



**On your wings of Love**

**- on your way to God**

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written in the name of God and with Divine Bliss from God  
1998/1999/2000/2001/2002/2003

## **Preface**

More chapters may be added every once in a while in the near future and published here. Additional graphics may be added or existing graphics modified later on to make the text even more comprehensive.

The authors native language being Swiss-German, this text is planned to use simple words, easily understandable by everyone around the World. As the primary channel of distribution is the Internet, many readers around the World, originating from different countries, cultures, races and religions may read this text. Presently more than 1200 hits a day with readers from more than 50 countries worldwide are counted on the Cyberspace Ashram's web site. Therefore it is important to use simple but very precise and clear language to allow all readers to have a thorough understanding of the truth contained in this text and how to apply this Divine message to all the different situations of their daily life.

## Introduction

This English text came into existence with the blessing and Divine guidance of God and started one day early morning around 0500 a.m. Any of these chapters have been written with the Divine Bliss of God, therefor this text shall always remain free for anyone - free for a free, truthful and universal distribution by any means by anyone.

May Divine truth and Divine Love expand throughout this planet and beyond

May Divine Love and Divine Bliss fill and free all hearts and all souls

and uplift them to their Divine Home in God.

**I love you**

A text about God and his Divine Love can only be written on the basis of true and repeated God-Union. So is this text.

God can never be subject to philosophy, speculations and imagination. God is real, he is absolute and can be experienced by anyone wishing to to so. The authors repeated God-Union were initiated through the practice of Kriya Yoga in combination with infinite Love for God and all others. One day after an intense preparation, Nirbikalpa Samadhi was achieved. This is a condition described repeatedly in Paramhansa Yoganandaji's "Autobiography of a Yogi". But there are several ways of initiating your way to God, depending on your present personality. **Bhakti Yoga** - a way of developing Divine Love toward God and all his children and his entire creation or **Karma Yoga** the way of serving God in a selfless, loving way; to help wherever help is needed, wherever God guides you, these are but a few other ways that successfully start your way back to your heavenly home and final, eternal destination.

May this text help you on your way to God - on your way to Heaven - to final and eternal freedom. Whatever you are learning now - you are learning for eternity. Do now what you can learn now. Your future comes into existence by all those things you postpone to a later date.

God is Love - nothing but Divine Love - whatever you do, he loves you. He never stopped loving you in your past. No matter how your past has been and how **you** felt about it. It always was your mis-perception of God that turned your life into what you experienced in your past. Now it is time for a change. It is time to return to God - if you desire so. You are free do to whatever you want to do. To stay here on earth or any other place whatever time you like so or to return to God by the end of this incarnation, if this is the desire of your conscious soul.

## Contents

[Divine Romance](#)

[Spiritual Laws - the basis for a successful and peaceful life](#)

[Developing Divine Love](#)

[Problem solving](#)

[The metaphysical physiology of Kriya Pranayama](#)

[Many ways are leading to God](#)

[The relativity of law on earth](#)

[The metaphysical physiology of Samyama](#)

[Karma-links between members of families and groups](#)

[Love and honesty is the Key to success in business](#)

[Dissolve in Love - metaphysical physiology of Bhakti Yoga](#)

[Kundalini Shakti and Chakras](#)

[The physiology of God-Realization through God-Union](#)

[Techniques of Meditation](#)

[Fasting on your spiritual path](#)

[Divine rules of life on your way to God](#)

[Happiness in Job and Business](#)

[Magic of words and thoughts](#)

[Freedom and modern slavery](#)

[Later may be too late](#)

[Step by Step](#)

[Rejection](#) and fear

[Learn to open for God](#)

An introduction to the [basics of human perception](#)

Relative personal [perception](#) compared to absolute divine perception

[Kechari Mudra](#)

[Search for a Guru](#) on your path to God-realization

[Intuition](#) - the direct perception of the absolute truth

Divine [relationships](#) and communication

[Short Kriyas](#) - silent meditation

[Mudras](#) - seals of nadis

[Maha mudra](#)

[Secrets](#), copyright and patents

[Developing faith](#) in God

[Checklist](#) for your spiritual success

[Movies](#), books and stories

[Mind-control](#) and mantram

Physical [health](#) and well-being

[Our environment](#) and the relationship between mankind and nature

[Mantram](#) - sacred keys on your way to God-realization

[Greed](#) and stinginess restrict the flow of Divine Love

[Focus on your goals](#)

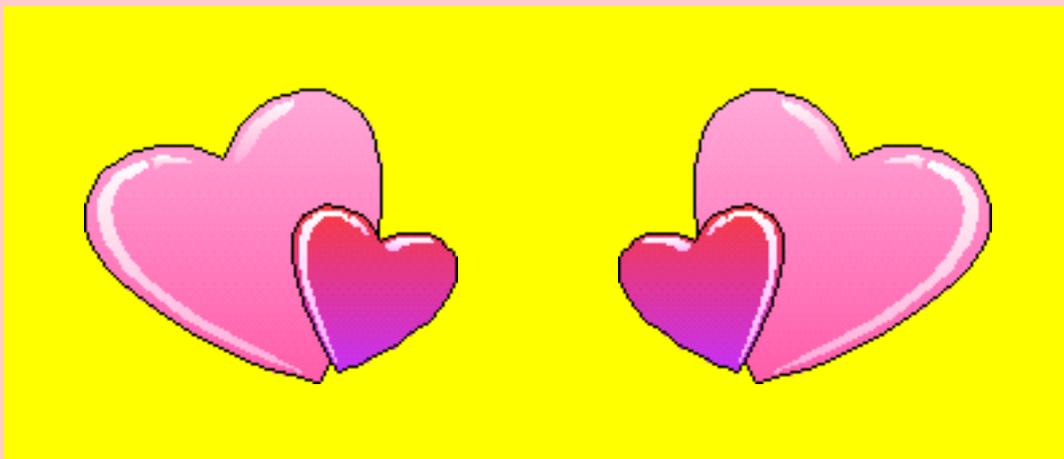
[Operation Happiness](#)

[Decide to BE strong](#)

[Quality Consciousness](#)

[Sexuality](#) on your way to God

Spiritual meaning of [oral sex](#)



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1998/1999/and the years of Love afterwards.

I was but a reflection of God on earth - telling you on his behave "I love you"

my body may perish

- my Love for all of you is eternal.

May God bless you and guide you with eternal Divine Love through these pages. These pages contains all the information you ever need to find your path of Love to God. These pages as contained in the original file [god.zip](#) also now contains the complete traditional **Diksha - initiation - to Kriya Yoga** in detail and explained with many animated graphics. May all these texts remain in its original Holiness. All texts of the Cyberspace Ashram's Web Site with its original main site at [www.kriyayoga.com](http://www.kriyayoga.com) form a holistic, spiritual and logical unit and shall be read and understood in its full context. You are invited to download the entire site - packed in the file [god.zip](#), make true original copies in the form of electronic, spiritual, light or other technical or spiritual means and new technologies of the future that allow you to always copy the entire web site of the Cyberspace Ashram in it original holiness - including all texts, graphics, animation and colors. At present the only reasonable means of assuring a true reliable original to be distributed appears to be on a CD, DVD on Hard Disc Drive or floppy drives. Future technologies may bring new possibilities.

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Why this procedure of original and full copying - you may ask ?

Remember what happened to the christian teachings and scriptures - some 2000 years and more back. Mankind has "adapted" text and teachings to their need, changed or modified language, censored text, omitted and skipped text or teachings, removed part of original scripture and teachings, ..... A verbal forwarding of a true original by humans was impossible. Human intellect and ego still tends to modify or simplify or adapt to the personal need of its ego. Most or almost all of the original teaching of the great commandment of Love has been lost during the past 2000 years and christianity is missing a true Divine teaching of Love guiding all mankind back to God. Hence there was a need to refresh the ORIGINAL teaching of Love - in combination with the many thousand year old scientific method of Godrealization - Kriya Yoga. The reason why this very soul incarnated at this time was the possibility to write and publish in directly and in original all Text, all Graphics. This publication is possible through the modern means of electronic communication of the internet and may be continued with more advanced technologies of the future.

If you like some additional original holy scriptures for comparison, additional study and to supplement any topic you may search for, it is highly recommended that you make use of the original and traditional teachings that have survived from ancient India in original and in Sanskrit language - like the Yoga Sutras of Patanjali and excellent copy in english is "The Science of Yoga", from I.K. Taimni, the Bhagavad Gita - one of the very best ever written version is found in english from Paramhansa Yogananda - or you study any of the holy scripture written by true Godrealized Saints of present and past centuries - like publications from Lahiri Mahasaya, Sri Yukteswar, Paramhansa Yogananda, Swami Vivekananda and other great Saints who have blessed this planet with their physical incarnation during past centuries. some of these highly valuable texts can now be found on internet for free download or study.

may Divine Bliss fill your life and being

may Divine Love free you and heal your path

# A Divine Romance of Love

One day a soul reached freedom in God and was so surprised of the true being of his nature that this very soul decided to reincarnate on earth to dissolve all the misperception and misinterpretation of God that was existing on this planet. All this soul knew from the past several incarnations on earth is fear about God, punishments to be expected, possible rejection.

However nothing like this happened. There was but Love coming from heavenly father.

Nothing but Love - isn't that much !

Divine Love that healed all the wounds left from previous tormenting incarnations, without erasing the lessons learned from these valuable experiences.

Love is God's true being and God's true nature - Love is your true nature, because you are his child. We all are children of God, made to his image, Divine beings of Love and light - like angels, known in some cultures here on earth.

All this soul ever has experienced is Love, Love, Love - Divine Love day by day. All the wishes come true, most of them immediately. Because most of them are wise and related to helping this soul's brothers and sisters on this planet. When this soul returned to this planet, God was busy keeping this beloved soul happy. And he did. Being here in a physical body was quiet difficult at the beginning for many decades. Now, even working inside the physical body, the presence and bliss of God can be felt day by day. Never and for no physical wealth would this soul ever again part away from God.

Love of such a Divine nature and purity only comes from God and can only be experienced when finally returned to God. He is our origin and our destination. But he wants us to return on our own. Because we are of Divine nature and origin, we are free souls. Free to do whatever pleases us. All we need to learn, is to do what pleases all others as well, so we are never causing any Karma that may temporarily prevent us from going home immediately by the end of this incarnation.

This following text will help you to gain a thorough understanding of God and his Divine Nature of Love. All of the authors workshops have but this one goal in mind.

[Overview all chapters](#) | [Home](#)

# Developing Divine Love

## An introduction to Bhakti Yoga

Worshiping God with Divine Love and to recognize everything in God's creation as being part of God is a practice of Bhakti Yoga. A straight way to God without difficult techniques, as some other spiritual traditions may require. But you may wonder, how can a **Bhakta** - a yogi practicing **Bhakti Yoga** - become one with God without difficult techniques? If he became a true and perfect Bhakta, he is a pure being of Love. Love toward everybody and anything, without a single exception - he then is **God-like** (to the image of God), that's the reason he can merge with his beloved one! **Love is the key to God**. The very final steps to merge with God, are always paved with Love. No matter what religion or spiritual tradition **prepared** you for this final steps into oneness.

That is the reason why development of Divine Love within yourself is helpful for every person on his way to God independent of his spiritual tradition or teachings he is following. It simply makes everything easier and speeds up your spiritual development and growth. It is something that needs to be practiced in your daily life. In your job, family, recreation, among friends and those few, who still are waiting to be accepted as your friends. There is no additional time required for this practice, but may be some additional efforts at the beginning. Later on however, it ends up in additional joy in your every days life. Because the more Love you radiate, the more Love you will earn from your environment. Isn't that enjoyable, to be loved by more and more persons, day after day!

However, sometimes it may appear to be more difficult, than you thought at first glance. With a deeper knowledge of God's creation everything is becoming easier for you. **Let God help you on your way home**.

**Here is some help:**

**Remember - we are made to the image of God.**

God is Love

When we have developed the same purity of Divine Love within ourselves as God is radiating, we can merge with God. The difficulty of developing this Divine Love often is a result of lack of understanding of your true nature in relation to God.

God made the entire creation. The physical as well as the metaphysical one. Millions of universes, physical universes, astral universes, causal universes, atomic universes and more of unique splendor and beauty.

That means everything is made by God. Out of his holy spirit, out of his very own substance - if you prefer this explanation. Nothing on earth and beyond is made of anything else than of God's holy spirit. Every animal, plant, tree and of course we human beings.

He imagines a being with particular shape and a particular consciousness and lets flow as much of his holy spirit into his imagined being until it becomes real and alive. Until it becomes holy spirit of a higher density, to become visible for other beings.

Maybe you have heard or read about great saints who could materialize certain objects, or a second physical body of their own to appear at two places at the same time (see also: „Autobiography of a Yogi" by Paramhansa Yogananda. Paramhansaji encountered several such Saints in India and wrote about them in his "Autobiography". The principle is the same. They visualized an object in their mind to become first an astral

object. They continued to let their creative energy of Divine mind flow into their imagined object until it started to become so dense to be visible on the physical plane.

Let's give you another example. It is important for you to understand, that everything is truly part of God and how this is possible:

Let's take [water vapor](#). If you reduce the vibration of water vapor (reducing an object's vibration usually cools the object down), it finally becomes [water](#), then continue your efforts in the same direction by further reducing the vibration of water and it is cooling down until it becomes [ice](#). It still is chemically one and the same (H<sub>2</sub>O), but vapor as in our breathing air may not be visible for our physical eyes. In northern (or far southern) climates during fall the air is cooling as much down until this vapor in the air becomes fog. Water is visible, but without any particular shape.

Now you see that something with an extremely high vibration beyond visibility of your physical eyes may become dense and physically visible. The same applies for the Holy Spirit - you could call it God's mind, if you better understand this word. Whatever exists, matter of any kind, stones, rocks, mountains, planets, moons, suns, meteorites, elephants, whales, sharks, lions, rats, worms, angels, mankind, roses, orchids, grass, ... just everything is made out of God's Divine Spirit. His Divine spirit is a very part of himself. There is nothing higher or beyond God. And even though apparently separated from God, again from the physical point of view, it is on a different level of consciousness that we remain still one with God.

If you can see or feel aura, then you can see or feel at least the physical body and the astral body, a few people may see the mental body (the forms, colors and vibrations of thoughts) an extremely few can even see, feel or know (by intuition) the causal body and be fully aware of its content including past incarnations and Karma.

During meditation you can withdraw your consciousness from the physical body into a higher vibrating body of yours, that already exists, even if you lack presently the awareness of it. The same way all the other above mentioned "bodies" - as well as all higher ones not mentioned above - exist at the same time and have centers of consciousness with different levels of activity and spiritual awareness.

Deep within every human being vibrates the very Divine light of God that we are made of. We are made to his image. Out of him, out of his holy spirit. Nothing on earth or anywhere else can be made of anything else than of this Divine vibration.

God gave us the freedom to be his children made to his image, including all his Divine power. We are here on earth to learn make proper, loving and wise use of this Divine power. We all are here to learn to become true and awakened - grown up - children of God and to stay with God forever if we want so and have learned to do so.

The same as above applies to all other "things" he created for whatever reason and purpose. All is made out of his holy spirit, out of him. And all will one day return to him. All is made of his Divine holy spirit !!! Strive to understand this. Pray to God to help you to clearly understand it and he certainly will do so.

[Understanding this helps you to instantly love everything and everybody !!](#)

If everything is made out of God's Divine spirit, everything is still part of God.

Let's go even further and be more specific. Even all matter that mankind "invented" and made - like for example books, cars, computers, medicine, construction material - is made of God's creation, though made of God. But as free and self-conscious children of God we are using our God given power of imagination and creativity to add our own - personal - intentions to the material God made for us. We learn how we can properly use our God given creativity for the sole benefit of the entire creation. For the pure benefit of the entire creation without even harming a single part of it. Because everything is part of God.

Whenever you have any objections against anything or anyone, you are having objections against a part of God's creation, which is made of him and is part of him. Now and forever. If however you truly realize above mentioned principle of God's creation, then you may [start to understand](#) that you can [learn worshiping God by learning to love everything and everyone around you](#). Learn to recognize everything as being part of God, as being a

manifestation of God, created by God with eternal love for a very particular purpose or reason. **Your beloved ones as much as the ones you fight, hate, or simply reject from your home or heart.** One day you will for sure understand the exact reason and purpose of everything God created. For now you may just have to believe, that he did whatever he did on purpose and with infinite Love for you and all his creation.

Your "enemies" teach you loving. Consider them like angels in a physical body, sent by God to you. **Why do my enemies teach me loving, you may ask ?**

It is very easy to love someone who is very gentle and loving toward you. Someone who always does things the way you want them to be done. Someone who behaves the way you expect him to behave. Someone who caresses you when you need affection or Love and leaves you alone when you want to watch TV. Someone who does things the way you do. But what about those who are different from you. Aren't they children of God as well, here on earth learning similar basic lessons on their way to grow up and become adult children of God - made to the image of God. They learn their own way, because they are free children of God, learning to make proper and wise use of their freedom. How can you learn to play piano without ever hitting any key. Impossible! Everybody learns by doing. So do we human beings learn to be angel-like beings of Love and light by living and practicing a variety of different activities during a number of incarnations in different cultures, religion, countries and in different colored bodies!

And of course by learning to do, most people first and for a while may do things wrong. But what is wrong and how can you know the difference between wrong and right, if you never tried. May be these other people that you presently reject now learn and live the lessons, that you learn in a few years or the ones you have learned some incarnations ago. If you have the right to learn and live your way, why not all other as well ? Imagine a world of billions of your very own clones - 100% pure and perfect clones of your thoughts, feelings, body, etc. ...

It is the huge variety of different creatures, different shapes and colors, music, ... that makes life so beautiful. It is God who made all that. Even great saints were different and still are now while being in God. They are different but Divine and saint children, made to the image of God and have realized to be awakened and grown-up children of God, doing everything, but with Divine love and wisdom, whatever they do.

**By the time you have learned to love your „enemies" you have really learned to love. Divine love toward every being and every part in God's creation, the perfect ones as well as the learning children.**

Anyone having difficulties with people of other religions, just consider the following. No matter in what sect, religion or spiritual tradition people are in, they all at least trying to strive for the same you are doing right now by reading these lines, to find their way home to God. Isn't that beautiful to think that every person going to church, Ashram or any sect is actually searching for God - even if sometimes temporary on a "wrong path"? God is whispering to their hearts and souls and they hear it without understanding his call. Every soul has a lover and every soul is involved in an everlasting Love-affair - with God! Every soul very gently guides the present consciousness of your physical body toward this Love-affair. Until all parts of you - from your physical body through your innermost Divine light is in Love with God and returning home.

So what's wrong with going back to God and searching for the right way ?? How do you know that your way is the right one? May be you are one of the few having a saint, a true guru as your companion, leading your way back to God. Or you are lucky to have found and follow a spiritual tradition that has helped thousands or millions of Godseekers to become saints and free children of God. By the time you merge with God and become one with God you definitely know that your way was the right one.

Besides all the traditional ways to God, there are thousands of ways back home and God helps everyone searching for his Divine home by sending this person (soul) the right messages and lessons to spiritually grow. God certainly recognizes every soul that has learned to become angel-like. No matter how the soul learned it. Every days life is an excellent teacher for most valuable spiritual lessons. A truth many God-seekers often forget. Always remember one and the single most important thing about God. God is Love and his grace and mercy will dissolve and remove from any person, from any soul any remaining Karma if you directly and consciously ask him to do so when approaching him either in Samadhi or in very, very deep prayer. It is the purity of your heart, soul, mind, feelings at that moment that allow you to ask for his grace and mercy, and all your wishes come true - **instantly** - because he loves you, he always did and always will ! You are his child, his beloved child, there is no first or last one, all are equal! He loves those who on earth are called "sinners" as much as those who are called saints !!!



## Learn to love

First find out about your likes and dislikes, your loves and hates. There may be many things you like or love. But you may be surprised how many things, actions, beings, people, plants or animals you dislike or even hate.

Write it down for future reference in your spiritual workbook - it helps to keep track of your daily spiritual homework. Then start to think about why you dislike or even hate certain things in life. There is always a definite cause to it. And at any time, always remember - you always earn or experience what you did to others, in this or any previous incarnation. there cannot be any painful experience prior to having caused pain to others. What you may experience now is what you need to experience in order to understand what you have done to others before and eventually to change the direction of your mind, emotions and actions toward a more loving attitude.

Every dislike or hate needs to be dissolved in your Divine Love. Whatever you do or did to others - at the same time you do or did it to yourself. We all - in God - are one.

Any pain you caused to others, you have also caused to your own soul and to God as well. That means that all beings you ever disliked or hated now need your Love - plentiful of it - as well as your own soul needs the Love of these beings to be healed.

On the other side, in order to learn to love, it is important that you learn to focus all your attention and awareness on all those things in life that can be loved by you - however without disliking or hating all the rest of God's creation.

The chapter on [rejection and fear](#) and the physiology to dissolve in Divine Love shows you a very practical technique on how to dissolve in Love. This technique of course also works with all your dislikes, hate, .... Practice this technique to become free and open for but Love.

Everything is part of God's creation. By disliking or even hating part of God's creation - you also dislike or even hate God. Learn to understand, that everything in God's creation has its sense. Everything, even if obsolete to you, may be important to someone else, who needs exactly that particular experience on his way to God. There is no such thing like "good" or "bad". Everything is just a part of God's creation and serves a particular purpose. Mankind, as God's creature, has the divine ability to create and they do usually create lot's of problems among other useful things - however God as the perfect and eternal lover of us all, continuously creates solutions to our problems. God creates solutions faster than we create the problems. In fact - every problem we create already contains its solution. If we dissolve the problem in Love, we suddenly perceive its contained solution. Every problem is but a lesson that we fail to understand or that we reject to understand or to learn. As soon as we truly understand the lesson that is represented by a "problem" and as soon as we are ready to accept and realize this lesson, then we perceive the solution and spiritually grow one step further - instantly !!

Since we are free and freedom is one of the most important divine principle, God never interferes with our free will. He waits until we ask for help. Some people find themselves in a (problem-) situation created by themselves. They ask for help but can't be helped. Why ? Because they are attached to the opinion or behavior that leads to the problem. Drop your your opinion or behavior and become free to realize the absolute truth behind everything. Become free and open for Divine help and Love from God and all the Divine sisters waiting to love and help you !!

Sometimes it may take a few incarnations until we can accept a solution offered to us by God, however an incarnation compared to eternity cannot be measured. It is simply nothing in the absolute reality. The time we may consider ourselves suffering exists but in our mind. The more we suffer, the slower time seems to pass.

The more you love, the less you experience time in your life. **Let's start to love now !!** Let's start to create happiness within ourselves as well as within all others now. The faster you learn to love everybody and anybody, the sooner you may be called back home for the rest of eternity or the sooner you may be able to help all the many others of your Divine sisters still waiting and searching for help. Millions of people need your Love now, today - all your Love, nothing but Love. All those you hated or disliked in the past and millions more are in need of your Love now !

What keeps you from loving the dislikes and hates now ?? Just look at it and start to love all those likes and hates now. You won't escape this single lesson, one day you certainly learn and manage to simply love.

**Start now to love all to make your life easier and be more happy instantly.**

[Overview all chapters](#) | [Home](#)

# Problem solving for your daily life

At first glance you may find the following proposal too simple or even impossible to practice. However it is in concordance with God's true nature - Love. It's the way God handles situations. Yes indeed, it is simple and quite often *appears* to be impossible to practice. However, you may soon find out how smoothly it works in any situation of your life - just keep practicing and improving time after time.

*if you got stuck in a situation, if the road of life looks like a dead end road to you*

**quit struggling, quit fighting, quit arguing**

**and**

**start to love. Love is God's true nature,**

**Love is your true nature, because you are child of God - made to his image.**

Restart your life as if you were reincarnating at this point of life. Learn from past situations, from past "mistakes", do something new and different by applying all the accumulated experiences of your past. Learn to look at your past "mistakes" as of lessons that you failed to understand or to learn successfully rather than calling them "mistakes". There are but learning situations in life - NEVER can there be any true mistake - only missed lessons. Remember what you do at school when you fail an exam - you learn more and repeat the topic until you pass in a way that satisfies YOU. All life serves but to teach you how to behave like an adult and Divine Child of God - made to his image !!!

Just remember what reincarnation does to mankind - it gives all of us another chance, again and again. We ourselves forget about our past and the past of all others, as well as all of our "enemies" forget about our past. We keep the essence of our past experiences and get another chance to improve and learn even more. To learn to love and handle all situation with Love.

*if you don't know any further*

if you feel like in a one way road and you can't see any possibility to return or change direction of your "destiny" - give the situation to God, ask him in a prayer to dissolve the situation and start loving yourself and all your Divine sisters. Yes, all others are your sisters - because they all are children of God. And because they are children of God, they are Divine. As Divine as your true nature is. Admit to them all the right to make "mistakes", because they all are learning to love. And they all are improving day after day. Give them tomorrow the chance and the right to behave and act differently than they did today, yesterday or the days before. They all may have learned a lot and may just be waiting to apply what they have learned.

Always remember - the only important lesson in life is to learn to love in any and all situations. It's the most valuable, the most precious gift that you can ever return to God - your Love.

*If you want to go to court against someone*

drop your cause,

give it to God and love.

Your ego only may be hurt by offensive actions or words of others - never your soul - your true being. Others however may help you to learn loving in all situations. They may do so by provoking you, by showing you your weak points in your behavior, they are teaching you and helping you. Be thankful they showed you another area to improve, another step to get closer to God. Thus they may turn out to be your best friends without you knowing and realizing it at all.

*If someone is fighting you and you want to defend yourself*

drop it - stop defending yourself - defense is an aggressive reaction to aggression. Defense is aggression - no matter what the cause. Your defensive reaction most probably may lead to another Karma for you to suffer any time later. Love can never even be touched by aggression. Learn to "absorb and dissolve" aggressive actions, words or thoughts coming from others toward you in your developing Love within, these are but what you have "distributed" among others in earlier days of your present or any previous incarnation. The more you dissolve these aggressions from others by just continuing to love more and more and asking God to assist you in improving the quality, the purity of your Love, the less "ammunition" others will have, because your Karma is "melting down" in the fire of your continuous Divine Love toward all aggressive situations.

Keep your mind and your emotions filled with Love - pure, Divine Love. Keep concentrating on God and his everlasting Bliss and Love for you and act as a channel of this Divine Love to all the persons involved in that particular situation.

*if you don't know what to do at all*

**Love**

- it's always right to love and it always works. Just do it with all the strength of your heart and all the strength of your soul and pray to god to help you to practice Love all the time. God is the source of all Love including all love you give to others or you receive from others.

*Love is the solution, the end to all your problems. Once you have learned to truly love like a child of God, there will be no more need for problems to arise in your life, because you have learned to love.*

*The only purpose of any kind of problems to occur in your live is to teach you loving. The problems may keep coming again and again as long as you keep fighting, struggling, arguing.*

*Start loving today and keep improving day after day until you succeed. Be a Divine Child of God*

*and enjoy a life filled with Divine Love.*

The chapter "[rejection and fear](#)" shows you a practical technique to dissolve in Love

- learn and apply it in all situations to free yourself.

[Overview all chapters](#) | [Home](#)

# The metaphysical physiology of Kriya Pranayama

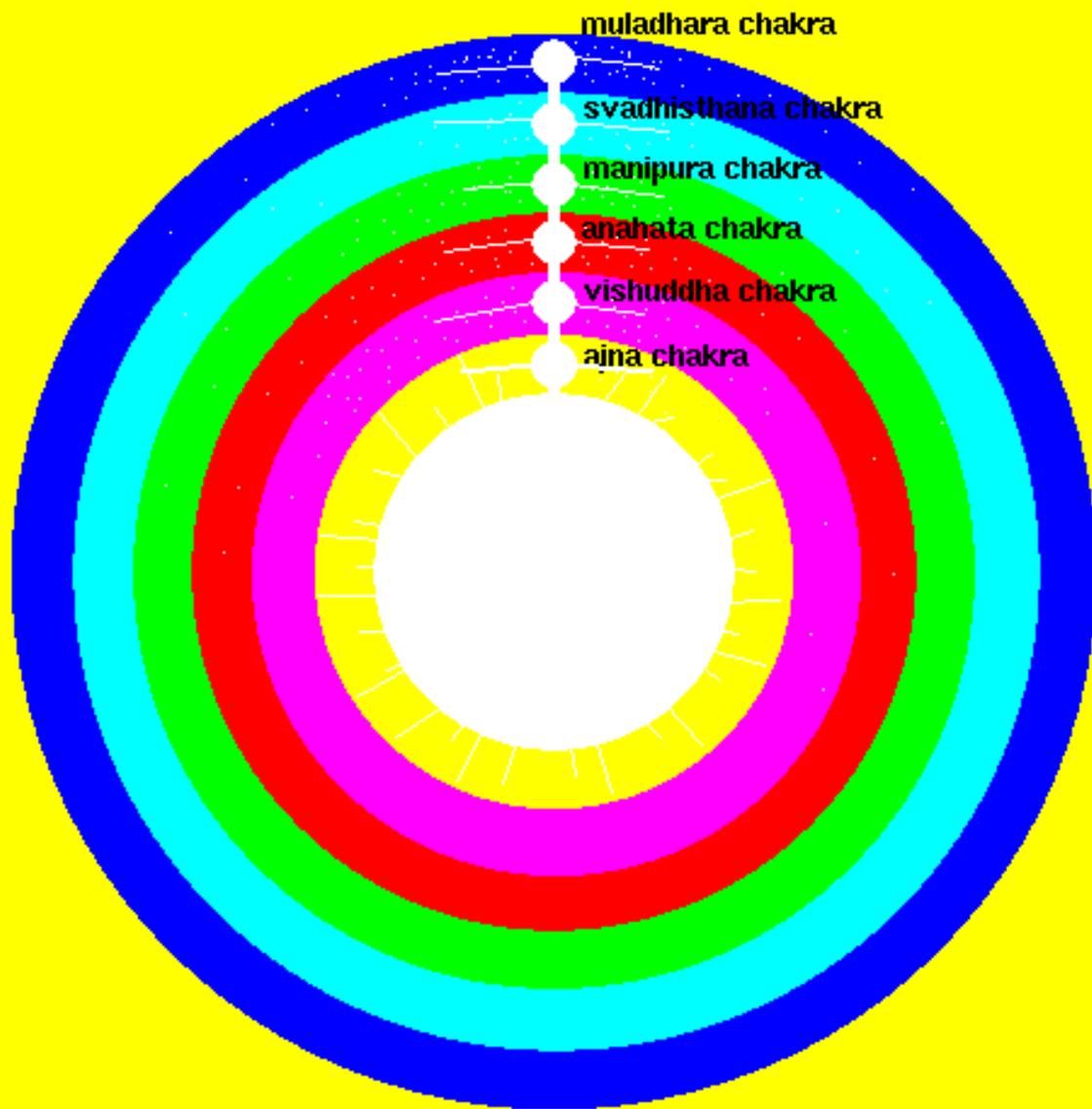
Kriya Pranayama is the most important of all techniques of Kriya Yoga. In this chapter, we have a look on the physiology of this holy technique. How it affects or improves the quality of your metaphysical body, i.e. causal body, mental body, astral body. Of course if your light-bodies raise their vibration, your physical body will be affected accordingly.

In a later chapter you may find the link to the page for Diksha - initiation - to the holy technique of Kriya Yoga, including the full details on how to perform Kriya Pranayama.

Kriya Yoga is called a "scientific method of self-realization". Scientific, because it can be practiced by anyone and if properly done, everyone will achieve the exactly same results: God-union and self-realization.

This chapter does in no way constitute an initiation to this sacred technique. This article shall only be limited to the effects of Kriya Pranayama on your light-body. The description of the actual technique shall be received from a true guru or from the "Diksha - chapter" of this web site as a direct gift of Love from God to you.

This article however shall help all interested and all those of you who have received diksha to better understand the technique and its effect. In a later chapter we shall also have a look at the physiology of Bhakti Yoga and Karma Yoga.



## Kriya Pranayama

A Kriyaban (Kriyayogi) strives for God-Union and self-realization. He therefor is matured to perform certain techniques, adapt his life to Divine rules of life (spiritual laws) and to develop Divine love toward everyone, humans, animals, the entire creation.

Though he is able to:

Devote himself - his entire life -to God. And learns to handle all spiritual lessons and solve all conflicts of life with Divine assistance from God.

Retire from any form of fighting in business, family and recreation, in his thoughts, emotions and actions as well.

Conduct a life in accordance with the **First and Great Amendment of God - the amendment of Divine LOVE.**

He is willing to conduct a life in harmony with all necessary rules to become a full expression of Divinity even within his physical body.

These above points present a certain state of maturity and at the same time a certain condition of his aura and spiritual body as a necessary prerequisite for full success in practicing Kriya Yoga and Kriya Pranayama. [Let's have a look at the above drawing:](#)

The white area represents the Divine light of God within every soul. The soul is permanently in contact with the Divine Creator.

The yellow ring around the center represents our soul. Next to God and still somehow separated. Like a wave on the ocean, that still is the ocean, but as a wave appears to have some sort of independent life or existence.

The white lines from center into the yellow ring (our soul) symbolize the increasing flow of Divine Bliss and Love into our being with continued spiritual progress.

The 6 colored rings around the yellow one represent the different aspects of our ego, the causal body that survives all physical incarnations and stores all its information and karma. The human aura contains dozens of "layers" with different energies within. All our fears, anger, desires, emotions, memories, thoughts, karma and much more are stored in these layers of light that are part of the "prison of our Divine soul". All these different parts or aspects of our spiritual body are interconnected through the 6 lower main-chakras. Each chakra works multi-dimensional and opens into many different layers of the human aura. Including all aspects of your ego (your personality including your physical body) and your spiritual body beyond physical body.

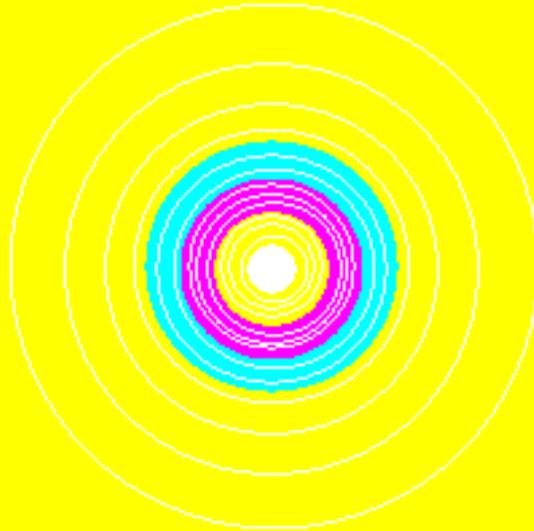
Devotion to God, Love for God, opens the door to Divine energy, bliss entering through your soul into your spiritual body - even purging into your physical body and providing you with health and strength. But that is just a side-effect of Kriya Yoga never the purpose of it. If in this constitution of inner Love and God-orientation you start your Kriya Pranayama, with every cycle of Kriya Pranayama, Divine light - often described as Aum or OM - flows into every layer of your spiritual body, thus dissolving all of your blockages, fears - freeing your Divine consciousness from all the clouds of disbelieve and darkness.

Through the grace and mercy of God, even your karma can be dissolved, as well as the capability to create new karma. All the layers of previous incarnations will be cleaned and then completely dissolved in the "fire of Divine Love of God". The vibration of your spiritual body is raising, causing the vibration of your physical body to raise as well. Until your physical body one day may become a Temple of God, pure enough to withstand the extreme high vibration of the Divine. This condition is called a true enlightenment. Once you have reached this state you then can enter in the state of Nirbikalpa Samadhi, a condition of complete God-Union while still having a physical body. In the past this condition has seldom been achieved - even though it is possible for everyone to achieve while having a physical body. In the future more highly evolved souls are incarnating - even now there are many thousands of such souls already on this planet, waiting to grow up and start their spiritual mission for the benefit of this planet. So this condition of repeatable God-Union will be common one day in the future.

Remember: Your soul has always been a Temple of God, but through the repeated and proper practice of Kriya Yoga including Kriya Pranayama as its main-technique, your entire personality, your ego and your physical body and all his metaphysical components as well will become a

## Divine Temple of God.

The final result is full enlightenment for your soul, radiating Divine Love and Bliss through all the different layers necessary while physically incarnated. There is nothing but the Divine capability of Loving in any situation, any time, any place, whatever you do.



A Divine Soul even when using a physical body, always radiates Divine Light, Love and Bliss into the entire surroundings, facilitating the spiritual progress of the remaining souls, creating a condition of peace and Love around them.

Every human being - YOU TOO !! - is a potential Saint - a sleeping Saint - Please wake up !!

Awake from the illusion of God-Separation. Become aware of your Divine Truth and be an angel-like being of Love, a being of Divine Light. A true child of God and learn to feel, think and act accordingly.

Everlasting freedom and Divine Love will be yours.

# Many ways are leading to God

Since millenaries different cultures on this planet brought up different spiritual traditions.

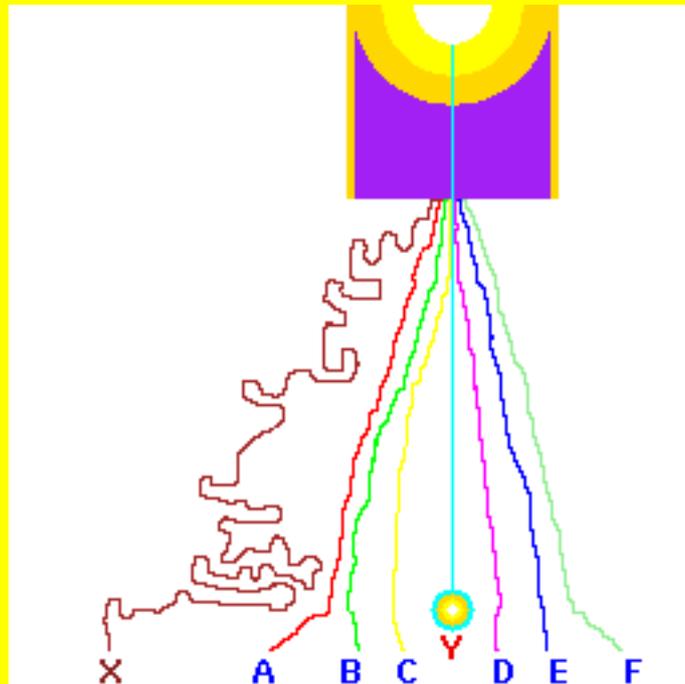
**By definition, the author uses the word spiritual only for traditions and spiritual paths leading directly to God-Union.**

Some of the so called spiritual traditions do certainly aim at totally different goals. Some for example may only lead to an understanding or communication with Astral worlds. The dimension just beyond the physical dimension and still far away from God-Union. Some traditions do teach people to communicate with Astral beings, even obeying Astral spirits. This of course can never be truly called spiritual. True spiritual paths always lead to freedom, Love and God-Union. There are however a number of truly spiritual traditions in many different cultures that meet this criteria.

To be completely true, one must admit that every way of life is finally leading back to God. Otherwise God's creation could not be perfect. God is perfect in any way, so he invented whatever needed to make sure all his divine children enjoy their life and finally find their way back home after experiencing the denser dimensions of his creation.

The difference between a true spiritual path and a "regular life", is that in a regular life you may encounter many ups and downs, sometimes very painful downs, but finally you may learn through the experience of pain and know the difference of action, feeling and thoughts leading to results of Love and Bliss, thus avoiding furthermore any situation leading to some sort of pain. Some situations in life may seem to lead into a dead-end road of life, however the grace of God includes the "death" who gets you out of any situation, no matter how "weird" it may appear to you. Through the death you get an other opportunity, another chance in a totally different environment if necessary, a new identity, new country of origin, color, religion, culture, ... just another new chance of doing what you need and wanted to do.

**Below you will see a symbolic graphic showing different spiritual paths leading all to God. The brown pattern on the far left shall shows you a regular life without conscious spiritual progress.**



The symbolic graphic above shows different ways to God:

X

Shows a pattern of normal lifestyle with lots of ups and downs. Situation filled with pain, fear, sorrow. Sometimes the only exit out of such situations may be God's grace by invoking your "death".

A-F Show different true spiritual paths with some sidesteps but continuous upward development toward God.

Y Shows the path of a Divine reincarnation an "[Avatar](#)". Coming directly from God and returning directly to God. All his life is devoted to God - never being able to cause any Karma. Being all the time aware of his Divinity, such a Divine soul never has any deep roots on the physical or any other dimension beyond God. Living and serving God's purpose and Divine plan on earth or any other sphere is the only reason of being here.

Hundreds of Divine souls like this have incarnated on earth whenever necessary to eliminate any misunderstanding about the Divine by refreshing holy scriptures and teachings.

- Everything that came to existence did so through God. So God also created different spiritual traditions leading back home. Why however do we need different ways leading home, you may ask yourself. It is quiet obvious. There are so many different personalities with different behaviors, different tendencies, different fears and rejections, ... so he made a way for every single person. The actual spiritual tradition just gives you your main-frame to work along. The individual lessons are brought to you either by your guru or your life, if you are not blessed of having your "personal Guru".
- Some of God's children may prefer a path of Love like Bhakti Yoga, while others, at present too intellectual may need a more intellectual approach to God like Jnana Yoga. Some may

prefer a religious path within a church and some may want to avoid just that due to some previous experiences in past incarnations. For example those of you who may have suffered from Christianization in past centuries may prefer a more moderate approach to God outside a church or religion, which is certainly fine and perfect. God never has been attached to any church or religion. God-Union can be experienced and reached by every soul - independent of religion, race, color, nationality, sex, ...

- Some of the churches said and sometimes still say, that they are the only representatives of God on earth. This is completely wrong and only used to attract persons into a particular religion for matters of increasing that religions might and power on earth compared to its "competitor-religions" !!! God is Love and all is made of his Divine Love - absolutely all - hence all are made of God. God has been sending Divine souls to every country in need, to every culture in need - because all are his children. There is no such thing like a holy country. Every country is an equal part of God's creation. All people are equal to God. Divine children of God. People know this truth or feel it. There are and have always been Saints within churches or religions as well as out of any religion or church. Many Divine souls came directly from God incarnating into different cultural groups just to show that every part of his creation, every minority is beloved by him and blessed with his living presence.
- Mankind is a creation of God as much as all plants and all animals are. They all are equal. No-one shall ever use or abuse any other part of God's creation, whether animal, plant, mineral or other form of life. All is an equal part of God. Everything is divine.
- No matter where you have incarnated at present - you may always find a direct way back home to God if you wish so. Even if you are living in a remote area and may never find a physically living Guru to help you or teach you, if you pray for divine assistance and Bliss and open your mind and heart for any help and Bliss coming to you, you may get help as much as you need. The author himself has never had, at least in this present incarnation, a physically living Guru, however his Guru did not need a physical body, to guide this soul back to God - his Guru from previous incarnations was guiding him with Divine assistance from God to Godunion the shortest and most efficient way. If Love is the only thing you are asking for, if Love is the only content of life, the only driving force in your life behind all action, feeling and thoughts, there is nothing else but God you can meet at the end of your way. You may receive so much Bliss and spiritual guidance, that you will surely feel it and trust it on your way home. You may feel the difference between any energy and Divine loving energy received from God or your spiritual Guru. You will learn to trust the Love-energy coming from God.
- For the huge number of souls there are numerous spiritual paths leading as directly as possible to God. However you may want to learn to use your intellect as well as your intuition to find out which one is a true spiritual path leading to the divine. Below you may find some rules that certainly should be true for any serious spiritual tradition. Some, like [Kriya Yoga](#), do have a more scientific approach - by knowing how mankind descended to the dense physical dimension and at the same time knowing and applying the knowledge about God's true nature - Love - Kriya Yoga is a very straight forward technique involving development of Divine Love as well as dissolving everything that separates you from God. Bhakti Yoga taking into account the Divine nature of God - Love - strives to develop that Divine Love within every God-seeker. All this and other spiritual traditions cater to the needs of different souls and different personalities to make sure every single soul finds the way home as directly and feasible as possible.



Some or all of the following elements may be present in any true spiritual tradition leading to God.

You should easily be able to recognize them by using your intellect and proper distinction.

All these elements are in common of any true spiritual tradition.

These are among others:

Love, developing Love toward any living being on earth and beyond. Never excluding any being from Love.

Perfect non-violence - in Sanskrit ahimsa, one of the main principles of Mahatma Gandhi during his political career in India - toward all creation, in any situation, any time, anywhere.

There can never be such thing like a **holy war**, a war in the name of Christ, in the name of God or in the name of the church or anyone or anything else. A true spiritual tradition never would support any kind of war or violence - no matter what the cause. It would always strive for a complete peaceful solution without any kind of verbal, mental, emotional or physical violence.

A spiritual tradition would never defeat anything or anyone. All is part of God's creation. Rather than defeating something or someone, they would just strive for the Love and Bliss of the Divine. By doing so, everything else may one day be dissolved, without ever having been defeated.

The freedom of every being animal or human is sacred. Whether in political, or spiritual life in a monastery, Ashram or church, never may the freedom of an individual be limited in any way.

The freedom and independence of ALL involved shall always be protected, re-established and promoted. This is valid for ALL and all ages, including children, who are Divine souls as well, coming to earth for a particular, quiet often very spiritual purpose, and just should be considered beloved guests within a family. How would you treat or tender to beloved guests. So do to your children and the children at school or your neighborhood

All are equal, even Saints are nothing better than you. No hierarchical structure will be visible within any true spiritual tradition or church. All are always equal to each other. No matter to what political, social, cultural or sexual group they are belonging.

There should always be a distinct driving force toward harmony and love within a truly spiritual tradition or church, in all situations and toward every member and non-member alike.

Hospitality toward everyone is a standard practice.

A loving atmosphere and attitude toward all people outside their beliefs and traditions, outside political, spiritual or social "normality" of their culture or country is always projected toward all those who prefer to be different for whatever reason.



## **Verify your own way to God**

Become Captain of your own life and your own soul.

Make corrections where appropriate as soon as you recognize,

that something is going wrong or as soon as you realize,

that a different direction might be more beneficial,

more harmonious or more loving to you and others as well,

than your present direction of life

Free yourself out of any deadend road of life by praying for divine assistance.

There is always a path of Love toward God,

a straight forward way to God, paved with pure Divine Love,

at any moment of your life, in any situation of life

God loves you and always helps you,

he may send you another divine child, having a physical body, to assist you,

or he may send you spiritual help,

whatever is more efficient and beneficial for your spiritual growth

# The relativity of human law on earth

Mankind made laws that differ from country to country. If you truly understand this relativity, then you may be willing to accept that everything on earth is relative, and may be wrong at all. Wrong in the sense of being in disharmony with the Divine nature of God's Love. To make it easier to understand, the author will take a sample that every once of a while occurs again in a number of different countries on earth.

And to further prove this relativity to yourself and fully understand the principle of how a human Ego functions, you may find more samples of different areas of life and activities within your own country and some others that you know. You will see how relative many things on earth are, depending on who looks at it and you may want to learn more about the absolute laws beyond the physical dimension.

To understand the relativity of man-made laws on earth we have a look at a typical situation, that was controversial for a long time on earth. We have a look at sexuality.

In recent times there have been again and again people accused and sentenced to death due to their sexual behaviors. In recent time there was a president of a large large country of North-America. He was accused of having sexual relationship with another person. He denied at first. Much later he admitted. Lawyers made a case out of it. Some people were even asking his removal from his public post as president of that country.

Why did he deny ? Every human knows deep inside (subconsciously) that he is a child of God. An child of God is Divine and never can be guilty. Nobody wants to be guilty, so it is a natural tendency of any accused person to try to be non-guilty, if necessary even by lying.

Everybody wants to make different experiences in order to learn. A huge number of different experiences are necessary in order to spiritually grow up and become a fully awakened soul again. There is nothing like "good" or "bad". Everything is part of God's creation. God is Divine and his Divine nature is Love, nothing but Love in its purest form. There are but a large number of different situations consisting of different energy or vibration. They contribute to the growth of a Divine soul. If a person is allowed to make an experience freely and think about before making it, while making it and thereafter and even talk discuss or exchange experiences with any other person without being accused, the person may feel free enough at any time to change his mind, correct his action or even cancel it completely. Why a person wants to make a number of "weird" experiences that he may even regret right after making them, can easily be explained by the law of karma, but only fully understood in an advanced condition of spiritual awareness that everyone will get anytime he starts to spiritually grow, to consciously learn, practice and apply spiritual laws and divine principles of God's creation.

By doing something that the person assumes to be prohibited, he cannot experience freely nor freely think about his plans, actions or discuss with anyone about it. To be able to freely discuss and talk about the very own feeling and thoughts without being accused or condemned, would

allow a much faster spiritual development for the entire social society here on earth. Learn from other cultures and apply the learned where you consider it beneficial, without opposing the remainder of experiences that you prefer never to copy. May be you have done some experiences before, and therefor know how they feels like and hence have developed a strong desire to avoid them again.

Now let's go back to the story above. In another country somewhere in Europe, a regional politician, married at that time, started a new Love affair with a woman and finally married her after getting divorced. Sometimes later he became the political leader of that country. Nobody accused him, no lawyer, no court. In that country it was assumed "normal" to change some ones mind even in regard to partnership and Love during a physical incarnation. Therefor this person never had to defend himself or even lye.

Many years earlier there was a princess of a country in Middle East. She was single and in Love with a foreign man. When she tried to escape her country, because she was not allowed to marry or love him in her country, she got caught at the airport of departure. In that country it was normal to sentence this person to death. But because she was a princess, she was not stoned to death but only drowned to death. The death sentence was executed according to that country's law.

All three persons have done basically the same. They have loved another person. In all tree situations the national law of that person has been applied by the lawyers and judges of the court.

For one and the same action you may remain completely loved by your people and your lawyers, or getting into very deep and painful troubles or even being sentenced to death.

This one single example should show you the relativity of human law on earth. Think about it, compare other situations in different countries around. Learn from it and learn to love rather condemn anyone, whatever they do. Love is the smoothest guidance and help in life. By knowing that we all are beloved by our social environment and by God we can make experiences in harmony with God, in harmony with Divine Love. We can progress faster and have less to be dissolved in Love later on when we want to go home to the Divine.

May God's Bliss and Love be your only guidance in life, in your being and your entire existence.

God's love is absolute and will survive relativity on earth.

When mankind has learned to love and accept the truth from others - no-one will ever has to lye again

[Overview all chapters](#) | [Home](#)

# Metaphysical physiology of Samyama - its effects on your daily life

The metaphysical physiology of concentration and contemplation leading to Samadhi.

A presentation of how this principle affects your daily life and how can you benefit from mastering this ancient technique of Yoga.

Your consciousness and awareness is like an open container. Whatever the object of your concentration in your daily life, family life, recreation, job, meditation, ... you will absorb the energy of that particular object of concentration. This may go as far till you are completely one with the object of concentration. In Yoga this extended concentration is called contemplation and is leading to Samadhi when done successfully.

Learn to use this Principle of God's Creation by thoroughly understanding it and then apply it for your spiritual benefit. Your spiritual benefit will also become the benefit of your surroundings. You'll soon know why.

If you use God as the object of concentration and contemplation, you will absorb so much of his Divine energy, his Divine Bliss, Love and Holy Spirit - that finally you may enter Samadhi or even Nirbikalpa (Nirvikalpa) Samadhi, a condition of complete Oneness with God while still having a physical body.

These two different states of Samadhi may be described and explained in an other chapter. Lets first have a look at how this principle affects you in your present situation and how we can use it to the mutual benefit of ourselves and our environment.

You certainly have heard the saying, that a person being intensely occupied with a particular work over an extended period - people sometimes say, he is being absorbed by his work. This is almost right - however just the opposite way. He is absorbing the energy of his concentration until he becomes one with it, until he fully identifies himself with the object of concentration.

In our daily life there is a constant flow of energy from others to us and from us to others. We are a mixture of the energy, the personality of others and vice versa. Until we have learned to become our true spiritual nature and become what we always have been, deep inside - a Divine Being of Love and Divine Light, Children of God, made to his image.

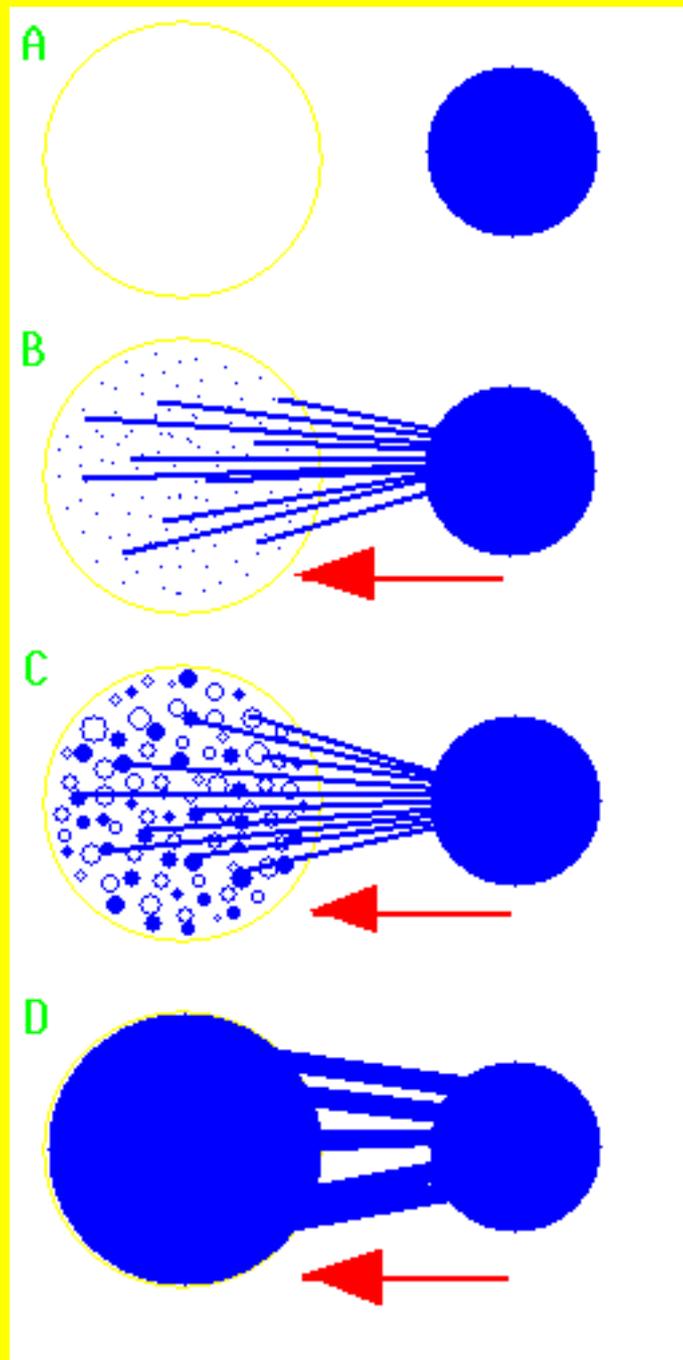
When you want to drink a cup of coffee you'll actually never know whether this idea has been created by you or by someone else and just absorbed by you. You'll never know whether what you do is actually what YOU want to do or whether it is something someone else wants you to do. A weird but realistic idea that most of us act like a puppet on a string manipulated by the desire, wanting, fear, ... of others. But it is true - no matter how weird it may sound to you. Think about it

and think about how nice it could be to really know who you are and what you want to do yourself - from the depth of your soul.

The chapter on the "[light shower](#)" shows you how to free yourself efficiently from any energy absorbed from others.

That is the reason why Saints or enlightened souls are sometimes also called FREE souls. Because they have become free of any illusion, free of any manipulation by anyone else, free of the fear of others, free of fear at all, free of any worldly attachments including the attachment to their physical body or attachment to their physical family.

We sometimes may observe such situations - or better conditions - among artists playing over an extended period of time a particular role in a movie or TV series. Suddenly a person may adapt a style of living, thinking, feeling, behaving of the "personality" he is playing. And of course this happens even more often in "real-life" situations. We are permanently absorbing energy from our environment, whatever this may be. And this process is changing us. Our attitude, behavior, personality, our way of thinking and reacting, ... some people completely lost control- at least for a while - of their own destiny. They became temporary like puppets on a string depending on the destiny of others. Lets have a look at graphics below first and make sure we fully understand this process within ourselves.



## Metaphysical physiology of Samyama

Above you see a center of human consciousness displayed by the yellow circle with a white fill. The white fill should symbolize the potential Divinity of our soul including the purity of our consciousness.

The blue filled circle is any object of concentration / contemplation as described earlier.

The direction of concentration is from left to right. The direction of the flow of energy from right to left - from the object of concentration toward the concentrator.

## Figure A

Shows a human being concentrated within his Divinity even though confronted with an object of different energy - the blue filled circle. While remaining in constant conscious connection to God, your Aura can never permanently absorb anything else but Divine Light. You remain a Divine Being of Light, no matter what you do.

## Figure B

Shows a human being starting to direct his concentration and awareness outside his Divinity. He is concentrating on any object, in this sample the blue filled circle and he starts to absorb such energy from the object of concentration. This fact is represented by the small blue dots within his white circle of pure and Divine consciousness. The red arrow pointing left indicates the direction of flow of the energy. Who supplies the energy for blue ? GOD does so. Everything is made by GOD and made out of his very Essence. He supplies us with whatever we want. You want to fight, he supplies you with fighting until you are fed up with it and want something else, ..... an so on until finally you agree that just loving is the only condition that your soul truly can experience and can make you happy for ever. No Divine soul ever gets too much of Love or can love too much. **Figure C** and **Figure D**

Show the continuation of this process. The longer we practice concentration, the more it is becoming contemplation. Until we have fully absorbed the energy of the object of concentration / contemplation and become like this object. Until they are becoming ONE- concentrator and object of concentration. This works with any object we concentrate on !! Of course it also works if we concentrate on Love, on Saints ... or even on GOD !! Until we become ONE with GOD.

Inventors use this technique as well, without knowing it most of the time. They concentrate on a particular situation (problem) and are mentally asking for a solution or directly are concentrating on the possibility of a solution until the solution "appears" in their mind. They become one with the problem they are looking to solve. With every problem or question there is always an energetic Link to the answer or solution. Questions and answers are one, like two sides of a coin. Problems and solutions are one equally. First you fully concentrate on a particular question - then you let it go to make place for the solution. If you are looking at one side of a coin and wondering how the other may look, you flip the coin - you stop looking at the first side, to allow the other side to appear.

Depending on the on the quality of energy that we are absorbing through this process, it now should be clear for everyone, that this may certainly affect our behavior - our personality and of course our soul. It may affect our future incarnations for the years to come for the rest of eternity.

This is neither good nor bad. Neither beneficial nor detrimental. It all depends on the quality of energy of the object of concentration.

In various spiritual traditions Gurus advice their disciples to avoid contact with persons who have a low vibration or are aggressive. Recommended is an environment of peace and Love to make the fastest possible progress. Basically this advice is completely true and correct. Even Saints have sometimes preferred to remain outside the big crowd of this World, either by living in an Ashram or Monastery, or by living in far remote areas in a natural environment - like Himalaya.

Now that we fully understand this physiology, we may benefit from this new knowledge in various ways by applying this law consciously for the benefit of ourselves and our dear ones around.

**Make sure that you have realized to understand how this principle does affect all of us. Here some examples out of our different real life situations:**

- A husband - wife team. Both at some time had Karma and Aura to attract each other. That is why they "found" each other. Both of them are busy in life doing different things. Some activities together, some apart. They change jobs, employers, move to different locations, and ..... they always absorb energy from their respective environment. A couple staying together at home is seldom working together, so during the course of life they may develop in two different directions depending on the kind of environment they are living, working, ... depending on the energy each individual is absorbing from that particular environment. A personality is formed by his environment. One day they may recognize that they have nothing more in common and they may decide to part or divorce. This is certainly advisable in many cases. Staying together without anything in common but fighting and disagreeing more and more may pull both persons involved as well as any other family members and others further down into dense dimensions of consciousness, thus stopping or slowing down spiritual progress for many persons involved in that particular environment.
- A soul decides for whatever reason, to reincarnate. Nowadays more and more often highly spiritual souls are incarnating to help this planet. In the future this will occur even more frequently. Just remember this planet is but one of an infinite number of planets. And even more important, it is a school for God's children to learn. Now this soul, even if highly evolved, is absorbing lots of energy from his parents and all those beloved ones around during the first years. This causes sometimes an Divine soul to first become similar or equal to his parents and surrounding. Once that person is grown up, he may realize that he forgot who he is, because he now is a copy of his surroundings that has little in common with his original Divinity before incarnating. He may then spend years or even decades **to re-become himself again.**

If you are lucky to have children, treat them like you would treat Angels. Help them to adapt to the earthly environment, love them and protect them, without ever limiting their freedom in any way. The sooner they can continue their previous incarnation's job, or start their plans for the present one, the more prosperous in a spiritual sense their incarnation may become for you and countless others as well. Treat them like beloved guests in your home in your World. The benefit finally will be yours as well.

