

LIVE YOUR LIFE CONSCIOUSLY

& with a profound understanding of its laws which govern the world!!

How your thoughts, feelings and desires create constantly your future – individually & collectively – without being aware of!

CHRISTOPHER BENJAMIN

OUT OF THE TRAINING BOOK:

"MAN BECOMES MASTER OF HIS DESTINY"

LIFE, HEALTH

AND

PEACE

'Let's create Heaven on Earth!'

12 MEANS WITH WHICH WE CHANGE POSITIVELY OUR ALL LIFE!

2. EDITION
(completely revised)

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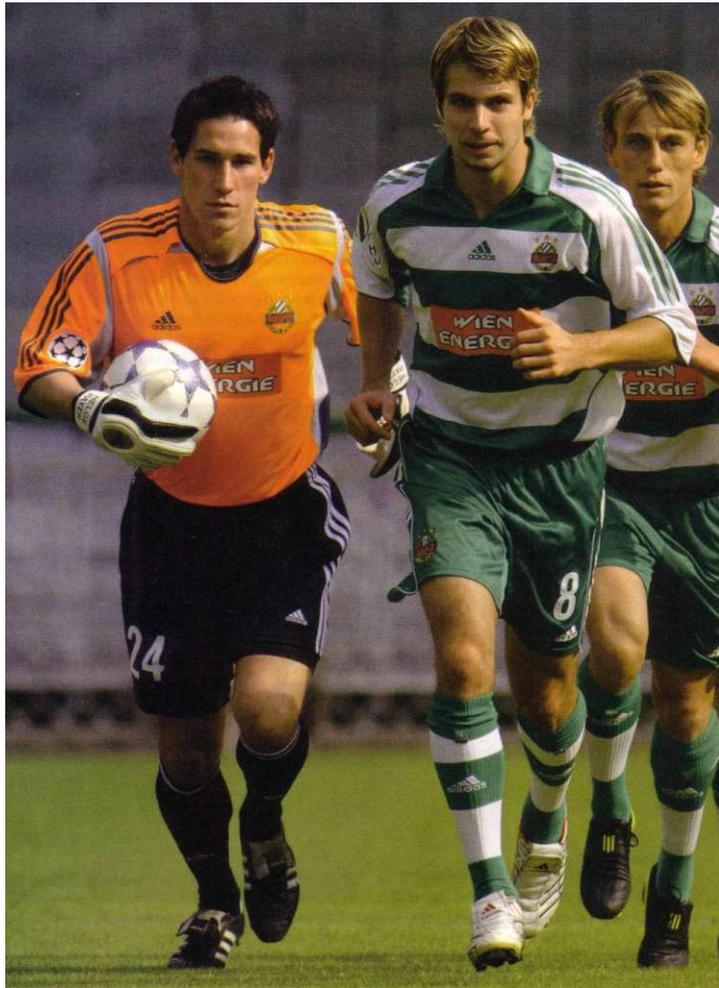
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Never lose sight of the truth that power is founded on unity, on harmony. Think of this family you must create, despite your differences in character, degree of evolution, race, religion, social class, occupation and so on.

Set all these details aside, because they are only of secondary importance and they do not play any part in spiritual life. Strengthen in your hearts the belief that despite everything that could separate you, you are brothers and sisters who come together to share the same work of prayer, meditation and song,

... with the aim of awakening every consciousness all over the world. From that moment on you represent a positive strength, a beneficial power.

CHRISTOPHER BENJAMIN: 'LET'S CREATE HEAVEN ON EARTH!'



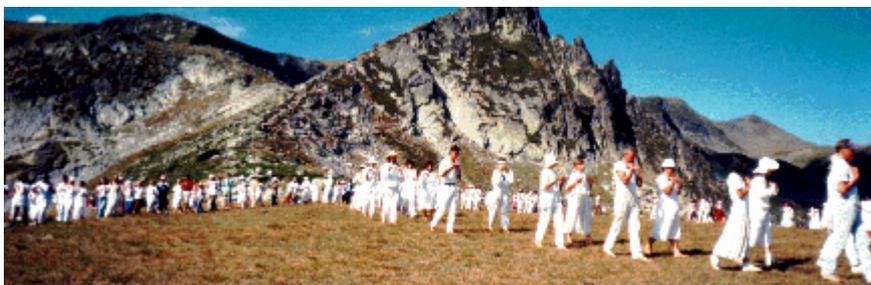
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In order to understand what true religion is, human beings must draw closer to the light, warmth and life of the sun. That is to say, they must seek the wisdom which enlightens them and resolves all problems, the disinterested love which beautifies, encourages and consoles them, and the subtle, spiritual life which renders them active, dynamic and daring, so that they may realize the Kingdom of God and His Justice on earth. And no one can contest this religion: anyone who tries to destroy it destroys himself, because he restricts himself.

When this understanding of a universal religion penetrates every mind, the whole organisation of life will become universal: all separation between human beings will cease to exist, including borders and wars. As they come to know the sun in its sublime expression of light, warmth and life, human beings will draw closer and closer to the Divinity, and they will transform the earth into a garden of Eden where all will live as brothers and sisters. Everyone must accept this universal religion, this brotherhood which the sun teaches us.



1. PREFACE

Dear reader,

this book is written with the goal to give you a guideline to lead a successful life. To be in harmony with the divine laws which govern the earth, the universe and our daily life.

The goal of this book is to give you a better understanding of the law of "**CAUSE AND CONSEQUENCES**", **OF ACTION AND NON-ACTION** and the power of change for your life and that of others. It influences your whole future.

But it will give you also reasons to start.

Complaining is a widespread habit to distract oneself and not searching for the deeper cause which lies within you. Ignorance about the power of thought, about the power everyone of us has to influence his personal destiny and that of the entire world. It is the greatest lack we have to eliminate.

To be conscious that even non-action is an action and a decision.

Suffering through wrong behaviour and habits are not necessary anymore, when you realize the challenge which is within every deplorable situation. To understand how you harm others or how you contribute to their psychic well-being, ... it is an important part to change the world, your behaviours towards others and creates '*Heaven on earth*' in your personal surrounding.

YOU ARE THE MASTER OF YOUR DESTINY.

When you understand this and you do your efforts ... and you realize that your existence is not governed by karma in the negative sense. That you are able to change the tract and you can become a divine servant and a blessing for your whole environment and for the whole planet – you will gain so much blessings!

When future parents, father and mother, the pregnant mother realize their power they have to influence their personal future and that of the entire world ... things will change. If they prepare themselves for their desired child – pre-natal education, when they practise "Spiritual Electroplating" during pregnancy ... wow, what an example they give and what a long term-influence it will create for the future of the planet.

All that you can study profoundly in the teaching of the *Universal Brotherhood of Light*.

(<http://www.realpeacework-akademie.info/jena>)

What I want to give you with this book is nothing else than the desire to know more about these laws the world is governed by and how we can use them for doing good!

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Publisher Love(+)Wisdom(=)Truth

To give you a clear guideline how to behave, ... for those who are on the spiritual path, in a teaching, for those who are not on a spiritual path and have no idea of a spiritual teaching and for those who are involved in one of those New Age teachings which teach truths and lies together.

THIS IS THE GOAL: CLARITY!!!

It is up to you what you do with what you read. It is up to you how you continue to behave. It is you who can not say anymore: ... I didn't know! You know clearly what is right and what not. But it is up to you to understand, to accept and to do so!

Read my statements, reflect them, reject them or make them part of yourself. Dive more deep into the subject, read and study the books I recommend.

It is you who has to do the decision. It is you who is responsible for your life and luck. It is you who has to experience the consequences of wrong behaviours and wrong conclusions.

All I can do is to give guidelines and to show you the path. But you have to go it.

Just as all spiritual teachers say: *"WE CAN SERVE YOU THE FOOD, BUT YOU HAVE TO EAT AND DIGEST IT FOR YOURSELF. OTHERWISE WE BECOME FAT AND YOU WILL FINALLY DIE!"*

Good luck on your journey.

Love and light

Christopher Benjamin

Montreal, October 11, 2004

2. PREFACE

Dear reader,

It was a big surprise that I received throughout a positive response as a reaction to the first enabling of my book end of April 2005. I didn't expect that.

There were some demands for correction and clarification regarding raw food, vegetarianism and eating fish.

But I will underline again: this book represents a spiritual guideline for all those who desire to live a successful life ... like me. A life with which we participate in the realization of *'Heaven on earth'!*

This book is a conclusion of my spiritual studies where I discovered the original teaching of *Jesus Christ*, the spiritual basis of the refuted Essene Church of Christ, the two movements of Paramahansa Yogananda and the movement of the two spiritual teachers Omraam Mikhaël Aïvanhov and Beinsa Douno / Peter Deunov.

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The original teaching was based on the following three guidelines, (what can you prove):

- Being vegetarian and having a Living-Food-Diet, combined with regular (longer) times of fasting;
- Intellectual understanding of the cosmic laws and relationships;
- Regular Meditations and reunions with God!

I know that a lot of spiritualists don't like these subjects like raw food, fasting and meditation. They call it nonsense, exaggeration etc. But they are not asked.

Prove what I recommend, what I discovered during my life, my spiritual studies and you will know if my conclusions are right or wrong. This takes years, maybe all your life! But you will gain! You become a new being, more adorable, more appreciated, member of the new humanity which will live in this "Garden Eden", "Paradise", this place called "Heaven on Earth"!

You want to participate?

Then use this "**Do-it-yourself**"-book and join us in our work! Prove my words, my explanations and decide then if you agree with me or not. Read, study the books which I recommend at the end, in the 'Appendix', ask for the books which I offer you for free.

<http://www.realpeacework-akademie.info/jena>

You will discover other, new realities, another sense of life. Things will change within you, around you, with you. You will become newborn in spirit. And maybe next Easter you experience a similar sensation as I had this year:

This year I understood the message of Jesus, the Christ, not only as the liberation from the power of evil and the reopening of our way back to God and the divine world. I understood it also as the planting of the seed for the 'Kingdom of God and His Righteousness' which is an elemental part of the teaching of the Christian Church and the Jewish! I understood, probably thanks to this book, that we have now, in these days, in this time, all means at disposal to accomplish this thousands of years old dream and it is up to us, to every single man or woman, to use them.

I felt such a joy, I felt so uplifted with this thought this Easter, as I never felt before. This feast got a new sense for me!

I hope you too feel inspired like me when you read this book and that you would like to share it with others. Give it to those you can imagine would be happy to read it.

Never forget that for being able to change something in your life there is always the need of knowing.

I give you with this "**Do-it-yourself**"-book a key for fulfillment, happiness and joy – in life, in your life, in your relationships with others, for your personal growing. Enjoy reading!

Divine Love and Light

Christopher Benjamin

Montreal, 16. Mai 2005

CHAPTER 1: INTRODUCTION

Is there a chance for peace, harmony and abundance to come together on this planet? How will the divine principles manifest, and what are they?

Will God's hand cast the dice or will man himself solve this dilemma? Will it be through the efforts of governments (like the US Government), or the New World Order (NWO), the One World Government?

NO. It does not come from the collective institutions; it is the effort of ONE person at a time. **YOU** can change the world: through transforming yourselves you can affect countless others and create a ripple-effect of change without even realizing it.

You may ask: ***What shall I do?***

Becoming conscious of our personal behaviours, weaknesses, strengths, thoughts, desires, etc. and transforming them in divine virtues we prepare the terrain for the Kingdom of God within us ... and thanks to these efforts we change step by step our whole surrounding. As a great master said: *Your example will change those around you, who will influence others in turn ... That is how individual karma becomes mass karma, which invisibly affects the fortunes of all humanity.*

Is there another way?

YES! Women have to rediscover and to be taught their true **power** of creation! Their true strength of transforming this world into a better one without domination of others and/or violence.

What do I mean?

I am talking about their ability to CREATE life (give birth)!

But to guide humanity to understand these divine underlying principles, we have to undo the dogma that we've been conditioned with... and this starts by educating children...

And the education must begin **BEFORE** birth!

We should not wait until the child is born for the education to start: we have to start earlier; we have to start with us. We must grow ourselves, now, if we are planning to have children: for we must train ourselves now before the moment that our energy is transferred to the child-life and before we have the challenge of educating our tender children's minds. Our weaknesses, faults (family, personal and social karma) must be improved because otherwise we attract only similar less evolved souls as opposed to high-evolved souls.

And women have the power to decide to what kind of being they want to give life: to a benefactor of humanity or to a criminal, to a high-evolved soul or a soul which is much less evolved.

We have to become conscious of this reality ... the mother as well as the father. Procreation has to be **planned** in the same way as a new business, purchasing a new

house, our career or anything else important in life. It is an act of creation and we have to acutely aware of this. And we must take on the challenges and responsibilities for it as responsible adults.

The further parents have to recognize that prenatal education, the act of creation (giving the seed to the coming mother), as well as spiritual electroplating during the time of pregnancy have a huge impact on the life-situation of the newborn soul.

And so this book will bring together the minds of unique individuals like yourself towards exchanging ideas, and information in our efforts to make this happen:

'THY KINGDOM COME'

It happens with the power of each one of us who manifests this knowledge.

'JOIN US, AND WATCH THE WORLD CHANGE BEFORE YOUR EYES!'

More information you find under

www.RealPeacework-Akademie.info/Graz

in

Chapter „Literature“:

The Life-Bible (Summary)

– To create a positive, sustainable future
(for each Individual AND the Society)

Band 1: Health Care according the Two Sexes

Book 1: Dr. Med. Nikolaus Müller: *The Anatomical Woman Book*
Beauty care up-to-date

Book 2: Dr. Med. Nikolaus Müller: *The Anatomical Men Book*
Thanks through sexual knowledge man is able to have true health, strong nerves and a lasting power through proper care of his sexual organs

Book 3: The 7 Maharanis:
Physical fitness improved through short & easy yoga exercises for each day of the week (designed for the daily application)

Band 2: Sexuality in the Service of Man

Book 4: J. William Lloyd: *Karezza*
Love as an exchange of magnetic forces

Book 5: Dr. Otoman Zar Adusht Ha'nish: *The planned Child*
Clear instructions & explanations for the future parents

Band 3: The creative Power of the Future Mother

Book 6: Beinsa Douno: *The Woman, Source of Love and Life*

Book 7: Beinsa Douno: *A new Comprehension of Woman and of Birth*

Book 8: Mary Barteau: *Prenatal Duties*

CHAPTER 2: PERSONAL CHANGE

Is it enough to say?

"HEAVEN WILL COME ON EARTH BY THE GRACE OF GOD!" ?

Why is it not enough?

Because we have to prepare the condition within us (which is the first step!) so that we can stand this new situation and manifest it on earth! If we are not prepared we will be bored after a while because we realize that we are not able continue our old lifestyle which is much too often too egocentric, selfish and possessive. We ignore the rights of the members our family, partners, those of our neighbours, friends and community we live in.

Each one of us has to change first!

Of course, everyone would like to live in peace and harmony, with justice and plenitude, with love and beauty, but how do we understand this and what are our attitudes by living them?

There exist a wonderful picture, a story which shows us the 'slight' (?) difference between Heaven and hell:

A man died and he arrived at the door of the other world. He was welcomed by Saint Paul and became guided at first to the hall which called hell. He entered and he saw a huge round table with a big pot of food in the middle of it. The people around had only one arm left for using, the other one was tied up. To get the food from the pot in the middle of the table they had only a large wooden spoon of a meter fifty. They were very skinny and you could see their bones through their skin. This place called hell!

They left this place and went to the hall which was called Heaven.

St. Paul and the man entered and to the man's satisfaction he saw the same equipment, the same room and almost the same situation: a huge big table with the same pot of the same size, filled with the same food as the other one in the other hall, people with only one arm and equipped with the same long wooden spoon. At the first sight there was nothing different.

But at the second sight he says the difference: These people were not at all skinny! They were very fat and well nourished!!! In addition there was a joy and harmony in the air which he missed in the other hall!

How could this happen??? What was different even if the conditions were the same?

The conditions were actually the same in both places, their attitude and behavior made the difference! These people used their spoons not for feeding themselves; they fed the others their arm could reach! Everyone tried to feed and satisfy the others and by doing so everyone became fed! They lived and ate in abundance!!!

What can we learn from this story?

Heaven starts within us!

It starts with our mentality! If we think constantly to satisfy only us and our tiny needs and we forget the others. We will never become satisfied! The secret of manifesting **Heaven on earth** is to start becoming conscious of our real needs and the needs of the others. We should start with your family, your friends, your partner and ask yourself: „Are they really happy? Am I a good father, husband / wife, friend etc.? Do I satisfy their higher or their lower being, their ego or the Divinity within them? Or do I only satisfy myself? Do they feel enriched with me, my presence and my behaviour(s)?

If we deny the last question it is obvious that we have to change! That we have to change our mentality, our attitude towards others and ... to get instructions how to behave better. By doing so we change the situation, we change ourselves and we prepare the terrain so that **Heaven** can come **on earth** into our life and that of others. And we will enjoy its presence.

We will enjoy it and everyone around us will enjoy us!!!

Otherwise it will be as it is described in the following thought:

When people are asked if they would like to live in Heaven, the majority will say: 'Well yes, of course!' What they do not know is that you must prepare yourself if you want to live in Heaven.

You cannot live in the higher regions if you do not possess the means, otherwise you will be there for only a moment before running back to earth saying: 'But they don't have cigarettes there – not even pubs or clubs! And I want to smoke, I want to drink. I want to kiss pretty women. I want to go back down.'

If you wish to live in sublime regions, you should not have such crude needs. That is why not everybody is ready to live in Heaven. Even if people are put there forcibly, they will soon leave complaining: 'it's quite unbearable, you die here!'

That is no reason, however, not to try to adapt to divine life. For millions of years humanity has evolved on earth and if you make the effort to practise meditation every day, putting to work cells in certain areas of your brain, you will go very far – so far, in fact, that eventually you will make your home in the divine world.

It will be a total change in our life, in our behavior when we discover the real meaning of love and beauty, peace and harmony, joy and justice, etc. When we come to this point we change or we have changed already!

So what is ... **LOVE**???

There are several short descriptions which shall give you a better idea about love. Masticate them for a while and come then back and continue reading:

In order to understand love truly, we must first admit that, contrary to what most people think, love is not a feeling – because a feeling is inevitably subject to variations depending on the person to whom the feeling is directed – but a state of consciousness that is independent of people and circumstances. To love is therefore not to have a feeling for someone, but to do everything with love: Talking, walking, eating, breathing, studying, with love. It is to have reconciled all our organs, all our cells and all our faculties so that they vibrate in unison in light and peace. All the manifestations of our being are then impregnated with divine waves and fluids. Love is a permanent state of consciousness: Day and night, we live in this state of joy and expansion in which everything we do is a melody.

and:

If you want to understand what love really is, you must begin by realizing that it is not a feeling but a state of consciousness, for feeling is necessarily subject to variations

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depending on the persons concerned, whereas a state of consciousness is independent of people or circumstances. To love is not to have a particular kind of feeling for someone, but to do all things with love: to speak and walk, eat, breathe and study with love. To love is to attune all one's organs, all one's cells and all one's faculties so that they vibrate in unison with each other in light and peace. When we do this, all the manifestations of our being are impregnated with divine waves and fluids. Love is a permanent state of consciousness: a state in which man lives, night and day, an attitude which makes him always ready to do everything with joy and which turns everything he does into a melody.

and:

Our hearts must be full of love for human beings because they are all our brothers. We must think of them and help them without expecting the least reward because, in fact, we already have our reward in that inner warmth and sense of amplitude that fills us when we love. This is a tremendous reward; there is none greater in life.

You are always waiting to be recompensed for what you do and this shows a faulty understanding on your part. He who has understood the secret of love looks for no recompense: What he gives he gives freely. And because he is always in a state of fulfilment and joy, always radiant, he wins the trust and confidence of hosts of friends. Where could you find a greater reward than that?

and:

Only love has the power to organise and harmonise everything within us and around us. But since this truth eludes most human beings, they are always discontented, agitated, and bitter, and they go from one disappointment to another, from one failure to another. Love, who cares about love? Apart from sexual love, it is always given last place.

*People ask themselves: 'Love, what does that mean, to love? And to love what...to love whom?' It means to love everything and everyone. To truly love does not mean to feel an attraction for a man or a woman, but **to have love living within oneself.***

Those who come to understand this possess the key to fulfilment, because they become stronger and more lucid, and they have greater mastery over events. When love becomes a state of consciousness, it prepares the conditions for the greatest expressions of the spirit.

and:

Inner force, balance, peace and happiness all depend on love. You must feel that love is always there within your reach, that is in you and that you have, therefore, no reason to believe you are weak, poor and lonely. If you have this feeling of loneliness, it proves that you are not free from the physical plane. As soon as you enter onto the subtle planes, especially the regions of the soul and spirit, you cannot feel lonely; the universal Soul and Spirit are always there close to you, within you and you can communicate with them at any time. Whereas with a man or a woman – even the best – can you be sure that, one day or another, they feel not have other commitments and be forced to leave you?

And so, even if you have found the most wonderful person on earth, do not fix your mind on him or her. Be grateful to Heaven for having met such a being, but know that you will experience true love only when you manage to find it in the regions of the soul and the spirit.

If you understand this your life and behavior will change. You discover your true nature and your true desires.

And ... you will also find the true nature, the true being of the others around you. You will start to accept them how they are. You realize that a lot of your ancient ideas and desires are not useful for your personal happiness and evolution.

Your common lifestyle has to be changed.

You are normal in your desire to live in Heaven ... on earth! But this will start when you start changing within you!!!

So what could you do to become prepared and to prepare the outer conditions here on earth, in your physical existence???

START behaving in a manner towards your beloved ones that they will reply, when you tell them: *"I love you!", "I know. You don't have to tell me. I feel and I see it in everything you do! Everything you do is a **proof** of this."*

That indicates a clear understanding that you accept the partners independence and freedom to leave or to remain with you at any time! That he is with you by free will and not by outer or spiritual force (like a slave who belongs to you!). He is equal, accepted and appreciated as the one he is! As the one he wants to be. You understand that you are together as partner to support each other to gain your life-goals, to accomplish your work on earth, to become self-realized!

For this kind of relationship, a friend of mine gives you a very clear picture which is easy to understand:

"Imagine you have a little bird in your hand. You can close your hand and the bird is trapped and not able to fly away anymore. He is yours. He is yours and it is up to you when he can fly away. But he will become sad and unhappy. Finally he will die.

And now imagine the other picture: you have the same bird in your hand, but you never close this hand. You let him the choice to rest, to stay or to fly away whenever he wants.

You can be sure that as long as he is in your hand he feels happy, satisfied and content. Otherwise he will fly away. But as long as it remains your hand he enjoys it!"

This is **TRUE HAPPINESS** ... happiness without any compulsion and obligation. ... and a true certainness how others feel in your presence!

You have to get a new perception of living in this world, of living with others and to behave with others! You have to stop thinking "What do I get by doing this or that?" "What do I gain? Does the other realize what I do (for him)? etc." Everything you do you do for yourself and with love. You do it because it has to be done like that! And you will enjoy the results. You enjoy what you do, the others enjoy what you do ... and the others enjoy you!

... and in the picture of our first story about *Heaven and hell*:

You feed the others and you become fed!!!

So, it is necessary to study initiatic science, to join a divine teaching which helps to re-link you with Heaven, with God isn't it? A school which teaches you how to live and how laws govern life on earth and the entire universe?! Where you can learn how to behave and live according divine rules! Where you can get a proper understanding of your true being, of your quintessence ... about life and its language in general?!

Do you need these guidelines which will help to transform you in all aspects of your daily life, thoughts and feelings inclusive?

If you finally say **YES** to this last question than you should start reading and studying this **Encyclopaedia** with answers to your questions concerning daily Life ... which you find here:

<http://www.realpeacework-akademie.info/jena>

There you will find 72 eBooks (to download for free) with information which will help you to open your point of view for every aspect of your life and it will appear in a new light. You will deepen your understanding, you become more sure and clear for decisions and more able to avoid errors.

These easy-to-read-books will give you a help to develop your awareness and to create a conscious link with your higher self, with God within you! You become more independent and more and more master of your destiny!

Just some titles to give you an idea:

eBook 03: *The Importance of having an High Ideal*

eBook 11: *The Reasons behind Suffering*

eBook 20: *Living a Successful Life*

eBook 21: *A new Attitude for everyday Life*

eBook 23: *Nutrition for a successful life*

eBook 27: *The Laws which govern the Universe*

eBook 29: *A correct understanding of Good and Evil*

eBook 34: *Proper knowledge of Human and Divine Justice*

eBook 35: *Working with Light*

eBook 38: *Suicide: Reasons & Consequences*

eBook 39: *Real Freedom*

eBook 40: *True Love*

eBook 41: *True Happiness*

eBook 48: *How to master Habits*

eBook 54: *The Undesirables*

eBook 55: *What is truth*

eBook 59: *Be a spring*

eBook 64: *Honesty*

eBook 66: *The Importance of the Will*

eBook 70: *The Power of Thought*

eBook 71: *The Power of Desires*

eBook 72: *The Power of Feelings*

Remember:

YOUR EXAMPLE WILL CHANGE THOSE AROUND YOU, WHO WILL INFLUENCE OTHERS IN TURN ... THAT IS HOW INDIVIDUAL KARMA BECOMES MASS KARMA, WHICH INVISIBLY AFFECTS THE FORTUNES OF ALL HUMANITY.

Paramahansa Yogananda

And then ... you have to practise what you learned and understood. This is the only way of change, of making changes!

With comprehension this group will bring together the minds of unique individuals like yourself towards exchanging ideas and information in our efforts to make this happen what we call: *Preparing the Earth to become a reflection of Heaven!*

It will happen with the power of each of us and the manifestation of this knowledge we receive here.

JOIN, AND WATCH THE WORLD CHANGE BEFORE YOUR EYES!

CHAPTER 3: CHILDREN

We talked already about the need of personal change and the effect onto our relationships with others! What else is needed to change this world and its destiny? Its earlier and further future? To transform this Planet into a reflection of Heaven, this promised land called "GARDEN EDEN"?

WOMEN HAVE TO REDISCOVER AND TO BE TAUGHT OF THEIR TRUE **POWER OF CREATION!** THEIR TRUE STRENGTH OF TRANSFORMING THIS WORLD INTO A BETTER ONE WITHOUT DOMINATION OF OTHERS AND OTHER MEANS OF VIOLENCE.

What do I mean?

I am talking about their ability to CREATE life, to give birth to children!

But to guide humanity to understand these divine underlying principles, we have to undo the dogma that we've been conditioned with... and this starts by educating children ... *Education should not start when the child is already born!* It should begin earlier, which means also in the time of pregnancy and even during and before the coitus.

(On the website

www.RealPeacework-Akademie.info/Graz

you get information about all that and more ... in four languages for free! So use this possibility and become holistically informed!)

Why?

The Chinese celebrate the first anniversary of their newborn three month after the physical birth. They add the nine months in the womb of the mother, the time of pregnancy to the time after his physical birth. The child, the soul is already present after the conception. It becomes influenced by everything what happens in the surrounding of the mother and by her thoughts and feelings during the pregnancy.

The becoming mother has a great influence of the child's maturation of body and mind. She is able to change inherited conditions by her power of love and thought and to repair defects by connecting herself with the divine regions. She can master genetic-defects during her time of pregnancy and also after his physical birth!!! Science confirmed that already. In this case we talk about 'Spiritual Electroplating' (What it exactly is, I will explain later on in another Chapter.)!

