sexual energies of the second chakra are not being lived out by the person, but are not being repressed, but are being raised to the third chakra. Because the energy is stuck at this level, it manifests itself in sexual (or against life) aggression. In animals, the level of subsistence and sexual instinct is regulated by built-in limiting programs (e.g. an animal will not bite through the throat of an animal of the same species, only another, because it has a species-specific consciousness; "I am a fox, it is also

a fox, but it is a rabbit"). In man, these limiting programs have been unlocked and man has been given the power to regulate his/her own activity by possessing higher consciousness parts of the brain, thereby socializing himself/herself within his/her species. If one is not able to do this, he/she must bear the punishment of the society, plus the repercussions of the Universal (Divine) Law, which serves his/her learning.

3. Prostitution

Prostitution is only a criminal matter if it is linked to violence. Prostitution has always been and always will be, so prostitution must be regulated. It is best if it takes place in designated places and under controlled conditions. If two adults enter into an agreement of their own free will, whereby they do not harm each other, then it is unnecessary to prohibit it, and it is only necessary to regulate it to the extent that it does not interfere with the lives and moral perceptions of others. Quarters for this purpose are well established in some countries. This does not mean that I personally agree with or support prostitution, as I am aware of its destructive effects on the personality. In the prostitute, body, mind and soul are not in harmony, which in any case leads to a distortion of personality and a kind of self-punishment. Punishing prostitutes is also unnecessary because it is bad enough for them to be prostitutes.

In connection with this issue, it is also necessary to mention the flood of bordering on pornographic or overtly pornographic information that reaches people through the media. All the pictorial information that we bombard the brain with is imprinted and can become a complete program, a behavior pattern in the unconscious (e.g. in children or in individuals with low self-knowledge). After imprinting, the individual can recognize this as an internal program and it seems natural to him/her to implement the recognized behavior pattern, to try it out in the outside world. He/she no longer wonders how the pattern he/she is implementing came to be in his/her mind. This is why increased (self-)control of the media is necessary to prevent the transmission of information that is harmful to personality development. The designation of a special channel for pornography could be considered, so that anyone who wants, can watch it at their

own risk (if a child watches it, it is always the responsibility of the parent).

4. Masturbation

Masturbation is not a generally accepted form of sexual behavior, and its prohibition or rejection is usually a sign of religious programming. This happens when the parents and/or in connection with religious upbringing, the person representing the religion (priest, teacher) unconsciously or consciously passes on their own behavior pattern to the young person. The religious behavior pattern is a repression of sexuality, which means that the individual does not give off sexual energy to the outside world in the second chakra, but closes the chakra like a valve. There would be nothing wrong with this if it were a conscious regulation, i.e., if I want to, I give it off, if I don't want to, I don't give it off. In contrast to conscious regulation, religious programs involve running an unconscious mind program, meaning that neither teacher nor student understands what is happening. The young person who is receptive to the teaching either does not later override the behavior pattern because he/she has accepted a religious prescription, or he/she overrides it and masturbates, but reacts with guilt. I will write about this in more detail in the chapter on religious patterns of thought.

5. Sexual intercourse with animals

The issue needs to be addressed because it is more common than we think. The animal is favored by some people because it does not talk (off and back), it cannot be disappointed, it is a trained machine that responds to the wishes of its owner. The animal is not a partner in the sense that it does not serve as a personality mirror like a human, or if it does (like dogs), it is easier to deflect. The biggest psychological problem with this way of experiencing sexuality is that it leads to dependence, and dependence on the animal. To live with an animal means to classify oneself as an animal. It may never be revealed to any human, but after physical death there is a confrontation with oneself that is far harsher than any punishment we experience here on Earth. This is interpreted by religions as God's punishment, but God has nothing to do with it. Calm down, God does not punish, He forgives all because He understands you! You are punishing yourselves

because you cannot forgive yourselves! This confrontation with oneself after death is independent of the belief system one has been living. It also applies to atheists. There is no escape from it. I will not explain this now, I will explain its principle of operation elsewhere.

6. Homosexuality

Homosexuality is not a crime, not a disease, but a condition. Any condition can be changed if the person really wants to. The homosexual individual usually does not aspire to it. Medical psychology, precisely because it cannot deal with the condition, citing genetic predisposition etc., as an excuse for exempting homosexuals from change as a process of personality development. I will not do that favor, but will put the cross back on homosexuals to wear it or take it off. They can do both.

What we need to know beforehand is that everyone who enters a physical body chooses their own gender, i.e. whether they will be female or male. If one chooses a female body, it is because one wants to manifest as a woman in the material world and vice versa. If a person does not choose to live according to the gender identity that corresponds to his/her physical body, this already causes disharmony in the unity of body, mind, spirit, soul, because he/she does not accept his/her own choice, but puts the responsibility on his/her parents, genes, etc. The other part of the responsibility is the responsibility towards the majority of society, since everyone undertakes before entering their body to grow up and integrate their own personality and assumed tasks into the overall social unity, building it and not destroying it. This, then, is the other point where the Unity is disturbed. The homosexual, instead of seeking to restore unity with himself/herself, expects members of society to change and accept his/her condition as natural. He/she does not seek to understand his/her condition, he/she does not seek to understand his/her own subconscious motivations, but he/she comes forward with an expectation that he/she should be able to do what others in a heterosexual partnership can achieve (marriage, family, children). It does not serve the homosexual individual's personality development if society allows him/her to do all this, because this would mean that society is supporting a false behavior pattern. Homosexuality, as a condition, is a flawed program of thought put into practice. Everyone

has the right to run a defective program on their own mind-computer, because this is a world where you can try anything, but you no longer have the right to spread your defective mind-program, like a virus on a computer, to society. Children instinctively follow the pattern of their parents' (foster parents') behavior until the age of 7-14, after which they start to override it. In general, however, most people stay with their parents' behavior pattern throughout their lives, so the pattern changes slowly from generation to generation. As an adult, a child chooses a partner based on the parents' partnership generally, and it takes a high level of awareness to be able to detach from it. This is why homosexuals having children potentially leads to an expansion of homosexual individuals. The parent has a huge responsibility to pass on to his/her child an appropriate behavior pattern.

Possible causes of homosexuality:

a) Unclosed relationship with a person from the past life. For example, Johnny loved Gretel very much, but they could not live together, now they are born again, but Gretel chooses a male body. They meet and feel an irresistible attraction to each other. This attraction can be so strong that it breaks down sexual taboos. Two persons, who know each other from a previous life and know nothing about it, can feel a strong attraction to each other independently they have the same (or opposite) sex. There is nothing wrong with two people of the same sex loving or being attracted to each other, in fact all people should be similarly loved, but such attractions do not necessarily have to be experienced in sexual form. If the partner has chosen the opposite sex, the goal was exactly that they experience love with each other not as a sexual relationship, but as an emotional one.

b) Past and/or present life unpleasant experiences with the opposite sex that lead to hatred or rejection of the opposite sex. In such cases, the individual is unable to satisfy his/her sexual desire in a heterosexual relationship, which turns homosexual due to the lack of fulfillment. A very similar situation occurs when the individual has taken some religious vows (celibacy). Whether for conscious or unconscious reasons, the mind blocks the second chakra. Sexual energy, however, makes its way in a direction that is less blocked (first chakra) and turns the physical attraction towards the same sex. In both cases a) and b), the direction of sexual interest can be processed by

releasing and raising awareness of the past life, childhood trauma or consciously undertaken blockade. Resolving the trauma would certainly be advisable, as it is carried forward into the next life if not resolved. This is why homosexuality is often a defense mechanism, so that one does not have to deal with what one's problem is with the opposite sex.

c) During long periods of time in prison, for example, sexual interest turns towards homosexuality. This is also due to a lack of heterosexuality. In prison, cellmates are exchanged until finally they meet people who are able to agree with each other or to break each other's will for the purpose of mutual gratification. In such cases, the mind initially protests and resists, but after a while, in order to survive, it gives up the fight and adopts a pattern of homosexual behavior that becomes fixed and habitual with continued practice. Subsequently, once the individual is out of prison, he/she cannot change, because the fixed pattern of mind is difficult to change. Mostly, people moving at the level of consciousness of the lower chakras end up in prison, so working with them on change is like trying to fill a dry well with water. It is best to let them live out their tendencies if they have no urge to change.

d) If heterosexual desire has been fulfilled to the point where it no longer gives arousal and pleasure, but the desire for orgasm remains, then the desire turns homosexual again, because only that provides the right state of arousal. This is most often the case in media and the artistic world. In such cases, the individual has had as many hetero relationships as there are stars in the sky and one is like the other. So, one has to do something different to have an orgasm. In many cases the homosexual desires are similarly acted out by the individual and increasingly steeper things are required to achieve the coveted orgasm. It's a kind of orgasm addiction, the individual draws strength and pleasure from it because they can no longer find it in anything else. So, they will do anything to have an orgasm.

In every case the reason of homosexuality needs personal analysis for processing. It is worth analyzing why it becomes an addiction that one cannot give up. The same addiction never happens at heterosexual couples. Homosexuality, as long as it is experienced as couple masturbation, is a private matter. In fact, it would remain private if homosexuals, by asserting their rights, did not make it public.

7. Anal sex

I discuss anal sex in a separate section because, although it is mainly used by homosexuals, it is also widespread in heterosexual partnerships. From this point of view, the key is to understand the mechanism of anal sex, as it can lead to dependence (anal fixation). Normally, the intestinal epithelial cells transmit two types of stimuli to the brain, one is the sensation of fullness and the other is the stimulus of pushing. During anal sex a different type of stimulus is produced in the rectum, which is associated with extreme sexual arousal. Why? The reason is that many nerve endings send a signal to the brain at the same time, using the same ascending nerve pathways as the genitals in order to the brain can differentiate them from the usual signals. So, the brain associates a sexual urge for the stimuli coming from below because it can't interpret them any other way. **Therefore, the extreme sexual desire is caused by a mistake of the mind.** If you don't believe this, give yourself a salt water enema. You will experience the same effect. Whether you stimulate the intestinal epithelial cells with salt water or by some other method, the result is the same. (Indian yogis have known this for a long time, but they use enema to get rid of sexual urges.)

In normal sex, the energy flows outwards from the man into the woman, so the man has an *outpouring* orgasm and the woman has a *receptive* orgasm. In anal sex, the energy in the recipient man flows upwards, towards the brain, so he experiences a receptive type orgasm (as he would be a woman); this is the only way that he can experience it as a man. The outpouring individual, playing the male role, uses the pushing reflex of the intestinal epithelial cells of the partner for his own pleasure. He could only experience a similar effect with a woman if she has a vaginal orgasm, which is rare. The expulsion reflex works on the principle that the rectum tries to push by contraction all the contents that have entered it. ***So, this is not a sexual function, but a conditional reflex used for sexual pleasure.*** Each of our cells has an independent, cellular awareness, enough to do its job properly. There is unity between body and soul when each of our cells performs exactly the function for which it was created. Then there is no disease, the cells do not become cancerous, but do their job flawlessly. If we assign a different function to a group of cells than what it is supposed to do, it cannot do the basic function well and will react with disease.

Anal sex should be avoided in both heterosexual and homosexual relationships for other reasons too. The directions of information flow in the spinal cord are such that commands flow downwards from the brain, while in the spinal cord information flows upwards from the nerve cells of the intestinal canal. The intestinal tract is networked by millions of nerve cells whose awareness is on the level of cellular awareness. Of this amount of information, only that which is related to the basic function reaches the brain by default, but it is different in anal orgasm, when certain limiting functions of the mind are switched off. If, for example, a group of cells is used for sexual purposes, which is not its default function, an error message is generated, which the mind tries to correct. The brain receives an impulse from the millions of intestinal epithelial cells: *"we really like this stimulus, but we don't know what it is or why it's good, interpret it and do it again"*. The mind tries to interpret it and spreads it around the brain, asking the other neurons *"tell us what it is and why it's good?"* Eventually the mind, lacking an understanding of the real situation, associates the underlying stimulus with orgasm. Thus, the million intestinal cells, with their minuscule consciousness, sneakily take control of a highly developed cerebral cortex. This is how anal sex becomes the addictive pattern of behavior that keeps an individual addicted.

Anal sex can unlock a wealth of information that is locked away from the average person in the deep subconscious. This is because it is not prepared to process it. But for anal sex practitioners, the content of the deep unconscious can enter the conscious mind, and they are also not prepared to process it. Therefore, to suppress this deep subconscious content, they turn to alcohol, drugs. If they are artists, they reveal to us in the form of "artwork" or they implement their own deep unconscious programs in the material world. From these deep subconscious contents give rise, for example, that films starring monsters, zombies, vampires, ghosts, etc., who commit the most savage acts of violence against each other or against humans. These horrors, which therefore come from their own unpurified subconscious, are presented to the viewer unprocessed, and the viewer doesn't know how to deal with them. The effect is most dangerous for children and people of low consciousness, who accept the 'created film' as reality and for whom it becomes natural to have to carry it out, because they experience it as their own inner program. The result will

be an increase in the amount and scale of violence and a rise in the number of people in mental institutions, while the perpetrator doesn't understand why he/she did it or he/she cannot even imagine about himself/herself to capable for it. ***Spiritual psychology calls this phenomenon an attack of the deep astral world, which is nothing more than an invasion of our subconscious world into our consciousness without we have any significant means of dealing with these contents.***

The reader may ask where I get my information from. Well, Indian yoga systems have long since explored a controlled way of bringing out the subconscious content, I am talking about here, through kundalini yoga. Through my yoga practice I have been confronted with the subconscious content that is brought up in themselves by those who engage in anal sex, but I have been able to process it because I have the awareness and training. My responsibility is to raise awareness of the dangers of this process because I have walked the significant part of the inner journey (inner self-discovery) already. People who perform anal sex have not walked it and do not know what they are doing. Everyone can harm themselves as much as they want, but spare others the filth of their own subconscious, and especially don't try to sell it as a "work of art". Unconscious people who follow a false mind patterns, who are addicted to anal sex, are not recommended to adopt a child, as they have not even grown to understand themselves.

However, I am available to anyone who wishes to change their state towards Oneness. Success depends on one's level of consciousness. If he/she is able to raise his/her consciousness above the level of his/her mind following the exercises, he/she will be able to override his/her own mind-programs, his/her own patterns of behavior. The ability to transcend the mind depends solely on one's belief that one is not the same as the mind, but is a higher entity (soul). He/she who does not believe in his/her own spirituality cannot really be helped, he/she remains a prisoner of his/her mind patterns.

Gender identity disorders as a dead end of spiritual progress

I believe and confess that this world we form around us is exactly the right place to try anything, regardless of whether it makes sense or not, whether it moves us forward or backwards. In this sense, the slogan 'No love is illegal' is entirely justified. Of course, no love is illegal, but has anyone ever said otherwise? Despite the fact that anything can be tried in our world, it may not be necessary. People feel the need to try a situation when they don't understand the motivations behind it.

First of all, let's be clear that a rigid rejection of anything, or, on the contrary, an attachment to it, is a sign of emotional attachment. In other words, anyone in whom homosexuality arouses desire or rejection has something to do with it. From me it evokes nothing, because I am aware that homosexuality is a mind-program (pattern, template) present in all people, but not active in everyone. Activation is not determined by genetic factors, but by spiritual life situations. If a person is able to understand the spiritual life situation, the homosexuality mind-program (like other programs) will be erased, because it loses its meaning.

Since I sense that society is incapable of dealing with the issue of homosexuality in the right way, I am forced to address it, in case anyone who understands it will save themselves an unnecessary round. On what authority do I share my opinion, you may legitimately ask? Answer:

1. I know my past lives, in which I have been both a man and a woman, i.e. I have lived both genders.

2 I recognized the homosexual mind-program in myself and got rid of it (understood and erased it without physically trying it).

3. Both the feminine and masculine archetypes are active in me, which means that as both a man and a woman I can perceive and act when I want to, but this does not lead me to any compulsive action.

To understand my explanation, it is necessary to accept that we have had past lives, and unfinished relationships in them. Furthermore, the soul is free to choose its gender, born male or female, and can

change gender from life to life. It is also important to know that everyone has an ideotype (archetype) of a man and a woman, who is no different from himself/herself and they are part of his/her own personality. From one life to the next, he/she works on developing the identity of both, experiencing the woman as herself and the man as a separate being (partner), and then they switch roles. Role reversals with others can take the form of two-, three- or multiple exchanges in a revolving stage.

Gender identity disorder can therefore be caused by being one physically male (female), but the active archetype in the mind may be the opposite sex. The spiritual rule of thumb in this regard is that it is always practical to live the physical (genetic) gender on the physical plane, because the soul has chosen this body. The active archetype in the mind always serves the purpose of providing a reference point. If I am male in body and male in mind (basic case), then the task is to develop my outer male personality to the inner ideal male reference (situated in mind); the same in female case in opposite way. If I am male in body and female in mind, then the task is to seek the inner reference (woman in mind) outside, as a partner and to experience my masculinity in relation to her. If I am female in body and male in mind than the inner ideal (the male idea in mind) should be found outside to live together with to experience my femininity in relation to him. So, there is no sense to change gender identity because than the original task cannot be performed.

Other reason of the gender identity disorder can be the possession of another person (a died ghost) of the opposite sex. In such a case the connection between the partners was characterized by full with attachment (e.g. parent-child or lovers' connections) and one of them has died (connection can come from previous life). The occupier with different gender from the obsessed entity can change somebody's mind-gender. The task in this case is to make the entity to leave. (There are some special rituals for this purpose).

Homosexuality is a gender identity disorder too, because, although the partners have the same sex, their energetic roles are divided into male (outpouring) and female (receptive) in the relationship. In other words, they are not actually homosexual in terms of their energetic role-playing in the relationship. So, then what is the point? Based on the above, we can conclude: **1. Homosexuality (and other gender**

identity disorder) is a disharmony between the body, spirit and soul, which the personality cannot resolve because he/she does not understand the complexity of his/her own personality, i.e. its core is the lack of spiritual self-knowledge.

Ignorance of past lives is an important component in homosexuality, because the person who is ignorant of past lives is now in love with John, who in a past life happened to have been called Mary, and they have developed an excessive emotional attachment. Excessive emotional attachment from a past life can be of a partnership origin or a parent-child relationship. Someone may have been our child in a previous life and we loved him/her dearly, and now we find him/her as an adult of the same sex. In such a case, the mind translates the parental infatuation from the previous life to love, and make us to live through as love. In these cases, the task that arises from the situation is to sever the emotional attachment, since that is why partners are born as same-sex, so that they can separate from each other and learn to accept and love each other without emotional attachment and sexuality. Our next finding: **2. A major motivation for homosexuality is ignorance of past lives.**

An additional motivation is analyzed in a non-exhaustive manner. It may be that someone is unable to have orgasm with the opposite sex, but can have orgasm with the same sex. In this case, he/she can identify himself/herself as homosexual and explains the situation by saying that the reason for the inability to orgasm is his/her homosexuality. In reality, however, homosexuality is not a cause in this case, but a consequence. **3. In such cases, a deep hatred of the opposite sex may lie in the background.**

It is possible that the individual has been carrying the problem for many, many lifetimes, and that many misunderstandings have accumulated on top of each other. A consequence of the previous case is when the orgasm itself is the object of misunderstanding for an individual. People associate orgasms with sexual activity, mostly because they are able to experience it during this process, if they are able to live it at all. But orgasm is separable from sexual activity. ***Orgasm (definition): a phenomenon in the human (animal) body, during which thousands of nerve cells are simultaneously excited, and this stimulus travels up the spinal cord and is simultaneously either released to the outside world or can reach the brain in a***

specific point where pleasure hormones are produced. The point is that you need thousands of nerve cells in a well-defined area and they need to discharge simultaneously, especially to reach the brain. Where are thousands of nerve cells present in a small area to be stimulated simultaneously? Answer: a) genitals, b) rectum, c) mouth. The chances of me having an orgasm by stroking my knee are small, but not impossible! I mean, the center of orgasm is in the central nervous system and the periphery is just assisting. The starting point of the orgasm phenomenon can be moved anywhere on the periphery, most easily to the rectum instead of the genitals. Therefore, if the stimulation of the genital nerve cells is blocked for whatever reason (hatred of the opposite sex, religious dogma, rape, all of which may be from past life, etc.), the base of the orgasmic phenomenon can be shifted to the rectum and the individual will self-identify as homosexual. Our conclusion: ***4. Homosexuality is caused by a lack of understanding of the essence of orgasm.***

Anyone who can control the mind and knows the brain orgasm center can induce an “orgasm” by simply concentrating on the right area of the brain, independent of the genitals. What everyone can do, however, is to learn a degree of concentration that enables them to experience orgasm that place where evolution has placed.

Neither psychologists, nor doctors, nor religions can help homosexuality and gender identification disorders without exploring the underlying causes in the past life. Each case requires a unique solution, because the mind-programs behind the situation need to be identified. Experiencing homosexuality, gender identification disorders on physical plane is led to an unnecessary plus cycle in the process of lives because it does not result in uncovering the root causes, but it does the deflection of the problems and accumulation more karma. Of course, it is also possible to step back in evolution to the level of the birds, which do everything through their cloaca, defecation, egg laying and sex, because each of us lives what he/she wants to live by his/her free will. You don't have to be born human, you can choose!

Self-healing without taboos

At that time, some 40 years ago, I embarked on a career which purpose is curing disease, with great dedication and commitment. I had a family of incurable patients and as a child I thought the only reason they couldn't be cured was because they didn't get the care they needed. By the time I was eighteen, I was disillusioned with medicine because I had seen how doctors worked. Besides, there was a doctor in the family and I knew him to be a decent, honest man. I saw that he could put his heart and soul into it and still only achieve a semblance of a result. I became convinced that the system was wrong, and many people have since come to see it that way. So, I ended up choosing a career in pharmacy and wanted to become a pharmaceutical researcher.

My disillusionment with pharmaceuticals started at university, when I was able to study biochemistry, physiology, pharmacology, etc. more closely. We learnt about how a healthy body works, how its function is regulated by the very subtle mechanisms. Then we also learned how man, with his crude, chemical methods, intervenes in these subtle mechanisms. At that time, I was not a believer in God, nor I did think on that what God had created should not be overridden by man. I simply recognized that the operation of the human organism was so precisely worked out that some very high intelligence was required for its formation, and to interfere with it in our own careless way is irresponsible and ignorant.

It was horrible for me to imagine taking a pill that would put a completely foreign substance into my body that I couldn't even degrade, or only partially. All my cells were protesting against this. I did not live through it with my mind, but with my feelings, like an alchemist poet. I could see the foreign molecule wandering around, binding itself in my cells, looking for the problem in places where it shouldn't be, but until it finds it, it leaves its mark on millions of cells and molecules, which will never be the same again. It gets into my liver; the liver cells don't know what to do with it because there is no properly developed biochemical mechanism to convert it. Therefore, an enzyme automatically attaches a chemical group to the drug where

it hits, even if the resulted molecule is not certain to be less toxic. No, I don't want that!

Of course, the professionals know all this, they just don't want to acknowledge it. They don't think about the depths of the process. If an experimental animal survives, so will a human. Long live empiricism! They excuse themselves by saying that scientific progress will bring the knowledge to understand what they are doing. Forty years have passed since then, and even more horrible molecules have come into fashion, which I look at as a chemist and know I would not even give to a death row inmate. Pharmaceuticals and medicine have become part of the competitive sphere. New drugs have to be invented, because you must make extra profit. All this is done on the ideological basis that we want to cure. And ordinary people are the suffering subjects of all this, partly out of ignorance and partly out of convenience. Because really, if they take a pill, the pain goes away! And they want to NOT feel pain. They don't care WHY it hurts, and WHAT actually hurts.

In the end I was left in the conviction that I could not change the world on my own. People need the drugs and that's it. That's what they get. But I didn't become a drug researcher or a pharmacist because I would have been at odds with myself. All the knowledge in the world today is available to cure all diseases naturally without drugs, yet not all patients will be cured by this method either. Disease is inherent of life, so to speak, the phenomenon of life. Disease will not disappear until human ignorance disappears. And at the moment, ignorance is growing rather than diminishing.

In this respect, the accelerating pace of scientific progress is misleading. Scientists are working in a very narrow field and are achieving outstanding knowledge and results. They have little to contribute to a related field outside their own specialism. Thus, science is threatened by barbarism of specialization and general literacy by decline. Ordinary people, unable to keep up with scientific progress, are forced to rely on specialists who also lack a general overview. In the beginning, man was at the mercy of natural forces, but now man is at the mercy of social value systems and thinking forms. Only a few more conscious people have a chance to take their destiny into their own hands and say that they really want to be free. Just don't let anyone think that freedom is what they see in the developed West.

What is freedom? To know at every moment what is happening to you and why? To be always aware of who are you and what are your intentions? Freedom is when you are in conscious control of your life. When you are aware that everything that happens to you is your responsibility because you create it all. So, freedom comes with responsibility, but also with the fact that the disease as such ceases to exist for you.

Identities and differences in the approach of illness between medical and alternative therapies

I would like to start this chapter with an introduction to the medical conception, because although everyone has had medical care, they may not have seen the depths of it. The purpose of this chapter is not to analyze and explore the shortcomings of medical care, because this is a social problem that goes beyond the scope of this book. My aim is to highlight why the medical approach limits its own scope of action. I believe that all methods are good for something, first and foremost to understand our own limitations. If we want to improve through it, a change of perspective is essential, and for that we need to recognize our limitations.

First, let's look at what happens when you go to the doctor.

1. Taking stock of symptoms. The patient describes the symptoms he/she is experiencing based on his/her own observations. The number one source of error is that the patient is not a good self-observer because no one has taught him/her to do so. They may miss some of the symptoms and mix up symptoms from different diseases. This is natural, because the patient thinks holistically, he/she is sick as a whole, not just in parts. But this is not how the doctor is conditioned. He/she groups the symptoms of the disease, assigns them for organs and examines each organ separately. This is natural on his/her part, since the body is very complex and must be analyzed (divided into parts). The doctor therefore takes some of the symptoms and, on the basis of his/her experience, attributes them to a disease he/she knows, leaving the rest of the symptoms aside. This is compounded by a communication problem, as the patient does not know either the

medical way of thinking or the medical language, so they can successfully misunderstand each other. The doctor knows this and tries to verify the correctness of the diagnosis by tests.

2. Tests. The 1st point is followed by manual or instrumental tests. The doctor, if he/she loves his/her profession and wants to heal conscientiously, turns towards the patient with humility, which means that he/she is intuitively attuned to and can intuit the essence of the disease on several levels, but for him/her the important is the physical plane, i.e. what alteration is present in the matter. If this is not done, the diagnosis is entirely mechanical and schematic. Deviations of the test results from the norm are a probable sign of disease. Thus, the doctor categorizes the disease, which means that he/she delimits it, puts it in a box and assigns a therapy to the diagnosis based on the learned pattern.

3. Therapy. Nowadays, the therapy is basically medical or surgical. If it is drug-based, the doctor chooses a drug that relieves or eliminates the symptoms of the categorized disease. This method can be explained the best in the case of fever and pain relief, and these are the drugs that are consumed in the largest quantities. If the patient has a fever, they are given antipyretics, if they have pain, they are given painkillers. Painkillers work by preventing the pain from reaching the central nervous system and being recognized as pain by the nerves of brain. In other words, the pain doesn't actually stop, it just doesn't get to the place where it would be conscious as pain! It is no different in the other cases, it is just harder to explain to the layman. For example, if someone has high blood pressure, they get a vasodilator, if it is low, they get a vasoconstrictor. If you are diabetic, i.e. your body cannot use sugar, you are given drugs to help you absorb it. So, the therapy is replacing a missing function, inhibiting a function that is abnormal. But all this time there has been no mention of why the abnormal condition occurred? I didn't have a fever before, now I have a fever, I didn't have a headache before, now I have a headache, my blood pressure was fine before, now it's not, I've been able to incorporating sugar before, now I haven't. What has changed in me? If the therapy is surgical, the point still doesn't change. The surgeon fills in the missing part, removes the extra part, but does not look for or does not know the answer to the question of what caused the change. That is

not even his/her job, he/she says, and that is for medical research to answer.

4. Healing. In lucky cases, the patient is cured, which is attributed to successful therapy. If not, they return to the second point and change the diagnosis, resulting in a change in therapy. So, there is misdiagnosis and mis-therapy, but this is not (necessarily) medical malpractice, as the approach itself carries the potential for error. More specifically, the whole approach is wrong. But that does not mean it should be rejected. I note that our understanding of the whole material world is a chain of errors, yet we cannot discard the old approach until we have a workable new one.

So, the disease is a consequence, and as such we have to find a cause for it, this is what society expects of us. Therefore, was etiology found out. The disease cause theory (etiology) is practically a defense mechanism for the medical approach, which doesn't reveal the real cause. According this the causes of diseases are:

1. Diseases are caused by pathogens (bacteria, viruses, parts of other living organisms, their juices, etc.). So, pathogens are our enemies and we have to fight against them.

2. Diseases are caused by inappropriate lifestyle: alcohol, drugs, cigarettes, over-nutrition, malnutrition, lack of certain substances (e.g. vitamins, micronutrients), presence of other substances (e.g. toxic substances). That is why we need to change our fixed bad habits.

3. Diseases are caused by a sedentary lifestyle, pollution, stress, other conditions.

4. Diseases are caused by age, wear and tear of the body, regeneration problems, genetic defects.

These claims are provable, so they are true. In fact, the problem lies not in the truth of the above, but in the content of the **partial truth**. That is, if we take the partial truth to be the whole truth, then we are not investigating further, but dogmatizing the partial truth! Why is this approach a defense mechanism? Because it deflects the disease on pathogens, people's lifestyle, environment, etc. It points out that they are responsible for the disease. But there are many exceptions. The exception confirms the rule? The medical approach places the responsibility on the limits of society's economic performance for the limitations of healing. It suggests that if material conditions were better, all diseases and all patients could be cured. But this is not the

case and never will be. On the other hand, all tasks must be solved within a given social context and within given material constraints. The medical approach results in the effect as the bad housewife who runs out of kitchen money in the middle of the month and can only put greasy bread on the family table in the last few weeks. The good housewife can conjure by strictly managing the money, albeit with more modest dishes, but always with a substantial and nutritious lunch.

The main shortcomings of the medical approach:

1. It does not pay sufficient attention to the fact that man is not only a material body, but a unity of body, soul and spirit, i.e. the practical realization is not holistic.

2. It examines the symptoms and the condition of the body's organs separately, and often prescribes therapy for only one organ. The organs are part of the whole organism and their function cannot be separated. The whole is always more than the sum of its parts, just as a forest is more than the sum of its trees.

3. The use of material resources is neither rational nor cost-effective. While millions are spent on improving the vital functions of incurable patients, less money is spent on those who could be effectively helped. People need to be made aware of what primary care is and what extra services are.