You may find yourself in an environment full of hate, revenge, aggression and one day you may either become yourself like this or you realize how painful such an environment is for your well being and decide to move to a different location to play a different role in life. Or some may start to identify themselves with this kind of environment, agree with these persons and do exactly the same - at least for a while. **A while** meaning: A few years, decades of incarnations. Since we can absorb the energy of our environment, we also start to think, feel, act and judge like our environment. Sometimes we quit using our intellect as well as our intuition at all. Causing us to accept as being OK whatever we do, without thinking about what we do. We are carried on by the wave of energy of our environment. However, there is certainly a very Divine reason, why God gave us an intellect. In a dimension as dense and far away from God as the physical dimension is, a good common sense of logical awareness and analyzing is extremely helpful on the way back to God. Just remember the chapter about the [relativity of law on earth](#). In a situation like the one described in that chapter, good common sense should and can show anyone using the capability of logical analyzing properly, that something must be wrong with that situation and the way of handling problems at all by some of the people - people in the sense of cultures, nations. And

finally the person starting to use his common sense will eventually develop a form of awareness free from the point of view of others. He will learn to become aware of the absolute truth and learn to see everything from that absolute point of view. He then starts to STOP the absorption of energy from his environment, from other persons. He wants to become free and neutral. That's why some of the God-Seekers are also called Truth-Seekers. They strive to become aware of the absolute truth behind mankind's opinion, behind traditions and behind cultures.

### Here another example:

- In a political situation where an entire people can more or less be isolated from the rest of the World, it sometimes happens that politicians are able, at least for some time, to build a public opinion within their own nation. A public opinion equal to their own very personal - very Ego oriented one. They sometimes abuse an entire nation for their very personal revenge toward a single other person or a particular culture / nation or social system. Using the knowledge of how to acquaint more energy, how to use it for personal benefit, combined with the knowledge of the magic power of suggestion - abused up to the extent of mass-hypnosis - may lead to the temporary situation of everyone, or at least a majority, agreeing with these "leaders" and following their path of life for a while. Because these leaders can create a concentration of their people for themselves, can cause their people to absorb their own idea and make it the idea of almost an entire nation.

The loving Power of a Divine soul however always is stronger than any Ego ever could be. So one day a soul convinces the personality incarnated to see beyond the very personal point of view and change the personal attitude. This may take a while. Definition of a while - again: years, decades or incarnations. The total learning process for a soul may last millions of years. **It is your choice how long your journey away from God may last. It is your freedom to choose whatever you like.**

A typical example of present times is the history of the German Democratic Republic (GDR / DDR). Think about what happened in that nation. Someone had a fixed idea about how to run a culture, a nation, and created enough followers to realize his very personal political and social idea for a while. At some point the price for living and realizing that idea was detrimental to the idea, the political system itself caused the suicide of the system, the total collapse of it - black magic always destroys itself - that's the divine **Law and Power of Love in God's creation.**

Love always survives without having to pay for. Love always is free. Any system based entirely on Divine Love always prospers and survives. Without killing, without defeating, without violence of any kind, without judges, lawyers and prisons, without restricting the freedom of any adversary, opposition, "enemies", or anyone of different opinion. Just by loving. The power of divine Love that dwells from within every soul, from yours as well, can and will free yourself and every other individual in God's creation.

The time will come and you have learned to love up to the point of Divine Perfection. Those who have learned to love never return to this planet, with a very few exceptions. They stay with God in his World of Divine Love and Bliss - for eternity. Just remember, our planet is a classroom with a very particular lesson. Our lesson is to stop hating. If you can even start loving while in the same classroom, even better for you. But there may be lots of other classrooms and lessons waiting. It all depends on you. It is your free choice, when you go to the next class. But those who did not want to learn the lessons of this planet may return as often as they like, some may even like the lessons here and temporarily enjoy them. Have fun as long as you feel like, but also make use of your Divine Freedom when you have suffered enough and prefer learning to love. Then start to love and you'll be free too. Free like all the Saints ever before.

Another situation where this principle works is when people are becoming hostages of kidnappers for an extended period of time. Quiet often it can be experienced, that the hostages are developing some sort of understanding for the cause of the kidnappers and develop sometimes even a friendship, sympathy or even Love for them. How can this happen ?

By staying together with kidnappers, they are absorbing their energy, starting to see their cause with their own eyes, feeling and thinking more and more like them. This causes a sort of understanding. Of course some hostages may react totally differently, depending on their personal Karma and spiritual maturity.

A current situation, that often causes problems, is the fact that some people who like to "educate" others, may experience no success at all, because they are living something totally different from what they are "preaching".

Parents and others may prohibit children Sex up to a certain age, and at the same time practice it excessively, in their fantasy or in physical reality, even outside their regular partnership, causing children to early develop sexual desires and fulfill these desires. There is no difference between what you do physically and what you do in your mind, your fantasy !! Both are reality, but in a different dimension. Both dimensions exist at the same time and are real. Both - metaphysical and physical reality - affect your behavior and the behavior of your surroundings - all your beloved ones as well as your "enemies".

Parents, medical doctors, priests or teachers teach to avoid alcoholic beverages, smoking or drugs, .. while at the same time using and abusing same. They often justify it by being adult. However who gives them the right to do something others may not be allowed to do ?? We all are Divine Children of God, with equal rights.

Such prohibitions never have any power to succeed. It is the energy, the quality of your Aura that helps others. If you are a Saint - you are creating Saints around you or at least support spiritual growth, peace and Love among all people meeting you.

If you are an alcoholic - then you are causing or supporting alcoholism around you.

If you prefer to lye at some people, whatever your imagined reason may be - then you are supporting and promoting other people to lye as well.

If you like to kill, in the name of whoever, may it be army, police, church, government or anyone else - then you are promoting / supporting the killing by anyone. If that's what you want to do - just remember the Law of Karma - whatever you do to others, is coming back to you. Do to everyone whatever you will enjoy later on when it comes back to you -later means anytime in the future, may it be in seconds, minutes, days, months, years, decades or several incarnations later. Your Karma will remain as an energetic imprint in your Aura, surviving incarnations. Karma must either be experienced or dissolved by Divine Love and Grace of God. The choice is yours. Make a wise choice - but whatever you choose, never complain about what is coming back to you anytime later. Always remember, it was your free choice that was causing your present reality.

True God-Seekers use the knowledge about this principle of Samyama for various benefits.

The most important one is, the more you think about God, Divinity, Love and Saints, the more

such Divine vibration of Divine Love and Bliss you start to accumulate and cultivate within yourself till you become a Saint yourself.

Learn to withdraw all your attention from any energy of fighting, struggling, hating, simply by concentrating and contemplating on God and Love.

Another traditional intention of this technique is to find the answers about important question of God's Creation. Practice Samyama on a object of interest until you are one with it and you know the answer or solution. You can read more about this in the Yoga Sutras from Patanjali. A Saint however does not need to practice Samyama, since he is One with God, he also is One with God's Creation, that includes all the problems and solutions as well.

It may take longer to be able to successfully practice Samyama in order to receive complex answers to complex problems or questions, than it may take to become a Saint. Why ? The driving force for becoming a Saint is LOVE - the strongest power ever in the cosmic creation - whereas the driving force for worldly solutions usually is money-making, thus the Ego - a "ridiculous tiny little force" that will be dissolved one day anyway.

One day you will smile at your past experiences and enjoy loving. Also loving your past personalities, because they are part of your Divinity. Like the different colors of a rainbow are part of the white light creating the rainbow.

After all you may now have a look at [Figure D](#) above and ask yourself, what is going to happen with all that energy, that I absorbed throughout my life, throughout many incarnations ?? You will learn to love and dissolve all in the fire of Divine Love one day, or you may ask for the Grace and Mercy of God to remove it all from you and dissolve it himself in his fire of Love for you. It all comes from God and it all returns to God. He is the source and destination of all. The beginning and the end.

There is no "bad" or "good" thing. It all is consciousness. It all is part of diving into an experience, diving into an energy until you fully absorbed it, then think and feel how it is. And when you finished the entire experience, you may decide whether you like it or prefer to move ahead and experience something different. It is part of spiritually growing up, going through a large variety of different experiences before returning back home.

Always remember your origin - GOD. It is like being the sun. Permanently radiating white light. And all people talk about the beauty of a rainbow. The sun never can experience to see a rainbow. It is the source of the rainbow however, causing, creating the rainbow with all its splendor and beauty. The sun is actually the rainbow containing all the beauty within. Mankind is as beautiful from spiritual point of view. It is like being all the different lights of the rainbow. From incarnation to incarnation going through all the different colors, step by step, by being the different colors - red - orange - yellow - green - blue - ..... at the end of the steps through the different colors of the rainbow you are white - you are God like children - beautiful and splendid manifestation of the absolute Divinity of God.

The souls of mankind as well as most other souls go through the different manifestation of God's creation and God's manifestations. Think about and feel about these different manifestations and finally make up our mind what we want to be for the remainder of eternity. Eternity is a pretty long time. That's why it sometimes takes so long to make up our mind.

How long it takes to learn depends on whether you actually realize that this is a learning process and whether you are aware of the goal of this classroom session.

**Here again:**

We all are here to learn to love, love everyone, anytime in any condition.

Whatever they do or have done - to you or anyone else,

in the past, present and future.

**With other words:**

By the end of the cycle of reincarnation you certainly will have learned to love.

Because the cycle of reincarnation ends when you have learned it.

It only depends on you, how long it takes.

Love now and it ends now.

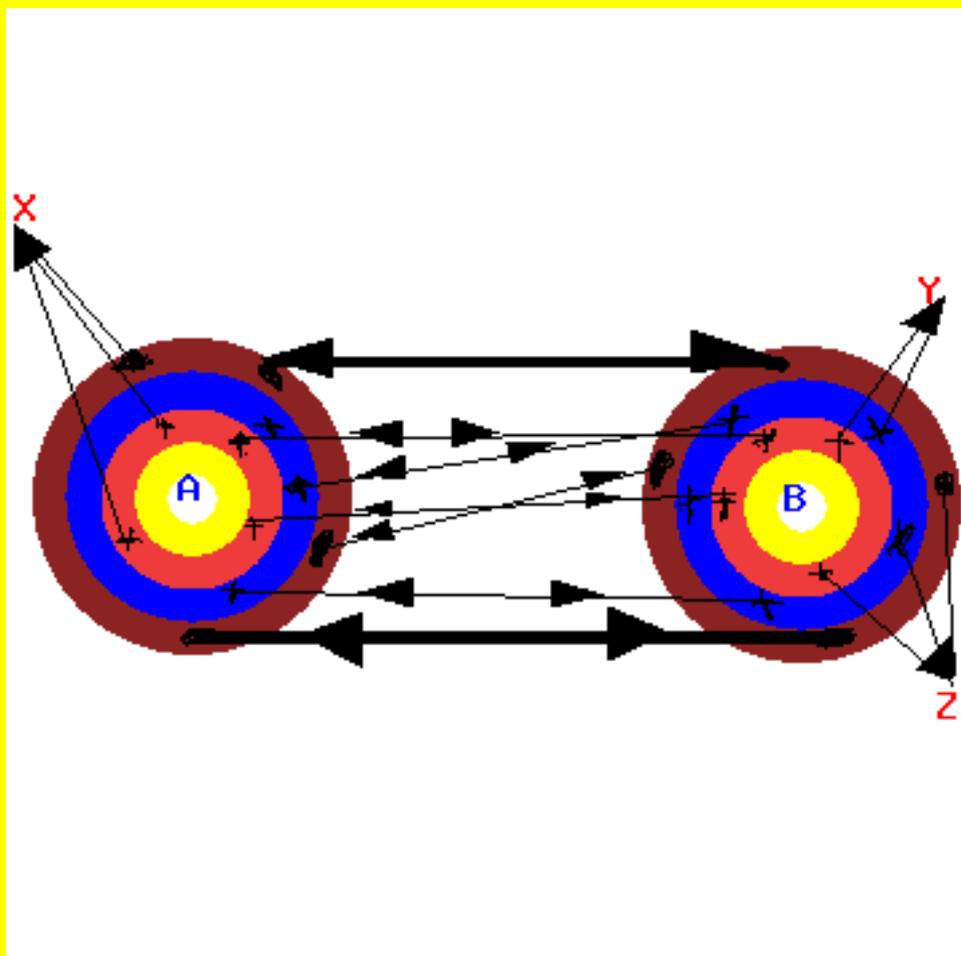
[Overview all chapters](#) | [Home](#)

# Karma - Links between family members

## and group members.

### An explanation of metaphysical attraction between different souls according to forces of their Karma

When souls are incarnating into a physical body, different forces act at the same time. These forces may somehow be considered or compared to forces displayed by vectors acting in different directions with different power. Let's have a closer view at some graphical explanations to fully understand this phenomena.



## Figure 1

### A couple or husband / wife.

The X-like symbols from souls A and B mean the different karma that links these two souls and is now ready to be dissolved during present or future incarnations.

Karma caused together in past incarnations may attract the souls in any future incarnation until such Karma is completely dissolved. It can be dissolved by suffering the Karma originally caused, or by dissolving it with Love.

Of course it can be dissolved by the grace of God in the Divine fire of his Love if anyone asks God to remove such Karma and free the soul again.

Karma is neither "good" nor "bad", it is just like a magnetic force and can be caused by a number of different actions from either side of the couple.

Whatever you do to anyone else in your thoughts, your fantasy, or your actions, is coming back to you one day, unless you have dissolved this particular Karma in any way possible. There could be a wish or a promise to someone to have a child together, that may cause 2 souls to stay together for a while, there may be some ancient fighting that may need to be settled, or they may have been inseparable friends and are attracted by their friendship and Love for each other. Quite often however, the magnetic force of Karma attracting 2 persons is rather of the fighting category.

Two "enemies" may come together in a future incarnation by being mother - daughter or father - son or any other combination of close relationship. Incarnating as a child of a previous "enemy" will certainly cause most mothers/fathers, without knowing about the common past of all involved, just to love the newborn. This Love starts to dissolve all the Karma between the parties involved in that KARMA. LOVE is the fastest and smoothest way of dissolving any KARMA. LOVE IS THE WAY OF GOD. LOVE automatically leads to GOD.

The karmic links and arrows pointing outside toward X, Y and Z symbolize the other links of Karma toward other souls that might be active to a lesser extent at that time of life for these 2 particular souls.

Later on during the course of life, some or all of the Karma may expire or the forces of the remaining Karma toward other persons outside this relationship may become stronger than the one between the two. This may now constitute the beginning of a change in life for one or both of the two souls involved. One or both may start to orient themselves toward other people, eventually toward another single person. The person having the next most important Karma with that soul or just a person helping - usually helping the weaker one - out of the present situation to master the change of life and helping to reorient in life after having gained the new freedom from the previous partner. Such a helping person may be called catalyst. He appears suddenly in the life of a person, does his "job" and disappears again. He may remain just a very good friend or totally disappears out of sight for the remainder of this incarnation. Someone just coming into your life, getting you out of your apparent death-end road and once you are safe again, says "good bye". He then may have to follow his own path of life again.

These links of Karma are of course more complicated than just described. But this is the basic physiology of karmic links in life and you may now better understand why a situation in your life suddenly changes, why the attraction toward one single person vanished and suddenly other persons appear to be of more interest to you.

Laws and principles as described in the [chapter about the physiology of Samyama](#) may also be involved in this process, as well as the development of your environment and your partner or your entire family. We all are one with God and one with our environment. Thus we are influenced by our environment and at the same time having ourselves an influence on our environment. We are part of the process of life and evolution and we are life and evolution ourselves. The driving forces behind all is the Divine core of our soul, our Divine heritage received from God assures, that finally we all evolve and may one day return to our Divine home in God.

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To make you aware of the complexity of Divine laws and principles and allow you to even further your understanding of it, we will now have a look at a more complex situation including a small group of souls, like for example an average family consisting of wife, husband and 3 children.

But it could as well be a totally different combination like husband, mother in law, sister in law, grandfather, and finally husband of sister in law. Seems complex to you? Real life sometimes is much more complicated than this and still, from the absolute point of view it all is absolutely logic. Be always aware that God at all times has full overview and control of his creation and knows exactly what's going on and how to take care of his beloved children.

All the lines between any two circles symbolize karmic attraction. Now we have different categories of Karma included to show a more realistic situation.

Blue rectangles show Karma of anger, fighting, disagreement, arguments, let's call this "open bills"

Ellipses show Karma of friendship and friendly attachment to other souls. We call this just **attachments**

The yellow triangles are connections and Karma of pure Love. We just call it **Love**.



While we look at E and we see a soul who may be in the last physical incarnation. Because we find lots of love and friendship toward others, including souls who still are "fighting for open bills" like D and B. The small blue rectangles have become rather small compared to the power of Love that has developed and it seems that this soul incarnated to completely dissolve all the remaining Karma through the power of Divine Love without ever getting involved in any fighting or arguing anymore. Some of the blue rectangles may have been absorbed from the environment where this soul grew up, from violent father, mother, sisters, teachers, or a violent political environment of the native country. The driving force of Love has grown so powerful that this soul has fully realized the power of Love and helps / loves for the remainder of the incarnation to assist others in learning just by being a sample for them. Just by living and practicing a lifestyle of Love fully devoted to peace, friendship, Love and God. The Link of love toward X, Y and Z symbolize Love developed just about toward any person in any country, culture and religion, even beyond this planet or beyond human life forms. Such a soul has a great and powerful effect on all the environment and speeds up the spiritual growth of dozens, hundreds, thousand or even more other persons wherever they are, whatever they do.

D shows one large "open bill" with C, and several aspects of friendship. One with A and two others unmatched yet. One day soon this person may meet another friend and may suddenly be tired of fighting for "open bills", turn toward new friends and start a new life, with a new environment and soon starts to learn loving like E does. Showing a Link of love with E at present, E certainly has a positive impact on the spiritual growth of this soul and its personality, even in the future, when they may part. Links of pure Divine Love last for eternity, throughout the entire cosmic creation of God.

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Karma is energy. Energy is life. Life is continuously changing. Karma is continuously changing. All these situations as described above may change within a few years or even suddenly within hours or even minutes and thus completely change your life. Everything is changing faster now than during the centuries before and will speed up even more in times to come. Start to learn a life style that does free you from any Karma. A lifestyle that supports your learning and practicing pure divine Love more and more. To learn to Love is much easier in a peaceful and loving environment. There is no need to go "through hell" just because you once started some fight with someone, and can't stop it, or immediately dissolve it in Love. Just refrain from fighting by moving into a more peaceful environment, by choosing some new friends and neighbors, another nation to live in, .... and you may easily start loving more and more intensely until you succeed, until you become a being of Love - angel like.

All Karma can be dissolved in Love. There is no reason why you should ever fight whatever the cause might be.

Turn on the fire of Divine Love within your self by stopping to fight

or argue and start to focus on solutions of Love

Divine Love is the solution to all problems, practice it,

and you may proof it to yourself and your environment.



# Love and honesty is the key to success in business



## How spiritual Laws affect your success in business and how to apply them for the mutual benefit of all

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A simple and true law often disregarded, is the law and power of Love in our World. Have you ever tried to tell someone who is angry with you "I love you" from the depth of your heart and soul ? If yes - you certainly noticed its tremendous effect of restoring peace and harmony between you and the other party involved. Have you ever felt any kind of true Love toward your customers, suppliers, business partners or employees ? Honesty in business toward all members of your business, suppliers, employees, partners, customers is another way of saying "I love you", because it requires a true feeling of Love toward these people involved in your business. YOU depend on them, THEY depend on you. Mutual Love for each other in business can be an everlasting Bliss for your business, guaranteeing success and prosperity to all.

The power of Love can obviously be used in business as well as in any other part of life. It is the basement of peaceful social interaction of mankind in any situation. If you do any kind of business, in the long term, you only may succeed, if you are honest with your advertisements, the quality of your products or services and if you have a honest interest to provide such services or products for the mutual benefit of all people involved in that business. If however your very own profit and success is the only subject you keep in mind, you may be successful for a short period of time, finding yourself again in a crash of business soon later. You never can succeed at the expenses of others.

On the long term, you can only prosper in your business and life, if all of your partners in business and life benefit and prosper as well. Whatever you sell, be it a service, information or a product, it

must be for the real and true benefit of those purchasing it. And it must be honestly priced to allow all parties involved - your suppliers, employees, partners, as well as your final customers to conduct a life of well-being, comfort and prosperity.

If you buy cheap services from others and resell them for your highest possible profit, you may disregard the true human needs of your suppliers. They may not be able of providing this service or product over an extended period, because they can not earn as much as you and may experience discomfort, low earnings, low or no net-profits, low level standard of living. thus they work without loving their work without happiness derived from their work. Only employees or suppliers happy with their life, their net-income, their profits can provide a satisfactory service while feeling to be an equal partner in the chain of commerce. Enjoying your daily life including your work, is a prerequisite for happiness and joy in life. Whatever makes you happy is something that you like to repeat again and again. Whatever causes frustration is something you may like to get rid off as soon as possible. Whether it be in family life, recreation or in business life.

If you sell your services or products at a fair rate, leaving to all the members of your business the freedom of having an adequate margin of profit to allow an enjoyable way of living, they all will be a happy members of that business. everybody including your customers agree, that others may have the right of a happy and enjoyable living as well, so all of your customers may agree that you need a healthy margin to survive in business. But never survive at the expense of someone else. Your suppliers, your employees, partners and your customers have the same right to enjoy life and prosper in business. On the other turn, how many big companies going broke do cause other companies being in a business relationship with them to go broke as well. We all relate and depend on each others, in business as much in life If you take care of having happy and financially healthy suppliers and healthy customers, employees and business partners as well, then you never can go broke or be in trouble. they all are the guarantee and the strong and lasting basement of your own business. Their wealth will guarantee yours and your wealth should supply their wealth. We all are part of a chain. If any part of a chain brakes for whatever reason, the entire chain is broken and useless. Make sure that all members of your business-chain are strong, because the weakest one will cause the chain to rupture, no matter how strong the others are. The weakest one may decide whether all are prospering and surviving in business or all may go broke.

Some business may urgently need a service or product, because they are under pressure to make their customers happy on time or lose their customers. They may eventually pick your business to meet their requirements or save their business. But if your offer does not allow them to prosper, they may start looking and searching for another business partner from the very beginning, while doing business with you. They continue doing business until they either have gone broke or found a better partner. However, if from the beginning they feel that the relationship with your business is honest and leaves them enough business margin without hampering the welfare of their own customers or their own business, they may immediately decide to continue long term business with your company.

Same applies to employees . One person may accept to work in your business or supply you with products, even if your pay is too low. Just for the single reason that the person or their families are in financial trouble and try to survive. If you push their wages below the limit that would allow them to get out of their own crisis. they may search for another business partner or employer while still doing some business with you. Doing business with you just to barely survive against their bank loans and family needs or other sources of troubles in their life. And as soon as they have found another business opportunity, they may leave you, leaving a hole in your chain of business that may hurt you and bring your business in trouble. Leaving you with the problem of having to look for another employee or supplier or even forcing you to stop your business. Finding a right employee is as difficult as finding a right employer. But once you have found one. Show him by

being honest, showing your awareness of his needs and your willingness and Love to meet his needs. Show him that you are equal partners. employee and employers are absolutely equal partners. Because an employee needs and employer to survive financially in this earthly life, as well as an employer can only survive by having employees working for him. ... Just imagine how many automobiles can be assembled and sold per year by a general manager of an automobile company himself. May be not even a single one. He could not even earn \$ 1000 per year on his own. But while having many thousands of employees, he may make thousands of \$ a months. the same applies for the employees. They decided to work in an dependent situation rather than taking the risk of becoming their own boss, investing their own money and taking full responsibility for all their actions. they should realize that they depend as much on their employers as their employers depend on them. Mutual Love and friendship should be the bases for a honest relationship in business between employers and employees. Both parties are of equal importance. So how to share the profits? Your loving heart will tell you.

Always keep in mind, that an employer never can be happier than their employees - and employees never can be happier than their employers. Both depend on each other. Both are nothing in business without the other part. As much as a business depends on their customers. However customers only depend on suppliers if they supply something that truly is needed in life. Find true needs of your environment and meet these needs in a honest way of doing business, rather than first producing products and then trying to create an need. True needs require no or little advertisement. Artificial needs require tremendous investment for advertisement and may find a strong competition.

Here an example out of the recreational industry. People are looking for more recreational activities providing them with fun and enjoyment. Having fun is a basic human need. However nobody needs SCUBA Diving or Windsurfing or Golf. They may need any kind recreation or anything else that provides them with fun and enjoyment. Supplying such services or products is certainly important. But if you are are charging excessive fares they may change to a totally different activity, being lost forever for your industry. New Industries often charge excessive rates, because of low competition. Forgetting that instead of playing golf, people may go disco dancing, sailing or just anything else. There may be a natural demand for recreation in general, but never for a particular branch. Just any recreation that meets their need of supplying them with fun. Competition is very high in this industry, companies come and go in this branch and no company is sure to survive the next few years. Habits of the population is changing year by year or people may simply get embarrassed by the behavior of an industry.

Another example. People do need clothing, healthy food, shoes, repairs for certain articles, housing, to name but a few. These are true natural needs that every one has. Every one needs something to eat, day by day. everybody needs clothing and housing, every day. Supplying these needs is meeting a natural demand that may require much less investment and advertising than supplying a product or service that people may like without really needing them.

Besides the laws created by humans on earth, there are Laws that govern the entire Creation of God. Laws behind the physical plane of manifestation. One important Law is called the [Law of Karma](#). It is commonly known in many great Asian cultures since millenaries. It says in short: "What ever you do to others is coming back to you one day". This Law of Karma applies for all of your thoughts, emotions, fantasy, words and action. Honest business for the sole purpose of making your customers happy, of meeting true needs of your customers, will make you happy as well. But it also means whenever you are cheating your customers by the means of providing wrong information about the quality of products, by providing low quality services or products at excessive rates, or at the expense of the welfare or health of others, you may suffer the same destiny as you have caused to others. Whatever you do to others is coming back to you. Sooner

or later it surely will. This is an absolute law of Creation.

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May Love and Divine Bliss

fill your life,

your family and your business

and create a harmonious and peaceful

environment of

Love

surrounding you

[Overview all chapters](#) | [Home](#)

# Dissolve in Love

## The interaction of God - Soul - Ego and how to dissolve problems in the Fire of Divine Love

Knowledge of Spiritual Laws and Divine Principles of God's Creation gives you the power of properly using them for the benefit of ALL Including the metaphysical physiology of Bhakti Yoga

Human life, as much as Divine life consists of interaction between different souls. At the beginning of evolution of a particular soul, it consists of interaction of the Ego, being part of that Soul's manifestation and at the same time being apparently separated. On the level of souls, all souls can communicate with each other almost independent of distance. Almost here meaning they certainly can communicate across their present solar system, some even further but some may be limited to the present solar system for a particular reason. Within a particular solar system souls may easily communicate with each other, but the ego of these souls may be unaware of these interaction of their souls. The souls receive Divine guidance from God and gently forward it to the ego leaving a high degree of freedom to the ego to either accept or reject inner guidance received from its very own soul. Whatever happens between two particular souls and their pertaining Egos always is in harmony with both souls and God as well. However what the Egos do may sometimes be neither in harmony with god nor in harmony with its soul. Such case tend to lead to "serious illness or accidents" for the Ego - the persons physical body or spiritual body.

Never can any number of Egos endanger the Divine plan of evolution. Anything detrimental to Divine Laws is in disharmony to the very core of that person doing it and will cause the soul to even separate from that person rather than endangering Creation.

In the following example it has been explained as simple as possible. Just keep in mind, that God's creation is multi-dimensional and the following example may just push your ideas off - into the right direction. Intellectually you may hardly ever understand Divine Creation now, [Human brain at this time](#) is too dense and to [blocked by human conventions on earth](#), but with your metaphysical "Divine Intellect" you may easily understand it thoroughly. Human conventions applied at present may be dissolved in the fire of spiritual truth and disappear sooner or later. Leaving clarity and pure knowledge in the mind of mankind - leading to wisdom, peace and Love in their life. Just stop brainstorming the problem and the picture of the true solution appears in your "mind" on your Screen of Divine Awareness and Consciousness. The picture may appear in your mind as a thorough understanding, you may know, without being able to tell or write a single person about, but you know that your knowledge is true and correct. The words of your language may be

insufficient to express Divine Truth. But you'll know it. That is sufficient. Your knowledge will spread out by the continuous radiation of your aura and help others to get the "picture" as well by dissolving their conventions and thus making place for the truth.

Stop copyrighting and patenting. Give all you have into one "pot". Give all your knowledge about anything truthfully to all, in your books, words, mind, ideas, work, and so on. Spiritual growth, welfare and material well-being will be the result and grow like the energy-wave caused by an explosion of a nuclear bomb and free all souls on earth caught at present in the darkness of illusion and human conventions valid on earth at present and in the past. Learn to behave and act for the welfare and well-being of all at any time of your life. **Learn to be** for the mutual benefit of all.

If you dissolve your Ego in the fire of Divine Love, you learn to act and be for the benefit of the entire Divine Creation. You learn to be in full harmony with God, the Creator, or whatever you may call it. The source of all sources. The beginning and the end.

If you are driving a car at 200 km per hour on a highway you may still be on the highway and in your car as well, but you may be neither in control of the highway nor in control of your car. It is the steering mechanism that controls the car and you try to affect that steering mechanism of your car. If you, the driver want to step down on the road, you may first have to make sure to fully control the car - that means you may first have to become "one" with the car - agree with the car - and stop it. Then you may step out and become one with the road.

The car and the highway are somehow related, they are made for each other. A highway is useless without vehicles and a car useless without roads. The driver and the car are related in a similar manner. The car has been made for the driver to transport him. The driver is no **driver** without a vehicle.

If the car follows other directions than the road goes - both of them, car and driver, may crash. If the driver follows a different directions than the car may be able to, they may crash again. Driver **and** car **and** road have first to agree on all. For example if the driver still drives at 200 km / hr and want to step out of the car, car and driver may crash. The driver without a car has a certain vibration - a natural and potential velocity, that he may walk or run on the road without getting hurt - the driver needs to adjust the velocity of the car by following the directions of the road. Then he may safely step out of the car and be on the road again.

The Divine (highway) created your soul (car) to transport your Ego (driver) though the path of life - the evolution of your consciousness and spiritual awareness. Your individual Consciousness is basically bound to your Ego during any physical incarnation.

The driver drives from A to Z. The highway is at all the points - A, B, C, ... to Z at the same time. Once the Ego and the soul are becoming one, they then may become safely one with the road and be at all the points from A to Z at the same time as well.

Remember: The road determines the directions a car can drive. The directions are the spiritual Laws of the Divine, that your soul needs to follow. The car - **Soul** - needs the driver - **Ego** - to go through all the different directions of the road - **God's Creation and Divine Laws**. Thus the driver needs to adapt to the rules of handling for that particular car as well as to follow the directions of the road. Finally the driver needs to learn to make proper use of his car while following the road from A to Z.

Once he has traveled from A to Z, he then has been at all the different points as well and he then is

is A to Z. Once a soul has gone through all experiences of the different Divine Laws, he has learned to practice them and properly apply them in any situation of Creation, he has then become one with the Divine Laws and one with the Creator. A Child of God made to the image of God. A Child of God having gone through all the colors of a rainbow to become equal to the source of the rainbow.

An Ego needs to learn to behave as a soul and applying all Divine Laws in all and any situation of Divine Life and Creation. An Ego is learning to **live and be** the potential **Divinity as created by God** - and being that Divine Truth of the Soul.

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Our consciousness needs to expand throughout the entire creation. That's why we are driving the entire road until we are the road in above example. Incarnation after incarnation we are living and experiencing part of God's creation until we have experienced all.

Basically we have two different ways to experience a certain situation. One, the more spiritual one, is related with the technique of [Samyama](#) as described in another chapter. By using this technique, we are concentrating on a certain part - simple or complex - of the manifested creation until we are one with the object of concentration. Then since we are one with it, it is infinitely more intense than just superficially living through it. It is the most precise way of learning anything and done by most souls at a later stage of spiritual maturity. The technique of Samyama allows us to completely and thoroughly become aware of even a complex principle of the Divine creation on a single day or two - within one session of deep and perfect Samyama on a particular object.

An other and often practiced way of evolution of the soul is to actually live through a particular situation that represents a manifestation of a Divine Principle of God's creation. Living through all the different lessons of spiritual life and growth may however be very painful and time consuming. Although it appears at present to be standard on this planet for most of the souls trapped here.

But remember from earlier chapters, particularly the chapter [problem solving](#)" - there always is a solution of Love to every and any problem that ever could occur in your life and the entire existence of this planet.

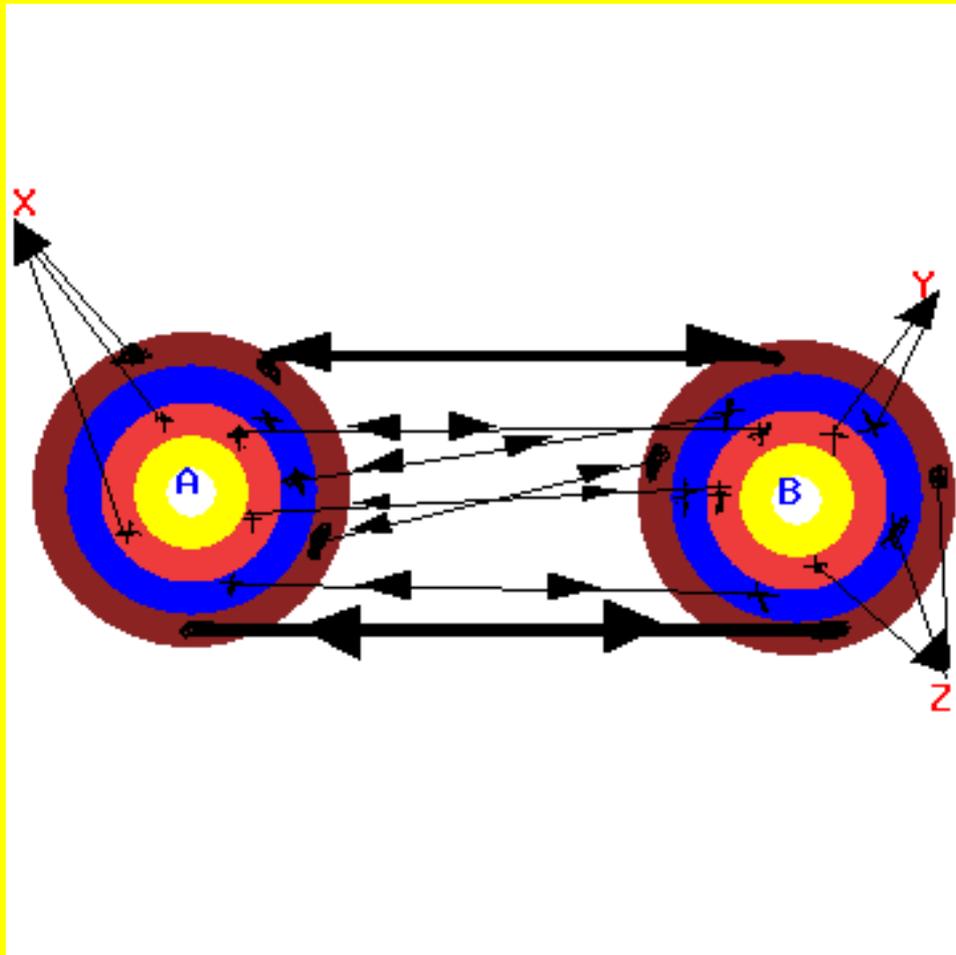
Love is the solution of the Divine for any and all problems, whatever the cause, however the situation may be. Stop your action, stop your thoughts, stop your emotional fighting and L O V E. Take your time, sit down or lay down and LOVE. For minutes, hours, days. It always works, whether you may believe it or not. Try it - it doesn't cost you anything at all except the time. It may save you hundreds, thousands or billions of dollars that you could otherwise waste for insurance, lawyers, police, military, defense, war, and so on. You may first practice it in small scale situations, it will prove to work. If it only works partially, then because you did not ask the Divine to assist you in loving or you were not loving with the full power of your soul and heart.. The Divine is the source of love and needs to be included in your efforts of dissolving problems in love. Loving without God is like switching on an electric light without being connected to the power station. So next time you may repeat it with the full power of your soul with the full power of your heart, including the Divine assistance of Love from God. And finally you will succeed. It is only a question of "investing" enough Love - the results may always be peace and Love, if your investment was sufficient, else just increase your "investment of Love" until you succeed by decreasing your inner resistance to Love. The Ego is the only resistor to Love. By dissolving your Ego in the fire of Divine Love, more and more Love may flow through you. Your soul may shine brighter and brighter in the light of its Divine Love shining through.

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Now we shall have a close look at the metaphysical physiology of how dissolving in Love works. You may also read the chapter about [rejection](#) for this topic to better understand and successfully apply this technique. Below you see two persons fighting, verbally, mentally, emotionally or even physically. Both of them may have Karma causing them to be attracted by the other who has similar Karma. This Karma causes them to actually live through the situations equal or very similar to the one both of them have caused. Remember the Law of Karma that says: Whatever you do to others in your thoughts, emotions, fantasy or actions is coming back to you. Be it within seconds, minutes or incarnations. Any time later you may certainly experience what you have caused.

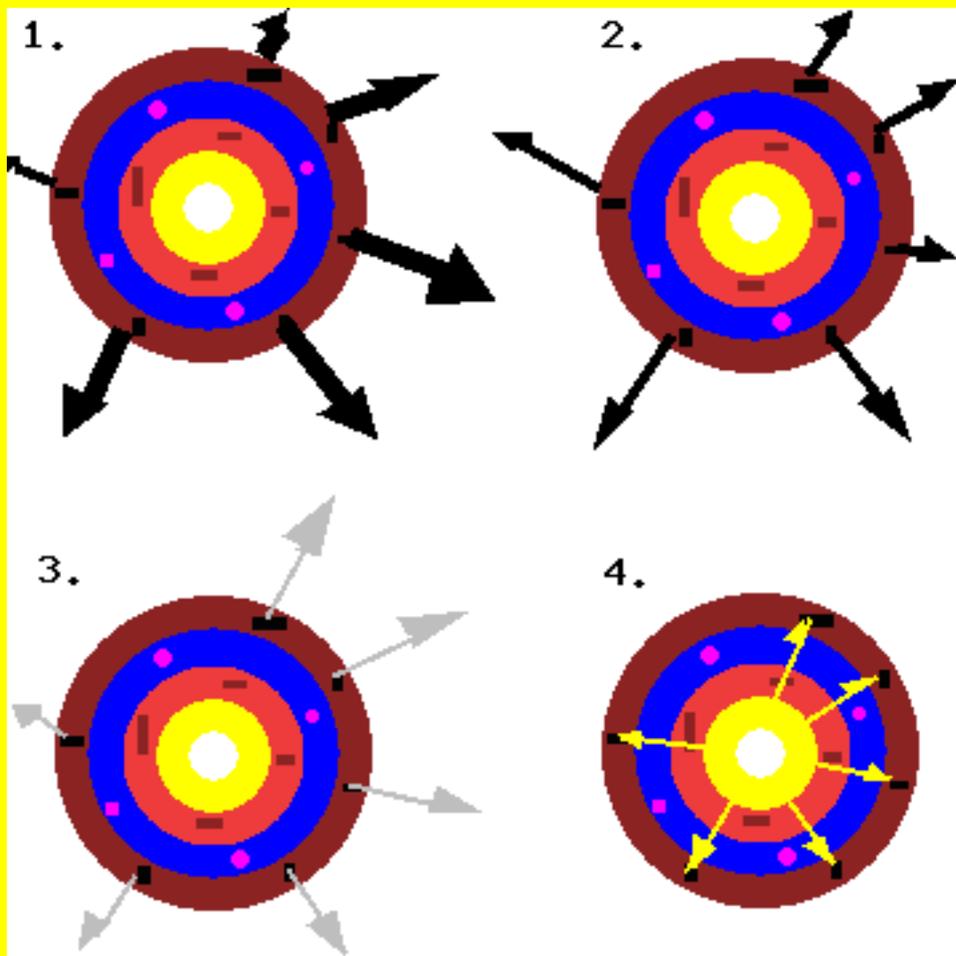
The only exception is, when you have learned from that particular lesson and started to apply this attained knowledge to your life immediately. By doing so, the return of outstanding Karma is delayed. By practicing Karma Yoga you may start yourself to dissolve your Karma step by step, may be during the course of many incarnations or eventually, when you succeed with your new way of life, you may feel sorry for past Karma caused, you will start do love past "victims" in your life and you may even start to pray to God to remove or dissolve this Karma from you. You may pray to God to heal the wounds and damage you may have caused to others previously. Of course does God always reply to any and all of such demands in a positive way. Such prayers may however only reach God if they are coming from the depth of your heart and soul. Such prayers must be honest. It does never depend on the words you are using, but on your feelings and thoughts you are developing. God is Love, that is his innermost and absolute truth. Mercy and Grace are manifestation of his Love toward all creation.

The relationship of LOVE of the Divine and all the other Divine aspects of God like Mercy and Grace for example is like the relationship of the white sunlight and the colors of the rainbow. Without white light no rainbow, no colors at all. Without LOVE no no mercy, no grace, no life, no creation at all. It is Divine Love that is the innermost essence of all life force in the entire cosmic creation of manifestation. Whatever comes from God always is derived from this Love. Nothing but pure Divine Love.



The interaction of above souls A and B is based on Karma and lessons and takes consciously place on the levels of emotions, thoughts and actions including words. It is some sort of war that takes place between two egos leading to lessons learned by the soul. The souls is experiencing different environments i. e. different energies to experience how they - the energies of that situation or environment feel like. The soul as being made to the image of God, has the same potential as God, however first needs to become fully aware of it and learn the cause of different situations, thus leading to the knowledge of knowing the result of different causes before they have occurred in the future. This finally leads to the wisdom of knowing in advance what a "potential" creative thought of a Divine mind could cause and to only create thoughts that lead to the desired result. Whatever it may be. Divinity leads to the capability of developing continuously thoughts in full harmony with Divine Love.

A soul having accumulated sufficient experiences, starts to drastically evolve toward Love. This is done by withdrawing all energy from the Ego, from all wars of its mental -, emotional- and physical body and direct all attention to the innermost truth of the self. The core of each soul. This is sometimes called the Divine Light or Divine Fire of a soul. Following the principle of [Samyama](#), the Divine power of Love can now be used to dissolve all and any Karma still remaining within the aura attached to that soul. This is shown in the pictures 1 through 4 below.



Picture 1 above shows an ego still in "full action" while at 2 the involvement with fighting is starting to decrease. Getting weaker and weaker finally reaching state 4. in this state the person fully consciously withdraws all its energy by the power of his will from all interaction of its Ego. All steps from 1 through 4 are done using the power of will. This requires a person involved to be aware of the principles involved in this process as described here and in some other chapters of the text "on your wings of Love - on your way to God". Continuous observation of all actions, thoughts and emotions created by the ego is necessary. Whenever the ego wants to make a "side-step" into its previously created mud, it must be gently but powerfully directed toward Love. No force or violence of any kind as a kind of self-punishment shall be applied. Just directing the attention and awareness of the Ego toward the source of Love is enough to realize the potential of Love of any soul. Any discussion or argument is a war of Egos, needing at least another Ego as a counterpart. Whenever one of two fighting egos withdraws. Peace will establish itself, if no one else jumps in to continue the war in place of the leaving one.

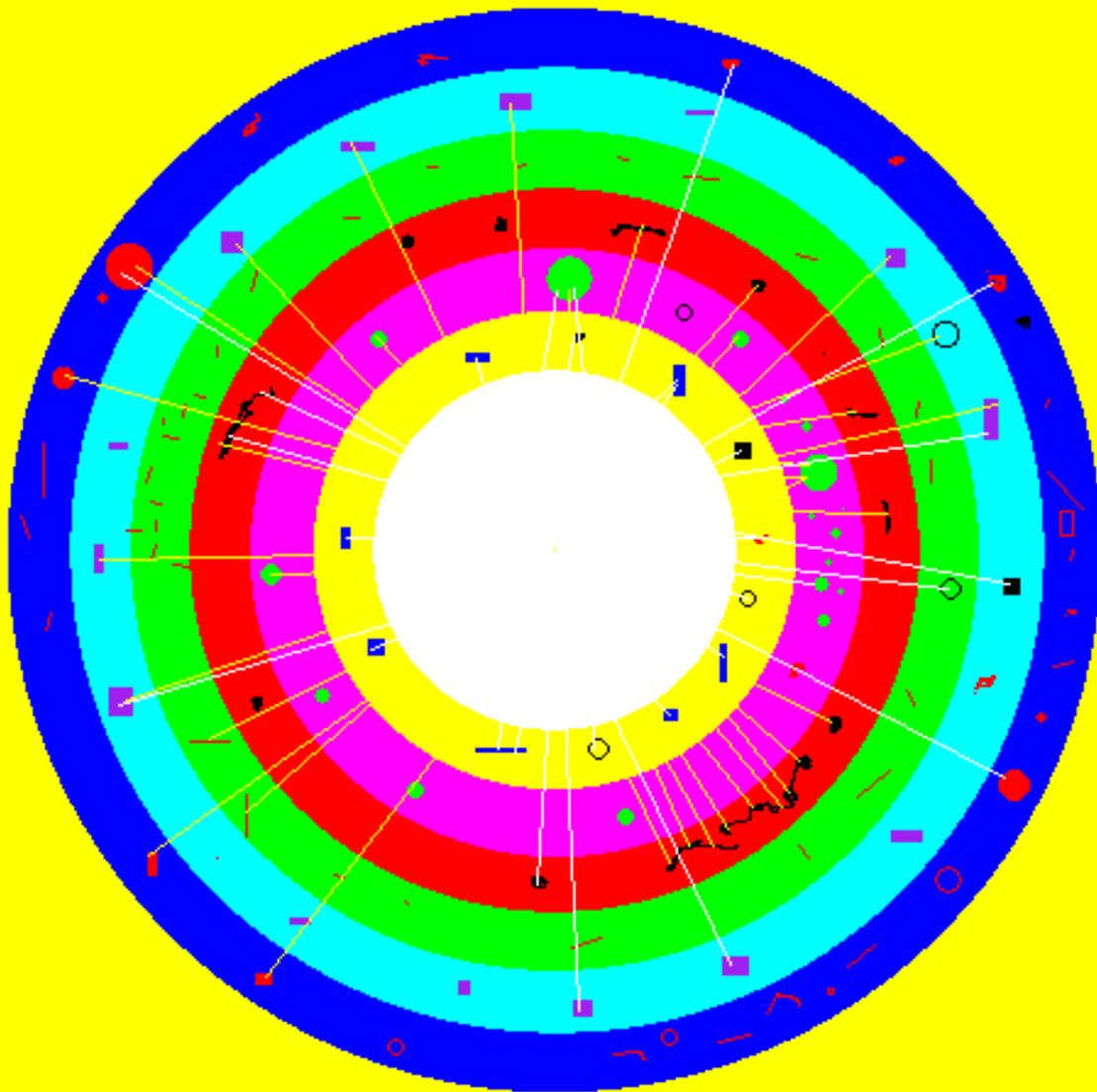
Dissolving an Ego including all Karma and all past incarnations leads to freeing all the energy of past experiences and their essence of wisdom contained in any past experience. Nothing is lost, from all the past experiences. All will be converted into wisdom and Divinity and is part of God's plan. All our current experiences of our Ego are of great value for our future to come.

Once we stopped our involvement with other Egos, a process as shown below starts. Each symbol standing for a particular event in our past, including past incarnations of course. A particular learning situation to be dissolved. Events having caused us to fight, to kill, to abuse, and so on. One by one or as a result of grace and mercy of the Divine many at a time, will now become dissolved in the Fire of Divine Love. Some of them may be of particular importance to us and we may again go through that particular situation for a "dream" or the time of a meditation or otherwise. However we may now have a review of that long time past situation from a different and

neutral point of view and sometimes may see how it could happen, what the cause was from our side and what the role of the other partners were. We may also become fully aware of the deeper spiritual sense of that particular lesson of evolution of our soul.

This process of directing our concentration inward to God and his Divine Love can be made using various "techniques" like [Kriya Yoga](#) Meditation, Kriya Pranayama or just the development of Divine Love within ourselves. The latter shall be subject of this following picture and description. The more we concentrate in any and all situation on Love, the more we shall become aware of our previous intentions and actions, thoughts and emotions and the more we may become aware of the difference between true Divine Love, thus the true nature of God and the behavior of our Ego. This process leads to an improving view of the absolute reality that was previously obscured behind the "curtain" of our Ego. The power of Love being focused now on our Ego is like the power of the Sun increasing after "waking up" early morning and dissolving the fog that may have obscured our view of a beautiful landscape - thus clearing our vision. An awakening soul is exposed more and more to the power of Love, leading to increasing "enlightenment". This word has seldom been fully understood by most users of this word on earth. Now you should be fully aware of its true and full sense. Whenever your Ego wants you to re-act in a certain way. Stop it by immediately withdrawing your thoughts from the outside object and concentrating on Love. The deeper the silence within, the deeper the relaxation within, the more Love can flow through you and even dissolve your potential capability of getting involved in any battle with Egos. Instead you learn to practice loving in all and any situations of life, no matter what your surroundings.

Your awareness of your environment is obscured by your own thoughts and fantasies you ever created yourself - obscured by your very own Karma. You see your environment through a "Sun glass" that you have painted yourself. This may become a topic for another future chapter to appear soon.



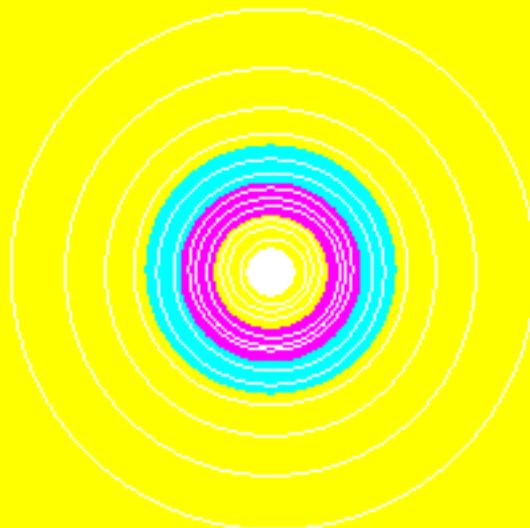
Whatever limits your capability of loving anyone is caused by all the past experiences to be dissolved and learned from. All you need for this process of purification is the desire to do it and some will power to accomplish it. Whenever you experience any difficulty you should immediately ask for Divine assistance of God. You are his Divine and beloved Child, made to his image for his pleasure. It is your birthright to receive any help you ask from him. Whatever you ask you may get. God would like all his children to grow up, be happy and near him. So whatever he can do to help you being happy, shall be done. Love is his being. To love his pleasure. To help his children his desire if he has any kind of desire at all.

Before anyone ever can experience any true love coming from you, you should have cleaned your aura, else all love may be absorbed or disturbed by your ego and never arrive at the destination the way you have originally "dispatched" your Love. All action of your Ego shall be stopped, to allow the Divine Love from within traveling through all the layers of your Ego without being hampered by it.

Whenever you encounter any difficulty on your spiritual path, ask him to remove this obstacle - to dissolve it in the Fire of his Love for YOU. He loves you and he shall do so. all you may need to do

is to apply a stamp on every "letter" you send to God. This stamp can only be LOVE. Pack all your desires, your questions, your prayers for help of any kind in LOVE and it will surely arrive and be answered in a loving and wise manner.

The picture below may show a soul cleared of any Karma. Capable of loving in all situation of live on earth as anywhere else. The white center is the Divine light of God within each of us. The other circles symbolize the different part of spiritual body that you may need during a physical or metaphysical incarnation. The white rings show how Divine Light and Love can shine from the depth of YOUR soul through all aspects of your Divine Personality after having dissolved your Ego and all of your Karma in the light of Divine Love. You never have been anything else than you shall be in the future. You only have been a Saint in disguise to play a role of a Divine Child in the cosmic creation and learn while playing. All life on earth and beyond is but a game, make it a joyful and loving game - it's more fun for all participants. Learn all the rules of the entire cosmic creation and become a free Child of God for the rest of eternity. A Child of Love -because love is the truth of your being, of your soul, of your personality. God is Love - so are YOU.



The rest of eternity starts when you decided to start loving.

You create your own future by the way you handle your presence

with all it's various situations.

If you decide that your presence shall be Love,

then your future shall be Love as well.

If you start loving today -

all the rest of your future shall become Love as of today

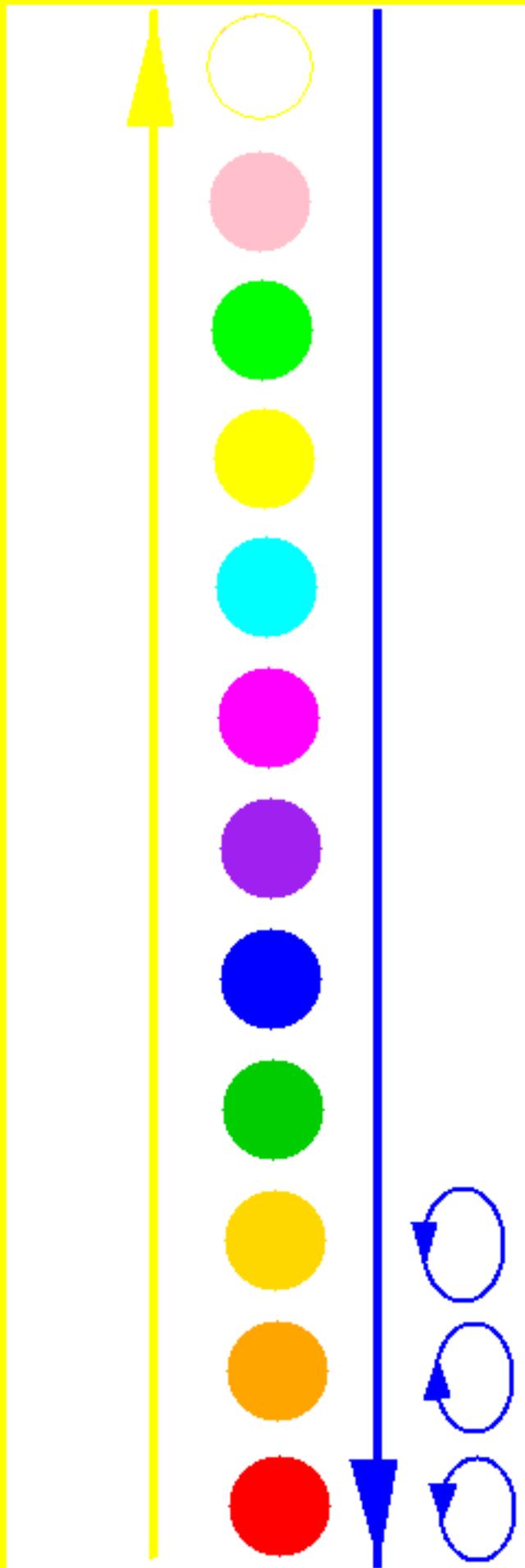
The choice is yours

# Kundalini Shakti and Chakras

## **The Physiology of Chakras and the role of Kundalini Shakti during spiritual development.**

This chapter shall increase your knowledge about the Kundalini Shakti. No life is possible without it because it is nothing else but the cosmic life force coming from God that keeps all beings alive. No awakening of the Kundalini Shakti is possible as it is always flowing to a certain extent. What people often call the awakening of the Kundalini Shakti is a sudden reduction of resistance to its flow caused either by certain "accidents", special spiritual practices aimed at "awakening" the Kundalini Shakti, or more often just as a result of conscious spiritual development.





The picture above shows the 12 main Chakras and their direction of rotation as well as the

**flow of the Kundalini Shakti flowing from God through all dimensions of human consciousness and returning to God. All life is fed by God and linked to God for eternity.**

The colors have nothing to do with the sometimes seen colors of energy of the Chakras. The colors seen are relative and just show that different Chakras have different density and variety of Prana flowing through. Different persons being attuned to each other may see the same energy in the same color. If detuned however may see different colors for the same energy. However even when seeing different colors, they may at least see the same relative changes or abnormalities within a metaphysical body. To quickly explain you the difference between absolute and relative colors here an example from wireless communication. In CW - communication (continuous waves - used for Morse code transmission), we have to different frequencies. Let's assume a CW-transmitter send a carrier frequency of 21 Mc/s, the operator at the receiving station however may not hear this frequency so if he prefers to hear a 1000 Hz tone, he tunes his receiver to 21 MCs plus or minus 1000 Hz, i.e. either at 20999 or 21001 KCs. Either way he hears a 1000 Hz tone. Someone else listening to the same CW-station at the same time may tune in to the same radio using a different beat frequency in his receiver causing a different tone to appear in his headphone. The sound frequency appearing in the headphone is relative to the adjustment of the receiver and may be changed even if the transmitter sends an absolute signal at a constant frequency. Similar principles may cause different people to see same energy in a different color with their astral eyes. However they may see an absolute change or disorder appearing within a metaphysical body, for example a tumor that has a totally different density and quality of vibration than a healthy metaphysical body or the difference between truthful words and a lie. With other words different colors in the aura show a different vibration or frequency of the energy of that area. The first seven Chakras from bottom to top are commonly known. The proper names are in Sanskrit and are as follows (starting from bottom), the other Chakras are placed within the higher spiritual bodies and have no commonly known denomination on this planet:

Muladhara Chakra, Svadhisthana Chakra, Manipura Chakra, Anahata Chakra, Vishuddha Chakra, Ajna Chakra, Sahasraram Chakra. This sometimes is also called God's door. Let's first have a look at the Divine life force coming from God. It can be compared to the white light of the sun being transformed into different colors of a rainbow. So is the Kundalini Shakti transformed into a different form of Prana at each Chakras. Prana is the Sanskrit name for the life force, a metaphysical energy beyond the physical body of being. Prana in its different forms is the life creating and sustaining form of energy within any kind of life, be it plants, animals, minerals, humans or purely spiritual beings. Without Prana no life could ever exist. Chakras are acting as some kind of transformers adapting the pure Divine life force to the particular needs of each dimension of the metaphysical body of mankind.

The Kundalini Shakti comes from God and returns to God. The flow of this energy along the great Nadis - sometimes also called meridians or energy channels - causes the Chakras to rotate. Each Chakra is rotating in the opposite direction of its immediate neighbor-Chakras. One turning clockwise the next one counterclockwise and so on. The Chakras of a woman are rotating the opposite way from male Chakras. A woman and a man facing each other however may be in harmony with each other because facing each others the Chakras are rotating in the same direction relative to each other, creating attraction and harmony - increasing the power of the opposite body.

The energy may flow from male to female and vice versa while at the same time flowing from lower Chakras upwards towards the higher Chakras. More on sexuality will be explained in a later chapter, as sexuality on your spiritual path is an extremely important topic to be truly understood by all, as misunderstandings of this topic may cause severe problems physical as much as spiritual.

However from the above mentioned, you may already see, that the Divine creation has planned sexuality in the sense of bipolarity attracting and empowering each other, those sexuality is intentionally made by God to provide a means of learning to love and please each others. Sexuality is part of the Divine creation, and has never been created to tempt people.

## The "awakening" of Kundalini Shakti

The sudden onset of an increase of energy-flow is often called "awakening" of the Kundalini Shakti. As mentioned earlier, the energy of the Kundalini is continuously flowing to some extent. To properly understand what the cause of a sudden increase of this energy may be, we should first understand what could cause a reduction of energy-flow. Below we shall see some examples of causes to reduce or almost completely stop the flow of Kundalini Shakti for different Chakras from bottom to top - i.e. for the lower 7 Chakras only. Within each point you will find solutions for the most common problems. These *solutions may be written in italics*.

Attachments to the physical plane of existence, to persons, goods, money, your home, your country, culture, your physical body, greed, and more.

*Become free. Become aware that God's Divine home is beyond the physical plane and in order to get there, you first have to become completely free of any attachments. Have as much as you need for a happy life, but share all your excesses with needy people all around the World. Open your heart and mind to other cultures, races, religions. Travel or change your domicile a few times within your present incarnation to realize the truth, that friendly people full of love toward yourself can be found in any country of this World. Care for your body but be aware of the truth that you are light, your body is but a tool - a vehicle - for your soul to make experiences and learn lessons on the physical plane. Light is the truth of your being. The innermost and true core of your soul is Divine, conscious light. Your consciousness and awareness is completely free of your physical body. In fact, within your different spiritual bodies your consciousness and awareness is increasing from level to level.*

Strong emotional problems, problems with father and / or mother and / or your children. Complete or strong denial / suppression of sexuality or over-emphasis of sexual life. Homosexuality, male and / or female. Trans-Sexuality. Mother and / or father missing during childhood. Please note that sexual disorders of any kind are quite often a result of monastic life in previous incarnations, particularly monastic life within Christianity as in other cultures or religions sexuality has never been regarded as a "sin". Such misperception of Divine creation is mainly unique to Christian education and almost or completely unknown in other religions.