Here you get a short description about this work a mother should accomplish during this so important time of pregnancy:

A mother who is expecting a baby must become aware of the powers she has to influence this child well before it is born. It is not enough to love this child before it is born, the mother must learn how to use the powers of love. So, by thinking of her child the mother is able to project her love to the sublime regions to gather elements the

child will need later on and to infuse the child with these elements, elements which will work on it to make it into an exceptional being.

*How could a mother think she can give her child everything it needs solely with her own resources, without fetching them from elsewhere, from higher up, on the spiritual plane? So, now and again, a few minutes several times a day she should stand before God, through thought and prayer and say to Him: **'Lord, I want this child you are giving me to be Your servant. But to achieve this I need other elements, which are only found near You. Please give them to me.'***

You will say it is not easy to stand before God. Of course not, but it is merely a figure of speech. Simply by thinking of beauty, of light, of eternity, the mother will attract higher subtle elements and will project them on to her child.

So **the mother** has the power to **decide** to what kind of being she wants to give life: to a benefactor of humanity or to a criminal, to a high-evolved soul or a soul which is much less evolved.

She has the final decision and to ask herself: ***"Do I want to give birth to a mediocre or an exceptional being? Do I want someone who will help that the world will change into good or that the same world becomes worse than it is? What do I want?"***

... and according to her desire she gives birth to that being!

DO WE REALLY UNDERSTAND WHAT THIS FINALLY MEANS?

If every mother becomes **conscious** of this reality, of her (until now) unknown *choice* between a *messenger of peace and harmony* or a servant of evil, how would they decide? Wouldn't the majority choose the messenger of peace and harmony? And if every single mother, every pregnant woman decides like this earlier or later the entire earth will be populated with saints, angels and divine masters. Peace and harmony, love and light, beauty and abundance will be everywhere and Divine Justice will reign the entire world! There will be only laughter, joy and happiness wherever we go!

All that will happen when women become conscious of *their power of creation, their power of decision* between good and evil and ... when they get the most beneficial conditions for their time of pregnancy, their time of pregnancy.

We influence the future of this planet by taking care of the becoming mother and her surrounding!

THIS IS TRULY WORKING FOR PEACE AND HARMONY IN THE WORLD!

The education of the child has to start BEFORE birth and even BEFORE conception!

[For a better understanding: Watch the video from Bradley Boatman: *"A Gift for the Unborn Children"*! (A Bradley Boatman Production, California)] which you can find on the internet here:

1/4 http://www.dailymotion.com/frivolle007/video/x4sqe1_unbornchildren14_lifestyle

2/4 http://www.dailymotion.com/frivolle007/video/x4sqm1_unbornchildren24_lifestyle

3/4 http://www.dailymotion.com/frivolle007/video/x4sqon_unbornchildren34_lifestyle

4/4 http://www.dailymotion.com/video/edit/x4sqsu_unbornchildren44_lifestyle

CHAPTER 4: NO MEAT ANYMORE!

Why is it so important **to stop Eating Meat** and **to stop Smoking**? What are the reasons that masters and sages of the East, in India recommend to deny meat, fish, eggs, cigarettes and drugs, alcohol, coffee and tea, everything which stimulates your brain? Why does Rudolf Steiner ask to eliminate potatoes and spinach from your list of vegetables? And why does the Essene movement insisted and insist on a rawfood-diet with regular fasting?

There are a lot of reasons, but the major reason is to open your awareness, your consciousness and to reconnect you with the divine regions of the spirit. To have divine conversations in your meditations and divine inspirations in your daily life. That you feel better guided and better equipped in your daily struggles and "combats". To stand difficulties and to be able to master them.

THAT YOU BECOME YOURSELVES!

Then you can face every sudden change, every "coincident" at any time and understand them as a challenge to grow and to face them with a even tempered mood. You become able to act in these situations and not to react only. You feel the link with Heaven who prepared your life like a journey on a boat, an act of cruising where every situation is planed and determined to accomplish your life-goal.

All humankind, the solar system, and even the whole cosmos, must undergo events decreed since the beginning of time, and there is nothing we can do to change this. Imagine we are cruising on board a ship: there is a prearranged itinerary and scheduled ports of call which are, of course, impossible to alter, and there is no way we can leave this ship – unless we fall overboard. However, on board we can read, enjoy conversing with our fellow travellers, sleep in our cabins, or visit the bridge to scan the ocean. This metaphor of a ship illustrates the destiny of humankind: we are all on board a ship whose itinerary has been mapped out by the Lord Himself, and there is absolutely nothing that anybody can do to change it. 'On board' – inwardly – we may do as we please, we can improve or demean ourselves, but our scheduled destination remains the same.

You evolve and grow spiritually, become serene and a peaceful, joyful center for others around you. You become able to help others to reach their goals.

THIS IS THE MAIN REASON FOR A CLEAN-UP IN YOUR LIST OF FOOD-CONSUMPTION.

But why is it so important for Heaven that you **stop Eating Meat** and **stop Smoking**?

These two deplorable habits are the main limitations of your spiritual awareness, your blockers of spiritual growing and keep in you the illumination that you are victims of life and a capricious God.

But there exist still more reasons:

While eating meat you allow others to kill your little brothers and sisters from the lower level of consciousness ... the animals. It doesn't matter if you don't eat dogs and cats, and only cows, horses, pigs, chicken, and whatever.

You allow others to kill, for you and ... you accept that a chain of suffering becomes created, that an industry of emotionless, dulled workers earn their money with tormented or by tormenting creatures.

You neglect that they are also spiritual beings who have a soul, who are able to think, to feel, to suffer, to express joy and happiness as you do. They also have fear like so many of us. They are like children ... and you should protect them!

BUT WHAT DO YOU DO?

You abuse them and furthermore you have the desire to slaughter them! Strange!

THIS IS PERVERTED!

You deny their right of living and reduce them to resources of food. Like machines without a soul. But for your car you care more than for them.

Is it right to belief, that you have the right to eat meat?

There is something else you shouldn't forget: by eating meat you also eat their accumulations of waste and impurities, their states of feelings (suffering and pain, their feeling of being abandoned, their fears etc.), everything you also experience and are daily confronted with, and which is impregnated in this piece of flesh. And why is it that so many people feel abandoned, insecure etc. ...

IT IS BECAUSE OF EATING MEAT.

These impregnations have a deep influence of your psychic state, of your consciousness.

Do you realize this chain of suffering you create by buying meat in the (super)market? Do you imagine the kind of impact *Eating Meat* has onto your personal 'well'-being? How it *influences your consciousness and awareness, your state of mind?*

I am sure the majority still does not! This is the reason why they still kill millions of animals every day and continue eating them and have the impression that they do right!

You know also, thanks to a lot of researches in this domain, that the production of meat destroys our environment and reduces the food-resources for feeding mankind. You waste precious nutrition. We all know that.

But do you also know that the meat-production in the common sense [huge factories with tiny places for every animal (think about cows, pigs and chicken)], the slaughterhouses worldwide produce in the astral world, in the invisible world a pollution which is more worth and dangerous than anything you can imagine in your physical world? More dangerous than the situation during smog alarm in industrial areas in third-world-countries or in Mexico-City?

IT REMINDS ME TO A THOUGHT OF A FRIEND OF MINE WHO SAID:

"When man seeds carrot's the question doesn't arrive what he will harvest! But when he slaughters millions of animals what can he expect to harvest?"

This kind of pollution you create is much more dangerous because it has a huge impact in your physical and your spiritual health, in your spiritual connection to the divine regions and therefore in your way of living, behaving and acting!

And this cleaning in the astral regions is very difficult to accomplish.

AS LONG AS WE HAVE PLACES TO SLAUGHTER ANIMALS, AS LONG WE WILL HAVE WARS AND NO PEACE IN THE WORLD!

Also this you know. You know that warriors in times of war eat meat in the morning, at lunch and at supper. This makes them fearful, cruel and aggressive! Without meat no-one would do a shot, would kill someone. They would go home to their families and friends and work for peace and harmony in their environment and through that in the world.

Without eating meat, the economical and spiritual situation would change. Science confirmed that already.

And do you realize the reasons why (your) children, so called "amok-runners", mass murderer etc. behave and have desires like they do and have? It is because of eating meat – at breakfast, lunch and supper. Constantly and without having a break! (Sausages, even slices, are also made by meat and blood, the carrier of the soul). ... and becoming trained at this war-machines and war video-games they "play" with. They behave like they do because they are finally weaker than the others and easier to be influenced by the destructive thoughts which hover in the invisible, astral world. They are the weak point in the chain and materialize the thoughts and desires which are wandering around!

Meat consumption hinders spiritual grows! Meat is like a helm, a barrier against the divine emanations, the divine waves you need for exchange. Meat consumption produces suffering in the physical and spiritual realms and therefore a pollution which does the same for the rest of mankind. It isolates the earth more and more from the divine areas so that only high advanced souls can get in contact with them. The others become influenced and victims of devils, demons and other evil spirits of the lower astral planes who need them to survive.

The reason that you still are in exchange and in communion with the divine regions is that we have saints, masters and spiritual disciples incarnated on earth who do a constant clean-up in their astral surrounding. But they need support. They need your help to erase it as you do when you fast!

YOU HAVE TO STOP EATING MEAT AND TO BECOME VEGETARIAN!

THE POSITIVE INFLUENCES OF THESE QUIET SAINTS ARE DESCRIBED IN THE FOLLOWING THOUGHT:

CHRISTOPHER BENJAMIN: '*LET'S CREATE HEAVEN ON EARTH!*'

To be good is more charming and beneficial than to be evil, yet even a few good people – by their qualitative worthwhileness – counterbalance the quantitative influence of evil. One moon gives more light than all the stars. The sun drives away the darkness from a space millions of time larger than itself. One good man, whether he preaches or not, by his very presence in the world sets in motion invisible good vibrations; their power is sufficient to counteract even vast volumes of inharmonious vibrations emanating from the wrong thoughts and actions of evil persons.

Paramahansa Yogananda

AND FINALLY AN ADDITIONAL, SPIRITUAL REASON WHY YOU SHOULD AVOID MEAT:

When we eat, we are constructing the material of our own bodies, and these bodies are destined to become the temple of the spirit. The matter we absorb is part of this construction and must be pure; otherwise it will prevent the spirit from taking up lodging within us. People who eat meat should understand that all the animal cells they have absorbed are now integrated into their bodies, and will refuse to cooperate with any intended noble or magnanimous acts. When a person eats meat, he absorbs, along with the flesh, all the animal characteristics of fear, greed, cruelty, etc., so when he wishes to develop his higher self, he meets with difficulties, because animal cells cannot comply with the same high ideal. These animal cells have a will of their own, which is directly opposed to that of the person in whom they dwell. Animal cells do not want the temple of the spirit to be built.

The Universal Brotherhood of Light recommends all those who have problems with avoiding meat a little help to come over this taste:

=> *EAT FISH! IF NECESSARY ... 14 TIMES A WEEK!*

Why? Because you replace with fish meat and ... fish is a species which was until now '*successfully*' able to avoid evolving. You will help them evolving by eating them and ... you produce no karma! You don't pollute the Ether as you generally do when you eat meat!

You will realize with the time that your conscious- and awareness increased! (read more about this in the pocketbook „*Yoga of the nutrition*“ – Omraam Mikhaël Aïvanhov)

CHAPTER 5: NO CIGARETTES!

(Spiritual reasons to give up this addiction!)

What is so bad with this vice?

You poison yourselves by breathing in the smoke of cigarettes. These toxins illumine your brain. You pollute your whole breathing and respiratory system and create a platform for all kinds of dark and evil spirits.

You create a very deep and profound link with these entities who delude and tyrannize you in a way that you don't know anymore who and where you really are. You are like tiny balls in their hands and they play their games with you!

In the teaching of the Universal Brotherhood of Light you get taught that the nature of your needs determine your destiny.

For example, if you need a large quantity of cigarettes or alcohol each day, if you want many houses, cars or businesses, or if you wish to spend your evenings in night clubs or playing roulette at the casino, your destiny is already marked out: degeneration, ruin, possibly even prison. The opposite is obvious, too: if your desire is to contemplate divine beauty or spread peace and light all around, happiness and prosperity will come your way.

Why is it that so many people have not realized that each need, wish and desire places them on predetermined tracks leading either to infested regions, where they will be devoured by all manner of wasps, snakes and wild beasts, or toward magnificent and light-filled regions, where they will find untold joy? Yes, according to our inclinations, tastes and desires, it is we ourselves who assume the responsibility for our eventual destination.

What kind of games are they *playing* with you???

It is fun for them to make, to see you despaired, frighten, fearful, passionate, jealous, cruel, hateful, unhappy, tormented etc. Every kind of negative psychic state ... nourishes them. This is their nutrition – emotions and states of mind which are unclean and bad for you and your psychic well-being.

They are, thanks smoke, more easily able to express themselves through you, to possess you when you smoke! You invite these light-denying spirits through your self-denying and self-rejecting life-style, but the beginning is done with food like meat, blood and sausages. The Jews and Moslems call them "unclean food"! You give these entities with cigarettes a more direct access and control to your brain and thoughts. More and better possibilities to influence profoundly your thoughts and visions of the world, of others, of things and realities. Their goal is to enslave humanity because of their need of feeding themselves by the lower passions and emanations (anger, fears, jealousy, sexual-passions, unhappiness, worries, etc.) of human beings.

They need your tragedies to survive.

They need human beings who live their life which is based on passions and instincts to survive.

That is exactly the subject of the following thoughts

Men and women think that the sexual act concerns only them because they perform it in private. Well, they are mistaken. And people who have been able to keep a clear mind during all the excitement have realized that what they were experiencing produced emanations that served to feed entities of the astral world. These entities are so greedy that they were obliged to let them feed themselves at their expense, which meant that they lost a great deal of precious energies. But since they are not capable of analyzing themselves, all these ignoramuses shout: '*Ah, that was pure ecstasy!*', when in fact other entities were enjoying themselves through them. So long as people continue to live a life based on passions and instincts, they will be robbed by these lower creatures. If they live a life of true love, however, they will become stronger, more beautiful and they, not the others, will be the true winners.

and:

What a mistake is to think that by giving in to temptation you are satisfying yourself. Well no, not at all. You are working for others. Unfortunately, you will realize it too late. When you feel impoverished, weakened, empty, then you will understand that you have worked for others your entire life, not for yourself, in other words for that part of you that constantly needs to be enriched, enlarged and developed. And who are these 'others'? Dark entities from the astral plane, who feed on the unhealthy effluvia produced by the errors and crimes of human beings and wear them out. Other creatures exist in the invisible world, however, luminous creatures, which you can feed whilst still continuing to strengthen yourself and develop, because with every effort you make to satisfy them you are building up your spiritual patrimony.

and:

Sometimes, while asleep, you dream that you are doing things that you would be thoroughly ashamed of doing in a waking state. Why is this? Because you have not yet learned that it is necessary to prepare for sleep as if setting out on a very risky journey. The Cabbalah tells us that an impure spirit attaches itself to the physical body of somebody who is going to sleep, suggesting certain ideas and desires. This impure spirit wants to take possession of the sleeping body, to make use of the large reserves of strength it contains.

In order to defend yourself, you must pray to Heaven to send you an angel to protect you and take you to study love and wisdom in the school of the Lord. In this way, you will always have a guardian during the night, to keep your body safe from evil spirits and each morning you will return to your body enlightened and refreshed.

You meditate and smoke?

What kind of communication do you want to achieve? Do you imagine that you can communicate with the high evolved beings of light and purity? With Angels and Archangels, with God Himself? Or isn't it more realistic that you will "talk" and having exchange with the spirits of the lower astral world, the beings of darkness and impurity? What can you expect, when the light-bulb is dirty and the light-switch is on? You won't receive light. It will remain dark!

The same thing happens when you smoke! You cannot receive divine emanations when you allow impurities to dwell in your body and thoughts!

And this is exactly what this thought wanted to tell you:

Prepare your inner terrain so that you become able to communicate with divine entities:

When you invite someone to stay with you for a few days, you prepare a room for him. You do not just say: 'Come, come', without knowing where you are going to put him. All the more so if your guest is someone important. Before extending your invitation, you think about how you are going to welcome him. Imagine, for instance, that you are expecting a prince to come and stay: are you going to let him go through a dirty, untidy house? Well, may believers forgive me if I say they treat God in ways they would not dare to treat even their neighbours. They do not prepare a place for the Creator within themselves, a sacred place, but they invite Him to a pigsty, to a dung heap. Later they are astonished when it is not God who comes to visit them, but devils.

and:

Meditation has become fashionable lately. More and more people meditate, or so it would seem. But what can such meditation without any preparation bring them? How can they meditate if they do not have a high ideal, if they have not relinquished their whims, their debauched living, their disordered thoughts and desires, their wine and their tobacco? They say they meditate. And what is the subject of their meditation? Money, power, a man or woman they might seduce? They cannot meditate on celestial subjects because they do not have an ideal with which to tear themselves away from ordinary, animal life and to pull them up to Heaven. Be quite clear on this: you cannot meditate unless you have conquered certain weaknesses and understood certain truths. And not only are you not able to, it is even dangerous to try.

and:

True purity should only serve to help you make ready the dwelling-place of the Holy Spirit so that He may come and reside in you, because it is He who will provide the conditions for you to work on the advent of the Kingdom of God on earth. Too many so called spiritual people still believe that to be pure is to refrain from all contact and shut themselves away in a glass bowl. No. Purity like this, that does nothing, is virtually useless: in fact, it is harmful.

True purity is Divine Love, because Divine Love is life: It is water that gushes from the spring and this gushing water removes everything that is dirty, dull and dark. Even if you are as white as snow, purity without love is not really purity.

So many people think that purity is all about relinquishing love. There are people who are as pure as snow, but they are also as cold as snow. They have no love and their purity is sterile. It is not love from which you should refrain: Rather, it is selfish thoughts and feelings you should renounce, because as soon as such feelings arise in you, you are no longer pure. True purity is that of crystal-clear water that springs up flowing out to irrigate fields and gardens.

So what does that finally mean?

You have to purify yourselves when you desire divine inspiration, when you want to change your destiny and become a child of light, a participant for Heaven on earth. When you want to become really happy and successful in your life. You can't remain in

your old habits and feed your body with destructive food and polluted air. Otherwise your creations and imaginations will be reflections of the powers of evil and support their destructive interests ... and you remain miserable and pitiful!

Smoking cigarettes won't help you at all.

With this in your mind read the following thoughts about purity and its importance for TRUE happiness and luck in your life:

A disciple must hold fast to the idea that purity is the key to health, joy, knowledge, power and eternal life. When you are pure, light can enter you more easily, and you begin to see and understand things more clearly. The diseased particles that undermined your health and your will are flushed out and your health improves and your will-power is strengthened. All darkness and obscurity depart and if you were sad you become joyful again, for joy is simply one aspect of purity. The more you purify yourself the more you will feel light-hearted, glad and happy. And as impurity leads to decay, disintegration and death, the purer you are the nearer you will be to immortality. All these things therefore – immortality, joy, happiness, knowledge, power and health – are simply different aspects of purity.

This is initiatic science in a nutshell! It is up to you now to verify it for yourselves!

We cannot be truly powerful without the help of heavenly entities, and these entities will not be attracted to us and want to help us unless we live a life of purity in accordance with divine law, otherwise they will not even notice our thoughts and prayers. A disciple must always be vigilant about the way he lives therefore; this is the only thing that counts with these spiritual beings. If they see that someone is trying to live in unison with the laws of cosmic harmony they are obliged to help him. Otherwise they close their eyes and ears to him and leave him to his fate. Only the quality of our life can 'oblige' heavenly entities to intervene on our behalf.

If people thought to protect their life, to preserve it in the greatest purity, then they would be better able to realize their plans, because enlightened life is the source of all energy. Unfortunately they do not know this truth and they waste their lives. They think, because they are alive, that everything is allowed. They say to themselves: 'Well, since we have been given life, let's make the most of it.' And they enjoy it so much they become exhausted and unwell. They should start to live according to a different philosophy. They should begin to realize that merely their way of thinking already digs into their vital energy reserves, affecting the quintessence of their being. By using and abusing their lives, by allowing themselves to break divine laws, and even human laws, they are destroying their reserves and they will soon find themselves impoverished. Perhaps not on a material, physical level, but inwardly. Life is and continues to be the most important thing and those who are not intelligent, not enlightened, destroy the source of their capabilities, their joys and their inspiration.

To be humble is to look up to those who are much more advanced than oneself. Looking at them we are led instinctively to compare ourselves to them, and when we see how small we are we begin to feel humble. But we must not be content simply to stand and look at them. We too must go forward. True humility should urge us on to perfection, for it is when we imitate those who are more advanced that we start to make progress. It is when we want to be as perfect as the Lord that we are truly humble. Some people say that, on the contrary, this is pride, but they are wrong. How could Jesus, who insisted so much on humility, urge human beings to be proud by telling them, 'Be perfect as your heavenly Father is perfect?' No. Think about it. It is when

your ideal is to become perfect as God is perfect that you will begin to grow in true humility.

Sickness – do you find its origin in your physical and spiritual impurity?

Few doctors nowadays are willing to accept the idea that certain psychic disorders are caused by entities of the astral plane, which have penetrated human beings to feed off them and make them disintegrate. They believe that the problem simply stems from chemical elements that stop the psyche from functioning properly.

It is true that chemical elements are at play, but these chemical elements are the result, the actualization of the presence of harmful spirits that human beings have themselves attracted. These entities proliferate in the astral world and if human beings open themselves up to them, through their weaknesses and their transgressions, these entities come in and cause a great deal of harm. These facts are very well described in all holy Scriptures, which explains why initiates believe purity and exercises of purification to be of such importance. However, instead of reading these writings and understanding their profundity in order to then educate people accordingly, medicine looks for chemical products to camouflage the problems by a disordered life. Why does it not see that by not treating the causes, it sinks people deeper into illness and misery?

Your inner state influences the people around you!

Therefore you should never forget that your inner states do not concern you alone; they also influence others around you. If you are impure – 'impure' meaning unfair, dishonest, jealous, selfish, greedy, etc. – then your emanations soil other people. It is obvious that you want to do good, but you must know that you can do good only if you have first rid yourself of impurities. That is all ... and it is an absolute. If you really want to help humanity, you must first purify yourself. Even if you speak to no one, even if you meet no one, thanks to your purity, that is your unselfishness and abnegation, you contribute to the purification of the atmosphere on the whole earth. Yes, just by your presence. But if you are impure, you contribute to poisoning the whole world. And in this case it is useless to brag about wanting to do good.

Do you understand now the importance of purity and the effect of smoking in general for your life?

Smoke, smoking represents impurity in the physical and psychical sense. It damage your physical health, blocs your spiritual awareness and ... spiritual growing. It makes it even dangerous to do spiritual exercises to discover the realities in the spiritual world and to progress. It is self-destructive and self-denying. It is a sign for a lack of self-love and self-respect.

And without these two you can't expect to be loved when you have no love for yourself!

It is the same thing with respect: if you don't respect yourself who should respect you? It is just as it was already said:

Your inner states influence the outer conditions, your relationships with others!

There is so much to say about smoking and why to stop, but the major point should be:

WHILE DEVELOPPING YOUR SELF-LOVE

YOU DEVELOP THE FEELING TO BE LOVED,

... BY HUMAN BEINGS, BY NATURE AND BY GOD!

CHAPTER 6: TO BE IN HARMONY WITH YOURSELF

*To be in Harmony with yourself – SELF-Love – SELF-Respect
– BEING Self-Centred – To be in contact with your inner Guidance –
Being Positive – ...*

Why is it so important to be in harmony with yourself, to respect and love yourself?

It is very simple:

How can you love someone who respects nothing and no-one? Isn't it very difficult to have him/her around even if you love him/her very much? He/she behaves in a way that everyone runs away ... earlier or later! (S)he will be intolerably!

And do you know what is the worthiest thing in this case? That this one will not recognize it! He/she thinks that he/she is unfair treated, a victim and that it is always the others who are wrong and have to change!

Isn't it crazy?

Yes, that's why you should meditate on the following thought:

Friendship is the most precious thing. True! But we do not always look for true friends, rather for allies, so that we may be approved and supported in our bad habits. Do you know many people who want their friends to be absolutely sincere with them and not necessarily approve everything they say or do?

The least criticism makes them feel betrayed and angry. We all know that winning favor with someone requires approvals, compliments and flatteries. That is why some refuse to hear the truth, others see no interest in saying it, and so there are a lot of people spending their time deceiving others and making mistakes. The one who really wants to evolve does not deceive others and accepts, above all, observations and criticism.

It is even difficult to find true friends! If you are not honest with yourselves, how can you accept others to be honest with you? And more: to accept help for a needed transformation you have to go through? Please, tell me, with what image run these people around when they say: "We want to participate that Heaven can come on Earth!" What idea do they have about this situation 'Heaven on Earth'???

How can you be positive when you don't feel love for yourself? How can you be in contact with your spiritual guide, in communion with your Guardian Angel, being well balanced if you don't feel this love?

How can you belief in God?

"Love the others like you love yourself!" or **"Love the others like you want to be loved!"** Isn't it that what one of the 10 commandment says?

But each version means in its way the same: How you behave towards others (non-verbal or verbal) is nothing else than the expression of your own, personal standpoint, how you feel towards yourself!

How would you interpret understand the following thoughts?

Like most people, you need to be appreciated, valued. That is quite normal and it is no bad thing. In the interest of your own development, however, it would be better to rid yourself of this need.

Consider this for a moment: so long as you maintain this need, you are vulnerable. You are offended by the merest trine, because you feel you have not been treated with the respect you think you deserve.

Why all this fuss? You are a son, a daughter of God, is that not enough? No, you fret, you torment yourself because human beings – often very ordinary people – do not show you their respect. But you are wasting your time, because human beings do not care two hoots about your hurt pride. So long as you need the appreciation of others you will not be able to progress. Do not be so concerned about yourself all the time, forget about yourself a little and you will be amazed how free you will feel.

Is it not true to say that you love people showing you consideration? In fact, you feel it is only normal. So why are you not considerate to every being, to every thing? Try, even, to show how much you appreciate every flower when you plant it or water it. You may say that a flower feels nothing. Well, that is exactly where you are mistaken. Furthermore, it is for your own benefit that you should appreciate this flower because you are the one who will acquire some virtue and merit. You make a considerate gesture of respect or love towards someone, and that gesture reflects on you. You need to apply yourself for years to all these small things and then, one day, you will reap the benefits. Do not go looking elsewhere, far away, for what is already nearby. You will never find the solution to your problems somewhere outside your everyday activities. If you neglect these daily occupations, the invisible world will make you return to them and rub your nose in them until you have learned to understand this truth.

What else helps you to come into peace with yourself and your environment?

'Be a spring which gives without getting something in Return!'

That's why it is of great importance to get rid of this deplorable habit of taking, always taking ... make some effort to think about giving. At least try to look at others with love, try to smile at them and extract from your heart a few beneficial particles to send to them. Then it is you who will feel rich and happy. People are always afraid to lose something, to become poorer; they do not understand that it is this narrow-minded attitude that impoverishes them. To grow richer, we must give. Yes, taking leads to impoverishment and giving leads to enrichment, because we trigger within ourselves unknown forces that lay dormant and were stagnating somewhere deep inside. As soon as we project them, they start to emerge and circulate, and we then feel so enriched that we are amazed and say:

'But how can it be? I gave and gave, and I am richer?'