4. It does not research or recommend alternative and much cheaper treatments simply because their effects are not scientifically proven. Thus, human health is sacrificed on the altar of scientific superiority. In many cases, medical therapy is expensive and ineffective, and the patient is unaware of the alternative method, thus missing out on a potential opportunity for healing.

5. It does not consider and does not build on the individual's understanding of life and philosophy of life, even though it is well known that forward-looking goals are essential for recovery.

Medical science has made huge advances in treating diseases previously thought incurable and in understanding how the whole human body works. These are achievements that it would be irresponsible to overlook or underestimate. It should be clear that medicine, with the current approach, can do no more than it does. With this approach we can reach till this. However, if we step down from

the scientific pedestal and look solely at the medical oath, we find that the doctor has sworn an oath solely to cure patients and not to do it by what method. So, he/she would have to do so with all the tools available and usable, which would also prove or disprove the efficacy of alternative methods. And for those for whom the medical profession is not a profession but a business, do not fool patients into believing that they are healers, but say flatly that they are businessmen. There is nothing reprehensible in this, so at least the picture is clearing.

In every situation, we should always consider all the available treatment options, decide based on these and choose the most appropriate option for the patient's personality, budget and illness.

Alternative medicine is the collective name for methods that do not fall into the medical and surgical category. It is a big hat, with ingredients known and recognized by doctors too. To be clear, let us divide this large group according to their approach.

Natural therapies are those that use the same approach as described above, but with natural tools. In other words, the approach to the disease itself does not change significantly, but they will be so-called gentle remedies that do not interfere grossly with the body's equilibrium. Take for example phytotherapy, which works in the same way as drug therapy, but with herbs. The difference is that it works only with natural substances, not with artificially produced compounds, which the biochemical mechanisms of the human body are not equipped to break down. Artificial compounds are alien to life, the body has never encountered them and therefore cannot deal with them. In the past, medicines were made from medicinal plants. Most people still believe that this is still the case. It is not. Pharmaceutical companies have moved into the production of completely synthetic medicines and there are hardly any medicines today that can be traced back to natural substances. So, the first step towards a change of attitude would be for patients to insist that they do not want to take in molecules that are foreign to their bodies. Natural therapies include all those that modify the body's functioning using the existing mechanisms of the physical body: e.g. spas, diet, cupping, therapeutic massage, etc. Most of these are generally accepted by those with a medical approach.

Let's now look at the alternative therapies that are not generally accepted. I group them according to their likely mechanism of action.

Energetic healing

They heal through the mediation of the life force. They can be hands-on or thought-only techniques, which can be supplemented with symbols. They include REIKI, AROLO, pranadi, bio-energy, etc. They all have in common that they transmit a frequency of the universal life energy field to the patient. This can be done by the practitioner only channeling, i.e. not modifying the life energy with his/her own body (e.g. REIKI), or by using symbols or other methods to transmit a modified form of life energy to the patient. Some of these methods are controlled, others are free to use. Controlled methods are usually used under the supervision of a master of the spiritual world or under the supervision of angels and other beings. This category is obviously unacceptable to the scientific approach because it falls partly under the category of faith. Thus, believers believe and non-believers react with a kind of denial. Attempts to prove the existence and transmittance of life energy are questionable, because science always works with inanimate instruments, and these cannot be influenced by transferring life energy. However, moving inanimate objects by means of bioenergetic methods falls partly into the category of illusionism and partly into the category of magic. Therefore, the operation of life energy will probably never be scientifically proven beyond all doubt. But why does this bother anyone?

The life energy itself can be experienced by all, if you are open to it, and even the healing that comes from it. So, why not use it? Some people are healed by it, some are not, just as the same can be said of the effectiveness of medical methods. If something can be experienced, it exists, if it works, it can be used. The rest is just a matter of ideology. The essence of the scientific denialism is that if something cannot be tested and proven by scientific means, it does not exist, i.e. it is an illusion. It is the same kind of mind-fixation as religious dogmatism.

Cures that work by transferring information

The healing in this case is done by information that is transferred into the mind (subconscious or conscious). The information activates the self-healing powers. There are many ways of introducing information, e.g. through symbols, other signs, images, sounds, or

homeopathic remedies. The boundaries of the categories are blurred, as energy healing techniques also use symbols, which also act as information inputs. Homeopathy is worth a little more mention here. It is a remedy that is most widely accepted in medical circles. Here there is a remedy that exists materially, one could say, it is administered in a tangible form, there is a description of it, there is a homeopathic pharmacopoeia (Materia medica), on the basis of which remedies can be prescribed. This is closer to the scientific way of thinking. It is true that, if one thinks about it in more depth, one may be confused, given that the vast majority of homeopathic remedies no longer contain any chemical molecules that can have an effect. However, since most doctors don't know how drugs work (only what they work on), they are not really bothered by the lack of clarity about the mechanism of action of homeopathic remedies, which is more likely to excite chemists. The point is that there's a ball that's like a medicine, there's a description of it and instructions on how to prescribe it. However, it is possible to transfer only the information content of homeopathic remedies into the mind, then there is no agent physically present, this is no longer accepted, and this is slippery territory for medical thinking. It is worth wondering on it. As long as you have a named (e.g. sodium muriaticum; sodium chloride) milk sugar pellet that contains no detectable components other than milk sugar but works, that's OK, if one transfers the same agent into the mind using the name, that's suspect. Nevertheless, in both cases the same thing happened, (sodium muriaticum) information was put into the mind. That takes us to the next category.

Methods that act by altering consciousness

This group includes meditation techniques, mind control and hypnosis. Whether the patient does it on themselves or someone else does it on them. The point is that the state of consciousness is altered, a disease program is erased or rewritten as a health program.

Methods that work by faith

This includes those healings and recoveries in which (apparently) no technique was used, the patient being healed simply through faith in a healer, a ritual, a sacred place or person. Although I have placed it in a separate category, the mechanism of operation is identical to the

previous one. Faith works by altering the state of consciousness. The patient, through faith, rises to a higher state of consciousness at the level of the mind and overrides their disease program, which is encoded in the mind. From there it is just a step to the next level.

Spiritual methods

The patient in himself/herself or the healer in the patient consciously activates the consciousness above the level of the mind, which results in overriding the disease program. That's what Jesus did, that's what enlightened yogis do, that's what we teach in UCCM's Spiritual Self Awareness training. From this perspective it becomes abundantly clear that the essence of all illness is our disconnection from our own higher consciousness. This consciousness can also be called God. When we get in touch with our own highest consciousness, we are back in Oneness. We will be able to integrate into higher and higher Oneness with ourselves, with the universe, with God, and this will result in the disappearance of disease syndromes. So, if we understand this, we have understood the cause and the essence of disease. The root cause of all disease is a disconnection from our own divine consciousness.

Limitations of the use of alternative medicine:

1. Confronting with the patient's limitations

Not all patients can be cured by alternative methods. They may lack trust, faith in the healer, in the method, in God. There may be a lack of awareness, which means that the patient does not look for the source and cause of the illness in himself/herself, but blames it on external circumstances. As long as he/she persists in this thinking, the illness cannot be taken away from him/her, since it serves his/her development and experience. The disease is a signal, which symbolizes the detachment of the patient, if he/she does not take a single step towards unity thinking, then alternative methods will have symptomatic, apparent, temporary results or will be ineffective. The patient's limitation is also if he/she derives a perceived or real benefit from the maintenance of his/her illness. He/she may lose his/her disability pension, be unable to find a job when he/she recovers because he/she has not trained himself/herself because of his/her illness, etc. This is not a recent phenomenon. Jesus was addressed by

a blind beggar: "Lord, give me back my sight! My days are numbered, I want to see the Savior before I die, then I will die in peace." The beggar regained his sight, then he died. Part of the reality of the story is that the patient had "the blind beggar" as the lifeform and he lived from it. No one would have been able to give him his sight back before. If the patient lacks the motivation to recover, he/she cannot be cured by any method.

2. Confronting the limits of the time factor

The patient may have the confidence, the faith, the need for change, but not enough time to fight the battle with themselves to move on to unity thinking. The disease is so advanced that he/she is racing against time. In this material body we can experience the limits of space and time, which we must consider for our existence. In such cases, medical therapies can be life-saving for the patient, who can then gain time to change his/her pattern of thinking.

3. Confronting our own limitations

The healer should always be in his/her own highest state of consciousness, with the awareness that there is always something higher. In other words, evolution is continuous. A new patient is always a new confrontation, a measure of where we are. If the patient is a part of me, then if I correct the defect in myself, the patient will be healed. It is possible to heal based on the unity principle, provided the patient wants to be a part of me. If not, why should I do his/her work for him/her? There is nothing impossible for God, I am in God, therefore there is nothing impossible for me. It would follow that if I am in God, I can heal everyone. But this thinking is wrong on several points. God respects the patient's free will to remain sick and not to return to Him. On the other hand, what does it mean to be in God? I may have already realized some divine qualities, but the number of divine qualities I can experience is infinite. Finally, the physical body (both mine and the patient's) is subject to the limitations of space and time, this means that the "impossible" can only be realized in a reality without space and time dimensions. But there everyone is healthy! The mind can suggest the illusion of limitlessness to the healer, who thereby falls into the trap of the mind. The situation is analogous to when Satan suggested to Jesus that he should jump off the top of the temple tower because he could do anything. Jesus did not jump off. It is an acceptance of the limitations of ourselves, an awareness that I am

part of God but not identical with him. The part is never the same as the whole, even if it is dissolved in Him.

Ten basic rules for self-healing

1. Let to know your body; how your major organs work and what they do.
2. Regularly monitor the healthy functioning of your organs and look out for the slightest abnormality.
3. When you notice the slightest discrepancy, meditate on that part of the body, asking what the pain or symptom is trying to tell you. If you don't understand it immediately, be patient, give yourself time.
4. If the symptoms get worse, use the natural remedies you know (herbs, massage, energy transfer, etc.).
5. If symptoms worsen further, see your doctor and consult him/her about your problem. Your precise observations about your condition will help him/her to make an accurate diagnosis.
6. Talk to him/her about whether he/she see any possibility of treating it naturally. If he/she refuses your approach, change doctor.
7. If you are in doubt about the diagnosis or the treatment recommended by your doctor, consult a specialist who is an expert in the disease.
8. Be aware of the limitations of your own awareness and ability to self-medicate your illness. Do not take unnecessary risks. Rejection of modern cures, as well as natural methods, is nothing but isolation, exclusion, which is a sign of mind-fixation.
9. If you choose medical therapy, you can also use natural methods alongside these modern therapies, because they do not work at the same vibrational level and do not conflict but complement each other.
10. Never forget that you created your illness, so you are the only one who can eliminate it. All therapy, whether medical or naturopathic, only gives you time to become aware of the root cause of the problem. All illness is the result of our disconnection from God (Oneness), so without removing this, healing is only symptomatic therapy.

As you live, so you die

Mechanism of death and dying

In what follows, I will attempt to answer this much researched question based on my own intuitive knowledge. My approach is new in that it integrates scientific and philosophical answers, and adds personal experience.

Human is an information field and does not cease to exist after death. This is not a matter of belief, but an experiential reality. Of course, this experience requires a high level of consciousness. But it is available to anyone. Well, if one does not believe, why not develop the skills to have one's own experience? I didn't believe it either, but I took the trouble to educate myself until I was in possession of my own knowledge.

First, let us start from that after death the entity is in the same state as when he/she was dreaming in life. When we dream, we often perceive that we have no bodily sensation and act unhindered by our thoughts. Existence after death is exactly like that. But this is only experienced by those who have reached a certain level of consciousness. Entities with low consciousness do not experience anything after death, because this is as if they are in a deep sleep, i.e. everything happens to them unconsciously, they cannot even report it. The higher the consciousness of the entity, the more he/she will remember about the existence after death, even how he/she went from one body to another, and at even higher level he/she can control it consciously. With an even higher consciousness, he/she can experience that both existence in the body and existence without a body (in the form of a ghost) are dreams, i.e. not the ultimate reality. Let's not deal with the ultimate reality now, because first we need to understand what happens at the moment of physical death. The things described below are concluded from my meditation and are only partially supported by scientific evidence.

Sooner or later, the signal reaches a nerve cell, which notifies the nervous system. The whole nervous system reacts. Again, there are two possible responses. The nervous system may wake up the dormant immune system with a stronger signal and inject reserve energy to restore balance. In other words, the fight starts for staying alive, for

localization the death signal and for preventing it from spreading to the whole body. The question is, is there enough reserve energy? It may turn out that there is not. In that case, the death signal will spread and the mind, controlling the physical body, will realize that it is going to die. The mind will again react in one of two ways, either surrender or not. If it does not accept death because of its attachment to life, family members, possessions, tasks, etc., then the result will be a prolonged death. In the other case, the mind surrenders and signals to the body that it can do no more, the moment of death has come. When the mind switches off, the soul can switch on. The soul then gains space and can indicate what tasks the entity has not done so far, what he/she has done wrongly or incompletely, what further opportunities he/she may have if he/she realizes that the mind is not the supreme controller of his/her personality. This expansion of the soul connects the physical body to an external energy source (life energy field). Then, if the mind agrees to cooperate with the soul, the physical body is regenerated and the entity returns from the brink of death. This is the reason why the death threshold experience changes people's perception of life, even if there is no conscious return.

Medical life-support techniques therefore only have to do with avoiding death by giving time for the mind and soul to communicate. The mind has more time to give up the role of supreme controller and to accept that it is the controller of the physical body only and not the supreme leader of the personality.

It can also happen, of course, that at the moment of the mind's self-abandonment, the soul announces that there is no more time. This is when the so-called beautiful death usually takes place, i.e. the soul leaves in a reconciled state through an orifice of the body, depending on the consciousness at the time. At this time a smile appears on the face. This does not necessarily mean liberation (moksha) from the cycle of existence, but because consciousness has recognized the soul, the entity can move on to a higher next life.

All spiritual practices that facilitate communication between mind and spirit can help you experience death more consciously. After all, when we die, we ourselves die and doesn't other. Why do we rely on others to help us? Who controls this body if not us? Why do we think it is someone else's business to have control over our life and death?

Let us take control of both our life and our death!

On the margins of a death

Atheists say that no one knows when he/she will die. And most theists believe that God sets the time, there is nothing to be done. The two views are close in that they consider man as a helpless puppet in the face of death. Atheists will use any scientific means to prolong life, even if it is meaningless, while believers beg God for a longer life or health. Both positions lack human dignity and respect for it, furthermore the real knowledge. I am not interested in who believes in what! What matters is the experiential REALITY. And the experiential reality is that consciousness can exist in a state without a physical body. And if that is so, then death is actually dead. It does not exist, it is fiction. It is ridiculous to think that *some god*, by manual control, regulates when we ants here die. His smaller problem also is bigger than that. It's the same with genes, predispositions, etc. These are all overridable programs. We die when the soul that comes from God is no longer sure that it can continue to evolve in this physical body, to be able to fulfill itself, to continue the process of self-discovery.

The coming era will be a death-threshold experience for many, because that is the price of avoiding global catastrophe. Jesus says of the coming of the new age: "*I will come to you as a thief in the night.*" He also adds, be ready! But what do these mysterious words mean? God will visit us in the form of love energy, in the night, in our sleep. If we are ready to receive and give love, we can have a mystical experience, if not, we will feel breathless and our hearts will be torn apart. Most of us will panic and run to the window to open it. In reality, it is not air that is missing, but love.

If someone feels that it's time him/her for this exam and he/she is alone, here's what to do. First, stay calm, put yourself in a resting state (do not get up, sudden movement can be fatal). Place your hand on the heart chakra. If you have an energetic initiation, connect to the source. Concentrate on the center of the head and think intensely about the God-form you like best. The result: if you die, at least you will reach a high realization, if not, you will get help. Soon the seizure will pass and you can get up and call for help.

Everything I teach is supported by my own experience. (You can learn the art of conscious death at UCCA, but not in the first courses.

First, the candidate has to overcome the fear of death itself.) I have had several near-death experiences, and on one occasion I have entered the Sahasrara (head chakra). From this I know that for me no more physical rebirth is necessary. I can also choose the hour of my death myself, so it is not true that this cannot be known in advance (of course there is a final date). I came back because I could not decide which form of God to choose. I said I needed more knowledge to decide. I want to know them all and then I will choose. Well, with that decision I have fixed myself in the physical body for quite a long time.

Remember: the soul stays in the body as long as it feels there is a chance to move on, and the mind accepts the next task. Once one has conquered death, one is born twice. For him/her, his/her original date of birth, his/her name, his/her genes no longer matter, because he/she has moved on to a new task. From this point on, it is not worthwhile to offer him/her predictions, astrological, kabalistic, etc. guidance, because these all apply only to his/her old life. He/she took his/her destiny into his/her own hands, he/she became an adult.

Death is beautiful. It offers peace, tranquility, liberation. It is only terrible for those who are chained by their attachments. Unchain yourself and be free.

The mind, emotions and thinking

The necessity of mind-education

When many people think of the education of the mind, they probably think of their experiences in schooling. However, it's not just about that. The question is more complex than that. I could start by asking why the effectiveness of school education is declining. Let us now disregard from the socio-economic aspects. A hundred years ago, teaching was done on a blackboard, nowadays it is done using the highest technology, but this has not had a significant impact on the efficiency of education, and has had the opposite effect. Young people today... and then comes the counter-argument: obviously I'm getting old. But that is not what I am talking about. I want to look at the problem from a much broader perspective, looking at the root causes.

By training the mind, I mean disciplining it. This means the ability to direct attention, the ability to concentrate, the ability to shift attention quickly, and the depth of attention. The abilities of today's young people in these areas are below those of previous generations. This means that even though they have more information and their learning time is increasing, they will continue to fall further behind previous generations. They have more knowledge, but they cannot use it. They have dramatically less creative and combinatorial ability, they can only perform routine tasks, and even those are performed imprecisely by them; they are unmotivated and they cannot be motivated. As a result, they will become "slave labor", only able to do low-level jobs, and will fall down the social ladder. If these do not apply to someone or their children, they are the lucky exception.

When the question of responsibility arises, then, as it is a human custom to blame everyone else. But I am looking for solutions, not responsible organizations. Everyone is responsible for their own fate, and if someone is looking for a solution, they will find it. I would like to assure everyone that there is a solution, that we do not have to accept that our children or ourselves are like that; that we are factory defective or genetically stunted. Human was given the human form to try to become more perfect. Every effort in this direction is a success and a step towards the goal. I feel it is my mission to lift the youth out of the modern slavery that awaits them, into which the phalanx of the 21st century seeks to transform human. Unfortunately, the framework of formal education does not currently allow for this. For the time being, my aim is to shape attitudes, because not only students but also teachers are lacking to create a more effective teaching method.

First, some basic principles need to be clarified. The basis of all human activity is discipline. Self-discipline is best, but if there is none, then discipline is necessary. The first thing a parent should do, is to teach his/her child this. If this is not done by school age, then there is little that school in its present form can do. However, violence in discipline should be avoided, because it involves programming fears, and therefore the personal example of the parent (teacher) could be the appropriate instrument. However, the parent (teacher) cannot set an example because he/she lacks the ability to control the mind. Therefore, adults must be taught first. How? First of all, self-

discipline. Before anyone snorts that they are disciplined, answer a few questions for yourself:

- You have to get up an hour earlier than usual; can you do it without frustration (maybe on your own force)?
- You have to do a job you don't like; can you do it quickly and efficiently without complaining?
- You are tired when you get home, you have chores to do; can you complete or distribute tasks without fighting with your family members?
- An unexpected guest drops in, no food at home; can you throw together something from "nothing" to keep everyone happy?
- You have a deadline job; can you work all night without drinking twenty-five cups of coffee?
- Can you perform several parallel activities at the same time, so that each one is perfect?
- How many tasks can you keep in mind at the same time, without an (electronic) notebook; can you change the predefined order of tasks on the fly to save time?
- How long can you sit still and silent, or make the same single mechanical movement, without your attention wandering?

The list could go on, but maybe that's enough. If someone knows all of these, I will immediately hire them as a teacher candidate for my planned mind-education school (not to be confused with mind control!). If you don't know it and want to learn it, you are welcome to become a disciple. The skills listed here are abilities that are (or will be) essential for someone to get a good job, manage their time, progress in both their work and personal development, provide for their family, and even have a good time in life.

What are the consequences of not having self-discipline? Chaos. The chaos first appears in one's personal life, then it spreads, it spills out. The accompanying symptoms are constant rush, constant tension, a sense of being left behind. These in turn lead to a pattern of aggressive behavior. Lack of self-discipline therefore leads both directly and indirectly to an increase in aggression in all areas. If there is nothing to eat, it is taken away from the other, if there is no woman to have sex with, it is followed by violent intercourse, if the victim defends herself, she is killed. Lack of self-discipline leads to total uninhibition. Self-discipline, on the other hand, helps to ward off any

attacks that may come from those who do not practice self-discipline. He/she who is disciplined will control the situation. He/she is in control. The one who learns self-discipline can pass it on to his/her children, and then he/she will have no problem with them in their old age, because they will not freeload on him/her.

The way to master self-discipline is through training and controlling the mind. In what follows, I will elaborate on this topic and shed light on it from several angles.

So, why should learn to control the mind? Because without it:

- aggressive behavior is on the rise; and the increase of aggression can only be curbed by people who are mentally developed and able to control themselves,

- the percentage of useless, unviable masses who are unmotivated, who can't do anything for themselves and who just feed off the rest of society is increasing,

- not only the prisons are full, but also the asylums, because the phenomena of the physical world are slowly merging with the phenomena of the astral world, which people have not learned to deal with.

To start training the mind, we begin with two exercises. The first I have called Cinderella, the second Snow White.

"Cinderella" exercise:

Take a bowl of lentils (beans are fine too) and pour it out on the floor. Then start collecting them grain by grain. Concentrate one hundred percent on the task at hand, thinking only that this is your most important task and that nothing else matters. Keep your mind on the task at hand.

Your mind will try to convince you that this is stupid. It's a moron who thought it up, and an even bigger moron who carries it out. Besides, you don't have time for this, you have more important things to do. Even if you get to the point that you pour it out, you'll be berating yourself and looking for the vacuum cleaner to vacuum it up. You'll be laughed at by your family, who'll think you've gone mad. You'll never look at any of my writing again, because you don't want to make a fool of yourself...

Let the mind run wild, but stick to the task at hand. If you really had something important to do besides picking up lenses, the pigeons would most certainly come to help!

If you can overcome the resistance of your mind, you will have an experience. You'll have a huge sense of achievement and you'll come out of the exercise empowered. Your willpower will grow, your ability to concentrate will increase, and you will realize that there is really no rush, because all task bides your time. And what doesn't wait was none of your duty. This experience will change your life.

"Snow White" exercise:

Take an apple and concentrate on the reddest half, with the thought that one bite will give you a headache. "If I bite into the red half of this apple, I'll get a headache." Flip the apple over and focus on the yellow half: "If I eat the yellow half of this apple, my headache will go away immediately." Then try it out, were you able to complete the task? If not, you do not yet have conscious mind control.

Realize that you are unconsciously creating all disease by operating the same principle. You project some misunderstood inner problem from the mind onto some external circumstance (object, person, situation) and then you get sick apparently because of the external circumstance. The same principle can work in reverse. If you project a healthy condition onto an external circumstance (object, person, situation), you will be cured as a result. This type of healing always goes hand in hand with the recognition of the root cause of the problem.

You can make others healthy and sick using the same principle. BUT! Remember the cosmic laws, which you can also read about in my book (later). According to the cosmic laws, if you want to make others sick, you will be sick (because you are one with the whole, the other is also you), and if you want to heal others, you will also be sick, because you can take over the disease from them, which is the driving force of their development. Instead, you must develop!

By bringing the cosmic laws into operation, one can only heal without endangering one's own health, if one practices awareness at such a level that "someone is one with the law". However, you can apply various healing techniques that have been passed down to humanity to alleviate their suffering. For they are under the

supervision of entities on a high level. In other words, healing through them will only occur when the patient has come closer to the realization of the Unity Principle.

Therefore, practice the "Snow White" exercise only on yourself. However, you can prepare "healing" foods for others, with the idea that it will help restore them to health. However, such foods will only work if they are plant-based and do not involve the destruction of animals. The reason for this is that the animal's astral body (pain body) records pain as information at the moment of death, so it is impossible to put healing information into a food created in this way because it is overwritten by pain information. In food of animal origin, the pain information at best can be neutralized.

Remember you are an information field, and everyone else is just an information field. You can shape this field of information at will, taking into account cosmic laws, once you have reached the right level of consciousness. And if you change, your environment, your circumstances will change.

The role of mind control in reducing violence

Increasingly, we hear of brutal acts that shock the public. Many are calling for the death penalty to be reinstated in order to curb violence. Instead of shock and condemnation, let us examine the driving forces behind violent acts from a spiritual perspective. First of all, violence begets violence, so let us be glad that some of humanity has already achieved the abolition of the death penalty, which will certainly reduce the world's karma. Regardless of the human judgment, he/she who has done harm to others has done it to himself/herself, i.e. he/she will get it back. This is how divine law works. On the other hand, the spread of violence fills people with fear and a sense of helplessness. Everyone can only change themselves, their own attitudes, and if they change themselves, it will spread to those around them. Everyone is only affected by what they have connection. That is, if he/she is affected by violence, either physically or emotionally, he/she still has something to do with it, e.g. he/she has not understood the nature of violence.

All acts of violence are coded at the level of instinct. This means that we have within us, in the deep subconscious, processes that can lead us to violent actions if they are released from inhibition. It is often said of a person who has his/her instinct unleashed that he/she behaves like an animal. In reality, it is worse than that. For in animals, the instinct is very finely regulated. The wild animal kills only for protection or for food, but never for emotions (e.g. jealousy, revenge), ideals (e.g. freedom-oppression, belief-misbelief, etc.), and is inhibited from killing members of its own species. (Dogs' aggressive behavior out of jealousy is due to the adoption of human behavior patterns, as they are attuned to the human astral information field.)

One of the important qualities of man is that, in addition to his/her instinct, he/she has an individual self-awareness, that is, he/she can distinguish himself/herself as an individual within his/her own species. This can release that program in the instinct self that prevents the killing of one's own species. While the wolf identifies with the wolfs and thus has a sense of oneness with the wolf pack, man can think of himself/herself as different, superior, more evolved than his/her fellow species because of his/her individual self-consciousness. On the other hand, the instinct self in man may extend to the brain area responsible for the control of emotions and thinking and take over its role. Then, in the closed box of the mind, the false program dominated by the instinct-self will run, and one may be unable to see out of it.

Why can't one see his/her own situation? Firstly, because he/she does not know himself/herself, his/her own mind, including his/her instinct-self and its role in his/her life. On the other hand, because he/she does not ask anyone for help, or there is no one around him/her who can help him/her. Think about how the environment would react if someone confessed to having homicidal thoughts towards, say, family members? They would probably be clearly condemned for it. A psychologist, if the person seeking help could afford it, would prescribe tranquillizers, and they would have to attend endless counselling sessions, complete tests, and perhaps even be required to take medication. So, he/she prefers not to go and suffer alone until tragedy strikes. Then he/she is punished, he/she is forced to undergo treatment, but he/she will not understand himself/herself any better.

My solution is different. Unfortunately, I cannot deal with people who do not strive to understand themselves. They have to suffer their fate. But for those who strive to understand themselves, I can help. If they better understand their own functioning, they will better understand others, and their knowledge will be passed on to their children, to their environment, and in a few generations will be passed on as knowledge of the population.

The key principles in this regard are the followings.

1. Suppressing (inhibiting) the instinct is not the answer, because then it will emerge hidden.

2. Deleting the instinct is not a solution either, because then the person will be in an unconscious state. The instinct-self program package is responsible for the autonomic and voluntary regulation of the organs of the physical body. This allows me not to be aware that my stomach is digesting, or that when I walk I don't have to control my muscles with my thoughts. (High level yogis can do this without harming their physical body in a state of spiritual mindfulness.)

3. Instead of above, we should prevent the expansion of the instinct into the brain area that controls emotional and thinking activity. In other words, the instinct-self program must be put back into its proper function. To do this, emotional and thinking activity must be made conscious. If one makes the emotions and thinking conscious, then the instinct-self will not be able to take over. And if he/she controls it, then everyone else around him/her will be able to do the same, because his/her knowledge will be diffused in his/her environment. The method can be learnt in detail at the UCCA Spiritual Self-knowledge Training.

The mind and its projection into the astral-mental fields

I've already talked about the mind in several of my writings, so here I'll summarize the knowledge you need to go on. The information I have given here was gained through my meditations, and some of it can be supported by biological, physiological and psychological knowledge. By the mind I do not only mean the central nervous system (brain + spinal cord), but also the whole content of the mind. The mind

therefore represents both hardware and software. The hardware consists of the nerve cells themselves with their extensions and all their connections. The nerve cells form a network with each other. However, this network is not homogeneous. It is possible to get from one point of the network to another by having the neurons repeatedly pass the starting information to another neuron, that is, they switch several times. Each nerve cell adds its own information to the initial information. Some areas are closed to the waking consciousness, i.e. without training the mind, the information content of these areas cannot be accessed. Outside of these there are circular connections between neurons, some of which send out mutually reinforcing impulses (positive feedback) and others of which send out mutually weakening impulses (negative feedback). Each brain area is layered on top of the other, with the lowest areas being responsible for unconscious and instinct-level activities and the highest areas for the subtlest mind functions. In addition, the nervous system is divided into parasympathetic and sympathetic nervous systems according to function and the substance that transmits the impulses, the former corresponding to the yin and the latter to the yang division according to esoteric teachings.

This is the basic hardware on which the various software packages are loaded. Some of these are from previous lives, others are human behavior patterns from the present life. There are also present behavioral patterns from the plant world, the animal world, and in each person are archetypal programs from below (e.g., praetors, devils, demons) and above (e.g., demigods, angels) human life forms. The plant, animal, subhuman and supernatural forms are usually inhibited. I note that Buddha was confronted with these, and based his teaching of samsara (the cycle of existence) on this, that man wanders between these forms of existence during his/her lifetime until he/she finally breaks oneself free, and he showed humanity one possible way of breaking free. The cycle of existence (samsara) is thus the life-by-life execution of the patterns of behavior within the mind, until eventually man can free himself/herself from the domination of the mind by realizing that they are all just programs. Here I note that the mystery of Jesus has bestowed upon all mankind a state of grace such that non-human (plant, animal) and sub-human forms of existence need no longer be experienced on the material plane by the being's rebirth into

the physical form in question, unless he/she expressly desires to do so. Nevertheless, it took time for the teachings of Jesus to be proven at the level of all humanity therefore not everyone received the program modification at the same time.