*Learn to reconcile yourself with your sexual nature as being part of the Divine will and creation for your learning the basics of the expression of Divine Love toward others. Heal all emotional wounds left from past and current incarnations by developing Divine Love toward everybody. Learn to love your family by accepting them as being part of your learning process of becoming an "adult" Child of God. Accept full responsibility for your current situation within your family, including your present gender. A soul selects its place to reincarnate according to its Karma. A soul is fully responsible for any Karma. Knowledge to prevent Karma has always been existing. You either accept these rules and follow them or you live the seeds of your thoughts, emotions and / or actions of your past and*

*learn by suffering. Dissolve the wounds and spiritual blockages suffered from your past experiences in the fire of Divine love, by asking God to remove all the burden of your past. By the power of Divine mercy and grace God certainly will do so upon honest request anytime one of his Divine children is asking such in a deep and honest prayer addressed directly to God.*

Lack of common understanding of your spiritual role in this incarnation. Suppression of free development of the Divinity of your soul and its expression within your personality and all parts thereof, i.e. physical life including your job, family, recreation, your emotions in all aspects of your life, your thoughts including your mental work during job or recreation. Denial of your body or physical existence at all. Denial of your personality in regard size, shape or sexuality of your physical body. Auto aggression toward present body or personality. Committed suicide in previous incarnations. Anger toward self and / or others.

*Learn to accept your Karma as the result of your very own choice in the past. Learn the deep spiritual truth of life, the true reason of being on this planet. Accept your present personality as being the best possible manifestation of your Divine soul to learn and practice your present spiritual lessons on this planet. Your present personality including your physical body - male or female - shall become a host of the Divine within yourself. Allow this divinity to fulfill its purpose, allow God to flow into every cell of your physical body, into every particle of your spiritual body of light. Whatever you are is made by God, and sometimes altered by your own free will according to possibilities created by the Divine. Allow your innermost Divine Love to flow from God through your soul into your personality and your physical body continuously.*

Aggression toward any part of the Divine creation. Missing reconciliation with others in current or previous incarnations. Hate toward others - humans, animals or other beings. Missing devotion or Love for other parts of the Divine creation. Missing forgiveness for others in current or previous incarnations. Black magic - i.e. abuse of magic power for personal benefit or detrimental to part of the Divine creation. Asthma bronchitis is often if not always caused by severe and long-lasting abuse of magic power detrimental to others - causing a severe restriction of Prana flow and life-force intake to the extent that the person affected may become almost immobile, thus causing him to stop any activity, even mental and / or emotional and to fully concentrate on self-survival, resulting usually in a complete stop of any magic activity. Dental fillings containing mercury - this very often results in severe and long-lasting depression, even if the fillings have been replaced by other materials such as synthetic or gold fillings, as mercury does leave the physical body extremely slowly, without proper measures taken to flush the body from mercury.

*Everything and everyone is part of the Divine creation. Expand your love toward every single being, human, animal, plant, the entire planet, the entire creation as far as you can see or perceive it. If you exclude a single being from your love, you exclude part of God from your love, thus reducing the flow of love toward yourself and separating yourself from God. Restore and protect the absolute and Divine freedom of all beings in the Divine creation. Accept other people having the right of being different from you, having a different attitude and opinion, conducting a different lifestyle than you. Each Divine being has its very own spiritual lessons on earth and elsewhere. For that particular and absolute reason, different beings may always behave differently in order to fulfill the purpose of their existence. In order to prevent problems due to mercury in dental fillings, make sure your fillings are free of mercury whenever possible. Have mercury removed from your body by proper therapies. There are highly qualified therapists knowing different ways of accomplishing this task. One commonly known method may be a homeopathic removal, orally or by injecting homeopathic remedies into certain acupuncture points. Other even more powerful methods are known may be practiced more often in the future.*

Abuse of power, lack of truthfulness toward others and / or self. Dental fillings containing mercury

may almost completely block this Chakra, denial of Divinity of your self, denial of your soul to completely express its Divinity within all aspects of your life.

*Practice absolute truthfulness and honesty toward yourself and others in all and any situations of life. Use your speech to express your Divine Love toward everyone and anyone within the entire creation. Use your speech for the expression of Divine love, truth and wisdom. If what you want to say is anything else - learn to be quiet instead. Speak positive words that enforce the divinity of all, restore or protect the absolute freedom of all, restore or Support Divine health within all. Remove any negations or negative words within your vocabulary. The same applies to all of your emotions and thoughts as well. Emotions and thoughts are even more powerful as they can travel through universes. Strive for absolute truth rather than relative aspects of life. Beyond anything there is always an absolute point of view, an absolute truth - make this absolute point of view to the starting point of your very own consideration of the creation.*

Suppression of your intuition. Suppression of your Divine truth. Missing expression of your Divine love toward the entire creation. Denial and / or suppression of the existence of metaphysical life.

*Development of your Divinity within is the only goal of your existence and being. Learn to express perfect divinity in all and any situations of life toward everyone and anyone - toward the entire creation. Listen to your inner guidance - your intuition - to follow the path of Divine Love. Your intuition always shows you the shortest way, the easiest solution to any situation and lesson of life. By following your intuition, your life instantly can become a life filled with Divine Love and harmony with the entire creation, a loving harmony with all beings of God's creation. Strive for God-Union as your first, only and final spiritual goal - now and for eternity. True God-Union provides you with anything you have ever been searching for. Eternal Divine bliss and happiness, pure Divine being and Divine consciousness resulting in enlightenment of your soul and your entire being.*

Missing devotion for God. Missing faith in God. Fear of God. Latter often appears within persons having one or several Christian incarnations in their past.

*Beyond all physical and metaphysical creation, there is God as the unmanifested Creator of all creation. God is Love - nothing but Divine Love. God gave mankind freedom. This is one of the greatest proof of Divine Love toward his creation. God loves all his creatures - whatever they are doing. He loves you and always did so ever since he created you. Have faith in his everlasting Divine love toward you. It is his Divine love that will lift you up into your Divine home within God, as soon as you ask him to do so. however he also fulfills all your wishes, whatever you may imagine to need to be happy. Many or most wishes are of physical nature and can only be fulfilled in a physical body. One of the utmost priority to become free for God-Union, is freedom of any desires other than God-Union. Devote your entire earthly existence to God, all your action, work, your entire existence. It is your love toward God, your faith in his Divine love that opens this door to God. It is the Divine Creator, the source of all sources, the source of all creation, the source of all love that you ever felt, received from and / or emitted toward anyone. He is the sources of all fulfillment of your wishes and desires until there is only one wish, one single desire left, to re-become one with the source of all sources. Talk to God through this door, communicate with him as being your gentle, loving, caring mother / father or beloved one whatever you prefer. He may be for you whatever you need most, whatever makes you most happy. He is the fulfillment of all desires and wishes at once at the same time.*

Any sudden removal of a spiritual blockage or receiving Divine bliss either as a result of your very own deep prayer to God or as a result of the blessing received through a Saint - with or without a physical body - may result in a sudden increase or "awakening" of the Kundalini Shakti. If heat

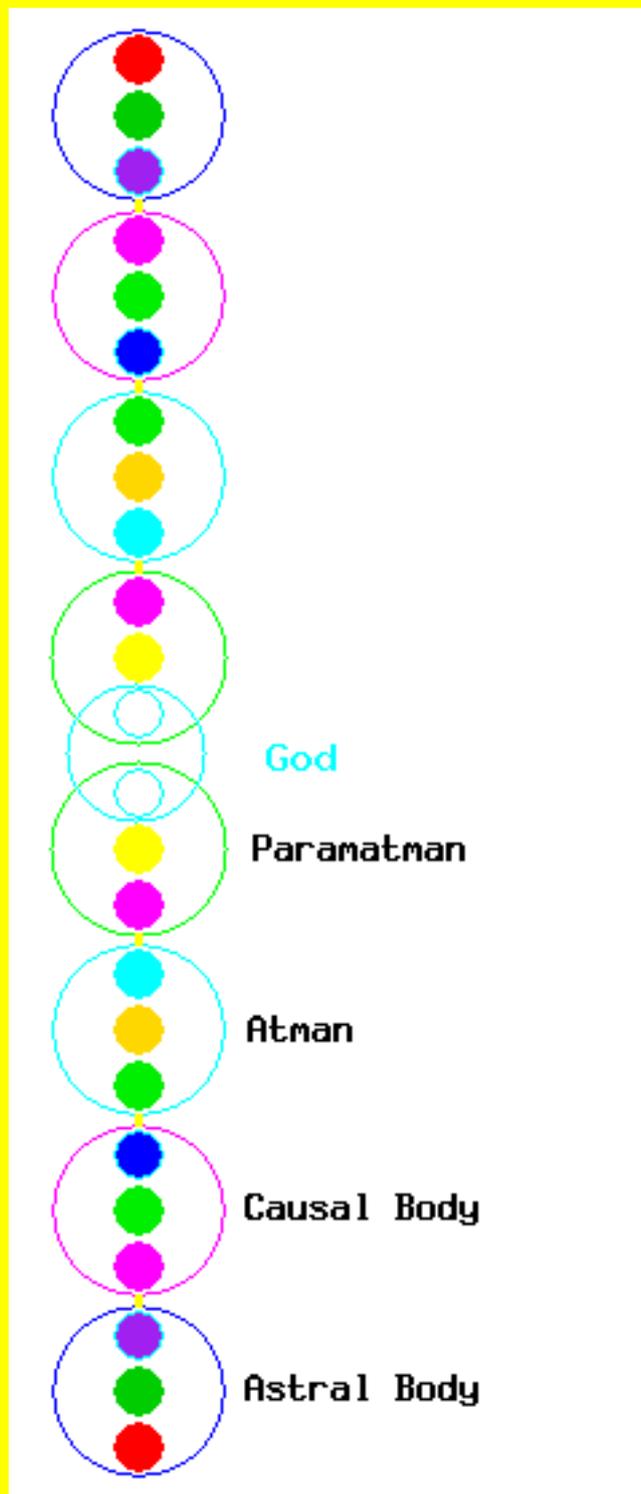
develops in the area of your spine - where Ida, Pingala and Susumna, the three main Nadis are leading through all spiritual levels of your being into your physical body - that simply means there is still lots of resistance to the flow of this Divine and powerful energy. Let faithfully all this resistance be burnt up by the Divine force of the Kundalini Shakti. But beware of premature forceful "awakening" of this power. This could eventually result in destruction of the nervous system of your physical body for the remainder of present incarnation. However if the "awakening" just happened as a result of harmonious spiritual progress or receiving Divine bliss, just let it do its work to free yourself and consciously connect you to God. It is a process initiating the final steps toward God-Union. Have faith in the power of Divine love and bliss, relax, open yourself for God, keep your mind concentrating on nothing but Divine love and God. Take as much time as possible, reducing your daily duties and work to the absolute minimum necessary and devoting as much as possible to continue spiritual progress even further. Ask for more spiritual guidance on your way to God and you shall receive it and all the love and bliss necessary to accomplish the final steps of your evolution. Be ready to offer to God anything left that could keep you from going these final and necessary steps to God - if you wish so you may at this time even offer him all your physical existence on earth or where ever you may be at that time. The life on earth and in other spheres serves but one single purpose - to grow up as a Divine Child of God and to finally stay within or next to God for the remainder of eternity. So one day you have reached this goal, just drop anything and everything left, that could eventually separate you from God-Union. Drop it by offering it to God, ask him to remove anything from you that still keeps you away from your Cosmic Lover. Some beings are working and waiting millions of years for this moment to occur. For some it may be a very familiar process, because they may have experienced it previously in earlier incarnations, for others it may be the very first time to experience it.

God is love - have faith in this omnipotent healing love. Divine Love can and will heal all the wounds left from your journey through all the spheres of the Divine creation.

## **Metaphysical physiology of mankind**

Mankind descended from God into the physical plane step by step by forming ever increasing density within their body. Forming different bodies adapted to the appropriate universes. Each level of universe serves a particular purpose in the Divine creation. All universes together may be considered like a huge schoolhouse with different classrooms - universes - and different lessons - planets - in each classroom. Different lessons may be learned step by step - incarnation by incarnation - using various teachers and environments.





**The picture on the left shows 2 souls having their common roots and source in God.**

Each spiritual body contains the essence of present and previous incarnations of that particular human being. All the spiritual Bodies shown left are part of each individual physical body. Color filled circles are Chakras. Chakras are operating on all different levels of the spiritual being of mankind, but some of the Chakras are predominant during certain evolutionary steps of mankind. The lower 7 Chakras are the most important during the period of physical incarnations of a human being. At present most people on earth being able to see the aura of beings have a limited aura sight of the astral body, some may see the mental body or even causal body. The remainder is most often only seen as light. But of course even all higher spiritual bodies have a huge variation of vibration, but of a much higher frequency. Each "body" may be considered a "container" that stores the essence of a particular evolutionary part of that being. The Astral body is used for

physical life to create emotions and learn about emotions, as well as to emit and receive emotions from the "outside" World, thus also affecting physical behavior. Part of the Astral body is the mental body, receiving and emitting thoughts from and to the "outside" World. It also receives feedback from the causal body, which is a memory containing all information about past incarnations within a physical body. The essence of all information derived from physical incarnation, astral incarnations and causal incarnations is stored in Atman - sometimes also called soul. The soul continuous to make additional experiences in a variety of spheres, learning, teaching, healing, helping and experiencing as much of the different Divine principles and creation as necessary before returning home. All the combined essences of the entire existence of a being is combined in Paramatman, the Divine innermost core of each being. Everything that you ever invented or created has already been potentially existing ever before. But you needed to make most or all of this experiences yourself in order to become an "adult" Child of God. Or could anyone ever truly call himself a "driver" without ever having physically driven a vehicle, or call himself a captain without ever having flown an aircraft ? Of course not. So does every Divine Child of God live trough part of the Divine creation, before being a true Child of God - made to the image of God. Beside the many main-levels mentioned here, there are manifold variations of sub-levels within each sphere mentioned. God's Divine creation is infinite. Just think for a while about the true meaning of the word infinite and you may soon realize that the part of the Divine creation mentioned and / or explained here are but the beginning of infinity.



We start learning the basic lessons of love in the physical body. Once we have learned all the basics on earth and / or other planets, we may then succeed to the next higher - smoother - level of universes, the astral universe. Here we are using our astral body. The astral body may vary in its density / vibration depending on the state of development of a being. Many people on earth leaving their physical body after "death" are moving to this sphere. It serves to fulfill all the open wishes and desires, to live emotions and learn about emotions and to wait for the next physical incarnation to learn more and fulfill some or all of the remaining wishes and desires. Later on some astral bodies may move on to the next higher level, the causal body and continue their experiences. Some may then still return to the physical plane, to fulfill some voluntary accepted tasks here, or live trough some Karma left or following the attraction by the attachments to some other souls incarnated in a physical body. Once all the links and attachments to the physical plane have been dissolved, all the energy of astral and causal body may be withdrawn from these 2 bodies and purged into the next higher level of existence - Atman or Soul. Once this step of evolution is reached, there is no Karma that could ever cause to incarnate physically. Actually most "Karma" that ever has caused to physically incarnate is due to ignorance of Divine principles, the most important one being the Divine truth of Love of God. If you become fully conscious and aware of the power of Divine love that dwells within your soul and has its original source in God,

you can virtually dissolve anything and everything in this almighty fire of Divine Love that could ever stop you from returning to God anytime, whenever you wish so. You can dissolve anything that ever could bother you in this almighty fire of Divine Love and it instantly vanishes. Finally there must be some sort of interconnection from one body to another. Each body must have at least 2 "exits". One to communicate within that particular sphere, another one to withdraw all energy into the next higher body as a result of spiritual progress. Communication takes place through the various main Chakras and secondary Chakras. Withdrawing the life-force to the next higher level is done at the Muladhara Chakra the Kundalini Shakti opens and flows into the physical body and all pertaining physical and metaphysical organs. As long as the attachment to physical matters and physical life persists, most of the Divine life-force is bound to this lowest and densest dimension of existence. Near the Manipura Chakra from astral body to causal body. Near Ajna Chakra from the causal body to Atman or Soul. Having reached this level of development or consciousness, such a person is called having a Christ-consciousness or Krishna-consciousness. The word Christ or Krishna is a description of level of consciousness and could be considered as some kind of spiritual "title" rather than a name. It can be added to any name. One of the most famous being Jesus Christ. Similar to this is Buddha. In Buddhism people are aware of the fact that many persons became Buddhas. When talking about Buddha Buddhists usually refer to one specific soul having achieved this level of freedom and consciousness, however in other scriptures people often refer to other Buddhas.

[May Bliss and Love free your soul and guide your Divine being back to God](#)

# God-Realization

Spiritual progress and development can basically take place in two different ways.

1. Within and during physical incarnation working toward and reaching God-Realization by God-Union
2. Working gradually on your spiritual development during the course of many incarnations, moving step by step up into higher spheres of vibration

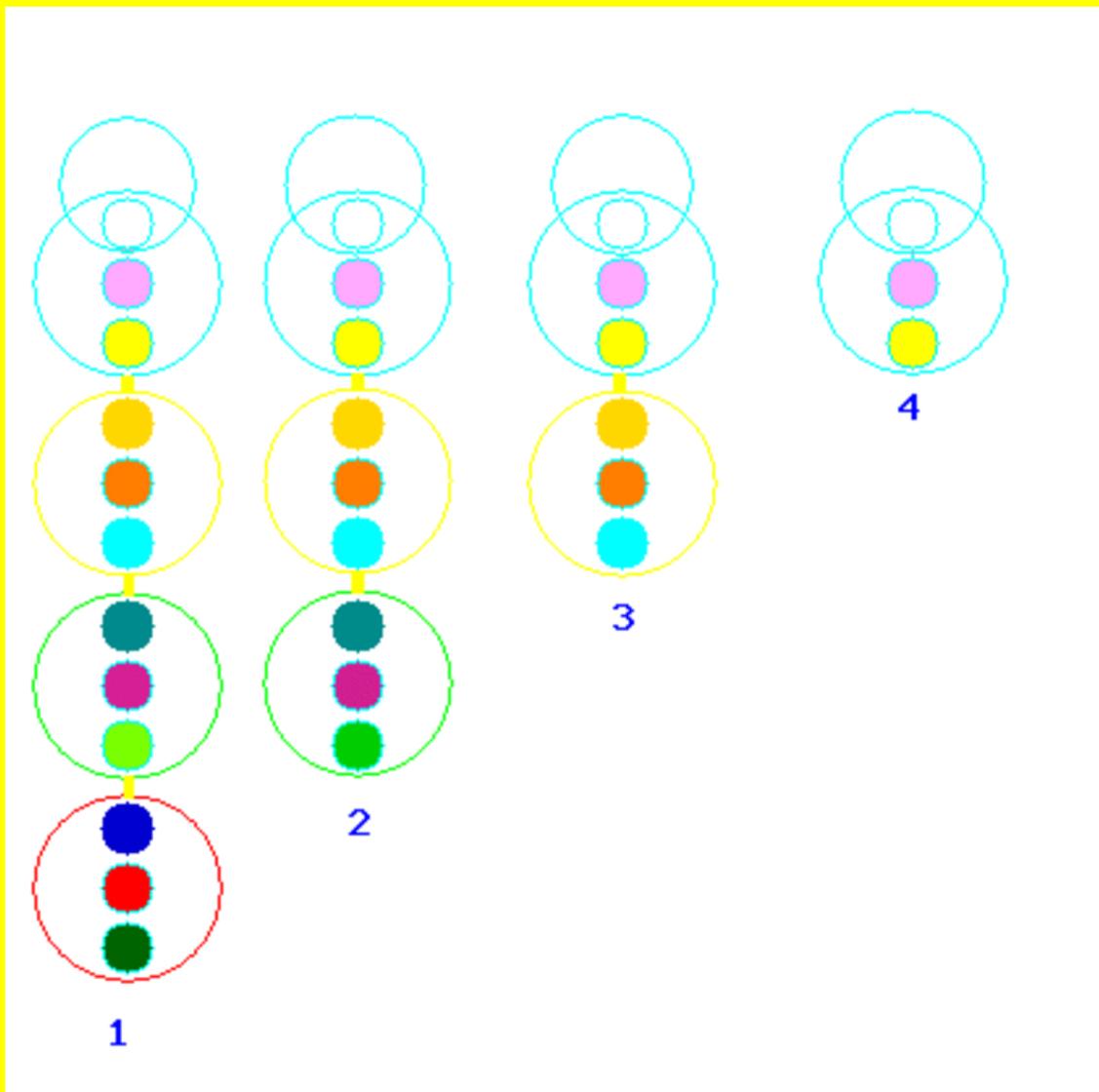
until you finally reach God-Union and thus God-Realization

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Let's first have a look at the second one. Incarnation by incarnation moving upward with your vibration toward God-Realization. This means working your self out of the cycle of physical reincarnation, astral reincarnation, causal reincarnation, reaching soul-realization and finally God-Realization. In between the physical dimension of existence and soul-realization there are hundreds of different spheres to pass through. This is a very common way nowadays. It means that you may live a "normal" non-spiritual life without any efforts to spiritually learn. But of course the Divine creation is made a certain way that keeps people learning without realizing it. The grace and mercy of the Divine is of such loving nature that everything we live and suffer through leads to an efficient learning process of our Divine Being. Meaning that during the course of numerous incarnations we continuously learn and spiritually progress, sometimes during the course of dozens or hundreds of incarnation, until we finally find ourselves involved in a conscious search of the Divine, thus starting to speed our efforts to progress faster and faster. Our soul starves for the Love of our heavenly father, our cosmic eternal lover and we suddenly and willingly drop everything that could ever have separated us from becoming one with our beloved source of Love.

As we drop more and more behaviors, desires and wishes that might have caused us to stay away from our beloved one, we come closer and closer, starting to perceive - first behind the dust of ignorance - small brilliant sprinkles of the Divine Love surrounding us all the time. As we get closer to our source, we perceive more and more precisely the loving truth of God and ourselves as his Divine Children and our efforts supported by our ever increasing enlightenment of our consciousness and awareness of his almighty Love, this Divine Love is acting like an infinite magnetic power the closer we get to God. All we need to do, is just drop more and more of what ever was separating us from him and he, the Divine will carry us back to our Divine Home on his vibration of Divine Love. We may easily fly on our wings of Love - on our way to God. The more we concentrate on God and his Divine Love, the more of his Divine vibration of Love is entering our being. Devotion of life and your daily work

**The picture above shows our spiritual progress and advancement during the course of incarnations.**

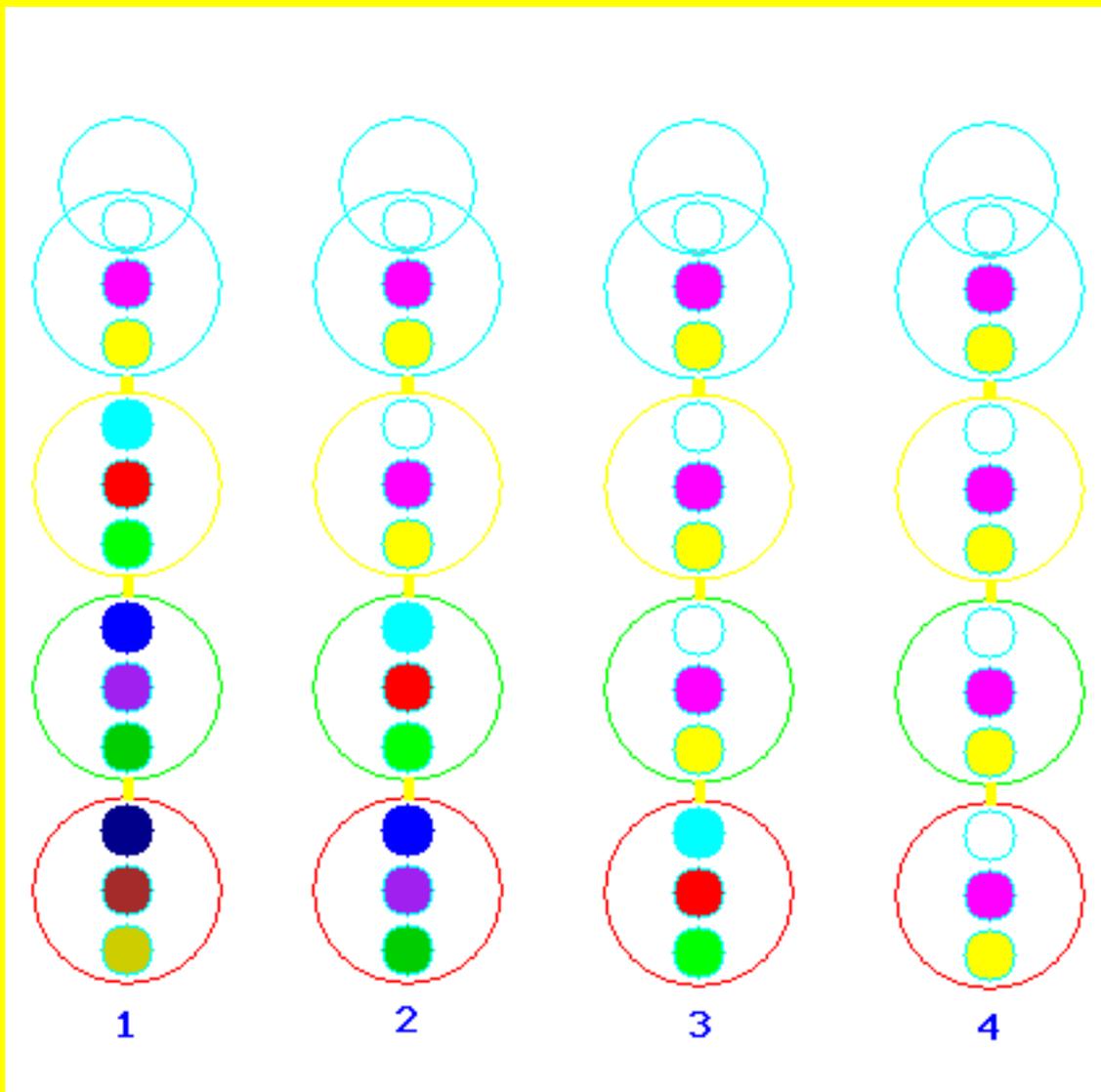


At the beginning we have a physical body plus all the spiritual parts of it as well. That is where we are now on earth. We are mainly involved with more or less selfish action, little thoughts about loving more than just our nearest beloved ones, our family members and children, thinking of profits at the expenses of others. We are getting born at the beginning and are suffering a physical death at the end of each physical incarnation. As this causes a constant level of suffering, separation from the source of love, and constant fighting - mental, emotional and sometimes even physical, we all shall start one day to be fed up with these suffering and start thinking about what caused this. Our soul strives for Love nothing but Love. We may find some books, persons helping us and shall encounter inner guidance that allows us to refine our behavior, our emotions and thoughts to a level where we have ceased to harm others in any physical way, started to love more and more people, even far beyond the boundaries of our physical families, native countries and born in cultures. The prosperity and well being of the entire World is becoming more important to us than our own individual prosperity and well being. We now are getting ready to move on to higher astral spheres and hopefully permanently drop our physical body at the end of a physical incarnation. We have cut off most if not all attachments to persons living on earth, have become free of physical desires. The remainder of our spiritual progress may now continue in spheres of more beauty and Love, making everything much easier for us to work, learn and further progress.

Step 1 shows a human being having still all "bodies", astral, causal, Atman and Paramatman, except the physical body. During the learning process of astral incarnations our behavior gets more refined and loving. The astral dimension of universes have an enormously higher vibration

than the physical plane we find ourselves now on this planet. We continue to learn and our love develops to a level where we create little Karma and the number of conventions in our mind is reducing more and more. We are aware of emotions and thoughts of our surrounding souls, can freely communicate with them using our telepathic capabilities and freely move our light body by the power of our will. Still there may be some limitations left, but life is enormously more comfortable and enjoyable than it ever was in our previous physical body.

If we continue to consciously learn, we certainly shall move on to the causal spheres, as our vibration, our aura is getting of such a beautiful and high vibration that uplifts us one day into the causal dimension of universes. There is very little karma that we still are causing and we now learn to completely prevent any kind of Karma and to refine our Love to an extent where we include ALL beings - human, animal, plant, mineral and other - in our Love. Any convention left in our mind from previous incarnations will be dissolved in the increasing fire of Divine Love that we now develop.



In the above picture we see a graphic showing our first option. This is the one we hopefully select now in the present incarnation. Even though the return to God may last dozens or hundreds of incarnations, we shall clearly realize, that it only depends on us, when this journey shall terminate.

At any time and during any incarnation anywhere in God's Divine Creation we may choose to love and we thus may chose to return. God is grace, love and mercy. Nothing could ever keep us away from our Divine home in God except our own desires and conventions.

It is you, beloved Child of God who decides whether this shall be your last incarnation or how many incarnations will be ahead of you within a physical body. If you decide so and are fully devoted to God and to develop Divine Love NOW, you may surely reach this goal. However beware of the fact that this "project" may be a loving full time job for the remainder of this present incarnation, no matter how many years you "hope" are left. Never consider youth as a guarantee, that you still have plenty of time to "play around" on this planet and that you may start your spiritual development later on, after enjoying your career and whatever you imaging of being able to enjoy so far away from your cosmic Lover. NOW may be your last minute in your physical body. God or your own Karma may call you any time away from where you are now. The highest reward you can ever achieve is God-Union leading to God-Realization. It gives you freedom for eternity - everlasting freedom, a Divine God-Consciousness, awareness of the Divine Creation, a Divine Being for eternity and eternal Divine Bliss flowing trough you.

The picture 1 shows a soul with the Divine core being in God. From top downwards we see the symbols for the different bodies, that came to existence when descending to the physical plane. Each lower body is denser than the previous one, causing the consciousness to be more and more obscured when further descending away from the fine vibration of God-Consciousness resulting soon in a complete ignorance about the souls origin and a total loss of orientation for a while. A while meaning anything from years to decades to millions of years, depending on individual development of attachments, desires and other forms of Karma.

If you **NOW** plan to spiritually progress, then you best start to imagine that the innermost truth of you is Divine and permanently in contact with God. And you invite God to live in all parts of your body, in all aspects of your Divine Being. This will cause the low vibration of the denser bodies being transformed to the higher vibration being hosted now. Just invite God to live in your body. Make your entire body a Divine Temple of God. Devote all your love to God and remember that all surrounding beings in his entire creation finally are expression of the Divine. So you learn to include all parts of the creation in your love. Surrender your ego and all parts thereof to God and the Divine shall replace it by his eternal divinity. Until you are a fully realized Divine Child of God.

The pictures 2, 3 and 4 showing this step by step process of descending God into your physical body. Be a host of the Divine and become Divine yourself. It is so easy, all you need to do is just devote your time to God and Divine Love and soon you may become a Divine Being of Love. But learn to love - nothing but love - whatever others are doing, thinking, feeling, saying. Stop arguing, discussing, mentally or physically fighting and start loving in all and any situation. Dissolve all the obstacles of life in the fire of Divine Love and everything vanishes leaving but pure Divinity within your self.

In the beginning of spiritual progress while having a physical body, you start to sense metaphysical energy around yourself, either by seeing, feeling, hearing, smelling or any other form of sensual perception. The energies you perceive may range from aura of beings to the energy of emotions, thoughts, natural energies of objects and the entire creation. This includes perception of beings without physical body, like our ancestors or other "Spirits" who have left us earlier and may still be around us or visiting us from time to time. Also the appearance of your spiritual guide or angels may start at this point to become visible to you. This all usually is the result of the astral senses becoming awakened and working. Be happy to see more and more of the World beyond

the physical plane, it may make life much easier for you if you learn to live with this additional senses awakened. However concentrate on continuous spiritual progress. The journey to God just started here and there are lots of interesting lessons and experiences ahead of you. Life now starts to become more and more filled with joy and Divine Bliss.

Later on you may start to start to understand the cause of happenings. Like the Karma causing illnesses, accidents or fatalities, in fact you may even understand the causes of wars and more complicated happenings on earth and elsewhere. Visualization of spiritual worlds is becoming less important than the true and deep understanding of all the causes. All the vibrations are getting more powerful and its perception is getting more accurate. You now start to understand why people behave the way they do, including why some persons may lie, steal, fight or getting angry, ... and so on. You suddenly understand all the causes and because of this it will become very easy for you to love everyone and anyone, anytime. You realize that love is what all people are starving for. Some may become very tricky to accomplish their task of getting connected to any source of love ;-)).

Your perception of other persons feelings and thoughts is getting close to perfection and assisting you to help them the best possible way. Your Divine Love has developed so much that you learn to make proper use of all your perceptions, to the benefit of the entire creation. You may strive to continuously be in tune with the Divine and even more Love and Bliss will flow through you steadily.

By further refining all of your words, thoughts, emotions and deeds, you will gently move to the next level of awareness. You develop soul-consciousness. This usually is the result of proper preparation and meditation or a holy technique like [Kriya Yoga](#) or [Bhakti Yoga](#) in conjunction with meditation. Kriya Yoga in its advanced stage enables you to completely withdraw all consciousness from your physical body, astral body, causal body and once one with Atman - your soul - you may then proceed the long journey through numerous spheres of consciousness toward God-Union. On this way you may pass spheres of Buddhas and Bodhisattvas, you may encounter or pass through spheres of Angels and great Saints. God is beyond any manifestation, the one without a second. Provided your Love for God is infinite as his, you can reach this most Divine of all experiences within minutes after reaching complete Nirbikalpa Samadhi. You may dive into God and merge with God as if two suns are becoming one.

Nirbikalpa Samadhi, as often referred to in Paramhansa Yoganandaji's "Autobiography of a Yogi" is a condition where your breathing has completely ceased and soon after that your heart stops to beat. During the phase of breathing to cease, the amount of Divine Prana flowing from God through your entire physical body is so tremendous, and sometimes may sound like a waterfall or a very strong humming noise. It is this Divine Life-Force - the breath of God - that is from now on going to keep your physical body alive for the remainder of this Oneness with God that is ahead of you. All the cells of your physical body are going to be fed by Divine Love from God, no matter how many hours or even days this Divine love affair may last. You may have been away from God for many incarnations and this merging with God is going to heal all the wounds and remove any Karma left. Even the capability to cause any new karma may be completely dissolved in this Divine fire of Love by God. Whatever you may ask may be given to you, but you may only be interested in his Divine Love. It is the most valuable of all gifts that you can ever receive during eternity.

Once you have experienced complete Oneness with God. You may never be the same as before. Your love will grow day by day, your love and all your emotions and thoughts will become more and more like the Divine vibration of God, even within your physical body and this condition may

continue even outside any meditation. Your physical body is realizing to be a Divine Temple of God. Now and for eternity. The only wish you may have is to love even more people. To have time for loving day after day - even as a full time job. It is the most valuable work you can do, because loving all with the Divine Power of God living inside you, will uplift more and more people, making it much easier to find their own way to God. Little needs to be said, the Divine Love is doing all that may needed to be done on earth. Love is more powerful than a thousand words.

Your home now is in God and you may truly feel like a visitor where ever your physical or spiritual body may be. During the months and years to come, the cells of your physical body will start to vibrate in harmony with God and his Divine Love.

May eternal Divine Bliss free your self and lift you up to your Divine Lover. May God-Union become the experience of mankind to strive for. One single second of God-Union may provide you with more true Love, Joy and Bliss than millions of fulfilled wishes during billions of years in the creation of manifestations.

We all are Divine children of God

It is our birthright and part of the Divine Plan of God -

To return to our Divine Home

God is our source, the source of all Life and Love and

God is the end of our long journey and the beginning of true, eternal Life.

Sat - Chit - Ananda

OM OM

[Overview all chapters](#) | [Home](#)

# The law of Karma

Learn to live according to spiritual the rules of eternal life and improve the quality of your life. Your mind, emotions, speech and actions are affected by this law.

Mankind sometimes gets struck by their "destiny". Some suffer from illness, accidents, from being beaten half death or death and they most if not all the time claim others of being guilty.

This of course is completely wrong. Mankind - made to the image of God - needs to learn to be fully responsible for all they do. The law of Karma explains why illness, accidents and disasters of any kind may occurs to some persons, and why others may enjoy a happy life, free, healthy and joyful.

Learn to properly apply this law for your personal benefit - it will be at the same time for the benefit of all. By properly applying all spiritual principles of God's Divine creation, your life will become instantly easier - provided you follow ALL rules exactly to the word.

## The law of Karma - how it works

Actually it is very simple and has been known for thousands of years. The law of Karma is known in Christian teachings, as well as in many other cultures. It says:

**Whatever you do to others - will be done to you, in this or any future incarnation of your soul.**

This law is so straightforward and logical, it sometimes is hard to believe, that some persons still think they may somehow get around it. If you knock your head against a wall, it is obvious - it may damage the wall and it may hurt your head. If you knock someone by physically fighting - you may cause harm, pain, injury to the person and the law of Karma requires you to experience the same pain. This is to have you learn to behave in a way that causes but pleasant experiences to others and yourself alike.

Whatever you do, you may attract persons around you, that have a same or similar Karma than you have. If you are of a physically fighting nature, you may attract such persons again and again. Until you start to become aware of your own behavior and start to be fed up with the result of your very own actions. Until you start to strive for a more peaceful environment. The only sure method of finding one is changing your very own behavior.

This law applies for individuals as much as for families, groups, villages, cities, nations, cultures or even entire planets.

## Where does this law apply ?

It applies for all you do toward any being including animals, plants, planets, beings of any nature beyond physical sphere, humans, including what some may consider "criminals" - **remember: All are children of God - made out of his Holy Spirit, made to the image of God.** This law is valid for

- all of your actions
- all of your words
- all of your thoughts
- all of your emotions

**But my thought or emotions are my personal secrets and of no concern to others, you may say**

...

Perfectly wrong. All is energy. All your thoughts and emotions, all your fantasy are energy and are permanently radiating like a radio station. They do permanently affect your environment and its behavior. **Some may radiate thoughts and feelings of Love, thus raising the vibration of their environment and be of a healing nature to others.** **Others may cause a kind of mental or emotional pollution to others,** like a car may be able to do, or the chemical and some other Industries may still do.

**But at least most people are not directly affected or hurt by my thoughts and emotions, you may say ...**

The power of mind or emotions is far above the physical power. It may consciously hurt your physical body when your dad or mom or anyone else is beating you for any reason. Some may think, that a few days after you have forgotten it, thus it may be of no harm and leave no traces. But be assured that even one single stroke you ever get, may leave traces in your emotional or causal body for decades or incarnations. It may take years of conscious healing efforts to heal a person who has ever got any physical punishment for any reason by anyone. There is never any justification for any kind of physical punishment for any reason.

But even worst is any kind of verbal, mental or emotional violence against any person or other being of any nature. The power of metaphysical energy in proportion to physical energy may best be compared to the difference between **1 meter** compared to **1 m<sup>2</sup>** (square meter). Two different dimensions.

The only medicine that could ever heal injuries done by violent words, thoughts and emotions is but Divine Love. The damage that often lasts for thousands of years may be so tremendous, that only God can heal all this wounds by his pure and omnipotent Divine Love.

Metaphysical energy has a power far beyond physical imaginations. Fortunately, God created some safety measures in his creation. Most very physical persons with a strong ego have a rather weak metaphysical radiation. Because violent vibrations are of higher density, thus the flow of such energy is limited. It may be compared to the difference of the flow of honey compared to the flow of water through the same pipeline-system. It is harder to continuously create a flow of thoughts and emotions of low vibrations than such made of Divine Love.

Violent thoughts and emotions may thus be primary of physical nature with a relatively weak metaphysical part of radiation. But nevertheless all is energy and even the most violent thoughts always are radiating across the environment. In the future people may become more and more metaphysical in their perception and all their thoughts and emotions as well. This will for one part cause an awareness of other peoples thoughts and emotions and at the same time may cause their own thoughts and emotions to become more powerful for communications with their environment.

Your thoughts and emotions - no matter how secret you may consider them - do affect all others around you. It affects all around you. It affects the behavior, the action and reaction toward you from your entire environment.

Your thoughts and emotions are part of your aura and may affect those dear to you, like your family and friends, even when you are thousands of kilometers apart of each others. Even family members having "died" a long time ago, may still be affected by such radiation of your aura.

So beware of all your thoughts and emotions as well as all your words and action, because they create a reaction in your environment toward you. Be prepared to receive the kind of energy you radiate from others. Be even prepared to receive physically what you radiated in your fantasy or mind. Because a thought of violence or punishment toward any other person may hurt them even more than any physical violence and may come back as a physical reaction toward you.

Emotional injury that occurred in previous incarnation may be even more difficult to heal while being in a physical body than physical injuries. Medical doctors and healers need first to learn how to perceive and truly heal emotional injuries and blockages in the causal body caused by such past psycho-traumatic experiences in your life. However it is possible to heal any injury by the Divine power of God's Love and Bliss. This can be achieved directly by the person affected - for example by following spiritual traditions such like [Kriya Yoga](#), [Bhakti Yoga](#) or any other suitable spiritual tradition or by asking for Divine assistance through a healer or even **best directly from God**.

## **How do thoughts and emotions affect my health ?**

Thoughts and emotions of Love do cause a healthy physical, astral and causal body. **Love is in harmony with God and always creates or re-establishes Divine health**. The physical body's health is affected by the sum of all Karma ever caused by that soul's many incarnations. For the soul

there is never birth and death, but a continuous learning process. The soul of a small baby learns as much as the soul of a senior citizen suffering from a stroke or Alzheimer disease or the soul of a middle aged scientist .

Babies can have thoughts and emotions and may create their own new Karma as much as adults can. The account of a souls Karma may be compared to the account of a family through the years. At the end of each year you may have a positive or negative balance in your household-account. The new year, seconds after the old one passed away, always starts with the balance of the previous year. So does it work with your Karma across the many incarnations. Learn to immediately stop to cause or create any Karma and start to create peace, Divine Love and harmony within and around you. It is but your very own and personal decision what you think, feel , say and do. [There is but one power to dissolve any Karma - pure Divine Love received by your devotion to God.](#)

Disharmony in your mind and emotions, like anger, jealousy, greed, revenge, continuous lying, verbal or emotional fighting, ... do however affect your physical body so seriously to cause such severe physical or mental illnesses like:

- heart attack
- angina pectoris
- Morbus Alzheimer
- tuberculosis
- tumors and cancer
- rheumatic diseases of various kind
- headache, neuralgia, infections
- cause and promote violent viruses and bacteria of various kinds
- multiple sclerosis
- and many more serious illnesses of today's population across the World

No disease, illness, disaster including natural disaster or accident of any kind can ever occur without any Karma of the persons affected. God is Love and gave us freedom - absolute freedom - without freedom we could never be made to his image. This Divine and absolute freedom is one of the single most important principles of creation. But freedom includes the free choice of all actions in all dimensions of human consciousness, being and existence. Freedom includes the freedom and capability to learn from all action we have ever created.

[Freedom includes the right to receive what we have seeded in our previous incarnations as well as NOW.](#) The **right** - yes. Because it is our choice and freedom to create peace, Bliss and Love to all our surroundings and thus to earn peace, Bliss and Love and nothing but peace, Bliss and Love. Create in your actions, your mind and your emotions what you enjoy to receive in return today, tomorrow and any time thereafter.

**But how can I control my thoughts and my emotions, you may intervene ...**

Well, how do you **switch** your computer, your radio or TV **ON** or **OFF**. You make a decision, then

you accomplish the goal of such decision. It is so simple as this example. One day you may decide to change your thoughts and you may want to change them in a certain way. Do it with positive words by using powerful positive goal to strive for. Then keep this positive goal in mind until you reached it.

By fighting the negative thoughts they may get even more powerful, because to fight them you first must concentrate on them. See the [chapter on Samyama](#).

But by concentrating on your positive goal, your mind, emotions and your physical body will become filled with that new energy until you are one with the goal you are aiming at. By properly and consistently applying this technique you may calm down your mind and emotions, whenever you perceive a turmoil in your mind - concentrate on God and Divine Love. Ask in a deep prayer God to assist you in achieving a state of continuous Love, peace and Bliss within and God will surely answer your prayer by helping you to achieve any spiritual goal you ever aim at. But it is your choice to open for Divine Bliss **or** start again to dwell in your old previous behavioral patterns.

## Be honest toward yourself in all you do

Be really ready to receive in action what you have done or still are doing in your mind, your emotions and your fantasy toward any kind of life, toward any part of the Divine creation.

When you are fully aware and conscious of all your past actions, thoughts and emotions toward others and you may have learned from it and become ready for a change in your life. You may first make a firm decision regarding your future behavioral goal to achieve.

You may then want to learn to conduct a lifestyle in harmony with all [spiritual laws](#).

Ask God to assist you in reaching such goal. And by striving honestly toward this goal you may apply for God's mercy, Love and grace to withhold and dissolve any pending Karma that might still be waiting on you. God's Divine grace and mercy can and will dissolve any Karma even instantly by the power of his Divine Love, but it is YOU who first must realize the importance of developing Divine Love within. Create harmony within, because Love is the truth of your being. Anything else you try to create within, may cause damage to your health. Love always creates Divine health.

You may make a decision to switch OFF your TV within less than a second

- you may then switch OFF your TV within less than one second

You may take less than a second to make a decision of causing Karma or creating Love

- hence it may also take less than a second to stop the creation of any Karma

It may take less than a second  
to start loving everybody and anybody in this World and beyond

[Overview all chapters](#) | [Home](#)

# Spiritual Laws - the basis of life on earth

## ***YAMA* and *NIYAMA***

Excerpts from Patanjali's Yoga Sutras with in-depth comments

Contents: [YAMA](#)

NON-Violence -- [Ahimsa](#)

Truthfulness -- [Satya](#)

Honesty -- [Asteya](#)

Withdrawal from sensual desires and sexuality -- [Brahmacarya](#)

Greed -- [Aparigraha](#)

### [NIYAMA](#)

Purity -- [Saucat](#)

Satisfaction -- [Samtosad](#)

Self-discipline -- [Tapah](#)

Study of Holy scriptures -- [Svadyaya](#)

Devotion to God -- [Isvara-pranidhanat](#)

## Why do we need spiritual laws ?

Mankind has parted from the Divine a long time ago and far away. Having lost the natural capability of knowing by intuition. Knowing by intuition without use of the intellect is a natural capability of our soul. The soul simply knows the difference between love and hate, between selfless and selfish. The soul knows how true Divine Love feels like, because it is the natural capability of any soul to express Divine Love, thus any soul having dissolved the Ego in the fire of Divine Love will automatically be a perfect manifestation of the Divine.

The only true and important spiritual goal of any soul is to love anyone and everyone and realize God-Union. Spiritual laws are but a help for the very beginning toward this goal. They help you to find the beginning of your spiritual path toward your Divine home in God. Once you have found the beginning of your road of Love to God, you fully concentrate on Divine Love toward all creation surrounding you. Divine Love

Mankind has completely lost orientation within God's creation. therefore many thousand years ago, holy scripture like the Bhagavad Gita or Patanjali's Yoga Sutras have been written by wise saints of ancient time.

The standard ancient scripture for the spiritual laws of followers of any spiritual tradition is certainly Patanjali's Yoga Sutras. Particularly the sutras II/29 through II/45 in which YAMA and NIYAMA are explained. These sutras have been known and applied by mankind for many thousand years before they have been written by Patanjali. YAMA AND NIYAMA are a pre-definition of Divine Love, necessary for mankind to understand and learn to practice Divine Love.

**YAMA and NIYAMA are the very basic rules for any spiritual person on his way to God, independent of the spiritual tradition he is following.**

If you got completely lost on your way, you may need some guidelines to get closer to God, to purify your consciousness until your intuition is awakening. That is the purpose of these spiritual laws. They give you the guideline on your way out of spiritual darkness to help God enlighten your consciousness again by his Divine Bliss and Divine consciousness.

You are a Divine Child of God - made to his image. Deep inside your self dwells pure Divine light and consciousness. There is no need to learn to be a saint, you already know it inside your soul. All you may need to learn is, to remove all the behavior and wrong knowledge that buried your Divine soul during the journey of your soul through God's creation. Learn it by intellectually relearn the Divine behavior, that was once a long time ago the natural behavior of your soul.

**Let's have an in-depth look at this 10 points of  
YAMA and NIYAMA**

Please make sure that *you fully understand all this points and also fully integrate all these points in your life, realize all these spiritual laws in every days situation.*

Re-read them again and again. Also read all the previous and following chapters of the text "[on your wings of Love - on your way to God](#)". These rules are the basement of any spiritual life in any spiritual tradition. If you violate any of these rules, your basement may become shaky and your spiritual progress very fragile or absent. Lack of success on your spiritual path may often be associated with the missing compliance to these rules. *Focus for the first several years on Yama and Niyama*, the reward will be worthwhile.

First let's make a few things clear from the very beginning. Any attempt to work-around to avoid , change, modify or adapt any of these rules for whatever reason in any situation may hamper the success of your spiritual efforts. Anything affecting your spiritual progress also may or will one day affect your physical health. Your physical health is a complete reflection of your inner harmony, of the harmony of your soul with God and with your personality. The rules may certainly be considered Divine rules of life. These rules apply for any situation in your life, including of course recreation, sports, family, business, official, government, etc. They apply for all your

thoughts

emotions

actions

Toward anything and any being, human, animal, and other !!

## The spiritual laws:

### YAMA

#### NON-violence -- Ahimsa

The Sanskrit word "[ahimsa](#)" means total lack of any kind of violence. Total peace inside you toward any being in any situation. Complete and positive [NON-VIOLENCE](#), completely free of what your surrounding is or does or what may be threatening you.

## Why?

Your soul wants to return to God. God is love. God is truth. God is peace .... Before you can return to your Divine home and become one with the Divine, you should become equal to God even in every aspect of your present personality within your physical body. That means you again should become a being of Divine light and Divine love. Love in any situation and toward all creation of God. We are here on earth because one day we decided to be different from God, to experience his creation. One day some of us started to fight instead of love, to kill instead of love, and so on. Now it is time to return to our natural divinity and be what God made - Divine beings of light made to his image.

When we are talking about going home to God, I mean back to the Divine. This is completely different from just "loosing your physical body through a regular death" and going to the astral worlds. Our Divine home is in spheres far away from physical density, yet it is right next to you. It is far away by the means of how much effort and changes you may first have to make. At the same time right next to you, because everything around you is made by God and hence is made out of his Holy Spirit. The Divine vibration, in some spiritual traditions called the vibration of "OM", dwells inside every soul. The core of every soul, of every person is Divine. Divinity is the absolute truth of you.

To better understand this, just imagine a radio transceiver. The vibration coming from an FM radio-station enters the antenna and flows through various different electronic circuits. The frequency is converted from the original frequency of approximately 90 MHz through different circuits - like transformers, but nowadays with more sophisticated components - through different levels of intermediate frequencies, the last one being normally around 455 kHz and then to the Audio frequency level. The very high input frequency at the antenna is converted to an audible sound. The Chakras function in a similar way. Like a series of resonant serial circuits converting spiritual energy of vibration coming from God to the level needed by a particular soul and all its manifestations.

The Sahasrara Chakra is the antenna for the entrance of the Divine light inside your physical body. This Divine energy flowing from God to you is then being converted by a very complex Chakra-system down to the level of your present physical body. If all parts of your Body including your physical, Prana, astral, mental, causal and atomic body are in harmony with each other, then a high degree of the energy entering from God can reach your physical body thus resulting in a high degree of manifestation of the pure Divine nature of your soul in your present personality within your physical body. Your behavior is becoming the behavior of a truly God-realized Saint. Else the more spiritual blockages you have in your behavior, the less energy flows through the entire human energy-system. Hence the need for purification of all your different levels of your spiritual and physical body including all of your mind, thoughts, emotions, feelings, speech, writing, deeds, actions and reactions. You need to *bring Divinity into ALL aspects of your personality. Let your Divine soul and God descend into your personality and dissolve and replace all of your disturbing ego. Make the Divinity of your God-made soul to the absolute truth of your personality.*

This purification is first of all achieved by stopping any gross vibration inside your mind, emotions and your physical body. **NON-VIOLENCE** is an important part part on your way to realize your Divine love again.

A perfect realization of ahimsa leads to the benefit, that you will always and for eternity be in absolute safety, whatever is happening around you, whatever others may be doing or saying to you. As long as you can feel emotional pain inside yourself, you may still have the capability of

causing emotional pain to others. Later on we learn about the physiology of thoughts and imagination. Right now just remember the rules that you can only attract whatever you radiate from inside your aura. All your Karma is stored in your causal body and is continuously radiating to attract equal or similar radiation from your surroundings. That means you attract what you are. You attract your mirror-personalities. With a few exceptions of course.

The vibration of love is a much higher vibration (frequency) and much more powerful than the gross vibration of a selfish or hateful ego. So if you radiate a certain amount of energy as love, this love has the Divine power to protect you from any possible violence. Remember the saying "you earn what you seed". Isn't that marvelous. **All you receive is within your own control - within your very own responsibility.** You only are responsible of your very own Karma. Whatever physical, mental or emotional illness you may suffer now, is the result or return of your very own seed in previous times - previous seconds, minutes, days, years, decades, incarnations.... You may have violated some of the very basic rules of life in regard to your behavior toward your very own personality or in regard to others, human, animal or other parts of the Divine creation.

You love and you are being loved. You fight and you are being fought, you cheat and you are being cheated. This is also called the law of **Karma**. There is an absolute justice and you have complete control of what you do, think, feel and hence of what you receive.

Ahimsa in its perfect manifestation leads to a loving attitude and handling of all situation within yourself and toward all your surrounding. Please understand that any violation of this even against your very own physical body or against your very own personality leads to Karma. Love your neighbors as you love your self and love your self as you love your neighbors. Make all mankind, all parts of the Divine creation to your family, because we are ONE family before God. "Foreigners" may exist in the mind of an ego, in the mind of a loving and Divine soul there are only family members of our infinite Divine creation of God.

To make sure you truly understand the full extent of ahimsa, you will find some typical and common examples of violations of this Divine rules of Divine life.

*Many sentences that include "if .... , then..." often contain a high degree of psychic violence toward others, psychic violence is as much painful as physical violence is. Toward employees, children, soldiers, citizens, sentences like the following constitute a clear and absolute violence of ahimsa.*

### **Mothers / fathers / teachers to children:**

*If you are not finished by ... , then you are not allowed to ....*

*if you don't ....., then you will get beaten / you won't be allowed to watch TV / I don't love you anymore or .... any other kind of punishment*

*if you do ..... - and here comes any Accomplishment, action or behavior - then I'll love you / then you are a brave child / .... this implies your Love being dependent of any particular behavior of the other person. This is a very gross psychic terror toward other persons if they need to behave the way your ego likes it, before you can love them. True Divine Love however is free of any condition or behavior of anyone !!!*

*Any kind of physical punishment for any reason always is a violence of ahimsa*

*No cause of any kind can ever justify a punishment*

*Cause, action or "crime" of any kind can never justify an action of war, a sentence of imprisonment, death sentence, fine, confiscation of property or any similar reaction by whomever. Anything happening on earth and elsewhere happens according to the absolute Law of Karma. Such judgments are as wrong or painful as the action leading to such re-action. Any judgment or punishment - including any such re-action for "legal" reasons - are leading to the same or similar Karma as the Action leading to such re-action. Every soul is earning what the soul has been seeding before - as a private, official, government, business or other person. The Law of Karma is always valid and active.*

*Divine Love, Grace and Mercy is the only Divine re-action possible for any spiritual person in any situation. Any and every problem may be dissolved in Divine Love.*

**Police, authorities, governments, military to other nations, people, citizens:**

*If you brake "our law" - i.e. our ego-made, home-made rules - then you will get .... punishment or ...*

*you pay the price / taxes or you get ... punishment or ... we confiscate your property, ...*

*if you govern your country a different way that WE like it, we may conduct a war against your people, ... make an air strike against you, stop commerce with you, stop supplying you with humanitarian aid, money, supply, food, close our border with you, send all citizens of your country living in OUR country out of OUR country, declare ... person "persona non-grata" - a procedure practiced among "diplomats".*

*.....The situations and opportunities where people use peer pressure, psychic terror, mental, verbal or physical terror and violence to make others behave in a certain way is nearly endless. Watch your very own behavior with this in mind and use loving self control to replace such behavior within yourself by pure Divine Love. Accept, protect and establish or re-establish freedom and liberty for all by using the power of Divine Love.*

*Make your heart and soul becoming the only weapons in life you ever use. Make Divine Love the only "ammunition" you ever "shoot" at others, in any and all circumstances. Hate, envy, jealousy, any desire for revenge or punishment, will instantly disappear if you fully keep your concentration and awareness focused on Divine Love. Sometimes it may only take as little as a few seconds or minutes to accomplish this. Do it and you will experience a successful feeling of peace of mind within.*

## **Truthfulness -- Satya**

God is Love and God is truth. This is an absolute truth of God, your soul and anything else Divine in God's creation.

If we look at this as an equation:

*God = Love*

*God = Truth*

Then we can also imply:

*Truth = Love*

Hence there is never any reason to be afraid of speaking the truth. Learn to behave in a manner that allows you to always speak the truth to anybody in any situation. Any loving person will always understand what you said and why you did what you did or said. Any person having difficulties in understanding or accepting the truth will receive an opportunity to spiritually grow and learn to truly love you the way God made you, even if different from the expectations of your surroundings. The more you practice truthfulness, the more often you may experience how powerful the truth is and how easy it was to speak truth. Even further - you may suddenly realize that any fear of speaking the truth was obsolete, that by speaking from the depth of your soul truth, more and more people will fully understand the truth and love you for speaking the truth more than they ever may have been able to love you if you would have lied at them. The truth is in harmony with your soul, your soul is in harmony with God and with the soul of your "opponent", thus whenever you are truthful you are in harmony with God and your surrounding persons.

Pray to God and ask him to help you to

*always speak, write and think truthful to all persons in any situation, including all children, government officials, "enemies" and of course and any other person or being.*

Learn to be yourself, to be the way you feel YOU want to be. This is part of being true to yourself. Denial of personal or spiritual needs within may be a sort of violence against your self as well as lack of truthfulness against your self, your soul. Accept the needs of your soul as being justified and necessary to spiritually awaken, grow and to become an adult Child of God - made to the image of God. Learn to be truthful in your feelings, never say to a partner "I love you" if you feel anything else but true love for him, or if you just expect a favor from him, by saying so. Learn to truly love your family and your partner the way they are. If however for any reason you cannot do so, be truthful and part in peace and friendship. Every soul has a natural need and Divine right to receive, send and experience true Divine Love among all of your surrounding persons.

Practice truthfulness to all children as well, in any age and any situation. Whenever a child is old enough to ask a particular question, the child also is mature enough to hear and understand the true and full answer from you. Give and explain the answer in clear and precise words the child can understand, you may want to give the answer in 2 or more different ways including some examples to make sure the child has fully understood your answer. Reassure that the answer has been fully understood and is fully satisfactory for the questioning child. Give an answer to the full extent of the original question asked. Nothing may be more painful for a beloved child than the feeling of having received a lie or a partial answer from beloved parents, friends or other persons and that the main point has been withheld.

The relationship between mankind may at certain times appear very fragile. Full trust and faith in God as well as in all the persons you live with and encounter during the course of your many

incarnations and the present life is one of the many Key-basements of human relationships to build a true and powerful loving friendship on.

*Truthfulness includes that all of your words your ever say, think or write are true or will come true.*

Here some examples where this rule of truthfulness is often violated:

*Exaggerating in your words when talking about sizes, numbers, your deeds, your accomplishments.*

*Promising something to someone - for example your children - just to keep them happy and quiet for the moment.*

*Make appointments for an exact time and then be late.*

*Promise only to anyone if you can truly fulfill all your promises and if you sincerely want to do so.*

*If you are unsure about something stop talking to others about. Clarify it first. Find out the absolute truth before you spread it among others.*

*Stop saying "I don't know" - just because you are afraid of speaking the truth or the truth may appear inappropriate to you.*

*The truth is always right in any situation, stick to it or remain quiet.*

*Always speak the truth, even if it may appear to cost your "life" - remember:*

*what may be more painful, to die for a second and join God in peace and Love or to lie for a second and be afraid of being caught for lying for the remainder of the present incarnation or even cause another incarnation just to learn to become truthful ??*

*God is Love - God is truth. So whenever you are truthful you are in harmony with God, open for all of his Bliss and Love waiting for you.*

*God will always love you, even when you lie, but you yourself may close yourself for the Divine Bliss from God by lying, because lying causes disharmony within yourself, reducing the flow of Divine energy within.*

*Truth create peace and harmony within - a lye causes emotional turmoil and disturbances within. To succeed on your spiritual path you need peace to realize your Divine potential of Love.*

People will start to love you for speaking the truth at all times, even if at some time truth may appear to be painful for their ego. Truth is a healing and Divine vibration however for all souls.

**Honesty -- Asteya**

Honesty and truthfulness are closely related to each other. If you may encounter some present difficulties with one of them, you probably may also find some disharmony with the other one.

Lack of truthfulness and lack of honesty is widespread all over this planet in all levels of society, from children to governments and even lawyers or judges. What is the cause for this disharmony ?? Most often, the cause is fear. Fear of losing the friendship and / or love from the other person or fear of punishment.

Past experiences of having been rejected, having lost a friend or partner or having been painfully punished, makes people sometimes to become more and more dishonest and lying. Learn to accept all others the way they are and allow all of them to learn, give them a chance to revise their behavior day after day without any pressure from any outside person or institution. Allow them to revise all of their behavioral patterns within themselves and between God and themselves. One who may have rejected you for speaking the truth or being honest, may have learned from his lesson and now is ready to accept straight forward honesty in all situations. Just be a loving, honest and truthful living lesson for others, but always remember to [do whatever you do with Divine Love](#), and leave all the rest.