Well, these are the mysteries of love.

Therefore ... try to get into the habit of being grateful.

Yes ... give thanks every minute and whatever comes: amidst difficulties, sorrow, suffering, do not stop giving thanks. In this way you neutralize poisons produced within you by these negative states and you heal wounds, for no inner wound can resist a touch of gratitude. Therefore give thanks until you feel that everything coming your way is for your own good. Right now say. 'Thank you Lord, Thank you Lord ...' Be thankful for everything you have, but also for what you are lacking, for what pleases you and also for what makes you suffer. You will thus keep the flame of life alive within you. I can hear you thinking, 'that's all there is to it?' Yes, that is all there to it, but practices this method and you will see the results.

And here we are: we are at the point that you have to prove that you really want to do well, you want to change and not to continue telling stories. Why? Because these thoughts showed what kind of mentality you should give up and in which direction you should go. Your destiny depends on your work which starts today. And therefore you get now some thoughts which I feel are very important to notice. This habit to promise everything but to do nothing is very widespread. It brings your partner, your family in serious inner conflicts ... if there is a real need for change. If you promise but you don't do so ... how should they behave? According to the following two thoughts?

I.)

Every human being has qualities and virtues that are waiting to manifest. That is why, rather than focusing on the faults of these disciples, a master seeks to bring out all their divine capacities. That is how I work on you and that is also how you should work, by fostering sacred thoughts for each other. By fostering these sacred thoughts you are no longer waylaid by any less glorious details, so you can concentrate on the divine principle in these beings. You are then doing a good work on your personal evolution, and are also helping others, whereas if you focus on their faults, you harm not only yourself – because you are, as it were, feeding yourself on impurities – but you also hamper others in their personal growth. It is a common mistake to think that you can help others to improve by stressing their faults. The truth is the exact opposite, however: you can only help others by focusing on their divine nature.

II.)

Of course, human beings are not perfect and it would be silly to think otherwise, but ceaseless criticism is not a good way of getting them to improve.

The question is, are you trying to help or merely giving vent to irritation and exasperation? Helping people needs real educational skill and this means appealing to all that is best in them by letting them know that you recognize their good qualities (and everybody has at least one!). In this way, their self-esteem will improve, they will try not to let you down and thus your desire to help will have succeeded. Do not delude yourselves that you can help people by continually stressing their imperfections or inadequacies, by telling them they are lying, incompetent or dishonest, because they will stop even trying to improve. After all, why should they make an effort, since you have already formed such a bad opinion of them?

You agree I guess, right?

But why is it so dangerous to act generally according to this principle?

BECAUSE THERE ARISE THE FOLLOWING QUESTIONS:

- 'How often should we give someone this chance of change?'
- How much patience is wise and necessary and when are we foolish?

Let's take an example: you are married and you have children. Your partner has promised you a thousand times that (s)he will change (to conciliate you not to leave him/her) but (s)he never finally did so...

Here the question: Now, how often should you give him/her this 'last' chance???

Another thousand times, less or more?

Indeed, this is a very delicate situation, even more difficult when children or other dependent people are involved!

Here is my point of view:

- 1.) As long as there is 'only' one person engaged in this unfrank, dishonest game of self-delusion it is up to this person to accept it or not. Because we shouldn't forget that each person is responsible for her/his own in consequence (here: to insist to do the promised change) and so for her/his personal luck and happiness. And ... through this behavior to let the other do whatever he/she likes or not it doesn't really help this person to change, to get rid of his/her bad, self-denying habit(s)! He/she signifies furthermore that the other one can behave however he/she likes. A change is not really necessary!
- 2.) The situation is different when dependent and especially children are involved: if it is a dishonest game it gives children an example how they may also behave ... towards their parents, towards society. Acting without harvesting the consequences (what modern society teaches us) becomes desirable. And ... both lose their reputation in the eyes of their children. One is weak ... both are weak, the whole family is weak. ('The chain is only that strong as its weakest part!') So in this case I see only one solution: a last final try and then confronting the person with the consequences of his/her behavior. Another second last, final change? Not for me!!! Not in this case! I never heard that there exists in a language the expression of a 'second last, final chance!', a 'third last, final chance!' **How difficult is it to get nowadays a second chance?**

So be careful with these two thoughts about trust and mistrust. It depends if you are involved and about the honesty, the sincerity of the other person! Otherwise you will destroy your life and that of others, as long as you are not a living master!

AND HERE YOU CAN READ WHAT YOU NOURISH WITHIN THE OTHER PERSON WHEN YOU ACCEPT DISHONEST PROMISES:

Instead of making an effort to improve themselves, people prefer to submit to their lower nature. They accept to be at the service of their weaknesses, desires and caprices. They do not even try to identify the origin of their thoughts, feelings and desires; they just feel some impulsion stirring within them and they give in at once. But as soon as they have given it the opportunity to express and satisfy itself, they are amazed to feel weakened, unhappy and bound hand and foot.

In reality, if we want to become powerful, happy and above all, free, we must learn to submit to divine laws. Yes, contrary to what most people think, it is when we obey laws, not when we oppose them, that we become powerful, happy and truly free.

So thanks of insisting to fulfill his/her promise(s) you give yourself and the other person the possibility to become free, to liberate him/her from dolorous habits. And ... you get some time to reflect, to look over our life and you see clear how you would like to continue!

YOU REALIZE WHAT IS IMPORTANT FOR YOU!

And this is one of the reasons why in India exists a custom which recommends to go on pilgrimage in the year of becoming 50. It is the time for them to reflect at least then over

their life they lived and the time which is waiting for them. They have to decide anew how to continue.

This is a wonderful custom that each one of us should do more regular ... if possible every day, every evening. You should reason if you agree with the direction you are going and if not ... start the next morning by jogging into the direction you desire. Then you can be sure that you arrive in time at your destiny and you also work for the realisation of 'Heaven on Earth!', that you do your part!

It is good to get into the habit of periodically reviewing our lives.

Why?

Because, all too often we turn our daily routine into a meaningless, dull drudgery and are constantly preoccupied with all kinds of activities which contribute nothing spiritual to our lives. Subjected to the influences of all that surrounds us, we forget that our time on earth is very short and that all our material possessions, titles and social rank must be left behind.

Obviously we all know this.

Yes, everybody knows and everybody forgets; even a disciple of an initiatic school is swayed by the influences around him. That is why it is absolutely vital that we take time off every now and again to look over our lives, analysing the direction we are taking and the activities in which we are engaged, so that we can sort out our priorities – discarding what is not useful and keeping only what is essential.

But how is the situation when we see that the other is sincerely trying to improve but he fails constantly? Should we also behave hard and unaccommodating or should he get his chances to succeed finally? In this case we have a different situation, but otherwise as described in the last example we have to be firm, we have to insist that he tries over and over again. – As long as he is willing to do so ... and he finally succeeds!

Some people make no effort to mend their ways even if they admit they have many things to improve within themselves. Why? Because they think it is too hard to change their life style or their inner attitude; one day they manage, the next, they fail. They always have to start over again and they think it is not worth it. Well, this is not good reasoning, for the important thing is not to succeed the first time but to choose the right orientation and be sincere about your choice.

Know that your falls themselves are not very serious; each time you fall, the experience allows you to acquire something more. So, do not become discouraged; if, each time, you reflect on your failures in order to learn a lesson, one day you will have a real arsenal of notions and methods that will permit you to triumph over all situations.

Is there a connection between this widespread habit of searching for the faults of others and neglecting or belittling their own ones? To talk about the others, their weaknesses and feeling harmed when someone says something about him and his shortcomings?

I think that there is a relationship. The person looks consciously or unconsciously for an excuse why he is not working on his vices, why he is lazy and not replacing them into virtues. His argument will always be: "You also have your defects! Why don't you start with yourself instead of pointing on me! Crap onto your nose!" And so there is never a real reason for him to change!

So ... instead of continually criticizing others for their imperfections you would do better to concentrate on perfecting yourself. When your friends and relations see that you are changing they will be obliged to change themselves as well, for your efforts to improve yourself are contagious and magical. When others sense what you are doing they will feel impelled to do the same.

CHRISTOPHER BENJAMIN: 'LET'S CREATE HEAVEN ON EARTH!'

It is not so easy to change human beings. Do you really believe that you are going to succeed when even God has not succeeded?

No, you would do far better to stop trying to change others and concentrate on changing yourself. Once others sense that you are wiser, stronger, more generous and fraternal, they too will begin to change.

Why spend your time bemoaning the imperfections of mankind? Forget about them and think about yourself. In this way you will have less to worry and fret about, and by seeking your own perfection you will be accelerating your evolution.

And here I tell you something you really need to know:

YOU CANNOT RID YOURSELF OF YOUR FAULTS.

Now you will say: *'But you are always asking us to improve ourselves; how can we do this if we cannot rid ourselves of our faults?'*

You cannot rid yourself of your faults, but you can work on your lower tendencies and transpose them on to a different plane. This is what is generally referred to as sublimation. A pyromaniac for instance will always want to light fires, but he will learn there are other fires to light, and so instead of setting light to forests or buildings and destroying everything, he will kindle hearts with the fire of divine Love and will warm them and vivify them. He will not lose the need to light fires, but he will give this need a nobler, more beneficial form.

All lower tendencies – violence, selfishness, vanity, sensuality and so on – can be transposed on to a higher plane in this way. The faults with which we are born form an inherent part of our make-up, of our temperament and we cannot eradicate them, but we can correct them by transposing them on to a higher plane.

YOU WANT TO SHOW THAT YOU ARE INTELLIGENT?

Well, this is simple. You will demonstrate that you are intelligent if you can overcome the inconveniences of a collective life, if you succeed in restoring peace wherever you go by showing love, patience and goodness. Start by giving up criticism, and this will already show that you have won extraordinary self-control; you will be happy to have succeeded in establishing harmony within you and around you.

You must understand that human relationships are very complex. Your sympathies and antipathies are generally determined by your nature, which is a legacy from past incarnations; so how can you be sure of the exactness of your opinions? ... It is better to refrain from judging others; whatever they do, it is their business, and they will eventually have to answer for their attitude. The important thing for you is to have relationships with your fellow men that enable you to progress, evolve and be useful and beneficial to them.

If you understand this well you realize that **there exists no excuse**. That what you didn't do is not done and won't be done. You have to do your job without telling anything to anyone and what you accomplished will talk for itself and for you. You have to stop finding excuses. You have to start your work at its time. You release time and powers.

In general you use 90% of your time to find reasons why you can't do this or that, why you didn't do this or that, why you should not do this or that and so on. Stop wasting your time with this nonsense and you will have enough time for yourself and the things which are important to do. Use the 90% reasonably and tell yourself always:

“THERE EXISTS NO EXCUSE! WHAT I DIDN'T DO I DIDN'T DO!”

I know it is hard to learn and to accept, but when you finally do, you will be released and freed. You accept the reality of things and by stopping to hush laziness up you become able to act properly and beneficial for others and yourself. You receive blessings which are unable to come as long as you are not honest with yourself!

And something else: You forget very often that you are not trustworthy as long as you search for excuses! People will say: "He doesn't walk like he talks!" and will neglect everything you say and try to do! Everything is always a big question mark! Become conscious of that and you increase also your image!

You cannot claim to understand things correctly as long as you are content to accept the ideas of a spiritual teaching without making an effort to put them into practice.

If your thoughts are really good and right you will feel the need to bring your actions into line with them. If this is not the case it means that you are not really very convinced. Do not delude yourself: as long as your actions do not express your knowledge, it means that your knowledge is incomplete. It does great harm to let human beings believe that there is nothing reprehensible in not making their actions conform to their thoughts.

This is why a genuine initiatic teaching deals with every aspect of a human being and all the corresponding activities. Initiation concerns the whole being, not only his psychic activities but also his physical activities, his eating, sleeping, washing, walking and working ...

Learn to be thankful,

because appreciation and gratitude are strengths which detoxify the organism, neutralize poisons, renew materials. So, every day say: 'Thank you, thank you, thank you, thank you, thank you,' several times a day.

Human beings are ungrateful creatures. They are ungrateful towards the Creator, ungrateful towards the whole of Nature, ungrateful towards each other and what is worse, they find their attitude completely normal. All they remember about their lives day to day are the bad things, so is there really anything to be thankful for? Well yes, there is, and quite a lot at that. There are lots of reasons to be thankful.

And disciples who want to progress along the path of evolution must learn gratitude, because it is gratitude that will one day allow them to find the key to the transformation of matter, their own matter.

Try to understand this fully. Of course your efforts may well not change anything about your physical appearance, but the nature of the elements entering the make-up of your matter will be different. It will be more sensitive, more subtle, more resistant and you will feel all your physical and psychic organs functioning better.

If then someone comes to you and complains that he is very unhappy you might ask him:

'Have you said thank you today?' – 'Said thank you! To whom? Why? – Can you walk and breathe? – Yes, ... – Have you had something to eat? – Yes, ... – And can you open your mouth to speak? – Yes, ... – Very well then, give thanks to God. There are people who can neither walk, nor eat, nor even open their mouths. You are miserable because it has never occurred to you to be thankful. You must begin by realizing that nothing is more wonderful than to be alive, able to walk, look and speak. If you do this your whole attitude will change.'

But human beings forget these facts, so Heaven has to put them through great hardships so that they learn, eventually, to be grateful.

What else can help you to come in harmony with yourself and to remain there? Maybe the following suggestions:

I.)

Wherever you are, whatever you are doing, get into the habit of pausing for a moment to unite with the centre, the source, the sun within you, and then continue whatever you were doing before. Yes, stop for a few seconds, re-establish the connection and then carry on as normal. Nothing is more valuable than the acquisition of this habit.

You will say: 'I do this, but I don't really seem to get anything from it.'

Well, this proves you do not know what to expect. The only thing which really matters is that you are able to do this exercise, because the exercise in itself will give you such satisfaction, will bring you such happiness and well-being that you will need nothing else. Because during these moments you are inwardly rich, strong powerful and invulnerable, and that is important.

II.)

We are all inhabited by 'workmen', and as we cross from wakefulness into sleep, these workmen move into action, using everything within us – materials and energy – for constructive or destructive purposes. This is why you must be vigilant as you go to bed, avoiding all states of irritation and discouragement, because these states of mind are entities which not only destroy all the good you have acquired during the day, but which also prepare disagreeable conditions for the following day. So, take care to conjure up at least one light-filled thought, one inspiring image, one tender feeling of love before you go to sleep, and you will wake up the following morning feeling purified and restored.

III.)

Try to get rid of this bad habit that consists in protecting the memory of all that has made you suffer: you carry this memory around with you, scrutinise it, and mull it over...It is dangerous to return to negative events in this way. Once and for all you should draw useful conclusions from them for the future and never return to them.

Why do you still aggravate and prolong the ills you have suffered? Instead, try to remember the most luminous moments of your life; reflect on how, and thanks to whom, they came about. Bring them often to mind, exactly as you play the music you love, and you will re-live the same sensations of purity, freedom, and light.

How do you feel? Do you feel inspired to become prepared to join our work ... creating Heaven on Earth, where human beings of all nations and countries, religions and colours, old and young ... will live together in harmony and joy, in abundance and peace?

If yes, then start the necessary changes in your life!"

CHAPTER 7: THE LIVING FOOD DIET

We know from the chapter 'Why not eating meat' the influence of food on our behaviours, desires, feelings and states of mind, for our well-being in general.

So what does it mean to follow a living-food-diet?

Here you got some statements which came into my mind:

- Having a Living-Food-Diet means nothing else than to accept (to understand) that God created everything exactly like it should be, that it is beneficial for man, for mankind and that this is the way to find back to his roots and to achieve his destiny!
 - Having a Living-Food-Diet means reading the letter God and His servants write everyday to us and to read their messages as it was written!
 - Having a Living-Food-Diet means not wasting food and energy (to destroy the life-energy within).
 - Having a Living-Food-Diet means "Eternal Youth", not becoming physical old and fragile anymore and remaining young and efficient.
 - Having a Living-Food-Diet means being clear minded.
 - Having a Living-Food-Diet means solving the food problem on earth, famines and to stop destroying our basis of life.
 - Having a Living-Food-Diet means creating a relationship with nature and to start acting respectful with her gifts.
 - Having a Living-Food-Diet means a change of mentality, of thoughts and desires.
 - Having a Living-Food-Diet means becoming a true gourmet. ('You should love your food you eat!' – Which is more easy!)
 - Having a Living-Food-Diet means purifying your body, getting back your true strength on all levels and becoming young and powerful.
 - Having a Living-Food-Diet means opening horizons, becoming truly independent and self-sufficient.
 - Having a Living-Food-Diet means becoming patient, peaceful and joyful.
 - Having a Living-Food-Diet means becoming and remaining healthy in the origin of meaning.
 - Having a Living-Food-Diet means becoming a child of God, trust- and faithful through all obstacles.
 - Having a Living-Food-Diet means becoming yourself!
- **HAVING A LIVING-FOOD-DIET MEANS FOR ME:**
'Peace, harmony and abundance within and around me!'

You think I am crazy and this list is nothing else than words and phrases of a world-stranger?

Well, if you believe it or not ... this is the reality of a pure diet, after changing from your common diet. It was not by chance that the Essene movement existed and exists again! At the time of Jesus it was very well known and respected one. They had their own places, their own gates to enter the towns, their own lifestyle.

Purity was an essential part of their life and teaching. And so also having a Living-Food-Diet and fasting, regular fasting (daily only one meal, Sunday fasting and in addition longer fasting times about ten days two to four times a year.)

It was said that Jesus family were Essenians and he got his first spiritual apprenticeship there through his father Joseph and the Rabbis. Having a Living-Food-Diet was and is an essential part of their teaching and lifestyle; because it represents the purest and healthiest way to feed your body. ... what also means to liberate the life-energy within you from the useless work of detoxification!

Have you read the book from *Edmond Bordeaux Szekely 'The Gospel of Peace'*? In this book you can read how Jesus healed the sick by fasting and recommending a Living-Food-Diet. He worked as a natural healer and gave them the tools to follow his lifestyle.

Having a Living-Food-Diet and regular fasting opens your consciousness and gives you the possibility to understand even the most difficult lessons in life. Great teachers like Socrates and Pythagoras, but also Indian Sages and Initiates of all times insisted on a forty days fast before starting to teach their students. Purity was always seen as a key to get rid of the physical limitations of our mind.

Purity in food, purity of your body prepares the purity of your thoughts and feelings and opens the doorway to the greatest knowledge of life.

If you understand this properly you make yourself able to change your destiny and you can be sure that at the end you will become like Jesus: **a real man, an enlightened man, a sage, a son of God.**

... And you become able to do the same miracles and even more than he did. You live in the love of God, you experience it every day and through that you live your faith. You feel united and able to withstand all difficulties as His divine servant. He pleases you every day and you like to please Him every day.

THIS IS TRUE LIFE AND NOTHING ELSE!

And if this cannot convince you to come out of your old lifestyle than you can be also sure that your destiny will be very difficult and you have to go through lives and lives again until you finally learn it.

I don't want to say that having a Living-Food-Diet combined with regular fasting is the only way to become enlightened, to become a sage, but I know that it is a great help to speed up your evolution.

It helps to accomplish your spiritual exercises and it is a big help to master your instincts and your lower nature. But you have to experience it by yourself, like always! It is for me always a big surprise to hear that a lot of spiritualists deny the importance of having a Living-Food-Diet combined with regular fasting. Their personality, their ego recognizes it as the tools of its death! So these so-called spiritualists are governed by

their lower, interior nature and need a lot of will-power and inner strength to overcome their physical and spiritual limitations.

Read again some thoughts about purity and you will get a more profound idea what will happen to you if you take my statements into profound consideration:

The aim of the different practices advocated by religions all over the world – fasting, ablutions, prayer, etc. – is to prepare human beings to be more clearly receptive to divine messages and energies. In reality, of course, it is not the act of fasting or going on a retreat which is, in itself, important. What matters is to set out a work of elimination and self-purification: in other words, refining thoughts, feelings and actions. Unless you are committed to doing this work, however, it would be better to leave spirituality well alone, because otherwise you could become a danger to yourself, and put others at risk. If all prejudices and lower inclinations have not been eradicated, to consider oneself a messenger of Heaven, or a divine instrument, is the most disastrous of all ways of thinking. This explains how people can become a torment to their families, or even butcher their own people. Only someone who is truly pure and disinterested can claim to be a messenger from Heaven.

and:

Everything in existence attracts a little dust or grime in the course of time. A house, however special and beautiful it may be, always ends up being invaded by dust and cobwebs if it is not cleaned regularly. The same applies to our body, which must be cleaned and purified in order to ensure that no dust or cobwebs of any kind oppose the work of the higher entities, who bring the life of the divine world to us. That is why we must regularly, every day even, think not only of clearing our stomachs, our lungs and our brains, but also our heart, our will and our intellect, of all the elements that cause decay and prevent us from vibrating in harmony with celestial realms.

and:

A disciple must hold fast to the idea that purity is the key to health, joy, knowledge, power and eternal life. When you are pure, light can enter you more easily, and you begin to see and understand things more clearly. The diseased particles that undermined your health and your will are flushed out and your health improves and your will-power is strengthened. All darkness and obscurity depart and if you were sad you become joyful again, for joy is simply one aspect of purity. The more you purify yourself the more you will feel light-hearted, glad and happy. And as impurity leads to decay, disintegration and death, the purer you are the nearer you will be to immortality. All these things therefore – immortality, joy, happiness, knowledge, power and health – are simply different aspects of purity. This is initiatic science in a nutshell! It is up to you now to verify it for yourselves!

And I would like to mention that also Paramahansa Yogananda teaches his disciples to have a diet of minimum 80% uncooked vegetables and fruits. So also he knows about the importance of food and their influence on body, mind and soul.

I can imagine that everyone who reads my enumeration at the beginning of this chapter wondered if I really mean what listed or if it is only a kind of advertising, wonderful words from someone who is in love with it!

I can insure you that is not at all the case and after reading all the explanations until now you should know that you too can experience it. You can have these experiences when you accept to try ... you!

Don't be too shy and uncertain. You can't get the same experience by practicing a living-food-diet only a week or two. Maybe you get an idea, but never the total

sensation. You should go on a living-food-diet for at least one or two years! I am on living-food-diet for over 10 (ten) years now and so I know from what I am talking. You too can have this experience if you follow my example and that of all the others who live like me!

*JOIN, AND WATCH THE CHANGES BEFORE YOUR EYES AND
REALIZE
THAT THIS IS TRUE LIFE!*

It is up to you ... **TRY IT!**

But this is the point: **Do you want personal experiences; do you want to do personal efforts to receive something? Do you belong to those who belief in yourself?** If you want to become yourself, if you want to get rid of all the limitations you have 'thanks' the common lifestyle ... you have to try! You will go through a time of change in which you feel that it is something like a **second birth**.

In these ten years of having a Living-Food-Diet I experienced this change not only with myself. I observed this change, this transformation all around me and I was more or less involved with it. People started asking about the sense of life, of their life, searching their vocation and their true place in life. They were not able to be satisfied anymore with that what society offers. They became more vigilant, more demanding, more meditative ... they searched for the spiritual aspect in their life!

People quit their jobs or became unemployed (mainly it happened out of the Blue! Suddenly they were confronted with this reality of not having a job anymore.). They had troubles with their environment or their family which didn't support this idea of changing their diet. But they grew spiritually and improved their life and that of others. They started to be more interested in society and environmental problems. They came out of their mental and sometimes personal isolation and they started to engage themselves for a better world, for a world in which it is worth to live.

I often hear people saying:

- o "The Living-Food-Diet did something with me!"
- o The Living-Food-Diet changed my life!
- o The Living-Food-Diet ...!"

But it is not the Living-Food-Diet which did the change. Having a Living-Food-Diet gave us only the means to come out of the old lifestyle, the old way of thinking and helped us to come out of our illusion. The Hindu call it 'Maya'! That is and was at all times the reason for all sages and initiates to insist on a Living-Food-Diet, as long as we are not able to transform our food into pure light. If we are able to do this transformation of everything we eat, then it is not important anymore to eat raw, because we eat pure light ... as the primordial man Adam Kadmon.

It is said in the *Zend-Avesta* (an old scripture of the past) that when Zoroaster asked the god Ahura-Mazda how primordial man fed himself, he answered that *he ate fire and drank light*. So why do we not learn to eat fire and drink light too to return to the perfection of primordial man? You will say it is not possible. Yes it is possible.

When you are watching the sun rise, wait, watchful and attentive, for the first ray and as soon as the first ray appears, concentrate on absorbing it. So instead of simply watching the sunrise, you are drinking it, you are eating it, and you imagine that this living light spreads through swallowing it. all the cells of your organs, purifying them, strengthening them and enlivening them. This exercise not only helps you concentrate,

but you will feel your entire being quiver and illuminate because you are truly absorbing light.

and:

The process of nutrition is only really complete or ideal if we learn to nourish ourselves through all the pores of our skin.

It is a discipline that yogis from India practice: through their skin they manage to pick up certain energies and vital substances. If they can live and be satisfied with very small quantities of food and drink, it is because they have learnt to absorb subtler elements. You too can practice this. When you are at the sunrise, for example. Concentrate on the rays with the thought that you are absorbing them through your skin. You will gradually feel little mouths or small doors opening within you. If for now you do not feel this, it is simply because you have not practiced. Concentrate on the light of the sun, be conscious of it penetrating you, and you will feel all these doors opening.

And now we are confronted with Jasmuheen, the Australian woman who lives only with light and prana! And that for years! If I am right, for 18 years now. She is one of the living examples who proves this reality of man's destiny.

And having a Living-Food-Diet helps us to become like her! This transformation process of 21 days or three weeks in which we deny in the first seven days liquid and food, and drink in the second and third week two-and-a-half and three-and-a-half litre of liquid of any kind per day makes us able to exist on light and prana alone ... like the primordial man Adam Kadmon!

This transformation-process will be executed without any physical and mental problems.

And if you practice in addition the 'energization exercises' from Paramahansa Yogananda you will have power during this time you can not understand! But I would like to warn you: you should not try this transformation-process without a long-term preparation. If you are a real, long-term rawfoodist ... yes, you are able to do it. But if you eat like everyone, perhaps also meat ... please then forget it! The chance that you will have problems is much too high!!!

Living on prana and light alone is not possible? – There exist too much examples who teach us the opposite!!!

Read the following article:

NASA to study man who survives on liquids and sunlight

June 30 2003)

An Indian man, who claims to have survived only on liquids and sunlight for eight years, has been invited by NASA to show them how he does it.

Hira Ratan Manek - also known as Hirachand - a 64-year-old mechanical engineer who lives in the southern state of Kerala, apparently started disliking food in 1992, the *Hindustan Times* newspaper reported.

In 1995), he went on a pilgrimage to the Himalayas and stopped eating completely on his return.

His wife, Vimla, said: "Every evening he looks at the sun for one hour without batting an eyelid. It is his main food. Occasionally he takes coffee, tea or some other liquid."

Last June, scientists from the US space agency verified that Manek spent 130 days surviving only on water, the report said.

They even named this subsistence on water and solar energy after him: The HRM (Hira Ratan Manek) Phenomenon.