The individual ego program is placed under the supra-human life-forms, which provides an individual self-identification for man. The function of the ego program is to isolate consciousness from the supra-human life-forms, thus forming an obstacle, and to provide the individual with free will, whereby he/she is free to choose from experiencing of all the programmed life-forms and to recognize their effects and results. Thus, our fellow human beings who try out subhuman or animal-plant behavior patterns on the physical plane have made this choice, mostly out of ignorance or as a result of repercussions from their previous lives. Each individual is therefore responsible for which program he/she activates within himself/herself.

As I said, the average case is that behavior patterns that embody the human way of being, run from life to life. But nowadays we are increasingly confronted with deviations from these. Choosing a plant form of existence does not mean that one is reborn as a plant, but that one has a human body, a human self-identification (or not), a plant consciousness and a plant form of behavior. E.g. he/she is not capable of independent change of location, dependent on the care of others, living a life of feeding and defecation. This includes the case of someone who gains 500 kilos, or goes into a coma, etc. I will refrain from analyzing further examples here.

I would also like to mention that activating and running the archetypes as a program is a necessary but not sufficient condition for salvation or otherwise enlightenment. They are only programs that serve the purpose of preparing you for emergence from the human condition and providing a link to the macrocosmic plane. Activation of the programs is definitely important because they bring elevation and progress to man, but they do not in themselves transcend the level of the mind. It is therefore possible and necessary to move on from them.

After this brief outlook, let's return to the average human level. The mind contains all the information we need to experience ourselves as human beings. This information does not remain locked in the mind, but is unconsciously projected into the astral and mental energy body.

The emotional and mental energy cover therefore carries all the contents of the mind, even those of which we are unaware. So, everything that is within us is projected into our environment as an effect, and creates a countereffect. Of course, the same thing happens to everyone. That's why we say that everyone reacts to himself/herself, because the effect, by projecting his/her own mind, is initiated by him/her. The countereffect is therefore refer to him/her, calling attention to his/her astral-mental points of mistakes. That is why we say that man sees his/her own defect in the other. In fact, he/she does not see it in the other, but the two astral-mental fields communicate. Information is transferred from one to the other and vice versa. If this is not conscious and not processed, then one start to use the defense mechanisms e.g. resentment, hassle, blame seeking, etc.

This astral-mental communication is of enormous importance for our development, if we take up the task of exchanging information, becoming aware and correcting our mind content. Error points in the astral-mental body come from previous experiences not understood by the mind. When these are corrected, the mind content is changed, the error message sent to the outside world is eliminated, and so the countereffect is also eliminated. In this way, we can ensure that what we previously reacted to with resentment no longer affects us, or even puts us in a situation where we can react with resentment. This happens in a similar way to all other confrontations that arise between us and our environment. Thus, the inner peace and harmony (pleasant mind) is born, which cannot be disturbed by external circumstances.

Knowing how the mind works and how to regulate the mind is not only necessary for spiritual development. Any activity that we do in the material world can be carried out much more effectively if we can concentrate on the task at hand and shut out all other mind thoughts in the performance of the task. Thus, it benefits us both in office work and at home, in partnership, family, and child-rearing. We learn to listen to each other, and our communication becomes more effective. We will no longer have to sweep things under the carpet, because we will also be able to work through our problems. And when we grow old, we are not overwhelmed by the mass of putative or real grievances that we have suppressed throughout our lives.

When we die, the mind-consciousness continues to play its games. After death, we find ourselves in our own astral-mental sphere, but

now without a physical body, and then we can experience the mental realms from which we have been shut out during our lives. The afterlife does not even offer as much protection against experience as the physical body. As long as we are in a physical body, we can shut ourselves off from an experience, we can avoid a particular situation if we don't want to realize it. After death, this is not possible for people with uncontrolled minds, so for them, the post-death experience is equivalent to hell. So, "hell" is encoded in our own minds, that is what we have to cleanse the mind of during our lives. Religions offer various possibilities to do this, but because they do not make people aware of the why, people do not follow these schematic prescriptions. Religions and their representatives can hardly help the lost souls who continue to suffer after death. And if this is the case, their very right to exist is called into question. Fewer and fewer people follow their prescriptions, and a vicious circle is indeed created. Of course, religions scare people about hell, but they do not tell us that it is not created by God, but by our own minds, so people do not believe that it can happen to them. It is a common mistake of some religions to hide the doctrine of rebirth from people. Part-knowledge equals with non-knowledge. Thus, the people do not expect what awaits them after death. Desperately drifting, they escape through the intermediate plane of existence towards total unconsciousness, until finally, in a state of total unconsciousness, they fall into a next incarnation in which their whole miserable life is repeated all over again with minimal chance of moving on. And those who are able to see this through are already fewer and fewer.

Today's spiritual movements only seem to offer a solution to this situation. It is true that more and more people are engaged in spiritual development at some level, and there is a lot of writing on the subject. Their quality, with respect to the exception, does not exceed the level of the mind. Now let's think about what kind of help a medium writing that was born from the mental plane, can provide. The mental plane is the result of the activity of the human mind. The information that comes from here does nothing to help us to get out of this plane. Just think what will happen if a medium who has not regulated and purified his/her own mind, and who has no idea of the workings of the mind or its contents, starts to transmit messages he/she doesn't even know from where or from whom. To the message, which already comes from a

dubious level, his/her own mind attaches so many associations until it is uttered. What a brain drain that will be! Moreover, the mind loves to play this game, to make you believe that the message comes from some very high plane. Every day we are confronted with the doomsday prophecies of self-proclaimed prophets, none of which come true, but that is the least of it. That is why I talk about training the mind. Why don't psychic candidates strive to educate their minds if they are going to be psychic? It is because then they would be forced to realize that they have deceived themselves, and then they would have to give up mediumship or start learning mind control hard.

If one does not want to be a victim of the dogmas of religions, if one does not want to wander in the spiritual labyrinth of self-proclaimed prophets, mediums, seers, then start it. Let start to acquire the ability for himself/herself to see clearly, to have distinctive knowledge and independent judgment.

Connection between spiritual development and mind control

There are basically two ways of spiritual development (the ultimate goal of which is to realize God). One is led through the regulation of the senses. The main controller of the senses in the physical body is the mind. Therefore, when one exercises control of the mind, one also gains the ability to control the senses. The difficulty and slowness of controlling the mind often discourages disciples from this method of realization, so they try other paths, and in the search, they often straying into circuitous paths. Having myself made a lot of detours, I have recognized some basic principles. These are the ones I would like to share.

The other basic method that the student will find is tantra. Tantra is not concerned with controlling the mind, but the basic principle is that the disciple must surrender to what comes. If God comes, to God, if death comes, to death. Because the essence of tantra is the total surrender of the mind, total devotion (self-surrender, surrender of ego). But God comes only later... Before that, the mind programs are activated, they have to run their course, in other words, the seeds of

the previous karma are hatched. So, first the fears and desires are awakened. Thus, the tantric path can lead students towards the realization of endless mind-programs if the mind is not regulated and the right awareness is lacking.

Jesus tried to lift up his disciples by using the tantric method. The essence of his teachings is the realization of yama and niyama, and if the disciple is successful in this, he/she can experience the angels by practicing the tantric principle, and subsequently the Holy Spirit. Yama and niyama are the first two steps of Patanjali's eight-step yoga path. To put it simply, the meaning of yama and niyama could be defined as the realization of external and internal moral values in practical life. Without yama and niyama, tantra does not lead to the realization of God, but to immersion in the pleasures of the material world.

But what worked in Jesus' time may not work today in the same form. The disciples of Jesus gave themselves to Him, they worked off their karma by being persecuted, and their minds were not strengthened to the same extent as the people of today, since we earn our living by operating the mind! It is no accident that the Pharisees, for example, could not surrender to Jesus. The Pharisees were men of the mind, scientists of faith, who were constantly exploring the connections with their minds, and therefore not suited to tantric self-surrender. The simple believers were able to achieve tantric self-transference, and because they knew Jesus personally, they gain a tremendous certainty and therefore a sense of security, which gave them the strength to endure persecution.

Later, as Christianity unfolded, Christian saints invariably used the principle of tantra to try to realize God, who for them was now embodied in Jesus. The essence of tantra is experience (becoming one with the object of meditation). They experienced the fate of Jesus, and what came of it? They became stigmatized saints. All the Christian saints who have truly realized something of God have been stigmatized! (In Christianity, the leading clergy confuse saints with holy-life people. The holy-life believers have only gone as far as realizing yama, niyama, they have not realized God in reality! So, I am talking about real saints.) Unfortunately, this is not something to be proud of, in reality the Christian saints have realized a fear program of the mind. Because they were afraid of experiencing what happened

to Jesus, thus their mind created the potential for them to experience the suffering from stigmatization, to be freed of the attachment to fear.

In my personal development, I have been on the Christian track for a long time, until I came to the point in my experience where I had to face this obstacle. I clearly felt that if I had my tantric experience with Jesus, I would inevitably become stigmatized believer because my mind would create as reality what happened to him at that time. The mystery of the crucifixion is so deeply embedded in the Christian subconscious as fear and pain, this mystery is so profound that it has not been decoded to this day, that I felt it impossible to escape from it. At the same time, I also felt that it was not my task to enter the public consciousness as a stigmatized saint. I then suspended my tantric practice and began to seek and follow the path to consciousness. This is done through yoga, including mind regulation. If I can understand what programs are present in my mind and why, I can get rid of them and return to tantra. So, my experience is that increasing the depth of consciousness (mind regulation) and tantric experience (living through) is best achieved by alternating the two modes from time to time. Whatever my way succeeds in, that possibility will open up to others, and whatever it fails in, others will come along to realize it, who will keep trying, and sooner or later there will be someone who succeeds in realizing Jesus, not the crucified one, but the enlightened one (who has Christ Consciousness). The Universal Christ Consciousness Movement wants to work out this practical way and make it available to future followers.

Creative work, activities for the benefit of the community

The mind and behavior patterns

The ego program encoded in the mind separates us from our own divine consciousness, and at the same time puts a wall between us and our fellow human beings. This is exactly the function of this program. This is how we can acquire the ability for self-identification, which purpose is to know the result and weight of our actions, and thus teach

us self-responsibility. Just as a child grows up to be able to take on more and more serious tasks and to assume personal responsibility for them, so too proceeds the development program of souls from life to life. In the development of the individual, the aim is to become a useful and creative member of a wider community as the individual matures into adulthood; in the development of the soul, the aim is to become a citizen of the macrocosm and to take on more responsible tasks as the individual reaches God-consciousness. If the realization of this goal is impaired at any level (either in individual development or in soul development), then the lack of motivation, the lack of a way out, a lack of conviction in the meaning of life appears in the individual's life, which leads to the development of depressive states. In order to avoid depression, the individual first resorts to compensatory mechanisms. Depending on his/her awareness and financial situation, he/she may turn to alcohol or drugs, create illnesses of varying severity, or find meaning and escape in the excessive indulgence in the pleasures of life. In more serious cases, mental disorders and suicidal tendencies develop. Again, the reason for all this is that the individual does not find a meaningful and achievable purpose to give his/her life a guiding thread.

The human consciousness is always attuned to progress, even if the individual resists it or cannot find the right possibility. What can help people find their individual purpose in life? Nowadays, neither parents, nor schools, nor the media, nor the leaders of society, nor religions, nor their representatives can help. Especially because they themselves suffer from the same syndrome. Just as a child first learns by copying the behavior patterns of his/her parents, so the impressionable, undeveloped personalities try to find a life purpose by copying public figures, famous and rich people. But this attempt is doomed to failure. On the one hand, the people copied are empty clichés who lead empty, meaningless lives; on the other hand, the poor rarely become rich. (The reasons for this will be discussed later.) Thus, the whole of society slides downhill, spiritually, emotionally, morally and financially.

Since we cannot expect assistance from the leading public figures of society, we have to find a solution ourselves if we do not want to sink even deeper. A society which does not have enough will to live, enough strength to change its outlook, to renew itself, has always

disappeared into the abyss of history. Just as animal and plant species become extinct through lack of adaptation, so nations are destroyed and disappear forever. This is pointless to regret. The necessity of development itself results in this lawfulness. I do not think of development here in economic terms, but in mental-psychical-spiritual terms. When economic-technical development reaches a certain level in a civilization and spiritual-mental development cannot keep pace with it, then signs of degradation begin to appear in that society. This is typical of developed Western societies today. This degradation will appear much more pronounced in the less developed regions, which cannot follow the developed ones because of falling behind economically. The reason is that the scarcity of economic potential makes it more difficult to find an individual way out of the overall social underdevelopment. If an economically developed region fails in a conflict situation, dragging those who want to catch up with it, it may be that only the primal community-level populations remain, and the rebuilding of human civilization must begin with them again. As I myself have witnessed the disappearance of nations and even the destruction of human civilization, I can objectively see the signs. The predictions of the end of the world are also based on this insight, but they do not take into account the fact that progress will resume and continue. Once again, we will be the souls who are born, and we will start trying again. It is a never-ending trial, whereby souls who have reached the realization of God consciousness continue their development on another plane of existence, while the for the rest remains misery and suffering.

So, if we don't want to experience disappearing as a nation, or dying together with a technologically more advanced culture, or joining a culture which are at the primal community-level, we must find an individual path out of the overall social lack of prospect. And once we have found our individual way out, we must help others to rise. This requires a change of mindset that facilitates rapid adaptation in the face of changing conditions. Adaptability means the ability to change behavior patterns that are ingrained in the mind, quickly and dynamically. Take an example from the animal world. Certain kinds of light-colored moths lay their eggs on a white tree trunk. When the little moths crawled out of the pupae on the trunk, they went unnoticed by the birds. Industrial activity has darkened the white trunks of the

trees in the area, but the butterflies were unaware of this. They continued to lay their eggs on the now greyish black tree trunks. When the little white butterflies hatched, they almost glistened on the dark gray trunks, and the birds were scrambling them in no time. The white butterfly species in the area was extinct. There was, however, a mutant, black variety of this moth, which had previously been very rare. Due to environmental change, this black variant managed to spread. The color of the butterflies in the area has therefore successfully adapted to the changed environmental conditions. The butterflies have succeeded. Will we humans succeed?

In humanity the complex patterns of behavior passed down from generation to generation, is encoded in the mind, which determine the most appropriate behavior in certain situations. However, the world changes and some behavioral patterns may become obsolete. It often takes two or three generations for a behavior pattern to die out and be replaced by a new one. Today, however, there is no time for that, if we want to survive as a nation and thrive in the world as individuals, we need to change more quickly. This requires self-knowledge, recognizing and analyzing old behavior patterns, creating new patterns and learning to apply them.

The ego program builds a wall between us so that we can become self-identified, but at the same time, no one can live only for themselves. Think about it, would you be happy on an island where you are the only person? Certainly not. And that's exactly the way the current life is going now. Physically, we are not alone, but the wall of the mind-ego is getting so high that there is no view. People cannot even experience unity with their own family members. There are few children (in west countries), marriages either fail or break up, or even if couples stay together, each is trapped in his/her own mind-prison, and is afraid to come out of it, lest his/her personality or freedom be damaged. One does not voluntarily give up any enjoyment, rights, and advantage to the benefit of others from the respect or love for others. Everyone forms a right to everything, and feels no sense of obligation. Everyone wants everything on the right of citizen, and the loudest are those who do not even want to pay their taxes. If this remains the level of awareness in the countries of the world, collapse is inevitable.

Creative work for the benefit of the wider or smaller community, as a spiritual need

Working for the community is simply an inner, spiritual need of man. Many people do not feel this way, because it can be suppressed for a while, replaced by other activity. But sooner or later, one experiences emptiness, loneliness, if one ignores this inner desire. This inner longing arises from the fact that we are all members of the web of the soul. The points of this network are the individual souls, and the cohesive force between them is love. This can be seen as a thread of light between souls. Whenever one's consciousness rises or falls, the soul-net is shaken and has an effect on the other elements of the soul-net. Even if we live our lives in complete solitude, we are not alone, because we are surrounded by the souls closest to us in the soul-net. The bond of the soul-net is not a karmic bond, because it is woven out of love. This network can hold us if we sink, but it can also let us go if we do not want to experience oneness with those members of the soul-net who choose to rise. It can raise with us, but we can also fall out.

If one element of the soul network (an individual soul) decides to choose spiritual realization, the others (perhaps quite unconsciously) will be influenced to become interested in spiritual topics. Therefore, it is always worthwhile to keep evolving, even if one has seemingly no followers. The mistress of the time force is slowly doing her work.

By creative activity I mean not only intellectual activity. Any activity that uplifts others and the environment should be considered creative. Therefore, if one asks the question what he/she should create, since he/she has no special ability, there are many answers. If he/she sweeps the street in front of him/her, plants a few flowers or waters what someone else has planted, this is also a creative activity, because it makes his/her surroundings more beautiful and pleasant.

So, the first point is to keep order around you, orderliness outside creates order and harmony inside. This mindset spreads around you and suddenly you find that others are happy to spend time with you. Expand this environment first to your room, then your apartment, garden (if you have one), street in front of your house or apartment. Adopt a tree in the street if you don't have a garden. Let it be your tree

and take a bottle of water to it, hug it, love it. Tell your friends to do the same. You can do the same at work. Take a plant to your workplace, if you don't have one; initiate to rearrange the space if you can. Suggest ideas, but don't force them, give them time so that they want to do it.

Do your job with dedication, even if you know you won't get paid enough. It's your choice to be there. If you don't like it, go somewhere else, but if you choose to stay, don't punish yourself by hating what you do beside the low salary. Who are you taking revenge on by being unhappy with your job? On yourself. Because you'll be the one who goes home exhausted, and you won't feel like doing anything at home. If you do your work in a good mood, it will spread to the others, and at least you'll be in a good mood. And a good mood can even lead to ideas that make you money. Smile. Wish everyone a good day. You know you'll get what you wish for others! Get your personal life in order. If you do, you'll be the one whom people will turn to because they'll see that you know something they don't.

After retirement, many people do not know what to do with their free time and feel redundant. Those who feel that nobody needs them will create it in the world. Look at this situation as an opportunity. You can finally achieve those dreams you never had time for before. You can develop a skill, learn a language, a trade, whatever you want to do. It's never too late. You know that there's a good chance you'll be born again, and you'll continue what you've started, so no learning is wasted. There are creative activities that require minimal investment, such as paper weaving, mosaic making. Work for your own pleasure, and if you are doing something that benefits for others, it is doubly rewarding.

Seek the Source that gives life to all that exists. The closer you are to it, the more love and creative power you can draw from it for yourself and others. It is most helpful, of course, to turn towards spiritual realization, for then your potential for creative work and helping others will be fulfilled.

Human relations

Love, romantic love, romantic relationship

Looking for the real one

The single lady turns to the Father with her request:

– Father, send me the man who is my partner.

The Father does not answer, but sends a man. But the man does not correspond to the lady, so she turns to the Father again:

– Father, send me the man who is perfect for me!

The Father does not answer this time either, but sends another man. She rejects him too and turns to the Father again:

– Father, please send me the man you created for me.

– My dear child, I have created all the men in the world for you, you should only choose one of them.

Factors determining the choice of a partner

Karmic connections from the previous life

Those who ken the truth know that we are not born with zero information. We have had previous lives from which we bring with us our unresolved relationships, our unresolved tasks. We will meet again with the people to whom our attachments connect us. These may be parents, children, partners. The essence of attachment is that we have not given them something or forgiven them for something, so we are given another opportunity to tie up these loose ends. In a next life, there is often a role reversal between people who are chained together so that we can recognize the effects of our actions from the other side. If, for example, we wanted to possess our partner and he/she leaved the relationship but we could not forgive, we now change the role-playing with the partner. Always that person leaves the game who has recognized the point of the role play, solved the problem and goes away the team with pure love. He/she can move on to solve other tasks with other actors. The missing links will be filled by people who need an experience similar to the one we can give them. In this sense, there

is no random occurrence, blaming the other makes no sense, because in our lives we assign the role to the other party, he/she will always respond to our information field.

Parental patterns

We are choosing parents who will upload the right partnership pattern for us. This happens instinctively. Parents' partnering patterns match a particular age, a particular culture, and their level of personality development. This is essential for us. Imagine how much trouble we would be in if we were to incarnate in Europe after, say, two hundred years in India. Not only age, but also culture has a major influence on the male-female relationship, and if parents did not help us with their own example, we would be in for some very embarrassing surprises, and would most probably be unable to fit in. So, the parental model is essential, but it is not perfect. We should see it as a starting point that we have to develop further. However, if we look at how the partnership of successive generations develops, we can see that in some ages or cultures it almost stands still, that is, it hardly evolves or varies. In other ages, when a paradigm shift takes place, it changes often leaps and bounds. The partnership pattern must always fit the age and culture, and the individual. Often, a person tries to introduce a new pattern of partnership into a culture, which he/she has acquired elsewhere in a previous life, and does not immediately succeed. Every community has to fight its own little battles for progress. Such examples are often encountered today, for example, when people in an Islamic community try to live in a Christian-style partnership pattern. I am not taking a position in favor of any of them, because they are all wrong as they are (as we will see later), simply that people react with rejection to otherness that is not yet embedded in the culture.

For the woman and the man, there will be given a female pattern of the emotional attitude of his/her mother, and a male pattern of the emotional attitude of his/her father from his/her parents' partnership. In other words, emotional information is fixed in the child's astral body as a program that can only be overwritten by consciousness. Even if the growing generation protests against the patterns of parental partnering, this protest will do little to change the situation, because it will not affect the instinctual level, or it will go to the opposite

extreme, which is also not a solution. For example, if the father was an oppressive person, to counteract this, the female may choose a male as a partner, who can be suppressed, but she will not be happier because she has not understood the essence. Whether someone is oppressing or being oppressed, the point is that there is no freedom in the relationship. So, if the daughter grew up seeing her father oppressing her mother, she will either choose the same type of husband (involuntarily) or the opposite, who she can oppress. The son may react in a similar way. If his father has oppressed his mother, he will either repeat the same and choose a woman of the same type, or he tries to do the opposite, and he will stand on his heels under no circumstances until he will be suppressed finally. The conscious solution to parental oppression is to learn to give freedom, not to try the opposite extreme. As long as there is no understanding of the reality of the situation, there will be a swing between the two extremes.

The role of the internal ideal-image

The introductory anecdote highlights one of the fundamental problems in developing a partnership. Human beings have an ideal-image of the opposite sex partner, and they want to find this inner image in their lives. However, usually it is in vain. Why? Because this inner image is actually himself/herself in the form of the opposite sex. I will explain this in a little more detail. In everyone, there is the animus (male ideal) and the anima (female ideal). If one is born as a woman, one is a partial embodiment of one's own anima. It would be her task to mold her personality towards her inner ideals. If he is a man, he is a partial embodiment of his own animus, and he should rise to it. In the realm of relativities (the material, dual world), however, both male and female personalities can only be fulfilled in relation to a personality of the opposite sex. A woman can be a woman in relation to a man and vice versa. The reference point - the opposite sex ideal-image - is given internally, but because it is not recognized or even known, they seek the opposite sex reference point in the external world. But it is not found in the external world, because it is actually inside. A woman is therefore looking for the man she would be if she had been born as a man and her development had already reached the male ideals. It is the same in reverse. Now perhaps it is understandable why the search is doomed to failure in most cases.

Of course, the inner male ideal of a particular woman exists in the material world as well, it's called the dual soul. A dual couple is difficult to identify because at the beginning of spiritual development there is no overlap between the dual souls, as they have exactly complementary personality traits. If they meet, because they have no common ground, they would pass each other by, or even label each other as insufferable. As they evolve from life to life towards inner ideals, they transfer more and more information to each other, and the time will come when they will be able to accept each other and live in unity. This happens when they are both very close to their own anima or animus. Even then, the meeting is not necessary, since both know that the ideal-pattern of the other sex is within them, i.e. the facing becomes irrelevant in the external world.

Many people think that they have found this complementary person, and often see this as proof of their own development. (I know someone who found it every two years or so, and then was disappointed in all of them...) In fact, a relationship can feel perfect even if we don't live with the dual-soul. This depends on how tight the karmic bond is that binds us together; how much we cling to our illusions, under the influence of a "pink mist" that makes us unwilling to see that we are merely imagining the desired character traits on our partner; and also depends on how much we are able to accept the other's otherness as the most natural thing in the world.

It is also customary to mention twin souls, if the two personalities can be matched one to one, but they can also be of different genders. It is not necessary for them to rebirth at the same time, so the relationship is rare between them. The rebirth of twin souls is most common in the case of identical twins.

More than 99% of the time, people are in a relationship with someone who is a particular mix of twin- and dual soul, who were chosen just right for the life they are living. Half part identity is needed to find the common wavelength, and half part difference is needed to learn to accept each other and develop. Since the twin soul is exactly the same, they will not be a mirror for each other to evolve. The more differences dominate between two individuals, the more powerful mirrors they are to each other, so their development can be greatly accelerated if they can stay together.

The biggest mistake that can be made in a partnership is when someone believes that perfect coexistence can only be realized with the ideal-pattern. So, one can search endlessly for the ideal-pattern and ends up do not realize anything. The ideal relationship depends on our own perfection, in this sense it depends only on us and no one else. This does not mean that we are obliged to stay with anyone, because if he/she does not develop in the direction we intend, we have to let it go and another one will come. It is up to us to determine our own direction of development, and so that we can attract the partner for that direction.

The roles of women and men

In this book, I do not intend to review the changing roles of men and women throughout history, because that alone would fill volumes. There have been and still are properly functioning patriarchal and matriarchal societies, and in all of them one can feel comfortable if one can accept the conditions.

Let's start from the way that yin and yang energy work on the non-material levels of the Universe. Male energy is yang, female energy is yin. The male is the mover of force, the female is the force. Male is the emanating aspect, female is the receiving aspect, male is the creating aspect, female is the sustaining aspect. But the two energies are equal and work together. In the higher levels of the Universe there is complete harmony and equality, or Oneness. Above a certain level, the female and male aspects are in such unity that they are indistinguishable, one does not know what one is doing and what the other is doing, because they act as One.

But the superficial observer, from here in the material world, is often mistaken, and since man is the creator, one thinks that man both the mover and the force, and the woman is subordinate to man, that is the feminine energy serves the masculine. This failure has passed into religions. In reality, the following is happening:

Man: *"I intend to create, that and that, for this and this purpose... Please support me with your strength."*

Woman: *"I agree and I support you."* or *"I disagree and I don't support you."* The female power has veto power, if she disagrees with the intent or purpose, then the male cannot carry out the creation. If god wants to create, but there is no one to receive, then sorry, but it cannot come into being. No one in the Universe can force anything on anyone. In fact, the greatest driving force of the Universe is love, and in its absence, everything is destroyed, and in its presence everything blooms.

So, love creates, and love sustains, because when this energy quality is working between the masculine and feminine aspects, there is unity, there is agreement, there is support for each other. Then both parties accept their role, their task, what is theirs at the moment, and do not measure whether it is my job and if not, how can I get out of it. This is what we have to practice here in the material world, in partnership. We learn to live love with each other, through each other. When love is present, each person does what they do best, what they do best to help the other. In unity, the classic male-female roles are eliminated, and whoever has more time or energy or is present at the moment does the work to move the community forward. If love is not present, then the argument begins about who should have done what. Since it is not typical in our world that partnerships are about love, we need to analyze this issue further.

The following stories present female and male role-playing in a highly polarized form.

*

Despite all the equality, today's society is still male-centered. Yet the question is increasingly being asked: why are women not given a greater role in leadership? Is this desirable or not? The story below takes place in a workplace where there are only men in top management, and the majority of the staff are women.

At the next meeting, Mr. X raised the fact that he had noticed a problem in the team's work, and then spent half an hour explaining the essence of the problem in Ciceronian circular sentences. No one could follow his reasoning, as the essence of his communication was not to find the facts but to obscure the point. After his speech, everyone fell into wise silence. Then the boss, who also did not understand, made a suggestion. Let us form a committee to investigate the problem. He

proposed Mr. X as chairman of the committee, and two other members, who were immediately voted in by show of hands. The committee was charged to investigate whether the problem was real. They were given one month to do so. After a month, the committee reported back on the results and concluded that the problem was REAL. The chief then made another proposal. This time he initiated the setting up of three committees, each with a chairman (headed by Mr. X and two of his friends) and two or three members, who were given the task of analyzing the problem from different points of view. They were given three months to do this. In the meantime, Nancy, who was constantly intriguing against Mr. X, was transferred to another department, so the problem on local level was solved. After three months, the committee reported back on the results of their work, and they were pleased to inform the collective that as a result of their hard and self-sacrificing activity, they managed to eliminate the problem. The Chief expressed his appreciation and suggested that the committees should not be disbanded but should continue their analytical work. Subsequently, the Committees have continued to generate and solve new problems successfully, which has allowed Mr. X to rise up the ranks.

In this type of collective, only that type woman would be able to take a leading role and integrate successfully who is willing to adopt the typical male mentality just described above.

*

Amy, a new employee at work, is offended that Judy did not make her coffee. She expresses her resentment by starting a gossip that she saw Judy warming herself in the boiler room during her lunch break. This was passed on by word of mouth such a way that Judy and the boiler-man were warming each other up in the boiler room. The news reached the headmistress, who called Judy in. She told her that she has never been in the boiler room and didn't even know where it was. The headmistress also calls in the boiler-man, who says he has never seen Judy, that he wouldn't even recognize her among the many women, otherwise he is raising his three daughters alone, who were born from different women, and thanks it very much, but he doesn't want to see any more women, not even through the window... In revenge, Judy tells the boss lady that the last time she saw Amy, she

was coming up from the boiler room. The ladies were all curious to know where the boiler room was and who actually was going there, so they sneaked down to the basement at different times without each other knowing. So, they always came face to face with someone who had just come up from there. And so it became common knowledge that the hustler boiler-man was consuming women one by one. The news got to the headmistress, who did not call anyone in, but dismissed the boiler-man with immediate effect at the end of the heating season. This solved the problem, at least until next winter. When it was getting very cold, the headmistress hired a retired boiler-man, hoping that the ladies would not fall out over it.

In most cases, women have the chance to become managers where the majority of workers are women.

Some general conclusions can be drawn from the two stories. The male leadership style is rational, thinking-oriented, analytical, self-affirmation, goal-oriented. The focus of this goal is himself, i.e. he strives to get himself out of the situation successfully, to get himself ahead by the situation. The female leadership style is irrational, intuitive, emotion-centered, synthesizing but not in terms of facts but emotions, problem-oriented (i.e., focused on the problem rather than the goal), and community-oriented. In both cases, it can be said that no real analysis and substantive solution of the problem has been considered, but a technique of sweeping it under the carpet has prevailed. The same basic operations are at work in the relationship games, because we are always shaping ourselves, and the situations at work and at home are about the same thing, self-discovery and its avoidance.

But let's see, was gender cooperation better before emancipation, sometime in prehistory?

Ancestress Lio-Meu's supplication to the God of Lightning

I have deciphered an ancient cave inscription dating back to 12647 BC, discovered in a remote valley in the Himalayas, and I hereby make it available to posterity.