[The reason of anything you do shall be Divine Love - nothing but Love - in all and any situations of life.](#)

Here you will receive a few examples of honesty in various situations of daily life and you will surely understand honesty and start to apply and practicing it [in all YOUR situations](#) of life.

*A honest businessmen will always give all full and true details about the true nature of his products, material and services to his customers. If he knows the products or services is a "special deal" because it may have some minor hidden defects or it may be outdated, he will of course tell this to his customers without being asked for. A customer always has the right to assume the highest possible quality of any products or services he is purchasing in any deal.*

*A customer has a true right to expect top quality even if the price is low.*

*If for any reason you have some low quality material, services or some defects that you know of, then you clearly point this out to your customer. Make sure he exactly knows what effect this defects in workmanship or material may have on his planned use of this product or service. Leave the decision up to the customer, whether he may accept this product or whether he may prefer a different one even from a different business. A honest businessman may even ask his customer for a honest offer for this product instead of fixing the price himself.*

*If you miscount a product in your favor and realize it later on, you will of course correct this as soon as possible. You may even contact your customer to inform him. He trusts your honesty and may never count or measure the quantity he ever receives from you.*

*If you are a customer and got more products than you paid for by your or the businessmen' s mistake, the same applies to you as customer. Point the difference out to your dealer supplying you. Pay the difference at the earliest opportunity possible. Remember that some of the missing material may have to be paid by employees. A customer has the Divine right to trust his suppliers and all businessmen have an equal Divine right to trust their customers.*

*Honesty also means that as an employee you use your employers resources only as far as he personally pointed it out to you. Some employees are getting used to make telephone calls from their business places because it may be cheaper or more convenient. Ask your employer about his policy in this regard. Never assume his agreement just because it is common standard among employees. The same may apply for many other products or services from your employer, like stamps, photocopies, fax, e-mail, Internet surfing, .... always remember that any company going broke may go broke due to the sum of numerous small amounts missing that finally may sum up to thousands or millions after many years. This difference may often be the only cause for a company going broke, resulting in dozens, hundred or more family loosing their daily source of income.*

*Government officials at any level shall become aware who's money they are spending. How did you get this money. Has this money ever been given to you, the governments or did you just tell people to give a certain amount to you, else .... make sure you are fully conscious of the personal source of all the money you are spending. Spend this money in a spiritual way - one day someone else may spend YOUR money the same way you do spend the money now. Any honest government employee is SERVING his people. Whenever he spends official tax money, he may first think of all the labor working hard for this money before the government confiscates this taxes. Taxpayers seldom have any chance to decide on the amount they are paying. The money is simply taken from them.*

*Government officials and employees shall never earn more money than the poorest among their tax payers. They shall select this government job because of their Love for their people, because they want to SERVE their people. Act day after day in every situation with responsibility and the awareness of whom you are serving. Any person in any situation is always fully responsible for any action and any Karma caused.*

*Be prepared to take full personal responsibility for any thought, emotion, word and ACTION you have ever had, be it on behalf of an employer, government, Organization, family or anyone else. Never forward the responsibility of your action, words, thoughts or emotions to anyone else but yourself. The single only other authority you may clear any responsibility for anything past, present or future is God. You and only you are fully responsible for anything you ever do or have done or will do. Even a policemen or soldier killing in the name of "law" is finally causing personal Karma, as much of course as the persons behind are causing by creating such laws to allow killing or any other form of violence.*

*The same of course may apply for all employees and officials of any international or national Organization. Accept such a job with the only desire to serve an part of God's creation. Devote this work you do entirely to God. He may reward you in heaven, once you have accomplished your task on earth. Beware of the truth that any money of any organization originally comes from working labor, from citizens of many countries around the World, including some very poor nations.*

*Any employee shall become aware of the fact, that the future of thousands of families may depend on his honesty and behavior. The welfare of suppliers, employees and customers may be affected by honesty or dishonesty of a single person. Remember that all you are ever causing to others may one day return to yourself. In this or in any future incarnation. It may come back when you least expect it, when you are already down because of all the Karma that has reached you again from past times. This sometimes happens to wake you up and make you aware of your behavior, to give you a chance to change and re-orient yourself toward a spiritual behavior for the benefit of all and the entire creation - far beyond the physical creation that you may realize around you here on earth and when looking at a clear sky in night time.*

*Honesty toward your self includes that you only accept jobs that you can fully agree from within the deepest of your heart and soul. It also includes that you can accept and realize the true nature of your soul as being a creation of God. The truth of your being is Divine Love and light. You are a Divine Child of God made to his image. Honesty toward your self is a very important aspect too often forgotten in many situations of life. Too many persons nowadays "sell their soul and body" just for the simple cause of money. They do anything they are asked to do, just to increase their profits or to make any money at all.*

*A honest person always can look deep into any other persons eyes, and look at himself in a mirror as well for many minutes and longer .... continuously radiating a feeling of Love nothing but Divine Love.*

*When did you look into any other "strangers" eyes with a smile in your face and nothing but Love in your heart.*

*A honest person always can accept any other person reading his mind and his emotions, reading all of his "most secret" Records of life and business, because a honest person may never have anything to hide.*

*A honest person - even if yet imperfect for any reason - always asks God to assist him in improving to become even more truthful, more honest in any daily situation, whether it be in business, official, government, sports, recreation, family, or any other situation ...*

*A honest person of any situation or position always can easily accept the full and **true publication of all his Records, thoughts and emotions in any newspaper, radio, TV, WWW or by any other means.***

*If there is anything you ever want or wanted to hide from any other person, clear it with God. God is the only "authority" the source of Divine Love, grace and mercy who always can dissolve anything you have done with the power of his Love for you and all his children. Change your behavior until there is nothing left that you ever want to hide anymore.*

*Live all your feelings and thoughts in your daily life and create a full harmony between all your inside and your outside. However if you get the idea or feeling that you may never live in your daily action according to your thoughts and emotions, then you may reconsider all of your thoughts and emotions, change and purify them until all of them are a manifestation of Divine Love, until you can live them publicly !!!*

*Your mind's thoughts and your emotions are public, because anyone seeing or feeling an Aura can be aware of all of your thoughts and emotions, in fact most or almost all people surrounding you are affected in their behavior by your thoughts and emotions. Their actions often are a re-action to your thoughts and emotions.*

*An equation about honesty may read as follows. Strive to understand it and realize it in all your being.*

*Honesty = all your thoughts = all your emotions = all of your physical actions and words = true nature of God = Love*

**From this equation you may imply:**

Honesty = Love

all your thoughts = Love

all your emotions = Love

all of your physical actions and words = Love

all of your physical actions and words = the true nature of God

A honest person lives his mind and minds his life

A honest person always has God in his mind

- whatever he does, feels or thinks

## **With-drawl from sensual desires and sexuality -- *Brahmacarya***

This chapter will elaborate about our many addictions we suffer from on earth. Learn to understand the true nature of addiction and free yourself to go ahead on your spiritual path and finally reach your Divine Home in God.

Lets first start with the single most important clarification that mankind may need:

*We all are Divine Children made to the image of God. Women are made by God and men are made by God. God made the principle of female and male. God made the principle of sexuality. God is Love, nothing but Divine Love. So whatever he did he made of Love out of his Divine and loving Holy Spirit and everything he made, makes a very deep and loving sense in his entire creation. Everything God has ever created or will ever create was, is and will be for the purpose to have us learn to love in harmony with our God-created Divinity and thus grow up as his Divine Children to become true adult images of God.*

*Sexuality is God-made and it is the "playground" for males and females to learn the very basic steps of loving each other in more and more spiritual way. A soul is neither male nor female in the sexual sense. But any soul has "male" and "female" aspects in its vibration. Most souls incarnating on earth do so with male and female bodies. therefore it is important to learn the lesson that is pertaining to the gender of your present physical body. For a male to be "housekeeper at home playing mother" or a female becoming mechanic or carpenter makes little sense, as the person and the soul may be missing the spiritual lesson of the present incarnation and giving eventually reason for another incarnation before freeing the soul and returning to God. It may be very helpful to truly understand the lessons we may learn from having a harmonious sexual life while remaining free of any sexual addiction and remaining free to continue from physical love to metaphysical*

*love. The misunderstanding of sexuality being a "sin" or being "dirty" has caused hundreds of millions of people - particularly in the Christian culture - to feel "dirty" or as "sinners".*

However there is no and never was any such thing like "sin". Everything in God's creation serves the purpose of experiencing a large spectrum of his Divine creation before growing up and being Saints.

*God made the Chakras of females and males turning each one in the opposite direction from the partner's one. This causes a harmony whenever we are facing each other, harmony can cause an attraction toward becoming one with each other. If both partners agree, one of them may develop a sexual feeling causing his Chakra to increase its vibration - thus "turning faster" and this creates what is known as being "turned on". Because this increase in vibration reflects on the partner and causes him to be "turned on", i.e. react accordingly to his partners sexual desires. This God-prepared harmony may also cause partner to read the other partners mind and be aware of all his emotions. Knowing what he / she wants or feels without talking is the result of this harmony in many partnerships.*

*Mankind without a physical body truly becomes one with each other when having sex in astral or higher spheres. Becoming one with God is but another highly evolved manifestation of pure and Divine Love. When having physical sex with a loving partner, it may create a high potential of love and joy. When doing the same in your astral body, there is even more love and joy that is created and exchanged between the two loving light-bodies. The higher the sphere where bodies are becoming one - the more love and joy may be experienced.*

The utmost experience is God-union. There is so much Divine Joy, Divine Love and Divine Bliss flowing through you, that you will instantly be healed of any illness and all Karma you ever may have had.

So why shall we withdraw from any kind of sensual enjoyment and desires, from any addiction ?? The reason is partially explained above. First of all, many of the repeated pleasures we experience are but a substitute for the real pleasure our soul knows of. **Our soul knows and remembers the experience of God-union.** Divine Love above and beyond any imaginable limits. Because mankind on earth has lost its orientation toward the Divine, mankind strives to repeat the pleasures they can NOW create and repeat as often as desired. However by doing so, they create a form of attachment. Attachment to their physical body and hence their physical senses.

The reason why - without any given reasonable explanation - many spiritual tradition simply recommend to stop any sexual activity, is because of the present power that the ego had and still has on this planet, there is a tendency to abuse the power of sexuality for the purpose of conducting a personal war against the other gender or against the partner. Like turning someone on and then let him/her wait for any period of time while using his opening to get personal favors done, wishes fulfilled or just enjoy the feeling of the own power one may have over others. This of course is an abuse of power and eventually may come back as Karma to the originating soul in this or any later incarnation. Such situations are encountered daily by the million on this planet - causing lots of emotional, mental or physical turmoil. And for this very reason it was considered more wise or at least for the time being easier, to just recommend full abstinence from any sexual life. However you may look from different points of view at it. Preventing a lesson NOW **by escaping** all and any situation that may contain such lessons, does also prevent you from learning the lesson, and thus may withhold it for any later situation, any time in this or any future incarnation or metaphysical situations in higher astral or causal spheres, where you may need to spend some time to learn this very lesson that you could have learned whiled practicing physical sexuality with

the spiritual points of view in mind - learning to love others - while at the same time protecting any time their individual integrity and Divine Freedom of choice. So you may decide to learn this lesson now or later. It needs to be learned, with or without physical body, with or without physical sexuality. Physical sexuality is just one God-made "playground" to learn this very lesson. There are others waiting for those who "escaped" this lesson in a physical body on this planet. God is Love - be happy and enjoy being a Divine Child of God, made to his image - a Divine being of Love and Light.

The goal of your soul is continuous spiritual growth toward God-union until you reach this state of spiritual maturity. Any attachment or repeated activity that awakens your physical senses may prevent or at least slow down your progress toward this spiritual goal. As long as you concentrate on a physical pleasure, you normally are blocked for the experience of the metaphysical experience of the same energies. Anything physical however always has its metaphysical counterpart.

However the physical senses are made by God to awaken our consciousness of the manifold beauty of his creation and awaken our natural curiosity to experience something even more beautiful behind or above the physical plane of existence. All experiences on earth are made to learn loving and becoming an adult Child of God made to his Divine image. Sexuality for example, may help to open ourselves for the partner, realize his desires of being loved and learn to love him as much as learn to being loved by him by allowing him to touch and physically love you. Learning to become physically "one" with your partner and to allow your partner to physically become "one" with you is just a preparatory step of becoming one with God in your soul.

The first and basic steps of love is learning to fully open yourself for all your partners needs and desires, and learn to please your partner with your Divine Love flowing from your soul through your physical body into your partners body and soul. Once you have learned to live and realize this love, you may feel that there must be more than physical love. A deeper experience of love rather than a more often repeated experience of sex is now asked for by your soul. Now it is time to gently withdraw from physical love by improving your metaphysical sensitivity and starting to actually feel with your metaphysical sensual "organs" the love flowing from you to your partner and from your partner to you. This however can only be achieved after both partners have experienced the beginning of metaphysical love to be actually felt by them.

Such an evolution may take a few years but it can be accomplished by any person who wants so. Opening for or getting sensitive for metaphysical energy is usually a question of a few days or a few weeks if someone helps you. It may take up to a few months or a little longer if you are practicing on your own. Remember: [Anytime you can ask God to help you on your spiritual path.](#)

If you withdraw from any sexual activity within a partnership, or if you practice sex while feeling "guilty" because you may mistakenly imagine to break a spiritual rule that is often been set up without proper explanation in many spiritual traditions, you may worsen your spiritual situation by creating a blockage, a feeling of doing something prohibited. You may lose the capability to fully open and enjoy what you are doing, thus you may prevent yourself from starting to experience the beginning of metaphysical love to be felt.

## **Suppression of sexual energy may result in problems like**

**among women:**

*menstruation problems for females, like pain, irregular menstruation*

*tumors or even cancer of sexual organs*

**among men:**

*Prostate problems*

*sciatica nerve problems*

**Men and women may encounter:**

*Hip problems*

*Problems of the lower third of your spine - lower back*

During the course of your spiritual evolution, you may learn to transfer your sexual energy into a higher vibration of spiritual energy. The energy from Svadhithana Chakra may be transformed into energy for Anahata Chakra or even further up. The energy from your physical body may be transformed into energy for your astral body, the energy from your astral body turned into energy for your causal body, and finally into energy for your [soul](#) - also called [Atman](#). Whenever you concentrate on God, any energy, energy of any desire or addiction may even instantly be transformed into spiritual energy, if you ask God to do so.

Allow yourself to be what God made of you. Either a man or a women, and be it with all your heart, soul your body and all your emotions, including all experiences that include being male or female. Study your action, reaction, your emotional and mental behavior and continuously learn from all your self-observations. Study the reactions and actions, the expressions of love and emotions from your partner and strive to behave in a more and more spiritually loving way time after time.

Learn to practice whatever you do fully consciously - mentally and emotionally present. Live and observe **HERE** and **NOW** what you experience **HERE** and **NOW** !! if you do whatever you do consciously aware and fully concentrated on the present action, you may learn much more intensely and much faster, than when you do things mentally or emotionally absent. Until you may realize it's time to go ahead, to apply all your experiences in the next higher, more subtle and more spiritual form of existence.

**Do whatever you want to do, but do it with love and improve your love steadily.**

All this applies of course for all other sensual experiences and pleasures we often strive to repeat again and again. Many people are addicted to several sensual pleasures because they are closed or blocked for any metaphysical experience. Mankind has lost for hundreds or even thousands of years their capability to see, feel and be fully conscious and aware of any metaphysical reality.

Think of the true nature of your various desires. You may have wanted for years a particular toy, a particular vacation, or anything else. How often did you think of the object of your desires before

you finally got it ?? how often did you have "day-dreams" and being mentally or emotionally absent while with your beloved ones because you were thinking of the objects of your desires.

When finally your desires became fulfilled, how long did your true happiness joy deriving from the fulfillment of your wish last. May be you have dreamed of a very particular and new car. When you got it, you may have been proud of it, showing it to many or all your friends. But how long did this joy last. May be a few weeks or months, if at all. Then the new car became a car. Just another car like millions on earth. Just an example ... but replace this car by any other object you may have wished for many months or years.

When you fulfilled your wishes, how many hours did you have to work to afford the object of your wishes, and how many hours do or did you have to work every month just to keep the object of your desires alive and running. May be you got even into debts with your bank or with friends, you may have lost your financial freedom just to make your wishes come true.

Then once you have the object of your wishes, how anxious have you been or still are of losing it, getting it stolen, broken, damaged, .... how many hours did you lose your peace of mind and often peace of family as well, just for the sake of having now this wish fulfilled.

Any wish you have, may one day come true. But the true nature of such wishes may be so powerful to create the need for another incarnation, even several incarnations if needed, just to have all of your wishes come true. God fulfills all the wishes of his children - physical ones as much as spiritual ones. Any happiness and joy coming from any physical wish will surely vanish one day. Just remember you are but a guest on this planet and anyone living here will surely die one day - sooner or later - so all your objects you have collected to fulfill all your desires and wishes may be lost through your sudden death. Learn to make free and wise use of all objects you truly need, but never allow objects to make use of yourself. Be free.

Never expect all your wishes and problems to automatically dissolve and vanish as your physical body dissolves. All your wishes, thoughts, emotions as well as the capability to act, think or feel in a certain way, may survive your physical death, because they are part of your spiritual being, of your causal body. It is something that you need to work on consciously, to dissolve it by the power of wisdom and Divine Love that you may develop during your spiritual progress. The more you progress on your spiritual path, the more you may become able to benefit and accept the grace and mercy from God who is always watching you and waiting for any spiritual desires you may have. God can and will dissolve anything you may ask him by the power of his infinite Divine Love for you.

God may help you to come free of any addiction, whether it be smoking, drugs, alcohol, sex or anything else mankind could ever suffer from. **God is our beloved creator, hence we are his beloved children - keep this in mind on your way to god. All he keeps in mind is Love and how to make his beloved children happy, if we allow him to do so.**

When you read a newspaper or book - read it consciously ! *stop listening to music or eating while reading or you may never know how the music is or how the food tastes or what the story is and may want or need to repeat it again and again to finally know it.*

When you are on vacation in a foreign country enjoy it - this very country you are incarnated in or visiting NOW *Stop starting your plans for next years vacation, or remembering how your last one was*

When you drink coffee - *drink coffee and beware of what you drink and how it tastes .....*

When you hear music - *do it with all of your heart and soul*

When you are having sex with a person while listening to music or smoking a cigarette, having a drink or thinking of any other person, ... *you may never really be open to realize any feelings, Love and or even the words your partner may be whispering. You can make sex a thousand times and never have loved a single second while having sex.*

Do whatever you do with Love

and ...

*do it consciously*

*do it fully concentrated*

*be fully aware of what you are doing*

*be fully aware of how you are doing it*

how does it feel in the depth of your mind, emotions, heart and soul

*When you plan it*

*when you do it*

*after you did it*

then take your time to learn from this experience

*do I want to repeat it, if yes ..*

*do I want to change it, if yes*

*how can I change it, to put more Love into this experience*

*if NO, ..*

*learn from it and return the situation you learned from to God,*

*ask God to dissolve everything in Love and help you to truly learn from it*

**You may verify whether you are an addict or whether you are free**

by dropping any of your regular behaviors for any time.

If you are still peaceful and even minded even after days or weeks of abstinence,

then you are free

else:

you may still be an addict

so make yourself free by realizing the truth and ask for Divine assistance from God.

Become free in your physical body, your emotions and in your mind, as well as free of any Karma.

Be a free child of God.

## **Greed, freedom of attachments, detachment -- *Aparigraha***

Attachment to a variety of objects leads to slavery of your soul. Possible attachments are manifold and the following list may give you an insight of what it means - though you may then better understand of what freedom of any attachments, or detachment may mean.

**A soul may be bound by attachments to**

- your present or any other family
- any particular person, good friends, ...
- parents or children, grandparents, nephews, ...
- enemies - no kidding !!! but animosity between persons may cause them to meet, write, see or think of each other again and again, until all is dissolved in the fire of Divine Love and they became true friends again. So this kind of Karma also means attachment to persons involved.
- your birthplace, native country, culture, religion, nationality
- any particular place you were or still are living in
- souvenirs of any kind, particular souvenirs / memories from particular persons from your past
- objects from your childhood or earlier years
- any material belonging
- financial or material wealth

To understand the importance of freedom of any attachment, including attachments to any person or material belonging and / or objects, there may be several facts and absolute truth to consider and apply in your life.

Mankind is here on this planet as a guest - a guest for a very limited time. Even if one may decide to continue for several incarnations on this very planet, compared to the life-expectation of you as a soul, a being of light made by God to his image - even some several thousand years, that many of us have spent on this planet is little compared to eternity. You are a Divine Soul and are living for eternity - but your true home is in God. Your stay on this planet is but of temporary nature. Just long enough to learn all the spiritual lessons you need to remain eternally in and near God or wherever you want to stay for the remainder of eternity. Once you have learned all the spiritual lessons, you shall be free for the rest of eternity. Free of any Karma - physical or metaphysical.

The reason for being here on earth in a physical body may vary from person to person, from soul to soul. Some reasons may be their continuous fighting with others, other reasons may be their wishes and desires to be fulfilled and come true, but many persons / souls reincarnate because of their attachments to some objects of any kind on earth or in the physical world or due to some activities that only can be done physically, like physical sex and many other activities. People can be attached to some sports like football, soccer. Cricket and others as well causing them to return for a while. Some of you may now state "myself I have no attachment that could ever pull me back on earth again right now" or something similar. Well let's see in a few minutes.

**Just think at some of the following proposals and find out yourself, how attached or how detached - how free - you really are at this moment.**

- Can you move next weekend to another city and permanently leave the present domicile including your job, house or apartment ... ??
- can you stay at home for a 2 weeks without reading newspaper, watching TV, listening radio, without talking to neighbors or friends, just resting, relaxing, talking care of yourself and all your emotions and thoughts without even reading a book or magazine or any other distraction.
- did you move with all your household one or several times in your life to any other village or city and changing your employer at the same time ??
- Can you move next weekend to another country on another continent ??
- Can you leave everything tonight, your family, your job, your neighborhood, your present country ??
- can you leave your present employment and look for another one within the next 4 weeks ??
- if self-employed, can you drop your present business and start any other one at any other place ??
- do you still have objects, memories from your childhood and did you regularly use within the past 3 months, within the past year, the past several years ??
- do you keep any private letters or postcards from previous years ??
- do you have photos or videos from previous years from your past and / or from others including friends, family-members, past partners, past travels ... ??
- do you have any gifts you ever got in previous years from good friends, employers, or previous partners ??
- do you have more money on your account than you could spend within the next 4 to 6 months ??
- do you wear all your shoes and clothes that you presently possess on a regular basis, i.e. at least once every few months or several times a year ??
- can you permanently live in all your property at the same time ??
- do you live in all the rooms your property has every day for several hours ??
- can you personally take care, clean and maintain all your house property or apartment, rented or owned ??
- can you drive all the vehicles you may have at the same time ??

- can you personally handle - i.e. take care of - your land, property, garden and trees by actually and physically doing all the labor yourself - you personally ??
- are you or your family **free** of any theft insurance or any insurance in the case of loss of property of any kind by any cause ??
- can you stay away from home for several days without calling home or having to call your home by phone or otherwise having to contact them ??
- can you travel to other countries or remote areas for a vacation or other reasons of 2 or more weeks without calling, faxing, e-mailing or writing to any family member or friend ??
- Can you let any of your family members or close friends travel to any place in the world for a few weeks or longer, without having them somehow contact you by any means or leaving you their new address ??
- do you love the idea of leaving your physical body any time by the end of this incarnation ??
- did you ever have any peaceful and joyful thought and feeling about going "home" - leaving this planet some day ??
- are you ready to die, to drop your physical body - including anything you plan, possess, own, do, manage, your family, friends, children, parents, ... - today - NOW - within ONE hour from NOW - if God would offer you NOW to take you "home" NOW ??

If you can honestly say **YES** from the depth of your heart and soul to all and any of above question, then you are truly free.

**you may realize now how creative mankind can get to find excuses ;-))**

But if you said to one or more of above questions NO or at least if you could find any excuse for refraining from a clear YES, then you certainly have one or more attachments that might prevent you from going home at the end of this incarnation. Make sure you work on that NOW because any day could be your last day in your physical body. Any day could be your farewell day for the rest of eternity, a farewell without any comeback. Other Divine Children of God are waiting on you beyond the physical plane. They too have a right to enjoy your presence and your Love.

Attachment to anything - physical, emotional, mental, personal, material, financial or what so ever could lead to fear of loosing it. Fear of having to leave it one day. This is caused by lack of knowledge about God, lack of faith and trust in God, caused by a lack of development of your spiritual awareness and spiritual consciousness. Strive for the absolute truth behind everything. Learn to understand the reason and cause of your very existence and incarnation **HERE** and **NOW**. Find out **WHY** you are here NOW. Learn to solve and dissolve any remaining attachments in the fire of wisdom, absolute knowledge about God and it's creation and true life beyond physical existence.

Truth makes free. The more you can dissolve the cloud of illusion within yourself - by attaining true knowledge about your spiritual being and the Divine creation - the easier it will become for you to get instantly free of any attachment. To really and absolutely **become FREE instantly**, in your mind, your emotions and your soul, of course you may also get instantly free of any Karma and or "duty" that you may ever consider might be yours. The Divine Love and Bliss of God can uplift you into your Divine Home any time if YOU are free do to so - **if you WANT to be free to do so**.

But in the meantime to reach this point - may be in a few months, years or decades - what to do with all the present attachments you may have found by answering honestly from the depth of your heart and soul to above questions ?? You may consider following solutions or find any other solution you may find acceptable for yourself. If you said truthfully YES to any above, then realize it every once in a while just to make sure you still can do it.

Dispose of any memories and souvenirs in form of letters, pictures, souvenirs ... from previous years given to you by **any** person. Make a fire - except for all the chemicals and synthetic material souvenirs that may cause pollution when burnt - and offer all these memories and souvenirs to God. Ask God to take care of all those memories.

Give to others, preferably "foreigners" - persons you never have seen or at least you never knew personally - anything that you have not been using during the past 2 or 3 years. Giving it to friends could still feed your attachment, because the object would still be somehow near you. Remember, since you haven't been using the object for an extended period and you didn't have to sell it for money before, you shouldn't really sell it or trade it in. Just give it away for free. You may have the choice of either receiving money or joy and Love whenever you give anything away. The question is **MONEY or LOVE** - one of the two only. The joy and happiness you may create by doing someone a favor or helping, may return if you give it from the depth of your heart and if you can give anything without even expecting "thank you" from the receiver. One day you needed or at least wanted the object and hopefully enjoyed it for a while. So now someone else could still enjoy the same object again for another while before giving it away himself. One particular object - a book for example - could serve many different persons within its own life cycle. Rather than getting older and older until your children may have to dispose of it after you died.

Share with others who are poor or in need what you may have in abundance. There is abundance of everything on earth. Abundance of food, land, property of any kind, forest, construction land, clothing, rooms, apartments, medical help, medicines, music and much more. **Another basic lesson on earth is to learn to possess only as much as you personally and really need NOW.** Because with your excess that you may stock NOW for anytime later, you may be able to NOW and **immediately stop any suffering** of various kind and causes among ALL the poor and needy of this entire planet. Some may think of the years to come, may be the years after retirement - but who ever told you that you may reach such an age and if yes, will you be healthy enough to enjoy all your savings of any kind ?? May be tomorrow is your last day on earth for a while - you have the choice of sharing and giving it away while you can consciously learn from this process - or losing control of ALL your property through your sudden death some day. The latter option may certainly be more painful than the first one.

Greed, attachment to belongings beyond any true and realistic personal need, may cause some severe Karma, and it usually may cause lots of fears as long as you possess your belongings. Just imagine all the billions of \$ that are spent worldwide for theft insurance, insurance against any kind of loss by fire, war, accident, ... just because of the fear of loss all these people have. All this fear of loss is but a proof of extreme attachment to the objects insured. No insurance can ever protect you from the Karma your soul has ever caused in this or any previous incarnation. Any fear is obsolete. Just learn to realize true Divine Love in all your daily activities. Including infinite Divine grace and mercy toward all and any persons in any situations you may ever encounter - and you shall always remain free of any Karma. **Divine Love is the solution to all and any situations.**

Consider the following possibility when sharing your surplus or your abundance you may have. Some or many of those suffering NOW in any of the foreign and very poor countries, are people who may never have shared themselves in previous incarnations. Causing them to experience the other side of life directly and very personally by incarnating in a poor country or a country with the two extremes of poverty and richness being side by side. Some of the poorest ones may have been your beloved ones, your children, fathers, mothers, friends, spouse, or ... in any or several of your previous incarnations. There is little if any difference between NOW and THEN. They still are children of God as much as you are. **They still are the same souls as they have been when you loved them.** When they are living in poverty, they may be even closer to finding their way home to

God, than many of those living in abundance or excess now. Before you find and actually go home to God you definitely will lose all your property in one way or another. Either by distributing it on your own free will and decision or by losing it through the power of death, which may include a painful loss of everything you still may be attached to. Even the sole idea of death getting closer in old age persons may cause in many of them pain many years before they actually die.

Did you ever think about whether YOU possess your property

or

your PROPERTY possess you ??

The most valuable you ever may attain,

is true and eternal freedom in God.

There may be a shorter or longer way to go for some,

but you never find out how short or long your way may be,

unless you actually go and reach the goal

## NIYAMA

### **Purity of body, mind and emotions -- *Saucat,* *Sattvasuddhi***

Our physical body is a Divine temple of God. Therefore we certainly need to clean our Divine temple to accommodate pure Divinity within ourselves and become true children of God, made to his image. God may become our guest, within our physical body as well as within our soul or astral and causal body. To be a Divine host for God is a wonderful job, but God may prefer to enter a cleaned and purified temple. So we have a look at what causes our sacred temple to become dirty and how to purify it.

*let's first have a short look what may cause intoxication of our physical, mental and emotional body. and provide you with some precise help to clean your body, mind and emotion by proper methods.*

1. Through food and drinks. Lack of purity of our food we eat due to artificial fertilizer, herbicides, pesticides, chemicals used to preserve food, artificial vitamins and minerals added to food

Non-vegetarian food of any kind.

Canned food, deep frozen food, food cooked - heated - several times or cooked to long.

Food and drinks containing large amounts of chemicals, like many cakes, Cookies, sweets, soft drinks.

*Get used to eat more and more clean, natural, fresh vegetarian food.*

*Select fruits, vegetables and salads that have been grown in a natural environment and ripened in open air and natural sunlight. Change your eating and drinking habits gently but surely. You will realize natural vegetarian food to taste much better than any other modified food.*

*If cooking vegetables, prefer the Chinese method of quick frying or boiling for a very few minutes only to preserve as much of the natural Prana and vitamins in your food. Eat fresh fruits and salads every day at least once or twice.*

*Limit coffee and black (Ceylon) tea to the minimum possible. Drink a cup or two of different herbal tea every day and preferable drink pure water to meet the need for liquid for your body. Natural clean tap water is still the very best for your health. Protect the water in nature to allow future generations a healthy life.*

*Learn again to grow as much of the vegetables, fruits and salads as possible in your own garden. it's fun and very easy. God let's the plants and trees grow and ripen for you and there is little if any work involved in biological farming compared to cattle farming. Biological vegetarian farming requires very little investment compared to large scale non biological farming and cattle farms. In a natural and healthy mixed culture of biologically grown plants and trees there is no need for fertilizer - use mulching instead - and no need for herbicides or pesticides. It's just a question of learning how to get a naturally balanced soil and naturally balanced mixture of plants and trees on your ground.*

*Learn again to feel the energies, to know the needs of nature and to talk to nature and nature will tell you all about how you can protect and support nature and how nature as part of God's creation may help and heal your body, mind and emotions.*

2. Through our thoughts and speech

Violent or aggressive thoughts about our environment, neighbors, family-members, "enemies", animals, nature, ourselves (!! ) or anything else. Any kind of mental violence or thoughts of anger, greed, and so on may cause severe intoxication of our physical body as well. Repeated thoughts over an extended period of time may cause the entire physical body to crash, like in diseases of Alzheimer, Multiple Sclerosis, ...

*Learn to keep your thoughts calm whenever there is nothing constructive to do for them. To*

achieve peace of mind you need to get in peace with yourself and all others, the entire creation first. Learn to love everybody and pray for assistance from God to achieve this goal successfully.

Whenever you realize that you are developing anything else but loving thoughts within your mind. Direct your attention to God and Love. You may use the word "Love" or the sentence "God is Love" like a Mantram to fill your mind with Love and attain peace of mind within seconds or minutes. The more often you do it, the more successful you are. After several months or a few years you may easily have attained to master our mind.

When ever you are typing a letter using a computer, be aware that any letter of aggression, offense, accusation, defense has a violent potential. Any discussion is a mental war !! On a computer hard disc the energy of a saved letter still is active and may fill again and again your Aura. Keep your Records and your memory space on your computer clean. Have only Records with loving energy on your computer. Occupy your mind only with loving objects, with peaceful letters. Deleting a file on the most common computer systems never deletes the actual information, but only changes a single letter from the file name, to make the file name disappear in the directory of your computer. Everything is energy - even files and games on your computer that you never use but that just happen to be there or be used by someone else using the same equipment.

**Remember:** Never fight any thought - replace the thought by directing your attention toward something Divine and positive. Remain with all your concentration on this Divine object of concentration and your mind will get filled with the energy of the object of concentration - thus your mind will get purified.

### 3. Through our emotions

Just remember your very own fantasies in past years or decades, your fantasies after watching TV for example. Many persons are having aggressive and destructive fantasies, killing or raping others and much more. Similar to the thoughts, these energies are a heavy burden for your Karma and your Aura. How many people are wishing others to hell, or similar wishes. Just in their mind and fantasy. But the emotions involved are destructive for your spiritual development and progress as well as for your physical health. Such thoughts and fantasies also are destructive to any partnership and family life or social life within a community. The stories you read, the movies you watch, ... may turn on your fantasies and occupy your emotional body with destructive energies such as the scenery from the story you were watching or reading.

The stories you read, the movies you watch, ... may turn on your fantasies and occupy your emotional body with destructive energies. When reading beware of the effect the topic of your paper may have on your emotions, when watching a movie be careful and select your movies with the possible side-effects in mind.

Reading a book or watching a movie is similar to eating. It is an intake of energy that needs to be digested mentally and emotionally, then you may learn something out of it and dispose of all the remaining waste-energy. Do what ever you do consciously. Become fully aware of what you are reading and watching and handle it with care.

Ask God to assist you in learning from everything you do. Ask God to purify you from every experience you made as soon as you have learned from it. Keep what you have learned, but purge all the rest, give all the memories of the actual situation needed to learn to God

*and ask him to remove such memories, to dissolve them in the fire of Divine Love. Learn to take full responsibility for all of your life, your past, your present and your future, including all possible Karma resulting from all mental and emotional activities toward your environment. Keep your emotions filled with pure Divine Love. Love is the most powerful healing energy in existence in the entire Divine creation.*

*Select your environment carefully. You are free. Make wise use of this Divine freedom and change your job, your home, your entire life if necessary. Select and prefer an environment that supports your spiritual efforts, that support your efforts of getting along peacefully in all and any situation of life with all mankind and nature. Keep your Aura clean by selecting a job, a work that handles clean natural energies only. As you collect any energy you are working with or nearby in your Aura. Non-smokers in a smoking area may suffer as much as a smoker.*

*Keep the air in your working place and your living area clean. Spend every day at least an hour or two in nature to allow nature to purify your Aura and your physical body. Take a shower at least once a day, if working physically or sweating, repeat it after working. Taking a bath or shower cleans your physical body as well as your metaphysical body.*

*If needed participate in spiritual fasting to speed up the process of cleaning your body, mind and emotions. Do it carefully and under the direct supervision of a knowledgeable person whenever possible. Many very old spiritual traditions know the practice of a 40 day fasten or 6 weeks fasten during the course of spiritual development of disciples. There certainly is a good reason for that.*

## **Satisfaction, mental evenness, peace of mind - Samtosad**

Take full responsibility for your past, present and future, because all of it is the sole result of your very own decisions, or absence of decisions. If you really want to change and improve your life, it is detrimental to fully accept responsibility for yourself.

Of course some parts of your life may have been screwed up. Learn from it. Think about it - why did things go "wrong", what did you do to achieve the results you get ?

Pray to God to become aware of changes needed in your very own attitude, in your behavior and your life in general. Make sure you follow exactly all the spiritual laws as described in Yama and Niyama. If you ever dreamed of a workaround on these points - forget it !! Follow all the rules and accept any pain if you miss the rules.

Be happy with all your present situations, if they appear to be hard on you. Thank God he gave you a possibility to learn and improve. Without intense learning and practicing toward becoming an adult Child of God - there may be no or very little success. Remember, the harder your past or present life may appear to you, the more you can learn from it and the more you may change

immediately to improve your future situation.

All of your present or past surroundings are exactly what your soul needs to grow and find its way back home to God. Accept the challenge and become a winner on the way home. It is fun to spiritually learn and grow more day after day.

If there is anything you presently dislike - change it - **NOW !!** Make use of your Divine freedom in life, take a decision and realize that decision until your situation has changed to your full satisfaction. Remember any time that all you do here and ever have done was your free choice and still is. One day **YOU** decided to part from God, to be different, to quit loving. Any decision you make, may affect your life for years, decades or millenaries, for many incarnations sometimes. Be careful how and what you decide, what decision you omit.

Many persons, maybe millions or more, used to say "I **must** .... " go working, go to the office, go home, pay tax, go to the military, ... and so on. This way of thinking is simply wrong. One day, some time ago you made a decision to do what you still do and may be feel you "**must do**". Change your attitude, drop the situation you have created, dissolve any Karma related to that situation and strive for a new and pleasant situation in your life. Some of you may think "**but this is the only place I can find a job or I can find an apartment**" wrong !! What about the billions of people living in other countries, doing different jobs. If billions of people get a different job than your present one, if billions of people make their living in a different country from yours, then **YOU** as well can change anything you really need to change to be happy and find satisfaction in your life.

Whatever you do, keep in mind that it never was God's intention to create heaven on earth. Your Divine home is in God, far away from the physical plane of this planet. Still close enough so every soul on earth could find its way home any time, if really ALL efforts are invested toward reaching this Divine goal. If you invest as much time in spiritual progress and development as you do in your career, business, pleasure, spare time, watching TV, supporting your bank, working for Industries whose only thing in mind may be making money, making profits on behave of others, then you certainly succeed on your way to God.

Mental restlessness never leads to peace of mind of enlightenment. When your mind is restless, watch your ideas. What is the content of your mind. Where do your ideas travel. Is there anything in life you missed to dissolve in Love. Are there any fears to be dissolved. Studying spiritual literature, spiritual laws and keeping more and more of your concentration and awareness directed toward spiritual goal, toward God, will certainly calm down any restlessness mind. As Divinity fills your mind - peace of mind and evenness will be within your mind.

As soon as you start to strictly follow spiritual goals, learn and practice what you have learned, then your life is filled with Divine Love and Bliss from God. Serving God by helping his lost or needy children will give you more satisfaction than anything else ever could do on earth or elsewhere.

For many cultures on this planet and beyond, making money, industrial development and increasing wealth and physical power over others may be the only and primary goal of life. However one day all of these people will lose all their wealth, their power, their influence over others. They may then for a while become some of the very poorest people in the entire creation, because they have missed for years, decades, incarnations, even for many thousand or more years to collect any spiritual wealth.

Mental evenness and satisfaction in life is gained by supplying others with true satisfaction. Learn

a job that really meets a natural demand of people. Satisfy true needs of others and their true satisfaction they receive from your services or products may return to you to make you happy. [Stop creating a product or service that you like](#), then create an artificial need to sell your products or ideas. Ask people how you can serve them, ask others how or what you can do to make them happy. Their happiness may return onto you to make you happy as well.

Whatever you do to others is returning to you. Never cause any debts or loss of freedom but [create, support, protect or reestablish freedom, peace, love and health in all others](#) and that is exactly what shall return onto you today, tomorrow, in the far future and for eternity.

## Self-discipline - *Tapah*

Self-discipline require you to make use of your willpower and to continuously watch your mind, emotions and actions of any kind.

First you need to be very honest about yourself. Be willing to question all your past actions of any kind - mental, emotional or physical - from this or any previous incarnation. Compare the results of this internal investigation with the spiritual laws and the "[Divine rules of life on the way to God](#)". Find out where you may need to change your behavior in order to comply with all the rules, in order to be in harmony with God. The final state you want to achieve, is to truly realize and live the first and great commandment of Love, the only commandment that ever came from God.

Then compare your general living habits, eating, drinking, health-care, etc. with all the known and correct rules for a healthy lifestyle on your spiritual path. You may find [additional information in the chapter about fasting](#). For a successful and efficient progress on your way to God, a healthy physical body is extremely beneficial. Have a look at your eating and drinking habits and figure out where they differ from the ideal behavior.

When you recognize the points to improve or needed changes in your life or in your being, then make a list of it. Write it down on a piece of paper for your Records and frequent verification and make sure it is safe, because you may need this paper for years. Best is, you get a small college block for all your spiritual Records and notes.

Before you can follow any set of rules in your spiritual life, you certainly may have to fully agree on these rules. Any internal opposition against these rules may hamper your spiritual progress. If at any time, particularly during the first years of your spiritual progress, you may find difficulties in agreeing with some of the rules, then first skip these rules and focus on the realization of those rules from within [Yama and Niyama](#) that you can fully agree on. The more you progress on your spiritual path, the more wisdom you may gain and one day you find out yourself the some or all of the skipped rules are correct. As soon as you can agree on these previously skipped rules, realize them in your life as well.

Whenever you feel any opposition to certain rules, think about these rules in a neutral state of mind. Pray to God to show you the truth. Ask for truth again and again during all your existence.

**Affirm to yourself:**

I am free, I can do whatever I want, even if it hurts me. I take full responsibility for all I ever have done and will do. I can live however I like and want. There is no one forcing me to follow any set of rules.

**But:**

I want to become truly free and join my eternal family in God. I want to learn to live, think and feel like a **Divine Child of God** - made to his image. I want to learn to recognize and realize all the true and absolute laws and rules for a truly spiritual life on earth and anywhere. I want to learn to live in a way to be a source of Divine Love and Bliss for myself and all others in the entire creation. I open my mind, my consciousness and awareness for the absolute truth coming directly from God. **God is truth and God is Love** - hence anything coming from God and leading to God is a healing medicine for my personality, my physical body, my spiritual body and my soul - finally **leading to God-Union and eternal freedom**.

With this affirmations in mind pray again and again for Divine assistance until you have dissolved any resistance against any set of rules to be followed on your way to God. Rules are to be followed as long as you are separated from God in your consciousness. Once you have reached God-Union, your wisdom and capability to love has developed to a state beyond the description of any rules or laws. But until then, there is a definite need to obey these spiritual rules and and spiritual laws for your very personal benefit and for speeding up your spiritual progress and making your very own life, as well as the life of others having to live with you on the same planet, more comfortable and enjoyable.

Start to keep these rules in mind while watching yourself what you actually do - day after day - whenever you catch yourself violating the rules, correct your behavior, your thoughts or your emotions, again and again.

Direct continuously all your efforts, your energy, your mind and attention toward becoming a true Saint, a Divine Child of God made to his image. Do this day after day, for the rest of your existence - even beyond your physical existence on this planet. Life goes on, even beyond this present incarnation. Clean your Divine Temple to welcome God within your soul and your body. What you spiritually learn now, is your true spiritual treasure lasting for eternity. Change your material treasures and belongings into spiritual treasure and spiritual wealth.

## **Study of Holy scriptures -- Svadhyaya**

Reading books never leads to becoming a Saint !! To truly become an image of God you must realize what you read and learn from books. Read some of the Holy scriptures of this World and fully realize what you have read and learned from the books. It makes little if any sense to first read five or ten books without applying what you have read. Read one book at a time thoroughly and then apply in your daily life what you have learned. If then you need additional help or help for important parts of your life is missing so far, then look for another book containing wise help for your life.

Some of the books available are highly inspiring, others contain valuable solutions for different problems in life or spiritual rules and laws to facilitate and speed up your spiritual progress on your way to God. Collecting the information in your brain blocks you from receiving Divine inspiration coming from God. The information must become a realized part of your being, of your life.

Attempting to read any Holy scriptures like the Bhagavad Gita, the Bible or Yoga Sutras from Patanjali merely with your intellect may cause a disaster. You need to learn to read any book with your intuition. Learn to perceive the truth beyond the printed letters in books. What message did the author want to send you. What is written "between lines" of a book, what did the author think, feel and intend when writing the book. All Holy scriptures are written in a way to protect all important information contained from being abused by non-spiritual readers. Learn to develop a sense of awareness to perceive true information from information that has been modified for whatever reason or from information that simply is wrong.

Question all information that you read and ask God to show you the absolute truth in all you read and dissolve everything else. May the truth in the book you read survive and help you on your way to God.

When reading a spiritual book, limit the amount to a chapter per day, then meditate about it to perceive **all** the truthful information contained. Make sure you understand that every book is energy, energy entering your consciousness, to dissolve blockages in your mind or behavior. This energy is capable of healing and freeing you if correct and true. Let this Divine energy pass beyond your intellect to do its intended spiritual task. The results of what you were reading is your true spiritual treasure. Resulting freedom and a growing relationship with God will enable you one day to read directly from God's Divine consciousness, to talk with God, ask him any important questions for your spiritual progress and become fully aware of his Divine answers.

And finally ALWAYS remember that ALL you need for our path of divine love to God is in THIS holy text from the Cyberspace Ashram - as THIS text is given to you by God and includes ABSOLUTELY ALL you ever need. Read, STUDY until you TRULY understand and then **PRACTICE ALL - and will succeed on your path of divine love to GOD the very fastest, most direct AND most loving way possible.**

Kriya Yoga is the most scientific, most powerful and most direct method for your return to your eternal and divine home of love in God

## **Devotion to God -- *Isvara-pranidhanat***

Put all your life, all your being, your soul, your physical body in God's hand. Have complete faith in his Divine Love and let God take care of your earthly belongings. Start to take care of his lost children on earth and God will take care of all your needs. Just open for all the Divine Bliss and Love coming from God - directly from God to you, or indirectly from God through his other Divine children on earth.

**God is Love** - this is the most important truth. Learn to devote all your daily actions - business and private - to God. Learn to make God-Union by the end of the present incarnation your only goal in

life. Work toward reaching this goal and open yourself for all the Divine help God is sending you to really reach this goal. God want certainly all his children to be happy and be with him for eternity. To finally stay in or near God is the only place in the entire universe were you may find everlasting Bliss and Love in excess for eternity. Be aware that the end of this present incarnation may be in a few seconds.

The physical presence on earth is an accident - the result of your previous decisions finally leading away from God more and more. Here on earth and on similar planets or spheres most people are completely lost. The majority of our population has lost the orientation, has lost direct knowledge about God, about their true and eternal origin and about their true and eternal destination. Where are you from and who are you. Ask this question and open for the answer coming from God once you have achieved God-Union.

The only safe and loving way out here is with the assistance of God. Assistance from God is received any time if you learn to fully devote all of your energy to this Divine goal. Learn to bow your ego in front of other children of God, bow yourself when praying to God and forget all titles you ever have achieved. We all are equal children of God, made to his Divine image. God is living inside every being on earth and beyond, learn to devote your love to God by loving all his creation as well and God above all.

This is one of the single most important chapter for the beginning years of your spiritual progress. Make sure you have a hard copy of it for your reference. You may need it for many years, before advancing to fulfill the "Divine rules of life on your way to God" and live the first and great commandment of Love in all and any situations of life, now and forever.

One day however you may realize, the only truly important rule

is the first and great commandment of Love.

These rules however may be very helpful

and necessary to realize the great commandment of Love

in your life and existence.

The first and great commandment of Love

is the only commandment ever coming from God.

God is Love

[Overview all chapters](#) | [Home](#)

# Techniques for Meditation

## Methods for meditation and what to consider when selecting your method

There are two basic methods of meditation practiced:

- With your mind completely empty - concentrating on emptiness
- With your full concentration on a particular object

Before we shall have a more in depth look into meditation and understand the above two different principles applied in meditation, there are a few other questions to be answered:

- What is meditation
- Why do people meditate
- What do people expect from meditation
- What is the purpose of meditation in spiritual traditions
- How can we achieve this goal

## What is meditation ?

An extended and continuous concentration on a single object, with this object being the only thought in your mind, may be a good definition of meditation. If you can practice this for more than 5 minutes with one single object in your mind and ALL your concentration being directed continuously on that particular object, then you may have reached a good beginners level of meditation-practice. How easy or how difficult it can become to accomplish this, depends on the object you concentrate on. If you keep God in your mind it shall become quite easy, as God is Love, peace, harmony, tranquility, health and all the powerful positive aspects you may imagine.

## Why do people meditate?

Daily life may often cause lots of turmoil in your mind and emotions. Stress with your job, your family and political or economical situation of your surroundings of your life may cause lots of anxiety, fears, emotions and thoughts, acting like a storm inside you. Mankind on earth has most often forgotten to live according to [spiritual laws](#) and Divine principles of God's creation. So they

are sometimes creating Karma several times each day almost on a continuous basis.

Another reason for meditation is an advanced spiritual technique. Extended meditation by fully concentrating on an object, until becoming one with the object of meditation leads to the knowledge about the object. This technique is called Samyama. It is a technique that may be used to get an answer about important spiritual questions, or find solutions for important situations of your life. But as a beginner you may practice thousands of hours of meditation before you may become one with the object of meditation. What is slowing down your success ? Your anxieties, your expectations about the answer, your desires, preoccupation, ... your ego.

So **instead of practicing** in the beginning of your spiritual path Samyama, you would get much better results if you start continuously working on your spiritual progress by dissolving all your ego, your wishes, .... in the fire of Divine Love. If once all your personality has been filled with the Divinity of your soul - made to the image of God - then you may need only minutes or seconds to achieve knowledge about an object, since one with God, you may have easy access of all the knowledge you truly need. Intuition is the advanced method of achieving knowledge about important objects in God's creation. You simply look at something and you may instantly know everything that might be important for the moment.

The use of meditation to gain peace within and to concentrate on God, the Divine is the recommended method and use of meditation. Some important spiritual wisdom may however be achieved to help you to understand the true meaning of life on earth in a physical body and to speed up your spiritual progress. You may find a few important and helpful questions to meditate and / or think about [in another chapter](#) or you may ask God to help you understand it before falling asleep in night time. Receiving an answer through meditation is much different than reading it. When receiving an answer by meditation then you are fully aware even within yourself of the full content and meaning of the answer. By reading an answer you may intellectually know it, keep it stored in your physical brain without having it ever understood. For that particular reason many wise man from the past have written questions to meditate about - rather than provided intellectual answers. One such examples may be the Yoga Sutras from Patanjali, or Lao Tse.

## What do people expect from meditation ?

Meditation is then experienced as a relief of all this mental and emotional pressure. People expect it to create some calm within and **if properly done it really does successfully relief you of any stress, emotional and mental.**

## What is the purpose of meditation in spiritual traditions ?

The purpose of meditation in all spiritual traditions is to:

- empty your mind to become ready for pure consciousness
- empty your emotions to become aware of your surrounding's emotions
- relief all your stress and emotional and / or mental pressure
- create peace of mind and harmony within yourself
- replace your emotional or mental turmoil by something positively and actively sacred and Divine

## How can we achieve this goal?

First of all there definitely is a need to immediately stop any action causing such turmoil in your emotions, mind and actions. This is done by conducting a peaceful life in harmony with the Divine. To start this, you need to learn again to listen to his Divine and loving guidance. It is all the disharmony in your thoughts, emotions, words and actions that caused the turmoil. All the Karma you ever created will collect and be with you, until you start to change your style of life. Serious study of all [spiritual laws](#) and practicing and applying them in every days situation of your job, business, family, friends, recreation, politics, and any other situation of your life will be the first step toward creating peace within.

It makes little sense to meditate in order to create peace, as long as you still persist in creating turmoil before and after meditation in your daily life. So be ready to change your life, your inner and outer behavior while at the same time start to practice daily meditation and applying or living the spiritual laws in every days situations.

Some spiritual traditions practice meditation by concentrating on emptiness. This is quite difficult, because there is no emptiness in the entire creation. So these person applying successfully this method often are hanging between two centers of consciousness, i.e. between physical and astral body, being neither in physical nor in astral body. Or between astral and causal body, again being neither in astral nor in causal body. You may somehow compare it to the gear of a car. The "normal" procedure is to move from one center up to the next higher until you are one with God-consciousness. Like shifting in a automobile from 1<sup>st</sup> gear to 2<sup>nd</sup> and 3<sup>rd</sup> up to the highest one when accelerating. Like in a automobile before shifting to the next higher gear, a driver usually accelerates to a certain speed before shifting to the next gear. A similar principle works in meditation. Before you can move from one center of consciousness to the next higher one, you may definitely need to increase the vibration of your present consciousness and all its pertaining parts in your spiritual body and its aura. This point is hard if ever to be accomplished when concentrating on emptiness, besides the fact that there is no emptiness at all, so you may waste some time to look for something in-existing. How can you move from one point to another when there is no orientation, no driving force that keeps you moving in a constant direction with all your spiritual practice.

Others are meditating by using a large variety of Mantrams, or by using the picture of a Guru or deity to concentrate on. Some Mantrams are associated with deities, others with "metaphysical gifts". When you concentrate on Mantrams, deities or Gurus, it may lead to the result of you becoming one with the object of your concentration. Contemplation as a result of extended concentration is leading to Samyama - becoming one with the object of concentration. If this is

what you are practicing, you may realize one day that you have achieved your goal, being in beautiful Worlds and universes - far away from God. That is the reason why in many Holy scriptures there is a warning - [you should never have other deities beside me](#). Striving for unity with any deity may lead to this achievement, but this can and may lead to being far away from the source of all sources for a long time before you may realize how far you are from your intended goal.

Since the only true spiritual goal can be oneness with God, the Infinite, the Source of all sources, it should be your true and honest intention to have only God in mind when meditating. God is the Source of all sources, the Infinite beyond any creation and manifestation, thus God has the highest vibration of all. Everything is made of and by God. But any deity is a manifestation, like a highly evolved soul. God the Infinite source of Divine Love in your mind keeps you accelerating steadily, while replenishing your mind with Divine peace and Love again and again, dissolving in Divine Love anything else in your aura and mind. When you truly understand the [principle of Samyama](#), then you may understand why it is advisable to concentrate on God and nothing else. It is the goal of any true spiritual tradition to achieve God-Realization through God-Union. This can only be reached when aiming at God in your concentration all the time. It is a straight forward evolution on your spiritual path and as God is Love, it also means your spiritual path will become paved with Love. Union with a deity can never be a true spiritual goal. Spiritual in its absolute and traditional sense is always directly God-related thus finally leading to God the absolute beyond any manifestation.

The concentration on God may sometimes appear difficult, because there has been too much time elapsed since your last incarnation where you have been closed or one with God. So therefore you may need the help of a Mantram to concentrate on God during your meditation. [OM](#) is the only Mantram that is directly related to the Infinite beyond any manifestation. The repetition of this Mantram is the only one that should really be ever practiced if you prefer the use of a Mantram. Learn to properly pronounce it. In different languages people pronounce the two letter [OM](#) differently, that is the reason why sometimes it is also written [Aum](#). As this again may be pronounced correctly like the original Sanskrit Mantram in those languages. The original is Sanskrit and there is only one way to pronounce it in Sanskrit - [OM](#) in Sanskrit is a letter of its own.

Besides the use of a Mantram you may use a word that has an attraction to God and is directly related to God [the Absolute](#). One such word is [Love](#). The word [Love](#) in any language can be used to create a relationship to God and cause Divine energy from God to flow to you and through you and to finally uplift you to become one with your source. You may even say the sentence "[God is Love](#)" in any language to initiate your meditation.

God is Love. It is one of his principles to be Love beyond any manifestation. So concentrating on Love can relate you to God and at the same time fill you with this most Divine principle of Divinity - Love - until you are becoming a being of Love. A being of Love is always filled with [wisdom, calmness, peace, harmony, grace and mercy](#), as these are but [manifestations of Love](#).

God beyond manifestation can sometimes be perceived as the [sound of OM](#), a humbling sound sometimes similar to the sound of a propeller engine of an ancient aircraft. This sound however never is heard inside your ears, it vibrates and sounds everywhere. First may be in your entire head - some people may consider it at first to be Tinnitus - a hearing disorder. But when properly listening, you may realize, this sound comes from anywhere and everywhere within. It can be heard like any audible sound, it may be strong and consistent in your daily life, whatever you do. It is a proof of the omnipresence of God [within you](#). Whenever you hear this, be happy and open

yourself to this sound. Imagine it like being an ultrasonic sound "cleaning" your body, mind and soul. It is like if God was saying to you.

"I love you - I miss you - come home and be happy again, just devote yourself to this sound, to me and with the power of my omnipresent and omnipotent Divine Love I shall lift you up into my spheres - into your Divine home in me and near me"

Concentration on this **OM** sound is very powerful for meditation, as it is a direct perception of the Divine. You may use the freeing and healing power of God's **OM** sound by directing it in any part of your body where you may have any physical disorder. The best however is to let it expand on its own. Just welcome God in all parts of your being including in all your physical body, your personality, your Karma, your emotions and your mind. The same applies for the light you may perceive, as described below.

Some people may perceive this vibration of **OM** as brilliant light whenever they close their physical eyes during meditation, or they may perceive it with open eyes in their surroundings. Everything is filled with a brilliant light beyond any physical description. Like powerful light coming from many sources. It never can create any shadows because it is omnipresent. It is another way of direct perception of the Divine within and around you. When the 3<sup>rd</sup> eye - in Sanskrit called **Kutashta** - is opening, this then may one day become a normal perception of you. The 3<sup>rd</sup> eye is used for vision of the astral universes and the astral / mental aura of beings, including manifested beings without a physical body. This light may be seen in the air, in and around any objects and has nothing to do with the aura of any object. It is a manifestation of the omnipresent Holy Spirit flowing through all of us at any time. When you perceive this brilliant light, then just let it fill you throughout your entire body and aura, let it heal and free you. Keep it in your mind, your consciousness and as a focus of your concentration. This again is a very powerful help for meditation **equal** to the sound of **OM**.

In **Kriya Yoga** the **Mantram of OM**, the **sound of OM** and the **light of OM** are used as the preferred methods for meditation and the various techniques of **Kriya Yoga**. It is certainly advisable to use these methods as a standard for any true spiritual meditation.

Whenever you meditate, call for Divine help from God first in a deep and honest prayer. This may be only for seconds or a few minutes. It is your honest devotion to God that is important. Ask God to help you to meditate more successfully, to release you of anything that may keep you away from him. By the power of his almighty mercy, grace and Divine Love, God certainly shall listen to any call of any of his **Divine Children** -

**We all are Divine Children - made to the image of God**

**Remember:**

God loves you and always did so.

It is but you who for a short while forgot to love God and all his creation in all and any situation.

**With Divine Love and Bliss**

[Overview all chapters](#) | [Home](#)

# Fasting on your spiritual path to God

## Why, how and when to fasten

Warning: Improper fasting may jeopardize your health.

Normal fasting over any Period exceeding 3 days should be done

under the supervision and guidance of either a doctor, healer

or your Guru if done so for spiritual reasons.

Proper fasting however can lead to a purification of your physical body and your spiritual body alike, hence it can be safely applied and used for spiritual benefits and to improve your physical health as well if done correctly.

**This chapters gives you an insight to**

- **Fasten in general**
- **Fasten for spiritual reasons**

Fasten is a very old tradition practiced in many cultures, religions and spiritual traditions. What exactly is fasten and why do people fasten?

True fasting means a complete stop of any food intake for a period of time. As food you may consider anything that supplies the body with calories, i.e. with energy. That means that with the exception of pure water just about anything else, food, beverages, milk, soft drinks, juices, any sweetened drinks, like tea or coffee etc. will supply you with some kind of energy.

Fasten does speed up the detoxification and purification of the physical body and the metaphysical body as well. Obviously any food or drink we take does contain physical energy and metaphysical energy as well. Nowadays most food lacks of natural ingredients and natural preparation. Many fruits and vegetables are grown with artificial fertilizers and are often chemically treated during their growth or after collecting them. This may cause an accumulation of toxins inside your body. The accumulation of toxins over an extended period of time may often cause some very severe illness, as rheumatism and similar diseases that usually start among a large percentage of the population after they reached a certain age.

There may be several steps of fasting. Before you start consider any fasting, you certainly may want to have a close look at your eating habits. It makes little sense to fasten, when before and after the period of fasting you still continue with poor eating habits. Proper food from the point of

view of pure, fresh and high content of Prana contained in the food you eat is what you want to learn to eat day after day.