Mr Manek is now in the US to show NASA's scientists how he survives without food. The US space agency hopes to use the technique to solve food storage and preservation problems on its expeditions, the report said.

Mr Manek said he "eats through his eyes" in the evening, when the sun's ultraviolet rays are least harmful. He and his wife claim the technique is totally scientific. However, doctors warn that staring at the sun can make you blind.

His wife said: "He has a special taste for sun energy. He believes only 5 per cent of human brain cells are used by most people. The other 95 per cent can be activated through solar energy."

DPA

Is it enough proof for you? Having a Living-Food-Diet is the surest way to this final step of physical independence. You loose all your fears (par example: dying of hunger) which limits your brain and actions.

You become free to ask yourself: ***"What makes really sense to live for, to work for?"*** – And after that your life will change, for sure. Your whole perception has changed and everything you hear and read get a deeper and more profound meaning.

YOU ARE FREED TO LEARN HOW TO ACT WITHOUT LIMITATIONS.

And you will be asked the following questions:

- Do you want to work for the good or bad in the world? For the light or the darkness? For the joy of all creation or for the contraire?
- Do you want to be a benefactor or a evil-doer?
- How do you want to spend your time on earth?

I understood one thing in my life: We need to have a goal, a 'High Ideal'. Without it we get lost. Everything is nonsense and useless!

You don't have a 'High Ideal'? Then get up and look for it! Didn't you recognize that ... wherever you go you meet too often people who are dissatisfied?

And where does this dissatisfaction come from?

From the fact they have not understood they need to have a High Ideal, a divine idea to illuminate and purify their inner atmosphere. So, whatever they do, they end up suffocated, imprisoned. Even on holiday, even in the best possible surroundings, in the mountains, at the seaside, they remain in the same deplorable state. Yes, even away from their office, their workshop, their factory, they continue to feel unhappy and lifeless.

Why? Because inwardly they have cut the connection with Heaven. As soon as the connection with Heaven is cut nothing material can bring comfort; they will continue to suffer what ever they do.

Of course it would be foolish to claim that the life of factory-workers for instance is a bed of roses, and that society is not riddled with injustices which must be put right.

But that is a different issue. If you consider carefully you will see that even if major improvements are made on a material level, the same dissatisfaction – or worse – will persist because without the connection with Heaven people will always find a reason to be unhappy and complain. Just look at the number of material problems which have

been resolved over the years, yet people do not think themselves any happier or more satisfied. Proof that they are still lacking something.

So ... as long as you have not got a truly divine spiritual ideal, the forces and energies within you will never be fully mobilized and orientated and your life will always be chaotic. Look at the confusion and disorder that reign in most people's lives!

True, some people have an ideal, but it is almost always the ideal of being rich and famous and powerful. That is not a true ideal.

I don't deny that the lives of people like that are far more impressive than the lives of those who are flabby and always tired; they are a marvellous source of material for adventure stories and films. You can see exactly how they outwitted or eliminated their rivals and ruined all their competitors! Yes, but they are not examples to be imitated and Heaven punishes those who use their God-given powers and qualities for the satisfaction of their baser inclinations.

Therefore here you get an idea why it is important to hold beauty, light, purity, power and love as your High Ideal!

Because this ideal has a magical result: an entire network of energies is woven between you and this ideal. This ideal activates hidden forces within us; it awakens them and attracts them to itself. A kind of polarity is produced between ourselves and our ideal which gives us not only a means of comparison, a yardstick, and a model, but also serves as a magical element which activates the forces of our consciousness and superconsciousness. An ideal influences the mental body so that it learns to discern and recognise what is perfect; an ideal awakens warmth and love in the heart; and through an ideal the will is stimulated and energised.

Thus, our High Ideal attunes our entire being to God Himself.

Do you understand now the importance of a 'High Ideal' for your life? And if you lack it, then start searching for it, because it is essential for you to continue life and ... **to become happy and fulfilled.** It really gives you everything **to feel you worth living!**

And to conclude:

A person who lives a Living-Food-Diet without a spiritual teaching, without a spiritual goal practices a Living-Food-Diet without a 'High Ideal' and so never really able to understand the importance of having a Living-Food-Diet! For himself, for his environment and for the entire world!

What I understood is that without this deep, profound understanding you are not able to experience the joys and gifts the creator has foreseen for us! A person who lives a Living-Food-Diet needs a 'High Ideal' otherwise he is lost like all the others who lack this!

CHAPTER 8: HOW TO ACCOMPLISH A LIVING-FOOD-DIET

And how you will have a balanced diet!

Actually it is the *simplest way to feed yourself!*

But if you look for literature and help ... you become overwhelmed by the variety of advice and recommendations. You find as many ways and ideas of practicing having a Living-Food-Diet as there are human beings on earth! No-one eats in the same way because no-one has the same needs!

Having a Living-Food-Diet sounds to a lot of people like a discipline or a teaching ... but it is not! It is a lifestyle, a consciousness ... and a way of satisfying one's very personal, individual needs, the needs of one's physical body. When I watch people in a cafeteria or anywhere else eating like hundreds of other people I realise that these people are far away from giving their bodies what they really need. Their instinct is not able to tell them their real need! (It is even difficult as long as you eat cooked.)

All these people who eat raw have one thing in common: they don't cook what they eat and they accept their food exactly in the way the Creator has prepared it for us. They understand that eating like this is the best way for us. We receive through our nutrition the love letters which our Creator wrote us, with includes guidelines on how we can come back to Him, how we can access our Higher Self, our Divine Self.

It doesn't matter if there exists so called Instincto Rawfoodist's (Guy Claude Burger), or Ur victual foodists (Franz Konz), or Helmut Wandmaker with additional supplements like Vitamin pills, or again others who prefer to add algae, or only tropic fruits, or those who refuse fruit from the supermarket, and those who confine themselves to local food, or others who accept dairy products in their meals or not; ... it doesn't matter. They all combine this ideal of eating their food uncooked and see it as the most healthiest, comfortable and natural way to feed themselves!

But to help you out of this jungle of movements, recommendations and disciplines I will try to give you some guidelines which I think will make it much easier for you to change your present life-style and to be successful and happy with it!

Read these following points and feel free to implement them in your new schedule:

1. The very first thing for you should be: *don't exclude right away everything you like from your list of foods*. If you do sooner or later you will feel absolutely deprived and sick of continuing as planned! Start slowly and only gradually omit the things which don't fit in with your new lifestyle! (How often do you still stay in contact with your old friends and their old habits?)
2. *Use hot water* in the morning to heat yourself up (For example in winter time). The first three winters could be very difficult for you. Your whole body system changes and therefore it could be that you feel really cold. You need something hot, but not food! Use the hot water to heat yourself up and clean yourself in the same way from all the toxins which you stored over the years in your body. (in wintertime I need an extra amount of hot water in the morning and after that I

am fine. I can stand even the coldest weather. So ... if you feel cold ... drink hot water! It will help you to feel much more comfortable and warm!)

3. *Don't eat all day long!* I think this is the most difficult part of changing one's lifestyle. You will discover how much food and eating is part of your daily life, in meetings, parties, watching movies, leisure in general. I realized that this way of eating every now and then became a real pain and I found this out thanks to a personal schedule and inner discipline. You will also discover that you won't feel hungry anymore. It will diminish to a need to eat, but this angry hunger will be quickly died down! You will agree through personal experience with this statement that your body becomes satisfied with only two meals per day!
4. *Eat wild plants!* They have 50 – 60 – 70 times and more minerals, vitamins and chlorophyll than any cultured greens from the supermarket or the garden! And they make you full and feel comfortable! Having a Living-Food-Diet without wild plants will leave you always feeling hungry and unsatisfied, so that you will stop practicing this new lifestyle!
5. Get into the habit of *fasting in the morning!* Satisfy yourself with water, hot water or juice, and having your last meal, if possible, before six o'clock in the evening. You will feel much better, lighter and content by doing so. And ... it will help you to digest better! You will experience a huge liberation.
6. And last and very important point: Don't talk more than necessary about what you're doing. Don't try to convince others of your new lifestyle. If you have to say something about this, tell everyone that you are doing an experiment to see how this kind of eating will affect your health and well-being. You will see that everyone will accept it and be interested to hear later what you experienced!

And what should you eat? ... Everything you like! Of course, there is a priority list, a list which recommends how to combine fruits and vegetables and which you should followed the first two or three years, but after this time you can forget it. Combine the food as you like.... As long it is raw and you follow your inner guidance! You don't have to worry about incompatibilities.

You will discover that sweet-potatoes are the only ones you can eat from the potato family. Why? I don't know. But try it and you will see.

Learn to trust your creativity and your inner voice. They tell you what you need, which ingredients are harmonious and which will not fit at all!

And remember always that an essential part of our food should be wild plants and or leaves from trees like linden tree or cherries. They help us to feel full and satisfied and they harmonize the food we eat in our stomach and belly. And ... they also help us detoxify! Without wild plants and or leaves you will really have problems. So the first step should be to find places where you can harvest what you need so essentially! And if you have opportunities to harvest huge amounts for times of lack do it! I found a way to preserve wild plants for several months! Ask me for guidelines if you are interested.

Now the next point is how to prepare salads, purees, dressings, porridges etc. Look into Non-Cook-Books of all kind and feel inspired to imitate them. You will start being creative sooner or later. The importance for you is to see that salad is richer than only these poor salad creations you find very often in restaurants and which you are used to. Salad means for me and all people who practices a Living-Food-Diet richness in color, variety, taste, life, ingredients, etc.

And you will discover that they really satisfy you, that you remain strong, healthy and able to accomplish your daily tasks! Yes, read these books I recommend in the *Chapter Appendix* and feel also inspired to try recipes you find in cook books. Use it for craving a Living-Food-Diet recipes! You will never think again that having a Living-Food-Diet is boring and dissatisfying!

CHRISTOPHER BENJAMIN: 'LET'S CREATE HEAVEN ON EARTH!'

Follow these guidelines and you shouldn't have any problems in changing your present lifestyle ... as long as you want to!

Remember what I said at the end of the last Chapter: A person who lives a Living-Food-Diet needs a '*High Ideal*' otherwise he is lost like all the others who lack this!

If you are willing to join us you need one! How can you succeed if you don't understand the purpose of your efforts to accomplish personal transformation?

When do you start with living your new life? Today, tomorrow, or the day after tomorrow?

By all means? Well! ... see you soon! And enjoy the trip!

Books I can recommend to read:

- o Gregor Wilz: « *Vegetarian Rawfood Diet – Nutrition for body, soul and spirit* »
- o Shelton: « *Proper diet with natural, living food* »
- o Walter Spiller: « *Your intestines – roots of your life force* »
- o Tilden: « *With toxification start all your maladies* »
- o Helmut Wandmaker: « *You want to be healthy? Forget the cooking pot!* »

CHAPTER 9: PRENATAL EDUCATION

How do you understand the situation: '**Heaven on Earth**'?

Do you understand it in the way as the *Jehovah's witnesses* or other religious communities do? Or do you have another picture? Do you have a picture?

Why is it so important to have a clear idea?

... because otherwise you have no idea for what you are waiting and furthermore when this situation meets you, confronts you!

You will find yourself uncomfortable and not able to deal with the situation. Maybe you even distrust the persons who are linked with it. You are ungrateful and displeased!

So become conscious of the meaning '**Living Heaven on Earth**' for you! If you made this personal definition you are able to recognize this atmosphere in everything which comes across ... and also in that what you already possess: in your family, your wife and children! Maybe you become now conscious of what you have!

Because this is also needed: Being conscious that you live '**Heaven on Earth**' for the others! That you give so that you are able to receive.

What is 'Prenatal Education'?

Is it possible to educate our children before they are born or moreover before the conception? How should that work?

This wondering is quite apposite, because it is not known in our culture ... except in Greece!

I found a book with the title: '*L'éducation prénatale, de la Grèce Antique au XXI^{ème} Siècle*' ("*Prenatal Education in the antique Greece in the XXIst Century*"). It talk about the fact that already children in school become familiar with the power of thought, the power of imagination and contemplation on beauty, harmony and peace during the time of pregnancy. But this is already '**SPIRITUAL ELECTROPLATING**'! (The explanation you receive in the next chapter!)

What is now 'Prenatal Education'?

As I said already in the Introduction:

"... Becoming conscious of our personal behaviours, weaknesses, strengths, thoughts, desires, etc. and transforming them in divine virtues we prepare the terrain for the Kingdom of God within us ... and thanks to these efforts we change step by step our whole surrounding. As a great master said: *Your example will change those around you, who will influence others in turn ... That is how individual karma becomes mass karma, which invisibly affects the fortunes of all humanity.*" ... and that of our children!

And a little bit later:

"... **we have to start with us.** We must grow ourselves, now, if we are planning to have children: for we must train ourselves now before the moment that our energy is transferred to the child-life and before we have the challenge of educating our tender children's minds. Our weaknesses, faults (family, personal and social karma) must be improved because otherwise we attract only similar less evolved souls as opposed to high-evolved souls. ..."

And Paramahansa Yogananda says about 'Prenatal Education':

"... The ration between love and physical indulgence is that the greater the love, the less the physical craving, and vice versa. Husband and wife should feel love whenever they see each other, and not the physical instinct, otherwise they will march toward the pitfalls of boredom, dislike and separation. A husband should consider his wife to be a clean temple fit for creating and caring for a new soul. The wife should keep her body-temple free from unclean thoughts. The specific nature of the mental state of parents during this period of creation is the magnetic force that draws a particular type of disembodied soul into the mother's body-temple. Thoughts concentrated upon the physical invite sensually inclined souls. Souls with a more highly developed nature refuse the invitation of degrading physical attraction.

The Hindu scriptures say that during this period a current of life force is generated, which serves as a door through which disembodied astral souls may enter. Good souls do not enter through this door of life current if it has vibrations of low passionate mentality. They turn away at a distance. They prefer to wait rather than to take a hasty rebirth in an undesirable place. So all husbands and wives should remember to cooperate spiritually, mentally and physically in order to invite a sacred soul into the cell temple of sperm and ovum that they create. Married people should invoke good souls to come and live with them.

Parents should prepare their minds months in advance in order to create a spiritual child. During the specific period of creation, thoughts of invoking a noble soul into a temple of uniting sperm and ovum cells must predominate. At this time, thought should remain between the eyebrows, directing the holy work of creation; it should never be allowed to run down and become identified with passion. In married life, adultery is committed by those living wholly on the physical plane. Such persons are punished by boredom, mutual hatred and final separation. The creative instinct is nature's means of continuing creation and should not be converted into a play with the senses. If the creative instinct is withdrawn from the coccygeal region and sent through the spine to the spot in the middle of the forehead and brain, it begins to create offspring of spiritual realization. Married people, after creating one or two children, should learn how to thus spiritually commune and procreate. Husband and wife should consider their union as a union of Nature and Spirit, of feeling and knowledge. Marriage is meant principally for spiritual union, and incidentally for material union. Elderly parents should commune only on the spiritual plane, intoxicated with mutual love, satisfying cravings by mental loving. ..."

And what does the Universal Brotherhood of Light say in general?

I.)

When a man who has already worked to educate his own children – by which I mean the cells of his own body – is called upon to educate other people's children, or even grown men and women, both his words and gestures are expressive and carry conviction. Those who listen to him sense that he is a true educator, that he is not just acting the part, because all his inner population supports him and lends him strength. This is why his very presence is magic; every word he utter triggers results because his whole being is accustomed to working together in one direction.

You must reach this harmony and unity; you must all learn to be the same inwardly and outwardly. This is the only way to true power because it is the only way in which every bit of one, even one's cells convey the same message. When this is not the case, only that part of one which is actually talking gives off a few little rays of truth, the rest of one's being contradicts one's words.

II.)

Pedagogy, the art of an educator, cannot be learned from books. A true pedagogue is born with this gift. His presence, his look, his emanations are sufficient to have a beneficial effect on children. History has many examples of men and women who were born with this love, this moral quality which allowed them to achieve wonders with children, for children are very sensitive to these qualities. They are like animals in that they can sense from a distance whether or not you are a master. Look at horses: if a horse senses that its rider is afraid it will throw him at once. Otherwise it will be perfectly docile. Children have the same natural intuition.

Actually, true pedagogy is initiation. A true pedagogue is an initiate. By their example, their work and self-abnegation, their patience and self-sacrifice, the great initiates have educated humankind by showing them new ways.

III.)

Education is obviously very useful, because it gives you a job, prestige, authority and money. But you can accumulate as much knowledge in mathematics, history or medicine as you like, it will never transform you and so if you are timid, sensual, quick-tempered or selfish you will remain timid, sensual, quick-tempered or selfish.

No university will teach you about the laws that govern the moral world, about the Great Beyond, the afterlife and reincarnation. So even if you are a walking encyclopaedia, you will not have the hope, the conviction or the strength of will that will allow you to transform yourself, because you know nothing about these fundamental subjects. Whereas if you are taught that moral laws of nature, that souls continue to live in the other world and how they then reincarnate, you will not be able to remain the same in the face of these revelations. You inevitably become more mindful of your outer and inner behaviour.

Do you see that 'PRENATAL EDUCATION' is the work which every spiritual disciple of an initiatic school has to do on himself? You work on yourself. You work on your perfection as Jesus told us: *'Become perfect as our Heavenly Father is perfect!'*

Of course, you can't reach this goal in this life-time, but thanks to your daily efforts you do a good job on yourself and for further incarnations. And don't forget in the same way you work out personal, family and social karma. You help, if you will have one day the desire to procreate, to have children, you help your further children to get better conditions to incarnate on earth. You help higher advanced souls, benefactors of humanity to find a door to come. Thanks to your effort for improving you become too a benefactor and you will be blessed with children who make you happy, less troubled and less worried.

What a gift!

Don't you think that this is worth to do the effort? You work through your children for the coming of the *Kingdom of God and Its Righteousness!*

That's 'Prenatal Education'!

(More information you get on

www.RealPeacework-Akademie.info/Graz

CHAPTER 10:

Spiritual Electroplating

And what is 'Spiritual Electroplating'?

The Universal Brotherhood of Light gives you a short description about this work a mother should accomplish during this so important time of pregnancy:

A mother who is expecting a baby must become aware of the powers she has to influence this child well before it is born. It is not enough to love this child before it is born, the mother must learn how to use the powers of love. So, by thinking of her child the mother is able to project her love to the sublime regions to gather elements the child will need later on and to infuse the child with these elements, elements which will work on it to make it into an exceptional being.

*How could a mother think she can give her child everything it needs solely with her own resources, without fetching them from elsewhere, from higher up, on the spiritual plane? So, now and again, a few minutes several times a day she should stand before God, through thought and prayer and say to Him: **Lord, I want this child you are giving me to be Your servant. But to achieve this I need other elements, which are only found near You. Please give them to me.***

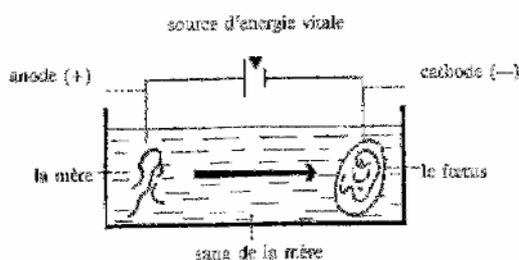
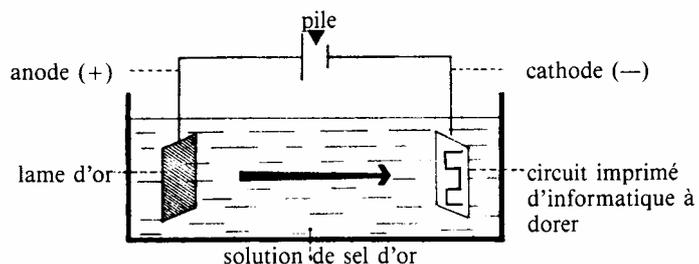
You will say it is not easy to stand before God. Of course not, but it is merely a figure of speech. Simply by thinking of beauty, of light, of eternity, the mother will attract higher subtle elements and will project them on to her child.

'Education Begins Before Birth!'

This sentence, but also this book from the spiritual teacher Omraam Mikhaël Aïvanhov gives you a very clear idea what it means to get children and how to educate them ... and when to start doing it!

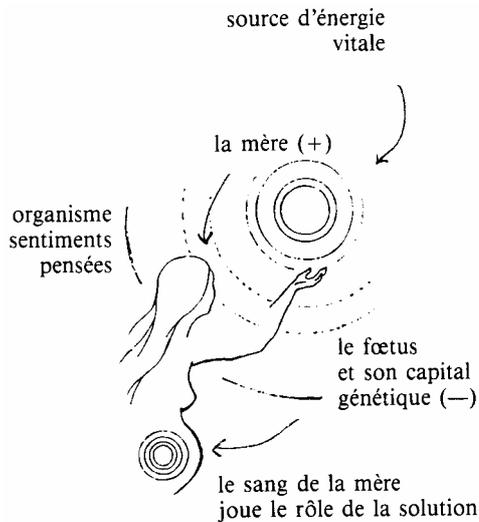
With the following picture you see how the industry works to cover a piece of iron with (par example) gold.

This is common electroplating.



And this picture now shows us what it means for a mother being connected with the divine source and a divine Ideal. She represents the cathode and the heavenly regions the anode. And from there there is this flow of material which is needed to build up, to construct the physical and spiritual(s) body/ies of the unborn child!

'Spiritual Electroplating' is therefore very similar to the common electroplating of the industry!



The source, the material and the goal are different.

For further information and descriptions I recommend the booklet

'At the Source of Life'

which you receive under www.birthpsychology.com/appah, the American organization for 'Prenatal Education'. They have also further books about these two subjects.

Another source of information is

www.RealPeacework-Akademie.info/Graz

where you find information in four languages!). especially here you get a holistic point of view what it means *Prenatal Education* for the future parents.

Already while having the desire of having one day children should motivate the further parents to prepare themselves and to get rid of weaknesses and faults caused by the different kinds of karma and heritage. They have to prepare themselves so that they are able to invite high evolved souls, benefactors of humanity. These beings (think about Masters, Sages and Saints) need conditions which enables them to manifest on earth and to help humanity to evolve! They have difficulties to come, to incarnate on earth! Paramahansa Yogananda described it very clearly.

I hope this is enough as a first explanation what 'Spiritual Electroplating' means. It should give you a first, clear idea and not ruminate that what is already profoundly said. Otherwise this book will become too big and not readable anymore. So don't hesitate to go to the recommended web-pages and look for further details. (Look also in the Appendix! There are several books listed!)

There is something else where women educate, where they have a lot of influence: on their husbands and life-partners! I recognized very often this habit in my personal relationships, but also in the relationships of others, especially my parents. Some women have it more, others have it less developed. In general, this was my impression they learned by playing with their dollies and continue with their children and life-partners. They are so impregnated with this attitude that they do not really realize it. But they should as you can read in the following thoughts, because it is not generally spoken a bad thing:

It is the role of woman to educate man. By means of her thoughts and feelings, of her whole attitude, she should incite men to great and noble deeds. A man asks nothing better than to be uplifted and inspired by a woman. This means that a woman who does not have this ideal, who seeks only satisfaction of her own whims and lusts, misses her vocation. The vocation of woman is to educate man.

Perhaps you will say, 'But a woman is so much weaker and more fragile than a man, how can she fight or argue with him?'

She does not need to argue with him; there are many ways, many attitudes or expressions that are more effective than opposition!

Also women educate men when they bring up their sons. For the rest of their lives these sons will respect women because of their mother. Yes, through her influence in

the little things of everyday life a woman can bring up her sons to be men of integrity, nobility and generosity.

and:

Women have much to reproach men, because for centuries men have used and abused their authority to force women to be in their service. Men have shown themselves careless, egocentric, unjust, violent and cruel. And now the situation has changed and women are gaining their independence. They are waking up and getting up. But if they get up to revenge, the results will be no better, not even for them. Women must now show themselves generous and forgive the men. Since they are mothers, since they have more love than men, since their nature leads them to be good, lenient, generous and ready to sacrifice themselves, they must not look to make men pay for everything they were subjected to. Women must rise above their personal interests in order, in the light, to awaken to higher virtues. It is therefore up to all women on earth to come together, to join forces to work together and build: work on the children they bring into the world and on the men, the fathers of their children. This is how they will play their part in the regeneration of humankind.

I never really understood these thoughts about the power of a wife to educate her partner until I met I couple with serious relationship problems. The husband seemed to be honestly interested to change the deplorable situation and was willing to drastically changes ... in his behaviour, in his attitude and his personal engagement in family life. He also promised to become more attentive for the personal needs of his wife. I don't know if he succeeded, but it was for me the proof that even a man, an adult could finally change, when he realizes that he has to change if he doesn't want to loose the love of his beloved wife, if she shouldn't leave him. Women are therefore also able to transform their husbands as long as they know and express what they need and desire. (And I talk here not primarily about physical needs, much more about their spiritual needs!) So here again, the influence which women have to prepare '**Heaven on earth**' is much bigger than we often belief!

Do the women understand their important role and become workers for a new Earth? Maybe they should give their husbands and life-partners in addition the book '*Men are from Mars, women from Venus!*' to read! Because then a lot of misunderstandings and misinterpretations (of words and behaviours) could be avoided and cleared!

CHAPTER 11:

*Woman politic is Peace politic and
Peace politic should be Woman politic*

Why should it be like this? ... and if YES, why?

Women are the mothers of our children and through that they are the one who procreate humanity. **Women have the power to decide to what kind of being they want to give life:** to a benefactor of humanity or to a criminal, to a high evolved soul or a soul which is much less evolved. She has to become conscious and to be taught of this reality!

She has to become conscious of the power of thoughts which are given to human being and of their influence during procreation and the time of pregnancy. She is very deep linked with her child and influences it tremendously during his time of pregnancy and she influences through that his desires, his goals and life-dreams in his future life on earth. Her suffering is his suffering, her goals becomes his goals and her dreams are his dreams.

Her child should become an exceptional being? It should be someone who helps to avoid these nightmares of war, violence and injustice we are daily confronted with? Or should he, on the contraire, retaliate her suffering, all that what happened to her, the cruelty she lived with?

Again: What should this child be: a benefactor of humanity, of its people or should it be an evil-doer? Should he continue to create hate and anger or should it be involved to do good, to spread love and harmony in its surrounding, wherever it is?

DO THE WOMEN KNOW THEIR TRUE POWER?

Do they know their importance to create 'Heaven on earth' as a long time reality??

Do they know that they decide about the future of our planet, no-one else. Not the politicians, the army or their husbands?

Every woman who is going to have a baby has to ask herself: „*What do I want? Do I want to give birth to a mediocre or an exceptional being? Do I want someone who will help to change the world into something better, or something more worse then it is? What do I want?*“ ... and according to her desire she will give birth to that being! If you believe it or not!

DO YOU UNDERSTAND WHAT THIS FINALLY MEANS?

If every mother becomes conscious of this reality, of her **choice** between a **messenger of peace and harmony** or a servant of evil, a high-evolved soul or a soul who is still inclined in sense-desires, how would they decide? Wouldn't the majority choose to give birth to a messenger of peace and harmony? And if every single mother, every pregnant woman makes this decision, sooner or later the entire earth will be populated with saints, angels and divine masters? Peace and harmony, love and light, beauty and abundance will be everywhere and Divine Justice will reign the entire world ! There will

be only laughter, joy and happiness wherever we go !