"Oh, Lord! Hear my complaint, for You are the most powerful Lord who affects our lives. Our children are hungry and cold, and we women work from dawn till dusk to have enough to eat. After gathering the day's food, the kindling for the fire, we cook the food, wash the dishes, tidy up, clean, wash, carry the water. After dusk, we are available to our husbands to take out their passion and desires on us. We bear children, raise them and die. We have no joy in life. Only You can help us, for You are the most powerful Lord.

I tell you of our miserable fate, because it is You who are listening. The other day I was washing in the river when a huge animal came to drink. I took a big stone and threw it at him, and he collapsed and died. I myself couldn't manage to drag the animal away, so I ran to the chief to tell him the news. We'll have something to eat because I've killed an animal! The chief was holding a meeting with the Council of Elders to decide what to eat. All the men were sitting around the fire, the elders in the innermost circle, and then the younger ones moving outwards. The chief was speaking, the others listened in silence. Before I could speak, he snapped at me: 'Woman, what are you doing here, only men are allowed here! Go to your duty.

So, I ran to the wizard to tell him the news. The wizard was dancing around the fire in a frenzy, the assistant wizard men were drumming, singing, in short, doing magic. They thought from this would be the food. They were unaware of me, so I waited. After a while, the magician calmed down, listened to me, and then they all went to get the animal. Beside the carcass of the animal, the wizard pointed to a rock drawing. 'This drawing proves that this animal died because of my magic!' By the way, the petroglyph was made by my six-year-old son in his boredom while I washed in the river. His announcement was greeted with a shout of joy. With much fanfare, the animal was carried straight to the chief. 'It is not for nothing that we have been summoning the spirit of this animal for weeks, the Lord gave it to me,' said the

magician. Then the men, praising each other, cut up the animal and ate it. We women and children were given the offal.

On another occasion, I went to the river to look for herbs to soothe our pains. I could see men holding a stick in the water, staring motionlessly at the water for hours. Every now and then they would pull the stick out, but there was nothing on it, just a worm hanging from it, attached somehow. I realized they were trying to catch fish. When they spotted me, they waved me off with their hands and feet, telling me to get out of there because I was scaring the fish away. I thought it best to stand aside. I continued along the riverbank and stretched a net made of fibers under the water between the bushes. In a few minutes I caught three nice fish, which the children and I ate quietly.

Lord, these misfired men can only make children, but they can't take care of us, I beg you to receive me into your service, for you are my only hope!"

Here the writing stopped. The continuation of the story was passed on to me by Lio-Meu by spiritual means.

The God of Lightning listened Lio-Meu and struck. The whole tribe was destroyed in the fire. Of all the tribe, Lio-Meu was the only one saved. She is now the servant of the God of Lightning, who is constantly watching where to strike. And the others were born again. The chiefs became the prime ministers, the members of the Council of Elders became the representatives. Their business now is deliberation, self-incense and exercise of power. The wizards have become the bankers who would have us believe that they run the world and that without them life would stop. And the fishermen have become the stockbrokers, who stare at a screen all day long and think that this is how they are going to be rich. Only the position of women has not changed.

Perhaps if the God of Lightning struck again?

*

In this role-playing game, the basic functions described above are also present, but some of them are much more clearly visible than today, when the masculine and feminine qualities are beginning to blur together. The woman's attention is directed towards the material, towards subsistence, and in this sense, she is practical and creative. If

she invents something, she does it from intuition, what makes it work and how, she doesn't understand it, but she doesn't care. She is prone to completely irrational solutions that would never occur to a man, she uses objects not as intended, but in a spontaneous intuitive way. For her, family (especially children) is the community, she does not seek or belong to a same-sex community. The man's attention is directed towards the spirit. He wants to create what he needs in his mind, so he creates rituals, which have a set course, which cannot and must not be disturbed, because then things do not go in the right order, and he gets confused. He plans his use of tools purposefully, i.e. he develops step by step, but always along a pattern, there are no logical leaps in his activities, because he cannot follow it. He seeks or creates a community of the same sex, it is vital for him to belong to such a community. In other words, the male brain is serially connected, while the female brain is more networked. Serial connection is called logical because it allows one thing to follow from another, whereas networked operation allows random actions, which is how the intuitive mind works.

In sum, neither gender sees out of their own box, and they are not trying to offend each other, they are simply so preoccupied with their own truth that they cannot see the other's. However, if they could learn to work together, they would be able to do their jobs much more effectively.

What is partnership really about?

The inherent reason for being present in this material world, in this physical body, is the desire that chains us to this incarnation. These desires must be explored, understood and lived. Achieving desirelessness by mere renunciation is much more difficult than by understanding after experiencing.

Desires are colored by different energy qualities according to the level of the seven main chakras. These desires are natural, and protesting against them will not lead to any results, because they are strengthened and become a binding force. Therefore, the most

effective method is to increase the level of desires from chakra to chakra. In this way we can gradually breed sexual desires into love. We have already dealt with partnership motivations in detail in the chapter on Sexuality without taboos, so I will not go into this again here.

So, the main motivating factor in the search for partnership is desire, which is caused by the lack of something, so the most important thing the mind will be occupied with is the satisfaction of the lack itself. If the lack is very strong, the mind neglects to get to know the partner in detail, it compares the partner with the internal ideal only broadly, and if it finds some things in common, it imagines the rest. Thus, one projects onto the partner an image of one's inner desire, which the partner only more or less corresponds to. In the beginning, the desire to conform can be very strong, so the partners tend to pretend to be each other's ideal partner. Over time, however, one gets tired of wearing the masks and drops them. The partner, in turn, reacts with disappointment to the realization that the partner is not what he/she thought he/she was. The cause of disappointment is therefore illusion about the other person. The point here is that the partner was not the same as the idea at the beginning of the relationship, but the mind just turned a blind eye to it. So, it is pointless to blame the partner for the situation, because he/she is not the cause of the illusion, but the sufferer. The solution is to get to know the partner carefully and accept him/her as a full human being. Because just because he/she is not the same as your ideal, it does not mean you cannot love him/her. In fact, it is a more serious task to practice giving and accepting love with him/her.

In other cases, the partners are more or less aware of each other, have no illusions and accept each other. The relationship works for a while, but later problems can arise. One reason for this is that the speed and direction of development is not the same. One's personal development does not end when one reaches adulthood, as some people mistakenly believe. Today's highly dynamic age is particularly challenging. If the partners are unable to coordinate their development, even with the right starting conditions, the relationship will break down. In other words, it is not necessarily possible to choose a partner for life in this day and age, partly because we are

living longer and partly because we are developing faster than our predecessors, for whom this was not necessarily a source of conflict.

When living together, partners forget that they must feed the relationship constantly with energy. They think, partner is acquired, from there on you can relax. But without an investment of energy, nothing works. They need to take time to have activities and experiences together, to find opportunities to please each other, to express their love for each other, not just in bed but in all areas of life. Yes, it is tiring, but it is something for something. If you want to keep a partner, you have to find each other again and again every day, you have to tune in to each other. This investment of energy should be reciprocal in the relationship, but most of the time it remains one-sided and the one who puts more into it gets tired of it after a while. In such cases, they have to decide on what terms and conditions they can stay together in the future. Those who tend to be unpretentious and comfortable, their relationship becomes empty and flat over time. And if one spares the extra energy investment of the relationship, sooner or later one will be alone.

Marriage or long-term cohabitation activates parenting patterns in both partners. This means that any misunderstood conflict situations brought from the parental home are repeated in our own relationship. In such cases, we think we are discovering our father or mother in the partner, when in fact it is just a similar situation. The partner then plays for us the pattern of the relationship brought from the parental home, so that we realize its essence. He/she does this unconsciously, and we assign the role to him/her instinctively.

Here I have only mentioned the most important aspects. These operating mechanisms, as well as possible solutions, are discussed in detail in our self-knowledge training sessions, tailored to the individual.

Root causes and solutions to cooperation problems

The root cause is the same as all of our problems in this world. We approach each other with our minds and not with our souls. Until we do not know our own spirituality, we cannot know the other's. The mind labels, qualifies, judges, categorizes. A woman (man) should be

such and such, should behave this way and that way. If you do not meet the expectations, you are not a real woman (man). And the mind does not transmit to us the real assessment of the situation, but some parental or social pattern, which may be generally accepted, but is certainly not objective, but influenced by emotions and prejudices.

Who and what decides what a real man or woman is? It is a completely variable category, influenced by culture, age and many other factors. Yet there is almost no human being (male or female) who has not been humiliated in his/her dignity as a man or woman by actions, words or mere gestures, whether by the opposite sex or by the same sex. And this humiliation can be extremely destructive. To the extent that it can even turn interest away from the opposite sex and towards the same sex. The self-defense mechanisms of the personality are then awakened, which is also a program encoded in the mind. This self-defense mechanism, if the causes are not recognized and processed, generates hatred, which is repressed and buried in the subconscious and from there emerges as hidden motivations. Revenge for all the humiliation is directed to the actual partner, who naturally retaliates, and the process is reinforced.

The only way out is self-knowledge, to discover the mind's games. You, as a woman (or man), are perfect as you are, regardless of any circumstances. Your perfection is only challenged by others if you yourself do not believe in it, because you want to meet external expectations. Know your inner female (male) ideals and compare yourself to them. That should be the only benchmark. You have to keep evolving towards it, and you will reach it one day, because it is within you. It's you! Never forget, you as a woman (man) are perfect for your inner opposite gender identity. When the inner ideals are balanced with each other, a state of self-acceptance and reconciliation sets in. You also accept that you cannot yet be perfect in an absolute sense, because you are a constantly evolving being.

A mantra to help with this self-acceptance is: "Now the animus within me perfectly accepts and understands the anima within me, and the anima within me perfectly accepts and understands the animus within me." Through the inner work, the two parts of personality become one.

This internal work should be complemented by external work. This can be done with people in your environment. Simply examine the

problem situation from their point of view and then from your own. Then switch again. Repeat this game until you fully understand the other person's behavior. If we do this, we can be almost certain that others will understand us, first instinctively and then more consciously. They can sense the changes that are happening within us.

The role of admiration in partnership

First of all, we should clarify who needs admiration? Apart from the fact that it's good for everyone, it's especially beneficial for women and men with self-esteem problems, which is to say almost everyone. The child rarely receives appreciation in the parental home, where the parent praises himself/herself in order to preserve his/her own authority. He/she is the one who knows everything better. There are parents who play the opposite role, but it is even worse than the former, because it creates a sense of insecurity in the child. The best would be the golden mean, i.e. mum and dad know a lot, but not everything, and what they don't know, they try to learn. In this way, an endless development pattern is passed on, which helps adaptation.

Coming back to the role of admiration, a sincere tribute from the partner can give us wings and encourage us to invest more energy. It is important to be aware that appreciation should not be an adulation of the other, as it is false and can have the opposite effect. Sincere appreciation can be given in any field, regardless of whether the partner in reality exceeds the average in a given ability, because the manifestation of any talent is a function of the situation. Someone can also be praised for their effort, their perseverance, their help in an ordinary situation.

If, for example, the woman comes home exhausted, unable to wash the dishes, and the man does it without asking, even if clumsily or not putting things where they belong, then instead of shouting, we can express our sincere appreciation. Many women think that a man's help should be natural and that he should notice when she is tired and needs help. But the reality is that we are all tuned in to ourselves first and foremost, not to each other. So, if a man volunteers to help, it is worth rewarding him in words, deeds or whatever. In any case, it can have a

much greater impact than asking for or expecting something. If one wants to be a support for his/her partner, he/she should "reward" the help he/she would like to receive in the long term: e.g. *How wonderful (kind, helpful, etc.) you are for doing the dishes, even though you must be tired too...* In other situations, we can praise him/her for a quality that we do not have: e.g. You are fantastic, I could not have done this... Let's try the effect. It's worth it.

Of course, women want to be recognized even for activities that social stereotypes consider their duty. If in the above situation the woman still washes the dishes although she is exhausted: then the man can also express his admiration: e.g. *Your work capacity (diligence, effort, etc.) with which you manage the household is wonderful for me...* Men mostly praise only the appearance, or not even that. As a general rule, if you get something and want to get it again, reward it in some form. Moreover, recognition is free, it just requires a little attention. If a woman is never complimented on her appearance during cohabitation, she will think it is not important and will gradually neglect it, if she is not complimented on her cooking, she will just do it carelessly. The lack of appreciation leads both sexes towards a lack of demandingness in the partnership, and the cohabitation gradually loses its charm, becomes empty and flat.

Few people are conscious enough to do something for the activity itself. Of course, this would be the best way, because all activities, even washing up, develop the ability to be in the moment and to give oneself over, to surrender. Those who have mastered this gift perform all activities happily and naturally. But they usually leave this plane of being, so it is not worth waiting for them as a partner.

Family, raising children

Principles

In UCCA's spiritual self-knowledge trainings, we provide in depth analysis of relationship and family issues. I will therefore only mention here the most important principles on which our teaching is based.

The family is the smallest basic unit of society. Its role is to promote the spiritual development of the members of the community and to ensure the survival of the larger community (people, nation, country, humanity), so that the Earth will be available as a living space for the souls to be born in the future. Therefore, we must focus on this goal, and the rules that we apply to the family must be subordinated to this aim.

First, some general guidelines. Mankind was not commanded by any God to reproduce indefinitely and use up the Earth's resources. Therefore, no religion has any justification under any pretext whatsoever to prohibit birth control for its believers. In the old days, when people lived short lives, fought many wars, and had high infant mortality, reproduction was indeed the only means of survival for a given group of people. Those who could outbreed the others won the battle for territory and better economic conditions. Therefore, the priesthood encouraged people to multiply, which was coded as God's command to the leaders. But today the situation has changed. Mankind has overpopulated and in the struggle for survival, it is a disadvantage if birth control is not solved. It is utterly absurd that the clergy want to impose thousands of years of rules on their followers just because it was advantageous at the time. Either they don't know that there is no such divine command, or they are doing against the very will of God. God's will is precisely that man should regulate his/her senses, his/her desires, and that includes sex and procreation.

Of course, it would be the most karmically fortunate if birth control were to be achieved by the least anti-life methods. Let us consider these.

- Sexual activity for the purpose of procreation only. This method is recommended for those who wish to leave the material world in this life. Some religions have misinterpreted this yoga principle. The original teaching was to discipline your senses. One consequence of this is that you should only have sex for the purpose of procreation. But because the priests could not teach people to discipline the senses, the teaching was translated as you can make love, but in return all children must be born.

- Tantric sex. In this system, the number of lovemaking sessions is not limited, but the release of gametes and energy to the outside world is. This means that a man can learn to control his ejaculation and a woman

can learn to control her ovulation and menstruation. And during intercourse, sexual energy is sublimated to a higher vibrational level by raising the sexual energy. These require knowledge of yoga methods. Those who are able to do this are free in the sense that they are no longer chained to earthly incarnation by sexuality as desire. They have indeed controlled their senses, because otherwise it would be impossible to do yoga while making love.

- Natural birth control. For those who do not know any yoga techniques and are not willing to learn, there are natural methods. For example, the calendar method, interrupted intercourse. There are no consequences in themselves if the male semen is released into the outside world. Even if it enters the woman, only some of it is used for fertilization, the rest is wasted, either decomposed or excreted. The essence is elsewhere, and that the priests didn't tell us. And the point is that with orgasm the energy also leaves the lower chakras and that is what chains one to material incarnation. So, during orgasm, no energy would come out, only up along the spine. So, either one practices the first two methods or one is reborn into physical existence.

- Artificial contraception methods. There is nothing reprehensible about this. A human being has taken a body because he/she wants to enjoy. But because he/she is responsible for the result of his/her pleasure (for the child), he/she limits the number of children he/she has to give birth to in order to provide better living conditions for those born. This is a responsible behavior. Karma is not formed because of birth control, but because the individual has no control over the life energy. Those who give birth to all children will not be redeemed sooner, and the larger the circle will be to whom they will have karmic obligations if they do not provide all that is necessary for the development of their children. So, less karma is accumulated by those who control birth than by those who procreate without limit.

- Abortion. Ever since this method has been available to women in a form they can survive, there has been a debate between believers and non-believers. Religions uniformly ban abortion and classify it as murder. This position fails to consider the vulnerability of women to men. Many men behave irresponsibly and use women only as semen traps. I am not just referring to rape. If a man does not care for his offspring, if he is unable or unwilling to care for the woman and her children, then a woman cannot be bound by any moral principle to

bear children under such circumstances. The representatives of religions, however, brand the woman as a murderer and acquit the man who caused it all and who was unable to control his instincts. Why does a woman by raising a child have to carry the karma of a man's one-second gratification for decades? Not to mention that low quality intercourse can only create a low-quality energy body for the unborn offspring, which is not accepted by high level souls unless it is specifically their job. The woman therefore receives the instinct being (the man and his child) in a double edition. In addition to all this, there may be life situations where the personality does not yet feel ready to bear a child (or another one). Clearly abortion is not the best option, but the individual should be given the choice.

My position - based on my spiritual knowledge and experience so far - is. For as long as the fetus is incapable of living independently of the mother's body, the fetus should be considered part of the mother's body. Since this is the case. My hand or leg, though alive, is not viable independently of the rest of my body. Yet no one protests against having to amputate, or when a tumor has to be removed, the priests do not come to intervene. Everyone can dispose of his/her own body because it is his/her own. Of course, religions refer to the soul that resides in the fetus. Well, we cannot kill the soul because it is eternal. So, who have been killed by abortion? No one. We are removing a living group of cells that would have served as the dwelling place of a soul if it had been born. The soul will later be given another opportunity to incarnate, perhaps to the same parents. Although the soul comes into contact with the fetal body at conception, it only takes up permanent residence when it is born. It enters the body with the first breath and cannot move freely from then later. It moves in and out of the fetal existence, not permanently attached to it. The soul to be born knows everything that happens to it before birth. Because it is attached to the mother, it experiences everything what the mother experiences. If the soul is not destined to experience the agony of abortion, it leaves the fetal body before then and returns to the intermediate space, where souls await birth. Some 'experts' who seek to influence public opinion scare women with in utero recordings. They show how the fetus writhes during removal. They forget to mention the small fact that if a dissected frog leg is soaked in salt water and tweezed (see Galvani's frog leg experiment), it will also squirm,

because this is related to the excitability of the cells. The phenomenon has nothing to do with the soul, because a frog's leg has no soul, yet it twitches.

Let it be clear, we cannot kill anyone, because everyone is an eternal soul. But that does not give us the right to take away the possibility of life (in this physical form) from anyone. In any case, abortion produces karma, so the woman must consider what will be the best course of action in the situation. If she does decide to have an abortion, she should discuss with the soul to be born that she cannot accept it now, go to another or return later. The soul is present and understands the mother's situation. If it is essential for the soul to give birth, it will survive even an abortion, as there are examples of this. Talking to the soul will definitely help to clarify the situation.

In the higher spiritual dimensions, where there is still existence as an entity, there is also "birth control". Here, indeed, the creation of the energetic body of the offspring is done by dominating the senses. Potential parents even take care to call in the souls at the right time according to the quality and function they wish to create. Is it any surprise that only those who truly gain mastery over the senses can enter these dimensions? Only in this sandbox, called Earth we can procreate indefinitely, to learn to measure the results of our actions and to take responsibility for them.

I do not support abortion, but I do not reject it either. I do not recommend it, but I leave it open as an option for people. Here again the principle of Jesus applies, do unto others as you would have them do unto you. If someone chooses abortion as an option, there is a good chance that in the next incarnation they will have the opportunity to experience it as a fetus, if they cannot forgive themselves. It is as much a virtual experience as anything else that happens to us in this world. We judge ourselves to every karmic repercussion, no God intervenes, the laws come into play.

The family as an opportunity to live unity

In the previous section, it was mentioned that in the past, reproduction was a means of survival and advancement of nations at the expense of others. This way of thinking is outdated. Not only because over-propagation at the expense of others is not the way to unity. All peoples are our brothers and sisters and we must respect their territorial, cultural, etc. integrity. We must share the earth's resources with our brothers and sisters. How we use the economic and other opportunities available to us is up to us. Finding the right solutions can be an example to others. And the most effective way to teach is by personal example. What is the role of the family in it?

The way to the upliftment of a nation can also be to call down souls of high consciousness into families. This is not exactly the case in today's world, although it could be a breakthrough point. One or two conscious individuals are not enough to raise up a people, it takes masses. What does it need?

First, the quality of lovemaking must be raised. If during lovemaking the partners have a loving experience of oneness, they generate a body of energy for the soul that is filled with love, strength, devotion, acceptance, progress towards oneness. High level souls enter into such energy bodies readily to continue their evolution.

Parents' awareness of their own role, the state of the world, how the universe works and how God works must be raised. They need to purify themselves from the prejudices, dogmas, emotional and mental barriers that prevent them from becoming open, empowered and active in shaping their environment. When they do so, they program this parenting pattern into their offspring. Parenting patterns are the starting point for child development. If the child is programmed that the parent is incapable of changing, adapting and developing, it is very difficult to get the opposite out of this pattern, but even this is not impossible, only the action is a generation late. On the other hand, if the parent transforms himself/herself into a type of personality that is adaptable to dynamic changes, self-developing, creative, with the mental strength to get up from the floor, and shows this to his/her child, then the offspring will carry this on and the economic, intellectual and spiritual development of the whole nation will accelerate. The knowledge for that is now present in Hungary, the

question is whether there will be people who want to use it, because they recognize its importance.

In contrast to this noble, uplifting thought and task the Hungarian people are preoccupied with wandering in the maze of emotions they have against each other, trampling each other in the emotional and spiritual mud, at best with wallowing in their own shallow emotions, becoming financially unable, forgetting about self-pity and blaming others. This is not only a pattern of misbehavior, but a self-defeating activity that can lead to national death.

What one puts energy into, one develops in it. If one puts one's energy into self-destruction, one develops it to perfection. If one seeks solutions instead, one will advance in them. This is not part of our personality, it is just that the whole of Hungarian society has been stuck in this regressive mind-program for centuries, and it is time to change it. The series of historical failures since the Tatar invasion have contributed greatly to the development of this mind-program. Since then, the nation has not had a positive vision for the future. Other nations have suffered no less, they have just been able to move beyond it. We, however, want to outdo everyone else in suffering and self-pity, and we have already achieved unparalleled success in this. Unfortunately, however, no one appreciates this.

The pillar of a well-functioning nation is a well-functioning family. If the individual finds peace, harmony and love in the family, if he/she can recharge at home, he/she will go to work in this state of mind and radiate it around him/her. Work can only be effective if people are not overwhelmed by family tensions.

The family is also a social safety net. (The best example of this is the Jewish historical pattern, which we can learn about from the Old Testament.) Family cohesion withholds the person who seems to fall out of the net in a given situation, holds him/her, and, applying the principles correctly, pulls him/her back into position. This can apply to husband, wife, children and parents. However, broken families cannot provide a safety net, so individuals are left to struggle on their own.

From a spiritual point of view, nothing is by chance. We choose the family, the nation, the age, the place where we want to play our role, and that is the task of life itself. This choice is of course fundamentally influenced by our attachments to the place, the people,

the persons. But escaping from the life task is only possible for a while. Those who now move abroad and think they are free of their burdens, are mistaken. Their situation will change in so far as they will have a different behavior pattern in abroad, and with this information field they will come back here and take up the task again, which is nothing other than an individual, family or national emergence from the emotional and spiritual mire.

Individual and society

According to the UCCM principle, the most important task of the individual is to implement his/her own life program. Society should be structured in such a way that individuals are able to carry out this task. Nevertheless, I would like to emphasize that society is not for the individual, but the individual is for the community, for society. This does not mean that the individual should subordinate his/her own self-fulfillment to society's expectations, but that individual self-fulfillment is worthless if it does not serve society's short- or long-term interests, or if the individual is unable to harmonize his/her self-fulfillment with society and integrate it into society.

From this system of principles, it also follows that the individual must contribute - as much as he/she is expected to - to the survival and reproduction of society. This system of principles does not give any exemption or excuse from this task. Both illness and mental addictions (alcohol, drugs) and withdrawal from society are considered to be a defense mechanism. In this way, the individual acknowledges his/her inability to integrate into society, even though he/she has chosen to live here and now. So, what is wrong with the circumstances? Circumstances are there to be overcome. This system of principles does not allow anyone to receive, as a citizen, for merely existing and without a job, the benefits that guarantee their living conditions. We create the sickness as we create the health. Alcohol and drugs are nothing but an escape from facing ourselves. And withdrawing from society for individual (even spiritual) self-fulfillment is a rejection and exclusion of other members of society, which leads neither to love nor to the experience of Oneness. On what basis does anyone expect to be supported by others? What makes him/her different from others that

he/she does not have to work? If one is so spiritually advanced that he/she wants to live this way completely, he/she should be able to create the material means to do so. In the name of society, I say, "If you serve me, I will pay you, if you serve God, God will pay you." If one has done one's work in society, one is free to pursue self-fulfillment in one's leisure time after retirement, or if one is able to create a sustainable living space for oneself (and one's community), one can retire from society earlier. No one is an exception to this, but everyone should have the opportunity to live according to their own principles. Everyone, including priests, must do something useful for society, whether it be spiritual service, caring for the sick, helping the poor, whatever it is, in return for the rest of society providing for their living conditions here and now. The criminal class is no exception, they too must be given the opportunity to work in prison in return for their support, and to train themselves, learn a trade, a language, or take courses to help them integrate later, etc.

On no plane of existence in the Universe does anyone create anything for personal purpose of beings. Everyone creates for himself/herself, because he/she is endowed with divine creative powers. God has created a material and subtle material world and He is constantly pumping life energy into it. From then on, it is self-sustaining, which does not give room for parasitism in the long run. On what ideological basis, then, do some people expect to benefit from the wealth created by others if they have done nothing to create it? The beggars, the destitute, the homeless, the unemployed should strive to find an activity that suits them, and society should gradually lead them in that direction (e.g. public works).

The meaningfulness of the work (public work) is not important in itself. Work is a means of development and socialization, and in this sense, it is the cohesive force of society. Anyway, why should anyone care whether, in his/her opinion, he/she is given meaningful work once one is paid for it. And if he/she is dissatisfied with his/her pay or working conditions, he/she should have the opportunity to train himself/herself to get more.

Everyone is responsible for his/her own destiny. Everyone is given the divine creative power to create the conditions of his/her existence. One must learn to live with it. And the society's job is to provide the framework for this. This is the challenge of the age.

Human and God

Our connection with our soul

What is the life mission?

In spiritual circles, it is common to search for the life task, even though it is, like other knowledge, right in front of our eyes, and yet we often find it hard to see. The way I usually formulate the answer to the seeker is that the task of life is always the perfect solution to the life situation that arises. *Is that all?* I sometimes hear the frustrated reflection. They usually want to get involved in something bigger. This "simple" task is often replaced by something "loftier". Whenever I have been in a spiritual community, everyone always wanted to work on the other person, including the leaders, while they were unable to handle their own life situations. They celebrate ceremonies, initiate, heal, teach, support dog shelters, distribute food, clothing, and the list of charitable activities goes on. However, that these are important and right actions, they are merely the ***arena for carrying out the mission of life*** and are not the same as the mission of life itself, just as one does not confuse food with eating utensils, otherwise one remains hungry.

The task of life is to live life itself one hundred percent in the present. This means that the mind does not associate any past emotions, patterns, prejudices or judgments, thought patterns, etc. with the present situation, in other words, no associations from the past are associated with the present experience. Only in this one case can we experience the present moment with full concentration. If this is done, then the understanding of the situation will be complete and no future event, i.e. karma, will be created as a new task in connection with the situation. That is why spiritual teachings should be imparted to people to teach them this attitude. This is the simple exam in which we repeatedly use to fail.

This is the main reason why I decided to set up UCCM. All spiritual communities remained indebted to the essence. In fact, no amount of knowledge brought to the surface from the past alone - without adaptation to the present - will enable anyone to fully understand the present. Make no mistake, there are eternal truths, these teachings are

not from the past and point to the future because they are timeless. Religions become obsolete precisely because they are not based on eternal truths, but these are hidden behind dogmas from those who seek the way. And dogmas are nothing more than the demarcation of the limits of a religion in space and time, i.e. in a given geographical area in a given age. Religions would have an obligation to reveal eternal truths, to separate them from dogmas, and to constantly revise dogmas as signposts in accordance with the spirit of the age. If they do not do so, they will become obsolete and outlived by time. In fact, they are overtaken by the way of people think, since they no longer serve a guiding role but a limiting one. Man is given freedom by God, so his/her thinking cannot be limited. The conditions of operation are set by the working of Cosmic Laws, which are experienced by man as a limitation in material existence, while other people seem to create these barriers around us.

The teachings that lead to the understanding of eternal truths must be made available to those who are open to them. It is therefore necessary that they should be continually restated for the man of the present age, because if he/she understands them, resistance to them will cease. In fact, there is resistance in people to religious dogmas because they feel that this is not the point, so they either turn away from religions or drift towards various sects. Religious sects try to tear down one or two dogmas, hence their have temporary popularity, but if they do not move on towards eternal truths, then they will shortly meet the fate of the religion from which they tried to distance themselves.

The teachings of the UCCM reveal eternal truths, explain them to people seeking awareness, and give people the tools to take up the real task of living their current life situation with full consciousness.

The life task, its scene, the situations to be experienced, the way and forms of experiencing are fixed in the causal field of consciousness. If we can raise our awareness to this level, we will find a direct connection with this layer of consciousness. The next step is to recognition of the consciousness layer of Cosmic Laws.

Explaining the Cosmic Laws through examples

The law of karma

This Sanskrit word came into the public consciousness from Hindu, Buddhist literature, but in my experience, neither Hindus nor Buddhists themselves understand its full meaning. They attribute to it a certain content, but it does not cover the essence and the word as a whole. Karma is also interpreted as a punishment or a duty, or even as fate itself, which we have to bear. There are those who distinguish between good and bad karma, according to the consequences we attract depending on our good or bad actions. So, karma can also be understood as the consequences of our actions, i.e. the reaction for the action. Whichever interpretation we consider, we can only partially capture the essence of karma.

That's why I try to show the interpretation through examples. In our example, let the Bank be God and we humans be the customers or debtors. A man wants to build a house, but he/she doesn't have enough money, so he/she goes to the bank and takes out a loan. Bank gives him/her money, but he/she knows that sooner or later he/she will have to pay it back. He/she gets the money and starts using it. He/she buys building materials, but in the process, he/she remembers that he/she needs this and that. He/she buys it. Yeah, but then there's less money for the house. It's okay, we'll save money, the walls will be thinner, the insulation will be less, one less room will be built. Maybe there won't be an upstairs, maybe it will be half finished, etc. Time goes by, our man dies, and he/she couldn't finish his/her house because he/she had a million other things to do and ran out of money. No problem, he/she is born again, goes to the bank again, and tries again. He/she may not remember, but the bank has a record that he/she already owes a certain amount. Obviously, he/she gets a loan again, but now on harder terms, and it continues.

