

Sunday, February 17, 2008

# ***No Cigarettes anymore!***

*Spiritual reasons to give up this Drug!*

by Christopher Benjamin

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!

You have doubts? In the Universal Brotherhood of Light you get taught that it is the nature of your needs that 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 a passion and instinct based life 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 ignoramus shout: 'Ah, that was pure ecstasy!', when in fact other entities were

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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.

Or:

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 will tell us:

Prepare inside yourself the terrain so that you are able to communicate with the 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.

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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.

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 want 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.

Let's read some of the thoughts about purity and its importance for your luck in life so that you finally get a clear idea why it is so important to give up smoking and eating meat!

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

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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.

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!

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 – caused through physical and psychic 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?

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

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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 the thought tells you:

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:

### **BY DEVELOPPING YOUR SELF-LOVE YOU DEVELOP THE FEELING TO BE LOVED, ... BY HUMAN BEINGS, BY NATURE AND BY GOD!**