All that will happen when women become conscious of *their power of creation, their power of decision* between good and evil and ... when they get beneficial conditions of living in a state of harmony, peace and love during their time of pregnancy.

We influence the future of this planet by taking care of the becoming mothers and their surroundings !

This is truly working for peace and harmony in the world! The education of the child has to begin BEFORE birth and even BEFORE conception!

Now you could say that I forgot the reality of the women's' situation all over the world. The life-situation pregnant women are in, probably when they are in a war area!

No, I didn't forget it! I am very conscious of that!

Contrary, I realized something very important:

we talked already about the **'POWER OF THOUGHT AND IMAGINATION'** (have also a look into the book **'POWER OF THOUGHT'**, Appendix). I know that in this case it will be very difficult for her to remain in a good mood, not to become depressed and hateful. But it is very important to understand the influence of the desire of the mother onto her unborn child:

- if she sees this suffering, this cruelty, and stupidity, she and the others around her are in, and she decides not willing to have this experience again, herself, her child and all the others in the world,
- when she prays passionately for an exceptional being who will bring a luminous end, who will help to bring *'Heaven on earth'* she will participate to stop this constant flow of crime and violence through her new incarnated soul and she will be among those who start bringing souls for good into the world.

She will give birth to a being who will consecrate his life to work for joy and beauty, harmony and peace all over the world ... *and for justice also towards women.*

Do the women really understand their power – and therefore also responsibility – to change the destiny of this world? Their true power to influence, as a longterm politic, the politic on earth?

You have to accept that procreation, the invisible world is also governed by precise laws, like the physical world. All that we know exists also in the invisible world. And that we are not victims of a moody and unjustly God! When you understand this, you are able to start working and influence the flow of history into good!

When you understood this, you don't wait anymore that others start doing something, you don't wait for the fulfilment of promises made by politicians. If you understood that, you understand the importance to work on yourself and to become more and more conscious of this law which calls **'THE LAW OF AFFINITY'** and according to that you start behaving and thinking differently!

And now I invite you to read again the following three chapters:

Chapter 3: CHILDREN
Chapter 9: PRENATAL EDUCATION
Chapter 10: SPIRITUAL ELECTROPLATING

Let me ask you some questions now:

- Do you see the importance of changing the basis of the peace and women politic?
- Do you see the importance of information of all children, teenager and adults, all couples with the desire of procreation?
- Do you agree that we have to focus our attention on the education of women and girls in the knowledge of initiatic science, in this case **'PRENATAL EDUCATION'** and **'SPIRITUAL ELECTROPLATING'**?!?
- Do you see the long-term influence, the long-term effects on our destiny on earth? On the politic and politicians?
- Do you agree with me when I say that Woman politic is Peace politic and Peace politic should be Woman politic?

Of course, we shouldn't forget the men and boys, but the women and girls are the most important part. If they understand all that you read properly they will influence their friends, husbands, etc. so much, that also they will study and inform themselves!

We have to start with the women, mothers and girls and to continue with the other sex. By doing so we will have in latest two generations, lets say three generations a world with new people, with new behaviours, new ideals, new goals and a new way of life.

We will be in a place which will resemble more and more Heaven. It will become a reflection of Heaven, we will live in a place called **'HEAVEN ON EARTH'**!

And why?

Because we rediscovered our inherited 'POWER OF THOUGHT AND IMAGINATION', and the true role which women play in transforming the earth into a heavenly place.

Could I give you a reason to define politic anew?

For further information about **'PRENATAL EDUCATION'**, for **'SPIRITUAL ELECTROPLATING'** you can go onto the Internet-page

www.omaep.com

or to the American association APPPAH
www.birthpsychology.com/apppah or

www.RealPeacework-Akademie.info/Graz

If you are interested in further information about how to implement this knowledge into the work of all movements with the subject on peace and women rights, into general politic, how to organize that women all over the world come into contact with this so important knowledge, don't hesitate to contact us. We will be very happy to be in service.

CHAPTER 12:

How to raise Children

What is the use of attracting wonderful souls to incarnate in our family as children, when we are not able to educate, to live with them? When we are not able to communicate and cooperate with them???

We all know the problems of our modern parents today. One of the reasons is that the children are different and more demanding than those of earlier times. They also express a spiritual need and how often do they already insist, beginning in a very early age, in a special individual based treatment just like 'I don't eat meat!'

I found in the following book '*Children Are from Heaven*', written by John Gray, the author of the book "*Men are from Mars, Women are from Venus ...*" a wonderful guideline which parents can use and follow without concerning to do anything wrong. It is a help to raise cooperative, confident, and compassionate children who are able to master life and to resist temptations and disappointments easier than others! ... And isn't it that what we want to be for our children???

So each of the five messages in the book of positive parenting supports the development of a strong sense of self and contains a special gift of greatness: They are:

- With permission to be different, children are able to discover, appreciate, and develop their unique inner potential and purpose.
- With the permission to make mistakes, children are able to self-correct, learn from their mistakes, and achieve greater success.
- With the permission to express negative emotions, children learn to manage their emotions and develop a feeling awareness.
- With the permission to want more, children develop a healthy sense of what they deserve and the skill of delayed gratification. They are able to want more, and yet be happy with what they have.
- With the permission to resist, children are able to exercise their will and to define a true and positive sense of self. This awakens a child's natural willingness to cooperate and be guided by parents. By learning to manage a child's resistance, parents stay in control while also giving their child increased freedom.

In *Children Are from Heaven*, John Gray presents a brand new approach to parenting that will show you how to give your children the freedom and direction to discover and express their true selves!

In the following Chapter you can pre-read the **INTRODUCTION** for this book which you can buy in any bookshop: John Gray, Ph.D.; **CHILDREN ARE FROM HEAVEN; Positive Parenting skills for raising Cooperative, Confident, and Compassionate Children; ISBN 0-06-017565-6**

...

INTRODUCTION

After my first year of marriage, I was the father of a new baby and had two lovely stepdaughters. Lauren was the baby, Juliet was eight, and Shannon nearly twelve. Though my new wife Bonnie was a seasoned parent, this was my first experience. Having a baby, a child, and a preteen all at once was quite a challenge. I had taught many workshops with teens and children of all ages. I was very aware of the way children felt about their parents. I had also counselled thousands of adults, helping them resolve issues from their childhood. In areas where their parents' care was deficient, I taught adults how to heal their wounds by re-parenting themselves. From this unique perspective, I began as a new parent.

At every step of the way, I would find myself automatically doing things my parents had done. Some things were good, others were less effective, and some were clearly not good at all. Based on my own experience of what didn't work for me and the thousands of people with whom I had worked, I was gradually able to find new ways of parenting that were more effective.

To this day, I can remember one of my first changes. Shannon and her mother, Bonnie, were arguing. I came down stairs to support Bonnie. At a certain point, I took over and yelled louder. Within a few minutes, I began to dominate the argument. Shannon became quiet, holding in her hurt and resentment. Suddenly, I could see how I was wounding my new stepdaughter.

In that moment, I realized that what I had done was a mistake. My behaviour was not nurturing. I was behaving as my dad would when he didn't know what else to do. I was yelling and intimidating to regain control. Although I didn't know what else to do, I clearly knew that yelling and intimidating was not the answer. From that day on, I never again yelled at my kids. Eventually, my wife and I were able to develop other, more nurturing ways to regain control when our children misbehaved.

LOVE IS NOT ENOUGH

I am very thankful to my parents for their love and support, which helped me enormously, but, in many ways, in spite of the love, I was wounded by some of their mistakes. Healing those wounds has made me a better parent. I know they did their best with the limited knowledge they had regarding what children needed. When parents make mistakes in parenting, it is not because they don't love their children, but because they just don't know a better way.

The most important part of parenting is love and putting in time and energy to support your children. Although love is the most important requirement, it is not enough. Unless parents understand their children's unique needs, they are unable to give their children what children today need. Parents may be giving love, but not in ways that are most helpful to their child's development.

WITHOUT AN UNDERSTANDING OF THEIR CHILDREN'S NEEDS, PARENTS CANNOT EFFECTIVELY SUPPORT THEIR CHILDREN.

On the other hand, some parents are "willing" to spend more time with their children, but don't because they don't know what to do or their children reject their efforts. So many parents try to talk with their kids, but their kids just close up and say nothing. These parents are willing, but don't know how to get their kids to talk.

Some parents don't want to yell or hit or punish their children, but they just don't know another way. Since talking with their children has not worked, punishment or the threat of punishment is the only way they know.

TO GIVE UP OLD WAYS OF PARENTING, NEW WAYS MUST BE EMPLOYED.

Talking will work, but you have to learn first what children need. You have to learn how to listen so that children will want to talk to you. You have to learn how to ask so that children will want to cooperate. You have to learn how to give your children increasing freedom and yet maintain control. When a parent learns these skills, he or she can let go of outdated methods of parenting.

FINDING A BETTER WAY

As a counsellor to thousands and teacher to hundreds of thousands, I was aware of what parenting behaviours didn't work, but I didn't yet know more effective solutions. To be a better parent, it was not enough just to stop doing things like punishing or yelling to control my children. To give up manipulating my children with the threat of punishment to maintain control, I had to find other equally effective methods. In developing the philosophy of *Children Are from Heaven* and the five skills of positive parenting, I gradually discovered an effective alternative to traditional parenting skills.

TO BE A BETTER PARENT, IT IS NOT ENOUGH TO STOP DOING THINGS THAT DON'T WORK.

The skills of positive parenting contained in *Children Are from Heaven* took me more than thirty years to develop. For sixteen years as a counsellor of adults with individual and relationship problems, I had a chance to study what didn't work in my clients' childhoods. Then, as a parent, during the next fourteen years I began to develop and use new and different parenting skills. These new insights and skills have not only worked in raising my own children, but also in thousands of other families.

Marge, a single parent, began using these skills with her oldest teenager daughter, Sarah, who wouldn't even talk with her and was on the verge of leaving home. When Marge shifted the way she communicated, they were able to resolve their issues. Sarah changed literally overnight. Before Marge took a *Children Are from Heaven* workshop, Sarah would scowl when her mother talked. Within a few months after the workshop, Sarah was talking about her life, listening, and cooperating with her mother.

Tim and Carol had difficulty with their youngest son, Kevin, who was three. He was always acting out, throwing tantrums, and controlling situations. By giving up spanking and using time outs instead, Kevin gradually had fewer tantrums. Tim and Carol learned how to regain control in their family by understanding how to nurture Kevin's unique needs.

Philip was a successful businessman. After taking a *Children Are from Heaven* workshop, he realized how much his children needed him, and what he could do to assist them in growing up. He had been raised mainly by his mother and didn't really know how much a father was needed. Once he learned what his children needed and what he could do, he was motivated to spend more time with his kids. He is grateful for this new information, not just because his children are happier, but because he is happier. He was missing out on the joys of parenthood and he didn't even know it.

MANY MEN WHO ARE NOT INVOLVED IN PARENTING DON'T REALIZE THE JOYS THEY ARE MISSING.

Tom and Karen were always fighting about how to raise their children. Since they were raised differently, they would argue about how to discipline or raise their children. After taking a *Children Are from Heaven* workshop, they had a common approach to raising their kids. The children not only benefited from more effective support, but also because their parents stopped fighting all the time.

There are endless stories of families who have benefited from the new insights and skills of *Children Are from Heaven*. If you have any doubts regarding their validity, just try them and see the results. The effectiveness of these skills is easy to prove. As you begin to use them, they work immediately.

THE EFFECTIVENESS OF THESE SKILLS IS EASY TO PROVE. USE THEM; THEY WORK IMMEDIATELY.

Each suggestion in *Children Are from Heaven* simply makes sense. In many cases, your experience of reading *Children Are from Heaven* will clarify what you already felt was true or right for you. In other cases, these new insights will point out where you have made some mistakes and answer many of your questions. Although *Children Are from Heaven* does not deal with every problem you will encounter, it provides a whole new approach for problem solving. You still solve the problems, but with a different and more effective approach. This new way of understanding children will assist you in coming up with your own, unique day-to-day solutions.

Children Are from Heaven is a broad practical philosophy of parenting that works at every age. The new insights and skills work for infants, toddlers, young children, preteens, and teens. Even if your teens were not raised with these skills, they will quickly begin to respond to them.

CHILDREN ARE FROM HEAVEN IS A BROAD PRACTICAL PHILOSOPHY OF PARENTING THAT WORKS AT EVERY AGE.

In my own experience, I found that my two stepdaughters responded immediately to this new non-punishing approach. Even though they had been raised with some of the old methods, like punishment or yelling, the new approach was effective. Children at any age, regardless of their past, begin to cooperate more as a result of using these new skills.

These techniques work even when children have been raised with neglect, abuse, or cruel punishment. Certainly, neglected or abused children may have unique behavioural problems, but these are more effectively corrected or solved as soon as this new approach is employed. Children are incredibly resilient and adaptable when given the right kind of loving support.

THE NEW CRISIS OF PARENTING

The Western free world is experiencing a crisis in parenting. Every day, there are increasing reports of child and teen violence, low self-esteem, Attention Deficit Disorder, drug use, teen pregnancy, and suicide. Almost all parents today are questioning both the new and old ways of parenting. Nothing seems to be working, and our children's problems continue to increase.

Some parents believe that these problems come from being too permissive and giving children too much, while others contend that outdated practices of parenting, like

spanking and yelling, are responsible. Others believe these new problems are caused by negative changes in society.

Too much TV, advertising, or too much violence and sex on TV and in movies are pegged by many as the culprits. Certainly society and how it influences our children is part of the problem, and some helpful solutions can be legislated by the government, but the biggest part of the problem starts at home. Our children's problems begin in the home and can be solved at home. Besides looking to change society, parents must also realize that they hold the power to raise strong, confident, cooperative, and compassionate children.

OUR CHILDREN'S PROBLEMS BEGIN IN THE HOME, AND CAN BE SOLVED AT HOME.

To cope with changes in society, parents need to change their parenting approach. During the past two hundred years, society has made an historic and dramatic change toward greater individual freedom and rights. Even though our modern Western society is now organized by the principles of freedom and human rights, parents still use parenting skills from the Dark Ages.

Parents need to update their parenting skills to raise healthy and cooperative children and teens. Businesses know that if they are to stay competitive in the free market, they need to keep changing and updating. Likewise, if parents want their children to be able to compete in the free world, they must prepare their children with the most effective and modern approaches to parenting.

LOVE- VERSUS FEAR-BASED PARENTING

In the past, children were controlled by dominance, fear, and guilt. To motivate good behaviour, children were made to believe they were bad and unworthy of good treatment if they were not obedient. The fear of losing love and privileges was a strong deterrent. When this didn't work, stronger punishment was given to generate even more fear and to break the will of a child. An unruly child was often called strong-willed. Ironically, from the perspective of positive parenting, nurturing a strong will is the basis of creating confidence, cooperation, and compassion in children.

NURTURING AND NOT BREAKING A CHILD'S WILL IS THE BASIS OF CREATING CONFIDENCE, COOPERATION, AND COMPASSION IN CHILDREN.

Past parenting approaches sought to create obedient children. The goal of positive parenting is to create strong willed but cooperative children. A child's will doesn't have to be broken in order to create cooperation. Children are from Heaven. When their hearts are open and their will is nurtured, they actually are more willing to cooperate.

THE GOAL OF POSITIVE PARENTING IS TO CREATE WILFUL BUT COOPERATIVE CHILDREN.

Past parenting approaches were aimed at creating good children. Positive parenting creates compassionate children, who don't have to be threatened to follow rules, but spontaneously act and make decisions from an open heart. They do not lie or cheat because it is against the rules, but they are fair and just. Morality is not imposed on these children from outside, but emerges from within and is learned by cooperating with their parents.

RATHER THAN SEEKING TO CREATE GOOD CHILDREN, POSITIVE PARENTING SEEKS TO CREATE COMPASSIONATE CHILDREN.

Past parenting approaches focused on creating submission; positive parenting aims to develop confident leaders, who are capable of creating their own destiny, not just passively following in the footsteps of others before them. These confident children are aware of who they are and what they want to accomplish.

CONFIDENT CHILDREN ARE NOT EASILY SWAYED BY PEER PRESSURE NOR DO THEY FEEL THE NEED TO REBEL.

These strong children are not easily swayed by peer pressure nor do they feel a need to rebel in order to be themselves. They think for themselves, yet remain open to the assistance and help of their parents. As adults, they are not held back by the limited beliefs of others. They follow an inner compass and make decisions for themselves.

CHILDREN TODAY ARE DIFFERENT

Just as the world today is different, our children are different. They no longer respond to fear-based parenting. The old fear based approaches actually weaken a parent's control. The threat of punishment only turns children against their parents and causes them to rebel. The intimidation of yelling and spanking no longer creates control, but simply numbs a child's willingness to listen and cooperate. Parents are seeking better communication with their children to prepare them for the increased pressures of life today but, unfortunately, they are still using outdated approaches for parenting.

THE THREAT OF PUNISHMENT ONLY TURNS CHILDREN AGAINST THEIR PARENTS AND CAUSES THEM TO REBEL.

I remember my dad making this mistake. He would try to control his six boys and one daughter with threats of punishment. He had been a sergeant in the military, and this was the only way he knew. In some ways, he treated us like army privates. Whenever we would resist his control, he would regain control with the threat of punishment. Though this parenting style worked to some degree in his generation, it didn't work for mine, and it clearly is not working for our children today.

When his threat didn't result in obedience, my father would increase the threat. He would say, "If you keep talking to me like that, you are grounded for a week."

When I continued to resist, he would say, "If you don't stop, it will be two weeks."

When I persisted, he would say, "Okay then, you are grounded for one month, now go to your room."

Upping the punishment has no real positive effect and only engenders greater resentment. For the whole month, I just reflected on how unfair he was. Instead of increasing my willingness to cooperate, his action pushed me farther away. He would have had a much more positive influence if he had just said, "Since you are not respecting what I am saying, I want you to take a time out for ten minutes."

Punishment in the past was used to break a strong-willed child. Although it may have worked to create obedience, it doesn't work today. Children are now more sophisticated and aware. They recognize what is unfair and abusive and will not tolerate it. They will resent and rebel. Most importantly, punishment and the threat of punishment break down the lines of communication. Instead of being a part of the solution, you the parent become a part of the problem.

PUNISHMENT MAKES YOU, THE PARENT, AN ENEMY TO HIDE FROM INSTEAD OF A PARENT TO TURN TO FOR SUPPORT.

When parents yell at children, it just numbs their ability to hear. To succeed in school and, more importantly, to compete in the free market or experience success in a lasting relationship, adults today need better communication skills.

These skills are most effectively learned when children listen their parents and parents listen to their children.

CHILDREN LISTEN TO THEIR PARENTS WHEN PARENTS LEARN HOW TO LISTEN TO THEIR CHILDREN.

What happens when you listen to music at loud levels? You lose your hearing. The same thing happens when parents yell or make demands all the time. When parents today yell or communicate the way their parents did, it has a different effect. Children today will just be turned off, and parents will lose control.

GIVING UP PUNISHMENT

In previous generations, societies were suppressed, controlled, and manipulated by strong, punishing dictators, but it is not so today. People will not stand for injustice and the violation of human rights; they will revolt instead. People have sacrificed their lives for the principles of democracy.

In a similar way, children today will not accept the threat of punishment. They will revolt. Children today feel more intensely the injustice of punishment. When punishment goes in, it comes back out as increased resistance, resentment, rejection, and rebellion. Children today are rejecting their parents' values and rebelling against parental control at younger and younger ages.

Before they are psychologically mature or prepared to let go of their parents' support, children and teens are pulling away and rejecting the support that is so important for their development. They long to be free of their parents' control at a time when they need that control to develop in a healthy manner.

BEFORE THEY ARE PSYCHOLOGICALLY PREPARED, CHILDREN AND TEENS ARE REJECTING NECESSARY PARENTAL SUPPORT.

Many parents recognize that the old methods of punishment don't work, but they just don't know another way. They hold back from punishing, but that doesn't work either. Permissive parenting doesn't give children the parental control they need. When given an inch of power, these children take a mile. Children quickly learn to use their freedom to manipulate and control parents.

When children are allowed to use strong, negative moods, feelings, and tantrums to get their way, they are in control. When a child is in control, they are out of their parents' control. In many ways, they will develop some of the same problems of children who are raised with outdated fear-based skills.

WHEN CHILDREN ARE IN CONTROL, THEY ARE OUT OF THEIR PARENTS' CONTROL.

Whether a child is raised with fear-based skills or permissive skills, if the child doesn't experience that his parents are in control, he will rebel or reject any attempts a parent makes to regain or maintain control. Disconnected from his parents' support, his

development will be restricted. By using the skills of positive parenting in *Children Are from Heaven*, parents can give their children the freedom and Leadership they need to develop a strong and healthy sense of self.

THE RESULTS OF FEAR-BASED PARENTING

The old fear-based practices of managing our children through intimidation, criticism, disapproval, and punishment have not only lost their power but are counterproductive. Children are more sensitive than in previous generations. They are capable of much more, but are also influenced in a negative way by old parenting skills like yelling, spanking, hitting, punishing, grounding, disapproving, humiliating, and shaming. When children were more thick-skinned these approaches were useful, but today they are outdated and counterproductive.

In the past, punishing children by spanking made them fear authority and follow the rules. Today it has the opposite effect. Violence in, means violence out. This is a symptom of being more sensitive. Children today can be more creative and intelligent than in previous generations, but they are also more influenced by outer conditions.

WHEN CHILDREN ARE MORE SENSITIVE, VIOLENCE IN MEANS VIOLENCE OUT.

Children today can best learn to respect others, not by fear tactics, but through imitation. Children are programmed to imitate their parents. Their minds are always taking pictures and making recordings to mimic and follow whatever you say or do. They practically learn everything through imitation and cooperation.

When parents model respectful behaviour, children gradually learn how to respect others. When parents learn how to remain cool, calm, and loving while dealing with a child throwing a tantrum, that child gradually learns how to remain cool, calm, and loving when strong feelings come up. Parents can stay calm, cool, loving, and respectful when they learn what to do when children go out of control.

PARENTS CAN STAY CALM AND COOL WHEN THEY LEARN WHAT TO DO WHEN CHILDREN GO OUT OF CONTROL.

If you hit children to regain control, children learn that aggression is the answer when they feel out of control. Many times I have witnessed a mother hitting her son, saying, "Stop hitting your brother." She wants him to understand how it feels, but hitting is not the answer. By hitting her son, she reinforces his tendency to hit or use aggression.

Later on, when he is not getting what he wants, he will automatically resort to acting out his anger by either direct or passive aggression. Although spanking or hitting children worked in the past, it backfires today. Fear-based parenting methods restrict our children's natural development and make our job as parents less fulfilling and more time consuming.

NOT ENOUGH TIME TO PARENT

Parents today have less time than ever to devote to parenting. For this reason, it is essential that they learn what is most important for their children. This knowledge not only helps them to use their time more efficiently, but also motivates them to create

more time. A greater awareness of their children's needs naturally motivates parents to spend more time with their children.

In dealing with stress and pressure, many adults often time to what they feel they have to do and can do. Women commonly feel overwhelmed with all the things they have to do. Men feel primarily focused on what they can do. When fathers don't know what they can do to help their children, they often do nothing. When mothers are not aware of what their children need, they often make others things more important.

When parents learn what their children really need, they are less motivated to create money to acquire things and more motivated to create time to enjoy their family. The greatest wealth for a parent today is time. Parents begin to find more time to be with their children when they recognize what they have to do and can do.

UPDATING YOUR PARENTING SKILLS

By reading *Children Are from Heaven*, you will learn practical ways to update your parenting skills. You will not only learn what doesn't work, but what you can do instead. You will learn new ways of motivating your children to cooperate and excel without having to use fear tactics.

Children today do not need to be motivated by the fear of punishment. They have the innate ability to know what is right and wrong when given an opportunity to develop this ability. Instead of being motivated by punishment or intimidation, they can be easily motivated by reward and the natural, healthy desire to please their parents.

In the first eight chapters of *Children Are from Heaven*, you will learn to use the different skills of positive parenting to improve communication, increase cooperation, and motivate your children to be all they can be. In last six chapters, you will learn how to communicate the five most important messages your children need to hear again and again.

The five positive messages are:

1. It is okay to be different.
2. It is okay to make mistakes.
3. It is okay to express negative emotions.
4. It is okay to want more.
5. It is okay to say no, but remember mom and dad are the bosses.

These five messages will set your children free to develop their God-given abilities. When practiced correctly with the different skills of positive parenting, your child will develop the necessary skills for successful living. Some of these skills are: forgiveness of others and themselves, sharing, delayed gratification, self-esteem, patience, persistence, respect for others and themselves, cooperation, compassion, confidence, and the ability to be happy. With this new approach, along with love and support, your children will have the opportunity to develop fully during each stage of their growth.

With these new insights, you will have the confidence needed to raise your children well and to sleep soundly at night. When questions and confusion arise, you will have a powerful resource to return to again and again to give you support and to remind you of what your children need and you can do for them.

Most of all, you remember that children *are* from Heaven. They already have within them what they need to grow. Your job as parent is only to support their process of growth. By applying the five messages and positive-parenting skills, you will not only enjoy the confidence that you doing exactly what is needed, but know that, with your help, your children will be able to create the life they were meant to live.

CHRISTOPHER BENJAMIN: *'LET'S CREATE HEAVEN ON EARTH!'*

...

Do you understand the important role of parents and the proper upbringing of our kids for the transformation of our world and our society, and would you like to participate in our work to create *'Heaven on Earth'*?

CHAPTER 13: WHAT IS A SERVANT OF GOD?

We understand that we are not servants of God, not workers for '**Heaven on Earth**' when we insist in belonging to a specific spiritual group, to a specific spiritual teaching or anything else which justifies separation as so many movements do! These are sects in the true sense of the word!!!

But everyone who strives to encourage his next, his neighbour to do good, to feel inspired to continue his work on earth, who emanates well-being and peace in his surrounding, who gives joy and contentment, who is like a sun in his environment, wherever he goes or is, this person is a true servant of God, a true worker for '**Heaven on Earth**' because he is a representative of God and His divine, invisible servants. He is a mediator, a channel through whom these lightful beings can work and express to inspire human beings, to bring them closer to the divinity and make this world more bearable.

Everyone who does efforts to be honestly, naturally nice and kind to everyone he meets, who tries to have a smile, a wonderful gesture for anyone – even for those he cannot stand – those are real servants of God, true workers for '**Heaven on Earth**'!

FORGET ALL THE LIMITATIONS YOU HEAR FROM EVERYWHERE!

You recognize a servant of God by his attitude to be enlightened in everything he does: in talking, in listening, in singing, in working, in laughing, in waiting, in playing etc. In everything he does or not he expresses his love for mankind and to all creatures.

He is like a sun under human beings! He always expresses well-being!

If we strive to be like the sun, the perfect image of our Heavenly Father, we understand very well how we have to behave in the future!

YES, BECOME LIKE THE SUN, BE ENLIGHTENING TO EVERYONE YOU MEET AND YOU ARE THE GREATEST BENEFECTOR ON EARTH!

When should you start serving Heaven?

Often it is when human beings have lost everything, spoiled everything and are no longer capable of doing anything with their lives that they decide to devote themselves to the Lord. But the Lord does not need invalids or toothless, shaky old people. He needs sturdy and capable ones. However when they are young, most people only think of taking advantage of the pleasures of life; to devote time and energy to some divine

work is our of the question. But when they have spent all their energies, when they are stiff with rheumatism, paralyzed or senile, they turn to the Lord, 'Lord, do you need me? I am here to serve you.'