Now let's unravel the example: The Bank is God, money is the life energy we need to exist, the house is our personality, whose divine qualities we should develop, and karma is our debt that should be repaid. So, God gives us life energy so that we can use it to develop our own divinity and realize that He and we are one. This is what it

means to return or to be enlightened. When this is experienced, the game of life is over here in the material world. We tend to forget what we have borrowed for and use the life energy to satisfy our own human desires. We crave special foods, drinks, lovemaking, travel, creativity, lots of things that are not directly related to the fulfilment of our personality and cost us a lot of extra energy. Of course, God is an understanding banker and knows that this is how it works, so our credit is, so to speak, unlimited. We then have activities where we use life energy for anti-life actions, we take life energy in order to destroy other living beings. We unleash destructive emotions within ourselves: e.g. envy, anger, pride, judgments of others.

The life energy field we feed from has a high vibrational frequency. Once we pick it up, we transform it down to our own vibrational level. We lower these frequencies even further through our various activities. It's like gradually replacing a billion banknotes with one-cent notes and scattering them around the world. In fact, it is not even possible to defecate without karma. Because man eats more and more to satisfy his/her own desires than is necessary and useful. In doing so, he/she gives nourishment and life to billions of bacteria, all of which consume life energy, and their evolutionary goal is also to become human. By extension, we are recreating our material world. And then we haven't even talked about the rest. The highest energy, love, is transformed into human attachments, filial, parental, partner attachments, even naked sexuality, carnal gratification. If we stick to the energy analogy, it is like using the energy of the central resource as a consumer. The central power source is millions of volts and high frequencies, which we convert into 220 volts and our own vibration. In fact, we have emitted even lower vibrations down our chakras into the environment. That's how we become completely indebted. Getting out of this cycle would be almost impossible without divine grace. Divine mercy in this analogy is when our debt is simply rescheduled or written off, i.e. karma modification or karma release. However, this is only for those who have already recognized why they are here and start working hard on themselves.

So, we have our debts in one pot and our repayments in the other. Repayment can be made by beginning to develop one's divine qualities, i.e. by actually building a personality, an energy body (house) for oneself, which, when completed, will enable one to enter

the higher planes of existence (the kingdom of God, the kingdom of Heaven, Paradise, etc.). Repayment is everything that serves this purpose: selfless work for others, giving love, prayer, mantra, practicing yoga. There are practices that facilitate repayment, and thus lead to the discharge of karmic debts. These are effective because the energy that has been transformed into a lower frequency is transformed in the opposite direction, i.e. the low vibrations are sublimated. These include deep prayer (with the mind turned off), mantra, kriya pranayama, because it directs the low vibrational energies of the chakras upwards and transforms them. Undoubtedly, kundalini practices are the most accelerating, because here the energy concentration and its sublimation are done simultaneously. The flow of energies, hitherto directed outwards and dispersed through the chakras, is turned inwards, condensed into an energy conduit and then lifted up. It is like starting to collect scattered change, redeem it for larger denominations and then return it to the bank.

So, karma is a weight on us, a burden on us, so that at the moment of death we cannot fly high, but remain close to the Earth. Let's take an example again. If we launch a spaceship from the Earth, the first cosmic velocity is only enough to put it into orbit around the Earth, the second to put it into orbit around the Sun, and the third to leave the Solar System. And then we are still just in the material world. The heavier the burden the soul is carrying at the moment of death, the less chance it has to leave the Earth, the Solar System, to get out of the material world. That is why we have to pay back our karma, our debts, put down our attachments, clinging. On the other hand, the way out of the Earth is not only outward, but also towards the depths of the Earth. The soul that carries heavy burdens descends. These deep astral planes are called hell in common parlance. These planes are therefore the habitat of beings operating at very low frequencies.

However, the modification or release of karma has a price, which is usually repaid with ministration. The liberated soul knows that it has not become free by its own efforts, because it would have had to work for millions of years, and so it can undertake a service to a higher entity that helped him/her. In such a case, even after death, he/she will have a certain number of tasks to perform, which can be very varied. I am aware of all this because through my service I have access to different planes of existence, both upwards and downwards.

Up to now, karma has been understood as a debt to be paid. Karma also means a task, which is usually referred to as a life task. Many people seek their life's work, and some find it in helping, healing and teaching others. However, all these are only part of the task, and it is easy to forget the essence of the task in the exercise of the details.

The essence of the task, as I put it, is nothing other than the realization of the inner god. The inner god is the highest consciousness that God has placed within us as a tiny part of Him. It is also called the Overself or the divine spark depending on the culture. So, we have a seed of consciousness that when we reach it, we become consubstantial with God, and this is called return. For if we live this God-consciousness in our everyday lives, we are no longer separated from Oneness with God.

In fact, we were born into this material world to experience the consequences of our separation from God. Suffering the consequences, we become pathfinders, turn to Transcendence, and are then guided towards the realization of the God within. Until this happens, our suffering will continue or return from time to time.

So, the most important thing is to know the components of our own personality, that is, spiritual self-knowledge. This also involves observing and understanding the obstacles that stand between our present consciousness and God-consciousness. This requires developing an objective system of self-observation so that we cannot deceive ourselves, and a system of mind control so that we can turn off the mind that is most in the way of hearing the inner voice.

All the other tasks that appear to an individual as a task in a given life are in the service of this main task. God knows human nature very well, and therefore has made sure that we can grow even if we are not aware of the essence of the task. Our development is therefore progressing, albeit slowly. The Universal Laws (e.g. the law of karma) are designed for this very reason, and so that we cannot escape the imperative to evolve. Every situation in life that we find ourselves in has a task, they are like exams, only they are on the stage of life. We can fail here too, and there is unlimited scope for re-examination.

We still need to be aware of which "subjects" we have to take exams in. Here again, people tend to avoid the lesson to be learned and replace it with something else. Many people think that memorizing the scriptures is the curriculum. They think in the same way as

schoolchildren who memorize the book from A to Z but do not understand a word of it. The purpose of studying the scriptures is not to acquire lexical knowledge, but to understand and live out the propositions of scripture in our own lives. These themes are often communicated to us in the form of parables or by describing the fate of other people. If we analyze them and relate the events to our own life situations, the connections and possible solutions are revealed to us.

The curriculum has been taught to us by many teachers in many different forms, yet like the bad student, we throw the book in the corner and go out to have fun instead of learning. A way of communicating the curriculum is to interpret the task as an initiation. One representation of initiatory paths is the symbols on Tarot cards. The symbols on the cards are to be analyzed and interpreted. An eased version of this is, for example, what I have created when I have written the essence of the initiatory paths in the form of poems (“22 Atlantean initiatory paths” published as Chapter 3 of my book “Dimenziókapu” [The Dimension Gate]). The initiatory paths are important for people on the path of experience, for whom the poetic form can help to experience them. Nothing else should be done but listening to them as a mantra (the poems are also available in Hungarian with musical accompaniment).

However, people lack spiritual education and do not take advantage of this opportunity because they do not know what it is for and how to apply it. Nevertheless, they go to all kinds of courses, where they gather all kinds of information about what they should learn, but here again, mastering is lacking. Indeed, mastery occurs when we become one with the knowledge to be learned. When we read the scriptures, for example, we become so absorbed that we forget everything else. The verse-meditation audio material I have created facilitates precisely this absorption. Instead of being absorbed, however, they begin to listen with their minds to what it is about. They should do the opposite, turning off the mind and letting thoughts and feelings in. The sound material heals the astral wounds that have been created in us during the resistance to the learning task.

All the tasks that we perform on other people in the outside world only result in inner development if we consciously process life situations. Any sacrifice, e.g. a charitable activity, will only result in

inner development if we can become one with the process of the work and the people we are helping. In this case, we grow through compassion, and they are imparted our higher awareness and perspective to understand their own life situation. If this does not happen, then our action is nothing more than distribution of alms. Also, a patient's care only makes sense if the patient's consciousness is increased by our care. Otherwise, if we are only concerned with the material body, we strengthen the attachment to the material body both in the patient and in ourselves.

So, all the activities we do in the world are part of our karma repayment as a task, but it results in karma repayment only when both we and others involved are improved by it. And the most important task is always the one that is happening right now!

In Eastern philosophies, the Cosmic Law is treated as a unity and is called dharma or tao. In Hermetic philosophy and esoteric Christianity, the Unified Law is divided into parts and interpreted separately for ease of understanding. This is how we are doing it now, therefore I talk about the law of karma. However, the workings of the law of karma cannot be fully understood without knowing the other sub-laws. So, we will now go one step further. So far, I have defined the law of karma, now let us examine its operation.

We have an inner karmic balance, like an inner indelible program (conscience), and it measures the weight of our actions at every moment with a corresponding counterweight. On one side is the effect of the action (weight), on the other side the counter-effect (counterweight). All this is done according to the judgement of our own soul, not the judgement of others. If we perform actions that have caused harm to others, it is like putting a weight on our scales, which must be balanced by a counterweight. If we perform actions that help others, the burden on the balance will be reduced. The law of counteraction (see later) helps to understand how the law of karma works. The balance always tends towards equilibrium. Our wrong actions increase the burden and this automatically triggers a counter-effect, whereby we have to suffer similar events to those we have caused to others. The suffering of counter-effects is therefore compensation for the wrong actions. We perceive this as a sinking downwards because our burdens are pulling us down. Burdens can manifest themselves in stroke of fates, in illness.

The scales work in the same way for doing the right thing. Doing the right thing means taking the burden off, so the counterweight is also reduced. We perceive this as a lift (both financially and spiritually), because the lighter the load, the easier it is to move forward in life, to realize our plans and desires.

So, there are several ways to work off our karma:

1. suffering the consequences of wrong doing ("tooth for tooth, an eye for an eye"; the Moses principle),
2. forgiveness, because our burdens are reduced as a consequence of doing the right thing ("if you are thrown a stone, throw it back with bread"; the principle of Jesus)
3. taking up the spiritual path (prayers, mantras, initiations, yoga, etc.)

Sometimes in one life, we experience a downturn (an increase in karmic burdens) and in the other an upturn (a decrease in karmic burdens). If someone experiences the appearance of down and up several times in a lifetime, it means that his/her development has already accelerated to the point where he/she could, in principle, enter a state of permanent ascent if he/she could remain in a state of right action. People who do right deeds are in the binder force of goodness. This means that they cannot yet escape the influence of the law of karma, but they are working off their debt with big steps.

Many people strive to do good by others, but don't know when they are actually doing good. To illustrate this, let's look at some examples:

1. Your child hasn't done his/her homework, so you write it for him/her so he/she doesn't get a wrong mark, or you justify his/her day so he/she doesn't have to go to school the next day. The same on a slightly larger scale: you buy him/her a school leaving certificate or diploma.

Analysis: you may think you've done the right thing, but in reality, you've only taken on the karma. His/her karma is that he/she goes to school, he/she has to graduate or get a degree, if you take care of it for him/her in any way, it will multiply your burden, you will suffer the repercussions. Do you need that? The repercussions may be that he/she will be freeloader on you for the rest of his/her life.

The right thing is, make him/her do his/her job or, if not, suffer the consequences.

2. You are walking down the street, a beggar comes along, you give him money. Two blocks away another one, you give him money too. Before you know it, you've gotten rid of a lot of your money.

Analysis: a beggar is a beggar for a reason. He/she was dragged there by his/her own karmic burdens. If you keep the beggars alive, they will reproduce themselves in an expanded way. Begging becomes their way of life, and they do not strive to get out of being beggars. If you distribute your wealth, you too become a beggar. And beggar cannot help beggar.

The right thing to do is to give as much as you have left over. Determine how much you can spare and distribute only that much. Or find a charity you trust and give through them. What happens to your donation is no longer your karma.

3. You have two minor children and it turns out that your husband is cheating on you. You divorce and raise the children alone, you keep the shared flat and get some child support.

Analysis: If your husband cheats on you, you don't have to rush to court. First analyze the situation alone, then talk it through between the two of you. You may have contributed to the cheating, or you may not know yourself or him. He is missing something that you cannot or will not give him. If necessary, seek help from a counsellor who can clarify with you what is the best solution for the situation. Try to cooperate with each other, even if it comes to divorce. If you try to take revenge, gain financially from the situation, or blackmail emotionally, you will only add to the karmic burden. It's unnecessary to think that children can only be raised by you, don't cling to them. Avoid the role of victim. If you feel he can create better conditions for the children, let them to him. Take as much of the shared karma (raising children) as falls on you.

The right thing to do: always find the solution that promotes the development of all actors. Nothing in itself is good or bad, it becomes what you make it.

These examples are only illustrative; a specific situation requires a more depth analysis. There are some general rules to consider to reduce our karma:

- There is enough karma for everyone, it is not worth getting involved in other people's one. If we were to do someone's duty for them, that would be taking over karma, because it would be our burden.

- Attachment to persons, objects, situations, always results in the multiplication of karma. No one - no child, no partner, no parent - and nothing - no car, no home, no job - neither living nor dead, is our possession. We can only keep what we do not cling to. We have been given everything as a present to the life.

- Everyone is responsible for his/her own destiny. What he/she has sown, he/she reaps. Let us always help such a way that we and he/she can develop through it.

- Good and bad ratings and people's judgments are products of the mind. Let us learn to see beyond them and rise above them. We can reduce karmic burdens if we live soul-led. Like everything else, this can be mastered, and with practice, a more and more stable life guidance can be acquired.

- Turning to higher beings and to God always results in karma relief. Let us do this as often as possible, not with the intention of getting, but with the intention of offering. Offer as much as we can and multiply it as much as we are able. What can we offer? Anything: a flower, a thought, a feeling, a prayer, a breath, an exercise, an hour of our life, or our whole self, to the Supreme.

- If our actions are guided by sincere intention and pure love, we will never multiply our karma, whatever the result of the action. The result of our actions is not ours anyway, since we have already offered it to the glory of God!

- Jesus did not redeem anyone from their sins (karma)! He just showed us how to put it down!

Law of effect-countereffect

I mentioned in the previous section that there is only one Law. When we try to interpret the Law in its parts, it is like the cutting colored fabric into pieces. We cannot cut it in such a way that the colored threads are not weaved each other. Thus, the universal law of action and reaction is working behind the law of karma. The law of effect-countereffect is also known from the material world and is

tangible to everyone. If I press a table, the table will press me back with the same force, if it doesn't, it will break, which will happen beyond a certain limit. The other well-known example is the law of gravitational attraction, the Sun has a gravitational pull on the Earth, but the reverse is also true, just to a much lesser extent due to the mass ratios. This tiny amount of force exerted by a planet on its sun is enough to allow researchers to determine whether distant celestial bodies have planetary systems.

The law of effect-countereffect also operates between us humans, but the driving force is not always material, and is therefore more difficult to recognize. If you push someone while travelling on a crowded tram, they will either push you back or push the next passenger. If everyone reacts without apology, it will be a tram-wide shoving match. This alone shows that, in human relation, the material force that drives the effect-countereffect can be replaced by non-material forces. If I utter a sentence (action), it produces a reaction in those around me. Depending on the content of the sentence, the reaction can be of several kinds. Communication can therefore be used to modulate the driving force of the effect-countereffect law. I can use my words to provoke a physical reaction, e.g. the reaction to an insulting sentence might be to get me punched, but at the same time I can use my words to avoid the use of physical force as a reaction, e.g. if I pushed one, I apologize, which prevents the process from rolling on. With actions, words and even unspoken thoughts, we can influence each other, i.e. we can set in motion the law of effect-countereffect.

Let's examine how this works? We humans are not only made up of our physical bodies. Our physical body is surrounded by a multi-layered information field. Simplistically, we are only concerned with the emotional-thought information field now. This information field is called the astral-mental body. It is a shell around us that acts like a semi-permeable mirror. Take the example, two people (Ann and Mary) have a conversation. In a normal conversation, only as much of what Ann says is filtered through to Mary as is transmitted by her semi-permeable mirror (her own astral-mental shell). She will let through the sentences she considers important to herself, let the rest pass by her ear, and react only to what she perceived.

In interpreting the interaction, we must also take into account that the human mind is made up of conscious and unconscious layers. The

unconscious layer, depending on the self-knowledge of the personality, can be many times greater than the conscious. All information is present in the astral-mental shell as a projection of the mind, from both the conscious and unconscious area. To return to the example, Ann is saying her lines and Mary unexpectedly retorts with a rude sentence. Ann doesn't understand what has happened, but in response to the rude remark, she speaks back, and they have a fight. What happened? A sentence of Ann's touched a button in Mary's information field, which belongs to the subconscious layer of the mind. Mary doesn't want to acknowledge this and deflects with a rude retort. Since neither of them understands how the mind - that defines their personalities - works, a quarrel ensues, leaving scars on each other's astral-mental bodies. If one does not deal with these "scars" in their information field, they can deepen and even cause physical illness.

To illustrate how the law works, let me tell you a case. I arranged with a male member of a couple I knew (who were on a spiritual path) to join them on their next trip to B, because they still had room in their car. I considered it settled. A few days before the trip, the lady member of the couple emailed me to ask if I wanted to go with them. "Yes," I replied, "we discussed this with your husband several weeks ago." At the end of my letter I added a joking note: "You still live together?" Result: I travelled to B only with her husband. My "accidental" comment sparked an argument between them, during which it turned out that she had been cheating on her husband for about six months with a mutual friend. They were later divorced, both happily remarried, and were even grateful to me for starting the divorce process.

Because of my similar intuitions, many people attribute to me "seeing" abilities, which is not true in this form. In fact, we are all capable of sensing the flaws in another person's astral-mental body. From my innocent comment it was filtered through for the lady, that I was sure that she was having an affair (I had no idea and did not care), and I certainly told her husband. Her first reaction was that I was to blame for interfering in their lives. However, her reaction sent to me, rolled off (without reaction) from my astral-mental field, so she directed it towards her husband. This is how the truth is revealed. So,

during the effect-countereffect, there can be several interactions between our information fields.

1. Information from X comes to me (action), I perceive it (or don't perceive it), and it reflects back from me unchanged (reaction). In this case, it does not trigger any emotions in me, the information is indifferent to me. I have nothing to do with the information.

2. Information comes from X, hits a bug in me, and the information passes through my astral-mental body. Then I feel violated. I try to fend it off. In order to do this, I start a reaction towards X, but the information sent out will not be the same as what came in. If X reacts indifferently, then the information I send out will come back to me. I may blame X, but everything will roll off him/her.

3. Same as in case 2, but X's reaction is not indifferent, i.e. I managed to find a bug in him/her. From now on he/she will be busy with himself/herself, although he/she will blame me. I then "successfully" deflected the information that came from him/her to me. This is the most common case among humans. They react to perceived insults by insulting each other, which leads to a quarrel, and neither of them realizes that the fault is in their device!

4. Same as in case 2, but I don't try to defend it because I feel I wasn't accidentally to be hurt. The injury is real, but it was not committed by X, he/she just wanted to bring it to my attention. I will start to process my hurt, heal my emotional wound, even be grateful to X who showed me the task. As a result, at the same point I will be invulnerable. If I do this in every case, I will have a perfect astral-mental body. The way how to do this is taught at UCCA spiritual self-knowledge trainings.

So far, we have analyzed that the law of karma is also based on the law of effect-countereffect. For example, if we hurt someone (and we don't repent, apologize, etc.), we can expect to get it back sooner or later because we have set the law in motion. Under the law of karma, we have created a debt that must be repaid, made good, but the driving force is the effect-countereffect itself. The reason people don't recognize how the law works is because the reaction (or countereffect) is often not coming from the person they have wronged, but from someone else, seemingly unjustifiably, or the countereffect only occurs in a subsequent life. Because of there is strong resistance to reincarnation in Christian culture, people think they have this one life

and try to live it well through fire and water, often to the detriment of others. And in their next life, not realizing that it was born as a consequence of a previous life, they start moaning about their bad fate instead of trying to correct their mistakes, which would at least make their next life better.

If someone doubts reincarnation, I usually ask: How much more plausible is it that you die and never exist again than that you are born again? Everyone should think about that. Who can say with one hundred percent certainty that if one dies one can never exist in any form again? Such a statement is nothing more than philosophical speculation, i.e. it is not reality. Yes, but then the reincarnation is not philosophical speculation? Yes, until we experience its truth. So, the situation is that if we exclude reincarnation from our thinking system, we exclude the possibility of being convinced of it. Let's take an example. We know that water can be a liquid, solid or a gaseous state. Given an African who knows only the liquid state. So, he/she will not believe us that water can take other forms. If he/she refuses the experiment which shows this him/her, he/she will die believing that he/she was right. If he/she are willing to give anticipated faith, he/she can make sure about it. It is not different with reincarnation.

This had to be mentioned because the further implications of the Law will not be understood without reincarnation. A further consequence of the law of action is the **law of attraction**, which is also known as the law of what you radiate out, you get back. If one has followed and understood the above, for him/her this is completely logical. So far, we have been talking about if you hurt someone, you get it back, but if you do good to one, you get it back too. Maybe not from him/her, and maybe not immediately. The Law works both ways. We might know this from the wisdom of folk tales (for a good deed, expect good; one who digs a hole for another, falls oneself into it, etc.). We might know it, but we don't dare believe it. And here comes another important idea, which also follows from the Laws, that **it is inner faith that makes the world in motion**. I am not talking about religious faith here! Many religious people are totally unbelievers and vice versa, many believers are totally irreligious.

Inner faith is about what you believe about yourself, about others, about your environment. What will happen to you in the next moment, weeks, years, etc. according to your belief? Remember! What you

radiate, you get back! How is the mentality of people (e.g. Hungarians)? The majority of Hungarians believe everything will get worse, will be destroyed, they expect all to happen and if this is fulfilled: *Well, I told you so!* Let's take an example from child-rearing. Mum and baby are walking holding hands, baby wants to walk on his/her own, mum says: *Watch out, you're going to fall*, and the baby falls, and mummy says: *I told you so*. The child reflects our expectations. He/she "thinks": what does mommy want? She wants me to fall down, so I fall down a little. What if we told him/her: *You can walk on your own, you'll see, you'll make it! And if you fall, get up and try again*. Then the child learns to walk without tantrums, because he/she wants to fulfil our expectations. As we have taught our child to walk, the same pattern will be applied to him/her in his/her life. He/she may fail a few times, but then he/she will get up and eventually stands his/her ground.

For this to work, we have to be aware that we have subconscious expectations, that is, our conscious belief about something can be overridden by our subconscious fear of failing. So, if we want to experience a positive reality around us, we have to work by all means to believe that it is really possible, that we and others can do it. The positive thinking that has spilled over from America has achieved just that there, but it has not yet succeeded here. Because we have not believed that we can do it. Positive thinking uses the law of attraction to make one's reality more pleasant, more beautiful and more harmonious for oneself. The same energy that we use to make our own fate more difficult, we could use to make it better. The Law works mechanically. If you radiate negative thoughts and emotions, you get them back, and vice versa. Why would it work any differently? Since this is just energy. Effect-countereffect. You push, you get pushed, you spit, you get spat on, you smile, you get back smile, you hug, you get hugged... What do you want to experience?

And to add to this, the law of attraction is a completely universal law, it works in all areas: in relationships, in parent-child relationships, in the kind of parents you are born to and the kind of child you have, in the workplace, in the community you go to and how you are received, etc. ***All of this is just to make you realize that until you change yourself, NOTHING will change around you!***

The law of creation

In the previous section, we came to the law of attraction, which is a consequence of the law of the effect-countereffect. The law of attraction is the practical realization of attracting to ourselves all the circumstances we need to experience in order to develop, and the persons who will assist us in experiencing them. In this sense, the operation of the law of attraction is nothing but unconscious creation.

This process starts before birth. The law of attraction comes into operation when we arrive in a particular environment, with particular parents. We select the very parents who will upload to us the parenting patterns (programs) that characterized us at the end of our previous lives. In this way, the unfinished tasks of the previous life will reappear in our current life. Parents are not responsible for our bad fate in so far as they only act instinctively. They give what they have. We needed it, that's why we went to them. The parental pattern is the starting point, from this state we have to start our personal development. So, our task is to evolve by getting to know the parental model, to keep what is forward-looking and to develop what is outdated.

Parents should do exactly the same, that is, they should do their own development so that they can give us more. If they have not done it, then we have to move forward, because if we improve, we will attract the right child for our level of development. In that sense, the parent is responsible for who they attract, they cannot blame their child for being this or that. The law of attraction blessed him/her with exactly the child he/she needed. The family is always the center of personal development. In the family the parents play the role-plays with each other and parents with their children, from which they can gain self-knowledge. As this is not widely known, it is (also) a common practice nowadays for each party to shift the blame for their unhappiness onto the other.

Therefore, everyone's first task is to pass on the parental model they have received to their offspring, not one on one, but by improving it. This further development should always happen considering the moral and value system of the time and should be in accordance with the general human (and religious) value system. In other words, knowledge of cosmic laws is essential that we will be able to integrate

our personality successfully into a given social and societal environment. Since cosmic laws are not known or understood by humans, they are replaced by the moral precepts of religions. Let us see what the result is?

The Ten Commandments say, "Do not fornicate!" It is a moral precept. When I was a child and my parents made me go to religious course, I didn't understand it. I asked the priest to explain what fornication meant. He sent me to my parents. My father shifted it on my mother, and my mother told me that sex outside marriage was forbidden. After that, I watched my surroundings and saw and heard that people were not applying it. Again, I asked the priest, then my parents, why? Is nobody here a Christian? And if they don't obey, why do they expect me to? After a thorough analysis of the situation, I confronted them with the reality of what I was seeing, and my environment was not prepared for that. Everyone skulked and covered the truth with a hypocritical mask. It happened the same with the other religious facts. "Don't steal." While I saw everyone stealing who could, taking from the commons, cheating on taxes, wangle... "Don't kill." While I saw everyone killing. They kill in war, they abort fetuses, they kill animals. "Don't lie." While I saw everyone lying to get a better position, to take advantage. We are sinners, the priest said, let's confess. That didn't satisfy me.

These moral principles, in this form, are useless, in the dishonest and corrupt societies no one has a chance to remain honest and uncorrupt unless he/she withdraws from it. And human societies have always been like that, and worse. Our material world is not the realm of the perfect. It is useless to tell a soldier or a policeman not to kill and expect this from him/her. It comes with his/her job. It is pointless to tell a politician not to lie and expect this from him/her. Politics and lying have gone hand in hand throughout the world since time immemorial. It is pointless to tell a penniless man not to steal and expect this from him/her. Would he/she rather starve to death? What is more important, the principle or the man? It is not man for principle, but principle for man. Therefore, I teach that you should do to others what you would like them to do to you (after Jesus freely). In addition, strive to observe the principle of doing as little harm as possible. Leaders, on the other hand, would be responsible for creating conditions for the members of society to observe the principle of doing

without harm. This principle is not hypocritical and can be followed. The more strictly one is able to follow the principle of doing no harm, the steeper and faster one's ascent up the intellectual-ethical-spiritual ladder. The goal is to achieve karma-free living, whereby one's activities, one's earthly existence, produce less karma than one repays.

Since moral principles and the consequences of not abiding them are not clear in people's minds, people involve themselves in situations where they cannot see clearly. The purpose of this is precisely to make it clear to them what is right (karma-free) and what is wrong. Furthermore, the lack of knowledge of cosmic laws results in religions trying to regulate people's lives with moral laws and regulations, and non-observance of these programs a constant sense of guilt into people's subconscious, thus generating fear. Know that there is no one to judge you in cosmic reality but yourself. But you cannot exempt yourself from the cosmic laws at work. Due to the law of attraction, the law of effect-countereffect, the law of karma - whatever you want to call it - you will unconsciously find yourself in a situation in your present or a future life where you have to pay your debts, correct your wrongdoings, recognize the motive forces of your actions. But with full consciousness you can do anything, because then you act in unity with all beings. But then you are above the law, that is, you are not a sufferer but a controller of events. No earthly power can put you in such a position, for the greatest power is the mastery over yourself.

Given the above, we can use the law of attraction to consciously create. I know what I need, I know what I desire, and I attract it to me. In order to do this, we have to remove the obstacles: the fear of possessing what I want, the remorse that I may not deserve it, or I am not worthy of it, the fear that if I get it I may lose it, and then it will be much worse, and the building of attachment to what I have. These are all emotional barriers that can make the creation of the thing desired unsuccessful. In conscious creation, we must always keep in mind that not only does the conscious part of us create, but the dark area of the unconscious can contain the obstacles listed above and more. So, to unleash our creative potential we need to explore our unconscious.

One of the obstacles to our creation may be that we do not have a strong enough desire for the thing. We want it, but it's not that important. To clarify this, it's worth doing some thought experiments about what we would do to make it come true. If it turns out that not

much, then it's not worth pushing for. We can also be confused by the fact that some philosophical systems (Buddhism, Taoism) aim at achieving desirelessness. So, we don't understand, should we desire now or shouldn't? When are we better off? But the two approaches are not contradictory.

The starting point for understanding this is that, the driving force behind all universal creation is God's primary desire for self-knowledge. I explain this in more detail in my interpretation of the Mahavidyas. This means that if God had not manifested a primary desire for creation, everything would have remained in a still state, no one in Him could have become self-aware. The desire for self-knowledge is therefore manifested in a desire to create, since God can only know His faculties through His creation. God's creation is that which reflects Him, in which He sees and recognizes Himself. This is exactly what happens in the case of man. Man's creation reflects his/her personality, traits, inner development, perfection, or even imperfections. Since each man can only create what is his/her innermost self, what he/she creates in the outer world is himself/herself.

Let's look at some examples. I like to look at the family houses in the area while I walk. The house, the yard (even the dog's behavior) perfectly reflects the personality of the people who live there. Some houses are huge, but they are tacky, lack style or are untidy. The house may be small, but it is neat, tidy, clean and well-kept. A garden can be one where everything is in its place, while in other places, nothing is in its place, and this is not dependent on its size. That someone has no money, or is old or sick, is just an excuse. Everything, the whole situation that we are in is altogether our creation with or without money and health. Our inner world manifests itself outwardly, and we should face our shortcomings outwardly, and then, once these are recognized, we can make changes. Poverty or illness is not a problem, not a fault, just a condition. And a condition can be changed.

The Hungarians have little capacity for creation because of their lack of knowledge of the law of creation, or because their warding of this knowledge. Many people boast of the spiritual development of the Hungarian people, but this is not manifested in anything, although talent, creativity and many other gifts are present. The constant scapegoating, the deflection mechanism of blaming always someone

else but ourselves, reminds the Hungarian people of a sulking child. It is part of the country's karma, from which it is high time to grow.