Proper food from this point of view means

- Become a vegetarian - as meat of any kind, beef, sheep, goat, fish, chicken, .... can never create harmony and health, because it was earned through killing and suffering, it was earned by causing pain to others - according to the law of Karma this pain is coming back to you and after an extended period of doing so without learning or changing your habits it then may cause a variety of different pain within your own physical body. This pain is usually only a fraction of what has been caused to others, but still for some it may be more than enough. So please have a look at all your eating habits, whatever you eat should always be grown by preserving and protecting nature and form of life in nature. God is everywhere and within anything - whatever you do to anything, you do to yourself and to God.
- Prefer to eat anything fresh rather than cooked food, i.e. salads and fruits
- Fruits of any kind, i.e. fruits, berries, nuts, natural cereal ... are of highest quality in their vibration
- Select fruits and vegetables that have been grown with natural or no fertilizer at all. Mulching is a modern and very preservative method of taking care of agriculture land
- Select fruits and vegetables that have been grown in natural sunlight and that have completely ripened in the Sun. Avoid products that have been prematurely collected just to make them easier to store over extended periods. Products that are grown under plastic or glass have much less Prana (life-force) than products from open air plantations
- Eat only fresh products
- Pure tap water, if clean is still the healthiest and best drink for your body. Any mineral water or bottled water should only be used where no fresh and good quality tap water from a local source is available
- Water is of highly purifying quality. The minimum for purification of your body should be 1 - 1.5 liter per day on cool days and up to 2 - 3 liters and more on hot days or when working hard
- Water or any other drinks like herbal tea should always be taken a minimum of half an hour before meals and never together or following the 2 - 3 hours after meals. A good habit is to drink 1 to ½ hours before each meal approximately ½ liter of pure water. This will supply the body with all the fluids for a good digestion. Drinking with or immediately after meals disturbs a proper digestion. Water and fluids are of the element of "water". This is used to flush the body from any waste-energy left in the body. High quality food contains high percentage of the element of "fire" and "air" - both are reduced or destroyed in their value by the element of "water". The digestion in your stomach takes approximately 3 to 4 hours for light vegetarian food. This is the best time to wait before taking any drinks after your meals
- Use herbal tea with caution and beware of the fact that herbs are medicine. One or two cups of the right herbal tea may support the purification and best possible function of your body. However avoid repeated intake of one and the same tea over an extended period, unless your healer or doctors approved or prescribed it
- Remember that everything can be medicine and thus can be healing, but it always depends on the right time, the right dose and the proper dilution of that energy for any particular situation

Beginners may start their fasting by skipping a meal each day for one or two days each week. Best would be to skip breakfast, as by the morning your stomach is already empty for many hours

and is used to it. When you may feel hungry at the usual time for breakfast, just think or do anything positive that you may enjoy and that can absorb all your attention for a while and you notice the hunger disappearing for some time. It is like a child that wants your attention and if it doesn't get it, goes playing on its own again. If your hunger sees you paying attention to something else, it may go for a while, then try again and after a few tries just stays away. Remember: Keep your attention on something positive and busy - or meditate deeply. During this time when you skip for example breakfast, you may drink up to 1 liter of water or in hot weather even more. When you practice this successfully you may realize that you may feel even stronger without food than with. The purification of your physical body shows its positive side-effects. The more you get your body purified by proper eating habits and some fasting, the more metaphysical energy starts to flow through you and the better you may start to feel.

By now it may be time to skip even two meals a day, for example breakfast and lunch or lunch and dinner. Whatever is more suitable to your daily plan of physical work and meditation schedule. But of course, if you start to skip one or two meals a day for a few weeks, it is important to have for the remainder of your meals the freshest possible food. Only the best should be good enough and this means fresh salads and fruits. Salads and fruits are ideal whenever you reduce the total volume of food-intake, because they provide the highest amount of pure natural energy including all important vitamins and minerals.

Some people may now start to think of lack of protein or fat or what so ever. But remember that elephants also are vegetarian and have plentiful of muscles and strong bones. ;-))

Hundreds of millions of people in Asian countries and else where are vegetarians and enjoy excellent health.

These above point are preparatory for any fasting. By practicing natural and pure eating habits as described above for a few years, you may then consider your first extended fasting. By extended is meant more than 3 days and less than approximately 3 weeks. Short time fasting of up to 3 days can be done any time when feeling healthy and well. Do it only during periods of normal and moderate physical work and exercise. Whenever you plan very hard work or intense physical exercise you should at the beginning of your experience take normal food quality and quantity.

When you plan your first fasting of approximately 10 to 20 days under the supervision of a medical doctor, healer or your Guru, you may even combine it with fasting walks. This is a very good method of increasing the benefits of fasting. It is practiced with daily easy walks starting at approximately 6 to 10 km and increasing daily up to approximately 30 to 40 km maximum and 15 to 25 km being the minimum by the end of your fasting walk. Drink 3 to 4 liters of pure water and watch your blood sugar level by listening to your body's symptoms. This should only be done under supervision of a knowledgeable person experienced with this special way of fasting. To keep the blood sugar level safe, it is important to walk at moderate to slow speed and make frequent rests. Any kind of motion and moderate exercises during fasten-periods are speeding up the purification process in your physical and metaphysical body. Take care of your body, it is a vehicle given to your soul to learn important spiritual lessons on this planet, so handle your physical body with care and love while continuously aiming at your spiritual goal until you reached it. [The goal of any soul on earth and elsewhere is freedom in God.](#)

After several years of spiritual practice like for example extensive Kriya Yoga leading to your daily Kriya Pranayama being in the range of more than 4 - 6 hours each day for more than 2 to 3 months, you may then start to reduce your food intake daily over a period of approximately 4 to 6 weeks by increasing at the same time your total number of Kriya Pranayama practiced each day.

Notice that this food reduction **and** increase of Kriya Pranayama should be done only if you are a vegetarian for at least 3 to 4 years before attempting it. Best is to practice this under direct guidance of your personal Guru. He may assist you in finding the best individual method for you.

When you have reached a total of approximately 8 hours or more of Kriya Pranayama for more than one week you may reach a point where you may completely stop any food intake except pure water. At this point you may need less water as your body is already purified.

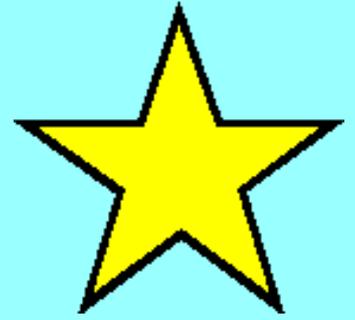
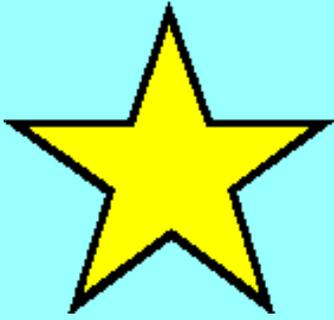
This is the time for an extended spiritual fasting that usually may last 40 days or even longer. It is done under direct supervision of your Guru or under the Divine guidance of God. You may know for sure at this time that your body is fed by the Divine life-force coming from God and you may feel and know all the needs of your physical body. This usually is the time when you may be ready to achieve your first Nirbikalpa Samadhi to experience your complete God-Union. This complete God-Union takes places with your breathing completely ceased and your heart completely stopped. Hence you "die". But you may realize the enormous flow of Prana coming directly from God and keeping your physical body young and alive while you enjoy the Divine Bliss and Love from God.

When you are ready for extended and repeated spiritual fasting, you may notice your energy within your physical body increasing day after day. You may at this point do any hard work or physical exercise and realize that you have more power than ever before. Notice that it certainly is advisable to practice this for the first time only under the direct guidance of your spiritual Guru, whether he may have a physical body or just a spiritual body. Be cautious and listen to the inner guidance received from God, also listen to your physical body's true needs to fulfill all it's function at the highest possible quality.

**May Divine Bliss guide you**

[Overview all chapters](#) | [Home](#)

# Divine rules of life on your way to God



While Yama and Niyama may help you to stop moving away from God by stopping to cause any Karma, there is a need to go much further on your way to God. There is a need to follow some simple and yet highly advanced rules of life on your way back to God. A set of rules for daily life, allowing you to dissolve any Karma, open your heart and soul for the need of all others around you in God's creation, allowing you to actively start developing your Divine potential of Love toward all and any creatures on this planet and beyond.

This will allow you to actively live the first and great commandment,  
the only true Divine law coming directly from God.

These rules will prepare you for a long journey through many spheres, dimensions,  
universes until you are one with God and will be free for eternity.



**Here some Divine rules for your daily life on your  
way to God**

solve any and all situations with the almighty power of Divine Love  
call for Divine assistance from God whenever you need help  
open yourself for all Divine Love and Bliss God is sending you continuously  
serve God by serving his lost and needy children in his creation  
share what you have with all those who have little or nothing  
make other people happy everywhere and you'll be happy anywhere  
love all people everyday and you'll be loved any day  
learn to love and learn to heal like a Divine Child of God  
help others to find their way home to God,  
because we all are one single Divine Family in God  
Learn all the spiritual lessons now that life offers you  
and be ready any day to follow God's invitation to join him  
limit your belongings to what you can carry on your body  
and what you need to do your work serving God  
posses as much property of land as you can personally handle  
own as much housing as you and your family can live in at one time  
never loan money to others,  
if you have more than you need for the next few days or weeks,  
share it with those in need  
share all your material belongings that you have in excess  
of what you actually use and need these days and weeks with those in need  
love every single being on this planet and beyond  
and open yourself for all Divine Bliss and Love coming

from God directly or through his Divine Children and his creation

remember during your last journey:

God is Love

God is grace

God is mercy

God is beyond any manifestation of form or color

God is beyond all Saints, Angels, Buddhas, Bodhisattvas, ...

oneness with God is being one without a second

God's almighty Divine Love will uplift you until you are one with God,

if you keep all your attention focused on God's Divine Love

be free

be Divine

Love is the truth of your Divine Being,

because Love is the truth of God





# Happiness in Job and Business

Where does happiness and satisfaction come from

How to select a fulfilling job, business or career

How can you change your present situation

Learn to turn your present situation into a satisfying and happy one

- the benefit will be yours as well as for all your surrounding friends, customers and family-members

learn to select your job, business or career from a spiritual point of view and in harmony with God

Happiness is important to mankind here on this planet as well as beyond. It is one major goal in life to achieve happiness in all aspects of your life, private, business, recreation. This following chapter will explain you the the laws and Divine principles behind happiness, enjoyment and fulfillment in your n their job, business or career.

What you do to others is what you get back in your life. This law of Karma has been described in depth in previous chapter and is valid for for your job, business or career as well. Understanding this principle thoroughly will enable you to change, adapt or modify any part of your present situation or to look for a new and challenging job, business or career in your future. Some may simply make some minor changes in their personal attitude to achieve this goal. Some others may make some changes in their business policy, in their way of doing business, talking to business partners, employers, employees or customers

you get happiness within in return for the happiness you are creating in the outside. Your happiness and fulfillment in your job, business or career depends on the following factors:

for employers:

- do you make your employees happy
- are you always true and honest toward all employees, customers and suppliers at any time
- are they free in the way of doing their job, to develop their full God-given creativity
- are they free to manage their time on duty
- are they free to take leave whenever they want and / or need
- are they free to take additional time off when they wish so
- are you aware that your employees are doing the actual work that supplies YOU with your income
- are you aware that most employers couldn't live on their own without their employees, because most of them haven't learned to actually produce anything to gain any money on

their own

- could you offer your employees the possibility to become freelance co-workers in a team of equal specialists

for employees:

- do make your employer happy
- can your employer fully depend on you
- are you aware of the fact, that your employer is supplying the investment to create a job for you and thus to create the opportunity for your income
- are you always true and honest toward your employers, customers and suppliers at any time
- would you open your own business if you had an opportunity
- are you willing to be fully responsible for all your your services and products you provide

some general points to consider for all

- do you make your business partners, customers, suppliers happy
- is happiness and satisfaction of your customers the only goal of your activity, of the company you are working for
- does your product or service meet a natural and true need of mankind
- does the product or service you provide make your customers free, healthy and safe
- does the product or service you provide make your customers more free to accomplish his spiritual I purpose of life and support achieving this goal
- are all customers free to select or void your products or services

if you say NO or your answer is questionable to any of above points, then you may have to consider some of the following suggestions and apply them in your situation.

First some common mistakes made and recommendations on how to improve the situation. Be truthful and honest toward yourself and find out whether some some of them apply to you.

- Do you use your job or business just to gain money ? *Any job can be fun and supply you with happiness. Change your job. Find out what kind of work you really like. Each individual has a highly creative potential given by God. We all are children of God made to his image. Find out what potential you have got and employ it for the benefit and welfare of all. Forget money in your life. Look at all the rich people in history, most of them were lonesome and died of some serious illness. This should show you that they did something wrong. Learn from it and improve it in your own life. Your job of any kind should leave you plenty of opportunities for social interaction with your customers and any other person around you. From the absolute, spiritual point of view there can be no separation between private life and business life. It is all one. You are spiritually learning while working. Realize your lessons and apply all you can learn day after day.*
- Do you first think of the benefits for yourself or your own business before thinking of the well-being of others ? *Then all others will also first think of their own benefits and well-being and*

no one will take care of you. Start to think of the well being of all others and all others will start to think of your well being after a while. They all behave like your mirror !! if you think "*don't care about him as long as I am doing fine*" then he will think exactly the same way. How terrible this idea can get - but how loving it could sound and be if you think "*I want them all to be happy and enjoy life day after day*".

- **Is making profits important to you ?** Making profits all the time is increasing the prices but never making anyone happy. Making profit means you want to get more than you gave. This is pure egoism. Be happy with a honest and equal share from the income. Others have a God given right to live well as much as you.
- **Is career more important to you than serving or helping customers and mankind ?** Remember: if you spend all your time thinking of your career and making money. One day you may be an old woman or man and no one may have time for your personal and human needs, because you never had time for others when they needed you. Why should anyone help or serve you if you never served and helped others? Look at how lonesome rich people can be. Some of them need to buy company to go out for diner or go on vacation, because no one loves them. They never took time to truly love anyone and to help all the many needy children of God. Learn to keep the well-being of your customers, of all mankind in your mind and make it a major goal in your life to increase their happiness and well-being throughout your life.
- **Do you or your employer force some of your customers to purchase products or services or are they forced by law to do so ?** Most services and products coming from governments, government agencies or similar organizations are usually purchased against the free will of the customers. People have to pay taxes for a number of government implied occasions during their life, have to purchase and supply certain forms, have to register at certain offices, have to purchase ID-cards, passports, etc. most of these services and products would never be purchased without a particular law forcing people to do so. Thus all those working in such positions have never created any happiness, hence can never obtain any true happiness from their work. Someone working for police, army or custom, limiting the freedom of trade, the freedom of travel, killing people, menacing an entire country or giving fines to others does create little if any happiness in his job, hence he can earn little if any happiness from his job.
- **Is Money is important to you ?** Have you ever seen anyone actually eating money or purchasing a pound of Love or a liter of happiness with money. Love and happiness are treasures beyond the limits of money. All treasures, money and gold on earth are nothing compared to a single minute of true happiness or a moment of God-Union.

Start supplying others with Love, happiness and true joy of life

and you may earn manifold what you have supplied to them

Some related topics:

[Love and honesty in business](#) | [spiritual laws Yama and Niyama](#)

[Overview all chapters](#) | [Home](#)

# Magic words and thoughts

All your thoughts and words,

spoken or written come true

all the pictures of your imagination

have the power of realization

Proper use of this truth may make your life more peaceful and love filled, may make you life and your relationship to others more harmonious and life easier for all.

All words, thought, spoken or written come true, all your imaginations whatsoever have the power to realize themselves. With our words, thoughts and our imagination we have a great impact on our environment. We can influence others to behave in a certain way for our personal - egoistic - benefit or we can learn and practice to help others to become healthy, free and enjoy life. We can help others to realize their Divine potential or to weaken them. Whatever you do, however you decide consciously or subconsciously to use the power of your words, thoughts or imaginations, always keep in mind the law of karma "whatever you do to others is coming back to you".

This is an absolute truth with utmost importance to realize in your life. Whatever you think in regard to others or your self has the potential to come true, the potential of fulfillment. In all different situations of life there are manifold opportunities to properly use the power of magic of words and thoughts or your visual imagination. Learn to make use for the mutual benefit of all.

Here a few situations where you may benefit from taking care about your thoughts. If you become aware of this principle you may realize all further situations and start to learn to properly control your mind.

Whatever you fear, may be attracted by yourself, because you only can fear anything that is in your mind or emotions. By creating that mental picture you are creating an attracting magnetism with the power to fulfill your thoughts or fears. If you truly strive for the best of all mankind and all creation and have true faith in the Divine power of God and his almighty Love, there can only be Love and joy in your future for eternity. Always remember: Mankind is light, because mankind is a soul. A soul made by God, made out of his Divine Holy Spirit, thus you are light as well.

A soul as a being of Divine light is conscious and aware, more than any physical being ever can be. A soul always is a being of light in the custody of the Divine, so you are always in safety, whatever you do, where ever you are. You have a physical body and an astral body like many people have a car or a TV. But you and your car are two different things. Your personality including your present physical body and your soul are different things in the ocean of absolute light. Your present personality with the physical body temporary attached to it is like the sun ray shining through the cloudy sky. Nobody can grab hold of a sun ray. It appears and disappears as it is only a manifestation of the sun. Your present personality and physical body are but a ray of your Divine

soul a manifestation of the Divine. Even if anyone would kill you, it would be like the killing of a sun ray.

Another situation where you need to become aware of the quality of your thoughts is the communication with people around you as well as with animals and any other being around you.

Always use positive formulations of phrases and words. Avoid any negations in your phrases. The negation never reaches the receivers spirit, only the words that you negated. Understand fully what this means and you may understand the result of negated words spoken or thought.

Negations are for examples any prohibitions of any kind. They automatically result in the opposite of the intention. Mankind is free, made by God to the image of God, thus every single person in God's Divine creation is free. Any prohibition, no matter what area applied has the power to achieve the opposite of the conscious intention. The word, the field of activity that has been negated by the prohibition, becomes attractive. Why ?

You may do the following to fully understand how any negation in any situation acts on the consciousness of souls and you may understand the rule applying and be able to apply it successfully in your own life toward all beings around you.

Write down the negation phrases, then remove any negating word such as "not", "never", ... in the phrases you just wrote and then read it again. What you read now is what you actually communicate by using negations in your phrases. It is the same result whether you think, speak or write these sentences.

But how to obtain a certain result if negations should be voided in your language ? Just use positive formulations in all situations, then negations of any kind become obsolete. Remember the [principle of samyama](#) explained in a earlier chapter. It is just a question of restructuring your language, a question of training, but the result may well be worth any efforts, even if this may take a few years. Anyone can achieve this goal of using positive language in any and all situations. The best way to teach or educate mankind is go ahead and show them how to behave. However this may appear a tough task. That is why most politicians and even most spiritual or religious leader fail in their mission. Because they behave differently from their own teachings. So their teachings, their rules, laws they set up are empty of any power of conviction. Before you set up any rules applying for others, make sure you are applying all other rules in your own life at 100.00 % in all and any situation, then you may start to think about how useful and beneficial rules are and decide whether to set up any more rules for others or to leave them all freedom that God ever gave us all.

How can medical doctors prevent patients from drinking, smoking, drugs, eating junk-food, ... if they do exactly the same at home, outside the range of their patients. To be effective, you need to live what you teach - anytime anywhere !! In any situation, any time and toward all beings. For example, how can a government reasonably expect their citizens to refrain from killing for whatever reason, if at the same time the government uses death penalty to kill people, or the police takes the right to kill if they think it may fit their needs and judgments, or if the military are allowed to achieve the realization of the nations goals by the power of armed forces and by the means of killing whoever is of different opinion or by even destroying an entire nation if the goals of that nation or its behavior is opposing its own nation's goals.

If governments want to teach peace, then they need to be peaceful in all situations toward anyone. If religious or spiritual leaders want to teach about God and God-realization, then they first shall reach God-realization themselves first. How weak teachings on religious topics have been in the

past millenaries can be seen by the number of peaceful situations created by such organizations or leader, or by the number of religious wars that they failed to prevent by teaching love and truth. So teach only what you have realized yourself. Like many true Saints in the past, they had followers reaching God-realization because their teachers were knowing the subject of their teaching by realizing it first, hence all their teachings were powerful and supportive for their followers.

Here a typical example during education of children or adults as well. For example you want to keep your children from a certain behavior, and you want to achieve this by negating this behavior - let's take smoking or drinking - by telling them "don't drink alcohol and don't smoke".

Now let's have a close look at the message you send them. let's remove the negation "not" and the true message received by the listener is "do drink and do drink alcohol". Remember: The message emptied of any negations is what you actually are saying.

Another few samples: "I don't want to get sick", "I don't want to get pregnant", "I don't like sex", "I don't want to be touched", "I don't want to be bothered", "don't crash my car", "don't brake the ....". Read the text by removing the negation and you read the affirmation of the message toward others that you are **actually** applying. Use positive affirmations in order to improve your health. For example: I want to be healthy. I want to remain healthy, I want to become healthy. Another one: I want to get rid of my illness. Illness is a word of negative power. By pronouncing it even in your mind, you increase the power, the energy of it within yourself. Instead use the opposite of illness. It is Divine and thus absolute powerful. Use health in a positive way and your being shall be a realization of that powerful energy. Health is Divine, as your true and innermost being is, so you may become a materialization of this Divine truth. Use peace and harmony instead of war, fighting or struggle. .... once you understood the principle, you may easily apply it to all your situations .

If you write often letters or e-mails you may use the search and replace option that most text editors offer to search for negations, then change the entire sentence by using positive formulations for your message. There may be more words of negations you use. Search in your language, in your mother tongue, whatever country you are from, and practice to replace any such negation by positive words. That is powerful and may help all people around you. The greatest benefit however will be yours.

If you grow up children or if you are a teacher or leader of any kind, show them what to learn by living the lessons you want to teach rather than teaching the lessons. If you want to keep them from repeating "mistakes", prevent them yourself first in all situations, then explain them in positive words the dangers or risk that might be involved in a particular behavior and explain them again in positive words the alternate solutions. Finally leave them the freedom to make their own choices. Life is eternal and learning is a process that can only result by doing, by practicing. Let children and adults make their own experiences. Explain all possible options of various decisions including the possible results, but leave them truly their own free choice. If they feel you mean it honest and really leave them the freedom of choice, then they may as well pick the wise solution among the many solutions you offered.

If you understand by now the message, the importance of the magic of words, thoughts and imaginations, then you may find out where it all applies in your life and how to use it for the mutual benefit of all. it's a learning process that all souls, all beings are going through.

Learn by practicing, think about your practices, improve in future repeats if there appears anything to be improved and apply what you have learned from practicing. However, understand that all mankind has the substantial right to go through all these experiences themselves. Even though it is

possible to learn from the experiences from other souls, it seems to be a basic tendency for many souls to go through all the different situations, including some extreme suffering themselves. Admit them the right to do so, because it is part of the Divine freedom we all got from God.

Whatever you want to do, whatever you really want to achieve, you definitely will succeed. By using positive affirmations, by positively supporting others as well. Positive affirmations applied repeatedly will automatically replace any blockages from the past negative applications experienced. Help others by supporting them with positive affirmations, by affirming their Divinity and integrity, by affirming their Divine freedom including freedom of choice.

May Divine Love free you and all others on this planet and beyond for eternity

[Overview all chapters](#) | [Home](#)

# Growing into freedom

## Freedom is divine - restore your freedom and the freedom of all others

**Please find out what your status of freedom is and correct it where necessary.**

Freedom is the basis for Love to develop and the basis for health and The basis of general well being and happiness in your life.

- Definition of freedom
- How to restore freedom
- How to remain free for the rest of eternity

Freedom is one of the most valuable gifts God gave to mankind. It is one of the most powerful as well, it let s you feel like a child of God - made to his image. But who of you truly feels like a child of God, who of you can truly say "I am free !" ? Let's have a look at freedom, what it is, how it feels and how to restore it.

To know exactly what freedom is, we may first have a look at a few examples of the opposite of freedom. **The opposite of freedom is slavery.**

The old fashioned slavery, where a person was property of another person still exists in certain countries - however usually in different forms than earlier. Modern slavery is different and often in disguise. Hundreds of Millions of people on this planet feel uncomfortable without knowing why. Often it is due to lack of absolute freedom. Freedom to do whatever they want, whenever they want.

Politicians may be slaves of their political party, of their own ideas, of their own believes and desires, of their own career or of their wish to be in a reputable position and to be mighty.

Citizens may be slaves of their country, of the politics in their country, being restricted in their activities, restricted in the free expression of their opinion, selection of jobs, selection of the educational system of their own choice, to travel or leave their own country. Managers may be slaves of their own business, position, investment, system, ideas, projects.

Partners within a family may be restricted to do whatever they want, they may be restricted by their partner, by contracts of marriage, by their cultural system.

Children and babies may loose their freedom to their parents, to their teachers, to educational systems, to the government who deprives them of many potential rights and divine freedom while being children, to the church or religion they have been made to belong to.

People may also be restricted in their freedom, behavior and activities by their religion, the church they belong to, their religious beliefs.

Or people may have lost their freedom to their family ties, financial burden, banks, suppliers, customers, debts, contracts they signed, marriage, their children or parents, their government or political system.

The ways to lose your freedom are manifold. We will then have a close look at different precise situations, then you may have a look into your own situation, into your family, job, financial situation, political situation of your country of residence and / or origin and **finally you may find out your very own status of freedom. You may realize exactly to what degree you really are free and you will learn to free yourself in peace and with love from all attachments, boundaries and restrictions, physical and mental.** Those who benefit from your present situation may dislike it, but you certainly will enjoy it and it frees the potential within yourself to truly love all mankind and those who restricted your freedom previously as well. You may even be able to help those to get themselves free of their mighty position and become self dependent and responsible for their own life. Freedom is Divine - it was given by God to you and no one ever has the right to restrict your freedom even by the smallest degree. God gave you freedom and it always will remain your freedom. You and only you have the right to decide how YOU are going to handle YOUR FREEDOM.

## **Definition of freedom**

When you have truly realized absolute freedom in your life, then you certainly know exactly how it feels to be free and what freedom is. To circumscribe or define the status of absolute Divine freedom may be difficult. Freedom is, if any day, any second of each days time you can do exactly what you want, what you decide, you can be where you want to be, then you are free. The vast majority of the world's population at present has little or no freedom at all, without being put to jail. Their mind, country, job or home are their jails. Most of the world's population have put themselves into jail without realizing it.

To make you fully aware of the definition of freedom I'll describe a few examples of various situations in life where people currently have lost their freedom partially or at all on this planet. From these situations described you may derive a full understanding of the definition of freedom and get a clear and shocking picture of your own status of freedom within yourself. This healing shock that you may receive from your very own realization of your loss of freedom that you accepted so you may however give you the drive and power to finally realize your absolute freedom and once achieved, preserved it eternally. Even better, once you have achieved absolute freedom, you may develop Divine Love toward all and help others to achieve their freedom as well or protect the freedom of the few who still enjoy freedom on this planet

## **Examples of modern slavery where you may find yourself being caught and imprisoned**

Governments may restrict the freedom of most citizens to almost zero in some countries and control the freedom of most if not all the national population in most other countries. Control is nothing else but deprivation of freedom, because control is needed to verify the compliance of their population with the national laws and rules set up by that government implementing the control. In a controlled environment, individuality and Divine creativity has little if any room to develop. Individuality however is Divine and a prerequisite in order to grow and develop wisdom by experiencing. Actually experiencing life and all possibilities of life in God's Divine creation is the fastest and easiest way to spiritually learn and finally become free from the cycle of [reincarnation](#). God is ruling his creation where ever mankind does not intervene in his wise and Love flooded guidance. God guides by the power of Divine Love and wisdom. God is Love, whoever truly loves to the full extent of Divine Love as God does is really almighty. Almighty in the absolute and Divine sense of the word. Hence Love can rule any country or planet without interference in the absolute and Divine freedom of any single individual soul or personality. Any restriction of freedom extends the duration and efforts needed to reach a certain spiritual goal. It restricts the flow of spiritual energy and guidance as it does limit or restrict the occurrence of individual and creative decisions made by intuition rather than forced by peer pressure coming from some outside sources.

Some parents do restrict the freedom of their children by various means. Parents feed or dress their children without often asking whether they like it or would prefer something different. Children are put to bed at certain times, have to wake up at certain times, eat at certain times. They are brought to church or religious education without asking them whether they like it or not. They are put at certain schools, often they have to learn or study at school what their own parents missed or would have like to study themselves. That means children are often abused to realize the dreams and expectations of their parents. Children are sometimes forced to learn or study a particular career, to take over the family business or even worst, to get married with a certain person of the parents choice like it is still custom in India and some other cultures. Parents forget that they have invited the children to come to their family as guests. **Parents had sex - not the children** and parents created a body for a soul to visit them. However the children always have selected exactly these parents to reincarnate while knowing in advance what kind of social climate, social environment and lessons may be expected. Parents consist of a **woman** and a **man** and none of the two ever can say they were forced to have sex, because they always had the opportunity to leave their partner anytime before they had sex for the first time, before they got children as well as they had the freedom to leave each other anytime after as well. Hence, it was finally their free choice **active** or **passive**, to have children by **deciding** or **accepting** to have sex. Children are guests and the parents are hosts. The more Love children receive, the more freedom they will be allowed to realize and the happier children may become. But it should be a freedom filled with the true and divine Love rather than control and restriction of the children. Guidance means advise of all possibilities resulting from various decisions and actions they may take. Children however are often kept as hostages rather than as guests. Children should have the right to dress what they feel comfortable in, to eat what they really need and like because they have a totally different energy body and thus have totally different nutritional needs than their parents. Children should be allowed to learn what their soul benefits most from, to develop creativity by being allowed to realize and to live their God given freedom. Parents and teachers should watch children, to see where they have their talents and support the God given talents of each individual soul. Let them make their own individual experiences, select the activities and topics at school they like most. Love them and give them wise advise and a neutral insight of all aspects of a upcoming decision to be made - BUT then leave them the freedom to make whatever decision they finally make. Because finally they - the children - have to live with their own decision, and hence they also have to live with their own Karma they may cause if they decide so after being made aware of all aspects including any possible Karma resulting from the different choices they have.

Fathers and mothers being divorced or separated may limit the freedom of their common children if the parents decide where the children may remain, with father or mother, instead of father and mother at the discretion of the children. All children have a Divine right to freely see both, mother and father, whenever they want and to live with whomever they decide themselves. Parents often decide when, how often and under what circumstances children may be allowed to see the other part of the parted parents. The one part of the parents who gets legal support for the children quiet often is using his legally strong position to force the other part to live in a certain way, at a certain place, to pay a certain amount just to be allowed to see his / her children. The love between the children and the leaving part of the parents, often deprived from legal rights as a parent, is abused to manipulate both children and leaving partner or take revenge - at the expense of the children and at the expense of painful Karma to be expected in a later situation or later incarnation by one or both parties of the parents involved.

Children do limit the freedom of their parents by remaining financially dependent on their parents longer than necessary. Many modern children in the western world start studying for many years without earning an adequate amount of money to cover all the expenses of their studies and living. They sometimes decide to stay at home until 25 or 30 years of age or longer, even while having a job, at the expense of missing experiences they could make in the world away from home. Sometimes it may be laziness or economical reasons, because it may be cheaper or easier to have everything done by mom or dad, rather than do it themselves. It may be easy to leave the responsibility to their parents, but at what expense ? It is a Divine duty of anyone even young children after 12 to 14 years of age to seriously start working toward becoming free, financially free as well. Many children use their studies just to avoid or postpone actual working for a living for another several years. Children after the age of 10 to 12 years shall be responsible enough to take care of themselves even for several days in a row without the parents being at home, every once in a while but at least a few times a year. They need to learn to grow up and become mature, responsible for household, their own belongings, washing, cooking and more, including to take care of other family members. When, if not during this time of life can they learn to do all this. The best opportunity is under the loving guidance of mother and father during their early teenager years. The best time is during their early teenager time. Being a host for guests - children - is beautiful, but one day the time of being a host may be over and parents have other lessons to learn in life. Parents may need freedom to travel to other countries, learn other jobs or activities, even permanently move to other areas or countries to find and realize new valuable lessons for their own spiritual growth. While at the same time being a guest may be attractive as well for children, but one day they need to learn to be absolutely free, self dependent and practice to become themselves hosts for other visitors, their own future children or any one else. This means that they need to learn to work to cover their own expenses of living, as well as the expenses of living for another few persons. This should be accomplished with 20 years latest. If they want to study or change their job, this can easily be done at their own expenses at any later time when really needed and beneficial for all. Children may often keep their parents at home, telling the parents that they are afraid, or ill, or need help, just because they may lack of responsibility and willingness to take care of themselves.

medical doctors and other medical services like hospitals very often limit the freedom of patients by giving them medication without allowing them to make their own decision or take an alternative medicine. Often doctors give no choice but one set of treatment in stead of a number of choices to select from. Many times patients in hospitals are told that they have to leave hospital if they do disagree on the treatment provided or suggested instead of offering them alternatives. They are given no choice but to accept that particular treatment or leave. Often the choice of treatment is made by popularity to the medical doctors. A new and risky surgical intervention may be more beneficial for the Ego and for the career of a surgeon than an alternate medical treatment such as acupuncture, homeopathy or other gentle form of treatments. Also high tech, high risk treatment

may be more profitable. Many medical doctors have their own reputation and profit in mind rather than the well being of their patient. They forget to SERVE the patient and have the patient serve them with opportunities to massage their Ego and fill their bank accounts. In the medical field patients are seldom given a free choice of treatment, the medical doctors or hospitals want to provide their treatment of preference. Performing risky medical interventions and medical treatment may further deprive the patients by making them dependent on regular, often weekly visits at the medical centers for follow-up, check-ups and additional treatments, sometimes even for a life time, taking any freedom to move to other remote areas or countries for living. However every possible illness may be treated and cured in various ways using different methods, different also from the financial point of view. Doctors should seriously stop to treat and take care of illnesses and start healing, start to take care of health, rather than illnesses. The same of course applies to patients as well. Patients should stop to take care of and treat their illness and should start to strive for health, support and re-establish health at any price of efforts to be made. Health never is a matter of money, it is a matter of repeated efforts and wise decisions in regard to life style made by each person individually. Illness however is a matter of money and costs dozens of billions of dollars worldwide each year. As a medical professional you should allow your patients a free choice of treatment, even to change the doctor or healer for a particular treatment while still being your friend and patient. You should honestly tell them exactly all of the possible side effects of any prescription drug you give him and you should also honestly [inform all patients of ALL alternate treatments available](#) in the world of medicine. Remember that you depend on your patients, because you are making your living from your patients. Your patient never depends on you, even if he dies, he may find peace in God, while you still strive for money on earth. He has nothing to loose, but you may have a patient and friend to loose. So it is your responsibility to be a host and true friend for all patients, rather than just a supplier of a commercially marketed medical service at the highest possible profit. The best patient is one never coming back after your initial treatment because of your excellent treatment and his total cure trough your professional advice and help. Learn to actually cure and heal patients, rather making them dependent on further or regular medical treatment or even on apparatus for a life time.

Teachers and educational systems do restrict freedom of children - of souls - by deciding what children have to study and how they have to do it. In many schools even punishments - corporal, verbal and others are still common. Seldom children are allowed to select the topics of study they like or want. Most of the children are forced to go through a standard type of basic education for 5-9 years before they are allowed to make their first selection of further studies. Children are forced to adapt to the way teachers are teaching - instead of teachers adapting their way of teaching to the needs of children. If teachers stop their Ego-trip and start to love their children and students, to respect them as adult souls, children of God, made to the image of God, then they may create a situation of mutual Love and friendship between all children / students and themselves. Teachers should learn to SERVE children, to help them to find their own God-given creativity and strengths rather than finding their weak points. Teacher may further improve the strong points of all children, and help to dissolve the weak areas when desired so by the individual. Teacher should learn to use [positive words](#), thoughts, imagination and affirmation rather than abusing power, might, control of the strong ones and punishments of the weak ones. The present educational system of many nations on this planet are serving the government's and industries goals rather than serving the individual's need for spiritual development. A government typically may want to have citizens who obey their law. Citizens who are free may be uncomfortable for a government because they have learned to think and make their own decisions, make their own plans rather than just following a leader of a government or industry. However the purpose of life on earth is to learn and learning can only be achieved at the fastest rate and in a peaceful situation in absolute freedom. The individuality of each soul is sacred and should never be tempted by anyone else but the individual itself. Spiritual development of a soul is the primary purpose of life on earth and each soul is unique, hence there are as many different ways of learning and teaching as there are souls. With this in mind the scholar system needs to be revised in many countries, particularly in the

industrialized countries of Europe and USA, but many others as well. The schools primary goal should be teaching children to become spiritually aware, mature, willing to take responsibility for all their life, their action, thoughts and emotions, to become self-dependent even self-employed rather than being employees of others. Serving the entire creation as a free individual is different from serving a nation or culture as a member of that group - deprived from all freedom - following instructions and laws. Freedom needs to be taught and practiced at school, at home and in real life anytime anywhere by all. The sooner you start practicing freedom the sooner you spiritually awake and become free souls. **In present educational systems, most children are taught to follow law and order and learn to say yes to the governments decision.** The schools are often abused as instruments of a government to train and educate willing citizens. However it is within the power of each to become free and start to become a captain of his own soul, become his very own boss and be in charge of his own life. At home, at school, in life generally. But whenever you realize your freedom, always keep in mind that you need to provide others with their freedom as well. Whatever action you take, it should be done with Love and in a fully peaceful way. Keep your records clean of any new Karma, because you may still need a few years or decades to clean your records from previous Karma. The only way to do this is in peace and harmony with the Divine - with Love.

Employers do frequently restrict the freedom of employees by the way they have them working. Few employees are allowed free decisions within the full field of their activities. Many employees actually have no freedom at all during their job. They are told when and how they should do their work. Any upcoming creativity is killed by the many rules set up by many employers. Little if any responsibility is given to them to allow them to feel free. Employees are often regarded as being less worth than the management, directors, or share holders of a company. Time to be present and even when to take annual vacation are often extremely restricted by employers. The spiritual purpose of jobs is to get people together who have common Karma or mutual lessons to learn. That's it. The actual physical work people are doing is of little value. Children enjoying freedom and playing all the time are learning exactly the same lesson while playing or while enjoying Kindergarden as those adults working for multi-billion dollars businesses. Remember, this planet serves as a classroom on a higher level in the Divine creation of God. The spiritual lessons offered here and to dissolve all Karma are the only real purpose of life here. We all need to learn to love all mankind, all creation. This also means honoring each other as equal beings of equal value, equal positions, equal salary. As an employer or in a management position you should make sure to understand yourself, that your employees make YOUR dreams come true. Without employees, no single car, TV, Computer, .... could be manufactured at all as most managers have no skills except commanding, using and "leading" others. However the employees, the technical staff, mechanics actually do the real work. Thus they all should be honored accordingly by given the same freedom, the same rights, the same salary as all management has, as all employers and share holders have. All are children of God, all are Divine and all should feel as such, any time anywhere. Imaging what would happen to YOUR business if all employees are becoming small farmers or free craftsmen, producing vegetables and fruits, or necessary supplies for real life, enough for their family, and YOU are with all your technical equipment, machines, computers ..... trying to eat them - have you ever tried ? Anyone can grow some farming products and live from it, no one can live from technical or industrial products. It is possible to practice vegetarian farming without any technical equipment, without any investment but land given by God to all mankind, this land has been given for free to all, no one can produce a receipt for the very first time land was occupied by mankind, anything that is sold now once was stolen from the Divine creation made by God. Anyone who "owns" land, "owns" stolen land - stolen from God. There is no legal property of any land, even governments can never own land, it all belongs to mankind in general. It is property of all, to be used freely and free of charge by anyone, whatever he needs personally for himself and his family and can handle personally with his family. God is the only legal owner, he created it and by the power of physical laws created by God, he is dissolving it continuously - as one day, far away from now this planet

and all physical "matter" has finished to serve its purpose.

Farmers do restrict freedom of all or almost all animals they keep. And the kill beings or pay others to kill. Besides the violence against souls that any killing, human or animal is causing severe Karma it also constitutes a restriction of freedom. It should be left to nature, to all animals and of course God, when a being may be released of its Karma and of its physical body. Modern farming is a simple torture for all animals kept. A torture that farmers may encounter later on themselves as an equalizing mechanism of their own painful Karma that they have caused. Such Karma applies of course also to all those buying the meat and products of farming, as they are paying others to kill and grow animals. In addition many farmers keep as many cattle as possible because it makes them feeling mighty to control and possess other beings and souls. They force the animals to serve their personal need and pleasure just for the purpose of accumulating wealth and money. Freedom is Divine for humans and for animals. Also the general public keeps animals at home for their personal pleasure, cats, dogs, birds, snakes, turtles and many more. Non of them have a truly natural environment and all the natural freedom they would have, day and night, including all their natural food as they could enjoy in their real natural God-given home in wilderness. Any restriction of freedom leads to the Karma of experiencing loss of freedom.

There are manifold ways to restrict other beings freedom. You may as well restrict the freedom of many others. If you realize how many different person or beings are restricted in their freedom by your behavior, then you may realize why so many others also do restrict you in your freedom. Because it is your Karma to receive what you do to others. Whatever you do to others must come back to you. Until you have learned to solve any situation with Love rather than with punishments, might and control.

If you want to enjoy freedom yourself, you may need to give freedom to ALL others before you can enjoy your freedom. Before reaching spiritual freedom you may need to attain physical freedom in your life, because the outside of your life is equal to the life within. Change your outside and within changes will occurs as a result of your efforts as well.

## Growing into freedom

[how to develop and re-establish freedom within yourself in a step by step program on your own](#)

The possible solutions on how to re-establish lost freedom within yourself, your own life in every possible situation are manifold. Here a few possibilities. You may follow some of these steps and realize success within months or a few years. The priority in which these points are written may be of some importance to you. First there is some mental work involved in intellectually understand what you plan to do, why you do it and how these steps may help you increase or re-establish freedom within yourself and promote freedom within your family or surrounding as well.

1. it is recommended that you get yourself some sort of college block or similar notepad - to be used as a spiritual notepad or workbook - to write the results down and review them frequently. Write down any changes, improvement or new ideas you found.
2. Find out where exactly in life you lost your freedom. What part in life would you like to be changed. What decisions would you alter when you could decide freely without any influence from outside.

3. Find out how and where you limit or destroy freedom in others, your children, family members, employees, friends, partners and other persons animals.
4. Where do you want others to behave in a certain way to please your expectations rather than let them freely develop their own creativity and readiness to take responsibility and make decisions on their own.
5. Where do you try to prevent others from making their own experiences, including what you may consider mistakes that you have made yourself before. Let them repeat whatever you have done. There is no copyright on experiences or "mistakes", it all serves the process of spiritually growing and developing and realizing Divinity within each soul. Each one shall have the freedom to either repeat any experience himself or learn from watching others, whatever he prefers.
6. Remember at this point that children are going at school since hundreds of years, learning again and again the same lessons. No one wants to keep them from learning and repeating what you and other adults have learned and practiced before. Life is but another type of school. Life in general is a spiritual school and this planet is one of the many classrooms with a particular lesson to be learned by ALL citizens on this planet. They all have been attracted to this very planet because of the similarity of their [Karma](#) and lessons to be learned, hence they all may NEED to be allowed to learn and practice many of the same lessons as others did before for thousands of years. Learning is best done by doing. The more people are allowed to do freely, the wider the amount of experiences they may collect from a single incarnation and the more they will benefit from this present incarnation. Eventually they may even be capable of obtaining freedom from the cycle of reincarnation within this present incarnation. Please support them all in achieving such a spiritual and Divine goal.
7. What did you always want to do in the past and what would you like to do now if you could ? Write down all experiences, recreational activities, adventure, anything you ever thought or still think of "[I would like to ....](#)", then find out whether you still would like to do or have it. Write as many points you can find within. Write this on a separate sheet of paper or page in your spiritual notepad. These may be simple things like wanting a different outlook in your dresses or hair style, participating in a SCUBA diving course, even a introductory class of diving - an event of half a day - may do it at first, going on a camp out, on a long walk, ride across the country, taking a course in dancing or simply go out dancing again to your favorite place, changing your job, learning something different for a future job - this may require you to sign up NOW in a particular course or training program to realize these changes sometimes in the near future within the next year or two, getting divorced or separated in friendship and love from your present partner, from your employer or employees, leaving a particular club or membership of any kind including membership in a particular church or religion that you disagree with and always wanted to leave but never did, have an ice cream, dine out or see a movie that you like. Go out for a full weekend or take a vacation for a few days, weeks or even months, that you haven't done for months, years, decades or even never in life. Sell your home or your car and move to another place, region, country, even go to a remote island, into the jungle for a while or to the Himalaya or any suitable place or environment such as an ashram, monastery for a spiritual retreat of many years The possibilities are manifold.
8. Out of the above list of "[I would like to ....](#)" take now ONE and realize it within a week. Make sure that you take a point that you can afford easily from the financial point of view. Remain free when realizing these points, free also in the financial sense. Avoid making debts, taking loans or binding yourself by contracts to realize your freedom. If money is needed to realize your wish or your activity, get rid of some of those things you haven't been using for a while and turn them into money to afford your freedom. Debts and contracts limit the freedom of mankind and should be avoided at all. After you realized the first point take another one. Realize this point within another months. Limit your points mainly to activities rather than to material things. By becoming active you start to actually live and realize your God given

freedom.

9. You may repeat this procedure of realizing your freedom and fulfilling another point out of this list another few times. But latest after 3 or 4 points have been realized, burn your list and write a new one of what you NOW actually would like to do. because this may change during the course of improved realization of your freedom.
10. The purpose of this procedure is to learn, see, feel, realize throughout your being that you can do what you want and it was but YOU - your mental limits that prevented you from doing so earlier. You may need to learn to act in a responsible way. Become aware of the law of Karma and all spiritual laws to ensure that you only create good Karma if at all or you learn for the benefit of the creation and in harmony with God, learn to do what ever you do in the name of God, give the results of your activities to God, devote them to God, whatever you do and you may achieve the capability to act in harmony with the first and great commandment of Love while remaining free of any Karma. Remaining free to do whatever you like and want to do.
11. Realize that no one else but YOU are your own boss. No one else but YOU has the right to decide what YOU like to do and what and how YOU actually do it.
12. How often do you or did you say "I must ....." ? may be several times each day. Most of the people do so. watch yourself and find out how often and in what situation you use the expression "I must ....". no one must do anything at all. Even breathing is free. If you have the power to stop breathing at will, then you have the freedom and right to do it by the power of your own Divinity. Realize that in most if not all situations where you use "I must ...." no one else is involved at all. Most of the time people use this sort of expression in various languages of this planet to do simple personal activities, even to go to toilet or to go working. However the word "must" implies a force from outside or an inner pushing force. Even working is something you do out of your own will usually. **Because YOU selected a certain life-style that may require a certain amount of money each month. And it is this amount of money that may require that you go to work.** It is within your own power of decision to reduce your expenses drastically and hence reduce the necessary amount of time to spend making money accordingly. You may even decide to become a small and self-dependent vegetarian farmer, producing all you need in a really small farm and producing something you love to produce to exchange with others to get all those few things you may need from the outside of your home. Hundreds of millions of people on this planet still live and exist that way. And many of them are still free and feel better than most "civilized" people in the industrialized countries of this planet. **One of the most valuable achievement you ever can get is freedom.** Most people in "civilized and industrialized countries of the first world" however are slaves of either the government, tax department, employers, their bank if the bank owns part or all of their business or property and many other factors.

Civilization in the spiritual term is the capability to take full responsibility for yourself on your own and to help and assist all others in need directly and without the interference of any outside organization, government agency, medical services or professionals. Help and supply, if needed share your own property directly with those in need. Have the time to help when ever help is needed by your family members, neighbors or any one in need. If you are in such a position then you are in a civilized country. Learn to exchange self-centered egoistic behavior with Love and care for ALL. Withdraw from career oriented living to social and Love oriented being in happiness, even is this may mean conducting a simple life with fewer TV's, cars, less electricity consumption, fewer dresses and shoes in your cupboard.

You may live from a fraction of your present income, while remaining free and healthy, you may even cut the amount of taxes to be paid to almost zero. The point is to first reduce the amount of money needed to live by limiting your needs, your living to the minimum really necessary including housing or apartment really needed. The more you spend you more you depend on your employer, bank, house-owner, insurance, government and others - the

less freedom is actually left in your life. The more you reduce your living expenses, the less you actually have to do to finance it, the more freedom is left for you, for your family, for recreation, time to spend with family and friends, to take care of all those needy ones around the world and just across the street from you. People need Love to be happy. To Love people you need time, to have time you need freedom. If you have the freedom to take your time whenever someone needs help to dissolve sadness, frustration, depression - **YOU may need time** to supply them with the Love and care they may need to be completely and really released and healed from their problems and feelings of loneliness, depression or helplessness. Every time a professional has to go out there to help someone is a defeat of society and culture, a defeat of your own Divinity. In a spiritually healthy society there is no need at all for psychiatrist, and similar professional services. Mankind itself is Divine and has the Divine power to dissolve and heal any depression, any loneliness by the power of Love and with Divine assistance and Bliss from God - free of charge. But time is needed therefore and to have time you may first have to realize your God given freedom to take time whenever **you** need and want it. Anytime someone needs help and you may have the choice to go at work or help, think about what is more important, to assemble another computer, repair another car tire, bake another pizza, ..... or to help a human in distress. If you helped someone in distress and are late in your job, do you need to excuse yourself for being late - **NO** - because you did the most normal what mankind can do and is learning to do on earth, in this spiritual classroom of God's Divine creation - you practiced the first and great commandment of Love with someone in distress. **NO** excuses toward anyone - because learning and practicing to help, to love is the reason we are here on earth, far away from God - the infinite and Divine, far away from our own eternal home in the Love of the Divine. If humanitarian help and social welfare becomes the only responsibility of insurance companies, agencies, governments and professional services, then mankind has missed one of the single most important lesson on earth - the single most important thing on this planet is Love. **To learn to Love all mankind, all beings, all creation and actually proof your Love by helping all in need NOW is INFINITELY more important than any material, commercial, industrial or other activity of any kind.** Actually if you are late for helping anyone in need, even your own children or family members, if they are ill, society should be thankful for you doing your job as a human on earth. Your job as a child of God by practicing Love instead of wasting time for career and material development.

13. Now that you start to become aware of your "I must ...." - situations. It is time to change your own behavior. Start to say I want ... if this is really what you want to do, else leave what you planned to do. never do anything by force applied from anywhere. Remain free and become aware of your freedom of choice anytime anywhere. **Learn to completely void the word "must" from your vocabulary.** Anyone being truly and absolutely free, free as God made mankind, always may do or want to do things but **never "must"** do anything. Whatever you do shall remain your own choice. But once you have decided to do a certain job of any kind, **quit saying "I must ...."** and - **instead say "I will ...."** or **"I want ...."**, or just do it with this in mind.
14. Learn to accept that any decision you make, any word you say or think causes some Karma that may return on you. If your ROI (return on investment - here in the spiritual context) is great, that means it takes lots of efforts and lots of time and energy to receive and dissolve it. Keep in mind that whatever you do to others may somehow and someday come back to you causing you to be bound to receive your Karma until it expires. Hence your increasing Karma, whether it is positive or negative Karma makes no difference, it may cost part or all of your freedom. Learn to conduct a life free of any Karma. Because any kind of Karma may bind you for some time up to a full incarnation or more. Karma may cause or actually be the only cause of your loss of freedom.
15. Learn to remain free of whatever deprives you presently or in the past from absolute freedom. Make a full and detailed inventory of why you feel without freedom and what would you need to really feel free. Write it point by point on your workbook. How did you get

into that particular situations that reduced your freedom. How to prevent it in the future. Remember: For any job, loan, contract, marriage, to get pregnant, become member of a organization or club, to commit a crime, .... it always involves at least two persons. One of them has been you. Whatever you did in the past - you either did say **YES** to make a positive, active decision or you were silent and forgot to say **YES** or **NO**, hence you made a passive decision. Both were YOUR actions and decisions. Even remaining silent is an action that may cause Karma.

16. Learn to stay out of any situation that previously caused any kind of problems to you or limited your freedom and learn to conduct your life in accordance with [spiritual laws](#) and finally with the great commandment of Love.
17. Learn to accept that any Karma that you caused previously needs **to expire** or **to be dissolved** in a spiritual way before you can become free of that Karma.
18. Learn to accept that life consists mainly of a large variety of spiritual lessons FOR YOU. Your present situation of life, in job or family or social environment may represent exactly such a lesson. Before it makes sense to leave your present you may need to realize what exactly you have learned from this situation of life. And you may need to apply all you have learned. Else, if you part without anything positive learned from life, you risk to end up in a similar or equal situation soon after again. If you lack freedom in your life, it may be because you either have restricted the freedom of others before or still do so currently.
19. Before you can enjoy absolute freedom you may need give absolute freedom to all others, mankind, animals, just to all and anything before being free yourself. Protect and restore freedom of others where ever you have the chance to do so.
20. Finally one of the single most important point to learn and practice in order to really get free is to learn about life and death. Learn about your spirituality, about god's Divine creation. About life beyond the physical plane that you may see now and consider the only world existing. An old teaching says

["those who realize the truth, will be free through the power of the truth"](#).

If you realize the Love and guidance you receive from God and Saints from beyond the physical plane of existence and If you become fully aware of the truth of your spiritual being, if you experience your true being of light, using a physical body, rather than being a physical body, then you will instantly loose all fear of death. However death is one of the most powerful instruments used and abused to manipulate people to do what others want you to do. if you lose any fear of death, you may never be challenged again by those who want to abuse their might. Awaken your spiritual awareness and develop your spiritual growth continuously. The more you experience personally about the spiritual world behind the physical world the more freedom you may feel and the more you will truly realize the full sense of life on earth and beyond. Spirituality is a science to actually experience and practice, it is far beyond mere theory. Every one can and shall experience and live his spirituality. Spiritual growth and education always has been free on this planet and beyond, in the past, present and also in the future it shall remain so. That means spiritual education and growth is free and affordable for all even the poorest ones among you. Some of the other chapters and workshops offered on this Web Site may help you further on your spiritual path to absolute freedom.

21. When you finished successfully this initial program of re-establishing freedom within yourself, your life and your family, then you may find other steps to be undertaken. Make sure that you really understand the importance of giving freedom to all others as well. I mean ALL OTHERS. LOVE is a infinitely more powerful tool and help to assist others in growing up and getting wise and mature. Learn to do whatever you like and want to do. think first about all possible consequences and Karma. To fully understand the creation of Karma you may initially study the spiritual laws and before realizing your plans, compare

your plans and see whether they conform to the spiritual laws. These spiritual laws are far above any human made law on earth or any other planet or dimension. What governments and national laws allow or prohibit has little if anything to do with the absolute law. For a person to be really happy and free it is important to conform to absolute laws of the Divine creation. Note that the only real law ever coming from God, is the first and great commandment of Love - Love each other, anytime time, anywhere and under any circumstances. The spiritual laws as describes under "Yama and Niyama" an excerpt of the Yoga Sutras of Patanjali, are but a help to initiate the realization of the commandment of Love. However it is the most valuable approach on this planet so far.

22. Learn more about the spiritual truth of your being, about life and death, by reading some real wise spiritual literature such as the yoga Sutras of Patanjali. Since the original is written in Sanskrit, there are many translated and interpreted versions available worldwide. The most valuable version in english is "The Science of Yoga" by Prof. Dr. I.K. Taimni, a Professor of chemistry previously in India, published by the "Theosophical Publishing House, Adyar, India". Another excellent book is the Baghavat Gita, the most brilliant and spiritual version in English language has been written by Paramhansa Yogananda. Paramhansa Yogananda, the author of the world famous spiritual treasure "[Autobiography of a Yogi](#)" has brought the sacred [technique of Kriya Yoga](#) from India to America early this century and other great Yogi are continuing this blissful work throughout the world now. These are some of most classic books on this planet, but others may proof valuable as well for various situation and persons. On the Cyberspace Ashram's Web Site you may find many helpful and informative texts and [workshops](#) to enhance your awareness and understanding of spirituality and opening yourself to become sensitive for spiritual energies and the worlds beyond this physical plane. including some [advanced workshops and initiation to Kriya Yoga](#) to awaken your spirituality and spiritually free yourself from the cycle of reincarnation. Finally it is the goal to make spirituality a practical experience rather than a theoretical study. Spirituality can be experienced by anyone. One scientific method of God-realization is [Kriya Yoga](#), because it uses absolute knowledge of metaphysical physiology of mankind and the universe as the basis for all techniques applied to actually experience your spirituality by expanding your spiritual awareness and consciousness and achieving God-realization while having a physical body.

The wealthiest and most mighty

are those having achieved God-Realization

and absolute freedom in God

Once you have achieved this freedom,

you are connected to the source of all Love,

the source of all power

for eternity

Other related chapters on this Web Site are:

[Law of Karma](#) | [Parents](#) | [Karma links between members of families and groups](#) | [God-Realization](#)

[Physiology of Kriya Pranayama](#) | [Kundalini Shakti](#) | [Many ways are leading to God](#)

[Meditation techniques](#) | [Relativity of law on earth](#)

[Overview all chapters](#)

[Home](#)

# Later may be too late

beloved soul,

from the absolute point of view, there is never such thing like too late, as there is no real thing like time. Mankind on earth and beyond try to measure time. However how can you measure the infinite. Mankind - as a divine and conscious soul, a being of light - is living eternally, hence you certainly have any time you want to accomplish whatever your desire is and fulfill any wishes you ever may have. From the relative point of view however, there is such a **too late** for many of us on earth. Let me explain you why.

Mankind on earth is suffering from starvation, from illnesses, from pain, separation, lack of love and tenderness, fear, problems and more. Hence for many if not most of the present population, life on earth is little or no pleasure at all. Mainly because there is a continuous lack of love within human relationship between most of us. People need decades to get free of their school influence and parents home, to start being "mature" and start earning their own life - and start learning about life. Once they have started to really learn, most of us are in an age when they already start to think about death, loosing their body and they start to fear the loss of life, loss of property, loss of their friends, family members and so on.

By the time most of us realize, that there is something to learn beyond intellectual knowledge and industrial progress, by the time we acknowledge that we may have done wrong to others, caused pain to others and that we have eventually accumulated a huge amount of karma and may need a substantial change within ourselves, in our attitude toward others, toward the entire creation and ourselves as well. By that time we start realize that we may need to do some very intense healing to all those who have suffered a more or less serious damage when having experienced an encounter with our ego - however by that time, it may already be too late to do whatever is necessary to heal, to repair and to learn - at least in the present incarnation. Attain freedom of any karma, freedom of any attachment, freedom and peace within and in our outside life is a serious and intense job, taking ten thousands of hours of conscious life, of conscious efforts, self-control, changes, experimenting, learning, applying all we have learned and practicing to get used to a real divine behavior.

How many ten thousand hours did you waste at school learning what you have learned dozen times before - the abc, math, geography, history, foreign languages, ... but how much survives from all that. How many ten thousand hours are we spending playing tennis, football, watching TV, doing nothing or just day dreaming ?? If you have no precise idea, I recommend you warmly to take a calculator and find out how many days or years for example 50000 hours are. This is a reasonable time you may need for spiritual progress if you live consciously and keep going steadily on your spiritual path - **without postponing to "later" what needs to be done today, NOW.** whatever you do NOW - immediately - is done. You may then get NOW the feedback on any necessary improvement, or you may get NOW the improved situation in your life that you always have dreamed of. If you continue to do immediately - NOW - what needs to be done, it finally will become a powerful habit facilitating your entire life as well as your spiritual progress. And it will become a driving inspiring force for all others surrounding you or near you in your heart.

Many or most of us know exactly what needs to be done, what needs to be changed or learned.

And still we keep postponing more often than good for us all these important steps that could keep our soul growing and improve our spiritual awareness to create a continuously increasing enlightenment of our consciousness until we have achieved god-realization and are fully merged with the divine consciousness of God.

Often the life of an average person on earth consists of many tormenting situations with emotional stress and pain. But many of us encounter repeated situations in our life, when we meet someone who can help us to change our life, like

1. a spiritual person, having managed to substantially improve his / her life and ready to give wise advise for our benefit
2. someone bringing you in touch with a teacher, guru, saint able to help you
3. someone who knows about a saint, guru, teacher who could help us
4. someone who knows a book, magazine, newspaper article that could be of help to us
5. some one who knows of a person, that knows someone else .....
6. we may receive from a friend the URL of an interesting web site or may hear about one from others talking about their experiences
7. we may hear "incidentally" from others the name, address or any helpful information that may help us out of a present situation we always wanted to change

God however guides us continuously and so do all the million of guardian angels, divine souls beyond the physical plane and our "past away" gurus and spiritual teachers who keep helping us, guiding us, bringing us together with all those persons who could help us - if we would recognize that divine potential of help, of growth and spiritual progress that lies within every possible encounter we have. Any encounter, any person, any situation we get into, has the sole purpose of allowing us to grow, to learn to love, to get in peace with our previous enemies, to find solutions to our self-made problems, to help us getting out of any attachment that may have paralyzed us for even decades or many incarnations.