And don't imagine that aging has made them wiser! No, it is just that they have no more energy to go on with their previous life; they have even lost a taste for things. They waited to get to this point before asking the Lord, 'Do you want me, Lord?' And seeing all those crippled people, the Lord scratches his head and wonders what he could use them for.

Poor fellows, they feel so empty, so useless! Well yes, if you want to serve the Lord one day, you must think about it when you are still in good shape.

... The noblest desire one can have is the desire to serve God. Unfortunately, out of all the billions of people in the world very few ever think about such a thing, or try to find out how they could serve God effectively. When someone sincerely desires to serve the Lord he begins to experience all kinds of new needs: the need to learn, the need to strive for perfection, the need to fulfil the aspirations of his deepest being.

To serve God is first and foremost to become a model of love and wisdom for others to imitate, and this means that you have to begin by working to change yourself, by abandoning your personal habits and those of your milieu in which material well-being, pleasure and worldly ambitions have pride of place.

Only by breaking away from this narrow way of life, from these selfish habits, can one begin gradually to fulfil one's desire to serve God.

Attitudes of a true servant of God:

The fluidic emanations of human beings could be compared to different types of gas. If we had laboratories with sufficiently sophisticated equipment, we could verify that some of these emanations are so polluted and impure that the effect they have in the psychic world is as toxic as poison gas.

And we could also make the reverse observation: that the emanations of a spiritual being are extremely beneficial for all creatures. Such a being, by his presence, acts favourably on all those around him because he has conquered the human weaknesses, and even the spirits who have left the earth go to him to feed themselves from their emanations.

If the atmosphere of the earth has not yet become totally unbreathable it is because there are men and women who are disinterested, i.e. unbiased by personal interest and full of love and who have devoted their life to peace and light.

And read this explanation:

In the mind of a disciple, to adapt oneself means to be understanding, perceptive and intuitive, to be tactful and capable of knowing just what to say and when and how to say or do something; in other words, to have exactly the right attitude.

And this must be done without the loss of one's ideal, that is to say, with complete honesty, integrity and rectitude and without betraying or compromising any spiritual principles. Adaptability understood in this way depends on the flexibility of one's character and the subtlety of one's intelligence.

While showing himself to be flexible, a disciple must remain firm and unshakeable in his convictions. Even if he is chopped up in little bits, a true servant of God is unshakeable in his love and invulnerable in his faith!

What kind of consequences does that have for you?

The day you decide to place God, the Master of the Universe, at the head of your life, angels and archangels will follow Him to keep Him company, and for you it will be the beginning of a true transformation.

But for this to happen, you must first speak to the Lord saying, *'Lord, I want to do your will, not mine. Come and dwell within me, I have prepared a place for You,'* and continue to work in that direction. In the end, when the Lord feels that conditions are right for Him, He will come and with Him will come angels which will dwell in every part of your being.

Do you realize this? Just one change at the head and everything is transformed; it cannot be otherwise. If the Lord decides to dwell somewhere, do you expect Him to come alone or be surrounded by devils? No, He is accompanied by a host of luminous and beautiful entities that come to sing in His presence.

... and how do you consecrate yourself?

A true spiritualist dedicates his life to Heaven saying, *'From now on I will work for the Kingdom of God. I will abandon all these futile occupations, all these passing pleasures that bring me nothing.'* By doing this, he releases within himself spiritual energies that were paralyzed and enslaved by ordinary, everyday habits and he can at last bear fruit.

Look at a tree: When it is invaded by insects and caterpillars, it cannot bear fruit and we must rid it of its parasites with insecticides. In the same way, someone who gives in to laziness and the basest pleasures attracts parasites, dark entities of the astral world that come to nourish themselves through him. They invade his body, will, heart and intellect, they suck up the sap that should nourish his higher self. Yes, this is true: Human beings shelter within themselves other beings that drain them of all their energy.

To get rid of these parasites, they must dedicate their whole being, all their activities to Heaven and it is then that they will bear only succulent fruits.

But be attentive! There are a lot of dangers awaiting for you!

However great the successes and victories in your inner life may be, keep your modesty. And to stay modest you must think it is not you who should be given the credit, but the Lord, who gave you these gifts, these qualities with which you were able to overcome the obstacles in your path.

So, each time you have achieved something, say: *'It is not to me, Lord, it is not to me, but to You this glory is due.'* Otherwise you risk falling into the clutches of arrogance and vanity, and that has already happened to many.

So when you are being congratulated, when you are being told you are wonderful, extraordinary, repeat this formula: *'It is not to me, Lord, it is not to me, but to You this glory is due.'* Without wanting to, other people can set traps for you. They keep singing your praises and you end up believing them, and therein lies the danger.

You must work for the Glory of God and if people praise you, then you must transfer this praise to Him.

Only then will Heaven consider you a true servant of God. And remember that your **true glory** is not your personal glory, but **the Glory of God**.

And this one:

So many people want to work for honesty, for justice, for the good of humanity. But because they do not know how to go about it they gradually become discouraged and even sometimes end up hating the entire world. Is this an intelligent outcome?

If you really want to work for the good of humankind you should begin by leaving people alone and ***you should focus solely on perfecting yourself.*** And then, the day will come when you become so enlightened that, when they see you, people will be moved to ask you to enlighten them, because they will see how miserable they are, and sense how bogged down they are in a quagmire.

But do not then be tempted to go and deal with this quagmire, because if you plunge into the morass in order to purify it, you yourself will get bogged down.

Work towards enlightenment so that, even without a word being said, your very presence will make others begin to understand they have lost their way, and they will ask you to guide them.

Why should we endeavor to do God's will?

Because it is a magical act. As soon as we put ourselves in the service of God our being is occupied, reserved and closed off to all other influences.

And then all the contrary forces that seek to seduce us so they can use us are not able to do so, because we are busy, we are committed elsewhere.

Those who do not seek to do God's will believe themselves to be free. But they are mistaken. Since they are open, exposed to everything, the will of a mass of other entities, both visible and invisible – of elementals, of larvae and even human beings – begins to infiltrate them so that these entities can use them.

If you are not occupied by the Lord, you can be sure that others will occupy you, and you will then be in the service of all the most perverse and most anarchic forces.

Have this in mind too!

Some of you are unhappy because you feel you are still enslaved to your baser instincts. But do not worry, this is normal; there are so many things to put right in each one of us. What is important is that we work towards becoming free. Each day we must pray, exercise our willpower and send messages to our friends in the invisible world.

At the moment you are still a prisoner, but if you maintain contact with these very powerful beings the time will come when you will be able to say to all those enemies within: *'Go on, away with you. I am a servant of God. You have no place here. Within me is the Kingdom of God and you will stay not a moment longer.'*

And then of course the enemies will bare their teeth, draw their claws, and say: *'What? You small, miserable creature, you have always belonged to us, we are your master.'*

And you will say: *'Yes, that was so in the first few pages of my history, but other pages have since been written without your knowledge. Now God is my shepherd, I have a Master, Heaven is with me, everything has changed. So, out with you!'*

These enemies will open their mouths and spit fire, but you will be protected by the power of Heaven which will oust them.

What is true Freedom?

Human beings tend to think of freedom as emancipation. But emancipation from whom or what?

In fact, human beings are free only when they succeed in vibrating in harmony with the cosmic spirit. Why? Because only the cosmic spirit, the Lord, is absolutely free. It is only insofar as human beings merge with Him that they too become truly free, free to enjoy the freedom of the Lord. And as soon as they distance themselves from the Lord, cut themselves off from Him, they lose their freedom. They may think themselves free, but in reality they are enslaved, enslaved by other forces and other wishes, by harmful influences that direct them without their realizing it.

We must therefore implore the Lord not to let us be free, but to take us into His service. Because the freedom of God infuses the heart of those who want to be His servant. And then, almost without their knowledge, they are driven to act in an enlightened, righteous and noble way because the powers that inspire them are divine powers.

Ok ... and what is Freedom in real life?

Freedom is within us, but we can only gain access to it progressively as our links with Heaven become gradually closer. Our freedom lies in accepting God's plan for us, in neither rebelling against trials and tribulations nor in trying to avoid them, but in trying to understand what they mean and why we have to endure them.

If we have this attitude Heaven will lighten our burdens. It may not change the actual events we are destined to experience, but it will give us the inner strength to confront them and we shall suffer less from them.

We should not seek for freedom on the physical plane but on the plane of consciousness. If we accept what God sends us and want to do his work, he who is the lord of all destinies will allow us to endure our trials as though they were not really trials, but only a source of spiritual enrichment.

In this way we shall begin to learn how to use our freedom.

What is a spiritual disciple?

A disciple is one who acknowledges the existence of a higher world, a world to which he is subject, of which he is the servant. His desire is to learn, to carry out the designs of this higher world and do its will. And this attitude changes everything: It means that he becomes a representative of nature and begins to dispose of means which are not his alone but which belong to the whole cosmos, to the whole of nature.

He who clings obstinately to his own anarchistic philosophy will be reduced to drawing on his own limited resources and will gradually become poorer, whereas the disciple who, on the contrary, has understood the advantage of serving the cause of Heaven, becomes gradually stronger and richer because he disposes of a divine, cosmic capital.

And what is the duty of such a disciple?

There is no nobler activity than to participate in the work for the coming of the Kingdom of God and his righteousness. You have to be aware of this and participate with all the means you have, great or small, even with your weaknesses and deficiencies – no matter – just participate.

When there is an election, no one insists that people be necessarily smart or able in order to vote; even idiots can vote.

Well, we too must vote for the Kingdom of God and his righteousness, participate in the coming of this Kingdom of earth and be happy and proud to do so. In the eyes of Heaven there is nothing more important.

It is true that most people participate to a certain extent in all kinds of enterprises, but most of the time these enterprises are mundane or worse – stupid, pernicious or even diabolic. Whereas here, we offer you the most glorious and sublime enterprise in which you can participate: the Kingdom of God and his righteousness, the Golden Age.

Does a Servant of God live under special conditions?

First of all: **Heaven gives only credit to those who deserve it.**

When people are seen to be making sincere and disinterested efforts, trying to serve with all their heart and soul, Heaven cannot but give credit, so it pours out all its

blessings on them. On the other hand, people who use their gifts from Heaven for their own benefit or to do wrong, receive no credit: Heaven withholds all blessings from them.

That it is why all spiritual traditions urge people to make good use of the gifts, qualities and riches they have been given, otherwise sooner or later Heaven will take back all those same gifts, qualities and riches: They may have distinguished themselves brilliantly in this life, but they will find themselves poor and naked in the next.

You need to love living a spiritual life!

The wealth of a spiritual person is something so subtle as to be imperceptible and yet, once he becomes aware of this wealth, all Heaven and earth are his. Why can't people understand this?

Some say, *'I do understand. I know perfectly well that our material possessions cannot last, that they never really belong to us and that we're going to have to abandon them one day, because we can't take them with us. But even though I know it's wrong, I prefer to live a materialistic life, because that is the life I enjoy!'*

And, sadly, that is the way it is: When the mind recognizes the merits of one thing and the heart yearns for something else, what will the will do? It will do whatever the heart commands.

If you want to live that vast, rich, unlimited life, it is not enough to understand, you also have to love it.

Like this a Servant of God works for becoming 'retired' ...

Our place in this universe is not as simple as that of a stone, plant or animal. Because we have the capacity to think our role is quite different: our work is to contribute towards building a collective life. If we work only for ourselves, nothing worthwhile will result.

'But if I work for my own good, I am better off!'

No, this is not true, because the selfish, isolated 'self' you are working for is an abyss which swallows up without trace everything it can get. This is no way to waste your life. Selfish egocentrics are oblivious of the benefits they would enjoy if they worked for the good of the collectivity.

However, please understand what I mean by the word 'collectivity': this 'collectivity' is not confined to the human race, it encompasses the whole universe, all the beings who live there, and even God Himself. This collectivity, this immensity of whom you work is like a bank, and one day everything you paid in will return to you – with interest.

Take care!

The more you unite with the divine Source, the more you attract luminous entities that come to help and support you. This is how you become strong, radiant, in control of yourself and in possession of the powerful keys of realization.

If there is anything you should fear, it is to do something that would send these divine craftsmen away from you, for each fault produces dark and sickening emanations that these invisible friends cannot bear.

Only one thing attracts them: the pure and harmonious ambience created by a person who has succeeded in placing God at the summit, at the center of his life, and who prays and meditates to keep this link with this summit, with this center. Gradually his soul opens up to the point of feeling – of even seeing – these celestial workmen run the waters of the river of life over him and illuminate him with their rays.

... Whatever the mental and material conditions in which you find yourself, never let yourself be weakened by the thought that evil, in all forms, could easily befall you.

If you always feel weak and vulnerable and without protection, then, yes, you really are exposed. Work with thought to unite with celestial entities and with light; lead an honest and pure life and you will be protected. Admittedly, there will be people who will try to harm you with black magic, but it will all fall back on to them, because of the boomerang effect of the law of return shock.

Evil cannot enter a person who is occupied by the Lord and taken over by angels: in such a person, evil is immediately rejected and returns to the person who sent it in the first place. Cling on to that idea and already you will be out of harm's way.

How do Servants of God differ from other people?

The lower one descends on the evolutionary scale, the more one sees a variety and diversity of forms, and, as the same time, a far greater similarity among individuals belonging to the same species. Look at all the different trees and their leaves, and see their differing sizes and shapes. Yet the leaves on the same tree all resemble each other. Look at fish and insects, and notice the vast numbers of species, with all their different sub-species.

But can you detect the difference between one fly and another of the same type? ... Now, compare the faces of several beings who live an intense spiritual life, and notice how different and richly expressive they are. Then take a look at very coarse and primitive people with no inner spiritual life: they all have identical expressions.

On the one hand, there is a greater simplification, on the other, greater variety. The higher one climbs toward Heaven, the more one becomes simple and united with others, so the more finely expressive, vibrant, and alive one becomes. And the further one descends into lower regions, the more the forms differ, but the greater the loss of individual expression.

And:

You have received the gift of certain qualities and talents from the Creator and, one day, you are going to have to account for the use you have made of them.

You are all familiar with the Gospel Story of the master who distributed money to his servants before leaving on a journey. To the first he gave three talents, to the second one and to the third five. When he came back from his travels he asked them how they had used the money. Those who had received several talents had invested them and earned more, but he who had received only one had buried it in the ground. The master punished this servant and rewarded his two companions.

One day, Heaven is going to ask you to account for all the qualities, gifts and virtues that you have received: Are you going to have to admit that you have buried them and left them to rot, or will you be able to say that they have born fruit? Your punishment or reward will depend on the answer you give.

So dear reader,

Did you get a clear picture about being a servant of God and what it means working for the Kingdom of God and its Righteousness? When do you join us?

CHAPTER 14:

The Importance of Meditation

Why is it so important to meditate?

The spiritual teacher Paramahansa Yogananda says it in very easy and clear words:

Meditation is The Gateway to God

You can never have a truly happy life both inwardly and outwardly unless you use the God-given power of concentration to reclaim the forgotten image of God within you. Only then can you solve the mysteries of life and control destiny. Through the art of meditation one learns how actually to contact Divine Bliss – which is God – by the faithful application of the science of spiritual law. The material scientist experiments with cosmic laws in nature to find out the secrets of her creation; and the spiritual scientist ought to apply his divinely bestowed powers of concentration, meditation, and intuition to investigate the divine laws by which he may learn the SECRETS OF SPIRIT.

The Universal Brotherhood of Light compares meditation with the following examples:

A diver descending to the ocean bed needs enough oxygen to be able to work for a long time under water and, for total security, he is continuously linked to colleagues above who keep him supplied with air and are always on standby to pull him out in case of danger. He cannot work unless these conditions are fulfilled.

We, too, are plunged within an ocean exactly like divers and this ocean is called the world. It is an ocean full of dangerous reefs and monsters who occasionally delight in devouring us. Therefore, for our own safety we must have a sufficient supply of oxygen and a system through which air can be obtained from the surface. In other words we must have a means by which to establish and maintain constant contact with the divine world. To establish this link we must meditate and pray, because these practices create air passages and safety lines. Some may say, 'I've had enough of praying and meditating. I'm bored with the same old thing – a change will do me good.' These are the very people who end up lost in the ocean of life.

Or with this picture:

There are occasions when a family man is not able to find enough work in his own country to provide for his family, so he goes to work abroad. He works there for a few years and when he returns, having made a lot of money, he is happy to be able to provide a secure future for his wife and children. He has, however, had to leave them for a certain period of time. The same happens when a spiritual person meditates,

prays and unites with God: One could say that he also goes abroad, the difference being that it is not for months or years, but for just a few moments that his spirit distances itself from his physical body. By being too tied down to his body he is not able to do a great deal for himself, so he leaves to earn money or let us say; to gather light. When he returns he brings this light to his body and to its inhabitants: He illuminates them, enlivens them, purifies them and regenerates them.

We nourish ourselves through prayer, meditation and ecstasy. These forms of nourishment allow us to savour that heavenly sustenance, ambrosia, which is the food of immortality. It is an immaterial food, whose equivalent on the physical plane alchemists call 'the elixir of immortal life'. The sun disseminates this elixir everywhere in nature. It imbues the whole of nature, and when we watch the sun rise each morning during spring and summer, we drink of that ambrosia spread by the sun throughout the universe. All living creatures – rocks, plants, animals and human beings – unconsciously absorb some particles of this quintessence; now we must learn consciously to drink this precious fluid which the light of the sun brings for us.

Why do you sometimes feel so fulfilled and content after a meditation? Outwardly, objectively, nothing has happened, and in appearance you have received nothing.

Yet you feel immersed in this state of plenitude. It is because your soul and spirit have been given food and drink. These 'restaurants' of the soul and spirit differ from those where, several times a day, the physical body goes for sustenance. The sublime regions of the soul and spirit provide nourishment that satisfies, day after day. The divine world contains elements of such richness that a single taste could provide a feeling of plenitude that would never leave you. Then, nothing could take away your conviction that you had tasted eternity.

I realize that it is very difficult to say something what is not already said! These two spiritual teachers said in their lives so much, what I don't want to repeat. I prefer also here to give their statements because they talk for themselves. What I can do is only to tell you: "Read these following thoughts, reflect them and do the effort to get your personal experience. You will never regret it!"

For me meditation became one of the most important exercises every morning and night. Without my unions in the morning I would not be able to live my day with perfect guidance. But after my meditations I feel prepared, instructed and well equipped to face life and happenings which the day will bring! So meditation helps me to act even if I react. It helps me to feel the presence of God and let me feel to be a son of God, his servant on earth through whom I ask him to act. Every morning and also before going asleep I consecrate myself into his hands, into his service.

Thanks meditation I feel this link and this joy comes again and again. It is for me the same as for you! You will realize that every catastrophe has deeper meaning with new advantages and challenges which we have to master.

Thanks my work on self-mastery and meditation I am stable and able to look forward happily to every situation which will come along. In joyful expectation of the service I should do!

So read the following thoughts about meditation and what kind of advantages you gain while practising it:

Only when we become able to remain in the centre will we acquire true strength. When you feel darkness and cold descend on you, there is no point in asking yourself why, because the answer is there: you have distanced yourself from the centre, from the sun. So all you need to do is hurry back to the centre and you will feel light, warmth and life grow in you.

In us, the centre, the sun, is the highest point of our being, our spirit, our higher Self. The periphery on the other hand is where we encounter unrest and distress when our consciousness moves away and abandons everything that is our true Self. This is why we must always be vigilant and say to ourselves: *'Let me see, where am I today? Oh, I feel I have wandered off towards the periphery. What awaits me there?'* Nothing that is any good, that is certain. So hurry back to the centre. How? Through prayer, through meditation, by consciously establishing a link with the sublime Centre, with God.

What is thinking? ...

To think is first to be able to free ourselves from daily preoccupations in order to concentrate with detachment on a subject of a philosophical or spiritual nature. To think must help us progress on the path of understanding of a human being, of the universe and of God Himself. And this understanding is not possible through purely intellectual work, an observation of the material world, reading or discussions. It is in the silence of meditation that the ancient knowledge, which is buried deep within us, gradually reaches our consciousness and only this work can justifiably be called 'thinking'.

Seek the Absolute.

Seek that which you can never obtain or achieve, because thanks to your seeking you will obtain a little more every day. Of course, you will never have everything, but when you fix your sights on an unattainable goal, you are obliged to follow certain paths and cross certain regions, and that is what counts. You ask neither for knowledge nor a kind heart, neither health nor happiness: you ask only for the Absolute, for God Himself, and you will get all the rest without asking. Suppose you were determined to know all there was to know: you would shut yourself up with books, growing paler and thinner by the day and losing all your hair! But you would never know all there is to know, and, in the meantime, you would be depriving yourself of all the rest: beauty and love and so on. So that is no solution. You must tell yourselves that you are not going to waste your time asking for this or that; you are going to ask for the unattainable, the impossible, God Himself. And in this way you will obtain all the rest because, in order to reach God, you are obliged to follow a path that takes you by way of light, beauty, health, knowledge, wealth, love and happiness, and all the other marvels along the way!

What does it mean "To know Something? ...

To know something or someone is to enter into their heart, and the only way to do this is to identify with them. If only for a moment, you have to become the person or thing you want to know, and this is not possible if you are content to look at them from the outside. You have to get inside them and sense every vibration of their being. The intellect cannot do this. This is something that only the spirit can do.

Now, for the practical application of this: if you strive every day with your spirit and your love to identify with the Supreme Being, the Source of life, the First Cause, the Father of all creation, one day you will begin to feel that God is living within you, with all His Glory, Power, Wisdom and Love.

Do not let a single day go by without uniting with Heaven, without meditating, praying. For nothing is more important and beneficial for you than to acquire a taste of spiritual activities. Stop for a few minutes, many times a day and try to find within yourself a center of equilibrium, your divine center. You will then begin to feel that, in all circumstances of life, you have within you an eternal and indestructible element. And even if it does not pay off on the material plane, you become inwardly freer, stronger and very confident... you are above the events of your life. This spiritual work is the sole richness, the sole possession that is truly yours. Everything else can be taken away from you: Only your work is yours forever.

Are you worried, unhappy?

But instead of allowing yourself to be overwhelmed without doing anything about it – because you always believe there is nothing you can do – try on the contrary to respond immediately by uniting with Heaven through meditation and prayer. You can transform the entire world if you succeed in improving your inner state, because you see the world through different spectacles.

Why is it, when people are in love they think the world is so beautiful?

Because within them everything has suddenly become beautiful and poetic, we always joke about people who are in love, whereas we should in fact admire them and say: 'There is so much we can learn from these two!' It is the middle of winter, there is fog, it is raining, but they are meeting each other, and as far as they are concerned the sun is shining, the birds are singing, the flowers are filling the air with their sweet fragrance, because within them it is springtime. You will say this is only subjective. Yes, of course, but be aware it is in the subjective world that God has hidden all powers.

Human beings are busy and often overwhelmed, but they do not consider taking up activities which could improve their lives, such as meditation, contemplation, and prayer. In those who practice them, these activities release forces that can neutralize and transform negative states. Yes, and spiritual activities even have a beneficial influence on health. Obviously you can continue to eat, drink, sleep, move and work, but without this intense inner vibration which stimulates and vivifies, gradually even the physiological functions begin to slow down, producing deposits which overload the organism with waste. So, if only to remain in good health, it is advisable to engage in a spiritual activity.

Did you ask yourself about the value of all the material progress we achieved?

In the physical realm, human beings have made gigantic achievements: we cannot help but see how scientific and technical progress has transformed life. But this is not enough and humanity is now called upon to realise achievements that are still more important, more vital for them, by means of the faculties of the spirit. Through meditation and prayer, they must learn to make relationship with the world of the spirit, so that light, love and power of the spirit descends upon the earth, within them and upon those beings around them. Scientific and technical progress has limits, and even presents dangers. If all these discoveries are not made to serve a higher vision of things, humanity will be overwhelmed and crushed by them. Scientific and technical achievements are not sufficient to transform life. It is by means of the spirit that life will be truly transformed, because peace, freedom and brotherhood are realisations of the spirit.

And there is something else:

We cannot find truth unless we are led towards it by others who are more advanced and who can communicate to us the fruit of their experience. Orientation, knowledge and all genuine experience come from above. From the beginning of the world initiates and great masters have handed down the same teaching: life is one unbroken hierarchical chain of being, ranging from the smallest atom to the archangels and to God Himself. In this hierarchy each element is linked to all the others. Each element is part of the immense living body of the universe. Each one of us has his own place in this chain of being. We are linked to those above us as to those below. Whether we like

it or not this link exists, and it is essential to be conscious of it and work to be in communion with those who are above us and who will lead us even higher.

Which faculties can you develop through meditation ... and why is it so important for you?

The salvation of man lies in his capacity to concentrate on the Divine World. This capacity will allow him to walk forever peacefully on his path. Suppose you are alone and a dark atmosphere surrounds you, preventing you from seeing anything, either your friends or celestial entities. What will come to save you? Your capacity to concentrate on the Divine World. This capacity still remains after death, for it does not come from the brain – it only expresses itself through the brain – it is the spirit that possesses it. When we leave our physical body, this capacity keeps on living in the spirit. It is the spirit that thinks, feels and acts, and it does so through the matter of our physical body. But when the spirit frees itself from the body, do not imagine that man cannot think or feel or act anymore. On the contrary, it is then that his mind really becomes powerful, and if he has gotten into the habit of concentrating on the Divine World while on earth, to think about the Lord or the light will suffice to dissipate confusion and darkness.

The Law of Resonance.

Imagine you have two bottles filled with perfume: as receptacles they are separate, but the fragrances that escape from them rise up and mix.

What is the purpose of this imagery? Well, human beings can be compared to bottles of perfume, in that their bodies are separate but with their thoughts and feelings they are able to meet with other human beings and even with entities from the invisible world all over the universe. Only, we do not simply meet with anyone we like; we can only reach the souls and spirits in the visible and invisible worlds that correspond to what we are ourselves, because it is just a phenomenon of resonance that is at work here. The purpose, therefore, of prayer, meditation and all spiritual exercises is that they help us to elevate our inner self and as we do so, by the power of affinity, we meet with ever purer and ever more luminous creatures in space.

But ... how many so-called spiritual people are concerned only with their own interest and not at all with that of the universal collectivity! They have still not understood that when man contravenes the universal order, not only does it harm to others but it always bounces back and harms him as well. It is not enough to know that what you do suits you: You are not alone. Other beings exist who have something to say about your behaviour and if you transgress the divine laws you will be punished in one way or another. This is why it is so important to devote a few minutes, several times a day, to bring yourself back into harmony with the universe. It is not a waste of time; on the contrary, you will be gaining something very precious; you will be getting in touch with forces which will support and help you.

... When you meditate and pray intensely, you send out harmonious waves, and these waves go out to the world to reach men and women who open themselves to this idea of a fraternity, this idea for which we work.

Yes, by the powerful and harmonious waves that you emit, you send messages that are picked up by beings who are receptive and prepared for this. And without even knowing where this impetus comes from, they often make the resolution to work for peace and fraternity in the world, for the propagation of light, for the Glory of God. Wherever they may be and whoever they may be, even if we do not know them, all these beings are linked to us, for it is the design of Heaven that all children of God be united for the coming of His kingdom on earth.