The other side of creation is that in the process of creation, man starts to become attached to the created thing and becomes a prisoner of attachments. This is the reason why some philosophical systems favor desirelessness. The solution is to perceive the primary desire, allow it to grow, use it to create, and then, when the work is done, let it go. In this way we are freed from bondage. Returning to the exterior of family houses, signs of attachment are, for example, the clusters of shacks that surround the houses. A doghouse, a chicken coop, a woodshed... it's true that we don't need any of these things any more, but the huts will keep themselves in a state of disrepair until they collapse. This clinging to the past, living in the past, licking old wounds is also part of the Hungarian mentality.

Let us be aware that no one is building a new homeland, a different country, a better future for us or instead of us, we must be able to do it!

The law of synchronicity

With this expression I have summarized the four laws: as out, so in; as in, so out. As above, so below; as below, so above. At the law of creation, it was already clarified that what was created in us the same will be created in the external world. For example, we want to build a house. First, we imagine in our minds what it should be like. We can only imagine what our inner expectations of a house are. It's unlikely that someone would dream of a house standing on stilts in the middle of Europe, however romantic. We are forced to make changes during the design phase, or at the latest during construction. The house will be built, but not as planned. These deviations reflect the shortcomings we have within ourselves. The reason is that, during creation, the internal image was not perfect, but rather vague. We have not paid attention to details, we have neglected them.

The other side of the law is that the external environment, the circumstances, influence and shape us, our inner world. If you like order around you, you have order in your head. But if one can only imagine his/her life with clothes folded at the edges and cushions arranged in parallel, his/her thinking is also rigid and limited. Knowing the law, therefore, gives us the opportunity to influence our

inner world by consciously changing our environment. This law is used in Feng Shui.

The other aspect of the law, as above, so below, expresses that as things happen in the higher worlds, so they happen in our lower world. In short, as is the microcosm, so is the macrocosm, and vice versa. In other words, everything that is present in us is present in the macrocosm. If there is a concept of God present in us, it must exist on some higher plane of reality, otherwise such a concept could not have come into being. The operation of this law is clear evidence of the existence of God as a concept. The actions of the deniers of God also prove the existence of God, since what is not, cannot be denied. Logically, the denial of something gives sense only by its existence. What is worth arguing about in this context is what reality the concept covers. In other words, who really understands what god is? But this is not the subject of our discussion now.

What was true of us humans, that our creation reflects our inner reality, is also true of God. He also knows himself through His creation, He awakens to be conscious by His creation. What the layman does not understand about this is that if God is perfect, why is creation not, or how does it deteriorate in the process? Well, in the same way that we do when we build a house. When we create it in our minds, it feels almost perfect. In the process of building it, we find that we have neglected things, that we have not been precise (exact) enough in our thought. Furthermore, we leave the detailed design of the house and the actual construction to others (professionals). They either understood what we wanted or not quite. In the meantime, they try to convince us that what we imagined in mind cannot be done and simplify the plan. My family members, for example, designed a built-in wardrobe between two walls to the nearest millimeter and had everything cut down accordingly. Then, when it came to the installation, it turned out that the walls were not right-angled. The design had to be modified, so they need to improvise. The choice was either to demolish the wall and build it at right angles, or the sides of the cabinet would not form a right angle. It's easy to figure out which we chose. The part was perfect, it just didn't fit perfectly with the whole.

Scientists have long been concerned with the relationship between the part and the whole (e.g. Heisenberg's world-famous book *Part and*

Whole). They know that the parts can be studied in themselves and that the whole can be deduced from the laws of their operation. But the whole is always a little more than a mere set of parts. The law of 'as outside so inside' gives precisely the highest philosophical interpretation of the problem of the part and the whole. But we will not go into deep philosophical details here and now.

God, when He creates, also envisions a perfect created world, but He leaves the execution to His own parts. The part is never the same as the whole, accordingly its knowledge is always partial, it is very good at something, while it neglects other things. Creation would be perfect in its execution only if each part possessed the consciousness and faculties of the whole. In fact, this is exactly what is achieved during creation. The parts of God are evolving towards achieving the full consciousness of the Whole. Translated to the human level, this means that, for example, my hand develops the same abilities as my brain, and vice versa, and then the two become interchangeable. We humans cannot imagine this here in the material world, but on the divine plane this is exactly what happens.

Returning to the laws, if there is a change in the higher worlds, it will have an effect in our world, and vice versa, if there is a need for change in our world, it will have an effect in the higher worlds. This is the basis of the effect of all kinds of prayers, mantras. In other words, we have the possibility to signal if something is not working well or if we want to ask for something. It is similar to when my toe signals to my mind that it is cold and wants me to cover it. The mind acts, instructing the hands to put a blanket on the foot. Imagine as if we humans are God's tiny nerve cells, communicating with each other and with Him through the central nervous system. Any one of us can give a signal when something hurts, but at the same time we receive a mass of signals from Him to carry out an instruction that we do not understand, but sooner or later circumstances force us to do. This interconnection is called Oneness, from which no one can permanently withdraw. If a nerve cell in me does not work with the whole, it dies, and with it the part of the body it was supplying. In God it is the same, except that death is virtual (apparent). We can experience death, separation, exclusion from the Oneness, but in reality, there is no death, no separation, because there is nothing outside of God to belong to.

Now, if everything in me works the same way as it does in the great Whole, in God, what will I learn from observing and understanding myself? I will learn God. This is why I used to say that there is nothing what we should know but God alone, because knowing the part leads step by step to knowing the whole. In other words, the task of everyone is here and now to observe and understand himself/herself, and this will automatically lead him/her to recognize and understand that he/she is part of a larger organism (God). And for this, no missionaries, no priests, no religions are needed. What is needed that are people who are walking on this path and show us how deserving to do it. Consequently, everyone will know God through himself/herself, in himself/herself, and then it will no longer be faith, but knowledge, and the ultimate goal will be achieved.

Our connection with God

Religion as a mental program

People of our time desire health, spiritual knowledge, well-being and special abilities, but are less and less willing to invest time and energy in achieving them. Because there is no time, there is too much coming and going, there is a constant rush. He/she wants someone, who at the touch of a button, will upload a program, give him/her a mantra, or just he/she wants to drop a pill that will make him/her healthy, wealthy, knowledgeable or skilled. Riding this boom are a proliferation of crash courses promising all this in a day or two or a week. The popularity of these courses or training sessions is in direct proportion to how much they promise. The other important factor in achieving popularity is that the course or training must come from abroad. After all, then it is authentic, isn't it? Yes, people from far away say what they want, it is impossible to check. After all, if a Hungarian invents something for a Hungarian, the opinion is that anyone could have invented it, or that everyone already knows it. So, let's look at what is flowing in from the East (let's take India as an example) and the West (let's take the United States as an example), and what can be used for and what can't?

The knowledge of the various yoga schools from India is based on thousands of years of knowledge. The teachings of the yoga schools are designed for the people and personality type of the people living there. If you want to follow the teachings of a yoga school successfully, you have to change your personality type. In other words, the student's energy system must become similar to the energy system of the Indian master, otherwise there is no resonance, no transmission of knowledge can take place. Now, these Indian masters are mostly old sannyasis (monks following a renounced way of life) who have followed a certain path (that of their master) and have no idea of the European (let alone Central European) personality type. They don't want to, nor could they adapt their teaching to this culture, but besides, it's not their job to do so. The Indian type of chakra system is head oriented, focusing on the forehead chakra. The other chakras, especially those below the heart chakra, are under-functioning to minimize their connection to the material world. What will be the consequence of this? The disciple becomes inactive in the material world. If the Earth energies are under-absorbed in the first chakra, he/she will not be able to e.g. become wealthy, if the second chakra is under-absorbed, he/she will lose his/her partner, if the third chakra is under-functioning, he/she will not be able to handle power, so he/she will always be pushed to the background or displaced. Also, under-functioning of the heart chakra is often seen in Indian masters, as love has traditionally played a much smaller role in their system. This is particularly disadvantageous in the Christian spiritual culture, which through the message of Jesus is explicitly based on love. This is beginning to be recognized, and some masters are expressing love among their disciples, but even this is not the case in the traditional line, for example, where all chakras must work strictly towards minimum intake, otherwise one is looked out of the community. All this is "suffered" by those who belong to them, completely unconsciously.

Western teachers (or Eastern-educated and repatriated followers) immediately stand out for the chaos of their chakra system. Their emotions immediately manifest themselves in the way their chakras begin to spin left and right as they communicate. They take this for granted. The really exciting thing is when such a teacher with chaotic chakra lures the unconscious student with promises of special yoga

abilities. For example, in a course of a few weeks, one can learn to curve space, shorten time, or overcome gravity. These would be special abilities that Indian yogis achieve through thousands of lifetimes of constant concentration, if they ever succeed at all. Westerners, however, do not bother with this trifle. It takes three weeks to learn to be in two places at once. The only reason is that I don't go on these courses to make sure not to be successful accidentally. Imagine how embarrassing would be if I woke up from meditation in a bush in the Maldives somewhere and the trainer would definitely not be able to get me back from there. I have had so many times in a situation where a promised ability has come into operation unexpectedly and the "master" could not deal with the situation I was in. In such cases I was always the fool who must have done something wrong, because the others managed so well, because nothing happened to them except that they imagined something to be real.

Religious dogmas and mind-activity

If we study the development and structure of the basic sciences and the itemized religions, we can observe many similarities. The most striking is that both are based on certain principles which are accepted by their followers as fundamental truths which can no longer be further examined, nor can their truthfulness be questioned. In the case of religions, we call them dogmas; in the case of sciences, we call them axioms. If a question does arise in anyone's mind about the principles, a battle is waged between the proponents of the old and the new principle. The fight usually ends with the old proponents distancing themselves from the new one (and in less fortunate cases, executing the new proponent), forcing the new proponent to organize his/her theorems into a new system, which in the case of religions results in a new religion or philosophy, and in the case of sciences a new mathematical or physical etc. theory.

This phenomenon inevitably awakens the idea that both religions and sciences are creations of the human mind. In fact, they are approximate descriptions of the "reality" that surrounds us, in order to create a template of the world that the mind can grasp and that helps

us to find clues to find our way around. This is perfectly useful as long as the worldview (schema) in question does not hinder further development. If it does, then someone will come along to overturn it. Most of the time, however, you can count on resistance from followers of the entrenched schema. Principles (dogmas) are like supporting pillars, if one falls, the whole house built on it seems to collapse. The followers of the old religion are experiencing precisely that their belief system under attack, their world view want to be crushed, and they are fighting tooth and nail against accepting and integrating the new one. This is a typical reaction of the mind, because it is the mind that thinks in schemas and is rigid, resisting anything new that it has not experienced. If we think about this for a moment, we will see that the religious wars have nothing to do with God or religion itself, it is simply a matter of believers being unable to accept the viewpoint of another religious group.

If someone thinks that his/her religion is dogma-free, he/she is surely mistaken. He/she thinks so only because he/she cannot see out of his/her own mind-program, he/she has no external reference point against which to examine his/her belief system. Otherwise, if one wants to confront this, feel free to contact me, and one can be sure that I will find the flaws in his/her approach. Then it happens that his/her interest soon turns to protest and then to defensiveness, which are defense mechanisms of the mind. From this we can see that people are "believers" only with their minds and not with their souls. To follow a religion with the mind is completely meaningless, it is a "steel ring out of wood", because religion must be lived with the soul. The latter is called lived religion. One who has lived his/her religion immediately rises above dogmas and has an insight into the mind-programs of others. This is not why others have problems with him/her, but because his/her views are spread through the invisible threads of the soul net that connects the soul to the soul, and after a certain extent these can no longer remain in secret.

It is also important to note that the great world teachers never founded a religion, their teachings were comprehensive, all-encompassing, compatible with everything, i.e. completely dogma-free. Religions were always founded by their followers, who tried to explain a limited part of their teachings to others, and what they did not understand or were unable to transmit, they simply made a basic

doctrine. Dogmas are formed because the founder of a religion can form the doctrine into a worldview (pattern) for other people only by laying down a few basic pillars on which the doctrine is build. So, dogmas exist, and as long as our consciousness moves at the level of the mind, they will always exist. We can move on from them if we examine our own outlook with rigorous consistency and dissolve the petrified views within ourselves.

Overthrowing a religious dogma does not necessarily result in questioning the existence of God or the legitimacy of a particular religion, it is merely a thought experiment, a game program run on ourselves: "**what if it wasn't like that**". If we run the game program successfully, we come to a deeper truth and a deeper understanding of ourselves and the world (God). Any questions can be raised about dogma, because what is raised is also legitimate. The question is the question for the mind, and when the mind is answered, it is at ease and no longer disturbs us.

I think it is important to make it clear that I represent a self-redemptive path within UCCM. Therefore, I cannot promise anyone redemption, nor can I promise to release them from their karma. If that is what somebody want, let them seek such paths and see if they work. This is important because anyone who wants to follow the path of self-redemption must be fully aware of the truth and not delude himself/herself. He/she must treat every question that arises as if emerged in himself/herself. Because it did. He/she also gives the answers to himself/herself, and if he/she lies, he/she lies to himself/herself. What I am about to write in the following can only be ascertained intuitively, after one has abandoned one's mental fixations.

The concept of original sin is found in the Judeo-Christian belief system in this form. It is based on the Old Testament story of the expulsion from Paradise. Adam and Eve are the first human couple forbidden by God to eat of the fruit of the Tree of Knowledge. Having eaten the apple in spite of this, the human couple were banished by God from the Garden of Eden to Earth, and since then, here they have had to suffer the results of their defiance. Since, according to the Old Testament story, every human being alive today is a descendant of Adam and Eve, the same conditions apply to all. The original sin, therefore, is that man has disobeyed the will of God and must therefore be punished. From this he/she will be delivered by the coming Savior,

who, according to Christians, was Jesus, but according to the Jews has not yet come. All the stories in the Bible and other scriptures are symbolic. We should understand these teaching stories as if we were analyzing a poem in a literature class. For those who had this weakness then, it will be no easier now. Everyone interprets symbolism according to their own level and point of view, which is why I had to show my own point of view. It should be clear to everyone that the interpretation he/she will read here, from which viewpoint was considered.

To interpret the story, we must first analyze the question: at what level is the paradisiacal event taking place? To understand this, it would be necessary to read my paper "Interpreting the first seven days of creation", which appeared in my work "The Art of Living Life I". It reveals that Adam and Eve are the archetypes of humanity, and that their creator, who expels man from Paradise, is not the supreme God, but a demigod to whom the creation of the material world has been entrusted. Starting from the supreme God and moving away from Him, all beings create in order to know themselves and the Laws that operate the Universe. Except for the Supreme God, no one is perfect, nor will his creation be perfect, for all are made perfect precisely by their creation. The creator-god (the demi-god who learns creation) must therefore know that he is not perfect, nor is his creation, so he cannot expect created beings to be perfect, for if they were, they would be higher than he is and would have to change places. It follows that the motive for expulsion from Paradise cannot be anger.

Now take a trip back in time with me. Here we are in the middle of the Garden of Eden. God, the Creator has made man in his own image. He generated this body as a subtle material form, as an information field, and inserted a part of his consciousness into it. So, the human couple comes to life, but as yet has no knowledge of himself/herself or of the workings of the Laws. And then someone puts Knowledge in their hands. It is exactly like showing a kindergartener the trigger for the atomic bomb. What would you do if your child walked into the control room and started pushing buttons to try it out? You'd ban him/her from it and make a play area where he/she could try out everything in a computer simulation, he/she wanted to do, but he/she couldn't harm others. That's exactly what happened. The human pair were sent out of the subtle world and a playground was created for

them (this is Earth) where they could try out the consequences of their incomplete knowledge about themselves and the Laws in a computer simulation, but they could not interfere with what was happening in the subtle world, so they could not unconsciously destroy the creation of beings in higher dimensions. Whoever learns the Law and how it works here on the simulator can return to the subtle world and continue his/her development there.

The question also arises that if the creator-god did not want this outcome, then who and what was the snake and how did it get there? According to the biblical story, the serpent is a symbol of Satan, and God made a deal with him to test man. The story limps there that God would have all snakes obey him. In the Oneness, there is no such thing as a snake (or anybody) having a self-contained will (independent of God). This immediately shows that Paradise is indeed not the highest divine plane, for in the Oneness there are no roaming serpents, nor Satan toying with created beings. So, the snake is the counter-pole of the Creator God, his shadow personality. In other words, after the creation of man, the creator-god doubted the perfection of his own creation, so he decided to test man before giving him/her all knowledge, would he/she obey him? Would he/she be able to cooperate with him, that is, had he/she been created perfect enough? If not, he will find out some solution, since nothing can be destroyed, since everything is eternal. This was probably not the creator-god's first bitter experience of his own imperfect creation, if such a thought could appear in his field of intelligence. He must have had many unsuccessful attempts to create beings before, because he always managed to build into them a piece of his own undiscovered consciousness, and then, after creation, he was confronted with the fact that he still did not know himself well enough, as everyone creates a mirror of himself. It is similar to the way in which we beget or bring a child into the world and are forced to recognize our own good and bad qualities in it. A creation is perfect when there is no doubt, and then there is no need for prior testing. One who knows oneself knows one's creation and is aware of all its subsequent implications.

At the age of 11, I had the intuitive realization in my religion class that I was not responsible for some god's botching of my creation, so I immediately denied that thesis, and with it the god before whom I must beat my breast and apologize, and even beg to be excused from

this humiliating situation. With my present awareness, I have understood the essence. This is simply how creation works. It cannot work any other way. If I give a part of myself to somebody else, they cannot embrace the whole, and I cannot give myself completely and immediately because the evolution of created beings takes place in time and it is a process. So, we created beings, we are sitting in the school here, learning to live the Law so that we can return to our creator. By banning us, he has only done us good, because if he had allowed us to stay on the subtle material plane, we would have accumulated much more karma there with the amount of nonsense we create. I also realized that the ban is not a reality, it is an illusion.

Then I forgave myself that I had not yet reached perfection, and I forgave the creator-god that I could not yet be with him. I felt grateful to Him for saving me from the consequences of my ignorance and for breathing life into me, because if that hadn't happened, I would have no chance of awakening to consciousness here and now. The first thing I have to say is that there is no such thing as sin, because it is indefinable in terms of universal law. In simple terms, religions consider as sin any action that has negative retroaction. This simplification is necessary because it is much more difficult to explain the law of karma to someone than to simply forbid something. People alive today are far from to be on the same level of development. Among them there are child souls, adolescents and adults. Everyone should explain the workings of the universe at their own level, but the present world is such that everyone has access to all the information, and because they don't understand or only half understand it, there will be a lot of confusion.

In the following, I will show through sexuality how the law of retroaction works, since its free exercise is considered a sin by most religions. Everybody is born into this world because they want sensual pleasure, they want to play freely to satisfy their desires. I would like to illustrate the situation with a current example. You want to build a house, but you don't have enough money. You go to the bank and ask for a loan. They give it to you under certain conditions. But then you don't start building your house, but use the money you get for fun. One day, the time comes to pay and there is no house and no money. Then comes debtors' prison or slave labor. Now let's translate this example: life energy is the money you borrow from the bank (God). You get it

to build your house (develop God-consciousness). You use the life energy to have fun, and dissipate it. Now you can guess what's coming next... In the seventh chakra, you access high vibrational energy that is meant to transform your entire physical body from gross to subtle. At the moment of sexual orgasm, the life energy leaves the front of the first chakra, resulting in a continuous re-creation of the gross material world. You never get out of the material world, but sink deeper and deeper into matter because you are more and more in debt. You pick up the tens of thousand dollars and spread it out into the world cents by cents as you transform it into a lower vibration. An exception would be in the case of child procreation, because then the life energy is taken up by the physical body of the unborn child. To overcome this, in some cultures all children are born, resulting in overpopulation and exploitation of the Earth's resources. Man, thus reproduces irresponsibly and discharges his/her sexual energy into the world in an uncontrolled way, thereby re-creating his/her own enclosure in matter.

Perhaps now you will understand why you were cast out of Paradise. It's because you would have done the same thing there, but with much more energy. Therefore, the creator-god reduced your ability to create by removing your direct connection to the source of life energy. This was done by severing the energy cord that was connected to the seventh chakra. Therefore, it now rests coiled up in the root chakra. This is called Kundalini. When Kundalini moves upwards, it seeks to re-establish the connection between chakra one and chakra seven. From here on, you either don't make love, or if you do, you have to learn that you can't release life energy during orgasm, but you have to direct all your energy upwards. This is called tantric sex. From here on you start to sublimate the low vibrational life energy into a higher vibrational energy, so what you have dispersed you start to collect and repay. Once you get to a point where you are in balance, from then on you have no problem reconnecting your Kundalini.

How can you speed up repayment if the Kundalini is not even awakening in you? You can practice certain yoga techniques (e.g. kriya yoga, bhakti yoga), pray, mantra, because they all sublimate life energy. So, the life energy that you have used up in your life and not used for your development, you start giving back and you will rise. Deep study of the scriptures and devotional service to God can also help. And when you reach a certain age (at the latest, when you retire),

give up sexual activity and from then on dedicate your life to God. Suppressing sexual desire is not the answer, because what exists, that doesn't cease by ignoring it. The real solution is to sublimate sexual desire. The greatest help for you in this is love. If you do something out of **pure love**, it will never result in a retroaction, because pure love sublimates all energy.

The problem is not that there is not enough life energy, because there is infinite, but how long would you pour water into a bottomless well? Why should God give you more life energy if you don't use it to get out of the gross material world and learn to rise to the subtle material world? Because that is what you were created for, not for the existence you are now busy with. Of course, the creator-god does not destroy anyone, because everyone is an eternal soul. Only when the time he has allotted for your evolution is over he withdraws from you the possibility of becoming conscious. The soul-spark that you are now, will return to the sea of unconsciously swirling soul-sparks, and in a trillion years, in another creation, it will start again on the path to adulthood. And its suffering will last until you realize your true nature and purpose. So, there is no sin, you are free, you can enjoy. But your existence is always overshadowed by struggle and suffering. The evolution of the universe is bound to infinity and there is no escape. There comes a moment of realization for everyone, and no one is obliged to wait for another when the journey is over for them.

Dogmas, therefore, do not come from God, but from the people who are responsible for the widespread dissemination of a religion. Dogmas are brought into being by the fact when for uneducated people has to be explained a religious doctrine and they can only accept it in a simplified form. That would not be a problem, because that is the only way to teach. When we explain to a kindergartener what writing means, he/she will understand it to mean that mummy draws marks on paper with a pencil. Soon he/she will tell you that he/she can do it too, and he/she is drawing cricks. At school, he/she understands that writing means writing letters, words and then sentences, and he/she learns the punctuation marks. Later, he/she also learns that writing is a creative activity in which we can communicate our own thoughts and opinions to others. This concept is difficult to grasp in kindergarten.

The same is true for religious beliefs, which would need to be explained to everyone at a different level. What has happened, on the other hand, is that dogmas, which once served a certain purpose, have been built into religions as pillars, so that they cannot or should not be questioned. Furthermore, they are not reviewed to see whether a dogma still serves the development of the religion or of the believers, so that sooner or later they become an obstacle to progress. It should be accepted as natural that religions evolve and change, and that their purpose is always to bring people closer to understanding God. If religious leaders had this goal in mind, they would not start persecuting or threatening to excommunicate those who question the necessity of certain dogmas. But because religious leaders cling rigidly to their dogmas, mistaking them for divine revelation, they will sooner or later exclude themselves from progress, and time will pass them by with their dogmas.

Let us then examine a dogma and its interpretation that has become the cornerstone of several religions. In Christianity, Mary, as a virgin, gave birth to Jesus from the Holy Spirit. The event is called the Immaculate Conception. In Buddhism, Buddha's mother (although a married woman) did not become pregnant by her husband, but Vishnu appeared to her in the form of a white elephant and penetrated her womb. In Hinduism, Krishna was born to a married couple who were chained in prison on the day of their marriage and they were physically unable to have children. Moreover, Krishna was their eighth child. It is therefore clear that the immaculate conception is a mystery in religions that is quite common, and it is therefore certainly worth reflecting on its causes and ways.

There is no doubt for the believer that God is capable of miracles. If He wills, He can appear in the material body to anyone at any time, without the need for parents or the nine months of pregnancy, labor and all the other things that accompany childbirth. In the examples cited, however, only the conception was a "miracle", everything else flowed in a perfectly normal way. It would have been very strange if God had wanted only the mother to experience all the joys and trials of childbirth. And did not want the father to experience the joy and responsibility of procreation? If God chose to be born into physical body of parents having physical body, then it happened in earthly way! It must be clearly seen that the parents give the physical body only,

they create it for Him, and the soul enters the body by accepting it. From this point of view, it is not indifferent what quality of physical body the parents can give to the divine incarnation or divine representative to be born. In order for a high-level soul can enter into a physical body, it must be such a high vibration that he can accept.

The monks of the early Christian sects used the ritual of the virgin sacrifice to call upon a superior spirit for help. The ritual was as follows. A deeply religious virgin maiden was sought who was willing to offer her body to the soul to be born. The maiden would lie in a trance state in the sanctuary during the ceremony, in a tight and confined circle. The leader of the sect would call upon the Holy Spirit or whatever aspect of God he could connect with. The high priests of the sect prayed for the aspect of God to create a physical extension of Himself in the girl. Then, letting off their semen, they united it and impregnated the girl with the united seed. In fact, an immaculate conception took place, for there was no act. The girl was not even conscious, so she knew nothing of what was happening to her. The high priests, however, participated in the event in God-consciously, devoid of sexual desire, for the purpose of calling forth a God-realized person. They knew that the only way to give a physical body to the soul takes place though impregnation. They used the united semen so that it could not be determined who the physical father was. The child, once conceived, was considered a child of all the members of the community participating in the ceremony, they passed on all their knowledge to him and supported him financially. A member of the community took on the role of guardian, looking after the daughter and the child. Of course, the ritual of the virgin sacrifice was not common knowledge, since people at the level of material consciousness could not understand its meaning. Both the daughter and her parents, and often even the guardian, knew that the child was born of the Holy Spirit (or some aspect of God). This was true, since the soul was called down from that level. Even now, people at the level of material consciousness do not understand this, so it is unnecessary to tell them. The dogmatists would scandalize and the atheists would judge. Very few people understand the divine play!

I do not intend to claim that these divine-level persons were conceived in a similar way. I leave it to each person to answer that question for himself/herself. The purpose of my writing is to give

people back the opportunity to call down themselves a high-level spirit for the world, if the priests of the religions do not have the knowledge. The point of calling a high-level soul is for both prospective parents to act in a God-conscious way, without sexual desire, focusing only on the goal of calling a soul, praying to the aspect of God of their choice. The woman offers her body to the soul, and the man, without an act, lets off his semen into his own purified hand, then gives it to the woman into her clean hand, and she places it in her vagina. In addition, they should not touch each other to avoid sexual desire for each other. In this case, they can call down a soul who is already beyond the motivation originating from the desire to exist.

I recommend this method to anyone who desires to have a high-level soul born into their family, clergy, monks, yogis. Best results are expected when the lady is still a virgin (in the sense that she has not yet been touched by sexual desire). Since this is rare nowadays, there is some chance for people who have already fulfilled their sexual desire and would still like to have children. Of course, it is not necessary to choose the immaculate conception form for all their children, but they can also give the opportunity to reincarnate for their deceased relatives to work off their karma. By following this principle, not only the family will rise by several levels, but they will be doing a service to the spiritual upliftment of all humanity also.

The connection between religious dogmas and sects

Religions are based on dogmas (beliefs), and when a dogma is overturned, often a new religious movement starts, whose followers separate themselves from the original religious grouping, forming a sect. Most religious movements therefore start as sects. That is, a sect is a religious (or other) organization with a determined purpose and set of principles, defined in such a way that it can be distinguished from other groupings.

This would be true for almost any organization, so we need to broaden the definition. A self-distinctive group becomes a sect when difference becomes so pronounced that it results in separation. Separation means that the members of the sect reject, despise, perhaps seek to convert or recruit people who do not belong to them, condemn

or reject behavior patterns that are not acceptable to them, and consider themselves the sole knowers of knowledge or the way to God. From this definition follow the most important criteria:

- **separation:** the sect stands between man and man, often between parent and child, or between a married couple, etc. In this sense, it breaks down family and human bonds. This can never be an element of true faith, since all belief systems emphasize love as the most important saving feeling. And love unites and does not separate, love accepts and does not reject, love understands and does not condemn. The true experience of faith and religion always leads one towards love, acceptance and understanding of the other person. So, if this is not what one experiences when joining an organization, one has to think about how to go on.

- **judgements:** judgements are made by the community and/or leaders if someone does not follow a pattern of behavior that the group considers to be guiding. Thus, community members accept the majority opinion out of fear of judgement and possible exclusion, but follow it out of compulsion rather than heart. Thus, the fear of ostracism and expression of opinion is present in the community.

- **an autocratic leadership style:** the all-time leader must be venerated as a god and his/her words cannot be questioned. If one does, the reward is exclusion and humiliation before the community. These communities are characterized by a lack of real teaching. The only way to pass on information is to learn or interpret the scriptures (or the leader's writings) verbatim, rather than by teaching. There is no opportunity for constructive discussion to find out who and what does not understand or who understands something differently.

- **exclusivity:** the leader proclaims the knowledge which he/she says comes from God and through him/her. In reality, this is rarely the case, but it is possible, and one should be suspicious if someone strives for exclusivity in this role. That is, God has manifested and imparted this knowledge to him/her alone; not only at present, but in the past, there was no one who possessed knowledge, or if there was, it is obsolete, and now his/her role is to replace the teaching. In such cases, there is no way to synthesize the knowledge either, i.e. the old and the new teachings cannot be integrated, the leader's teaching cannot be combined with other teachings, as it is unique. The leader is

questioning (note, not reinterpreting!) the correctness of the previous teachings, not just on one point, but as a whole.

- **proselytism:** forcible (possibly aggressive) proselytism of outsiders is a task or a good point for members. This is often accompanied by threats of doom, damnation, dark forces, etc. However, these statements are not explained or interpreted, but the point is to keep people in fear, that God is to be feared because He will punish. This in itself is suspicious, since God never intended to keep created beings in fear. Behind it there are always worldly power interests so that people pay, can be controlled through their fears, and support the leaders in return for some otherworldly reward.

- **hypocrisy, lying:** the declared and the hidden purpose are not the same. This may not be immediately obvious. The leader(s) need to be carefully watched to see if they are living as they teach. Sooner or later, there will be slips of the tongue that will be suspicious. No one can fake continuously and flawlessly for a lifetime, because it is a very energy consuming activity. In such cases, the leader does not give himself/herself, but puts on a mask, tries to play the perfect being, and if he/she fails, he/she becomes aggressive. If somebody gets suspicious, then comes the "sweeping of problems under the carpet". If there are substantive questions about the workings or principles etc. they will never be answered openly, but the questions or answers will be smeared. There are several ways in which a leader can do this.

Not all of the most important characteristics are necessarily present, as becoming a cult is a process. Most organizations don't start out wanting to be a cult, it's usually just a slipping (failure) of the leader that causes sectarianism.