We receive information by the dozen every month. Information capable of uplifting us out of situations of stress, pain, fear, .... many times we say "I would really like to .... or I should do .... or I would like to .... but I have no time now. How wrong we are is explained in the first part of this chapters - we get all the time that is necessary to learn and accomplish. We have eternity to learn what needs to be learned. Paramhansa Yoganandaji once said that mankind needs about 2 million years to learn and achieve selfrealization during the course of normal incarnations. This is certainly a valid time frame for most of us, but there are souls that need much more that 2 million years because they postpone to later what needs to be done NOW. On the other side, the intense development of the divine potential of Love combined with the sacred technique of Kriya Yoga puts us in a situation where we could even accomplish freedom from the cycle of reincarnation NOW - in this present incarnation. Provided we fulfill every day all the spiritual tasks, we learn all the spiritual lesson and realize all the necessary changes that needs to be done as well as we need to learn to provide ourselves to all others all the help they need NOW and could receive from us NOW - today - immediately - these seconds !!

Someone needing our help NOW may commit suicide in a few minutes or hours. To us another person's problem may appear null, but to him it may appear destructive, huge, dangerous. Every suicide that happens on earth is a proof of either there was at least one person having had no time NOW to help him immediately, that there was a person that may have told "yes I have time but later, now i need to go / do first ....." or that this person omitted to accept Divine help from others offered in time to solve his problems, assist him and love him. Learn to provide all help needed immediately and learn to accept all help that you need and is offered to you. Learn to feel, to

sense by your Divine intuition when there is a person in danger, in need of help on your way of life. It is of absolutely no importance whether you know that person or encounter the person the first time in this incarnation. It may be one of your previous incarnation's friend, children, partner - but at least it is a divine child of God, as much as you. A member of the same Divine family, because we are but ONE family in God's creation.

If you become aware or are being told by your guru that there is a change in your life that would increase your spiritual success - then do it NOW. Because there is more than one change, more than one basic step of learning to be accomplished on your way to God. You never know how many hours of Kriya Pranayama, how many hours of meditation, of loving, healing or helping others are needed to dissolve all karma and reach Godrealization, to reach full God-Union - until you really have achieved that divine goal. Many hope to get all the necessary time to do all this when retired from their present job, with 60 to 65 years. However by that time their physical body may have started to decay, to die or to cause so much discomfort and pain, that we may have a hard time to focus on anything else but our illnesses and our fear of the karma we have caused. By that time, it most probably is too late to successfully accomplish all the necessary efforts for spiritual growth and achieving freedom by the end of the present incarnation and we may have already secured a "free ticket" for another incarnation in a similar or equal or even worst situation than the one we have NOW. dissolving our karma, progressing on our spiritual path needs all the power of our young, healthy body. It needs time, continuous flow of powerful efforts to accomplish what needs to be done and it needs a powerful love to do all the healing necessary - in others as well as in ourselves. A burnt out physical body and health may be too weak to do the single most important job in life - to reach freedom of the cycle of reincarnation - to reach Godunion.

In order to reach that divine goal our soul is striving for, we need to change ourselves a lot - because it is our behavior, our egoism, our selfishness, our fear, attachment, greed, our inactivity, our laziness, our "later", our spiritual ignorance, .... that keeps us caught in the cycle of reincarnation - away from God - separated from the divine source of all Love.

By the time we finally and eventually agree to do what we wanted to do since days, weeks, months, years, decades, we may look for that precious source of information that we have received some time ago and we may regrettably find out, the source of helping information is gone, the person has died, or moved to another unknown address, the new apartment is occupied, the job opening has been taken by another person, the last seat on a flight has been sold, the web site is down, the book sold out, ..... some of this help is available for a single time, for a single hour or even 1 minute or even only for a few seconds. It is a one time chance for us. If we miss that chance the helper keeps going on to others ready to accept help, to other places or just starts doing something different.

Once you have missed such a chance, you may have to wait for weeks, months, years, decades or even a "later" incarnation. That means it now may be too late to accomplish NOW in this incarnation what needs to be done anyway. Commit any changes you need NOW, learn and realize any lessons that you have been taught NOW - why should anyone teach you a second lesson if you haven't started or finished your first one yet ?

We all spend lots of time to work, many of us spend easily huge amounts for pleasure and recreation, for food, clothing, jewels, cars, motorcycles, TVs, vacation. We also should learn to even more readily spend money for our spiritual progress by paying the ticket necessary to travel to our guru, a helper, a friend or person in need of our help, to buy a book, to participate in spiritual workshops offered or just do whatever is necessary to accomplish the spiritual progress that is necessary. One day we may spend or loose all we ever had anyway in exchange for that Divine home we are searching for and will be found beyond physical existence.

God is patient because he is Love and Love never even needs real patience. Saints and Gurus are Love as well because they are one with God, hence they leave you all the time YOU decide to take for the short path to Godrealization. Merging with an ocean of divine Love - merging with God is just a step away from you - just outside your aura that YOU have created during YOUR present and past incarnations. And still all the Saints and Gurus realize that you are suffering from your relative point of God-separated view and God-separated physical consciousness on earth - **caught in a cloud of spiritual ignorance and karma, caused by yourself or caused by the absence of active action** (on purpose I use here a double expression !!).

By the time you stop saying "later" and do NOW what needs to be done anyway, you'll realize how fast you can progress on your spiritual path. All it needs is the full, clear and conscious decision to learn NOW all you ever possibly could learn. To make this incarnation your very last one - at least the last one you **have** to do. You may come back on your own and free decision to teach and help others, but there is no absolute must to do so. You are free to do it if you love to in your divine future.

Make up your mind, make clear and positive decisions, realize your decisions NOW, be willing to review any decision and change it, if it seems wise, helpful or necessary to change a once set up decision. But keep moving, be active, be responsible for all your life, all your present, past and future situations, open your mind, heart and soul, learn to accept any help offered to you by God in any way. Learn to help all others any time **you may be a divine helper** for anyone God sends you. Recognize all people as children of God, here on earth to learn to help, to love each other and achieve freedom in God as soon as possible.

Since God is Love - the path to God is Love as well. From any situation, from any dead-end road of life, there is always a straight way out to God - a way of Love. From all the possible solutions, God is offering the very best one all the time. However, if you miss to accept any help extended to you from God, from helping Saints and other children of God around you, then you may find your very own karma guiding you toward God - but in a different way. God is Love - Karma however most of the time is pain, suffering, stress. Accept the solutions of Love in all your life - it's more fun, more enjoyable and more efficient. Because Love is healing. Love can but heal. Your karma however causes pain, injury, suffering that needs additional healing love.

Love is the path you have NOW ahead of you - later may be a different path. Later may be too late for this incarnation to complete all necessary steps on your way to God, **later may be in any future incarnation**. If you keep saying "later" it may become a habit like many others. It may take a while and considerable efforts to dissolve it. the habit of being a "later" - sayer may be a paralyzing habit, keeping you away from the source of Love, from eternal Bliss and Joy of life.

Make up your mind - set priorities in your life - write them down and place the paper some place where you see it every day to remind you of your own decisions and goals in life. And follow all the directions, steps, changes necessary to accomplish your goal, to fulfill your priorities NOW. **Now is the right time, tomorrow may be too late - at least for this present incarnation !**

**Every encounter with any person and every information brought to your attention  
may have a valuable spiritual MESSAGE FOR YOU and for your benefit**

Divine Bliss and Love from God will assist you on your path

- when ever you say YES to your path and keep moving

when ever you accept divine help being offered

[Overview all chapters](#) | [Home](#)

# Parents and the relationship to their children

## through the course of incarnations

**Parents have the single greatest influence for our  
present incarnation**

**from any physical point of view**

we may never change our parents and the way they have grown us up

however we may change our very own attitude toward our parents

and dissolve in love any painful memory from our childhood

**because often our parents and the parents behavior**

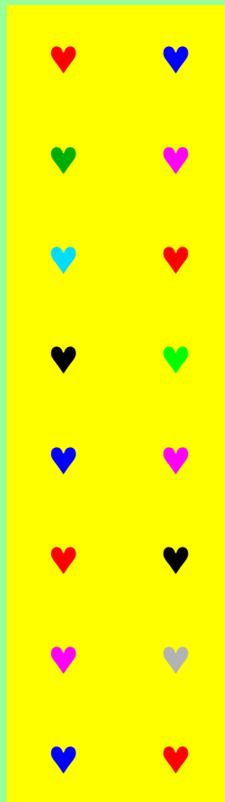
**is the direct product of our very own behavior during previous incarnations !!!**

From the physical point of view, all of us have been imprinted by the behavior of our parents in one way or another. However we shall always remember that we ourselves have chosen our parents as the best possible place and environment to incarnate. This is done according to our own karma and for the spiritual benefit of our soul. Our own karma has always been the direct and only product of our own free choice we have ever made or omitted to make.

Many children when growing up accuse their own parents of wrong doing during their educational period while being a child. however many of the children have educated their own parents in a previous incarnation, sometimes even in the last incarnation as their own grandfather.

Let's have a close look how this can become possible and it is a true fact in many present families. we make it simple so you may safely and fully understand the principle of reincarnation that often is realized even within families.

Per definition, the same color of a symbol means the same soul in different incarnations. One symbol representing father, the other one representing the mother. Let's have a look at blue and red. Now imagine that you may be the soul represented by the blue color, your present partner by the red color, and your present father or mother by pink and gray.



It may be but love bringing you together. But it may also be hate, jealousy or envy that might have brought you together. Whatever you ever did to your own children, may one day come back to you. Either from the same soul or any other soul with a similar behavioral pattern as yours.

That means that quiet often you have been teaching your father and / or mother in a previous incarnation to be the way they still were during your own childhood in your present incarnation. You showed them how to grow up children by growing them up previously. Now it may be time to take full responsibility for your previous action and behavior, for your previous way to educate your children. Learn from it and if you think there might be anything to change - change it NOW.

If your childhood has been painful in one way or another, just remember that the same pain has been caused to your parents before and it might be you who caused it personally to them. The Karma coming back to the soul causing it, usually is much less than the Karma actually caused by that soul. The difference is dissolved by the Love and Grace from God and other loving souls praying for all mankind. The only way to heal all this wounds that survive all incarnations is with the power of Divine Love.

Parents should learn to be loving hosts for their children, because they have decided to become parents, by having sex with each others while having the Karma of attracting another soul into their family. While children should be loving guests in the house of their present parents and always keep in mind that they selected themselves this very house, family and situation where to reincarnate. Even if the family is aggressive, poor or excessively rich, or the parents may become

separated or divorced it still is part of their Karma and lessons as such minor things always are known in advance before reincarnating. Such more difficult situations are part of spiritually growing and learning. It is in "heaven", in God that we will find our eternal home - it never was planned to experience heaven on earth.

If YOU want to spiritually grow - you have to grow beyond and above the influence and imprints of your earthly parents under the guidance and with the LOVE of your heavenly parents and God !!

Learning to love your parents also leads to realizing to love yourself, as your parents may be an image of yourself.

[Overview all chapters](#) | [Home](#)

# Peace

## How to establish peace within and around yourself

Peace and freedom are the nutrients for love to grow and a feeling of well being to develop

Peace is one of the fundamental basis for real happiness in your life

To truly understand the word peace within and in your outside life as well, we may first have a quick look at the opposite:

Mankind often is stressed by appointments with police, lawyers, courts, emotional turmoil is created by mental fighting, arguing with family members, employees and employers, customers, these and many others factors in life may deprive you from the feeling of real peace of mind within and peace in your outside life as well. For example in a few months you may have an appointment with a lawyer, a lawsuit filed against you for an argument you may have had a few months ago. Almost daily your mind is occupied with the possible outgoing of this case. Week after week, month after month. Just because of YOUR action, words or decision that you made within a single minute or less, you may experience months or even years of emotional stress.

How could such a situation come to existence at first ? It always boils down to the very same point. It is your Ego that has caused this situation. The lack of Love and missing capability to love all any time and in all situations. If you want to defend your position, mental fighting and emotional turmoil may be the result. Any kind of fighting for a particular position, whether verbal, mental, emotional or physical causes Karma and emotional stress. Many people nowadays are killing emotional stress by using drugs, alcohol or tranquilizer. This however simply postpones the real work of re-establishing peace through love to any later date, even any later incarnation. Medication always postpones a possible solution to stress, a change of life, change of attitude toward others, change of behavior toward others, even a change of your living place, employment, or your country of residence may be necessary. Tormenting areas of living may have been necessary to make you aware of the importance of peace, freedom and love in your life and life in general. Therefore your Karma may have been leading you into such situations of emotional stress and mental or physical fighting. This is the way Karma may cause spiritual progress by making you aware of negative attitudes and behavior with little or no love around you. Once you have become aware of the importance of peace of mind within yourself and others and are ready to establish peace and love within yourself and others at any price, then it may be time to totally change the situation and environment of life for you and your family.

On your way to God you will learn to create and maintain peace in your life as well as within the life of others. Here some important and helpful points to follow:

Any emotional turmoil, struggle, fighting always involves at least 2 persons. Someone else plus YOU !! You may never change the behavior of others, but you certainly are the only person in

charge to control and change yourself. Next time someone wants to start an argument, just skip it, LOVE instead. Turn inward toward God. Open your Sahasraram Chakra on top of your head - the door to God - and ask for Love to flow through you. Pray to God and ask him to help you to remain calm, peaceful and loving in all situations. Keep yourself focused on God and peace will be within yourself in any outside condition.

Next time anyone wants to file a lawsuit against you, stop arguing, stop responding to the charges, LOVE. And of course learn to never cause anything that ever could lead to any lawsuit or argument. Refrain from discussions, arguments and fighting with others. Refrain from defending your points. It all causes but emotional stress and turmoil. Fighting for your cause is a proof of weakness. If you remain quiet while others strive to argue or fight with you, you display real strength and at the same time refuse to give them any "ammunition" to continue their fighting. Remember: any fighting of any kind always requires at least 2 persons to be involved. If you can but love, no one ever can fight or argue with you.

Discussions are a mental fight of the egos involved. Stop discussing. Truth is absolute and never can be discussed. Anything that can be discussed lacks of truth and should be dropped. Truth can be understood and explained but never discussed.

There is an absolute point to everything in life. Learn to see everything from that absolute point of view and leave others their opinion. Strive for the awareness of absolute truth in all your live. Pray to God to perceive but truth and drop all personal opinion and start to perceive Divine truth being shown to you by God if you open yourself for the truth. The truth may be different than anything else you ever have thought, but it creates peace and love. Truth is Divine and absolute.

Respond to any talk only, if you have been directly and clearly invited to do so. Keep yourself out of other peoples arguments and discussion unless you have been asked for your opinion. Leave situations where people are just looking for the next occasion to jump at someone and tear him verbally apart. There always are people who like - and may be need - some fighting situations for their very personal experiences. It should be left to them if they wish so. But yourself are free to become free of any involvement in such situations. Just leave the place. If asked, you may say that you return when the situation is peaceful again. Go for a walk or continue working, but keep yourself focused on LOVE within yourself.

Stop discussing about people who are absent. Talking about people always has a great potential to create confusion and misunderstandings that may later on be clarified with lots of efforts. This happens because most people never remember ALL the true facts, hence they may add something personal which might be offending or just a lye. The lesser you say, the lesser needs to be corrected later on. The consciousness of mankind within a physical body is far from perfect. You may safely assume that only 80% or less of all you remember may be correct to the point. If the other person listening to you again remembers only 80% of what you said, then there is a multiplication of  $80\% \times 80\%$  equals 64%. That means the other person telling someone else what you have said may forward only 64% of the truth, the rest may be imagination, lies or fantasy. Hence if that other person goes to forward the same story about you, ..... Do you realize what it ends up ? It causes confusion, turmoil and lots to correct. If you say 100% of the truth you always feel well. Always talk about situations that you have personally witnessed. And only if you really are sure it is for the benefit of all and you have been asked to do so. it sometimes is more wise to remain quiet even if you could add some true facts - from your point of view - to a particular discussion or situation.

Stop accusing any other person whatever the reason and cause may be. Because even if you are

an eye witness, you only witnessed a very small fraction of it. You only witnessed a few seconds, minutes or hours, a glimpse from eternity. The remainder of the story however is known to God. And God never accuses or judges anyone. He may have a good and real reason for that. And we humans on earth may copy this behavior and stop accusing anyone for whatever reason. Because one day you may find yourself at the other side of the story and encounter others accusing you. And YOU then know that these people know and understand only a tiny little part of all the story.

Mental turmoil also is created by watching or reading aggressive stories in the TV or in newspapers, books, magazines. Any tormenting story causes such energies within yourself. Whenever you somehow get involved with aggression, with arguments, violence mental or physical, you always tend to absorb such energy within yourself and create or even amplify this vibration.

Whatever you do - keep your attention focused on LOVE and peaceful situations. Withdraw all your attention and awareness from such situations and project them toward something really positive and loving, such as toward the image of God, a Saint or by applying the Mantram OM. You may create instantly a feeling of LOVE by repeating the Mantram OM for a several minutes, at a rate of about 1 OM per 5 - 10 seconds. Concentrate yourself on the third eye within and imagine that the powerful and healing vibration of OM is entering your body, your aura from that point toward the outside of the body including all of your aura. Like if you drop a stone in the center of a quiet pond and create concentric waves moving across the water of the pond from the center to the boundaries of the pond. The same way can the powerful and healing vibration of this Mantram, that puts you in direct contact to God, get across your soul, across all your being including your present Ego.

Creating peace is easy, but you need to focus on anything that causes peace within. Peace on itself does not exist. It is the result of absence of any mental, physical or emotional turmoil within or around yourself. Hence if you like peace of mind, peace in life, peace in your country, get involved in love, creating freedom, harmony, healing and silence. Peace will be the result in your life. Be in peace with all including yourself. It is a wonderful condition, a natural condition for any child of God - made to the image of God.

Create peace in your life and support the peace of others

by fully focusing on Love all the time

anywhere and in all situations.

# Partnership and divorce

Any partnership on earth is of temporary nature such as physical life is.

Meeting and parting is part of physical life and  
of the process of spiritual learning.

Learn to be one in God and you always  
remain one with all your friends as well

On earth as well as in astral, and causal spheres most people are attracted by their karma rather than by pure Divine Love. How manifold karma can be, may be learned from the chapter about [karmic links](#) within families and groups. Karma between partners may change, hence the attraction, the magnetism between two souls may change during a physical incarnation.

There may be only Love at the beginning and yet, through the course of partnership the two different souls may need different lessons, different experiences to further grow. Either they agree on a common goal and may be able to stay the full cycle of an incarnation together in a loving attitude toward each other, or they have different goals, automatically leading to the separation in life, going different places during travel, vacation, having different friends.

Another possibility might be that both of them have different goals, but their attachment to each other is of such sticky nature that both of them refrain from any change, hence both of them may also refrain from any further spiritual progress. Refraining from any spiritual progress may of course result in an possibly large number of additional incarnations. Incarnations leading to the necessary number of lessons, until all attachments, all necessary experiences and all karma as well as the potential to create new karma have been dissolved by the Divine potential to love all mankind and other beings, on earth and beyond. A large variety of different situations are necessary for the growth and development of a soul. If partners are flexible, if partners have mutual interests and mutual lessons to share on their way, they may continuously move on in life and in spiritual progress. If they are aware of their own spiritual nature and if they realize the need for spiritual progress and help each other rather than control and compete each other, then they may support their partners on the respective steps to be undertaken, hence promote mutual spiritual progress within partnership and beyond. However lack of common goals in the spiritual level may slow down spiritual development drastically or even completely freeze any progress and actually cause the necessity of future incarnations to learn and solve what could have been done in their present incarnation.

The only true common goal in life leading to the potential happy partnership for a full incarnation is a true mutual spiritual drive toward freedom in God. This goal however has been lost in many cultures on this planet. While in countries like India this goal is existing since thousands of years and among a large number of families, in other cultures and nations the primary goal are fulfillment of desires, career or material needs. Hence most goals on this planet are of pure egoistic and

spiritually ignorant type resulting in a frequent change in partnership or lack of happiness in the present partnership. Happiness can only exist in a partnership that exists on the basis of creating true and infinite happiness in others as well as in each other. A partnership on the basis of creating happiness among partners while excluding part or all of the remainder of the creation may suffer from a lack of true and ever growing Love and happiness between the members of that family. True and ever lasting happiness can only be created by true Love, true Love always includes all mankind, all beings of the entire creation as well.

If your life has been empty of any spiritual values so far, you may start to ask yourself questions about life from the point of view of the absolute, the eternal life. Ask about life and death, about truth, who created everything on earth and beyond and the more you ask yourself such questions the more answers you will find and the more interesting life may become to you. The more you understand about the real meaning of life on earth the easier everything is getting for you and the more sense your past and present is making to you. Your life starts to have a real content and starts to be a learning adventure rather than repeated suffering and work. You will start to learn to understand the roles others are "playing" in your life and start to love them all at once. Life is fun, life is a game. Learn to play your role in this game and start to enjoy life.

A partnership may exist solely on the basis of common karma like previous fighting with each other, or even more intense karma like killing each other. Any common karma causes attraction, which is often regarded as Love, because it is a very strong attraction, leading to the feeling of needing each other.

However, true Love always leads to the feeling of freedom and peace within, even if the partner is away for a longer period. True Love is seldom encountered on this planet, as people are here on this planet almost solely due to their karma and spiritual lessons to be learned before returning home. If such partners happen to dissolve their karma, to calm down their disputes and heal all the wounds left from previous incarnations, the partnership may prosper and may turn into real friendship or even Love. If however there is no real desire to learn to solve all situations in Love in one or even both parties involved, the partnership may distract all people involved from any further spiritual progress by causing even more common karma.

In this situation the most peaceful possible separation may be the greatest chance for both of them to continue their life and spiritual learning with different partners or as a single. A new partnership with no or less karma or the life as a peaceful single may offer a more peaceful environment for additional experiences and spiritual growth, hence may be beneficial for all parties involved including children. How do such partnerships based on common karma come to existence, you may wonder. The answer goes down to the very same point as many other answers. It is the missing capability to dissolve in Love any previously experienced pain and suffering. Some people may call it forgiveness, but actually dissolve in Love is much more than just forgiving someone. Forgiving still may leave the traces and memories of past action. True Love however removes all traces and leads to complete healing, leaving nothing behind but an even deeper Love toward all beings including all person ever having caused any karma toward self.

Particularly in Christian cultures it was and some places still is a problem to get divorced. The church as well as many governments impose many difficult laws on the parties wanting separation, even peaceful separation. Divorce is a situation to be solved between the two persons wishing to divorce and no one else should ever get involved. A divorce is a question of 2 persons trying to separate in peace and friendship. It is a spiritual lesson between the two souls involved including any mutual children. A divorce or separation between two persons should be achieved by each person taking full responsibility including financial responsibility for himself, giving full freedom to

the partner.

The single most important aspect in a peaceful divorce is Love, giving freedom to both parties involved and getting a new opportunity to learn and spiritually progress. A partner is a free individual soul, hence a partner never can be bound by any means or contract. Contracts as imposed in many cultures either by the government or religious institutions are empty of any value. To get married as well as to get divorced or separated, Divine Bliss, Love and assistance from God is the only you ever may need. A marriage is a question to be solved by the two parties involved and God as the only witness, as he guides, helps, heals and separates the two if it is for the mutual spiritual benefit. Partnerships should only exist on the basis of true Divine Love, nothing else but Divine Love.

Letting a partner go is a more intense and deeper proof of Love than holding him back and preventing him from getting happy his way. If ever you are in such a situation and still think that you love your partner who wants separation, let him go if you truly love him. Latest when he dies you will lose him anyway. But if you both are spiritually progressing, you both may meet in God and never find any more separation possible and necessary as you both will have learned to love. Love like a child of God made to his image. God never grabs hold on any of his beloved one, he leaves us absolute freedom to part for millions of years and grow up. It is our lesson to learn to love as much as God does and leave everyone wanting a change in peace and remain in love and friendship with him even if he chooses a different way of life or a different partner.

Children may never belong to any of the separating partners. It is their birthright to may have free contact to both parents anytime THEY wish. It should never be influenced by any other person but the children. They have the right to be free and to see and meet any person they want. Remember YOU invited children to come to your family. So it is important to realize that you are a HOST rather than a slave holder. Your children are your guest rather than your prisoners or your property. Any soul - whether the soul has a female or male body, whether the soul has a you baby-body or an adult one - is free at all time. All you need to do is to protect its Divinity, its freedom, its individuality and all its link to other person the child may feel attracted to. Protect the friendship and Love the child has toward others and enable the child to live this love and friendship by seeing the person. Remember the law of karma, whatever you do to others is coming back to you - unless you dissolved anything in Love - or unless Love is anything you ever gave to others. If Love is all you ever did, there is but Love coming back to you. If, however, separation from a beloved one is what you created, then separation from a beloved one is what you may earn somewhere in your souls future.

Christianity and some other religious cultures have caused hundreds of millions of suffering, fighting partnerships by putting partners together with a contract that can only be dissolved by the use of lawyers, judges, courts, governments and at worst even the church itself. Suffering that sometimes goes on for hundreds of years, for many incarnations. Learn to take full responsibility of your life yourself, keep others out of your very private decisions and learn and realize true everlasting Love and friendship among partners. Stop considering a partner as being your property. Any soul, any physical being, human and others, is free, absolutely free and always shall remain free. Protect this most valuable gift God gave us, re-establish freedom where it has been lost cultivate and practice your freedom and become an adult child of God. Loving whatever you do, loving whoever you meet, what ever others are doing - Love should be the only feeling you ever have toward all at any time.

If your partnership lacks of true Love and friendship as well as of common interests and goals, then give each other freedom in friendship and Love. In such a situation it may be for the first time in life since hundreds of years that you may be able to proof true Love to someone by letting him /

her part in peace and freedom. Give your partner a big hug, wish your partner Love and Divine Bliss and let him go. One day you will for sure meet again, when both of you have learned to love. To love includes the protection and re-establishing of freedom within your environment and any person you ever meet. True life starts far beyond the physical plane, here is the placed to dissolve karma and learn to stop hating, learn to stop fighting, learn to stop possessing others - **and start loving all.**

May Divine Bliss and Love assist you in learning

to love your partner and all mankind.

[Overview all chapters](#) | [Home](#)

Related topics for divorce, partnership, divorce counseling or how to prevent a divorce in love:

[law of karma](#) | [spiritual laws](#) | [problem solving](#) | [karma links between family members](#) | [relativity of law on earth](#)  
[parents](#) | [peace](#) | [later may be too late](#) | [growing into freedom](#) | [magic of words and thoughts](#) | [YES or NO](#)  
[mind control](#) | [emotion control](#) | [divine relationships and communication](#) | [rejection and fear](#) | [learn to open for God](#)  
[introduction to the basics of human perception](#)

# Step by Step

Scientific methods are used to achieve success in business - scientific methods are applied to achieve success on your spiritual path as well. Scientific means by definition of this article and this web page - a method that leads always to the same results for any number of persons following exactly all the steps the right way using the exact right method. Kriya Yoga is such a clearly defined scientific method to achieve freedom in God - or sometimes called God-union or God-realization.

If you want to know why you are progressing slower than you expected or even missing any measurable spiritual progress, then it might be the right time to print this spiritual newsletter out and use it as a working paper for the next months or years.

For missing or too slow spiritual progress usually one or several factors are in common. You may check yourself and find out whether you are doing all and all the best as you can, or whether you skip yourself some important steps on your spiritual path.

Spiritual success depends on the very same factors as success in business or sport. It is reigned by absolute laws that are known and have been known from eternity to eternity. You need a goal, you need a detailed and exact plan, you need to fully understand that plan to be fully motivated, you need a real motivation resulting from true and full understanding why you are doing what you are doing and you need to follow that's plan step by step !

- 1. set up some clear and precise priorities in your life !
- 2. If you want to reach God-union anytime in the near or far future, then this should be the only and first priority. Everyday all your life until you reached freedom in God.
- 3. If however you have any other priority in your life - hence that's exactly where your path is leading. It never is possible to reach two different destinations at the same time. If however you have spirituality in mind and at the same time career, your two goals may "tear you apart" - hence emotional and mental stress is the result. Make a choice. Give yourself a clear and positive answer and write this answer somewhere down. Like on a piece of paper and stick that paper onto a wall or door that's you see daily or as often as possible to remind you of your goal.
- 4. Make up your mind - agree on a clear and positive decision. Repeat that's decision again and again, for years or decades - tell your decision all friends, your employer, your employees, publish it, put it on the front page of your web site if you have one. Write it anywhere and everywhere. Repeat it mentally as a strong positive affirmation and tell it to all whenever ask about your goals in life ! Tell it to the police, the tax department, the customs, to absolutely all !
- 5. Because if you hide your spiritual goal in front of all others, you may forget it yourself. Hiding a true spiritual goal is self-denial and God-denial !
- 6. Now let's assume that's you really agreed on God-realization, on freedom in God on your way of love. Then follow the steps mentioned hereafter:
- 7. yama and niyama are the basis of all laws and rules for the beginning years. These spiritual laws are absolutely your basis for any future spiritual progress on your way to God. It may take many years where you have nothing else but these ten point of yama and niyama to learn, apply and practice - day after day - 24 hours a day !

- 8. After having succeeded to a high degree of perfection in all and any situation of life on applying Yama and Niyama - you may then proceed to apply the divine rules of life on your way to God, that's further prepare you for God-union.
- 9. Finally after applying successfully all divine rules of life on your way to God for an extended period you have got a feeling of what Love is and may continue all the remainder of eternity just focusing on Divine Love.
- 10. While starting point 7 above you also start to acquire more in depth knowledge about the metaphysical physiology of mankind and God's entire creation.
- 11. To better understand all the why's and how's you need to know more about who you are, where you are from and where your home is. Answers from the absolute and eternal point of view are needed on your path to God. You may find all necessary answers and helpful texts on this domain or search through many other books to find answers and hints needed. During the course of your spiritual progress you also may get more and more answers directly from God. And one day you may drop all books and keep reading in God.
- 12. This usually starts after your first nirbikalpa samadhi that you achieved while in a physical body during your present incarnation. To reach this point you may expect approximately 10'000 to 30'000 hours of intense kriya pranayama, while following all rules to the point and developing divine love throughout your life - in business, job, recreation and family.
- 13. All those having a particular area of problems within themselves may be assured, there are two methods of solving such special area of blockages or problems. One is to search for an individual counseling and individual therapy. Since there are virtually billions of problems - also billions of different therapies are needed to solve all individual problems. This individual way may take years, decades or even many incarnations. The other divine method would be just proceed even more intense with your practice of Kriya Yoga including all the parts as pertaining to it. All techniques and all rules should be followed even more intensely and more strictly. God is an omnipotent healing power solving absolutely any and all problems and blockages on your path to God-union. God is love and love is the greatest healing power in God's entire creation. Sometimes a combination of the two methods may be applied - provided it saves additional time and efforts ! Most of the time it costs additional time and efforts hence is a waste of energy on your way to God. The fastest method is to focus on your spiritual goal and keep practicing all spiritual work including Kriya Yoga, development of Love and practicing all yama and niyama.
- 14. If you keep God and Love continuously in your mind as your sole and only priority and goal - this will become the single most important driving power uplifting you to your Divine destination - in Love and with Love !
- 15. Developing divine Love toward all and any beings and opening for the love from any being is an absolute prerequisite. Before you can even start your path to God you need to be fully aware that's you need to get in peace with absolutely all beings on earth and beyond. If you ever think to reach God-union by escaping a single basic lesson you may find yourself again and again in future incarnation on this planet or any other planet suitable for your lessons. For example if you have a rejecting feeling for the opposite sex for any reason, you may be sure that's you are going to be a real loving husband or wife and learning to love the opposite sex before reaching your goal. Whatever you reject for any reason is going to be attracted even stronger until you have learned to accept it in love. All is part of the divine creation. Hence all needs your love. All.
- 16. Are you making spiritual progress following one spiritual tradition and changing your path every few years ? If yes you may find all others have reached God-union while you are still on your path changing. Many ways are leading to God-union. Which one to choose depends on your individuality, on your very personal karma and spiritual lessons to be learned most. A guru may guide you. Or you may receive guidance directly from God, but you may need to ask yourself for guidance. Many souls are in very serious distress on this planet, however only a few select ones really are open for any direct guiding. Most others

may need many incarnation to get ready to accept help and immediately apply any advice received.

- 17.If you have difficulties in accepting any advice and help from your guru or any books, you may be sure that your very own and self-made karma is getting you ready to accept any help sometimes in the future. The driving force of your own soul helps you and if you resist pushes your ego to do the right things at the right time. Your ego is of least importance your soul however has the divine power of God to guide you home in time. The more your ego - your present personality - is resisting a straight path of love, the more tormenting your path of karma may become. Your soul wants to find peace and love. Whatever your ego wants. An ego is destructive a soul is healing.
- 18.If you commit all your efforts to the WELL-BEING of your soul, your path is paved with love and success - all the way up to the end - up to freedom in God, in peace, joy and love.
- 19.Many detailed lessons are published here on this domain to further help you on your loving path to God. More may be written in the near future for a while. They all are helpful and they all are meant to be applied together or at least as soon as possible until you really are sure to be able to progress further on your path. All these lessons and infarctions are guiding you to the point where all can receive direct guidance from God. If at any time or point on your path you are missing this direct guidance - that simply means you missed to fulfill the basic steps accurately and intensely enough to reach that direct perception of god's guidance. So just keep practicing all the basic laws, rules and techniques - all together - all at once - and to the utmost perfection. All. Step by step learn to fully understand them all and learn how to apply the all successfully.
- 20.It all is about love - on this very planet as well as in god's entire creation. All mankind need but one thing - love. Hence all mankind need to learn what love is - how love feels like, how it is to be loved by ANYONE and how it is to love ALL. Love finally is but energy far beyond the physical plane of manifestation. But all those finding themselves here on this planet or similar situations have lost the feeling and knowledge about love so much that they all need to start from scratch. Start from very basic physical love in all possible manifestations. You will know when you have mastered this physical love when you start to really perceive spiritual love and are able to send spiritual love to all as well as receive spiritual love from all. By that time you may leave your physical body and continue your learning in a non-physical world beyond this planet or you may find yourself straight and directly on your path to God to reach God-union. It's all about love - and the purity of your love and opening for all the love from others and God is deciding you path. It all is in your hands and under your direct influence and responsibility. It all is your very sole and only responsibility.
- 21.Make up your mind - set up your clear and positive priorities and follow all rules to the point - step by step - all at the same time - all at once. To be able to do that's you need to learn chapter by chapter again and again to improve your understanding of all. You need to REALLY UNDERSTAND WHAT THEY MEAN so you can apply them all in all and any situation of your life. Once you have understood you just keep practicing them all. And every once in a while you may reread some part of it, just to make sure you are still practicing it all to the point. All.

May divine Love and Bliss from God guide and reinforce you all on your path. Help each other on your way - learning can be a fun game but skipping any part of it may cause severe suffering to yourself. Have fun and love each other. With Love - in Love.

# Rejection and fear and the physiology to dissolve in Divine Love

Rejection of any object leads to increasing magnetism toward that object until you are fully absorbed by the object and overwhelmed by its power. This rejection can lead to increasing fear of the object of rejection until the object of rejection has reached you in your life and faces you. Whatever you fear, whatever you reject is attracted by your fear and / or rejection. The more you fear or reject it the more you attract it.

Rejection of anything means rejection of a part of God's divine creation. On your path to God you will learn to love absolutely everything and anything. God loves all of us, all of all his creatures of any kind - human and any and all other - physical and

beyond the physical plane. Absolutely all is made by God and made of God. All is made of Divine Love. ALL.

All experiences serve a Divine purpose. All mankind is learning to see and realize the sense of this Divine purpose.

In the first animated GIF below you see a typical person rejecting or fearing any experience, situation or any object. Let me give you first some examples of typical

## fears:

- fear of loss of property
- fear of death
- fear of losing a partner, job, family member
- fear of illnesses
- fear of the opposite sex
- fear of getting raped
- fear of particular animals
- fear of particular situations
- fear of anything you ever could imagine or fear .....

## rejections:

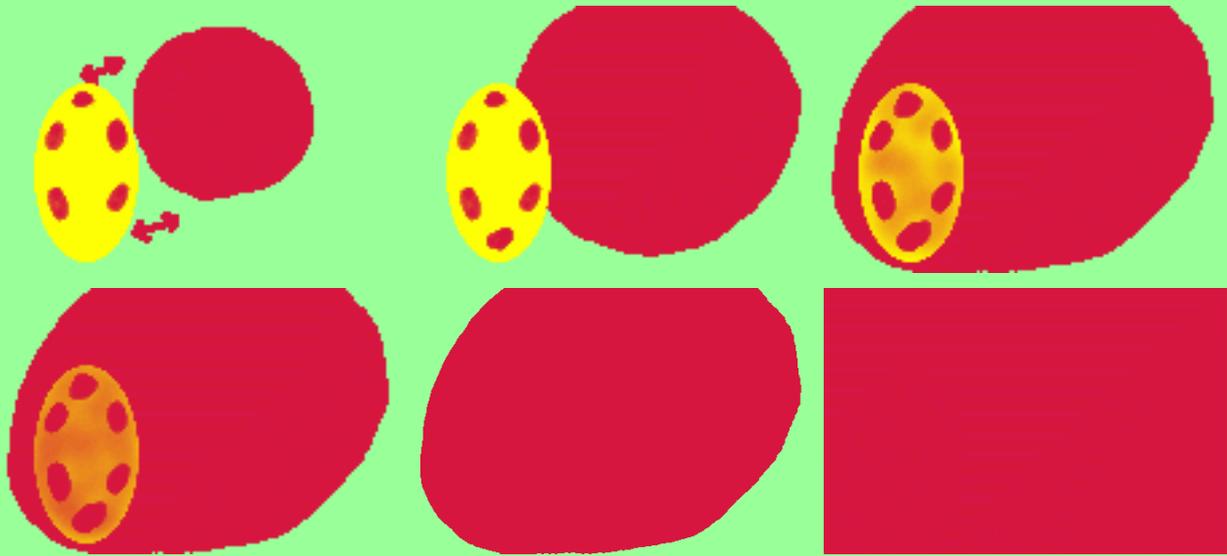
- to get married
- the opposite sex
- any partnership
- having children
- getting pregnant
- growing up
- take responsibility for all aspects of your life
- making use of your freedom
- love
- work
- drugs
- alcohol
- other cultures
- other persons
- other religions
- other races
- anything you ever could reject in your imagination and life .....

The object of fear or rejection is marked in the red symbol outside, the rear or rejection itself is represented by the red symbols inside the ellipse which shows a human lightbody in a simple way. The more you occupy yourself with your rejection and / or fear the greater the attraction of the object of fear / rejection and the greater the possibility to be overrun by it.

**The following graphics are the layers from the animated ORIGINAL graphic.**

**To better understand you may want to see the same chapter in HTML version.**





The animated graphic in GIF format can only be viewed in a browser. When printing this file this valuable information may be lost.

Whatever happens to you is what you attract. You will experience whatever you fear or reject until you have learned to dissolve it in Love. this however requires the readiness of approaching the object of fear and rejection and really learn to love it and practice and proof such love.

All mankind - all beings carry a copy or the object of rejection or fear in their own aura - during the course of all incarnations. The more often they focus on this object the greater the magnetism may get until the object has filled your life and your ego completely or until it has been dissolved in Love any time during the course of your incarnations. You may live even one or several incarnations exactly experiencing what you always have feared or rejected. Whatever it may have been.

Rejection against another race on this planet may result in one or several incarnation as a member of exactly that race. Rejection against the opposite sex may result in an incarnation exactly in a body of that gender. Rejection of a particular religion may result in finding friends or getting married to a person of that religion, ..... or similar solutions to help you to dissolve all in divine Love that you have failed to otherwise dissolve in Love on your own.

By the end of any such attracted experience you will notice "I am" - "I survived it all" - and when you truly succeed on your path of Love you may even realize that it has been an experience of Love given by god to you as an answer to one of your previous prayers or just to help you on your path of Love to God. Your inner most core of your soul is anchored in God and always has been so. Hence you always are in absolute safety, whatever may "happen" to you. You will safely survive all your own experiences, all your own karma and all encounters with fear or rejection. But you may learn that fear and rejection can be avoided - hence all the emotional and mental stress involved with fear and rejection can easily be avoided.

Open yourself to God and learn to fully absorb the fear or rejection you carry within yourself in your

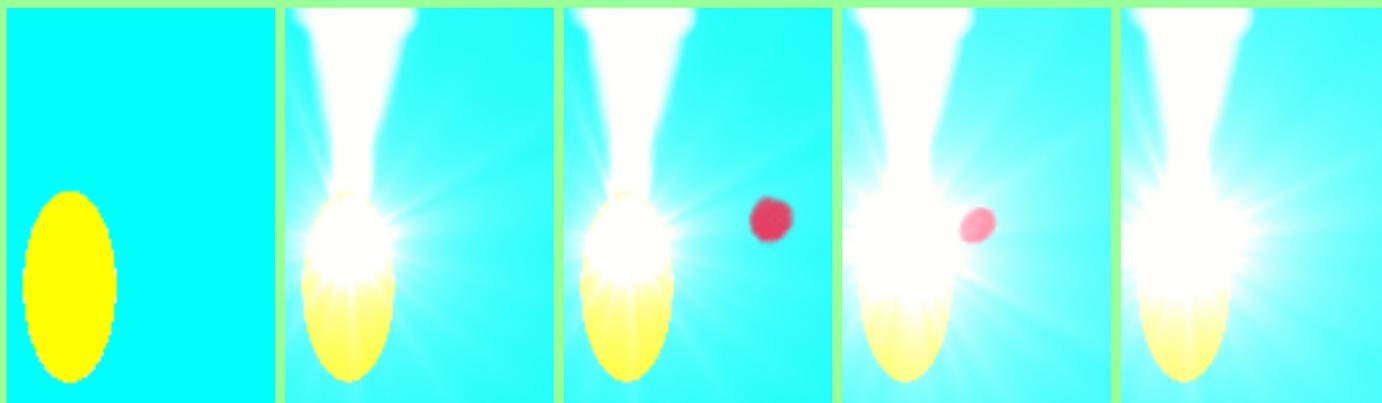
aura. Focus on the object of fear or rejection and open yourself continuously to God through your **Sahasrara Chakra** on top of your head. **Sahasrara Chakra** is your door to God. Absorb the fear or rejection that is within your aura and be ready to encounter the object of fear or rejection in Love and with Love. when facing your object of rejection or fear while being fully open to God and loving at the same time, all is dissolved in Love and freedom is the result. Freedom of any rejection and fear. To have dissolved all your rejections against anything and to have dissolved any fear of anything can only be achieved by the help of true opening to God.

This opening to God is achieved as a result of deep prayers and true readiness to have faith in God and truly encounter, meet, touch and absorb the object of fear or rejection. You will finally dissolve all fear and rejection by experiencing the object in one way or another. If you choose a path of Love you may give the experience to God and have God dissolve it in Love for you - within you.

the following animated graphic shows how this looks and feels like. Practice it in your life in any situation of your life and you may soon feel and experience how much easier life is getting by approaching everything with Love and dissolve anything in Divine Love. God is within everything you ever encounter. It is but your wrong or distorted perception that may temporary prevent your from realizing the Love within all around and inside you. It is but your very own and personal imagination that can cause any distorted perception and pain resulting from such distortion of your awareness and perception.

**The following graphics are the layers from the animated ORIGINAL graphic.**

**To better understand you may want to see the same chapter in HTML version.**



The animated graphic above shows you how the physiology of dissolving in Love works. Switch on your connection to God by loving all, by opening fully to all experiences waiting on you. Pray to God to experience but Love and to receive the gift of Divine Love in all and any situation toward all. Be ready to love all - whatever they do or whatever they have done - to you or anyone else.

# Open for God

## Open for Divine Love and Bliss from God

The physiology to open yourself for the Bliss and Love from God and find instant relief from any pressure, illness and stress. This chapter and all future chapters of this site will teach you how to open again for all divine help offered to you.

After reading all of the previous chapters of this site of the Cyberspace Ashram - you now may be ready for more practical application of all you have learned so far. In addition you may now be ready to learn some practical exercises that help you on your path of Love to God - in Love - with Love. Please note that reading and understanding all previous chapters of the text "[on your wings of Love - on your way to God](#)" on this site is a real and necessary prerequisite to build up more success. All previous chapters are the basis of all following chapters. All is meant to be practiced at once and is part of ONE single spiritual tradition - the tradition of Kriya Yoga on your path of Love to God.

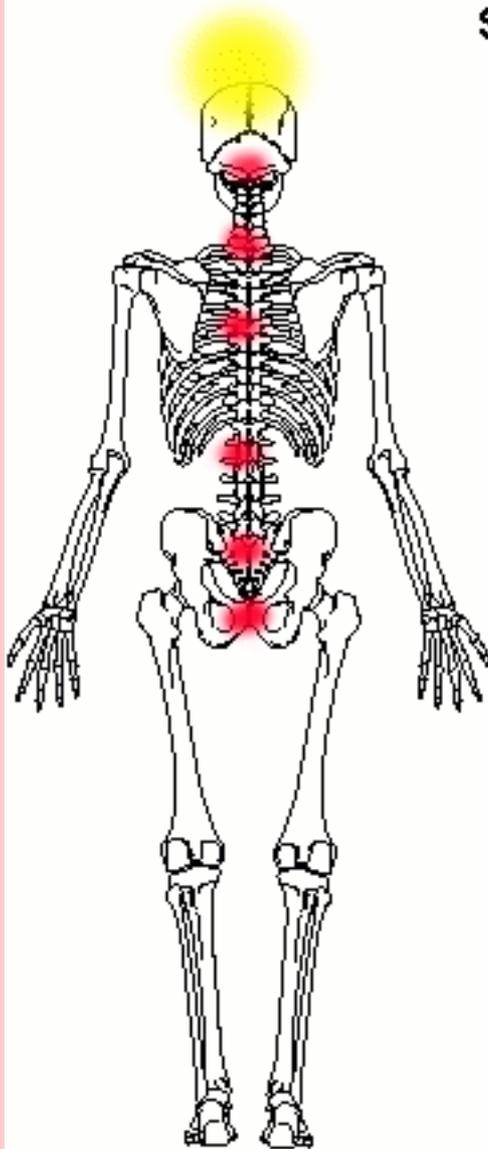
The very basis of success on your path of Love to God is to apply [Yama and Niyama](#) to the fullest extent in all situations of your life. To an extent and perfection leading to the complete and perfect fulfillment of the [Divine rules of life](#) described on this site.

Mankind's energy system is an open circuit system. One part being open to allow energy to flow in and another part to allow energy to flow out. The entrance of the energy coming from God is on top of your head - the chakra is called sahasrara chakra. This chakra is opened by YOU focusing on God and asking for his Love and Bliss - hence the sahasrara chakra is opened by devotion and Love to God.

The muladhara chakra is at the lower tip of your spine and is the opening for all energy to flow out again. All excretion like stool and urine are leaving your body on the lower side of the trunk of your body - the same applies for the metaphysical energy. Energy feeding your soul and all part of your lightbody is coming from top - from God entering your being through the sahasrara chakra and all "waste" and excess energy is leaving through muladhara chakra.

In the below graphic you see a view of a skeleton from the back. The red dots show the location of the entrance of the chakras into your spine. All these 7 chakras are in the horizontal center of the body. If you practice Kriya Pranayama and want to know exactly where the entrance into your physical of the chakra is - then simply ask God in a prayer to show you and be open for his guidance. You may then perceive his help by either seeing a light where all chakras are, or by feeling a vibration at its centers or by feeling any other sensation - like heat or warmth. To perceive such guidance may require advance performance on the application of yama and niyama and divine rules of life. But anyone really striving for Love and God will receive any guidance necessary to achieve the goal of his Divine desire.

# Chakras



**Sahasrara Chakra**

**Ajna Chakra**

**Vishudda Chakra**

**Anahata Chakra**

**Manipura Chakra**

**Svadhithana Chakra**

**Muladhara Chakra**

## **How do we open for God, his Love and Bliss ?**

The following exercise will show you how and lets you experience immediately how it feels. The following animated graphic shows you at the beginning an aura of a person with lots of stress and emotional turmoil. Like after a busy day or worries. Then you open up your sahasrara chakra and let God's Love and Bliss flow from top through your aura, through all of your body including your physical body, including all your cells of your body, your mind, your emotions, even your karma !! At the same time you open your muladhara chakra to allow all disturbing energy to flow out of your body. ALL.

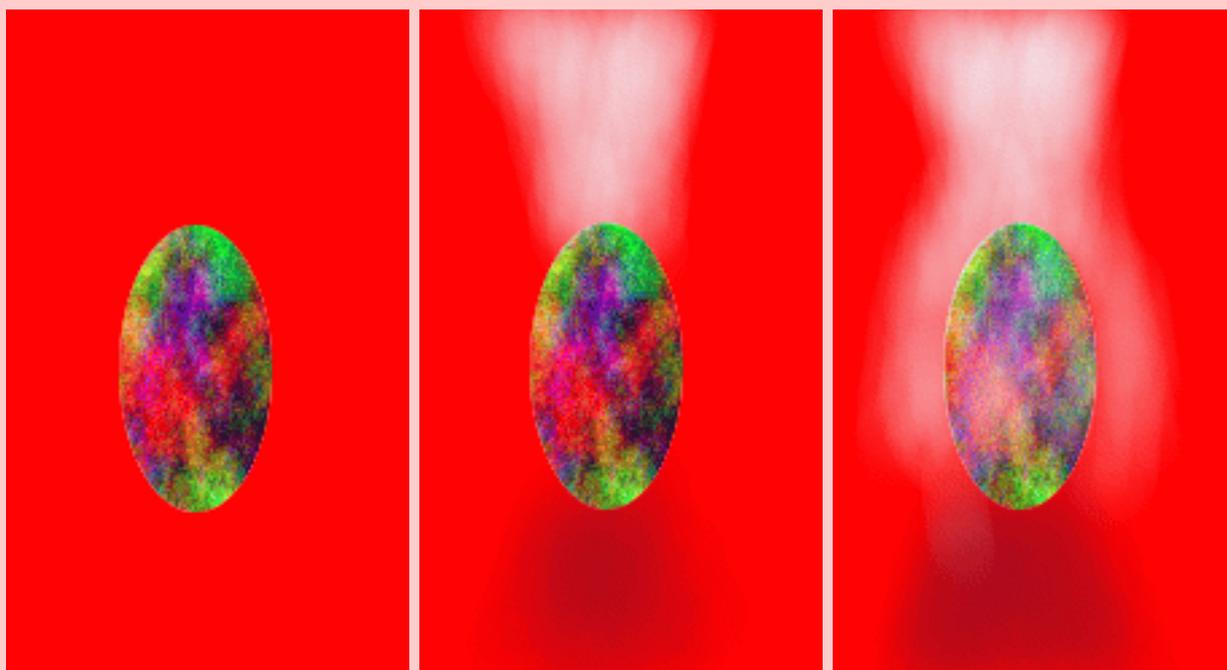
You need to have a real comfortable position for your body. God is anywhere, hence whether you are sitting or any other comfortable position is of least importance. However you should stay awake and be fully relaxed. Just to give this exercise a name, I will call it "lightshower". You may enjoy this lightshower every day, even several times a day, as much as you may enjoy a water-

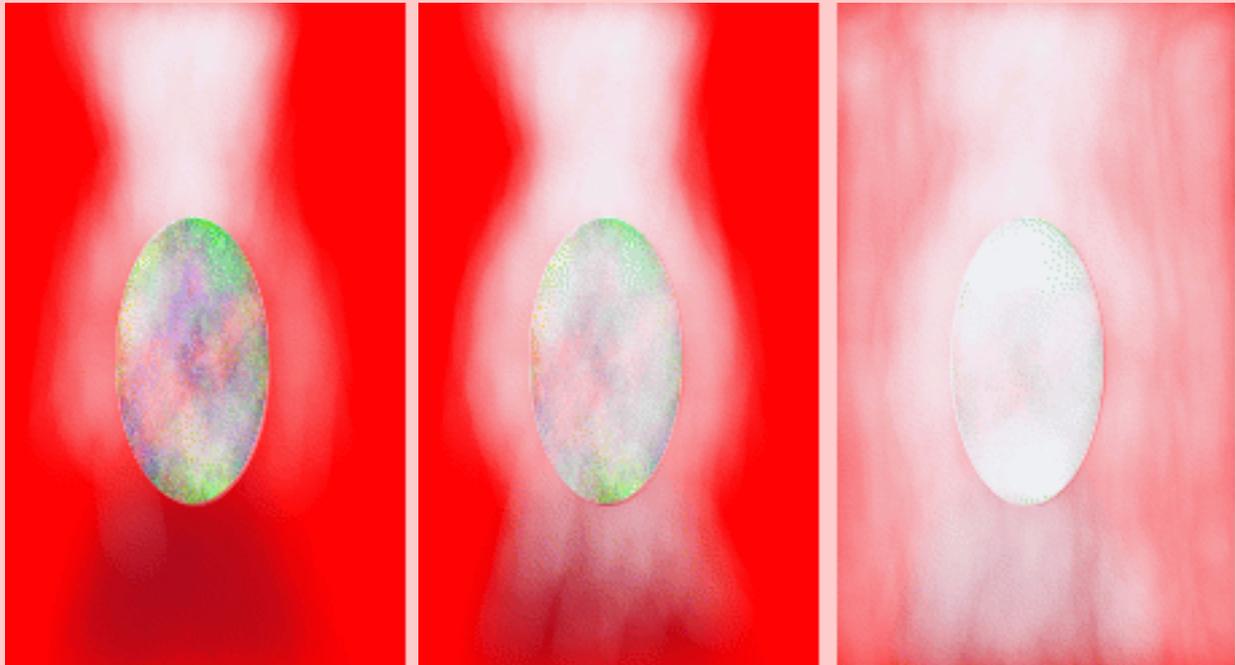
shower when working heavily. The minimum time to really benefit should be several from minutes up to an hour or even more.

As the animated picture below shows, the longer you practice it, the more your benefits, the better you feel. you may try it NOW for a half an hours or longer and feel how much more relaxed and free you feel. It is however important that you open yourself to God in a sincere prayer and attitude of Love and devotion. Allow God to take away anything that is a burden to you. Anything and everything. You are his beloved child and it makes God happy to relieve you of anything that is a burden or bothering you. It is a pleasure to God to Love you and let all his Love flow through you. You may do it as often as you love it and as often as as long as it helps you. You may do it when traveling in buses, trains, when waiting or having some spare time during work. You may benefit from this lightshower anytime, anywhere. After a few days, weeks or months you may even start to feel the vibration of God's divine Love or you may see the light he is sending you while you open for his Love and Bliss.

**The following graphics are the layers from the animated ORIGINAL graphic.**

**To better understand you may want to see the same chapter in HTML version.**





### Lightshower

**This animated graphic can only be viewed in a browser. When printing this page the graphical content may be lost.**

This is an excellent method to clean you of anything strange you pick up from your daily life before you reach your home. Afford yourself a lightshower before entering home to keep your home and family clean of any bothering energy. Bring all the Love and Bliss into your home and family. They will love it as much as you do.

If you are working with different customers in an office, you may practice a quick lightshower in-between 2 dates. After a few months or years of practice, you will succeed much more and a few minutes may make you feel much better. The more you open up completely, the more Love and Bliss from God is flowing through you and the more efficient this lightshower is getting. Preparing you for even more advanced Techniques such as Kriya Yoga. But even when practicing Kriya Yoga, you may first want to practice this lightshower for 10 to 20 minutes to be prepared for the God-realization technique of Kriya Yoga.

[Overview all chapters](#) | [Home](#)

# An introduction to the basics of Human Perception

An explanation about the physiology of human perception of the surrounding environment

to help you better understand and improve your communication.

First briefly some quotes from daily life:

- you see your world through your own eyes
- you create your own destiny and your own future
- all is relative

Mankind is a soul - a being of light - and HAS a body. The soul is mainly imprisoned in that body and the pertaining light body until spiritual maturity and freedom is reached.

"Imprisoned" in a similar way as a butterfly puppy is imprisoned before becoming a butterfly in its full splendor and beauty. Your body is a very restricted world with restricted awareness and perception of your surroundings of physical relativity. After a period of maturing within that prison the soul grows into its Divine spiritual beauty. This imprisonment is caused by Karma caused by that soul in the past or present and serves to allow the soul to relearn to fully develop Divine Love again to become ready to return to its eternal home and freedom in God. Love is the single most important principle in the entire creation.

The entire communication with the physical, astral and causal environment occurs through the means of your Aura - a continuous reception and sending of thoughts and emotions to and from your environment. your aura consists of a large number of different layers - the sum of all spiritual blockages of all previous and current incarnation, all karma, your thoughts, emotions of this and previous incarnations, your memories of all times. The perception of the Divine is almost impossible with these means of perception. Most of the time even the slightest perception of Divinity of your surrounding is missing - the vibration, purity and capabilities of your physical body, astral body and causal body is far to dense, to slow for such a Divine perception of the absolute.

The center of our awareness is within our aura, within all the different emotions, thoughts, pre justice, karma attached to our soul. All we perceive is done so through the different colors of our aura. Hence all we perceive - emotions, thoughts, all perception of any kind of our surrounding - is modified by the density and modification of our own aura. What we perceive is but an illusion, because we perceive all our surrounding through our own eyes, through our own aura, causing our surrounding world to appear as a reflection of our own inner world - modified by our own aura. Like taking a pair of sunglasses with strongly colored glasses - all your perceive is changed by the colors of your glasses.



The center of awareness in our physical body is our brain. Every spiritual body - like astral body, causal body, soul - has something similar to our physical brain but adapted to the fine vibration of its pertaining body.

The circles of different colors symbolize the different center of awareness in the different bodies of light attached to our innermost Divine core. These circles contain the sum of all fears, emotions, expectations, karma, pre justice, rejection, desires, plans, addiction, attachment, intellectual knowledge, misperception, spiritual blockages, ... as a result of all communication and experiences from this present and all previous incarnation. All this is a permanent part of our aura until we have dissolved such content of our aura through the power of Divine Love as a result of our spiritual progress.

Every human is like an open book. Any spiritually developed soul can continuously be aware of all your thoughts and emotions as well as all your karma, future and past. We continuously radiate all content of our aura into our surroundings - hence affect our surroundings with the quality and content of our aura.

The white area in the center represents our Divine center of awareness - always existing in every human, even while caught in a human body during physical incarnation. This white center represents the innermost Divine core of every soul, the Divine light of all creatures made by God. The first yellow circle is our soul that contains traces of our many incarnations and needs to be purified in the fire of Divine Love. This final purification takes place during a true Godunion - complete ONENESS with God - as experienced during Nirbikalpa Samadhi or after Maha Samadhi - the final great Samadhi when consciously abandoning a body by the end of a truly spiritual life devoted to God when a soul returns to God.

The yellow beyond the outermost circle shows the unmanifested Divine around all of us - Gods omnipresence that permanently surrounds us. The various colored dots outside the circles represent the various PERFECT manifestation of the Divine creation surrounding us. The white dots represent the manifestation of God - angels and Saints - that continuously accompany us in our daily life to guide, protect and love us in all situations of our experiences in life. Most babies are aware of these Divine presence around us during their first few weeks or months but loose this perception as a result of extended contact with the gross manifestation of their parents ego. Spiritual parents may protect this Divine perception of their newborn and facilitate their life by helping their new guest to keep their Divine perception of the worlds beyond alive during the first many years of childhood.

The small colored symbols within the colored circles symbolize our various thoughts, fears, emotions, rejections, ... etc. The more we progress on our spiritual path, the more we purify and free ourselves of theses energies within our aura and the clearer the perception of the absolute truth around us. When practicing the holy technique of [Kriya Yoga](#) while practicing Kriya Pranayama God's Divine light is flowing into the various centers of awareness and purifying all layers surrounding our innermost Divine core. The more we practice Kriya Pranayama, the more your pure Divine awareness and consciousness re-appears again until our pure Divinity deep within is freed. One day we entered this present dense environment and prison of the physical world due to our karma caused in the past in spiritual - metaphysical - worlds and we all are learning to free ourselves. Some are learning consciously as a result of positive spiritual effort, while others may learn as a result of all suffering caused by their own karma. An ego - personality - that refuses to learn is pushed by its soul and karma to learn. Slower, with pain, less direct and less efficiently but as safely as all direct spiritual learning. All is always under direct control and supervision of God. All souls, every single soul, will find their way back to their Divine home in God.

The relativity of above illustrated perception is the result of your own inner world created by yourself. You see the world the way you want to see it and the way you have created your own world within your aura. As soon as all parts and layers of your aura is dissolved in Divine Love - your perception will be pure, clear, Divine and absolute.

The more you progress on your spiritual path, the more Divinity of all mankind and creation in general surrounding you can be perceived by you. Once you reached a point to perceive the Divinity of ALL - you may only be able to LOVE ALL, whatever they do, did or will do, whatever their past or future may be. All you ever will be able is to LOVE ALL.

Energies within your aura represent the sum of all your karma from this or any previous incarnation. These energies also cause attraction to other humans and situation similar or equal to your own aura to attract persons of similar karma. For example: As long as you are greedy you may attract greedy or stingy people in all your life in the various situations. This is to make you feel and experience from outside what you cause to your environment and what you are within. You perceive and experience in your outside what you are inside.

Our innermost center of awareness can easily be compared with a screen covered with a series of layers of slides - each slide being a fear, rejection, pre justice, expectation, desire, ... etc - if you now project the true and absolute reality on this screen, you may perceive the slides rather than the absolute reality.