Truth and false Excuses:

How many people have I met who say that they have not got the time to do exercises of meditation, concentration or self-discipline! And yet it would benefit them enormously to do these extremely simple exercises. But ... they have not got the time! Well, if they don't have time to live in peace, harmony and light, they will always have plenty of time to suffer and experience disorder and darkness. If there is one thing people can be sure of in life, it is that they will experience unhappiness, sorrow and discouragement. They are far less likely to be happy, strong and serene. And the reason is to be found in that formula which is on everyone's lips: 'I haven't got time ...' Everybody uses it to excuse their laziness and inertia. It is a very convenient phrase: 'I haven't got time ... I'm too busy!' No time to pray, no time to study or to do any exercises ... And yet, when I look at what keeps people like this so busy, I am horrified at the futility and foolishness of the occupations. The blind and the ignorant will perhaps be taken in when you say you don't have time, but you will not fool an Initiate.

Destiny, Karma and personal Freedom:

There are events which people cannot avoid because everything written in their destiny must take place, so in this sense they are not free. If we live reasonably we are granted only one freedom: we are permitted to pay our karmic debts in some way other than previously decreed. For example, suppose we are to be gravely ill and laid low for some time: this illness is a debt that has to be paid for some past transgression. But the debt can be paid in a different way by undertaking some serious spiritual work of prayer and meditation. Therefore, when our illness comes it will be less serious, since part of our debts has already been paid with our work of light and love, and we shall be out of action for only a few days. Our spiritual efforts have strengthened our organism. The same principle applies to all trials of life. The moment we encounter a difficulty caused by some planetary aspect, or the transit of some planet through our astrological chart, if we have already done serious spiritual work, accumulating 'money' – forces and energies – towards the settlement of our debts, we can confront our trials in the best possible conditions.

That you need to know about Meditation:

There are several ways to penetrate the spiritual world. Meditation, together with prayer, is one of the most accessible. Meditation, however, implies preparation. If you start to meditate without having first achieved an internal discipline, in other words having achieved control over your thoughts, your feelings and your desires, you will err into the lower regions of the astral plane, disturbing layers of darkness inhabited by entities who are often hostile to human beings. That is how you fall prey to hallucinations bearing no relation to the object of your meditation. Before meditating you should therefore start by putting your mental, emotional and psychic being in order, otherwise even an exercise as useful and beneficial as meditation can become dangerous.

And:

So many people are under the misconception that in order to be spiritual you must devote yourself solely to meditation and prayer. In fact any activity of everyday life can be made spiritual if you can introduce a divine element into it. And equally, prayer, meditation and any other so-called spiritual activity can become very prosaic if there is no sublime idea, a higher ideal behind it to bring life into it. Spirituality does not mean rejecting the physical, material world, but to do everything mindful of the light, through

light and for the light. Spirituality is being able to use any task to elevate yourself, attain harmony and unite with God.

And:

True silence is not only the absence of noise. True silence is above words, above music; it is the world of light, a powerful center from whence springs forth all creation. That silence is the very voice of God. Learn to link with silence, to plunge within silence by trying to cease all mental activity. Within that silence, an extraordinary harmony will lodge within you. Perhaps you will even hear the voice of God, for God accepts to speak only in the midst of silence and harmony.

And:

If you try to devote yourselves exclusively to prayer, meditation and mental work, avoiding all forms of physical work, you will become unhinged. We are all created to live in the three realms: mental, astral and physical, meaning, the realms of thought, feeling and action. If we neglect any one of these three realms we disable ourselves, our integrity is lost, and we are incapable of entering the presence of the Eternal as complete beings, with all our God-given potential developed to the full. Furthermore, you should know that if one area is neglected, the quality of the two others will diminish. If you refuse to work physically, you will come up against emotional and mental difficulties.

And:

When you meditate and pray, observe what you feel. Meditation and prayer should give you a sensation of warmth, light, strength, joy and wonder. If this is not the case, then you must find out why.

consider that if you have problems to meditate

Sometimes, when you attempt to strike a match, it does not catch light because it is damp or perhaps the whole box is moist. If a lighter does not work, it is probably out of fuel or the flint is worn out. In spiritual matters, just as in the material world, there is a cause for all setbacks and this must be found. There must be no dampness in the mind, whereas the heart must never be dry. The heart must be hot and humid, and the intellect cold and dry. A dried-up heart becomes selfish and if it is cold, it lacks love. If you heat the mind, it sleeps and if it has too much moisture, it rots. These simple, clear images will help you solve your inner, spiritual problems.

Where does your happiness depend on?:

People are led to believe that their happiness depends on scientific and technical progress and also on comfort. In whatever domain, they are continually bombarded with publicity; every effort is made to prevent them from making contact with other regions, other entities – the only ones that could bring them the light, love and peace they need. The spiritual world has been so rejected, scorned and held up to ridicule that very few beings feel the urge to search in this world for the necessary elements of their survival. Most people are dying of suffocation and intoxication. For their own good, they must search more and more for a contact with this subtle world so that their soul and spirit can breathe and find nourishment. When we meditate we do not touch anything material; it seems like 'emptiness.' But actually it is in this 'emptiness' that the soul and spirit blossom and find fulfillment.

My personal Conclusion:

As you see there are a lot of reasons to meditate. But one of the major reasons for meditation is to be able to surrender and to accept the trials you have to deal with. Because you know that everything has a deeper reason and that you finally become wiser, stronger and richer. You sense that everything that happens is for your good and happiness. And you know that you will one day harvest what you have seeded. It is easier to remain in hope, joy and equilibrium when you meditate, because you feel the presence of your spiritual guidance.

CHAPTER 15: HOW TO MEDITATE

This is now the question I am constantly confronted with when I talk about 'The Importance of Meditation!

How many people seriously ask for help and do not find it?

"The one who is able to meditate (the Muni), who strives for the highest goal and who averts himself from all external appearances by concentrating onto the spot between the eyebrows and who neutralises the streams of Prana und Apana which uniformly flow in the nose and the lung, the one who masters his sense-consciousness and his powers of mind, who overcomes lust, fear and anger, this one will acquire, eternal freedom."

(Bagavad Gita V, 27-28)

Technik I.)

Paramahansa Yogananda gives par example help via Meditation-groups and his Study-Lessons where he gives precise instructions and guidelines. Meditation is a science and he promises that that you will come to self-realization and to God-communion when you follow thoroughly his instructions! Isn't this nothing else than a money-back guarantee?

But we have to strive seriously otherwise also this will fail!

In the Self-study-Lessons of Paramahansa Yogananda you will find the key and instructions how to learn to meditate. You will get the key how to unite with the divinity via Kriya Yoga. Don't hesitate. Also meditation is scientific and learnable. **SELF-REALIZATION FELLOWSHIP** (as well as of the **ANANDA BROTHERHOOD**) sends you letters how to reach your personal goal. You can come in contact with these two representatives via internet: www.yogananda.com ; www.yogananda-srf.org ; www.anandainfo.com and www.ananda.it. and get further information.

Technik II.)

You can follow the eightfold Yoga-System of the Patandschali:

- 1.) Yama = moral behavior,
Yama: don't hurt any living being, be honest, don't steal, be modest and free from greed
- 2.) Niyama = religious prayers
Niyama: purity of body and spirit, contentment in all life-circumstances, self-discipline, contemplation, surrender to God and master
- 3.) Asana (proper posture)
Right posture: spine straight, immobile body, but convenient posture during the meditation,

- 4.) Pranayama (mastery of the Prana)
- 5.) Pratyahara (averting the physical senses from the exterior objects)
- 6.) Dharana (concentration) focusing on a single object
- 7.) Dhyana (meditation)
- 8.) Samadhi (experience the superconsciousness)
=> Kaivalya (the absolute)

Technik III.)

Or you follow the instructions of Saint Germain:

*“For being able to do the first step to self-mastery one has to calm down body and mind from all external activities. The one who dedicates fifteen to thirty minutes to the following exercise (every evening before going asleep and every morning before starting his daily work), will experience miracles if he will do the necessary effort: Take care that no-one can disturb you. Become totally quiet and imagine, feel how your body becomes wrapped in a dazzling white light. Hold tight this imagination for the first five minutes. Realize and feel intensely the connection between your exterior and higher self. Focus now your concentration to the center of your heart and imagine it as a golden sun.
Then recognize: ‘Joyfully do I surrender myself to the plenitude of the powerful God-presence, the pure Christ-consciousness!’
Sense the great shininess of the ‘Light’ und empower it in every cell of your body for minimum the next ten minutes.
Close now the meditation with the command: I am a child of the ‘light’ – I love the ‘light’ – I live in the ‘light’ – I am protected, enlightened, provided and supported by the ‘light’ – I consecrate the ‘light’.*

Technik VI.)

And the Universal Brotherhood of Light gives you a very simple method how to start to meditate:

During the meditations get into the habit of concentrating on divine light so as to attract it and introduce it within you: it will gradually replace all the old, soiled and worn-out elements with new particles of the greatest purity. And once you have this light, then you must train yourself to send it out to the whole world in order to help human beings.

Many people believe they are justified in giving way to a life of selfishness and mediocrity, pretexting that they have no special talents or qualities. No, nobody can be justified in doing this. Even if you are the most deprived being, the least gifted in every way, you can do this work with the light. In doing it, you achieve something more important and more useful than anything anyone – even with great abilities in other fields – could ever achieve. Even the most deprived being can acquire this superior state of consciousness: working to attract light and send it to all human brothers.

You see meditation is possible ... for everyone who desires.

Technik V.)

Also the Vipassana-movement (www.dhamma.org) gives you a very simple method:

Concentrate yourself onto your breath: >Breathe in – Breathe out – Breathe in – Breathe out – Breathe in – ...< Do it in a steady and regular rhythm. Concentrate your mind on it. And if it wanders, bring it back, as long as it is needed. Be steady and indefatigably! Do not hesitate if it doesn't work immediately. Believe that everything needs its time!

Technik VI.)

I love to concentrate myself onto the third eye, the white light which gradually increases and envelopes me and later my closer surrounding, the city I live in, the country, the continent, the planet, etc. I become one with the light and I feel inspired and enlightened to start my day or continue my work. Everything needs training. Start at the beginning with five or ten minutes and then day by day (or week after week) add a minute to it. ... and finally you are able to meditate for one, two or even three hours without having any problems with hurting legs, the back or whatever!

Technik VII.)

There exists another great help to succeed in meditation: **Watch the sunrise!** Because the sun represents God Himself! Concentrate on the sun and you become more and more enlighten, warm and generous as He is!

Disciples learn to mobilize their thoughts, their desires, and even all tendencies of their lower nature, and so realize a sublime ideal. And the sun can help us in this work of unification and harmonization. As you watch the sunrise in the morning, think about your conscience moving closer to your own sun, your spirit, your higher self, to fuse with it. When you will have succeeded in pacifying and unifying all these opposing forces pulling you this way and that and so throw them in one luminous, salutary direction, you will become such a powerful center you will be able to shine in all directions, like the sun. Indeed, those who have managed to sort out their own problems in order to be free, can begin to attend to the whole of humankind, and they themselves come to resemble the sun. They live in such freedom, they widen their field of consciousness to include the whole human race, to whom they send the profusion of light and love which overflows from them.

However, in order to be able to shine, we must learn to concentrate all the powers of our being and steer them in one divine direction.

So, look at the sun, the centre of our solar system, try to find the centre in you, the centre of universal love: your spirit – almighty, wise, and omniscient – and draw nearer to it every day! If you remain disconnected from the centre, you will be shaken around, at the mercy of disorganised and conflicting currents. Of course, you will tell me that your daily tasks force you to leave the centre to go to your activities at the periphery.

Yes, but moving away from the centre, when necessary, does not mean cutting the link with the centre. On the contrary, the more activities we have in the world – the periphery – the stronger should be the link with the centre, with the spirit. It is from this centre that come the energy, light and peace we need to manage our affairs efficiently.

Read the following thoughts of the Universal Brotherhood of Light which gives you additional guidelines how to succeed!

How to start best?

Meditation is a difficult exercise, because it requires great mastery of thought. Now thought is rebellious, it likes to wander, to roam, and if you try to stop it abruptly, you

will block your mind. This mechanism known as the mind must be put to work gently, just as you allow the engine to warm up before you drive off in your car. Therefore, when you want to meditate, do not attempt to control your thought immediately: it will talk back, rebel, and perhaps even knocks you down! Begin by putting yourself in a state of peace and harmony, then, gently, lead your thought in the direction you want it to take. Soon it will be at your disposition and will obey you. You must be very clever, very diplomatic with your thought. When you have learned to dominate it, it will continue throughout the day in the direction you wish, without any intervention on your part.

Another way:

Try during the meditations and prayers to elevate yourself always higher. To help you, imagine you are climbing a mountain. This image will take you to another mountain within you, and little by little you will reach the summit, the causal plane, where you will have greater opportunities to make your best desires and thoughts become reality.

Jesus said: 'Build your house on rock.' Rock is a symbol of the causal plane. In the causal plane you are safe, nothing can reach you, because you are very high up and on very solid ground. Whereas if you build your house on the mental plane or the astral plane, where thoughts and feelings of a more selfish, personal nature dwell, you will be bogged down in the quagmire and you will always be vulnerable. You must set up home further up, on the heights of the causal plane. Only then will you be invulnerable, out of reach.

Another picture:

Nothing is more difficult than to control your train of thought. This is why meditation is a particularly tricky exercise, which should not be undertaken carelessly, without knowing certain methods. Suppose you want to catch a horse that has bolted; if you go and simply block its path, it will knock you over. It is far better to run beside it and then try to grasp it by the mane or hold it back by its head-collar. Well, the same goes for thought in order to concentrate on one particular subject, not only will you never succeed, but if you persist in your attempts to stop it, you will block it altogether. Before you can begin to concentrate your mind you must subdue the runaway horse within you. And before you can subdue it you must begin by trying not to confront it. Begin by allowing the horse to run freely for a few moments and then, when you feel it is time to put an end to all its gambolling and it begins to trust you, jump onto its back and drive it on in the direction you have chosen to ride.

The Law of Resonance:

The spiritual plane is structured and organized in such a way that the mere thought of someone – or of a specific element – enables the sender of this thought to touch that person or that thing directly, wherever they may be. It is thus unnecessary to know the exact location, as on the physical plane, where maps or exact addresses are necessary. On the spiritual plane, the divine plane, it is sufficient for you to concentrate your mind strongly to lead you exactly where you want. If you think about health, you are already in the region of health. If you think about love, you are in the region of love. If you think about music, you are in the region of music. That is why a disciple of initiatic school dedicates a certain time each day to working with meditation in order to visit the realms of the invisible world where he knows he will find all the elements necessary for his fulfilment.

About protection:

You feel you need protection? Think about the light. Try to have it penetrate you with the help of meditation and prayer. In the initiatic sense, light is something other than the physical phenomenon we know. In spiritual science light refers to all the beneficial entities; once these entities dwell within you, they put obstacles in the way of bad forces. This does not mean that light will stop you from being tormented at times. Unfortunately, as long as we live on earth, we are sheltered from attacks or struggles. Even an initiate is obliged to seek protection. Yes, even the purest, greatest, most powerful initiate must constantly think of this protection by putting barriers of light, circles of flame between himself and the evil spirits that come to assail him. So how can weak and ignorant people think that they do not need any protection?

That can help you to meditate:

All the elements of nature – valleys, springs, mountain summits, precipices, etc. – are laden with symbolic meaning and correspond to realities of the inner life. Someone who meditates on a philosophic and mystic truth ascends inwardly to a high summit since this truth puts him in contact with Heaven, and the source that begins to flow within him purifies and vivifies him. To aim at the summit means to have a high ideal. Nourishing within oneself the noblest thoughts and feelings. To fall into a precipice means to give in to the vilest instincts by which one is gradually engulfed. But the summits and precipices are closely related: the higher the summits, the deeper the precipices. Here is another truth that is worth meditating on.

And:

Meditate on unity. Try to unify and focus your energies on the highest possible goal and persevere in the same direction day and night without ceasing. Those whose weakness is physical can meditate on unity in the form of health. Those who yearn for light can work to bring unity into their intellect. The principle at work here is the same as in a central power station which supplies a whole region with electricity: in each house, with the flick of a switch you can turn on lights, heater, cookers, refrigerators, washing machines, vacuum cleaners, radios, televisions, tape recorders and so on. And this is what happens when you establish unity within your being: all your organs receive the current they need and your heart begins to love, your brain to think and your will to act.

And:

When you become more and more conscious of the existence of angels, archangels, and the whole of the angelic hierarchy, you become impregnated with their qualities; you become more alive, more enlightened, and your whole inner world is enriched. At the same time you must remain very modest and know that many of these beings are still very far out of your reach.

Begin by trying to get in touch with the saints, initiates and great masters, whose mission it is to help human beings. Then rise higher still, and try to reach the angels, because the angels are the closest to us: They listen to us, help us, and grant our desires. You can also try to invoke the archangels. But do not attempt to go higher. In infinity, worlds without number exist, and the higher angelic hierarchies in deepest space are not in touch with human beings. They have other work to do, far away. You should know of the existence of these superior hierarchies and can even invoke them; but in order that your prayers and meditations may achieve results, you must address those beings closer to you.

Suggestions to master difficulties:

And here you get an idea about the difficulties you may have when you start to meditate. But this could be also when you do it for longer and you didn't prepare yourself. Read it and note what is important for you:

You may feel that the result of your meditations and prayers are negligible, even non-existent. That is because you are aiming for the heights without first getting rid of your old, thick, rough clothes – symbolically speaking. What can your soul hope to receive if you are still wearing these heavy layers? They still form a barrier which prevents Heaven from illuminating your soul and sending you the replies to your questions. Take these fusty old things off – get rid of selfish schemes and desires, mistaken ideas and stingy pettiness – and present yourself before Heaven wearing light, transparent garments. When you have done this and wish to communicate with Heaven, you will only have to close your eyes, and immediately you will become aware of divine blessings pouring into you.

And:

Day and night we allow our thoughts to be filled with all kinds of futilities. This is why, when the time comes to meditate, to unite with the light, we encounter major difficulties. So many people complain how hard it is to meditate, to concentrate one's mind on a spiritual subject, because they are constantly invaded by all kinds of disparate thoughts and feelings which distract them. There are even dramatic cases where, in the encounter with one's self which meditation entails, some people are so deeply moved and caught off their guard by the nature of the impressions and currents passing through them, that they imagine that these were sent by others who wished them harm. No, you should never attribute the turmoil you experience to an external cause. People create, multiply and amplify chaotic thoughts and feelings within themselves through the life they lead. They may not realize it during their day-to-day lives. But as soon as they finally want to stop for a moment and unite with the light, in silence, they feel invaded by undesirable presences, which they themselves have attracted. Begin therefore by looking for the cause of your problems within yourself and work at controlling your thoughts. And then one day you will succeed.

And:

Human beings have got into the habit of busying their intellect to such a disorganized way that they are no longer in control of their thoughts. And it is this utterly disorganized, cacophonous thinking that prevents them from elevating themselves beyond the astral and mental planes and sense Heaven.

If we want to taste the realities of the spiritual world we must learn to stop our thought process. The wise men of India claimed that the intellect is the assassin of reality. And this is true: Our intellect allows us to obtain a great deal of information superficially, but we will never get to know the reality, the quintessence. It is the heart which has been granted the capacity to penetrate reality. However, to initiate the heart is not the physical heart, nor even feeling. When they speak of 'the intelligence of the heart', what they actually mean is the soul, and it is the soul alone that has the capacity to feel the deep reality of things.

And:

Concentration and meditation are exercises that permit us to gather and store up spiritual energies that we can then have at our disposal in our different activities. But this exercise can only be truly beneficial for someone who can remain absolutely motionless. Yes, you first need absolute silence: no noise – even the most imperceptible – not the least rustle or creaking must trouble this silence. You waste your energies when you move. Before meditating you can move as much as you want,

but during your meditation do not move at all, otherwise you will never manage to concentrate your energies on a spiritual work.

And:

Do not say you have no means of knowing if things are right inwardly, because you actually have a criterion by which to measure your inner state and this criterion is light. When you meditate or you are in a highly spiritual state, you can sometimes feel that everything in you becomes luminous, as if lamps had been lit, as if a sun were shining within. You even feel this light shining through your face, your hands, the whole of your body. Why? Because as soon as you elevate yourself towards the higher levels of goodness, generosity, gentleness and purity, light generates within you, you feel it, you see it and everything lights up. Whereas if you give into lower states of consciousness, you do not even have a look in the mirror, you physically feel the darkness on your face. So, never forget the criterion of light.

And:

People sometimes complain: 'I've been trying to meditate for years, but my brain always seems to seize up and it gets me nowhere.' This is because they have not understood that the different moments of one's life are not isolated units, they are connected to all those that have gone before and which we call 'the past'. It has never occurred to them that if they want to meditate the next day, they are going to have to get their brain and their whole organism ready in advance for the mental work involved. Suppose you have quarrelled with someone: the next morning, when you are trying to meditate, you find yourself going over the whole quarrel in your mind and planning what you will say when next you meet. So much for your meditation! Instead of soaring to divine regions you have spent your time grubbing about in the past. And as the same thing repeats itself year after year, no wonder you get no results. Man is capable of great achievements through his thought, but only if he knows a certain number of truths and, in particular, the fact that every moment of our lives is connected to all those that have gone before.

And:

When one lingers in the dust and fog of the plains one's vision is always hazy. But when one rises to higher altitudes everything can be seen with the utmost clarity. These physical phenomena have their correspondences on the spiritual plane. Dust symbolizes the ordinary, everyday thoughts of the lower intellect, the intrigues and dishonest scheming that go on the level of the masses. Fog, on the other hand, represents our murky, impure feelings. Dust is produced by the lower mental plane whereas fog and cloud are produced by the effervescence and passions of the lower astral plane and, in both cases, our vision is blurred. This is why a disciple must constantly endeavour to rise above these dense layers of dust and fog by means of meditation, prayer and contemplation. In this way he will emerge from them into the light and be able to see clearly.

And:

There are all manner of books about occult science that suggest practices for gaining access to the invisible world, but do not take up these suggestions, because you will find yourself venturing on dangerous ground. If, one day, you would like to leave your body, to have an out-of-body experience, here is an exercise that is quite harmless. Some mornings, when the sky is grey or misty, you may feel sleepy, so instead of trying to concentrate and meditate (which would anyway be useless in such conditions), try to still your thoughts completely. Allow your soul to extend throughout

space, imagining that it rejoins the universal soul, melting into and fusing with it; then, when your soul returns, it will bring back impressions of all it has contemplated. But have no illusions: the quality of all you see depends on you, on the nature and quality of your desires, feelings and thoughts. So, if you wish to be in contact with the invisible world, begin by purifying your own inner world.

And:

Sometimes I am asked to explain to people why, during meditation, they experience the disturbing feeling of being uncontrollably swept face to face with something terrifying. As they obviously do not understand this phenomenon, I explain: having left their physical body, they drifted into the obscurity of the lower astral regions, where they experienced this frightening sensation of being pursued and threatened. Encounters in the astral plane are not always reassuring. If you have similar experience during your meditation, react quickly and return at once into the shelter of your physical body. Prolonging this experience could be fatal, so do not let curiosity tempt you to explore this new and unknown realm. Make every effort to return into your body as quickly as possible, because you are not yet strong enough to confront the entities of the astral plane.

And:

When we have very lofty and spiritual aspirations we trigger a reaction from our lower nature, which tries to stir up other forces to counteract our aspirations and force us to abandon them. But when a disciple is vigilant and in the habit of analysing himself these tricks of his lower nature fail to achieve their goal, because while he is working and meditating and building on the spiritual plane he calls on invisible beings who come and watch over him and protect him. The emblem of Freemasonry – the primitive form of which was based on true science – depicts a mason at work with a towel in one hand and a sword in the other. This is the symbol of a disciple: whilst he is working with the towel another being within him, a being symbolized by the sword, is keeping watch and casting rays of light all around so that his enemies cannot slip in under cover of darkness and destroy all his good work.

And:

As soon as they embark on the spiritual life, most people are confronted with the problem of meditation: they do not know how to concentrate. Why? Because they have not learned how to choose subjects for meditation; they throw themselves into it blindly, with no method. You must be very clear about this. The first rule, of course, is to choose a subject of a spiritual nature, and the second is that this subject should be something heartfelt. The love you have for a person or an object is what attaches you to him or it. When you do not love, you are, if I dare say so, like a stamp without glue: you will not stick!

Beginners make the mistake of wanting to concentrate at once on the most abstract, philosophical and mystical matters: truth, eternity, infinity, the Absolute, or the Supreme Being. This is a mistake. Begin by concentrating, for example, on a pure, beautiful image that you love, an image of nature or art. Your mind will get into the habit of concentrating in this way, and gradually you will be able to meditate on more abstract subjects. To get results in the spiritual life, you must know how to use the marvellous power of love.

CHAPTER 16: WHAT IS A SECT?

We have now to come to that question which is so widespread that you hear it in relationship to every new movement in the world and what I cannot hear it anymore: 'Are you member of a sect?' or 'Is that a sect?'

So my question is now:

WHAT IS A SECT? WHO IS A SEPARATIST?

Read the following thoughts of the spiritual teacher and philosopher Omraam Mikhaël Aïvanhov and decide for yourself:

Where do problems start living together with other people and when are they solved?

Religious leaders who give priority to notions, beliefs and rites which have no relation to the essential realities of light, heat and life are the cause of much misfortune. It is time they turned to the sun and learned from him. The sun is very broad-minded, very tolerant. He says, 'Believe what you see. I pour out my wealth without ceasing.' Human beings are ready to wipe each other out in order to force others to accept their notion of a God none of them has ever seen.

You will say that in any case God cannot be seen.

Yes he can, you know; a reflection of God can be seen in the sun. The sun is the supreme expression of divine perfection. He never stops giving light, warmth and life to all – Catholic, Orthodox, Protestant, Jew, Muslim or Buddhist – without distinction. In the eyes of the sun all human beings are God's children.

Sooner or later, when men can no longer close their eyes to these great truths, they will all come to the one true religion. Christians will begin to understand that Christ is none other than the spirit of the sun.

Of course it is not a question of finding Christ in the physical orb that we see in the sky. It is a question of sensing that beyond the symbol of the physical sun is the Lord Himself, overflowing with love.

Never lose sight of the truth that power is founded on unity, on harmony.

Think of this family you must create, despite your differences in character, degree of evolution, race, religion, social class, occupation and so on. Set all these details aside, because they are only of secondary importance and they do not play any part in spiritual life. Strengthen in your hearts the belief that despite everything that could separate you, you are brothers and sisters who come together to share the same work

of prayer, meditation and song, with the aim of awakening every consciousness all over the world.

From that moment on you represent a positive strength, a beneficial power.

As individuals, isolated from others, human beings are weak and powerless,

... because their strength is based on unity and harmony. As often as possible, therefore, think about this universal family you must form despite your differences in character, temperament, degree of evolution, social class, and lifestyle. Put these details aside; they are not important and play no role in the spiritual life. In your hearts, strengthen the conviction that, in spite of your differences, you are all members of this universal brotherhood whose origins are not on earth but in the divine world.