Many cults attract attention by proclaiming the end of the world. If you join them, you are promised salvation; if you don't, you are threatened with damnation. We are all eternal souls, so our destruction, like the 'end of the world' (and indeed the world itself) is an illusion. The 'end of the world', also known as the Last Judgement, is a Tarot initiation path that all humans must undergo from time to time. At such times we are tested in disaster situations. It's exactly like an exam, but in real life. What is tested? Our humanity, love, helpfulness, discipline, faith, knowledge, ability to forgive, in short, all the divine qualities are put to the test that we should have been developed in ourselves. Then we will see if we can apply them and

stand the test. If not, we can try again later, in subsequent lives. If this time comes for someone right now, it is worth considering my thoughts.

How do we survive the "end of the world"?

First of all, if we see it coming, let's keep calm and face it head on.

Our world and the living things in it are constantly exposed to decay and destroy as natural processes. And the transformations of the world can force living beings to adapt, to change, to leave their environment and habitat. Consider that for a gopher, pouring water into its tunnels is tantamount to a flood, and for ants, dusting ant colonies with ant killing dust is the beginning of a chemical war. Yet both the gopher and the ants can survive the disaster if they are adapting. The gopher will leave its tunnels and, if it runs fast enough, escape, and the ants will save the queen by organizing their society, ensuring the survival of the colony, even though many of them will perish.

It is the same in the human world. The "end of the world" for man is the collapse of his/her own inner world, created by his/her mind. And change and progress are concepts that go hand in hand. A living being lives as long as it is able to change and develop, and when it can no longer do so, it vegetates and then begins to regress and decay. For Noah, the flood was the "end of the world". Noah thought that the whole earth would be destroyed, but only he and his micro-environment was affected. The "end of the world" is created by everybody for himself/herself, and all the while he/she thinks he/she will be the sole survivor and everyone else will be destroyed. Everyone who reacts with avoidance, fear, judgment and emotion unconsciously contributes to the creation of the "end of the world". The idea of the "end of the world" enters the collective mental sphere of humanity and acts as a self-exciting process, as those who create and perceive on this plane read back from the mental plane as absolute truth what they themselves have placed there. The "end of the world" is therefore constant, in so far as our adaptability, our faith, our

strength, our endurance and the organization of our society are tested again and again.

How should we prepare for the unexpected? We should always have faith in ourselves, in our fellow human beings, in society and in God. We should always have enough food, water and survival tools in our homes to get us through a few days until outside help arrives, in case we are cut off from outside resources. The waiting time should be spent in peace, prayer and mantra, not in worrying, seeking responsibility and avoidance.

And if nothing else helps, remember the motto of the samurai:

"What you have to eat, you have to eat.
What you have to drink, you have to drink.
What must be done, it must be done...
If you have to die, you have to die."

The end of the world is again delayed...

As long as human have lived on Earth, they have been waiting for the end of the world. From time to time, there are predicts that it is coming. Seers foretell it again and again, and then explain why it is delayed. But what is the point of this charade? And why is it still affecting people?

Human thinking, accustomed to a bipolar (dual) world, constantly experiences that the world is caught in a pair of opposites of creation and destruction, birth and death. They unwittingly feel that they are subject to these laws. Man's physical body becomes the prey of death, which he/she dreads, while those who believe in the eternal nature of the soul long for the spiritual realm of the eternal. Man, also feels that he/she is doing something wrong. He/she lives against the laws of Oneness, excluding others, but especially himself/herself. Added to all this is the fear of the unknown Law (God), which is the precipitation of all repressed fears, when the fear program is activated in the mind. This activation does not make the cause of the fear conscious, but only releases a tension. The "always something to fear" program is an ancient, instinctive pattern that is reinforced generation after generation by both the family and the repressive apparatus of society.

It is exploited by self-proclaimed world changers to lead people, motivated by their fears, to a truer path.

The activities of self-proclaimed world saviors (visionaries) are, after all, legitimate. What can be done with the ignorant masses who can only be guided by their fears? True, Jesus tried to bring them motivated by love to a better understanding, even at the cost of his personal sacrifice, but with apparently little success. The application of the proposition "Love your God with all your heart, with all your mind and with all your strength" would work, because anyone who could love God would fear nothing, especially Him. Because who is afraid of their parents? Who does not love them and is not loved by his/her parents. **So, in fact, man fears most of all that he/she doesn't love and is not loved.** Because man knows that he/she is like this and like that, and above all he/she knows that he/she is incapable of receiving the love which God lavishes on him/her in infinite abundance.

Others, on the other hand, expect the triumph of their own truth from the end of the world. According to this, they will be saved, but all the rubbish, the vile, the so-and-so, and above all those who do not follow this and that religion, they will not, because they will be punished by God. The perception is so childish it almost hurts, but it exists. But God has a different standard than man. All His children are equally important to Him, and the "bad" ones will one day be saved just as much as the "good" ones. God is the infinitely patient, loving teacher who has infinite time to wait until His children grow up and stop "misbehaving". Therefore, He has created a virtual world (Earth) living on which we can try all the "mischief", without seriously harming each other. Of course, we can still do harm, but it is virtual. It is like a computer simulation. The rules of the game in the virtual world are given, and they work in such a way that each of us is free to try what we fear, desire, and inflict on the other.

As a result, of course, those who wish to experience the end of the world will be able to do so, but it will only apply to them. The rest of us will not notice anything. The end of the world is nothing other than the experience of the "Last Judgement" initiation path, here in the material world, which man has undergone and will continue to undergo countless times. For the test of the final judgment can only be passed if at the moment of death, the consciousness is completely

clear, free from all attachment, fear, anger, judgment of oneself or others. If pure love for all beings, infinite acceptance and forgiveness pervade the person. Then for man this test was truly the last. For him/her the virtual end of the world has truly come, because he/she has outgrown the virtual world.

I am sorry, but I'm afraid that the next doomsday program will not be the last for most people. I wish everyone a successful exam in the virtual doomsday lecture. For my part, I have already cancelled my ticket for the following performance.

Religion versus science?

Some scientists are sure that as science progresses, religion will disappear as religious views are replaced by scientific thinking. This has not worked to date, and it will not work in the coming years. The reason is not simply that uneducated people are reproduced in an expanded way, and there will always be a supply, but that religion or faith is an intrinsic, spiritual need.

Based on my observations, I have divided people into four groups according to the relationship in their minds between the religious and the scientific worldview. In the first group, I put those who have a dominant religious worldview. They do not believe any scientific statement if it contradicts their religious worldview. They simply ignore it, don't accept it. The second group is the opposite. They don't believe anything that has religious origin, they only believe what science has proven. They would only believe in God if someone deduced mathematically to them. The two groups, although they seem different, are the same in terms of the way their minds work. Their minds can only operate on a certain track, and this track is along fixed ideas, no deviation from this is possible, because then their well-constructed ideological system would collapse. Interestingly, this is not a function of education. E.g. Prabhupada, the founding high priest of the Krishna consciousness movement, was an extremely broadly educated man. He was a Sanskrit scholar, who was also a native speaker of several languages, and well versed in the affairs of the modern world. He is credited, for example, with introducing numerous purity rules into the religious life, which is not very common in India.

He also sought to make the religious organization economically viable. His creation, and all that he has given to humanity, is outstanding and even unique. And this man did not believe until his death that a man had walked on the moon. By the way, my father didn't believe it either, but he had another reason, his lack of education. But in Prabhupada's case, it was not that reason, but religious fixation. It means that what we cannot fit into our beliefs does not exist, because it cannot exist, and that's all. Besides religious fixation, there is also scientific fixation. It works on the same way. For example, a close friend of mine, who was a famous and respected scientist, a member of the HAS (Hungarian Academy of Sciences), was unable to accept that homeopathy worked. It doesn't work because it can't work because it contradicts the laws of chemistry, he said.

In the third group are people whose minds are open (active) in both the scientific and religious areas, but there is no overlap or connection between these areas. They operate in such a way that when they are doing science they switch on the science area and switch off the other, and when they are practicing their religion they switch off the science area and switch on the other. In this way, the knowledge of one area of the brain does not conflict with the knowledge of the other area, but is kept in discreet isolation, lest it become entangled in contradiction.

Finally, the fourth group, to which I belong, is not very large. We operate by creating an overlap between the two brain areas, and by using one to constantly override the other. This internal reconciliation goes on until the scientific view and the religious view that goes with it are in harmony. I note that this is also where not only the mind is already at work, but a higher intuitive knowledge that facilitates the synthesis. This is the approach I would like to pass on, if I had anyone to whom. The result, even in the case of the smallest recognition, results in an experience that makes one feel that it was worth being born and living.

Let's take a few examples. Prabhupada did not believe in landing on the moon because the moon did not mean to him what it means to us ordinary mortals. To us it is a mud ball, here near the Earth, and he was talking about the moon of the astral field, where is really not possible to travel by spaceship to, he did not even think that some people long for the mud ball. And my scientist friend did not believe in homeopathy because he was trying to understand it from a chemical

point of view, whereas the mechanism of action is to be found elsewhere.

But let's go back further in time. The story: Moses, wandering in the wilderness with his nation, found a well with bitter water. Moses took a piece of wood and threw it into the water, which made it drinkable. Now imagine sitting with Moses around the fire. Silently pondering the future, praying to God to change our fate for the better. The logs are slowly charring. The women carrying water return from the well, offering water to the men, weary from the long trek. They are awakened from their reverie by an indignant shout. Ugh, it's undrinkable! The water is bitter! Moses, give us drink! Moses impetuously snatches a charred log from the fire and throws it into the bucket. Ungrateful people! Be silent! In one hour, you can drink. It is irrelevant whether Moses knew what he was doing, perhaps he was not exactly aware of it, he was just doing what he could. The water was bitter because of the high magnesium sulphate content. Even now we know of such bitter waters and use them as laxatives. And the charcoal that he threw into the water bound some of the ions dissolved in the water, which reduced the concentration of magnesium ions, making the water more enjoyable. Activated carbon, which can be produced from charcoal, for example, is still used for water purification. Other miracles of Moses can be explained by the current state of science.

Let's look at another example. Almost all religions prescribe certain dietary habits, or vegetarianism, or if not so strict, the regulation of meat eating. And fasting at certain times. Is there a scientific explanation for this? We know that intestinal bacteria (mainly *E. coli*) live in our intestinal tract. These bacteria consume food of plant origin (cellulose) which is indigestible to us. If our intestinal tract only has these bacteria, it is perfectly normal for us. But if we eat more meat than our body needs, it is not fully digested and stays in our gut. When this happens, rotting bacteria proliferate in our guts, and this triggers exactly the same biochemical processes as those that take place in the rotting meat that we have thrown away. These bacteria produce metabolites that can be absorbed through the intestinal tract and cause disease. This is why eating meat is forbidden or regulated in all scriptures. And fasting is both a means of limiting the proliferation of coliform bacteria and a means of cleansing the

intestines. At the time, the only cure for intestinal worms was fasting, combined with the consumption of certain herbs, which caused them to die and pass away. Everything that was not understood by the people in the course of history was written down in the Scriptures of the various nations as a miracle, without explanation. In other cases, health considerations are behind the religious prescriptions. In all cases, it is advisable to study them with an open mind, because there is a reason for everything. Thousands of years of wisdom can be revealed by studying the scriptures. And if it turns out to have been wrong, we get rid of a religious dogma. All this alone would be reason enough to search the Scriptures scientifically, because many mysteries are still hidden there.

The path to real knowledge

Let's start with alphabet

When a child is born, he/she cannot read or write. If you give him/her a book, he/she will tear it up because it has no value to him/her. When my children were six months old, I taught them on a way that I gave them a small (plastic) book with pages, which they could put in their mouths and chew on. On the pages of the book were pictures (e.g. apple) and underneath it was written the same with letters. Then I said, "*This is your book. Now we are going to read this book together. This picture has an apple on it. Under it are letters: apple.*" When I was making apple pulp for them, they sat next to me in the kitchen in a high chair so they could see what I was doing. I showed them the apple in real life: "*Look, this is what apple looks like.*" Then I showed the process of peeling and grating the apple. Then I fed them the apple pulp. "*You're eating apple.*" In the meantime, they had the little book in their hand with the apple and its word-image. So, the child connected the real apple, with its abstraction, the picture, and the picture with its further abstraction, the word-image (the letters), and connected all of this with the process of transforming the apple and the result, the taste of the apple. In this way they were able to gain a complex experience of the apple. Later, when they saw the word

apple written down, they could recall everything they had previously perceived in connection with it. I did the same thing with bananas on other occasions. Such a complex process can be encoded into the child by a few simple objects. ***Thus, the child will know the way of experience: the object, its image, its word-image, the process of transformation and its result.*** So, they will be able to perceive easily material reality as an abstraction, and they will also be able to carry the process in the opposite direction, i.e. they will be able to deduce the process from a taste and its starting point, a fruit.

Now we apply this example to the highest abstraction that a human being can experience: God. I often hear irreligious people exclaim, "*Let God stand before me, if He exists, and then I will believe!*" I can give a number of wise answers depending on the situation, but usually I don't because they don't understand anyway. Simply think about it, if we shove an apple pulp down our child's throat, he/she will not be able to associate it with the red, round apple if he/she doesn't know the process of abstraction, the way to gain cognition.

Experiencing God has to be learned just like learning to read or write. Every healthy person is born with the ability to read and write dormant but undeveloped. He/she starts school and learns the alphabet. But that does not mean that he/she can read. Then he/she will learn to read the letters together, but he/she will still not understand the meaning of the word. Then he/she learns the meaning of the word, which requires him/her to make the right associations, but he/she doesn't yet understand the sentence. Have you ever been in a situation where you understood every word in a foreign language text, but it didn't make a sentence? I have. In such cases, a higher level of intelligence kicks in, if it is developed, which wants to understand the idea and not the words themselves. So, what was the writer thinking when he/she put these lines on paper? Then the sentence comes together. To understand the scriptures, you need an even higher level of awareness. For God is the supreme abstraction that stands above the phenomenal world (the material world that can be experienced). How do you expect to understand and experience something if you have not developed the necessary capacities?

Many people think that religion is easy because you have to believe only, and that knowledge is a barrier because it reinforces doubt. Let's go back to the initial example. I feed my child an apple pulp and show

him/her the apple. He/she won't be able to connect the two, he/she won't understand that they are the same, because he/she hasn't seen the process of how the apple became the apple pulp. He/she can make the connection if he/she can bite into the apple and realize that the taste he/she experiences, is the same, or if he/she has seen the process because it happened in front of his/her eyes. So, if one has an experience of a concept, he/she will not doubt it, i.e. his/her belief will not be stable until it is supported by experience. Suppose a child who has never seen an apple eats apple pulp and I show him/her a banana, which he/she cannot taste. A link is made between the apple pulp and the banana and he/she will think that the banana tastes like an apple. Until he/she has a real experience of apples and bananas he/she will live in this false belief. This is not fiction. Everyone knows of real-life incidents that we joke about, like the spotted cow give you cocoa-milk or the child asking for a breaded fish thigh. With simple concepts like apples and bananas, it is relatively easy to clear up the mistake.

But what if the story is about God? There is a believer who believes without doubt what the priest (teacher, etc.) has told him/her about God. Suddenly he/she meets another priest (teacher, etc.) who tells him/her the opposite. Either he/she rejects the latter opinion, or if he/she believes it, his/her previous belief wavers. Now perhaps it is clear to everyone why people of different faiths can be pitted against each other. If he/she believed the other person, his/her previous beliefs would be shaken. Such is faith if there is no knowledge or experience behind it. So, people of faith cling desperately to their faith (to the apple-flavored banana concept).

Suppose that our believer meets many other priests (teachers, etc.) and each one says a different thing about God. God is this or that, or even is not exists; a historical-cultural concept; a product of human ignorance; the result of a lack of knowledge, a fear of the unknown forces of nature; a fiction with which the powers wants to knead the masses into a manageable mass. The result: our man rejects all beliefs, he/she is completely disillusioned with all religions, he/she need not be fed such things, he/she is a modern, cultured 21st century people. He/she just does not think about the fact that he/she is still not following the path of his/her own experience, but is adopting the beliefs (ideology) of others about something he/she has no idea about.

Whom should one believe and to whom should one turn to become independent in deciding what God is? Well, if one wants to learn to read and write, one can try on one's own (some have succeeded), with a chance of about a million to one. You can seek out people who have already learned the alphabet, or how to read words together, etc. Probably you have the best chance if you seek out someone who has personal experience of reading and writing and not at the elementary school level. Worst case scenario, he/she says, sorry, but you have to go here and there, and then you can come to me.

It is the same with God. We cannot learn to develop the skills necessary to experience God from those who have not had such an experience, however they may be zealous in praying (chanting) or reading the Scriptures. Certain fields of information, the way to access them, can only be activated in us by those who already have them open. And if we find one, we must go there as a disciple, at least for the time it takes to receive his/her knowledge. I used to say ***water only flows from the top to down, and knowledge is like water.*** If I want to learn how to form dung into dung ball, I have to bend down to the dung beetle and watch what it does. That's what science teaches you. If you are skilled at understanding nature, you know that some animals do some parts of the job much better than humans, and you can learn a lot from them. It is humility, the ability to bow or receive. In fact, in such cases we are not learning from the animal, but from the Creator, He is showing us through natural processes only.

If they ask me to show you God, I say: *He is before you, and in anyone and anything, even in yourself, you can discover Him. To acquire this vision, you need such and such a skill, and to develop it you need such and such a practice.* Anyone who gives you God as a kind of apple pulp, without showing you the process, you cannot grow up beside him/her, you can only remain a believer beside him/her. ***You need to master the process that leads to the inner experience of God.***

Faith and experience

The essence of my teachings is not for believers. For those who want to believe, there are plenty of opportunities. You can believe in the matter, for example. ***Matter is an absolute reality, a cause of itself. Matter is not destroyed, it is only transformed.*** This is the definition of materialism about matter. Such a statement is called an axiom. A proposition that is accepted as true without further proof. If we examine this definition carefully, we will notice that it is very similar to the definition of God. ***God is absolute reality, the cause of itself. He has always existed and will never cease to exist.***

How can we make sure that the definition of the matter is valid? By experience. In other words, we experience every day that we are made of matter, that things around us are all made of matter, and that we know the physical laws of conservation of matter, or if not, we believe them to be true to scientists smarter than we are.

How can we be sure of the authenticity of God's definition? Similarly, by experience. Or if we cannot experience it ourselves, we believe it from teachers and masters who are smarter than we are. Since our world has existed, surely more brilliant people have claimed that God exists than that only matter exists. Of that I am quite certain.

Yes, but we don't want to believe for others, we want to experience God for ourselves. "*Then let God stand in front of me!*" – man shouts and ... nothing happens. Then he/she rejects the existence of God. Let us do a thought experiment. Go out into the desert, sit down, and shout in yourself, "*Let there be a table in front of me with the best snacks!*" Nothing will happen, only the wind will ripple the sand dunes. But that doesn't mean you'll dismiss the idea that there's a table full of goodies you just couldn't magic up. Well, so it is with God, if He hasn't appeared in front of you, you couldn't attract Him there. So, you don't know, you don't understand, you don't ken something. For Jesus, for example, was able to materialize bread and fish, but at the same time he also experienced God.

So, if God didn't come here, then we have to go somewhere, goes the logical thought. One possibility is to make a pilgrimage to a place where others have experienced God or something else (we don't know what it is yet, since we are not believers). In famous pilgrimage sites we are more likely to experience some presence, but it is not of our

own doing. The way such pilgrimage sites work (if they are authentic) is this: once, long ago, a person who had developed the ability to experience God within himself/herself received an apparition at that place. He/she made this known to others, and pilgrims there maintain the energy of the place through their continued prayers. So, if we are open enough, we can feel something that is uplifting, purifying, sacralizing. This is called an external experience.

Let us then examine how does an experience of God come about? To do this, we first need to become aware of what has been well hidden from us by the elites of many religions: that God is within us. Within us is placed the core that is one with God. We ourselves are that seed, we just don't know it. Where is it, how can we get in touch with it? Until we find this seed within ourselves, we have no chance of experiencing God outside of ourselves, for there is nothing to establish a relationship with Him. Imagine that you are a light bulb, wired to the power source (God), but you cannot find the light switch. Until you find the switch, you will not experience being lit. Once you find the switch, you turn it on, you become aware of your own light, and you start looking for where the energy that gives you your light comes from. This is when the true experience of God can be created. The essence of all God-experiences lies in CONNECTION.

So, God is within us, as a part of our being. When we say that we are following God's laws, we are following the laws of our own innermost being. So, God does not give us an external law to obey. They are all given to us by human beings to help us evolve with rules, as constraints. God has placed Himself within us and is guiding the events of our destiny from within, which we think of as a game of chance. Therefore, no one can blame God if unpleasant events happen to him/her, since it is he/she himself/herself who causes them. Furthermore, no one can judge his/her fellow human, because God is present in him/her. On the plane of God-consciousness we are all one. The divine essence placed within us is identical, one and indivisible. As long as we do not see this, we only prove that we have not recognized the divinity of ourselves.

When we deny God, we deny our very essence, which is ourselves. Then the personality is in conflict with himself/herself, and this state places the being to a very deep plane of being. The denial of God,

therefore, does not hurt God, but will hurt us, exactly as if our heart were torn out without pain relief.

Is experience certainty?

Motto: *If you want to experience something you've never experienced before, you have to do something you've never done before...*

(unknown, attributed to Thomas Jefferson)

In cultures where the results of science have been made available to all, many more people doubt the existence of God and believe in the exclusivity of matter than in cultures with low levels of literacy. Many may be satisfied with the conventional explanation that people try to cover up gaps in their knowledge by assuming God, and where there are fewer white spots, God is lost.

*"Who is appeased by the conventional,
for one the possibility is only tensional.
But look the one, is seeking for the novelty,
he finds the way even in despondency."*

(Rhasoda: Dimension Gate, Meditation with the Angel of Creativity)

If we want to move beyond stereotypical thinking, we need to look for deeper answers. If we want to achieve results in this research, we need to find a stable starting point to fix our thoughts in, otherwise they will flow away without results. If one reads the writings of philosophers, this is exactly what one finds, neither end, nor length, neither structure, nor logic. If there is no fixed starting point, it is impossible to arrive to anything.

Let be our starting point now: ***what can be experienced exists!*** What can be experienced exists because someone has already experienced it, so it exists for him/her. So, the material world exists because it can be experienced by everyone. Experiencing is the only possible way to get information about the world. Everything else can

be traced back to it. If one receives divine revelation, it is also an experience, namely it is his/her own. If one doubts the reality of obtaining information through experience, one doubts everything. For if the material world did not exist, even though it could be experienced, then any experience could be doubted on the same principle. Then we should doubt our own existence. And he/she who doubts his/her own existence excludes himself/herself from existence, and thus from any further possibility of knowledge. However, the fact that the acquisition of information through experience is real, and therefore possible, does not mean that the information itself is real in the absolute sense.

For a given experience is only a certainty for the one who has experienced it, for others it is not necessarily true. This therefore draws our attention to the subjectivity of our experiences. The next question is: what makes our experiences subjective? In the material world, all experience is mediated by the mind, and therefore the content of the mind determines the property of the experience and the level of consciousness determines the quality of the experience. This means, on the one hand, that mind content influences, shapes, and even allows or excludes certain experiences. In a word, the mind is a filtering device, and through the filter a particular, unique point of view can emerge. The development of consciousness, on the other hand, allows for the possibility of an experience of the non-material world, independent of the mind, separate from the mind. In this case, the mind becomes only a means to transform the experience into words, e.g. to be transmitted to others.

Once the role of the mind in experience is understood, it becomes clear why some people believe in matter rather than God, while others believe in the opposite. Believers in matter are conditioned by the school system to experience material things. And where there is no such conditioning, traditional religious mind-programs are passed down from generation to generation. Many believers in Eastern religions regard the material world as non-existent and therefore do not engage with it. That is why they fate is the misery. For them, rejecting the existence of the material world is an escape from needing of creation and design, since for that one would have to develop skills and start on the path to self-knowledge. At the moment, the funny situation developed that in India, for example, millions of believers

are waiting for someone to create instead of them that the material world not to exist in reality, or if it exists yet, it should be different. Although it is given to everyone according to their beliefs, or else everyone creates their own reality according to their beliefs. He/she who does not believe in the creative power of himself/herself does not really believe in God as the supreme creator. He/she separates himself/herself from God and expects God to create the conditions for his/her existence, while he/she was born into the material world to learn to create as part of God.

In other cases, the filtering role of the mind and the lack of development of higher consciousness is that prevents one from experiencing beyond the material world. At the same time, those who feel themselves to be in possession of experiences of a non-material nature have not necessarily attained mind-independent consciousness. He/she is under the influence of mind patterns. In other words, he/she has religious program patterns running in his/her mind, which cause him/her to have religious experiences. These experiences are as subjective as any other experience at the level of the mind. People under the influence of religious mind programs tend to go to war to prove their subjective truths. For them, God and religion are just like this or that, and the truthfulness of other experiences is questioned. Doubt, as such, is related to the mind. Only the mind can doubt the veracity of its own or others' experience. The higher consciousness always sees all partial truths in unity, that is, that everyone has their own small, separate partial truth due to the subjectivity of their experience.

*"The supreme wisdom does not fight with any worldly.
It has contradiction neither with heavenly nor with earthly."*

(Rhasoda: Dimension Gate, Meditation with the Angel of Wisdom)

The essence and importance of “tapas”

Once a believer in India, driven by poverty, joined the priesthood. He went to a teacher to ask for a mantra that would make him rich very quickly. He received the mantra and began to practice it. He had been practicing for two hours when a beggar woman appeared. But he ignored the beggar so that he would not have to interrupt his mantra. The woman waited patiently, and when she saw that it was in vain, she began to unravel her rags. She took out a few coins hidden in her rags and with a sudden movement threw them at the feet of the chanting priest. The priest was shocked and refused the alms. *"Why? That's not why you chanted so much?"* – she said, and left the priest. The priest was so ashamed that he gave up his ambition to get rich and devoted the rest of his life to the priestly vocation, to the service of God.

This little story highlights several things about our current topic. First, if we ask anything of God, the degree of fulfillment will be proportional to the amount of energy invested in fulfilling it. From this, the amount of energy invested, we now proceed to explain the tapas (abnegation). The meaning of tapas can also be approximated as penance or offering. The tapas is a kind of consideration for the fulfillment of our request. To get a better idea of this, let's look at some examples. If a person in Tibet, for example, is driven by poverty to become a Buddhist because he has no other way to support himself, that is not tapas, but if a rich person gives up all his wealth in order to advance on the Buddhist path, that is tapas. Jesus called on the rich young man to give up all his wealth and follow him, that is, he advised him to practice tapas, but he did not call on Joseph of Arimathea, who was his secret disciple and one of the richest Jews, to do the same. Tapas is not simply giving something up, tapas is a real sacrifice. So, tapas is different for everyone. For someone who is attached to his/her wealth, renouncing it is a real sacrifice, but for someone who has no such attachment, for him/her the sacrifice will be something else.

I would also like to illustrate the point of tapas with my own life example, firstly because in UCCM we teach by example from our own lives and secondly, if people try to imitate me without knowing my situation, they are making a mistake. This applies not only to me but to all teachers and masters who are on the path of God-realization. We go very close to people to bring realization close to them. If the

disciple only sees this and does not see the extent of the tapas behind it, he/she easily overestimates his/her own potential or talents. In fact, one's potential is determined only by the extent of the tapas, i.e., the extent of the sacrifice one makes.

The first time in my life that I instinctively practiced tapas was when I realized that I would not survive a series of surgeries and chemotherapy to recover. I asked God for healing without human intervention, and I got it. Yet I never encouraged anyone to try this method unless they were ready for the real sacrifice, tapas. For my offering was that in exchange for my healing, I would dedicate myself to serving God and go to Africa to heal lepers. The purpose of this offering was to put myself in a position where I could not stray from the path of spiritual development and God-realization. In such a situation, if it occurs, there really is no turning back, nor worldly temptations to deal with, because there will be none. I was forty years old at the time and secretly planning the trip without my family's knowledge. On one occasion, as I was opening the wardrobe door to select the necessities I would take with me, the wardrobe door swung out of place and slammed into my right cheek, which immediately swelled up. I looked around thoughtfully, perhaps the Lord wants something else? At that moment I felt a sharp pain in one of my teeth on the left side, which caused my other cheek to swell up. I phoned the dentist... he was busy! Take painkillers, he said! I didn't. While tears were streaming down my face from the pain, I meditated on where I wanted to go and why??? The Lord's answer was, *"Don't go anywhere my son, for there are enough spiritual lepers here. They should be cured. The lepers got their disease because they caused physical and spiritual pain to others, which they did not repent of and we have marked them so."* I then realized the futility of my undertaking and gave up my intention to spend the rest of my life in a leper colony. As a result, my toothache and the swelling on my face disappeared within minutes.

Later, I wanted to move to a cave in the Himalayas to spend the rest of my life meditating alone. *"Why would you go, my son, since you came from there. If you could have realized God there, you would not be here now."* Then I realized that these offerings were just patterns in my mind. I knew the lives of different saints and I had no better idea than to offer what they had done. Only the tapas is different

for each person. Each person has to live his/her own life, not another person's. And for everyone, living their own life is the hardest thing to do, that is, the current task. For me, the tapas was that awaited me afterwards. But the lesson is that you had to be ready for anything, and that is the essence of real tapas. Many religious systems prescribe, as part of tapas, various renunciations for example, from sex or wealth, worldly desires, but it is never about what, but about the inner renunciation of everything; about the real self-surrender to the spiritual path, to God; about the unshakable determination to make union with God as part of my life. If I have this determination, I will be guided to the realization of the end goal.

Many people do not understand why tapas is necessary. Especially in a situation where I didn't seem to have to give up anything. I gave up everything inside, everything seemed to flow away from me, but then it all came back when I no longer had any attachment to it. Tapas is the inner urge, the driving force that pushes you towards your goal. God practiced tapas before He created. Without tapas, there is no creation, because there is no force. Tapas is therefore a withholding of force, whereby concentration is made on the goal. This concentration is the power of tapas, when for weeks, for months, you have no other thought but to be able to do everything, to know God, the Ultimate Truth, because you desire it so much that it is an unbearable pain. This is the real tapas, this concentrated retention of effort that breaks the first barrier in the path of kundalini. Without any prior training in yoga, I instinctively began practicing a yogic breathing technique in conjunction with the mantra of a holy name of God. But many people do or could do this and still nothing happens. I could impart what I have done to anyone, but it is useless, because what I cannot impart is the power of tapas. And this is also the justice of God, because if one does not have this overwhelming desire for Him, then it is in vain to know and do a thousand and one mantras or any practice.

What everyone can do, however, is to take conscious steps towards their spiritual development, because if they don't, they will never get ahead. It takes many small steps to develop the inner urge that accelerates the process.