By now you should have understood the basic physiology of your human awareness and become aware of the importance to learn to perceive the true and absolute reality rather than to continue perceiving illusion. Your future incarnation as well as your future in general are manipulated according to your aura. A Divine aura always attracts Divinity, Love and Divine Bliss from God. A Divine aura always causes freedom of any karma and freedom of any future incarnations. To help you purifying your aura, you may ask God for Love, Grace and Mercy. furthermore you may ask all mankind for forgiveness for anything harmful you ever may have done to anyone in your present or any previous incarnation, you may need to forgive ALL and ANYONE who ever did something harmful to you for any or no reason. Just keep in mind that whatever happened to you was the result of your own karma, your own previous action, thoughts and emotions toward others.

The innermost core of EVERY person always was, is and remains Divine - made to the image of God. Help all others to free themselves from their karma by loving ALL mankind.

As soon as you have but Love in your mind, all your aura is filled with LOVE and free of any debris of previous incarnations, hence free of any illusion - ready to perceive the absolute truth in all and any situations. The innermost core of your present Ego - your present personality - is Divine and made to the image of God. Burn your disguise in the fire of Divine Love and be free - in Love - with Love.

**God is Love - Love can but heal**

No human, no animal, no being of any kind ever could be loved too much.

Mankind is made to the image of God - in every aspect - God never gets too much Love

God always loves you and all his creatures with all his Divine Love

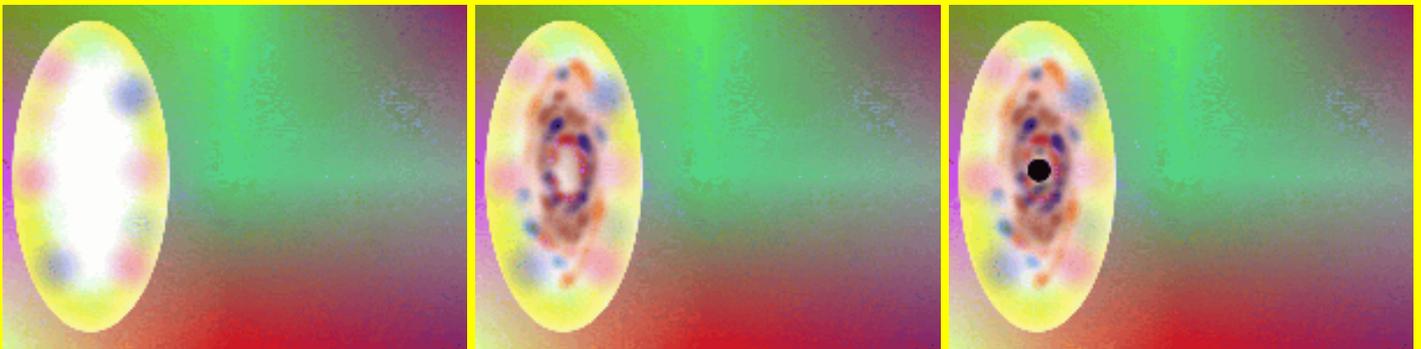
- continuously, infinitely and eternally -

God always is open for ALL your Love

# Relative personal perception compared to absolute Divine perception

Fears, expectations, education, cultures, desires, preoccupation, opinions, judgments and many other factors may contribute to the present distortion of personal perception. The following chapter shows you with animated graphics how this distortion works. Kriya Yoga and the development of Divine Love in all situations of Life toward all beings is the solution to such distortion in perception.

**The following graphics are the layers from the animated ORIGINAL graphic.  
To better understand you may want to see the same chapter in HTML version.**



**In the above graphic you see typical relative personal perception of an environment.**

**The animated graphic above shows your center of awareness surrounded by the sum of:**

- your present education and imprints to your behavior from your parents
- from your social society
- from your present religion
- from your present political and cultural society
- this present and previous education received through different channels includes all the DOs and DON'Ts, who people expect you to be and how you expect people to be. It may also include all the fears of a particular culture, like fear of death, it may contain furthermore all compensatory behavior resulting from your childhood. you may have lost your father or mother early for any particular reason and may search a partner of a similar age than your father or mother might be at present. Hence such a person may never see his surroundings in absolute reality but always compares to the beloved missed one.

Your aura may be filled more or less completely with expectations, fears, rejections, compensatory behavior, wantings. Thus all or most of your actions and reactions may be affected by such imprints in your own aura.

It further shows more toward the center: leftovers from previous incarnations, aversion, rejection, attachments, fears, open desires - the sum of all karma.

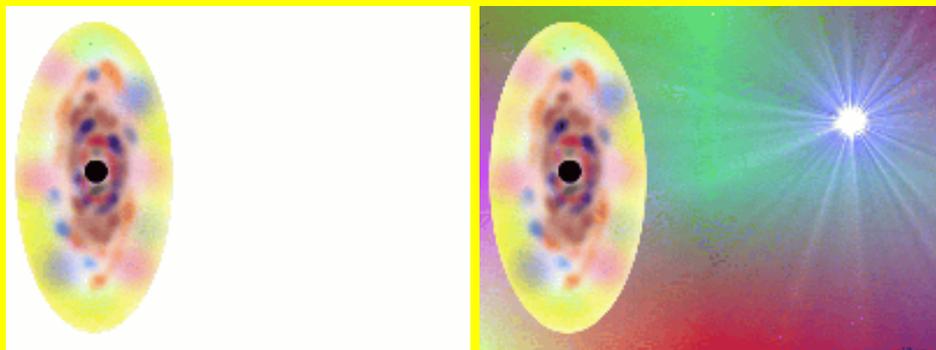
If your surrounding are as colorful as this planet is, looking at the different situations, experiences, adventures, persons, animals, your entire environment that surrounds you - you may ACTUALLY SEE BUT WHAT YOU HAVE INSIDE YOUR OWN PERSONAL AURA.

All energies approaching you are approaching you through all your fears, rejection, attachments, wantings, desires, etc. hence it is your own world that you perceive most or even solely. Your own world consists of the sum of all karma created in this as well as any previous incarnation plus any fears, rejections, desires, doubts, etc. that you carry along with you. All this needs to be dissolved in divine Love. On day, later, anytime - or NOW ! the sooner you start the sooner you will start to see all from the absolute point of view and the sooner you will have learned to handle all life with Love. ALL.

The black dot in the very center represents what you see or perceive. It is the sum of all within you plus what approaches you from your surroundings. The center of awareness and perception is filled of Spiritual darkness - the opposite of enlightenment.

**The following animated graphic shall show you what happens if you would be in a divine environment, having nothing but God around you !! All you might perceive is again a reflection of your fears, expectation, desires, .....**

**The following graphics are the layers from the animated ORIGINAL graphic.  
To better understand you may want to see the same chapter in HTML version.**



If however you are free of all imprints and influences from this and all previous incarnations, if all your aura is emptied of any fear, rejection, wanting, desires, attachment, expectations, wrong images about others, then you are really enlightened and can perceive the absolute truth - whatever it may be. When you have reached such a state, you surely can perceive God in everything, you can perceive all his divine Love in all your surroundings and within. in ALL.

**The following graphic may show you how this is**

**The following graphics are the layers from the animated ORIGINAL graphic.  
To better understand you may want to see the same chapter in HTML version.**





A enlightened soul is Divine and free of any expectations, rejections, ... such a soul has realized Godconsciousness. If this soul focuses on red it perceived red. If it focuses on violet it sees violet and if it focuses on dark green sees such. As shown in the animated graphic above. A free soul always is one with God in its innermost being and its consciousness. Always. the innermost being of any soul is free of chakras. It merges with God like a drop merges with the ocean.

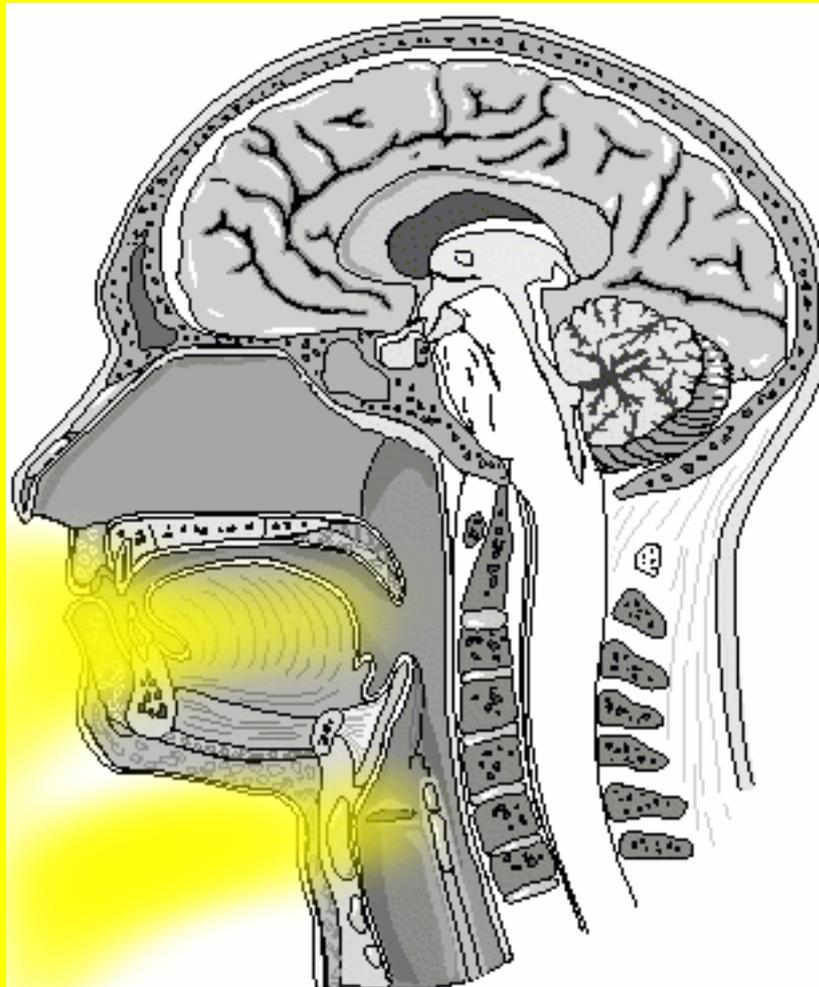
This is the normal condition of all mankind on earth and beyond. Of absolutely all. It is possible for you and all others to reach such a divine state of perception and awareness. Even here on earth. Perception of the absolute truth is important. It frees you of all that ever has separated you from others and God and still may for some time until you decide to make all necessary changes. Kriya Yoga is one path leading to that goal. It is a very scientific path and in combination with Karma Yoga and the development of Divine Love a very efficient one. Soon you may be ready to join the path to God - as soon as you are ready to love all and dissolve all in Love.

# Kechari Mudra

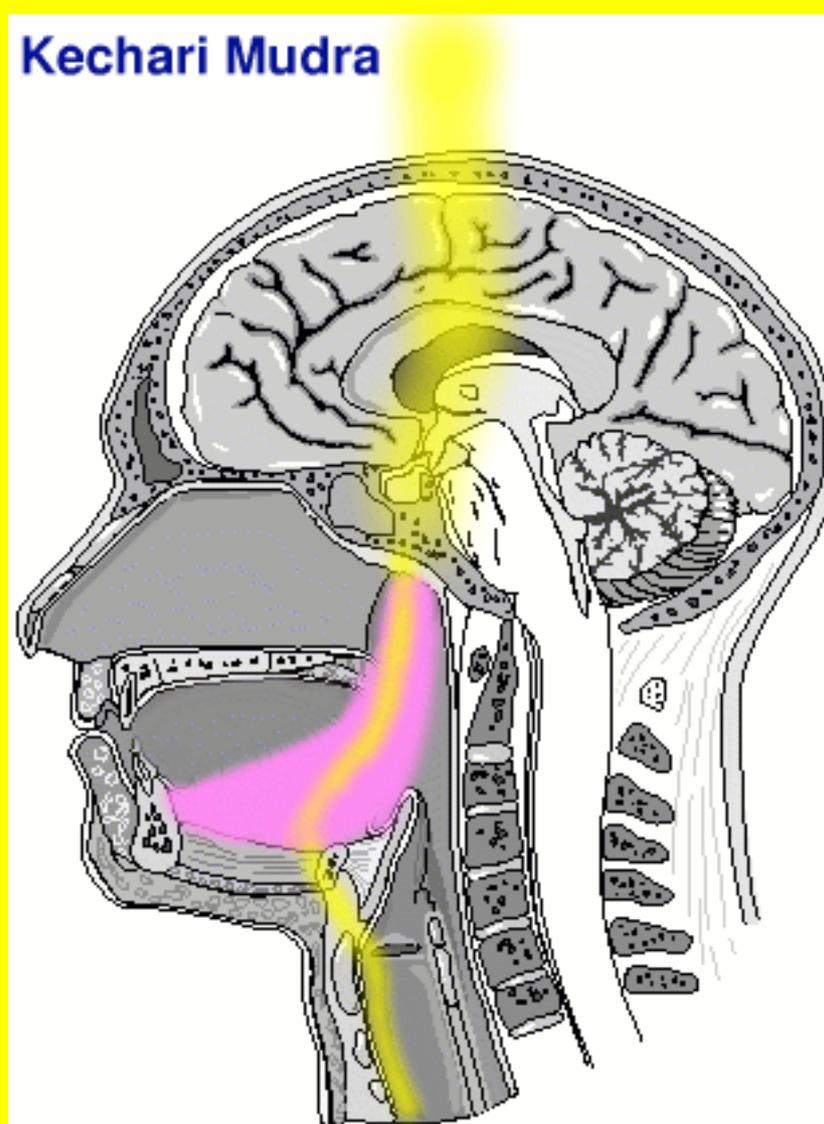
**Kechari Mudra to achieve peace of mind and to calm down thoughts and intellectual activities of your mind.**

Kechari Mudra is an old technique from Hatha Yoga to achieve piece of mind and to facilitate a state of silent and deep meditation. Talabya Kriya is the preparatory exercise to achieve a perfect Kechari Mudra. If kechari Mudra is learned - it always should be taught directly by a guru and practiced under the direct supervision of a physical guru !

The first graphic shows the energy flowing into mental body through vishuddha chakra, into speech through your tongue and also into intellectual mind. All this may cause or contribute to a jumping mind. Your mind is like a group of wild horses. They all can be trained in various ways. One of it is Divine Love. It is just a question of method, willpower involved and proper technique and finally a question of time and efforts invested to achieve the final goal. What final goal are you heading toward ? if it is God - then God's Divine Love will always assist you in any way that YOU decide to approach God. Many ways are leading toward the final path of Love. The more Love you apply on your path to God - the easier you achieve Divine Oneness in God. God is Love - if you apply Love, it means you allow God to help you in the most direct way possible.



The following graphic shows you how perfect position of the tongue should be when Kechari Mudra is achieved correctly and how it changes the path of prana flow - thus causing the energy being withdrawn from your intellect and devoted directly to God - keeping your mind silent and allowing you to facilitate a silent condition of mind to enter deep meditation. It is like an electrical bypass to the energy system of your mind. Instead of flowing into your mind and allowing your thoughts to jump like frogs here and there - it causes the mind to be quiet and allows you to focus on God. It is a Divine trick - allowed but there are other Divine and more direct methods to achieve the same. But Kechari Mudra is a very efficient way to achieve the goal. But you may have to work toward piece of mind in every incarnation again and again.



Dissolving all disputes, all problems, all painful experiences and memories, all and any conflicts of any nature in Divine Love is an eternal achievement that survives any number of incarnation if you desire to reincarnate for any given reason again. All that really has been dissolved in Divine Love will remain dissolved for eternity unless you re-create it again at any later moment.

Kechari Mudra creates peace of mind by temporary withdrawing all life-force from all your

thoughts, distraction, plans, .... they all are but sleeping and waiting to wake up soon after your meditation. To achieve proper Kechari Mudra may need a few thousands of hours of practicing. If you decide so - then you should do it under the direct guidance of a physical guru only. It is a difficult mudra to achieve properly and any wrong technique or any wrong habit during Talabya Kriya - a technique to prepare for kechari mudra - may result in loss of speech or damage of clear speech or loss of control over your tongue !! In traditional India it has been learned and practiced by thousands of Yogi and Yogini successfully for many thousands of years - under the guidance of a true Guru.

What is then the purpose of Kechari Mudra you may ask ? If Kechari Mudra is practiced long and efficiently in addition to proper techniques of efficient meditation a deep samadhi may result in your meditation. Various levels of samadhi are known. Each one leading to more and more proximity to the divine source of all. If such a deep samadhi is achieved through the combination of ALL techniques necessary to do so - then you have more and more Divine Prana flowing into your light body and dissolving all your karma, anxiety, spiritual ignorance and leading to more and more spiritual enlightenment. Kechari Mudra is one of several factors contributing to the achievement of deep meditation. As mentioned before - it can be replaced by other techniques as described on this web site. The choice is yours. Getting in peace with all mankind, dissolving ALL in Divine Love may also take many thousands of hours of conscious living and practicing. When achieving peace with all mankind, with all creation - this achievement is of lasting nature of its own, even when practiced on its own. The benefit of being in peace and Love with All are obvious to all.

[Overview all chapters](#) | [Home](#)

# Search for a Guru

or

## go the path of Godrealization on your own ?

In the search for God the question often is with a Guru or on your own. The answer may be difficult but is very clear. If you really can follow all teachings and all advise of your Guru, then the path to God is infinitely easier and smoother to God as when you go the same path on your own.

Most souls are here on earth because they have completely lost conscious awareness of the divine source. The emphasis is on conscious awareness ! The spiritual ignorance in combination with Maya - the power of illusion and distraction on earth and astral worlds is so huge that you need to be fully aware of it to transcend it and dissolve all distraction on your path to freedom in God.

Most Godseekers address a few deep and sincere prayers when they find themselves in deep troubles. And once they found and realized a solution as a result of their prayers most of them may get absorbed by their old attitude and driving forces toward the material world again.

To accept and progress with a Guru, you really and sincerely need a full willingness to accept and affirm his advice and practice whatever he is teaching you. If a guru needs to repeat his teachings more than once or twice it surely is better to search your path to god on your own. A guru can perceive all divine guidance received from God and he perceives all your personal karma and your spiritual blockages. Hence all he says and teaches you has a deep spiritual sense and the only and sole purpose of his teachings is to bring you to God.

To be guided by any Guru you need to pray directly to God and address all your prayers to God only. A guru serves God only and can help you only if you address all your prayers to God directly. If you start to pray to a Guru instead it may be becoming more and more a burden for your Guru to guide you. Whatever you ask from God, your Guru is receiving all the guidance to physically reflect the guidance and answers to you.

If however you start to discuss with your Guru every advice he gives you on your path or if you ask for guidance and hesitate or delay to follow his guidance, then it might be better to search direct guidance from God only. God is guiding you through your karma. The path of your karma is also a path to God - but it might take a few thousand years or more longer to achieve the same goal. But the path of karma is a straight path to God - straight around and across your karma until you have learned through suffering your own karma what could have been learned with Love from a Guru or by strictly following holy scriptures of this world. By definition - Holy Scriptures are only those scriptures that are directly written by godrealized saints of all times. Like Bhagavad Gita, Yoga

Sutras of Patanjali and many more.

The time a Guru is in a physical body is very limited, his Love for you may persist and last for eternity. Once a chela of a Guru, you may receive all guidance even if he has left his physical body and returned to God again. His Love and Bliss coming from God is showered upon all his disciples infinitely and as much as they individually open for such guidance and Love. Since his time is limited on earth he may prefer to guide those who accept all guidance and God may take over all those who reject for any reason direct physical guidance offered by God to Godseekers. God is the final Guru of all. If you want a physical Guru you really and sincerely need to accept God as your true Guru. Only if you have developed such a Divine Love for God you may be really open for all Love flowing from God through your Guru to you. Love in such a case may be expressed in more direct guidance, more spiritual lessons in a particular incarnation and hence more spiritual development for your soul.

The more you want to keep from your very personal attitude, attachments and behavior the less it is possible or the more difficult it has become for any one but God to guide you. God has infinite time for you and may need to guide you through dozens or even hundreds of incarnations. A Guru has but one incarnation left to teach and help you. God may need infinite amounts of Love and Bliss to constantly dissolve all the new karma and blockages, rejections, desires, fears and more that you create again and again. God is offering you all the time - at any given time - the very best of all options that you are opening for. Look at your life and see how your life is - that is how much you allowed God or anyone else - to Love you and help you to dissolve all in Divine Love.

All will find God. Absolutely ALL ! If you have no Guru around you and still search for guidance, then pray to God and God will be your Guru. But you need to be able to listen to God, hear his guidance, his Love flooded whisper to you. It is very gently, very loving and always "forgiving" - as God is but Love - he can but love all of his creatures of any kind. All you need to do is to really and immediately accept all his guidance to progress the smoothest and fastest path of Love to your freedom in God. He may send you to books or other sources of information that you may need, to affirm and confirm the guidance you already have received directly by the perception of your Divine Intuition. Know how clear and true your intuition is - and act according to the result of this survey. Trust your intuition if you are sure that you are absolutely right. Use common sense where your intuition is disguised by your own expectations or fears.

God may talk to you by using other children of him, besides a Guru. Sometimes small children, children of any age, foreigners may act as messengers from God to you. Learn to see and perceive such guidance. Learn to be fully open to ALL - then and only then you may perceive such Divine guidance from all your surroundings.

Having a physical Guru allows you to receive constant feedback. It only makes sense to see him if you really follow all of his advise. But if you follow his advise there might be no limit as to how often you may see him. Look at the childhood of Mukunda (Paramhansa Yoganandaji during his childhood) when seeing his divine and beloved Guru Sri Yukteswar. He asked for strict guidance because he really wanted Godrealization as soon as possible and he wanted Love from God and toward all. Love was the driving force - Love to his Guru as an representative of the Divine and Love for God.

# Intuition

Intuition is the direct perception of the absolute truth without the use of intellect or senses

Mankind often wrongly assumes to have a perfect intuition. But true divine intuition is difficult to attain on earth in a dense physical body. Develop divine intuition - the perception of the absolute beyond the use of any senses or intellect requires intense spiritual work and the the complete dissolving of

- all fears
- all expectations
- all desires
- all wishes
- all wanting
- all preoccupation
- all bias toward certain aspects of life or environment of mankind or beyond
- all opinion
- all attachments
- all worries
- all that separates mankind from God

We have seen how absolute perception is compared to relative personal perception. In the following drawing we see what most of us consider wrongly as intuition. When someone thinks to have a good intuition, he refers to it because something happened exactly the way he thought it would happen. How can this be ?

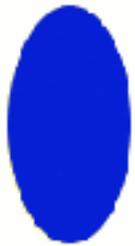
Most of us on earth have plenty of karma, desires, fears, attachments, opinions, wishes, worries, expectations, .... these all lead to a continuous attraction toward such experiences. The karma, fears, desires, expectations, etc. are becoming more and more powerful and apparently must realize one day to be dissolved. the closer this day is getting the more you think it will happen and finally it does. The following animated graphic will show an example of such a situation.

**The following graphics are the layers from the animated ORIGINAL graphic.**

**To better understand you may want to see the same chapter in HTML version.**



100



100



100





A person has at a given time:

- Most persons on earth are far from free of karma, fears, expectations or desires, like the first frame shows.
- Heavy karma coming toward this person like a dark cloud in his life. More and more he may feel something going wrong soon or may even know exactly what may happen. Finally it happens and his life is filled for a while with just that particular lesson and karma until it is dissolved. This is shown with the great blue symbol. the small one is another karma waiting for later dissolving.
- Then he feared since long time something to happen and whatever you fear is coming true, since you build up this image of the happening that you fear. You are creating your own future and live in your own world, as long as you are separated in your consciousness from God. The same happens as before. The day of realization of his fears approaches and he may become aware of it in advance. It is going to happen anyway in most of the cases.
- Some wishes or desires that have been created with much energy and willpower are coming true as well and filling his life in the green scenery.
- Finally the last small karma approaches the person and fills again his life for a while.

This cycle may be repeated for thousands of years or even much, much longer up to millions of years and more. Knowing in advance what is approaching you in the near future however like shown here has absolutely nothing to do with intuition or intuitive perception. It simply means that you know what karma is going to run across you in the near future - nothing else. This karma is inside you and survives all incarnations until you have dissolved it in Divine Love - for example by the power of Kriya Yoga - or until you have dissolved it by living and suffering through it. The law of karma is very simple and straight forward - one specific amount of suffering caused to others results in the exactly same amount of suffering experienced by you unless you or someone else is dissolving part or all of it in Divine Love or someone else is ready to suffer in your position - just for Love for you.

True Divine intuition results in knowing all karma of others, their thoughts and emotions, their fear, and much more. Such Divine perception is a gift from God as a result of achieving a state of infinite Love toward all. It may never be necessary to know all at once, but whatever you need to know for your spiritual benefit always is known. This true intuitive perception of the absolute truth is done free of any senses and free of any intellect. It is a divine gift and the result of being free of any karma. This state of divinity is possible for all mankind but it requires full and intense work toward achievement of such a free and clear state of awareness and consciousness. It finally is the result of several incarnations of preparation and may result at any given incarnation, when working toward such Divine purity again. However each time a free soul is incarnating, this state has to be achieved again. Even for Gurus or Avatars - all the rules apply for all - at any given time. Such clear perception of the absolute requires you to be absolutely free of any imprint that might have been given to you by your present culture, society, religion, education, parents and all others possible sources and factors contributing to such imprints like fear, desires, karma, expectation, etc.

As long as you cannot feel or perceive clearly all thoughts, emotions, fears, reasons of actions from others, you may have no or extremely limited intuition and your perception may be more the simple perception of your karma approaching you. Having a true Divine intuition always results in being able to directly communicate with God in direct way. Intuition is far beyond telepathy or any similar way of communication.

Learn to be free of fears, attraction, expectations, karma, wanting, desires and all other factors. Create peace of mind and peace of emotions by developing Divine Love and purify all your Body and Lightbody. Dissolve all your karma by practicing Karma Yoga in its true and Divine sense while practicing Kriya Yoga and developing Divine Love. The value of true Divine freedom you receive in exchange of all your karma you return to God is far more valuable than anything else you ever could receive from this material world.

Love is the key to all. Take all the time you have got from God in this present incarnation to develop Divine Love and dissolve all karma of any kind. It may well take a full incarnation from the early years until your last breath. Postponing all necessary efforts to a later date may result in finding yourself in a later incarnation here on earth or anywhere else again. Remember "later may be too late" at least in terms of this incarnation !!

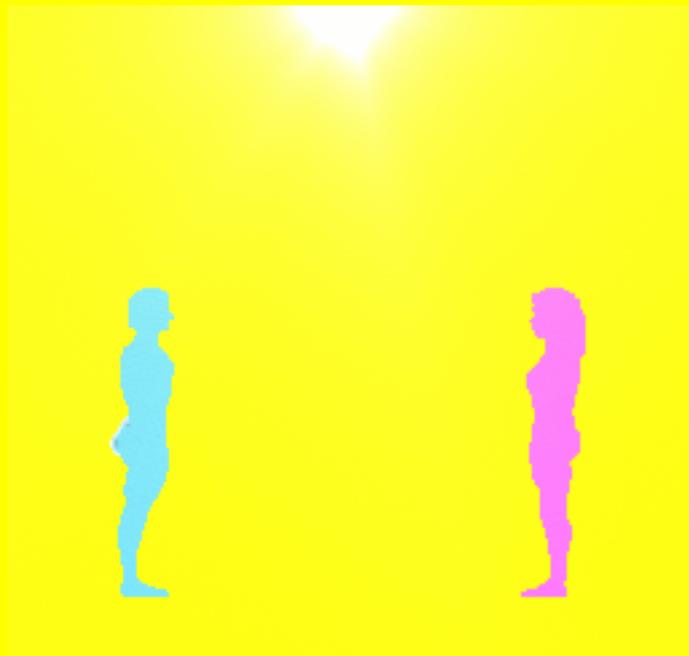
Also keep in mind and realize fully that any karma of any kind always can be dissolved in Divine Love. Pray to God, focus on his infinite Love, Mercy and Grace and dissolve all your present, future and past situations in Divine Love. All past ones as well - your past is the source of your present or future karma and since all is energy, all - even past karma - can be dissolved in divine Love - anytime by ALL.

# Divine relationships and communication

How our attitude toward God and others affects our own well-being, health and spiritual progress.

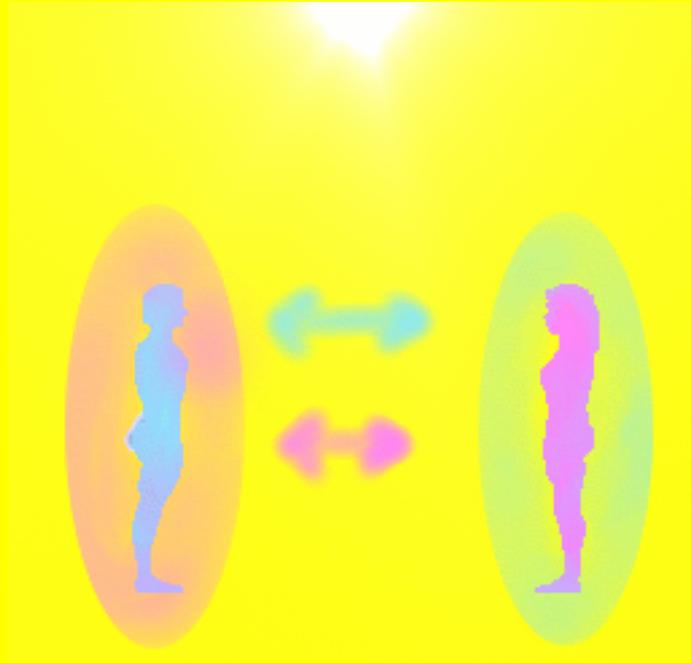
Be open toward all and open toward God at the same time - continuously - to benefit most from all experiences God is offering you here and anywhere else and to spiritually grow in freedom and love.

Most people are closed toward God because most of their activities serve their very own ego and nothing else. Hence all their activities and relationships are ego-centric. The first graphic shows two typical persons closed to God and closed to each other. Whatever they do has little or no positive effect on their spiritual development.



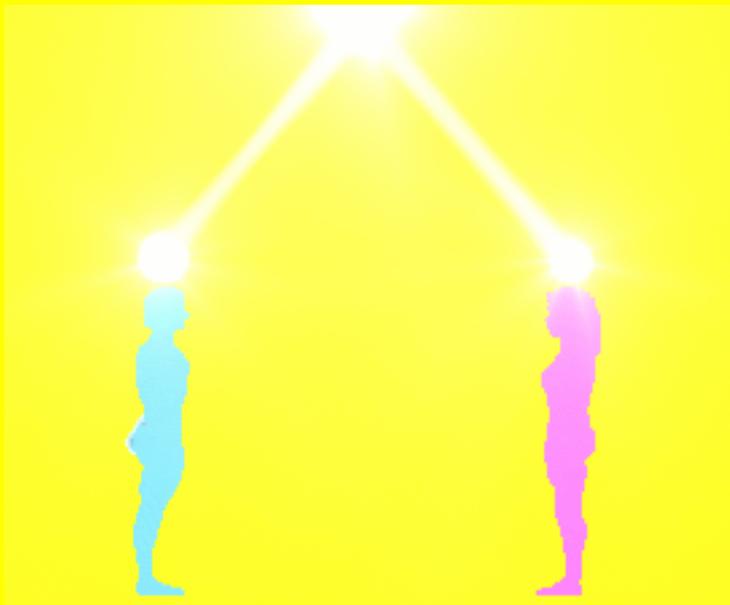
Any interactivity or exchange of true Love is missing between the two persons above. Surrounded by God and Divine Love - all these two keep in mind are their personal interest and pleasure.

The next graphic shows what interaction, communication and relationship between two or more such persons can result in



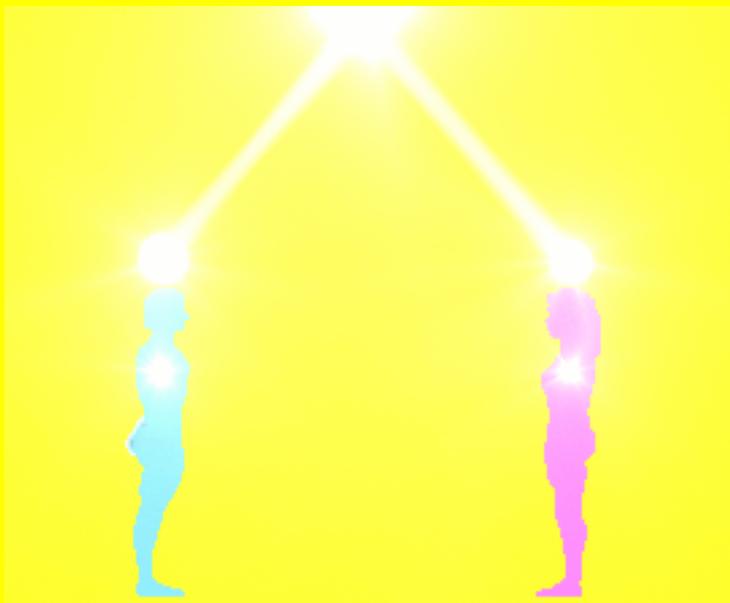
This is valid for most mankind on earth at the present level of spiritual development. Most people are to some degree obsessed by the energy of others. They are thus used, abused and possessed by the wanting, fears, desires and goals of others, partners of any kind, sexual partners, family members, friends, business, political, religion and more. Missing God-relationship always leads to a more or less degree of obsession - a condition where one person's aura is partially or (almost) entirely filled by the energy of their surrounding. By the energy from single persons, groups or entire society. This weakness due to separation from God can be created by creating ignorance about God's absolute truth resulting in persons orienting themselves toward earthly goals and - in case of emotional or material distress - grabbing hold onto physical helpers - some of which are abusing this situation to increase their own influence, power and might by creating or supporting dependency between themselves and the weak ones. Any person being separated from God can easily be influenced or even manipulated by anyone knowledgeable about techniques of hypnosis, the power of words, NLP and similar techniques - which all can be used for the benefit of spiritual and physical health and development of to create weakness and dependencies.

Any person can connect himself to God again. On his own and freely - any time - any where !!! The door to God is within you and far out of the reach of anyone else but YOU. You can re-connect yourself anytime again to God - if you truly and sincerely decide so. This desire to get in contact with God - the Divine source of all Love and Bliss - will open your sahasrara chakra as seen below in the graphic. Any deep prayer, any sincere wish to be loved by God and "please help me" from the depth of your heart is sufficient to open again for all Love and Bliss from God. Then you need to learn to practice this attitude continuously - throughout all your life - during all your activities of all kind. It is very easy to do so - very easy. More and more Divine Love will flow into your body, your mind, your emotions and all aspects of your being - freeing you more and more until you have reached oneness with God - in Love and freedom - eternally.

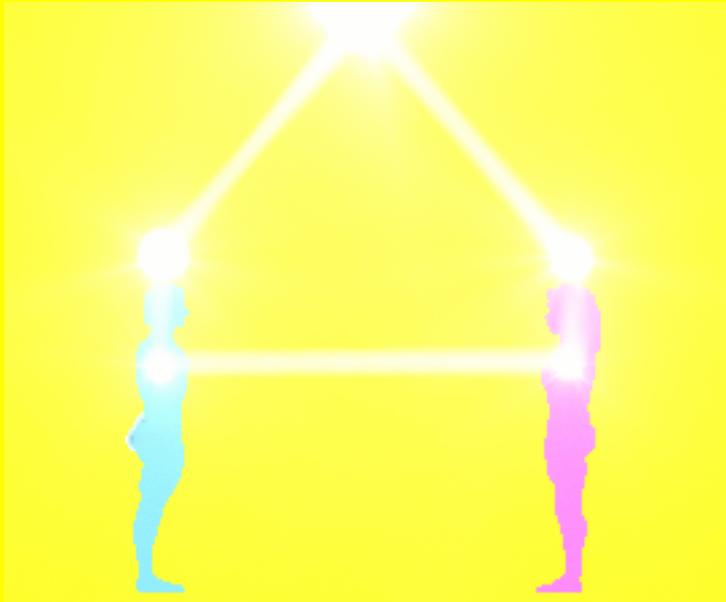


This Godrelationship is show above in the graphic. Whatever you do - anywhere and anytime, always - you can be in direct and conscious contact with God, receive guidance and protection from God - and - LOVE.

Such God-related person can easily open themselves to all mankind and all beings anywhere. This is shown below.



In Godrelation - fully open for God you can open yourself for all beings around you, open your body, mind, emotions, your "heart" and enjoy all manifestations of interaction and communication while learning from all experiences. all you do is guided by God and filled with his infinite Love and Bliss.



Such Divine interaction, communication on all levels during partnerships and friendships with any and all can be extremely beneficial and a source of divine learning for all persons related. In absolute safety and Love you can enjoy being a divine child of Love - made to the image of God - made in Love - made of Love. Learn and do by being and remaining open to God all the time, whatever you do, anywhere and always. Be free of any dependencies to move ahead toward your divine goal of freedom in God, all Divine Love necessary is waiting on you around you - just outside your aura - until you open yourself for all Love and Bliss. It is but you who can open for such Love and Bliss. It is your freedom to choose whatever you prefer.

This chapter is to give you the knowledge and skills to make a wise choice on your own. Freedom in God leads to union with the infinite source of true, eternal and almighty Love. Love is the single most powerful aspect of all beings. Once you have achieved such a state of true and eternal Love within - you will be free to do whatever you want, eternally and you will be enlightened by the consciousness of God to make wise decisions in all situations. Conscious Union with God frees you of any previous attachments to your physical body, hence all possible fears of losing your body is dissolved in the true experience of Godunion - dissolved in Love.

If you wish to enhance your freedom and progress on your path of Love to God, you may practice above Divine relationships and communication in all circumstances with all beings you encounter - with ALL. You will soon experience a change within yourself, your relationships and communications on all levels. Whatever people are saying or doing to you - open yourself fully, absorb and dissolve all with the Love flowing from God through you. Your learning from all experiences increases - anything can be given to God - anything and all - just open yourself continuously for God and all your surroundings. Your life will be filled with Love and Bliss - from God and all your surroundings as well.

[Overview all chapters](#) | [Home](#)

# Mantram

## Sacred keys on your way to Godrealization

How do Mantram work - and which Mantram to select for your spiritual benefit

Many common Mantram are used in the original Sanskrit language. However it is of utmost importance to truly know and be fully aware of a Mantram's true spiritual meaning. To benefit from its true and Divine Power of freeing and healing you should know the true meaning and you should fully agree with its meaning and identify yourself with its meaning and Divine power.

For that particular reason we prefer to use Mantram in your own language or a language you truly understand. The Divine power of any Mantram is completely free of the language the Mantram is used in. It is your intent - your inner attitude that frees the Divine magic power contained in every Mantram.

Words are magic. Use words consciously and concentrated. Be aware of what you say and use your words - and thoughts - always with Love for the greatest spiritual result and benefit. Anything else - any other attitude - may give any different result - may be even detrimental to your spiritual goals and detrimental to your souls well-being !!!

Be wise in the use of Mantram - choose the path of Love and Mantram of Love only and do it with all the power of your soul and heart to result in ONENESS in God. What ever you do with **all** the Divine power of your soul and heart is always enough to lead you to the final destination of ONENESS in God in Love. If at any time you put all at stake that you have, all your possession, all your power, all your Love, all you ever have created, collected, earned, including **ALL your memories** and **turn it ALL to God with Love** - in Love - then it ALWAYS is sufficient to open and pass through the door of Love to God.

For anyone, for everyone - for ALL - anytime and always !!!

Whatever you have to give to God - anything of any nature and content - how much or how little it may be - if you give it to God with Love on your own free will, it always shall be sufficient to open the gate to God widely and free you in Divine Love.

## Here some of the most important Mantram for your path of Love

You may use these Mantram as often as you like and you may use them in addition to the

techniques of Kriya Yoga - however it is best to use them completely separate from each session of Kriya Yoga Meditation !!

The true and actual meditation always should be a silent meditation - silent also means free of any use of Mantram or visual aid. With nothing but Love and God as an object of focus in your mind. ONENESS with God can only occur as a result of full, repeated and extended concentration on God. Any other meditation is but a preparation for true meditation to prepare and calm your mind and teach you to direct your attention toward God. Such is the nature of Mantram - to draw your attention toward the Divine source of your being - your soul - toward the source of all sources - God. True meditation starts beyond the activities of your mind or intellect. Therefore you need an extended capability of concentration - Mantram are assisting you to achieve this Divine capability of mind control.

## "God is Love"

This holy Mantram "God is Love" - one of the most powerful in existence - is healing your own picture of God that you have within your own aura. Most people, particularly those you ever had incarnations within the Christian culture of this planet, do have spiritual blockages and even fear of God as a result of such wrong and disastrous teachings as given even nowadays in Christian churches and scriptures about a punishing God.

The Mantram "God is Love" is like an all mighty spiritual equation and heals your own picture of God within yourself. The repeated use of this Mantram "God is Love" always leads to a complete healing of any blockages. It is a statement of utmost spiritual truth - God is Love is one of the most important spiritual truth - truth is Divine and a direct aspect of Divine Love. Such Divine truth always heals. Anyone ever applying any Divine truth always receives Divine healing by that Divine truth.

The Mantram "God is Love" is of particular value on your last journey - when you drop or loose your body and really want to be one with God.

God is Love - mercy and grace are direct aspects and direct manifestations of this Divine Love. To receive Divine grace and mercy - however you should practice equal grace and mercy toward ALL others during your entire remainder of the present incarnation. It will be infinitely much easier for yourself to open for Divine grace and mercy coming from God if you have applied equal Divinity toward all others as well.

## "I am God"

"I am him"

# "Hong So"

or "Hong Sau" sometimes also written "So Ham".

These above Mantram all mean the same. Difference in spelling occurs where the spelling has been adapted to the way to pronounce words in different languages.

To properly understand this Mantram of "I am God" you HAVE to look at it as a equation - like in mathematics. The word "am" represents the "equal" sign in mathematics. So lets write it down in a more mathematical way to help you to understand this very popular and very powerful Mantram.

**I=God**

By using and repeating this Mantram you want to say from the depth of your heart and soul and all Divine power of your heart and soul:

I want to be like God

I want to Love like God

I want to manifest and practice grace and mercy like God I want to be as pure as God

I want to be a grown up "child of God made to the image of God"

The "I" representing your present **EGO**, your present personality. This may at present present be wrong, as your present EGO may be very detrimental to all or most mankind - but your sincere and true desire in combination with all Divine Love and Bliss received from God and the magic power of this Mantram makes it to come true. However you truly need to want it. You truly need to identify yourself with God and you truly need to develop a sincere desire to love like God does - anyone, everyone, all, anytime, always and for eternity - including all your past, presence and future - infinitely and eternally.

During repeated application and powerful use of this holy Mantram, the two sides of the equation become more and more equal. You may never change God - but you absorb as much of God's Divine energy, Love and Bliss until YOU have become like God - until both sides of the equation have become equal and the equation has become correct and true.

Every human being, every creature ever created by God can always and anytime become one with God. Like a droplet of water falling from the clouds can become one with the ocean. A drop of water being one with the ocean however still is different from being the ocean. Being **ONE** with God in its true and final sense still is different from being God in its absolute sense.

The Mantram "I am God" leads to merging with God - **ONENESS** with God. Like two candle-lights being united in their flames. Such **ONENESS** with God always has the absolute greatest and most powerful healing potential that ever can be experienced by anyone on earth and beyond. **ONENESS** with God always results in full enlightenment and full healing of any traces of any and all of your past, present and future experiences during any incarnation and eternally. **ONENESS** with God - complete merging with God - as experience during Nirbikalpa Samadhi as a result of far

advanced Kriya Yoga will change you and anyone ever experiencing forever. ONENESS with God will heal and free you and your soul eternally. Such ONENESS with God will free you absolutely from anything that ever could have temporarily separated you from your Divine source and home in God.

## "OM" sometimes written "AUM"

OM is the most powerful of all Mantram as it calls directly the unmanifested God. OM directly addresses God in his infinite and unmanifested Bliss and Love. OM calls God to be hosted within yourself. It is an invitation of God to be hosted within your temple of God - your body, soul and heart are becoming a temple of Divine light and Love and YOU are inviting God to be your permanently guest even within your physical body. Your door to God is deep within yourself - hidden in the deepest of your heart and soul - only YOU can access and open this door - only YOU can open the door for God to enter your body, heart and soul and free and heal you.

In Kriya Yoga we only use OM as a Mantram. It is the most direct and most powerful - on your path of LOVE to God and freedom in God.

## XXX is Love

Replace XXX with your own first name. This Mantram is very powerful if you have a problem with yourself, either denying your own Divinity or a destroyed sense of self-value due to some past experiences of others making you repeatedly down. This Mantram allows you again to find yourself worth of being loved by anyone and all - including God. Yes in deed there are many millions of humans having the opinion that they are NOT worth of going back to God, NOT worth of being loved for anything they have done in the past. Millions of humans think that they are NOT good enough to encounter God and be healed and freed by his Divine Love. Such opinion of course is completely false and wrong by any measure and means. As we ALL are beloved children of God and always have been loved by God - any time and absolutely free of what we ever might have done to our Divine sisters in God. We all and always have been but ONE single family in God. And God is our source, our home and our destiny - for eternity - if we truly wish so. This Mantram is a very powerful healing Mantram for anyone who always feels being worthless in this world - worthless to receive Love and tenderness by anyone or all. It re-establishes a healthy and loving attitude towards our God made Divinity.

## Warning

There are many hundreds of various Mantram in use worldwide. Most of them are used to gain special magic powers - called Siddhis - as mentioned in the yoga sutras of Patanjali.

The purpose of this site is to promote the development of Divine Love within to free yourself and

regain freedom in Love in God. While it may take many ten thousands of hours to achieve such magic powers - it takes a similar amount of time to regain freedom in God through Godrealization. Godrealization is an achievement that last for the remainder of eternity - while most of the achieved Siddhis are lost by the end of the present incarnation.

Anyone having achieved Godrealization receives ALL and any Divine gift he ever needs and wants - gifts of Love from God to his beloved children. But at the same time these souls having reached Godrealization have attained a level of purity and Love that gives them all and anytime the wisdom to know what to do and how to make Divine use of such Divine magic power. However a person having achieved a Siddhis through any means other than merging with God may fail to have the power of Love and wisdom necessary to may wise and loving use of his achieved Siddhi - he may use his Siddhi for personal gain and causing Karma - hence further separating him from God for another undefined period of time.

Through the magic power of a Siddhi you may kill any person just through the power of your thoughts or magic formulas and create Karma you may need thousands of years to heal again.

Through the magic Divine healing received as a result of merging with God you may have learned but to Love in all and any situation on earth and beyond - causing but Love and results of Love - HEALING.

May Divine Love and Bliss assist you

to find and reach your way to God

in Love and wisdom

- for your benefit as well as the spiritual benefit of all

[Overview all chapters](#) | [Home](#)

# Short Kriyas

## Silent Meditation with OM in Kutashta

The following graphic shows you a silent and powerful meditation. All attention is focused in kutashta - with OM in kutashta as needed to keep all attention and awareness centered in kutashta. You may repeat the mantram OM every few seconds - up to 6 - 10 times per minute approximately. As soon as peace and quietness is attained, you may then proceed in full silence. Your inner attitude is to be fully open for God in Love and devotion. Just Love in mind - Love for all mankind - Love for all. Your sahasrara chakra is opening more and more the more often and the longer you practice this silent meditation. In addition to your Kriya Yoga, you may practice as much and as long this meditation as you want to be open for Divine Love and Bliss from God. The longer the better. Make sure you are in a very comfortable position when practicing.

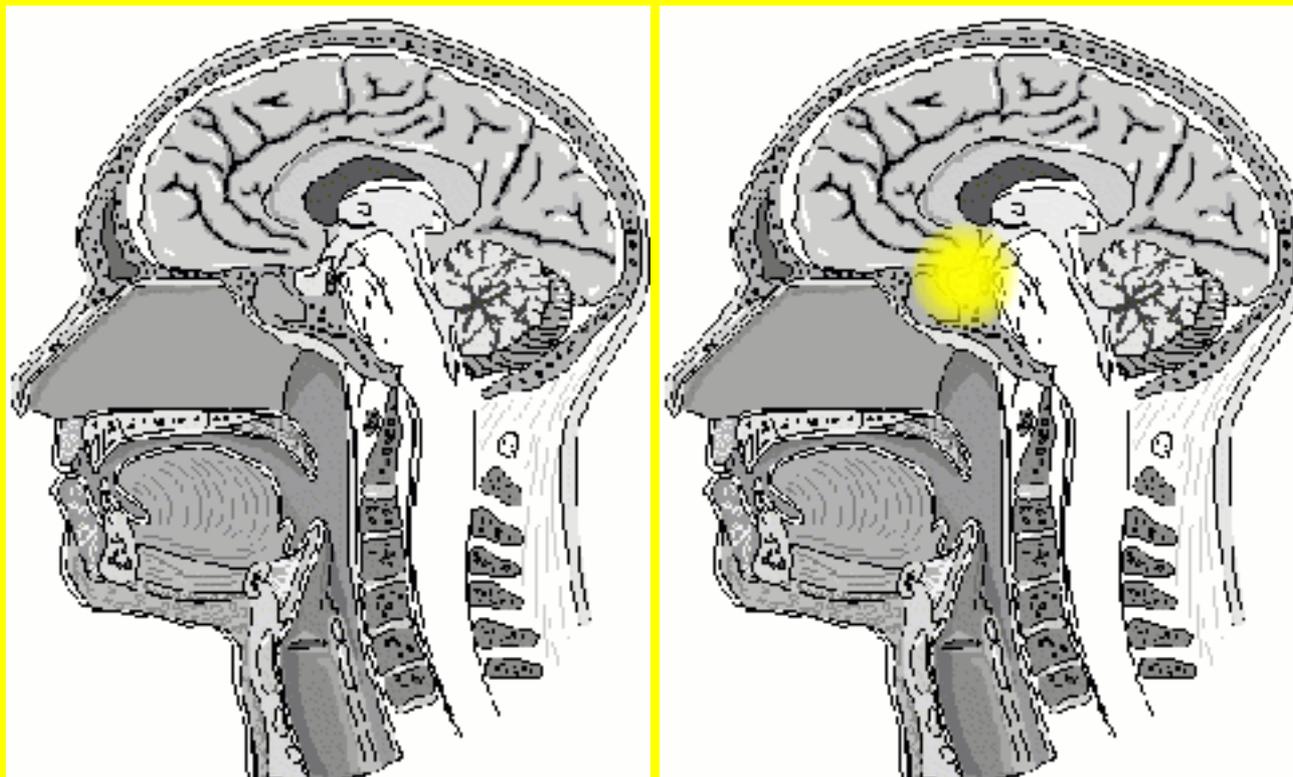


where and how to find Kutashta can be seen from the below detailed graphic. Concentrate on the place shown - about 2.5 to 3 cm inside your head and between your eyebrows - exactly as shown in the graphic and repeat OM as shown. When your mantram OM is very powerful and successful you may reduce the number of OM and change into a silent meditation with full awareness and concentration directed toward God. Allow God to enter your soul and to enter even your present

personality by inviting God to descent into your soul and body in repeated and deep sincere prayers. When doing this properly - you surely will feel divine energy - Divine Love and bliss flowing into you and shining through you after a while of constant practice.

**The following graphics are the layers from the animated ORIGINAL graphic.**

**To better understand you may want to see the same chapter in HTML version.**



May all divine Love and Bliss uplift and free you

[Overview all chapters](#) | [Home](#)

# Mudras

Seals of Nadis to achieve a particular and desired condition of the energy system of your light body - resulting in a change of physical body, mind and emotions

From various spiritual traditions and from Hatha Yoga many mudras are known and practiced for various purposes. For Kriya Yoga and the path of Love to God only a few select ones are needed. These are listed here and described either here or in the appropriate chapter.

We will have a look at one well known mudra - Yoni Mudra used to **reduce distraction** and to increase harmony and balance within during the beginning years of meditation practices. Below we have a graphic showing a hand with its typical and most important chakras. Each fingertip has one chakra and near the center of the palm of your hand there are two chakras shown - one to receive, the other one to send LOVE. Hence the word "healing touch". Of course there are many more chakras in the fingers. Each finger tip has one receiving and one sending chakras. The receiving is used for sensing metaphysical energies - like illnesses in a body (lightbody) and more. Some of the shown point below are well known in acupuncture as acupuncture points as well. Most of the acupuncture points are small chakras.



The next graphic below shows the other 5 points to seal with these fingers to perform Yoni Mudra. They are at these exact locations. When becoming sensitive for metaphysical energy as a result of advanced spiritual progress on Your path to God, you will start to sense thousands of minor chakras and nadis on your body. The one chakra right on top of your eye - actually exactly inside your pupils is very strong. It radiates a "light-beam" similar to an infrared light beam. To read (received) and to send (Love) it sometimes is called the door to your soul. Looking in someone's eyes creates a deep and intense contact between the two souls. It is a good practice to look into

other persons eyes as it helps to send and receive Love between the two souls and hence to dissolve anything that might be between the two souls that could separate them due to their present ego.

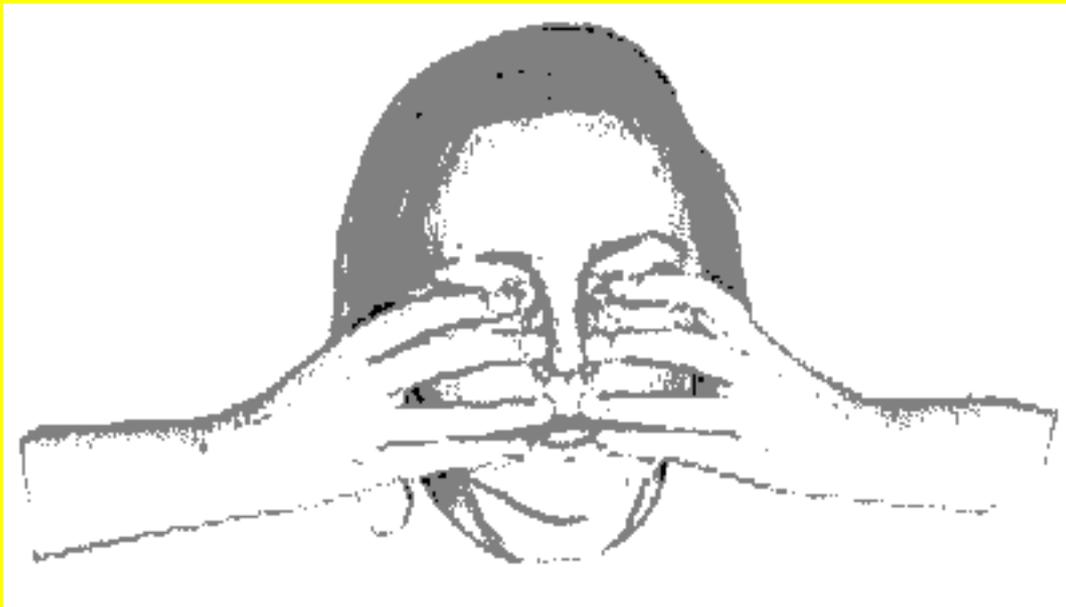


Performing this mudra facilitates peace within by reducing the distraction from outside. As these chakras are used to receive information from the metaphysical world surrounding you, this information received may cause turmoil within you - by causing your emotions to boil or your thoughts to jump :-))).

Using the proper 5 fingers in the right positions of your head - on both sides simultaneously of course - creates more peace within. this is commonly used to enhance the progress and improve the results in achieving deep and silent meditations during the beginning years of meditation-practices. The final position of Yoni Mudra is shown below.

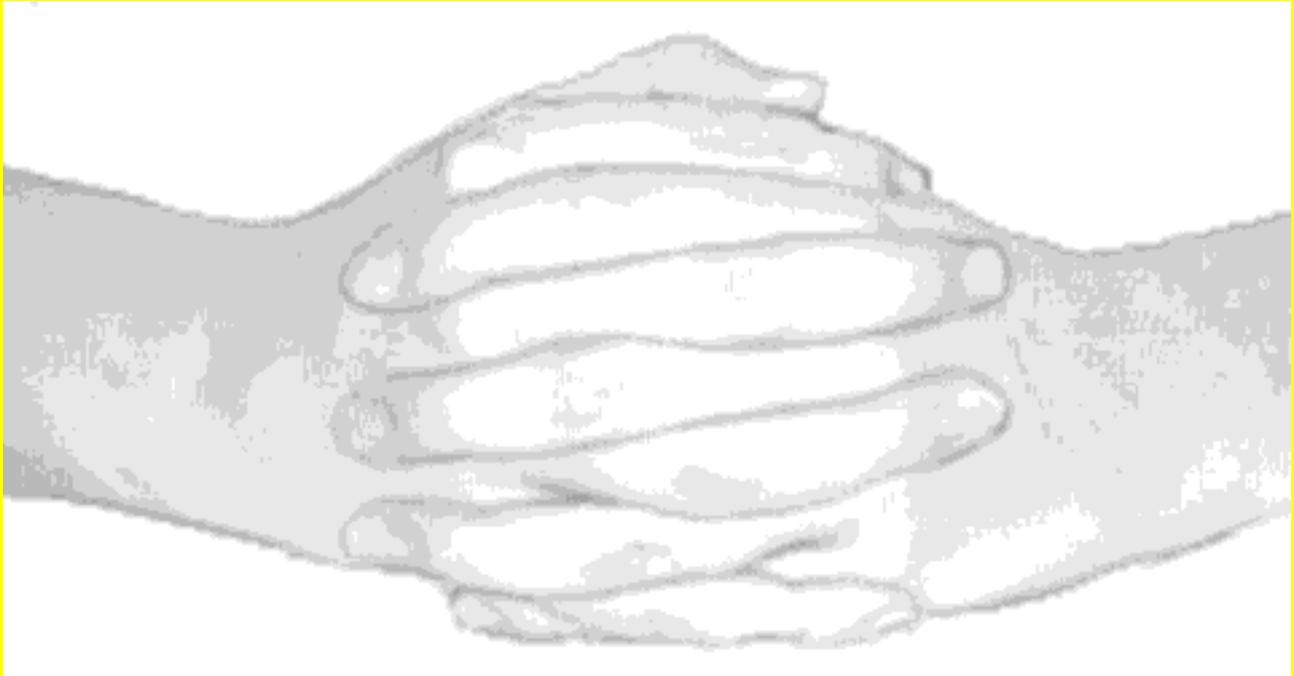


Yoni Mudra is done with both hands on both sides of your face as shown below. When fully concentrating with all your attention, all your awareness in your kutashta you may do this Yoni Mudra for as long as it is comfortable to you - usually 15 to 30 minutes or more at a time. God will hold your arms up to do it if you allow God to assist you !! God always helps you to reach him !!! Always - and all his beloved children. The graphic below shows a perfect Yoni Mudra.



Maha Mudra is shown in a separate chapter. Now we have a look at another very commonly used Mudra - used for prayers and also during conversations. By folding our hands in the way shown below we completely seal off all our fingertip chakras to be in ONENESS within our self. It helps to reduce distraction that might be caused by any facing person we are talking to and it helps to

concentrate better toward inward to consciously perceive intuition and Divine guidance from within.



In any advanced stage of meditation - this is one of the most commonly applied Mudra for your hands. For example after extended practice of Yoni Mudra; - you may drop your hands and fold them as shown in the graphic above.

[Overview all chapters](#) | [Home](#)

# Maha Mudra

Maha Mudra is known with a few small variations on this planet. The reason for a variation to such a divine Mudra is the particular situation of a group of spiritual disciples or the particular situation of his health that might require a slight variation. Finally Maha Mudra is coming from the spiritual part of Hatha Yoga and Hatha yoga knows many different Mudras and Asanas (positions) for all different situations. A true Guru and master of Yoga in its general aspect of Godrealization as the only goal of all Yoga paths always knows what alternate exercise or technique may be suitable when a classic one cannot be performed for a given and absolute reason.

Such an absolute reason may be the amputation of a leg or the extreme stiffness or PAINFUL injury of a leg due to an accident or old age.