No endeavour can bring truly beneficial results unless human beings are conscious of acting not as separate individuals but as members of a collective body, the head of which is on high.

Whatever you do in life your essential goal must be to create harmony,

... for harmony is the foundation of all creation. It is the harmony between all the different elements and all creatures that holds the universe together. As long as human beings fail to understand the importance of harmony they will continue to create the discord and disorder which lead to the disintegration and destruction of the world. To be competent in your work is not enough.

Even to be a genius is not enough. You also have to be sure that your activity is in harmony with the forces of nature, with the luminous spirits of the divine world, even with other human beings.

The evolution of a human being is measured by his ability to surrender with humility to the laws of nature, which are divine laws.

He recognizes the superiority of the beings which have established these laws, he lives in harmony with them, and he carries out their will. The evolution of a human being is also measured by his awareness of others and his efforts to influence them in a positive way.

From such a person we may expect only the best and the most beautiful. Even though he may not be able to manifest himself as a poet or a musician, he is already on the path to poetry and music, because he is attuned to the laws of harmony and is linked to the divine world. As for those who do not care if they create chaos, it can be said that they are still very low on the ladder of evolution.

Yes, an anarchist is not an evolved being. An evolved human being, an intelligent person, is always careful to respect an order that surpasses himself.

Music exists within us when there is harmony between our thoughts, feelings and actions.

All harmonious agreement of thought, feeling and action exists as music. The ideal of a disciple is the realization of this inner harmony, which then enables him to attune himself with every living being here on earth and throughout the universe.

Harmony is the basis of all our work together in the Brotherhood: inner harmony first of all and then harmony with all that exists. This is why we sing: in order to cultivate inner equilibrium, which is the prerequisite for harmony.

True anarchy is the refusal to conform to divine laws.

The disciple of light fears anarchy more than anything else, knowing that, if he accepts it, it is first deep down inside himself that he will be entangled in disorder, imbalance, disintegration, etc.

Even our health depends on the recognition of a universal order. When we begin to introduce order within us, everything calms down, is balanced, harmonized, enlightened and strengthened, revives and becomes more attractive. We begin to vibrate in unison with the whole cosmos, with all the celestial regions, and we become like a source, like a sun ... something that radiates and flows.

Every one of us should strive toward this ideal instead of leaving our door wide open to all the harmful currents that float everywhere in the form of philosophies or ideologies hostile to the divine order. Whether it be an individual, a family, society or country that lays itself open to these bad currents, it would destroy itself; the law is implacable.

So, be aware of this and do everything you can to be in harmony with the divine order.

Life is expressed in infinite gradations,

but to taste the subtlest among them, we must go beyond the physical appearance of things. We must feel all the currents which emanate from them and which, from the stones to the sun, from the flowers to the stars, weave the mysterious web of creation.

Every element of creation has its own kind of language. They talk among themselves and speak to us as well, and it is up to us to know how to participate and speak in harmony with this universal language.

Yes, what is important is to find the means to improve our participation in the cosmic harmony. Those who succeed no longer ask useless questions about the existence of God, because they feel the divine life passing through them. What more can we ask?

What is all that good for?

What do human beings gain by developing so many skills and talents, by undertaking so many grandiose projects, by exploring the floor of the oceans or the stars in the heavens, if all their achievements are in danger of destruction because they have never learned to live together? When will they understand that nothing is more important than to learn to live together?

Unfortunately, this is a science that never appears in the curriculum of an university. There are books and schools that teach everything, absolutely everything except this: no one, no book, no school, can teach people how to live together.

You who are members of the 'Universal Brotherhood of Light' must understand that the principal reason for the existence of the Brotherhood is to prepare you to achieve an exemplary collective life. You are given all the rules and all the methods you need to learn to live together in brotherly harmony.

The time has come to devote all your faculties to the service of the collectivity and prove that brotherhood is possible. The time when it was considered normal for people to work only for their own spiritual development, to cultivate their own spiritual powers, is long past.

Henceforth they must devote themselves to developing a collective consciousness...

All the rites established by the Church should not obscure true religion.

People often put on the 'tinted spectacles' of a religion, a philosophy or a coterie, and they end up losing sight of everything else. What is the use of religion if it hides the

splendour of what God has created and obscures the possibility of returning to the Godhead?

The clergy has warped people to such an extent that it is now no longer possible to make them understand the marvels of creation. What they have created themselves, yes, this they understand; but they have no interest whatsoever in what God has created, because that is not worthy of their attention.

Of course they would not say so outright, but in practice it is just as if they were considering themselves superior to God. Instead of saying: *'Respect life, children, because everything is sacred, so honour the talismans which God has placed everywhere.'*

All that matters to the clergy is their tools: the dogma, the rituals, the reliquaries, the rosaries and the medals; the rest of creation is of no importance.

People who work with the principles of Christ, principles that are eternal and unchangeable, belong to the true 'Universal Brotherhood of Light'.

They destroy nothing, they do not bring a new religion, but they do abandon forms that have lost their meaning over the centuries.

People who cling on to form prove only they have not understood the principles. They imagine that the form will save them. Well no, because in form we go to sleep. If we want to progress we must not rely on form so much, but work with principles instead.

In his second epistle to the Corinthians, St. Paul wrote: *'... for the letter kills, but the Spirit gives life.'* Laziness makes people cling on to the letter, on to form. The spirit periodically breaks the forms to renew them, because it no longer recognizes itself in them. The 'Universal Brotherhood of Light' is not, therefore, a new religion, it is the religion of Christ, but presented in a different form, appropriate to our times.

The time has passed when human beings were advised to live a solitary life in order to evolve and earn their salvation.

We are now entering the era of brotherhood. Human beings must no longer erect barriers among themselves, but must walk together, side by side, to form a universal brotherhood on earth, in which all beings will form one vast family. When this is realised, frontiers will fall, and instead of wasting enormous sums of money protecting themselves from others, all nations will live in abundance and peace.

These are the ideas that inspire the teaching of the 'Universal Brotherhood of Light'. They explain why our ideal is to develop ourselves on all levels, so that we may become examples. Our ideal is for all of humanity to advance together, united by this love that God has envisioned for all human beings. Our ideal is to live harmoniously within the collective life, because it is here that all blessings are to be found.

The more numerous we are when we are together, the more our fraternal radiance attracts divine entities that come to help, giving us health, strength, and light.

We do not gather together because we are happy to see each other and to pass the time in a pleasant way, but to do a conscious work. And this work consists of submitting our personal, egotistic life to the law of brotherhood, universality, and harmony. Each harmonious vibration we create attunes us to the great cosmic harmony.

CHRISTOPHER BENJAMIN: 'LET'S CREATE HEAVEN ON EARTH!'

The word 'harmony' embodies every virtue, all blessings. When harmony penetrates us, it will tune us like an instrument; the Spirit will then lightly play us and draw out the most beautiful sounds.

This is working for the Kingdom of God.

So did you get an idea what it means to separate and what it means to unite?

Is the established church, the common way of living, the common way of behaving and thinking in this world a way of creating unity, harmony and peace on all levels of creation, within us and around us?

Or is it the contraire? Is it destructive and hurting on all levels of life?

Is the try to harmonise your interests and desires with the interests and desires of your surrounding, your next fellow, with nature and the invisible beings of light separation? If this is not the case, just as the established church or science or media want to believe us, what then is a sect? What is now a separation or a separator?

Those who try to unite through meditation and having a Living-Food-Diet with the divinity, who work with the principles of Christ, principles that are eternal and unchangeable, who purify and master themselves, who are attentive to nature and the harmony within, who avoid meat and harming anyone and anything ... are they separatists or aren't they the contrary those who unite what belongs together?

Isn't every establishment who insist on old structures, on the separation of man, animal, creation, etc. in other words a sect?

Do you remember what I said who profits from this disconnection of man from God and His divine world? You remember?

Yes, this is the reality. If we are not connected with God, His divine world and His servants, with nature and the luminous spirits who live within, to whom are we then delivered? To the evil side of creation who play their games to torment us and to satisfy their need through negative sensations of their victims.

Yes, that is the reality. You are then a victim, a helpless victim of the dark side of creation!!!

So decide for yourself to whom you want to belong!

CHAPTER 17: MISCELLANEOUS!

My dear brother
my dear sister.

I hope after reading this book you are able to do a choice: the choice to which brotherhood you would like to belong:

To the '**UNIVERSAL BROTHERHOOD OF LIGHT**'

or to the

'UNIVERSAL BROTHERHOOD OF DARKNESS'!

You have only this possibility, to belong to the first or the second group. Also Jesus said: "... *you cannot serve two masters! You cannot serve God and the Mammon!*" Realize this and act according to your decision.

Finally I also present you here a collection of thoughts which I couldn't place in the precursory chapters. I hope you find them as inspiring as I do.

Like this you become a white magus:

In the morning as you watch the sunrise, concentrate on it and say: '*As the sun rises over the world, may the spiritual sun of love, wisdom, and truth rise in my heart, in my soul, and in my spirit.*' Pronouncing these words will help make these ideas become real: as the sun rises on the physical plane, the spiritual sun will rise in you.

And before going to bed at night when the moon is waxing, say: '*As the moon enlarges, may my heart fill with love, my intellect with light, my will with strength, and my physical body with health and vigor.*'

In the spring, when the first leaves and flowers appear, say: '*As nature blossoms, may all of humanity live in eternal springtime!*'

In doing so you become a white magus, a child of God, and through the creative spoken word, the word which created the world, always and everywhere you create a new world.

Every thought, every feeling touches the beings and regions in space that correspond to it.

This explains our joy and our suffering. People who give in to a crude, animal life unintentionally make contact with the entities of the lower, dark and unhealthy regions, which begin to torment them. To escape these regions they must bring in other vibrations. Through prayer, meditation and other spiritual activities like singing, playing music and so on they are able to connect with luminous entities, which will bring them only blessings.

This connection with the divine world must become your prime concern. This is why, during the course of the day, remember to repeat this formula many times: *'Lord, blessed be Thy name for ever and ever,'* and your anxieties and torment will disappear.

Seek the Kingdom of God, hope for the Kingdom of God an nothing else,

... because the Kingdom of God is a state of perfection, of fulfilment, comprising everything: health, wealth, beauty, order, freedom, peace, wisdom, love, joy and more. So, instead of naming all these blessings in your meditations and your prayers it is less 'labor intensive' to talk of the Kingdom of God, which is the synthesis of all these.

People say: *'If only I were powerful; if only I were rich; if only I were beautiful.'*

But these are only individual aspects, attributes of the Kingdom of God and as soon as we begin to wish for something in particular, we create an imbalance.

The Kingdom of God is above all a state of equilibrium and harmony, and if we seek one individual thing, it is obviously at the detriment of something else, and already the seeds of imbalance are sown.

Everything our soul, our spirit, our heart, our intellect, our physical body need is contained in these words: the Kingdom of God.

Human beings need to get back to their true solar origins

... and realize that it is the sun's energy that flows through their physical bodies. It is the sun that gives energy to their hands, their eyes, their brain, and so on. And sexual energy is no exception; it is of the same nature as solar energy.

Cosmic intelligence conceived man as a divinely beautiful being. The ideal man, perfect man as he was when first created in Heaven's workshops, resembles the sun.

Human beings do not understand that sexual energy is impregnated with the sanctity and light of the sun and that it is possible to use it to create something magnificent. They do not know that when they misuse it they deprive themselves of its most precious treasures.

Even if this idea seems too far-fetched, too incredible, you must accept it. It will help you to become more conscious, more in control of yourselves.

How sad it would be to listen to such revelations without getting any benefit from them! Meditate on this in the desire to become more and more like the first man who came from the hands of the Lord, shining like the sun.

In mythology the phoenix is a bird of gorgeous plumage,

... fabled to be the only one of its kind and to live five or six hundred years in the Arabian desert, after which it would burn itself to ashes on a funeral pile of aromatic twigs ignited by the sun and fanned by its own wings, but only to emerge from its ashes with renewed youth, to live through another cycle of years.

Because of this, the phoenix has become the symbol of beings who are much evolved and who, knowing the laws of immortal life, are capable of constantly renewing themselves. These beings have modelled themselves on the sun.

Anyone who aspires to immortal life, which is true spiritual life and an endless prolongation of physical life, must turn to the sun. Only the sun is able to teach them what elements give immortality and what work needs to be done with them. There are three of these elements: light, heat and life. The sun constantly distributes these through space as the expression of divine light, heat and life.

The day you come to understand this truth and you prepare yourself to watch the sunrise as if it were the event that surpasses all others, you will drink the sun, you will nourish yourself with the sun and you will become immortal, because you will know how to renew yourself.

The earth is a child of the sun, from which she emerged one day billions of years ago,

... and the sun continues to nourish her and to educate her, so that one day she may learn to be as generous as he. Still today, even though she produces a bit of vegetation and a few fruits, the earth is far from knowing how to give like the sun. She must therefore continue to be instructed, to watch, to listen to the words of the sun, who says to her: 'You see, one day you too must be able to give, to shine as I do.'

And what the sun says to the earth, he says to us as well, because the earth and humanity have the same origin, and also the same destiny. Every human being is a little earth, and each of these earths must one day become like its father, the sun. This is our future.

Jesus said: 'I am the light of the world.'

The light of our world is the sun, Christ is more than the sun. Beyond the visible light of the physical sun exists another light which is the true light of the sun, the spirit of the sun. It is to this light that Jesus referred and with which he identified himself.

And just as material light allows us to see the objects on the physical plane with our physical eyes, the inner light, the light of Christ, allows us to see the divine world.

We must learn to know this light, learn how to live with it, to live within it. Every day we must work to seize its infinitesimal particles and condense them within us, until we are able to project beams of this light on to the objects and beings of the invisible world, who will then appear to us in their sublime reality.

Initiatic science tells us that the ideal human being, the perfect human being, the human being as Cosmic Intelligence has created him in his workshops, is like the sun.

This means that everything which emanates from him is of the same quintessence as the light of the sun, but in an etheric state. Therefore, the closer a human being comes to perfection, the more his emanations resemble light. Like light, they are propagated throughout space, and those who have developed their sensitivity receive them and benefit from them.

If man practices taking the sun as his model, this same force, this same solar energy will actually emanate from his brain, his eyes, his mouth, his hands, and his entire body. And like the light, it will extend its blessings not only to other human beings, but to animals, plants, and stones - to the whole of nature.

Water teaches us that there are two methods of purification: filtration and evaporation.

Filtration is the process by which water seeps into the ground and is forced through layers of soil and gravel in which it deposits the dirt and waste products it is carrying before emerging purified and fit to drink.

This process symbolizes the path of most human beings who are constantly pressured, brutalized and crushed by events or by each other, and who eventually emerge purified by all the suffering and pressure they have endured.

Disciples choose the second method, that of evaporation. They are purified not by the earth but by the sun. Just as water evaporates when it is exposed to the sun's rays, a disciple 'evaporates', symbolically speaking, by exposing himself to the warm rays of the spiritual sun. Once purified he descends like a beneficial rain on plants, animals and other human beings.

Those who purify themselves by working with wisdom and light do not suffer.

In the future, the worth of an artist will be assessed not only by the quality of his works,

... but by the quality of all that he emanates: poetry, music, light and form. In days to come, all creative artists will understand that true artistry is the ability to make their whole lives a magnificent work of art, communicating poetry, music, dance and harmonious shapes and colors.

In this way human beings will regain the appearance they once possessed: They will resemble God.

Much time, effort and work are necessary to reach this goal; but do not preoccupy yourselves with the idea of time. The exterior creations we produce do not belong to us and must be left behind when we die, whereas the work done on ourselves stays with us eternally.

Love and all doors will open up to you.

So stop asking yourself why you are unhappy, why you suffer so many setbacks and so on.

The reason is simply that you have no love. If you had love, nothing would resist you, because when you have love you do not stay there doing nothing.

Someone will say: 'I'm ill. – Well, exactly it's because you have no love. – But what is the connection? – If you had love for health, good health would have established itself in you long ago. If you are ill, it's because you do not really love health. So there you have it.'

Once you have love for all that is good, for all that is beautiful and you live with this love day and night, no force in the universe will be able to resist you. Because there is nothing above love.

Love has created the world and all forces obey love.

If human beings were not so inaccessible, so self-centred, they would become conscious of an invisible world

... inhabited by beings who live near them and mingle with them. Yes, it is through your thoughts and feelings that you attract these creatures.

You must understand that whether you are alone in the midst of nature or in your room, you are never really alone; these entities share in every moment of your life.

Human beings who work for the good are accompanied by luminous entities which rejoice with them and, often without their knowledge, give them glimpses of the solutions to their problems in times of difficulty. But if people make an effort to be conscious of these presences, they will benefit from them even more.

Never lose sight of the truth that power is founded on unity, on harmony.

CHRISTOPHER BENJAMIN: 'LET'S CREATE HEAVEN ON EARTH!'

Think of this family you must create, despite your differences in character, degree of evolution, race, religion, social class, occupation and so on. Set all these details aside, because they are only of secondary importance and they do not play any part in spiritual life.

Strengthen in your hearts the belief that despite everything that could separate you, you are brothers and sisters who come together to share the same work of prayer, meditation and song, with the aim of awakening every consciousness all over the world.

From that moment on you represent a positive strength, a beneficial power.

Every day you pray, you meditate, you watch the sunrise, you join in song, you eat together.

But why are you performing these activities?

Because it is part of the programme I have devised for you. You perform these activities to please me.

Try in future, however, to do them for yourselves. With the absolute conviction that you are accomplishing something that is beautiful, sacred and will produce fruits. Think that this work you are doing here for the light awakens consciousness all over the world. No thought, no conscious feeling remains without effect.

The psychic world is like a vast ocean where the thoughts and feelings of all human beings accumulate. These thoughts and feelings are living entities, which, depending on their nature, create beneficial or harmful currents which create either beneficial or harmful currents which in turn influence creatures.

Of course, do not imagine that within a few years from now we will have changed the world. But our prayers, our meditations and our songs produce a light in the invisible world that can help beings find their bearings and so find their way.

And at least I would like to share a prayer with you which I prefer the most:

*God is in the light within me,
the Angels are the warmth
and Human beings the goodness! (3 times)*

*God is in the light within me,
my Spirit is the warmth
and I am the goodness! (3 times)*

Did you do your decision? **Gooooood!!!**

In their later years, when men and women take stock of their lives, if they are honest they recognise that they have wasted their energy, their health and their beauty in activities which were not worthwhile.

Of course, they have derived a few advantages from them, but if they put all this on the divine scales, they see that the little they have gained does not compensate for the wealth they have lost.

Unfortunately, human beings make this type of calculation much too late. When they want to obtain money, glory or knowledge, they never place the losses these acquisitions will entail on the other side of the scale.

Perhaps they will get what they want, but a few years later we find them in clinics or psychiatric hospitals, unable to eat, drink, or to take pleasure in life, because their nervous systems have broken down.

Then they realise the value of what they have lost and say: 'If only I had known!' But it is too late; they should have thought about it much earlier!

ABOUT THE AUTHOR



Christopher Benjamin, born in 1964 in Germany, started changing his life in January 1994 when he consciously began a diet centered around Living-Food, for both spiritual and health reasons.

At Christmas night in 1994 he became student of initiatic science taught by the spiritual teacher and philosopher Omraam Mikhaël Aïvanhov. In the year 2000, the first year of the new Millennium and when he became 36 he changed his life drastically. He gave up his old existence and went for 3 years in spiritual centers for practicing what he had learned and to discover himself. In spring 1993 he met the teaching of the spiritual teacher Paramahansa Yogananda and became taught in their meditation techniques.

After seven days of fast without liquid and food in summer 1993 in Mexico, he was able to continue his life with new forces and well prepared. He lives now in Montreal, Canada.

The last ten years made out of him a new being, who is not comparable anymore with the old person as he was the first 36 years of his life. He went through a second birth, a transformation process through which every man is asked to go.

further books from the same author (*all in German*):

- ⇒ Book 2: „**Live in Freedom** and experience the plentitude of life!“ (2007)
- ⇒ Book 3: „**What we should have learned from the Holocaust** and how we should solve our crises in the world!“ (2008)
- ⇒ Book 4: „**Jesus' crucifixion** – seen & interpreted to improve our daily life & living!“ (2008)

Heaven needs the kind of workers Jesus spoke about in his parables, selfless workers who understand that they must use everything in their lives as a means to achieve a Heavenly goal: the Kingdom of God. We must therefore devote all our faculties, talents and material advantages to the service of a divine idea.

Unfortunately, the opposite is usually the case: people who have gifts and opportunities put them at the service of their stomachs, their sex organs, their vanity, or their desire for power, and they even try to manipulate Heaven into satisfying their whims.

Yes, they think the angels, the archangels, and the Lord himself are there for just this purpose.

Even if they do not want to admit it because they are unaware of it, this is what human beings endlessly do: they try to manipulate Heaven.

They must now become aware and dedicate all their faculties to the service of this one idea:

the Kingdom of God on earth.

APPENDIX: BOOKS

About:

Prenatal Education, Spiritual Electroplating

- Bradley Boatman: *A Gift for the Unborn Children* (Vidéo)
- Geoffrey Hodson : *The Miracle of Birth* (Brochure 1929)
- Peter Deunov *The Woman, Source of Love and Life* (Brochure)
- Omraam Mikhael Aivanhov
 - *Education Begins Before Birth* (Book 1984)
 - *Hope for the World: Spiritual Galvanoplasty* (Book 1984)
- Denise Tiran: *Natural Remedies for morning sickness & other Pregnancy Problems* (2001)
- Denise Tiran, Sue Mack *Complementary Therapies for Pregnancy and Childbirth* (1995)
- Carista Luminaire Rosen, Ph. D.: *Parenting begins before conception*
- David Chamberlain *Babies remember Birth*
- Dawson Church *Communing With the Spirit of Your Unborn Child*
- Thomas Verny, Pamela Weintraub:
 - *Life before Birth*
 - *Pre-Parenting, nurturing your child from conception, questions medicals,* (Book 2001)
- Chopra, Simon, Abrams
 - *Magical Beginnings, enchanted lives, A Holistic Guide to Pregnancy and Childbirth*
- Monika Chopra *100 Promises to my Baby*
- Ina May Gaskin: *Spiritual Midwifery* (1990)
- Frédéric Leboyer *Birth without Violence*
- Jean Liedloff: *The Continuum Concept, in search of happiness lost* (1985)
- Aviva Jill Romm: *The Natural Pregnancy Book* (2003)
- Susan S. Weed: *Wise Woman Herbal for the Childbearing Year* (1986)

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About:

Education

- John Gray, *Children are from Heaven* (1999)
- Adele Faber+Elaine Mazlish
Liberated Parents liberated Children – Your Guide to a happier Family

* * *

About:

Living-Food-Diet & Fasting

- Arlin; Dini, Wolfe *Nature's First Law: The Raw-Food Diet*

- David Wolfe
The Sunfood Diet Success System: 36 Lessons in Health Transformation
- David Wolfe *Eating for Beauty: For Women & Men*
- Arnold Ehret *A scientific method of eating your way to health*
- Harvey Diamond, Marilyn Diamond *Fit for Life I + II*
- Harvey Diamond *Fit for Life: Not Fat for Life*
- Juliano Brotman, Erika Lenkert
Raw : The Uncook Book: New Vegetarian Food for Life
- Elizabeth Baker *The Uncook Book: Raw Food Adventures to a New Health High*
- Elizabeth Baker *The Gourmet Uncook Book: The Elegance of Raw Foods*
- Elizabeth Baker *The Un-Diet Book: The All-Natural Lifestyle for Weight Loss and Eating, Good Health and Exercise by the Author of the Uncook Book*
- Cheryl Stoycoff, Solomae Sananda *Raw Kids: Transitioning Children to a Raw Food Diet*
- Arnold Ehret *Rational Fasting (Ehret's Health Literature)*
- Patricia Bragg *Miracle of Fasting, 49th Edition*
- Patricia Bragg *The Miracle of Fasting : Proven Throughout History for Physical, Mental & Spiritual Rejuvenation*
- Patricia Bragg *Healthy Eyes in Ninety Days: The Bragg Healing System for Better Eyesight*
- Paul C. Bragg, Patricia Bragg *The Natural Way to Health: The Bragg System a Goal for Living 100 Years*

* * *

THOUGHTS OF ETERNAL WISDOM

Chosen Thoughts of spiritual masters of the
Universal Brotherhood of Light

(Adobe-Files available cost-free under
<http://www.realpeacework-akademie.info/jena>)

eBook 01: Means to bring 'Heaven on Earth'; *Prenatal Education & Spiritual Electroplating*

eBook 02: A new Light on Prayer

eBook 03: The Importance of having an High Ideal

eBook 04: Master & Discipleship

eBook 05: The Kingdom of God & His Righteousness

eBook 06: The Two Principles – Masculine and Feminine

eBook 07: Angels & the Tree of Life

eBook 08: The Sublime Origin and Goal of Sexuality and the Sexual Force

eBook 09: The hidden capacity of Human beings

eBook 10: Being Member of a Family ... and its different Connections with the world

eBook 11: The Reasons behind Suffering

eBook 12: The Cosmic meaning of Marriage

eBook 13: Holidays

eBook 14: Music and Creation

eBook 15: The Quintessence of Christianity

eBook 16: Purity as the Key to Self-Realization

eBook 17: The Sun & the Sunrise-Meditation; *working with the Divine Image*

eBook 18: The Universal Brotherhood of Light

eBook 19: The true Task of Art

eBook 20: Living a Successful Life

eBook 21: A new Attitude for everyday Life
eBook 22: Explanations on Heredity
eBook 23: Nutrition for a successful life
eBook 24: Education – *Guidelines for Parents*
eBook 25: The Relationship between Colours & the Aura
eBook 26: Reflections on Birth
eBook 27: The Laws which govern the Universe
eBook 28: A new Understanding of Health
eBook 29: A correct understanding of Good and Evil

eBook 30: The different aspects of 'Clairvoyance & Intuition'

eBook 31: Life and Death
eBook 32: Magic in everyday life
eBook 33: Meditation as the Gateway to harmonious living
eBook 34: Proper knowledge of Human and Divine Justice
eBook 35: Working with Light
eBook 36: Only Beauty can save the World
eBook 37: Guidelines for Spiritual Work
eBook 38: Suicide: Reasons & Consequences
eBook 39: Real Freedom

eBook 40: True Love

eBook 41: True Happiness
eBook 42: Why we should accept Reincarnation
eBook 43: A Servant of God
eBook 44: Becoming a Spiritual Disciple

eBook 45: How to work for Peace in the World
eBook 46: How to surpass Karma & Predestination
eBook 47: How to work with Talismans
eBook 48: How to master Habits
eBook 49: How to deal with loneliness

eBook 50: Christ, Christians & Christianity

eBook 51: Interpretations of the Gospels
eBook 52: Traditions, the Gospels & the Holy Scriptures
eBook 53: Faith
eBook 54: The Undesirables
eBook 55: What is truth
eBook 56: Wars – seen with a wider field
eBook 57: What is Fasting
eBook 58: Science & Initiatic Science
eBook 59: Be a spring

eBook 60: Attitude towards money

eBook 61: Obedience
eBook 62: The different bodies of human beings
eBook 63: Trust
eBook 64: Honesty
eBook 65: Interpretations for Kissing
eBook 66: The Importance of the Will

eBook 70: The Power of Thought

eBook 71: The Power of Desires
eBook 72: The Power of Feelings

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