So, anyone who is in a state of inner renunciation is in tapas. This may not be apparent to an outside observer, even to a spiritual master or teacher. I have had several occasions where I have gone to a master

because I needed his knowledge, having fallen into mystical yoga without any prior training. They wouldn't pass on their knowledge because I didn't meet their requirements, the standards of the path they represented, etc. They were right, neither I can do other things. The human subconscious is so profound that it is impossible to see into it. They could not see clearly my situation, the depth of the tapas. It happens to me too, that I consciously withhold my knowledge from someone because I am not convinced that they really have the inner drive of the fire of tapas. I prefer to ask the angels to pass on information about me if they find the person suitable, just as I have received knowledge in the same way from masters who have not passed it on to me directly. What I needed came through. The greatest teachings are done by one's presence. With the presence, here in the physical world.

All the information that I have inside me is not mine, I cannot appropriate it and I cannot keep it from anyone. I am a conscious and realized carrier of the information that flows down to me. This is not a mediumistic task, because I represent not only the knowledge that can be expressed in words, but also the experiences that lead to knowledge, both positive and negative.

In what follows, I will explain step by step a doctrine of God-realization that is complex and combines elements of different religions. I am aware that it is not as readable as the writings of others. But it will be a reader's tapas. If one is not willing to make any effort, not even to digest material already chewed by another, one does not deserve God in any form.

In the UCCM you don't have to follow rules, do penance, sit still in a lotus seat for hours, etc. like on other roads. But without tapas you will not proceed here also. If anyone promises realization without tapas, it is something wrong there.

The connection between society and individual realization

In the previous section we discussed the meaning of tapas. Once again, tapas is a concentration of effort in order to achieve a goal. The renunciation or sacrifice is necessary in order to withdraw energy from

certain areas that are draining much of our energy, and to use the energy that is freed up to achieve the goal. It is clear from this that the activity that consumes the most energy should be used as tapas. In human communities, the most energy-consuming activities are family maintenance, partnerships and working for money. That is why monks are advised to give these up.

Whoever finds in a monastic community the arena for his/her own God-realization has solved the problem. But that does not mean that others are excluded from the possibility. Society cannot support more than a certain number of monks anywhere, one might even say that it is a luxury to finance monastic orders in today's world from the strength of others, especially as these monastic orders can no longer give forward looking teaching to others, so they have become escape routes from society. (There are always exceptions, but not the majority).

The challenge of the present age is therefore how to remain in society, how to carry out a **genuine** realization of God and use the results to promote the development of society. If someone performs a God-realization process on himself/herself, it is not a self-serving thing. He/she must use the knowledge and skills he/she has acquired to help others, and he/she must do so in such a way that they can be incorporated into and become part of the culture.

Why is it good for a society if some people in it run a God-realization program on themselves?

1. When one returns to unity with God, or at least comes closer to it, that person moves the whole society towards peace, harmony, honor, understanding, love with each other and with the world. He/she will certainly make proposals or support initiatives that will promote this.
2. He/she acquires intuitive and creative problem-solving skills that others with a narrower and more self-serving horizon would certainly not have.
3. He/she can also anticipate and avoid situations that others may not notice and would run into without his/her warning.
4. Having achieved the ultimate goal of human life, he/she is happy, healthy, balanced and sets an example to those around him/her. In this sense he/she is a model of behavior, a role model, an idol for others.

If we accept this, then it would be in the basic interest of a society to have as many God-realized members as possible in the above sense. One or two individuals with such qualities can have little impact in a single lifetime, but in larger numbers and over several generations, they can have a significant impact on the development of the wider community. Of course, a society may give feedback that it does not need such individuals. In this case, the community may be missing an opportunity for advancement, but the individual who has gone through the development process is doing the best for himself/herself, because he/she will not be subject to the physical and mental misery of his/her environment. He/she will be able to rise above it and lift up others who come to him/her.

So, if one wants to start on the path to God-realization, one has to ask oneself the following questions and look for eternal answers:

- Who am I? What are the constituent parts of my personality?
- Where am I in my development? What level I reach in creation? How deeply do I know myself and the world?
- Where do I come from and where am I going? What is my origin and what is my purpose? Where did I break away from and where do I want to reintegrate?
- What are my biggest weaknesses and how can I overcome them? What are my greatest strengths and how can I develop them? How can I use both to improve myself?

We could go on and on, but it is clear from this that God-realization is primarily a spiritual question of self-knowledge! In any case where God-realization is not accompanied by spiritual self-knowledge, there is a high probability of "going astray". Of course, the stray is virtual, in the sense that the whole material world is virtual. Call it virtual reality. So, in virtual reality, there is a virtual lostness. Virtual error is always a consequence of partial knowledge, which we consider to be complete knowledge. In everyday language, it turns out in the exam that you have missed some of the items you needed to understand to pass the exam.

Darkness and Light **(or the operating principles of the dual world)**

Let's start with the fact that people don't understand why there is so much wickedness on Earth? Others ask the question, how can God (if He exists) allows so much suffering and deprivation to be our fate? Why are there wars, famines, why can groups of people be oppressed economically, politically, etc.? Behind the questions, anyhow they are formulated, there is the insufficient understanding of duality as the basic principle that sustains the material world.

Duality means that in our world, pairs of opposites exist separately and thus in independently experienced forms. In other words, in one moment we can experience goodness, beauty and joy, in another moment we can experience their opposite, evil, ugliness and sorrow. People imagine the Kingdom of Heaven (Paradise, Kingdom of God, etc.) as a place where only their preferred half of the opposite pair will be present, or they expect the Savior (God's messenger, the Avatar) to create that place for them here on Earth. However, if we look closely at these qualities, we soon see that, from a human perspective, we often classify as good what is bad for others and bad what is good for others, and we do the same with the other members of the opposite pairs. Likewise, we disagree about what God is like, or what qualities the idyllic world we desire should have. The best example of this is provided by missionaries, priests, etc., who, in the name of a religion, try to tell us how to imagine God or the way to God.

Those religions, systems of thought, which attribute darkness = evil to some force outside the created world, which operates independently of them, and fight against it, are extremely far from the Oneness view, since they themselves are stuck in dualistic thinking. It follows that Oneness can only be experienced by those who are in unity with both Light and Darkness.

Now I would like to explicate a schema of thought that provides an illustrative explanation of the phenomena we observe in the dual world. Imagine that God is composed of spheres of light that are so closely connected and overlapping that there is no space between them. When these light particles emanate from Him, the fit is no longer tight, and the space, or void, that lies between the particles is born. The

space that is not filled by light becomes darkness. In other words, darkness is the absence of light. It is clear that as we move away from the source, there will be more and more darkness, because the filling of space by light will not be continuous. Thus, the darkness can be imagined in the following as defects in the light matrix, which come and go, can divide and merge, have information content, and thus take on the character of an entity, similar to light particles.

If we look beyond human thinking, classifications, prejudices, and examine with pure consciousness what is the fundamental difference between Light and Darkness, we find that there is only one difference. Light entities have the capacity for pure love, and this lacks from Dark entities. To prove this, here is a quote from the Apostle Paul:

"I can speak the language of men or of angels, if I have no love, I am a ringing ore or a clinking cymbal only. I may be a prophet, I may know all mysteries and all sciences; I may move mountains by faith, if I have not love I am not worth anything. I may distribute all I have among the needy, I may give my body as a burnt offering, if I have not love, it profiteth me nothing... Love never ceases." (Acts 13:1-9) (1 Cor 12:30-13:13). So, it is the absence of love, that results in all the differences we experience between Light and Darkness.

If this is true, the only way to defeat the Darkness is to turn to it with love. From these thoughts, some conclusions can be drawn. What should we do if we want to move towards Oneness? We are all made up of a light matrix, but it is full of fault locations. These points of failure are the points of attack of darkness. Clearly, we cannot return to Pure Light as long as we have a point of attachment for the Darkness. Let us turn with love to our own dark points and direct light there. As the light within us increases and the darkness decreases, we become less and less affected with the darkness matrix. It is also clear that the duality of our world cannot be eliminated by us, either on an earthly or universal scale, because we did not create it. Our only option is to eliminate the duality within ourselves.

Another conclusion that follows from these is, who is the Savior? A Savior can only be one who has already removed the last germ of darkness from himself and is able to illuminate the darkness of others with his own light of love. It follows, therefore, that redemption applied neither in the past and will it apply nor in the future to everyone, but only to those who are able to receive the love-light.

Knowing all these, let us examine the mystery of Jesus' crucifixion. On the cross, Jesus sublimated the darkness of his environment, that is, he transformed the evil that flowed towards him into love, and made it flow back to his environment. This meant complete salvation for the recipients then and there and the removal of some of the darkness for others. Let it be clear, whoever is present here on earth now was not redeemed, only the way was shown to them.

We can all enter into the process of self-redemption by facing and understanding our own darkness and overcoming it. And we can be envoy of Light by reducing the darkness of others by increasing our love. Angels (Light-beings) and enlightened masters (those who have become Light-beings) help us to do this. However, I warn those who successfully practice the role of the Light-emissary not to present themselves to the world as saviors, as avatars. For then the situation may arise where the Darkness itself appears and asks to be redeemed! If the self-proclaimed savior-avatar embraces the Darkness, but cannot cope with it, and there is no Light-being above him/her to whom he/she can turn (and to whom can he/she turn if he/she has placed himself/herself on the highest site?), then this situation can easily turn into its opposite, and he/she becomes a successful envoy of the Darkness. It may take a while for him/her or someone else to notice this, and in that time, a pretty karma can be accumulated.

The Kundalini energy

Beliefs and misconceptions

In order to see clearly, let us first define what is faith and what is delusion (misconception)? Real faith is that which is based on real knowledge, and delusion is everything else. So, if someone has a religious belief, it can still be a delusion if it is not based on true knowledge. In the light of this definition, it is clear that the ordinary interpretation confuses belief and delusion, considering as belief that must be believed without proof and as delusion that is not compatible with the viewpoint of the judgmental person. In my definition, however, belief and delusion in the ordinary sense are identical and

equal to non-knowing. Because I tend to blow the reader's fuse with such categorical statements, I succeed in ensuring that few people read the rest of what I say. Let us now turn to the subject raised in the title.

1. The first faith/delusion is that Kundalini does not exist. Now let's look away from the bigoted materialist's view, for whom only what one can perceive exists. An equivalence sign can also be placed between the bigoted materialist and the bigoted religious, because for the latter there exists only what he/she can comprehend. A few years ago, I attended a lecture by a world-famous yogi. His first sentence about Kundalini was "Kundalini doesn't exist." Then after a few hours he said "All Kundalini." Anyone who did not get up to leave the room after that had a chance to take something from the teaching. Otherwise, apart from these two sentences, during the week-long lecture + practice, which was advertised as a week-long lecture about Kundalini, there was no more talk about it. On the other hand, I read in an internet newspaper from a Lily's pen that she practices Kundalini yoga regularly, talks at length about the good effects and warmly recommends it to everyone. Wow! After that I felt I had to speak out, because I have some "little" to do with the subject.

2. Coming back to Lily, another common faith/delusion is that one who practices certain yoga exercises that are used to awaken Kundalini is practicing Kundalini yoga. On the contrary, the truth is that one who does practices for the purpose of awakening Kundalini is not doing Kundalini yoga, but practicing. In him/her the Kundalini has not awakened, and perhaps it will not awaken in this life. In fact, it may not even be in his/her master. It is merely that among the blind, one-eyed is king. Regardless, the practice is certainly useful.

3. The next faith/delusion is that Kundalini is something mystical, known only to Indian yogis (Buddhist masters, etc.). It's true that yogis who have experienced it tend to obscure the whole subject in some kind mystical fog. My first Kundalini master, who shared his personal experience with me, reported his own enlightenment in this way. When he connected the Muladhara (root chakra) to the Sahasrara (energy center on the top of the head, not the same as the crown chakra), he felt as if something had pinched the top of his head and the air inside became the same as the air outside. He then fell meaningfully silent. "*That's it?*" I asked. "*That it is*" He replied. "*So, what?*" I asked further. "*You can't be so stupid that you don't understand!*" He finished

his lecture. With that, the "divine" dialogue between us ended. I understood very well, and I am grateful that he shared it with me. But I knew I had to move on because I would not be satisfied with that realization!

4. Another common faith/delusion is that the development of awakened Kundalini necessarily leads to Self-realization or God-realization. For example, the yogi quoted in the previous point has neither Self-realization nor God-realization. He did not hide this from me. But then what did he realize? That the inner air is the same as the outer. That's all. Of course, the significance of this would have been enormous if he had been able to make use of the experience. But unfortunately, he never got that far. For me, however, all the little mosaics that are necessary to put the whole picture together were important. Hindu scripture tells of a demon who regularly practiced very serious tapas (renunciation). The essence of his tapas was to compress his life-breath into a single point in his mind and keep it constantly in that point. His body was already chewed by maggots, because he had extracted the life force from it. On one occasion during his practice, Lord Siva appeared to him. "I appreciate your renunciation, you can ask me for anything." The demon thought of one thing: "Whose head I lay my hands on, let him burn." Siva granted the request, and gave the demon a power even he could not resist. The demon then began to chase after Lord Siva to destroy him. Siva then ran to Lord Vishnu (to Krishna according to Krishna devotees) to seek help. And Vishnu-Krishna said, "Leave it, I'll take care of it." He then turned into a beautiful leanness and asked the demon to dance. The demon was mesmerized and imitated her every move. Then the girl put her hands on her own head, the demon followed and burned to ashes. The story has a very profound lesson embedded in symbolism. So, anything can be achieved with Kundalini because it is a focused consciousness. When the life force is concentrated in a certain place with a certain purpose, the yogi's thought is realized. If he thinks that he wants to become a tree, unfortunately he becomes a tree, and the tree cannot redeem itself by its own power. That is why Kundalini is an interesting game.

5. Next faith/delusion that Kundalini is dangerous/harmless. "Let be given unto you according to your faith." Jesus said, and he was right. If you believe it is dangerous, it will be, if you believe it is

harmless, it will be. To make the picture a little more nuanced, it is not the expectation of the conscious mind that is fulfilled, but that of the unconscious (subconscious) mind as well. But whatever will be the outcome of the game, one can gain a deeper self-knowledge.

6. Another faith/delusion is that with Kundalini we can be wittingly or unwittingly harmful to others, in this sense we are consciously or unconsciously multiplying our karma. On the contrary, we are multiplying our karma even if we do not work with Kundalini, and without Kundalini we have almost no chance of working it off in a foreseeable number of incarnations. There is no doubt that the partially or fully developed Kundalini power comes with greater responsibility, similar to that of adulthood over childhood. However, some people want to grow up.

7. The next faith/delusion is that Kundalini is necessary/unnecessary for some higher spiritual realization. For example, Krishna's followers or Christians believe that it is not necessary, so they do not work with it. Krishna's followers are promised by Krishna and Christians are promised by Jesus that through him they will enter the Transcendental Realm, Paradise, Kingdom of Heaven etc. As I indicated at the beginning, true faith is based on true knowledge. By developing Kundalini, the only thing we lose is our illusions, both about God and material existence. So, beware, it is a dangerous path! On this path no illusion can remain!

Hazards and how to avoid them

The Hindus likened Kundalini to a snake, which, when uncoiled, rises up and connects the Muladhara to the Sahasrara. This is a striking analogy for those who might encounter a snake charmer playing a flute on every street corner. In our small country, I have rarely seen a snake bigger than a water-snake face to face, if I disregard the inner snake. So, I liken Kundalini to a hosepipe. What do you do with the hosepipe when you're not watering? You roll it up. But when you want to water, you unroll it and turn on the water pressure. When you do this, you'll notice that the hosepipe, if the end is narrowed but not blocked, will start snaking motion by itself and even lift off the ground. In fact, the

nozzle starts to rotate around and around, spraying water out of it. You've probably done the same thing, where you've pulled the hosepipe out, gone back to the tap and opened it, then run after the hosepipe to catch the nozzle, which has been doing its own dance, even getting you wet if you're not clever enough. If your hosepipe has a hole somewhere, it will leak there, and if it's thinned somewhere, it will bulge and the hosepipe may burst. If you grab the hosepipe and start watering, you can direct it towards different parts of the garden, depending on what you want to water and for how long. The life-giving water will make your garden bloom. You need to imagine Kundalini in a similar way (barely more complicated). Water is the life force, the hosepipe is the central energy conduit, the garden is the mind. If you're clever enough to water, weeds can't grow, but useful plants will grow beautifully.

Just as the physical body is interwoven with the nervous system, the energy body is interwoven with a system of energy conduits called nadis in Hindu literature. Through them flows the life energy, which fills the energy body, and then this energy is transformed into physical vibrations to supply the material body. Even if you are sated, you can still be tired, and even if you are hungry, you can still be fresh and energetic. The two are not related. You draw from food the components necessary to build your material body, and it is stored in you as chemical energy. Excess food is converted into heat energy and becomes food for your gut bacteria. Our physical bodies are so material that we cannot sustainably feed on life energy alone unless we develop the ability to do so.

So, the life energy supplies the etheric body. But what is this mysterious life energy that materialists deny, spiritual healers use and yogis control? The mysterious ether is nothing more than a force field. The force field has gravitational, magnetic and electromagnetic components. The entire Solar System and the Universe are enveloped by energy lines of a gigantic force field that pass through us. From this force field, energy and information can be extracted. We can extract energy by controlling our chakras and our breathing. This activity is the basis of yoga practice. The energy is used to maintain the physical body, and if we can extract extra energy, we can use it at will. This is why yogis can levitate, multiply their body mass, or gain other mystical abilities. At will, of course, must be handled with care,

because if our own power lines do not blend with the power lines of the Universe, we can destroy ourselves or the entire planet in a single second. This is why this knowledge is given to humanity on a limited basis, or requires spiritual commitment to open up further possibilities for someone.

So, the lines of force that we have in our body are the nadis. Among these, the main energy conduit is the sushumna nadi, which is fed by two tributaries (ida, pingala) and the chakras. From this main conduit branch off the energy lines that feed the whole etheric body. So, by default, energy flows outwards from the sushumna towards the periphery to allow the body sensation to develop. The basis of yoga practice is that when the energy flow is reversed and directed inwards, the body sensation is then eliminated. In other words, we withdraw the energy from the senses. Sushumna is not the same as the Kundalini wire itself, but Kundalini is an "inner tube" within the sushumna (sushumna itself is made up of several "tubes" nested in each other). Kundalini is therefore isn't tied up to the Sahasrara by default, but can be lifted up there, and if one practices persistently and a lot, one can get it to stay there permanently.

The potential dangers are related to not knowing the context, not having someone around to explain it, and yet somehow the kundalini happens to be activated. Somehow is never means casual, of course. Nowadays there are self-proclaimed masters who promise Kundalini or other initiations (leading to enlightenment). In the vast majority of cases the initiation is not real, so no harm is done, but occasionally there are "successful" initiations, after which the "master" cannot control over the student's condition. In other cases, the disciple by reading this and that procures the initiation and then runs after himself/herself for the rest of his/her life. It can also happen that a disciple picks up the pattern (energy and information field) of a master working with Kundalini, but can only partially take it on board, and therefore finds himself/herself in a difficult situation. Two extremes are present in connection with Kundalini today, one is that anybody (happy-go-lucky) can start to hold Kundalini yoga course, being unaware of the real dangers for the unpurified student, and the other is Kundalini being placed at a mystical distance from the student as something unattainable and ungraspable for them.

It is always advisable to be prepared in advance to do Kundalini exercises regularly or to receive high initiations. This preparation should consist of cleansing the body and mind, regulating the mind, and learning methods to restore health and harmonize emotional-mental states (e.g. UCCM spiritual self-knowledge training, energetic healing initiations, homeopathy, etc.), and learning about the lives, experiences and teachings of the self-realized masters through their writings and relevant scriptures. When one is fully ready to be raised up Kundalini, one will find that Kundalini "does not exist", i.e. one will have no symptoms other than the awareness of enlightenment. This is not the case today, so despite all the preparation, some symptoms may appear which are related to the activity of Kundalini. To return to my original analogy, the most common mistakes are.

1. The Kundalini "tube" has a "leak" somewhere. This means that the life energy has failed to be withdrawn at some point, is spurting outwards at a pressure significantly higher than the base level, and this is damaging the etheric body, with consequent damage to the physical body. The result is e.g. symptoms similar to insect bites (without the actual cause), redness, inflammation, itching. Then histamine release occurs at a subcutaneous nerve-muscle junction (neuromuscular junction). This is a hypersensitivity reaction and is treated accordingly. The ultimate solution is of course to analyze and eliminate the cause of the hypersensitivity. Kundalini signs only the weakness of body and mind. If the life energy cannot be withdrawn from somewhere, there is still work to be done.

2. The Kundalini "tube" has thinned out somewhere, it is bulging, bursting. Symptoms: e.g. nerve pain, muscle stiffness in a well-defined part of the body. In such cases, there is a "fault" in the energy body in the affected area, the cause of which must be analyzed and corrected. This can occur anywhere in the body where the spinal nerves exit.

3. The disharmony of yin and yang energies. The ida and the pingala are not equally active. Only an equal proportion of the two types of force can enter the Kundalini wire. If more of one is taken up, it flows in the side (ida or pingala) conduit in the opposite direction to the natural one. Symptoms may be lateral (can be associated with only one side) or may present as burns or frostbite, for example. The solution is to balance the forces.

4. The Kundalini wire is a narrow tube that runs up in the sushumna, if it doesn't get stuck. If it does get stuck, the pipe may burst at the point of blockage, or it may take a different direction. This is a point where you should definitely seek outside help. Exercises should be suspended immediately until the cause of the obstruction can be identified.

5. Kundalini has penetrated into the mind-matrix and is opening the subconscious gates one by one. This is another situation where it is advisable to seek external help. If one gets to this point alone, most of the time one is not listening to anyone. Again, to quote the motto: *"What someone has experienced before you, you don't have to experience anymore, unless you don't understand it!"*

Physical and mental exercises

What follows is an explanation of how a spiritual practice in the home is carried out according to the UCCM proposal. I will illustrate this with the example of my own practice.

But first, some general rules:

1. Spiritual practices should be discussed and agreed with the UCCM masters, because they need to be adapted to the person's abilities, capacity, religious principles, etc. Do not follow me mechanically, because these practices have evolved over many decades, and I did not start out that way either.
2. The exercises described here are completely harmless, and those that are not recommended for beginners are not explained.
3. When building up the exercises, it is advisable to start with very little time (e.g. five minutes) and gradually increase it. If someone tries to offer too much and can't accomplish it, they will cause themselves constant frustration. If, on the other hand, you expand your practice step by step, as your development and inner urges dictate, you will experience a continuous experience of happiness.
4. UCCM masters can only take responsibility for those they have a discipleship relationship with, and they can take limited responsibility only, because everyone is responsible for themselves. For example, if

someone does NOT follow our advice, we take NO responsibility for that.

5. If one combines the practices of several spiritual paths, one does so at one's own risk. In such cases, be sure to check with your masters.

It is advisable to use a separate room or, failing that, a corner reserved for this purpose. It is fortunate if this corner can be separated from other functions (e.g. by a curtain). The space reserved for spiritual practice should not be used for other purposes, so as not to mix energies.

For spiritual practice, let us create an altar to our own taste and needs. The altar can be a large stone or stone slab, it can be a crystal, a sacred image or just a plain wall. The important thing is to be aware that this will be our altar here and now, before which we will do our spiritual practice. It is advisable to place the altar in a cupboard with a door or, failing that, to cover it with a curtain (tablecloth) when we do not wish to use it. In this case, our altar will only be active when the door is opened or the curtain (tablecloth) is removed. Because if an altar has been activated and is active all the time, it can cause surprises (e.g. the energies do not allow us to do anything else in the room or allow others to do so). Never put an altar in a bedroom. (It takes a relatively long time to become so united with God that we are no longer ashamed of anything. Shame is only as long as there is duality in our approach.)

On the altar, you can place holy images (images of God) and/or photographs of enlightened authentic masters. Display only the image of a master whom you would like to follow. It is also advisable to seek advice on this matter. If we do not wish to put up a photograph, we can put up a prayer, a mantra, crystals or nothing. It is also an altar if there is nothing on it, but we know what it means to us.

First, choose a time that you expect to be able to keep at all times, and record the duration of the exercise. For example, let the time be ten o'clock in the evening and the duration five minutes. Start activating your altar when you are sure that you can always do the exercise at the same time for at least a month. You can deviate from this later, but not at the beginning.

I won't go into further details, as you can see from the above that activation is not that easy. I have been to many places where there was an altar in the home or a room full of holy images, but they were

inactive. It is advisable to discuss the details of activation with someone who knows how to do it, can explain it or perhaps can activate the altar of disciple. If you ask masters or priests, you will find that hardly anyone will understand what you are talking about.

My practice (between 2015-2020)

Morning:

1. Light, relaxing exercise, possibly outdoors. Running in snow in winter, running barefoot in dew at other times.
2. Selected asanas.
3. Kriya pranayama (six circles).
4. Bowing (also kriya practice).
5. Invoking the masters with the appropriate mantras, offering myself to God.
6. Connecting Muladhara to Sahasrara by raising Kundalini.

The total exercise takes 1-1.5 hours, which I do even if I have to get up early. I get up as much earlier than the exercise requires. There is a shortened version of the exercise (about half an hour) for when I'm really pressed for time, which I do in any case.

Evening:

1. Offering of sacrifices before the altar to the masters, Shiva and Krishna, and their female counterparts, with the respective mantras.
2. Thanksgiving and prayer to angels and masters from different religious systems.
3. Christian prayer and various Sanskrit mantras (the composition of which varies).
4. Maha mudra.
5. Kriya pranayama (6 rounds).
6. Self-knowledge exercise (review of the day). This is cancelled in the evening if it was done during the day.
7. Meditation with an aspect of the Cosmic Forces, followed by inner silence.
8. Giving thanks and offering myself to God.

This takes 1-2 hours. If I have an evening program, there is a shortened version (about half an hour) that I do in any case.

During the day:

The options are either meditation, or kriya pranayama, and preferably outdoors if possible. I often combine this with a ten thousand step practice, which is a brisk walk of about five kilometers. I meditate while walking or do some kriya pranayama while relaxing. If I'm very tired and need a quick refresh, then five minutes of pranayama. If there's been some kind of state of mind shift, then five minutes of self-knowledge practice shortly after the event.

At night:

Calling angels, then sleep. Angels connect you with the masters or the Atman. In the morning, I wake up with all the questions and problems solved and a clear idea of what to do.

Spiritual work:

Writing or internal self-disclosure exercises in a meditative state. Since any activity can be done in a meditative state, I try to take the opportunity to be in a higher state of consciousness all the time. I also try to do my work in this way.

It's worth starting on this journey, because even five minutes of spiritual practice can make a qualitative difference. When you experience this new taste, you will find ways to increase the duration of your practice. I can quite honestly say that I remember the decades of my life when I didn't live like this as a nightmare.

AFTERWORD

Acquisition of information is not yet knowledge

Today's people have much more information about the world than they did even 50 years ago. This fact can give the illusion that we know significantly more today than we once did. But possessing information is not the same as knowledge. Another important factor is what we do with the information we acquire. To understand the difference in more depth, let us look at the levels of cognition:

- Knowledge acquisition
- Memorizing (learning)
- Understanding
- Integration
- Higher understanding
- Mastery (applied knowledge)

The purpose of cognition is the mastery, to achieve the applied knowledge, because applied knowledge enables the correct, forward-looking use of information. The acquisition of knowledge creates the illusion of knowledge. Today's school system and attitudes are not conducive to the attainment of applied knowledge, even though everyone talks about its importance. The reason is that those in the decision-making position do not understand the meaning of knowledge. But real knowledge could be a breakthrough for society as a whole. However, those who understands it will be more successful on their journey, more successful in their work, and will have time for self-realization, which is the ultimate goal of human life.

If you have read this book, you have only gathered information, but to move on to the final point of use, you need a change of perspective. This change of perspective is initiated in our spiritual self-knowledge training sessions. We start cognition at the object closest to us, ourselves. We can apply the change of perspective we learn in this process to other areas of life. The most important principle that affects the quality of our cognition is that we will grow in what we focus on. If we focus on the obstacles, we will experience the growth of

obstacles, if we focus on the goal, we will experience the achievement of the goal.

The quickest way to achieve mastery is for the learner's personality to become one with the knowledge to be learned. In other words, the object of learning, the process of learning and the person doing the learning are merged.

Why is this training spiritual? Because, when one reaches this state, the realization is inevitable that the object to be known, about which one is gaining information in the process of knowing, is not other than oneself; because in the external world to be known one is confronted with oneself, one's own creation. And there is no other thing to be cognized.

What is the essence of spiritual self-awareness?

The third part of this book is spiritual self-knowledge, which is the material for UCCA's spiritual self-knowledge training courses and by its nature will be given only to participants. What is the essence of spiritual self-knowledge? Only through spiritual self-knowledge can you gain an experience of who you are. It all depends on whether you consider yourself worth knowing. The quality of life you will live depends on your self-knowledge.

Man thinks that he/she is the most advanced living being, that he/she rules over everything, that he/she can do anything. But over everyone rules someone. The only exceptions are those who rule over themselves! If man does not recognize any god as superior to himself/herself, he/she is governed by the natural laws of evolution. So, is it God or evolution? I will make the choice easier, because there are some important differences between God and the laws of nature. Natural laws are cruel, they know no exceptions or mercy, they are deaf and blind, they are not worth praying to, but they are extremely just. For at some point, all power will collapse, all empires will fall, all oppression will end, and everyone will die.

In the case of God, there is a glimmer of hope... that it is all a game, a dream from which we can awaken. The human soul does not accept annihilation, finitude, purposelessness, hopelessness, because these are all qualities that can be associated with matter. It is not by chance

that the concepts which are above matter, such as spirit, ideas, love, God, were born in human consciousness. Matter cannot create the concept of God. It would be exactly like to give the task to a robot to create a human being. A robot could create another robot, which could be programed by it inside and outside to be like a human, but the essence would lack from it. Each person can only create that quality of himself/herself that is in him/her. But God can create anything, because in Him all qualities are present.

We are here on Earth to live the human quality and to recognize the divine quality in ourselves and in each other. "*Tat tvam asi*." In free translation, "*What you recognize in yourself, you are*". ***If you recognize*** the animal, then you are that, if the human, then you are that, if the spirit, then you are that, if the soul, then you are that, if ***God***, ***then YOU ARE THAT!***

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 I. Path to awareness and happiness (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:

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"A change of approach happens when we exceed seeing good as good and bad as bad. By changing our approach, we can see the best opportunity in the worst situation."

"A change of approach is like finally finding the light switch in the dark after a long search. When you turn it on, suddenly everything becomes clear and you don't even understand what took you so long."

"The measure of quality of life is how many people you have lifted up to where you are. A poor man is one who has not inspired anyone else in his/her life."

(Rhasoda)