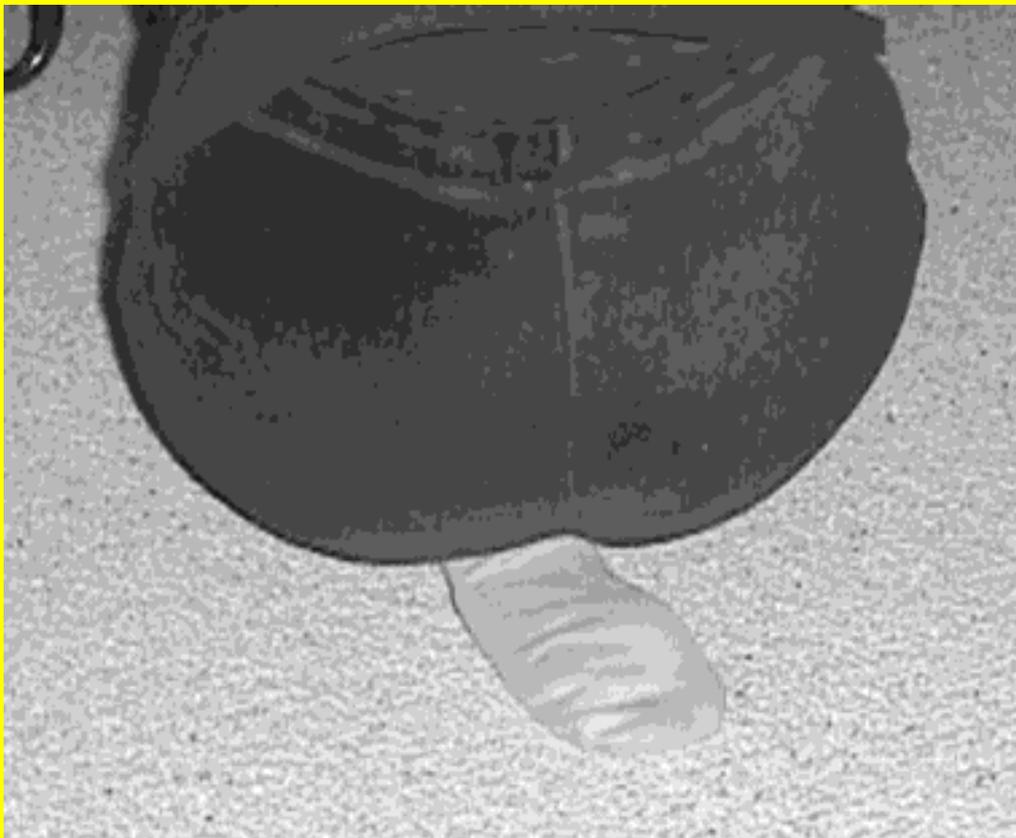
This is a classic method of performing Maha Mudra. The sanskrit word maha means great. Hence Maha Mudra is a Great Mudra - great in the sense of its effects. The attitude while practicing Maha Mudra should be to fully devote all of your memories, experiences, thoughts, emotions and activities to God. **ALL past - present and future ones**. This is a question of achieving the proper inner attitude in harmony with a "selfless" life in favor of mutual benefit for the entire creation.

## Maha Mudra

is started with

*Pratishtha*

Then sit on one foot exactly as shown in the graphic below.



Now with OM in your kutashta and fully open for God - you bow forward as shown in the next graphic below. Bow as much as you comfortably can in a very relaxed position.



The other leg is stretched as shown above and you bow forward - touching the ankle or feet and repeat 12x Mantram **OM** into **Muladhara Chakra**. Muladhara Chakra is about the anatomical part you sit on NOW doing this Maha Mudra - at the lower end of your spine. The procedure therefor is exactly the same as for Navi Kriya (front part Navi Kriya) - but now during Maha Mudra you direct

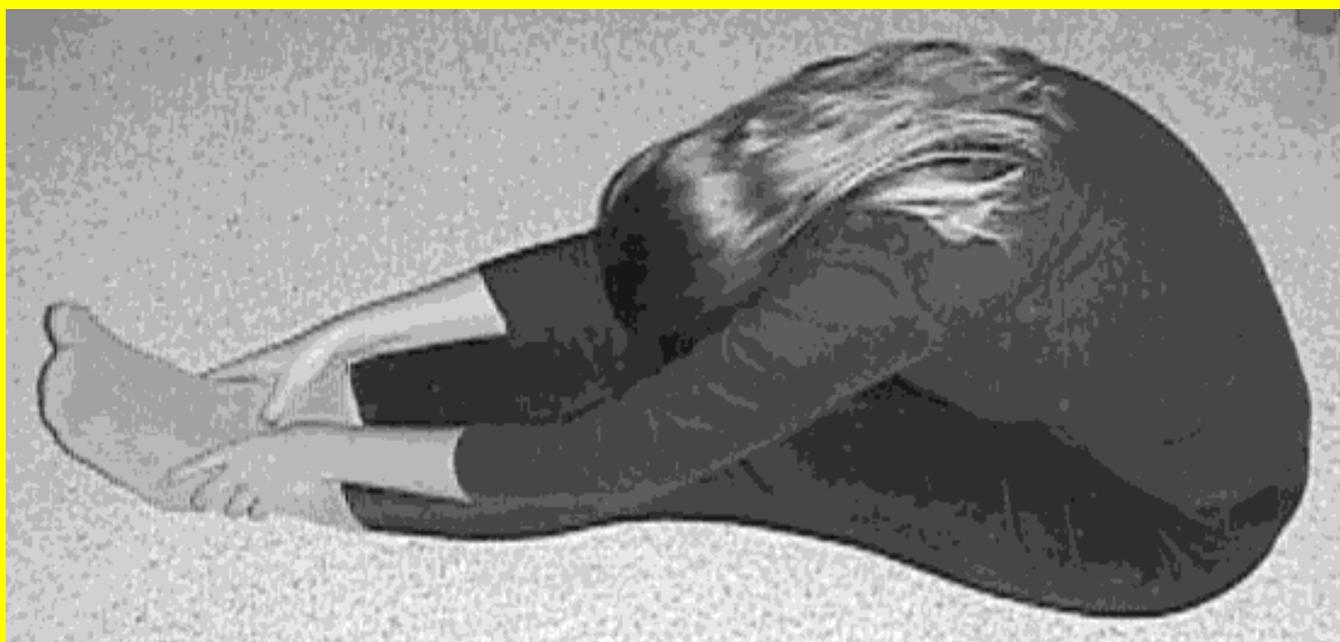
OM into Muladhara Chakra.

After you completed 12 times Mantram OM - you then change legs and sit on the other foot as shown below. Then bow forward again as shown below and do again 12 times the Mantram **OM** into Muladhara Chakra.

Remember the correct attitude of opening for God and giving all your experiences, emotions, thoughts, memories and actions to God. this attitude should be a permanent attitude you learn while practicing all part Maha Mudra and should become a permanent attitude in all situations of your life.



Now after this second series of 12 times OM into Muladhara Chakra you stretch both legs as shown below - bow forward



as shown above and repeat the Mantram OM another 12 times into Muladhara Chakra.

To summarize: You repeat the Mantram OM during three series of 12 OM each a total of 36 times into Muladhara Chakra to do ONE Maha Mudra.

After you have done ONE such Maha Mudra your finish Maha Mudra with

*Visarjan*

before proceeding or repeating.

Additional information on how many Maha Mudra and when to do is being told when you receive diksha from God or from your Guru. All is given to ALL true godseekers at the right time by God. ALL. With Love - in Love - for Love. To all his beloved children on earth and beyond. All God ever wants is to see all his beloved children to be in true Happiness and Love - eternally.

# Secrets, copyrights and patents

**Secrets, copyrights and patents are separating you from God like the prison separates you from freedom**

A widely manifested aspect of human ego are the many secrets, copyrights and patents mankind on earth hold. Any of these secrets, copyrights or patents however are a spiritual, mental and emotional burden for those holding such. That is the reason why some people want to reveal all and any secrets even free of any profit or financial gain.

Secrets, copyrights and patents are like karma - they are energies within the body of the owners and / or carriers of such energies and they all separate the carrier of such energy from the rest of the world and finally but most importantly - these energies separate all carriers from God.

The below graphic shows a human with some colored areas representing secrets, copyrights or patents being carried by that person.



Withholding truth and knowledge from mankind slows the evolution of a civilization on any planet or even the evolution of an entire planet and it slows the spiritual development of all mankind involved as it reduces the open and completely free communication between any person involved. Energy always should flow freely. Knowledge and skills are but energy and need to flow as well. The more you release all your knowledge and skills of any kind, the faster and easier all mankind on earth and beyond can learn. The easier they all can learn - the more they may enjoy learning and applying all knowledge and skills gained. Knowledge and skills of any kind should always remain a free gift from one person to all interested.

Open source and open knowledge projects are teamwork of any number of persons involved and have a much higher potential to develop and prosper than any patented, copyrighted or secret material. The energy wasted into safekeeping secrets of any kind consumes valuable and useful potential of creative forces. A fully free interchange of all knowledge and skills among all is the best basis of true success in any field and of a true mutual relationship of equal beings - made to the image of God.

How to prevent any further patent, copyright and secrets in your personal life ? Easy. It is enough to publish immediately all your inventions, printed material and all knowledge. Give it all free and to all immediately. An excellent medium to do so for free is the Internet at present times. But it finally is even more important to develop the proper mental attitude. Giving all free in the Internet just highlights your attitude to freely share ALL with ALL others. This attitude creates a basis of mutual exchange of knowledge on a higher level - some may call it telepathic level - precisely it is a causal communication and exchange of knowledge and principles that starts to take place more

and more successfully among all those being open minded for the need of all others. Increased inspiration of intellectual knowledge for the mutual benefit of the entire civilization on earth and beyond is the result of such expanded opening.

Secrets, patents and copyright on any important material always has disturbed mankind. It creates a potential of power, political, social and economical power - that most of the time has been abused against the weak ones on this planet or for the sole benefit of a few selected ones.

The further development of Love among mankind dissolves more and more all secrets and dissolves part of what separates mankind from each other and from God. Dissolving and freeing all secrets helps to speed the free and harmonious development of Divine Love between mankind.

[Overview all chapters](#) | [Home](#)

# Developing faith in God

**Faith in God is far more than just a word.  
It needs to be lived and practiced constantly.  
Here some HOWTOs.**

On your way to God there are two different powers to develop within you

- the power to make decisions on your own and take full responsibility for all resulting from your decisions
- the power to really have faith in God's divine Love and guidance resulting from such eternal Love toward all

We will now have a look at the last point - having faith in God's Divine guidance.

If you truly devote your present incarnation to spiritual development - you also need to admit that mankind on earth is pretty far from the point of spiritual achievement needed to achieve Godunion. Hence there is a long path to go to achieve our natural state of being - true divinity and freedom in God. We need to learn to make clear decisions in regard to our priority in life. This is part of our freedom.

If we made a true commitment toward our spiritual development to end the cycle of reincarnation - we also need to accept Divine guidance from God. Our earthly rules and behavioral patterns have lead to a more and more distant position from Godunion within ourselves - for the entire culture and population of this very planet.

To truly understand our present position on this planet - you simply need to think about all the different wars we encountered during the past centuries or even during past and present years. How many people got killed - in the name of whatsoever !! through mankind's action ?? If the entire population of this planet would be truly spiritual in its present state of spiritual development - there could and would be but peace and love among ALL. Including governments, religions, families, between humans and non-humans, between humans and any other form and manifestation of life and God's Divine creation.

To find and efficiently go our spiritual path of Love out of our present situation, we need to learn again to accept spiritual guidance. Guidance coming from God - our beloved creator and heavenly father. God guides all of us who allow him to guide us. MANY of us truly think to allow God guiding us - however look at a few of below points and compare them to your entire present life - compare them with all aspects of your present life - your family life, recreation, business - just all:

- are you living with a watch to time your life and are you using your watch daily - or even frequently - hourly or so
- are you making plans ahead of time in your life, even for the weeks, months, years or decades to come - or even the entire present incarnation up to and past your retirement
- are you making exact appointments to meet different people

- do you have many appointments each day - dates that exactly define when to meet and when to leave certain people, when to be at certain places and when to leave
- do you have a daily, weekly, monthly and / or annual schedule leaving you little time for anything new, for changes, adventures, for daily constant flexibility in your life

if you have one or more YES to any of above points, then you may be sure to leave only limited place in your present life for Divine guidance from God. If you have several YES to above point - then you may have left even NO place for guidance from God at all and you are one of the many persons who sometimes "need" and "accident" to allow the important changes to appear in your life.

Your holistic wellbeing and spiritual survival is the single most important in life for your soul, for your true being and survival. Hence if you leave little or no place / time in your life for your spiritual development, your souls drive for spiritual development may sometimes become overwhelming and will create the situation needed to further progress on your path to God.

Guidance by God requires true and permanent faith in his omnipresence and in his Divine Love for all. Faith in God however implies that you accept him guiding you free of any interference by your ego. You can re-learn this natural state within you just by allowing it to exist. Faith in God is a natural state of human consciousness as well as of any consciousness in general including animals, plant life and any other forms of life - physical and beyond.

If you truly want to progress as fast as possible on your path of Love and if you truly want this spiritual progress to be as smooth and love-flooded as possible, then you may consider and practice some or all of the following points - more and more often - to see and realize:

God's divine guidance really exists and works for the best of all.

Here some points to start with

- drop day after day more and more of your fixed appointments and start to make more NOW decisions. If someone wants to talk to you NOW - then allow him to do so NOW
- if you have any meeting or talk to someone - continue until all parties involved have the feeling that all is said for NOW and absolutely everything is cleared that needed to be cleared.
- stop carrying forward anything left from meetings or talks toward future talks and meetings - always solve all NOW no matter how long it takes. In a future review of the same topic more time and energy is needed to make sure all known all the facts from previous meetings again. In addition anything left from being cleared keeps people from making the very best solutions until they know all and until all has been dissolved.
- allow more and more spontaneous meetings
- learn to say YES to people asking you for a meeting or talk and learn to schedule such meetings for NOW - immediately or within the fewest possible hours from NOW. Whatever is done, cleared and finished completely NOW never needs to be reviewed, repeated or finished in the future. It saves time, stress, misunderstandings and frustration for all parties involved NOW and in the future. Remember - the future comes to existence through things that YOU need to do and that YOU postponed to a later time.
- Learn to immediately do whatever you are aware of that needs to be done any way - sometimes in your life - do it and do it NOW - with love and precision - it frees you.
- Learn to wake up and get up as soon as you are awake and rest your body as soon as your body feels tired. It helps you to be ready for the truly important tasks in YOUR life - the

spiritual and human tasks.

- allow new experiences to occur in your life, go to different places first to dissolve any habit and then learn to go to places without prior scheduling at all. Leave it up God to let you know the last minutes or days even before traveling for vacation or adventure to far remote places. God knows best what is good for you and pleases you as well as what benefits your spiritual development most.

You will then see that God is able to wake you up exactly to the minute you really need to wake up to be exactly on time where you want or need to be. God will arrange for the meetings to occur with the person that you really need to see to further progress on your spiritual path. God will make available a free seat for you on the airplane, bus or train you need to be on for your God-arranged journey. He will give you a free table or seat in the restaurant or place you need to meet someone helping you or needing your help. You may feel attracted by a certain person just to find out that you needed to meet his father, brother, friend, employer, customer, supplier; or any other person that you may never have been able to meet otherwise at this time. You may feel attracted by a certain event just to find out afterwards that there was one or more person that were helpful or inspiring to you. God may make other persons withdraw from seeing or meeting you just to make you free for any spontaneous meeting or just to free you at all if peace and freedom is what you need and deserved most.

On your way to freedom - learn to clearly distinguish dates, schedules and appointments that truly and finally are absolutely necessary and helpful for your life, your business, your family and drop all the remainder of your schedule to free and open yourself more and more for Divine guidance from God to progress faster on a path of Love through all parts of your life and adventures and on your way home. You are free to make any decisions - but at the same time once you made a decision you may learn to allow God in helping you to realize YOUR decision with HIS divine wisdom, Love and guidance - just for the Love for you and to make life easier for you and all others involved.

Freeing you from fixed daily, weekly, monthly or annual schedules more and more, will open you more and more for spiritual guidance to occur. You will feel, see and realize this guidance consciously - and the more you do, the more faith you regain in God's omnipresent and loving guidance. Faith in God starts to develop the more you allow him to truly and freely manage your life on earth on your way back home. Gods only intention is to free you from the cycle of reincarnation and to see you as happy as possible any time and always.

[Overview all chapters](#) | [Home](#)

# Checklist for your spiritual success

**spiritual success is the result of scientifically controlled precise and repeated action on your path to God. It needs to be done step by step in a very precise and controlled manner. As with all scientific methods, there is a possibility to measure your spiritual progress.**

**Only you can measure it, as the scale to do so is within yourself. Here you get some questions that allow you to measure your progress year after year.**

Did you ever wonder why some others achieve spiritual goals faster or why others achieve spiritual goals at all while at the same time you sometimes appear to move "on the spot" - waiting since years for your first spiritual perception, your first "spiritual happening" of any kind ?

Some people from all around the world often encounter so called "spontaneous spiritual awakening" - a sudden start of spiritual awareness and spiritual perception. This only can be the result of true spiritual work done in previous incarnation and suddenly released as a result of any drastic change in present life. It might be but a small change but apparently it must be an important change.

Often it is but the sum of a few of several minor changes that make the difference between experiencing true spiritual success that can be measured or experiencing the feeling of "no success at all" even after many years or decades of practicing any serious and successful spiritual tradition, such as Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja Yoga or Kriya Yoga.

How can spiritual success be measured ? There are many different changes within you as a result for control of spiritual success. Such measurable controls might often be helpful as a positive feedback to keep your motivation up to the maximum. Any goal to be achieved in life needs a positive motivation. there must be a positive state of mind, awareness, consciousness, perception and general wellbeing of yourself that will be the root of your motivation.

Here some detailed questions that you might want to truly and honestly answer to yourself:

- did you follow ALL the instruction previously received from your guru by the point and immediately or are you looking for a different guru each time a teaching appears to be too strict or too hard on your ego ?
- if your spiritual practice is based on reading rather than on the personal teaching of a guru, did you follow ALL the instructions received through a book or are you searching for a new book each time you fail to accept any and all teachings contained in a particular book ?

independent of any spiritual tradition you might have selected - there are a few points in common

for ALL of any truly successful spiritual tradition. You may need to follow them ALL before ever expecting ANY spiritual success at all independent of the amount of your positive spiritual practice and techniques that you follow each day. These points to be followed are as follows:

- [Yama and Niyama](#) should be started and continuously practiced to learn from the very beginning of your spiritual activity and this learning should be very intense and sincere on a daily basis - even if for a while you appear to fail again and again in certain parts of it. To follow the spiritual rules of life, is a very initial and basic commitment before you should even start to expect any basic steps of success on your spiritual path. Work on these points for the rest of your present incarnation and beyond. Are you truly starting with the basis of spiritual construction or are you trying to skip them and start with more pleasant topics ?
- Yama and Niyama - the spiritual laws as a basis of any true spiritual oriented life must be complied in highly advanced state of perfection. You need to improve on these points and you need to have a control on how much still needs to be done and how much you have achieved already. Lets just take the example of [ahimsa](#) for your reference and ask yourself a few questions every once in a while to see how you improve. Here your questions: Did you truly reduce the amount of violence in your behavior and life ? State all the points of achievement. ever since you started to learn to practice ahimsa, did you considerably reduce the use of police, lawyers, courts, any punishments of any kind in any and all situations, at home, at school , in recreation, in business ?? Did you change your vocabulary to adapt to ahimsa in your words ? If yes how ? Have you become a true vegetarian in the meantime or are you still killing animals or pay others to do so to please your senses ? Are you aware that even fish have emotions and do suffer when being killed or are you considering seafood as vegetarians and find a workaround just to avoid any changes that might be necessary? Have you reduced the amount of verbal and mental violence in all parts of your life ? Have you truly started to apply ahimsa in your mind, words, emotions or fantasy ? Being a vegetarian never has created a saint on its own - there is much more to ahimsa than just stop killing! Violence of any kind never can be truly legal in regard to spiritual laws and YOUR karma. To have a detailed overview of your present performance you may want to state details that you repeatedly and successfully changed in your life by writing them down in your spiritual workbook. State how you behaved before and after starting your spiritual path.
- did you truly apply ALL parts of Yama and Niyama to ALL parts of your life - business, family, recreation - in action, words, mind, emotions, fantasy - just absolutely all, or do you still make exceptions in certain situations ? If you still attempt to make exceptions to apply Yama and Niyama, does the number of exceptions decrease continuously ?
- do you truly want to understand and apply all teachings received or are you rejecting a part of it because you consider them too hard on your ego ?
- are you searching for alternate gurus and/or teachings every once in a while to find a solution that might tell you you are OK the way your ego is NOW, instead of making necessary changes ? This is a normal reaction often encountered among mankind. However it never has been directly leading to true spiritual success and Godunion. While there are many ways leading toward the path of Love - you should select ONE way and follow it exactly until you reached your goal. Often people take and apply only the easy parts of any spiritual tradition and leave all the remainder. However those parts of any teaching that might appear too hard on your ego might be just the few points at all that separate you from God at present ! Keep in mind that any true spiritual teaching you may search on your path to God always leads you across your ego - hence your ego will be dissolved in Love - one way or another - sooner or later. the most direct way may confront you more intensely with all aspects of your ego, but also dissolve it more directly - faster and more straight forward than those paths trying lots of workarounds first. The more powerful your ego at present is the harder ANY true and directly God related teaching may appear - for years to come - until you have truly dissolved a substantial part of your ego and

burnt it in the Divine fire of Love.

- Are you attempting to escape this world or is your spiritual drive the true result of your ever expanding Love toward all ? Many Godseekers simply try to escape their karma, their present world and feel little or no Love for God and all mankind. When retiring from this world for good you surely will have learned to love all and get along with all mankind on earth.
- are you working time and energy efficient ? Or are you trying to keep yourself busy with little activities that keep you from being confronted with the true spiritual lessons that are waiting on you ? Make a clear list of all those appointments and activities that are just consuming time and energy and failed to give you any substantial spiritual reward in form of spiritual lessons, spiritual feedback or spiritual uplift.
- Are you aware of the fact how much needs to be done for yourself and are you steadily working toward improvement on all parts at any time ?
- Can you say truly YES to development of Divine Love toward ALL beings ?
- Can you truly say YES to God and to end the cycle of reincarnation as soon as possible ?
- Do you truly realize that life is a continuous state of awareness and all conscious and perception is continuing beyond any physical state of being ? Or have you ever said "I want to enjoy life more first before leaving this planet or before starting to be spiritual" or something similar ? This often is encountered but can only be the result of missing perception and awareness of the true spiritual nature of mankind and the fact that life with all its divine aspects including perception, awareness and consciousness truly starts beyond the physical plane. The physical body is but a prison for your soul and the perception of God's entire creation is like the perception of this planet from the point of view of any lifetime prisoner being born in prison ?
- do you often try to change the recommended sequence of action and changes on your spiritual path and first choose all the ones YOU prefer ??? Learn to do all step by step. Exactly in the sequence recommended. there is a sense to everything and one day you surely will realize that in all the different spiritual paths and teachings there is a Divine system and most of these spiritual paths have been actually "invented" and given to mankind by God. True Gurus are but ambassadors to God, fulfilling all the services on earth on behalf of God. All they do is to help you the most direct and easiest way toward freedom in God - in Love - with Love. The more you actively reject a particular teaching or single spiritual lesson, the more your soul may get attracted by that lesson. It might be this single lesson to be fulfilled that is the only part separating you presently from Godunion - from total and eternal Oneness with God.
- How big was your "family" some time ago before you consciously started all spiritual efforts and how big is your "family" NOW - TODAY ? Is your family growing daily ? It should - because when you are ONE with God your family will consist of all mankind on earth and beyond as well as all non-human life of the entire creation. To have such a huge family may take a short while to get used to. True spiritual progress can be measured by the number of persons, animals, plants, cultures, countries, planets, universes that you include in your prayers, in your heart, in your Divine Love. You may count them all for a while and once the number exceeds the numbers you learned at school - true Love starts to develop - true Divine Love starts to flow and heal - heal you as well as all surrounding you.
- How often did you worry about different aspects of life before and how often do you still worry NOW ? the number of worries is decreasing directly proportional to the amount and quality of true faith in God. How many insurance do you still have by now ? If none - your faith in God may be close to perfect unless lack of financial insurance is caused solely by lack of money to pay for insurance.
- How many people did you get in peace with since you started your spiritual "career" that you have been in struggle of fight or just avoiding before. The number should decrease and one day soon should be zero. Your love should expand to the point of perfection when you actively Love all those that you have avoided or fought ever before. They all have been part

of your spiritual growth and gave you the lessons you needed to spiritually awake and finally to spiritually grow to Godunion. Remember the saying - "your enemies teach you to truly and divinely Love" if you have learned to love them all - then you have learned to Love at all.

These are but a few selected questions you may ask yourself - and you - only you - may give the answer and only you will know the truth of your answers - besides God and all others being one with God. If you cheat when answering these previous and similar questions you are but cheating on you and on God. It is your path, your life, your freedom that you may achieve NOW or delay to sometimes later. YOU are the one benefiting most from your spiritual progress. Your beloved ones and many others may benefit as well and progress faster and easier but their spiritual progress may become absolutely free of your own progress once they have started intensely to develop a desire for ONENESS with God and true Divine Love.

Spiritual progress may be supported and enhanced by the spiritual progress of others in your vicinity - but no one ever could delay even a single second your own progress if your first and only priority in life - in this incarnation and beyond - is clearly defined as ONENESS with God - the source of all Love and Life, the creator of all universes, physical and beyond.

Like any business may make up its account each year and see how the business is growing and prospering, you as a spiritual person may take a few days or weeks time each year for a truly spiritual retreat and get an overview about your present spiritual state. You need to know whether you are progressing or remaining on the spot - you may need to make adjustments or even major changes. You may reconsider your entire spiritual path if you failed to substantially progress within about three years from start.

[Overview all chapters](#) | [Home](#)

# Movies, books and stories

How they impact your peace of mind and spiritual development as well as all your family members and beyond

Have you ever noticed any difference in the quality of your sleep, your dreams, your peace of mind as a result of what movie you are watching before going to bed, what story you are listening to or what book you are reading the last minutes or hours before falling asleep ?

You remember the chapter about the [principle of Samyama](#). Whatever your mind gets occupied with is filling your mind and aura. Hence we - those who write books, stories or create games and movies are fully responsible for any result of that. By creating aggressive stories, movies, games - we promote aggression within our neighborhood, children and anyone who somehow gets in contact with it.

As Divine Children of God - made to his image - we have the very same full potential. We all have an infinite potential that we now on our path of spiritual experiences through the different spheres are exploring and learning to handle in Love and with Divine wisdom. We all have - and most of us still manifest - the potential of killing. Hundreds of millions still kill on a daily basis for various reasons. Some may claim to kill in the name of any religion, others may claim to kill to protect "their" property, country, culture, family. Most however continue on a daily basis to kill for their food. Killing is and remains killing - their never can be any true and absolute justification for any kind of killing by anyone at all. Whether you hire on a daily basis commercial killers like soldiers, policemen or slaughters - it all remains the same as if you were killing yourself in person. Whether you kill a cow, chicken, fish, your neighbor, your child or an "enemy" - it all is and remains the same.

Hence since we display and live on a daily basis a wide potential of different feelings, emotions, thoughts and action. We need to become aware of it and we also need to learn to recognize all different factors creating the root of particular vibrations - quality of thoughts as the beginning of action.

In today's world of TV watching all over the world, or reading comics, playing computer games, reading books, .... we all may become affected by the quality and content of what we focus on. Those who make these stories and movies may try to say that these stories are for adults only. But even when made for adults, stories, books, movies, games of war, violence, aggression etc do create the seed of further violence within mankind in general. Even if those books, movies, games, ... were only read, watched and played by adults, these adults are accumulating that vibration of aggression and violence within and forwarding it to all parts of their environment, including all children and babies. By doing so we start to seed further violence and aggression among mankind and toward environment in general as well as we start to seed future illnesses. All illnesses of ANY KIND are but the result of destructive vibrations within mankind's mind and emotions. Illnesses of any kind are but a true and absolute reflection or physical manifestation of the Karma of that particular soul within the ill person. Any person is fully and solely responsible for any Karma ever created. All and any soul always has the possibility, potential and power to change his own attitude and his own focus of his mind.

By selecting carefully what you read, watch on TV or movie or what games you are playing - in life and for "fun" - including all those parts you create on your own as a producer or author, you have a great impact on peace on earth and beyond and will take full responsibility for all you ever have done - even if you think it was just for fun, just for play. All is vibration and it all is the same, whether you manifest violence and aggression during a game, war or "criminal" action. It all is one and the same - violence and aggression. violence and aggression is the opposite of what you need to develop to end the cycle of reincarnation. It is the opposite of what you need if Love is what you finally are looking for or is God and Godunion is your goal in life. If you are heading for harmony, peace, love and God - then you should focus on God, Divinity, healing, freedom, peace, silence, Love in all and any situation and under all circumstances.

Be selective in the use of your Divine potential to create a large spectrum of different vibrations - quality of thoughts, fantasies, words and action .

Aggression and violence always destroys, causes illness and disturbs mankind's peace of mind.

Love however always heals, frees, unites, uplifts. It is your choice to make conscious and wise use of all your Divine and God given potential.

If you prefer peace, love and harmony within and in your family, neighborhood, country or on earth at all, then you may prefer to select spiritual books and texts, love stories, stories or movies about nature and games that promote positive skills - without creating winners or losers. The choice and responsibility is yours.

[Overview all chapters](#) | [Home](#)

# Mindcontrol and Mantram

Mantram sometimes also is spelled Mantra - the meaning is the same

**To control your mind is as easy as looking to the left or to the right  
lets start to practice it NOW if you like to get in control of your life and spiritual progress**

Most people's mind is jumping like a frog - here and there - every few seconds. Did ever attempt to keep your mind absolutely quiet for a single minute ? It all can easily be learned by the right practice.

First of all you need to understand that peace of mind is to a large extent the result of peace you have created and expanded within and around you in all situations of your life. In ALL situations !!

Following such simple and well known rules like Yama and Niyama in all aspects of your life will create the basis of potential peace within you in all situations. But your mind may have got used to jump around - may be to search for a true motivation in your life. Do you have a goal in life - a goal transcending this incarnation and death that is waiting on you ? Without true and final goal no peace within. Your soul may get restless because YOU may have temporary lost on your path of life through eternity and through infinity. Hence the restlessness often encountered in nowadays world - even amount young people or children.

A soul - a human in a physical body as well - needs a true reason of life, a motivation to exist. This should be something eternal and absolute. Any soul is aware of its true origin in God - but are you aware, truly aware of it ?? you, that means your present physical intellect is the guiding and driving force that causes and creates new Karma more often than loved by your soul and more often as good for your overall well being.

Hence there is a finite and absolute need to learn to get in control of your mind. As the mind is the seed of new action, of new Karma that might soon be caused or dissolved, depending on the direction you are heading to and depending on the quality of your thoughts and emotions, fantasies and actions that you plan to do now or soon.

If you think that mind control appears difficult to you - then please allow me to proof the opposite with a simple exercise. You may play the main actor in this exercise. You may do this by clicking one link at a time follow the instructions there and do the exercise for about ten or more seconds. Then please click the link marked "continue" on the bottom of each page to proceed with this exercise. The entire exercise may take but 2 to 3 minutes or less. It is well worth doing it. By the end you finish again back on this page.

Where ever you are now, just make sure you are in a safe position - may be sitting - but any comfortable position is OK.

Now we start with [step 1](#)



### Welcome back from your sidesteps through your practical exercise

Now you may ask what is about all this and what does it have to do with mindcontrol ?

It is easy. When you focus your visual perception toward a precise object, your mind also moves its focus toward that object. And while keeping all your attention consciously and controlled by your own and free decision on the object, your mind also gets busy with exactly that object you are looking at. This very simple exercise shows and proves that you can direct your attention toward any goal YOU like - but YOU have to actively do it. YOU need to control YOUR mind - because it is YOURS as much as YOU have sometimes in your past learned to control the use of your fingers. To typewrite, handwrite, eat, sign, play music, drive car, or anything YOU needed to learn. Mindcontrol is something we ALL need to learn more than most other topics we have learned in this material world. Control of your mind gives you control of your life and hence of your entire Future - Karma - Godrealization and more.

Hence you can easily control the focus of your vision by turning your head to any particular side and watching whatever you LIKE and WANT to watch. Exactly the same principle applies for your mind if you close your eyes. That means with just a very little practice you can actively focus your mind on a particular object of your choice. By fixing your mind however - it is bound to be quiet or at least occupied with an object of your active choice rather than jumping around and getting totally out of conscious control !! You need to learn to be in control of yourself. In order to achieve that - you first need to control your mind - your thoughts. Just keep your mind continuously busy with something really Divine - something very precise and accurate. Limit yourself to a very few selected objects or Mantras. Or have your Guru give you an individual Mantram.

To clarify about the use of individual Mantram - a Mantram never can be secret. But it can be individually adapted to the needs, the individual spiritual blockages a person / soul has. An individual Mantram may change during the course of months or years. Depending on your overall spiritual progress.

This is the way Mantram work. People keep repeating a holy word or sentence for an extended period of time up to hours and hence they keep that mind busy and filled with the holy energy coming from that object. Any true Mantram is directly related to a Divine truth. Hence whatever aspect of Divinity you are using it is that Divine truth that is flooding into yourself, your mind, your aura and may change you - free you. You should only use Mantras that you surely know its exact and true meaning and you fully agree on its meaning.

Now you have learned how to control your visual focus and at the same time have controlled your mind. You can do exactly the same procedure with closed eyes. You may focus your mind on a particular object and keep focusing exactly on that object. On all aspects, behavior, colors, .... of that object. By doing so for several seconds your mind gets more and more absorbed by the energy of that object.

Now after any time of your choice, you may then decide to move your mental focus to any other object of your choice. Control of mind is that easy. You just need to keep your mind busy with something really Divine. Busy on something really Divine also calms down all mental activity. You may focus on smaller and smaller aspects of the object and the mind is getting more and more quiet while remaining focused in one direction only.

You may focus your mind on such objects like orchids, roses, your preferred flower, saints, gurus, but best of all - Love and God. To focus on God is best done through your Sahasrara Chakra on top of your head - the door to God.

Practice and you will succeed more and more - week after week -year after year. Mind control is very easy. Like walking, skating, surfing, dancing, playing music, SCUBA diving or similar skills. You learn and improve by doing and repeating frequently. Be aware of what you are doing and what your true goals in life are. If you focus on an eternal and Divine goal beyond death - your soul may start a dance of Divine Joy and Love - because home in God is what your soul wants heading for. NOW ! Where does your ego want to head for ? Your soul is winning anyway - Love always wins. It might be much more enjoyable to join your souls goal and team up with your own soul and fulfill your souls need - Love. If you can commit your life to Divine Love and God - your ego, represented by your present personality and your soul may soon become one and head for that final journey to Godrealization and Godunion.

Welcome home in God. With Love - in Love.

[Overview all chapters](#) | [Home](#)

# Emotion control

## Emotions, feelings and resulting fantasies may be the result of

1. prolonged concentration on a particular object capable of creating emotions within yourself
2. contact with the aura of a person being capable of stirring up old emotional memories within yourself
3. other persons creating an emotional scenario for you

Point 3 above is the most difficult to control as it might be your karma to get in touch with such persons renewing old emotional memories within yourself - to make you aware of your past needing to be dissolved in Love. You have however a direct impact on the surrounding human environment around you - YOU choose your environment and if that self-chosen environment is causing repeated emotional problems to you - YOU may move to a different environment. You may even move to a different country or continent.

However we will have a look at all 3 points above. These 3 sources of possible emotional disturbances and / or emotional provocation for you can be directly controlled by you in exactly the same way as you control your thoughts - your focus of your mind. You should have successfully completed the previous chapter and exercise on mind control - else it would NOW be the ideal time to do so BEFORE proceeding on this chapter.

Millions of persons suffer from anxiety, fear, depression, .... etc. Many of these persons however do suffer because they occupy their mind with those emotional objects causing fear, anxiety, depression, etc. The [principle of samyama](#) affects your mind as well as your emotions.

If you want to change your emotional attitude - if you want to balance and heal your emotional life, then you need to focus on happiness, Love, joy, .... You need to focus all your attention on the sunny side of life to attract joyful emotional energies within yourself. You are becoming what you feed yourself with. This previous sentence may have a multiple meaning !!

- animals planned to be slaughtered for human food feel it, get panicky, are scared to death - because death is what you create them. Hence their entire being including their physical body is filled with fear of death and emotional stress. Hence any non-vegetarian feeding on such food is eating fear of death, panic, emotional stress and becomes what he eats.
- if you feed your mind with thoughts of death, loneliness, fearful situations, sad memories - again and again, through reading such stories, looking at pictures creating or renewing sad memories of your past or focusing on emotionally sad happenings in life, then your own aura is getting more and more filled by such energies until you are becoming what you focused on.
- if you chose an environment, including friends who mainly concentrate on depressive thoughts, sadness, etc you absorb their down pulling energies - unless you manage to upkeep an open connection to God all the time. Chose an environment that uplifts you - a friendly, happy, spiritual environment focusing on Love and God.
- certain medication and chemicals greatly affect your emotional balance and are capable to create great emotional disturbances, emotional stress and depression within mankind. One

of the most popular and widespread chemicals is mercury, as it is used very frequently in fillings for teeth. Mercury is one of the strongest depressive chemical used among mankind - and at the same time easy to prevent - if mankind really wants so. This effect of certain chemicals and drugs on the emotional balance of mankind is due to the nature of their metaphysical energy causing certain chakras to be partially or almost completely blocked and thus creating a powerful imbalance within mankind's lightbody.

- if certain happenings repeatedly create depression, sadness or emotional stress, you may seriously want to dissolve the root cause in Love. You may do this exactly the same way as you dissolve anything else in Love. Please use the method described in the chapter [rejection and fear](#) and the physiology to dissolve in Divine Love. You focus on the entire situation causing emotional disturbance while opening for God and dissolving all situation in Love by accepting it and sending it to God. Ask for Divine assistance and God's omnipotent Divine Love, grace and mercy will assist you. Dissolving layer after layer of your aura through the powerful and repeated practice of Kriya Yoga will further speed up this procedure of cleaning your aura from any wounds of your past including previous incarnations.

For a test - you may focus on 2 or 3 totally different emotional situations for about 30 seconds and see how they affect you. First you may focus on an aggressive situation, then on a sad situation or on sad memories from your past and finally on a very happy, very love filled situation.

The same way you were shifting your eyes from one object to another object - you may shift your emotional focus from any object to any desired other object - hence you have a powerful tool to control your emotions. Stay away from others if you are sad, depressed, fearful, as your aura may pull others down. It is YOUR sole responsibility to uplift your own vibration. Previous chapters have shown you how to do so - now it is time to apply your knowledge. By focusing you full attention on God, on Divine Love, on Grace and Mercy - you are automatically absorbing all these Divine vibrations within yourself - for your own benefit as well as for the benefit of all others surrounding you or getting in mental or emotional contact with your by any means.

**Become an uplifting source of joy, Love and Bliss for others - a source of emotional healing for all others.**

[Overview all chapters](#) | [Home](#)

# YES or NO

## Learn selflessness and how to get your Divine Love flowing

Your present ego is separating you from God - your present ego is the only barrier between you and God. Hence learning to dissolve your ego by all means, the most efficient way and with the utmost Love possible should become the goal of any Godseeker.

One very efficient method to support the achievement of this Divine goal is to learn to say YES in all situations on your path of Love. If Love and God is your goal in life, if you really want to progress on the path of Divine Love to God - then there may never be any reason to say NO to anyone in any situation.

NO is a negation of another persons request. God ALWAYS says YES to ALL your requests and prayers - IF - you have sent them in a prayer filled with LOVE to God. ANYTHING you ever ask in Love and with Love will be given to you - ANYTHING and EVERYTHING.

Learning to say YES is a very powerful and efficient method to instantly reduce your ego and get or keep energy flowing again. In a highly advanced stage of your spiritual path you may easily say YES to absolutely everything you ever may be asked of. It depends on your details of your affirmation and how exactly you are proceeding. With a few years of initial practice while progressing on your path of Love to God you will get the right feeling and Divine guidance to know and become fully aware of to YES in all and any situation.

This chapter never can be an all conclusive explanation of how to say YES to all in any and all situation, but it will give you a good and efficient starting background to work with for the next few months and years. During your repeated practice of saying YES in more and more different situations, you will develop the wise skill to do it correctly and always in full harmony with the first and great commandment of Love.

### Let's first point out one extremely important point:

Freedom is a very Divine and very basic principle in God's creation. As part of your Divine freedom you and anyone else ALWAYS have the right to say NO and anyone - YOU as well as ALL others - have to learn to accept a NO coming from any party. No one has a Divine right to force anyone to behave in a particular way. This last statement is valid for ALL authorities, governments, military, police, religious, parental, or what so ever !!!

ALL mankind MUST learn to accept a NO for any reason from any individual anytime and in any situation !!!

Here on earth and in similar situations there are but a very few situations where a NO may be spiritually beneficial for all parties involved. Any situation that may require you to act against the first and great commandment of Love is such a situation that justifies a NO from your part. Before

you truly know what Divine Love is - you may use YAMA and NIYAMA as a measuring help to judge with your common sense whether a YES or NO is required. Any situation that would force you to violate any of the parts of YAMA and NIYAMA does not justify or even require a NO. Anything in harmony with YAMA and NIYAMA however does justify and could require a YES.

### **Now let's start to understand the importance of learning to say YES in all and any situation:**

Any NO for any reason blocks the flow of communication and energy between the parties involved. If you truly want to spiritually progress, then you truly need to learn to say YES to initiate a Divine communication and keep energy flowing within yourself and between you and all others involved as well as between you and God.

YES is one of the most powerful affirmations on earth. YES starts to create a positive attitude. YES may instantly kick off your sleeping Kundalini Shakti and get it flowing again freely. You just need to truly understand the importance of YES in daily life and the metaphysical aspect of YES or NO.

### **God always says YES - but you may need to pay the bill for what you are asking !!**

The most efficient way to help you to understand the physiology of YES or NO is through a few examples in daily life.

- Parents have children. Children are free Divine children of God being temporary guests in the house of their physical parents. Let's look at a situation with small children. A two year old girl likes to be dressed the way it can find itself pretty. Many girls like to be dressed pretty and colorful. Small children often still see the aura of people as well as their own aura. Hence very young children see the beautiful colors in the aura of loving persons and hence they like to dress in a colorful way. A mother or father however looks only from the practical (intellectual) point of view or from his very egoistic and personal point of view at his children. Parents dress their children the way they want. Children often are unhappy and uncomfortable that way. Suddenly - may be minutes or seconds before leaving home the children may require to dress differently. Parents say NO - period. Parents command. Why NO. Is such a NO spiritual ? Such a NO is absolutely and 100 % ego-based and selfish. A YES in such a situation however would confirm your true Love and acceptance of Divinity of your children - no matter how small / young they may be. A YES opens the door for self made happiness within the children. As a YES causes your Love for your children to flow into and through them and at the same time allows them to be dressed in a way they feel comfortable and can love themselves.

Feeling good is important. Finding yourself pretty is a prerequisite to find yourself worthy to be loved by anyone. Compliments from others may be important but even more important is that each and every person can find himself being worthy to be loved by others. To achieve such a condition you absolutely need to feel comfortable within yourself including within all your clothes you wear.

There is absolutely NO spiritual reason why any person MUST dress in a particular way - hence any person can and should be allowed to dress the way HE / SHE wants, likes, loves and feels most comfortable ! Such situations are encountered by almost all parents around the world. Saying YES to your children creates a basis for the flow of Love between all persons present and involved and can be the beginning of a few happy hours. Saying NO however can completely stop

the flow of Love between you and your children even for hours as you have allowed your ego to grow even further. This growing of your ego however is a huge and growing block for the free flow of Love and Kundalini Shakti within yourself. This NO is the beginning of your death as it is your EGO that is going to kill you for sure one day. Your death by the end of the present incarnation is the most certain event you ever may expect. It is a guaranteed event to happen to all mankind. Death in a physical body - with the exception of Maha Samadhi - is always the result of your EGO. Your ego is the most efficient and most cruel killer. Look at all the many people losing their body due to cancer, accidents and other cruel and painful diseases and cruelties. All this is the sole result of Ego.

The Ego tends to say NO the soul would prefer to say YES. YES has the potential power to re-establishes harmony within you. NO creates blocks and illnesses within you. No creates stagnation of spiritual progress and flow of energy - YES creates continuous process of experiences and spiritual learning / growth.

For any NO in any particular situation you may expect a NO from anyone else in any situation. May be the single most important situation for yourself to expect a YES may be turned into a NO by any previous NO from you. Repeated NO's will kill any relationship or communication. With any NO you say or MEAN, you create a potential NO from your surroundings.

Any YES means to you and all others - life is continuing, experiences are continuing, learning is continuing, energy is flowing or starts flowing - hence - spiritual progress goes on.

Remember that you have a Divine right to say NO - because NO is part of your God given Divine freedom. NO is part of your free choice. BUT saying NO means:

- STOP !
- Give me a break !
- I want to continue later - may be in a future incarnation !
- I want to rest for a while !
- I may prefer to fight, to compete rather than to LOVE !
- I want to do it the hard way !

### Let's look at another few short examples in daily life:

1. Someone asks you "may I hug you ?" of course YES - what spiritual reason could you ever have to deny Love to anyone ? Hugging is but an direct expression of showing and accepting Love.
2. Your child asks "may I sleep in your bed tonight, this week, this months ?" Of course YES, how could you ever deny or reject Love for and from your any child of any age !!!
3. Your boyfriend / girlfriend tells you "I would like to go on a vacation or retreat for a few weeks or months - just myself or with ANYONE else. Of course YES - it is part of his/her freedom to experience whatever is needed to spiritually grow.
4. An employee tells you "i would like to go on a 3 month vacation as soon as possible using all my paid leave and take some unpaid leave for the remainder or time". Of course YES ! He is a free child of God and may need an experience outside his present restricted world of life. Anyone is free to do whatever he wants to do. If the employee is spiritually strong he may instantly quit if you deny his request.
5. A family member tells you "i would like to eat something different than you do today". Of course YES ! Proper decision of what to eat and when to eat is vital to keeping your entire energy system in balance. Forcing all family to always eat the same may cause an

imbalance in their energy system and contribute to illness. Each person has a different need of energy depending on their individual day of activities. The healthy instinctive desire for a particular food - sweet, salty, hot, mild, sour, fresh, cooked, fruits, vegetables, .... - is re-establishing the natural balance of energy within that person if allowed to do so. If a person is craving for a one sided particular type of food, that person may be exposed to a particular one sided emotional or mental stress. Rather than forcing that person to adapt a more various and "healthier" diet - you should support that person to establish a change in mental and emotional exposure to naturally change the demand of body and energy system to compensate for the stressful mental and emotional exposure of that person.

6. Your partner tells you to leave the family as soon as possible. Of course YES !!! How could you ever force others to accept your company if their Love for you has vanished ? No matter what his/her reason, you should say YES and ask God to take care of the family. Only those who truly love and welcome you can be your true family members. God will take loving care of all others who hate, betray or chase you. Your eternal and infinite home is and always was in God - in God you ALWAYS will be welcome. ANYONE and absolutely EVERYONE always is welcome in God !!
7. Your partner tells you that he/she wants to leave you - for NO or ANY reason what so ever. Of course YES. Anyone always has the freedom and right to continue their path of life in any way they want and love to do - ANYTIME !! How could you ever be happy by forcing someone to stay with you if he/she misses the happiness he/she is looking for. Remember: Here on earth we are but short time visitors to learn to love - all your family members and friends are but temporary guests on this planet and our final and eternal home always will be in God. That means in God we may be again an eternal loving family one day - provided we all are allowed to freely learn and experience what we need to in order to find our way back to God.

### These are but a few samples.

The more you progress on your spiritual path by accepting more and more requests from others with a loving YES from your side the more you will feel its powerful and positive effect on your communication with all your surrounding. You will feel and experience how energy, how communication is starting to flow, how life is starting to be smoother than ever before. You will experience that the more often you say YES to requests from others - your own request to others are answered with a loving YES as well, making thus your own life more Love flooded, more blissful and more happy !!!

With a few years of practicing YES along with your spiritual practice in general, you will find truly spiritual ways to say YES in absolutely all situations.

In the above examples you have learned when a NO may be required to follow Divine spiritual laws and enhance the first and great commandment of Love and when a NO is purely selfish causing the flow of Love to stop. Now it is your turn to start applying the learned topic. Learn to say YES with Love. Whenever you say NO in the future - take your time to think about your true and deepest reason to say NO. Was it truly to keep Divine Love flowing that you absolutely NEEDED to say NO or was it just a very personal NO for a very selfish reason ?

Absolutely ALL becomes possible

through the power of Divine Love

YES keeps Divine Love flowing - NO may stop it

[Overview all chapters](#) | [Home](#)

# Physical health and well-being

For an overall health - spiritual, emotional, mental and physical - a few simple rules should be followed by all mankind to improve their overall condition of the present physical body.

First we may need to understand that many eating disorders are compensatory behavior - to compensate for emotional and or mental imbalance within that person and imbalance between that particular person and its surrounding environment. Hence establishing happiness and balance within yourself on the mental and emotional level is the first priority for all. Previous chapters of this publication show you how to achieve this Divine condition.

While many complicated and very strict diets are being published, for a truly spiritual Godseeker there are no strict rules. However a few simple but efficient and important rules may help to improve your health and well-being.

1. Eat only natural food, grown in a natural and biological environment, free of artificial fertilizers, pesticides and herbicides
2. Prefer vegetables and salads that have been growing in open air and sunlight and avoid any greenhouse products. Greenhouse products may look nicer and be larger in size but are far inferior in their quality in regard to metaphysical energy content requiring higher quantities to nearly satisfy your needs of energy, natural vitamins and minerals.
3. Avoid any genetically modified food, ingredients or food products
4. Use natural herbal spices, whenever possible fresh herbs, rather than commercially manufactured spice mixtures
5. Avoid canned or otherwise manufactured food whenever possible - it is always possible, if you really want to !!!!!
6. Eat fresh raw vegetables as salad or fresh sun-ripened fruits as part of your daily diet.
7. Avoid chemical vitamins and minerals and take fresh salads or fruits instead - year round. In wintertime you may eat a variety of nuts and air dried natural fruits - free of any preservatives to compensate for missing fresh fruits or vegetables.
8. If you are a vegetarian - drink about 1 to 2 liter of pure fresh spring water to assist your body to flush out any debris of food and to balance its liquid system. Soft drinks and bottled juices are far inferior to fresh water or fresh fruit or vegetable juices.
9. Learn to use the huge variety of far more than 100 different herbal teas available to further assist your body in balancing its energy system and protect your health and well-being. Learn to grow your own fresh herbs or collect your own herbs in your surrounding nature as a source of clean and naturally grown herbs - free of charge. Remember that herbal medicine is thousands of years old and - properly applied - is extremely powerful. Just keep in mind that old saying of "there is a herb against [any](#) illness".
10. For emotional imbalance - learn to use flower remedies. Learn to produce your own flower remedies from flowers growing in your natural and clean neighborhood.
11. Eat several small meals a day and avoid drinking WITH or immediately following meals. Drinking with or immediately following meals dilutes all acid and other liquids needed to digest your food in your stomach. Supply your body with pure fresh water - tap water if it is free of chlorine or other chemicals or bottles natural spring water or a cup of herbal tea 30

to 60 minutes before meals instead.

12. When cooking vegetables, learn to do it the asian way of quick frying or quick boiling vegetables for a very few minutes only - usually 2-3 minutes approximately - to preserve as much of its natural vitamin and enzyme content.
13. Use local products, local fruits and vegetables and stay with products of the season. This assures to have fresh products, ripened in the sun and being collected daily. Remember the longer you store any fruit or vegetable the less metaphysical energy it contains, hence the more you may need to satisfy the needs of your body.
14. Use the full variety of fruits, salads and vegetables available.
15. Follow your instinct and intuition rather than books when selecting your daily assortment of different food for your meals.
16. Allow family member to eat something different rather than follow a single menu for a large family. Different persons may have different needs of energy to keep their system in balance and healthy. Remember: To make others happy is the source of your own happiness. Hence try to make each of your family members happy with their preferred meals. Avoid forcing children to eat what YOU think is best for them. Most of the children have a much more reliable instinct / intuition in regard to the need of their body as their own parents. If however you want them to eat healthy - YOU may FIRST need to eat healthy as well - even when your children are out of your sight or vice versa !!
17. Avoid any manufactured dishes, like canned meals, deep frozen meals, etc.
18. Avoid microwave cooking - microwave cooking changes the vibration of natural food and cook your food the traditional way. A wooden stove or gas is far better than electric stove.
19. Part of a healthy nutrition is a regular - daily - walk, stroll, or any relaxed and pleasurable activity in clean open air and a natural environment. An hour or two should be the minimum for anyone. Open air activities in natural environment contribute significantly to the balance of your energy system and help you to re-establish a good overall health and well-being.

These are but a few simple rules to follow. If you have children, please keep in mind that all children try to establish harmony - equality - between your (parents) aura and their own. If you smoke, drink alcoholic beverages, eat junk food, candies, ... even in the absence of your children, then your children feel - subconsciously - this imbalance between their aura and yours and try to achieve an equilibrium between their own energy body and their parent's energy body causing them to crave for a variety of junk food, sweets and other artificial products.

A free and direct flow of true Love to others and from others reduces the need of compensatory eating disorders and behaviors. A soul lives from Love - once you have freed yourself from your cycle of reincarnation.

[Overview all chapters](#) | [Home](#)

# Our environment and the relationship between mankind and nature

**The purpose of nature and how we can re-establish a healthy relationship to our natural environment on the planet earth.**

First let's understand ONE single most important fact and absolute truth:

Nature can live easily, happily and in a very healthy way thousands of years without mankind. At the present state of environmental pollution created by the so called "civilization" nature can live infinitely better without mankind. If the present pollution and modification of our planet's natural environment, forests, rain forest and energy-system continues - then mankind is going into a secure but painful global suicide of the entire physical population of this planet.

Mankind in its present physical state will die within seconds or hours if all nature is destroyed to a sufficient degree. WE - MANKIND need nature in its original - GODMADE - form to live healthy and to even survive physically survive at all to successfully continue and complete out open lessons before we can live freed of our physical body in a purely spiritual world of Divine Love.

Nature is made and directly controlled by God. Most parts of nature - animals, plants, trees, minerals - have a very precise function to fulfill. This function has been assigned by God and serves mankind to live and heal our permanent damage we ever have started to cause to ourselves as well as our planet-schoolhouse. While we mankind have freedom of choice, freedom to do whatever we want to do - most parts of nature has NO freedom but is designated to serve a very precise plan. Most parts of nature MUST follow that plan precisely to fulfill God's Divine plan on earth.

This nature's serving mankind means that nature obeys God's plan - in NO WAY it ever was meant to SERVE US mankind as slaves !!!!!!! Nature is our friend, helping us constantly since many thousands of years. Nature is providing natural and healthy food in abundance if proper procedures and care is applied by mankind. Nature is providing us with natural resources to build shelters and live comfortably. Nature is supplying us with all really necessary goods we truly need to spiritually progress and find our way back to God.

Nature was NEVER meant to be exploited to the extent we do it at present since the last few centuries and particularly during the last several decades. Nature was intended to be common property of ALL mankind - NEVER to be property of individuals, institutions, organizations, bodies of any kind or governments. Nature is OWNED by God only and always belongs to God.

Mankind should learn to live in a free and loving cooperation with nature. Mankind should learn to listen and talk to nature again as it has been done for thousands of years some time ago and in some small cultural circles still is done at present. It is important that WE - mankind - integrate fully

INTO nature rather than imposing our will on nature. Instead of killing trees when constructing our houses or roads where we want the house or road to be - we should learn again to integrate our smaller houses and smaller roads into nature, between trees and profit from natural energies and shelter provided for free by nature to all of us.

### **The purpose of nature is to provide mankind with:**

1. balancing energies, healing energies - of various kind
2. heal all damages and traces mankind constantly makes while living on earth

### **In addition to that nature "job" is to:**

1. dissolve and decompose all our debris in a natural way
2. keep or establish a natural equilibrium within itself during the course of permanent changes that are imposed by the continuous evolution of mankind's spiritual state of awareness

All nature is made to assist and control itself. To establish a healthy energy system on this planet and to keep spiritual progress going on. All animals - from microorganism to huge mammals as whales or elephants - have a very precise function in God's Divine plan and are fulfilling successfully this plan - as long as mankind keeps his influence in interception out of nature. The more mankind affects nature the more nature is struggling and fighting to re-establish the balance that we - mankind - destroyed and continue to destroy at present. Nature is controlling itself under DIRECT and sole influence and guidance from God. Nature always is striving to establish the most perfect and most healthy state on this planet.

It is mankind's destructive impact on the entire environment on all animals, plants, trees and minerals that causes great harm to nature and our health as well. Is it this ego-made impact on nature that causes natural balance to get out of control and to cause natural disasters. Natural disasters - storms, hurricanes, flooding, heavy rain, thunderstorms, fire, earthquake - all these and other similar disasters are but the result of mankind's impact on nature through the power of our violent thoughts, emotions and deeds. Our thoughts and emotions are radiated around the entire planet and sometimes beyond. Violent, selfish or destructive thoughts and emotions (fantasies) are causing great turbulences and tensions in the entire atmospheric system of our planet. Natural disasters of the many kind we encounter them on this planet earth are but a relief of such great tensions and turbulences - a relief needed to prevent the destruction of the entire planetarian energy system and our temporary living home for the duration of our educational stay here on earth.

**In order to protect our environment and support nature and God to re-establish a healthy environment on this planet, we - mankind - should:**

1. Live in much smaller houses - fully integrated into nature. Millions of people in "third world countries" can do so and often are much more happy in their social structure than the so called "civilized first world" is doing.
2. Protect or re-establish the God-made natural state and condition of all nature
3. Learn to conduct a far more resource-conscious way of living and to use resources completely free of any abuse, misuse or waste
4. Learn to use natural biological energies in a fully - 100% - safe way rather than abusing dangerous artificial energy sources
5. Reduce our energy consumption to what we really need for our spiritual benefit and learning process while being guests on this planet

6. Live from vegetarian resources rather than through our killing and causing pain to nature
7. Let nature grow, expand and heal where ever nature wants to be active - on its own
8. Stop using ANY chemical pesticides and / or herbicides for any reason, any cause or any purpose
9. Protect and re-establish the freedom of the entire nature, including all animals of any kind kept in cages, houses, farms or other forms of imprisonment and slavery
10. Stop using animals as your working slaves - whatever you want to be done - do it with your own body, feet and hands or use environmental conscious technology to do it in harmony with God's Love
11. Protect all our natural resources including pure air and pure natural water - spring water and / or ground water
12. Protect nature even if this environmental consciousness may cost you a fortune - no money in the world can turn the moon in a greenhouse - no money in the world could ever turn a deserted planet earth again in the greenhouse God made it for you and your pleasant learning experience on earth

Be aware that WE mankind truly need nature to exist, but nature never needed us to exist. We have been behaving more and more destructive and detrimental to our planetarian environment for thousands of years - nature and the entire environment only has been healing us ever since nature was created by God.

All animals in water, in the air or in the soil of any kind or nature, all plants, weeds, bushes and trees, all minerals - are living organism - they all are conscious and are developing while fulfilling God's Divine plan for us. Learn to be thankful to God and all nature he created, love nature, protect nature, re-establish natures freedom to develop its own way of living and healing. Reduce the surface of soil you are occupying with your home, business, roads, streets, buildings to what you can occupy personally - including your personal family, at any time and permanently with your own physical body and return the remaining wasted surface to nature or others to reduce future buildings and to help reduce future waste of nature and natural resources.

May God and his infinite Divine Love help you to fully understand the relationship between nature and mankind and assist you in developing a healthy and loving attitude toward the entire natural environment - as God made it for us.

[Overview all chapters](#) | [Home](#)

# Greed and Stinginess

At the beginning there was but true, pure, Divine Love coming from God, flowing through mankind's soul back to God creating a continuous state of blissful happiness within mankind. At this time mankind had but a body of light - the soul - and neither a causal body nor an astral or even physical body. At that time mankind had a true Divine awareness of its Divinity and awareness of all. ONENESS with God was common after any experience. The only rule existing was the great commandment of Love - as a rule from God to follow if we want to upkeep our continuous state of Divine Bliss and everlasting happiness.

At that time it all was about Love and to make others happy. Using the God-equal creativity that all mankind had to make others happy and Love all while allowing all the Love from others to be absorbed by ourselves to complete theoretical circle of Love.

The start of modification of true, pure Divine Love is the beginning of emotional stress and the beginning of the manifold human problems. As a result of this modification - one of the first disturbances of the originally pure Divine consciousness and pure Divinity - **greed** and **stinginess** started to occur. Mankind started to love less than full - **stinginess** or wanted more Love than they received **greed**. With the occurrence of greed and stinginess - the EGO was created - **created BY MANKIND itself** . With the formation of the EGO - the separation from God and from within mankind started to grow constantly. As a direct result, spiritual ignorance was growing - soon mankind forgot its true and eternal origin in God.

While this change in mankind's consciousness is obsolete, it was however expected by God that at least some of all Divine children went through this experience of creating - and later on again dissolving - an Ego.

God knew in advance that some of his children are modifying Divine Love in something less Divine - less pure - and God created the possibility to protect all others who preferred to remain in absolute Divinity by creating the potential possibility to increase mankind's density and shift accordingly the center of awareness into different layers forming "bodies" of ever increasing density. Some of these "bodies" are called **causal body**, **astral body** or **physical body**. By shifting the center of awareness to a universe of higher - density, mankind lost contact to its origin and also lost contact to all Divine sisters remaining next to God.

At the beginning there was but a free flow of Love in both directions -

then mankind started to influence or reduce that FREE and Divine flow of Love - greed and stinginess started to occur.

God is Love - God always was and will always be Love. That means that anyone and all always can fully love God - he always is open to any amount of Love - free of demand or wanting of Love. God always loves - all his creation.

God loves all creation fully - ALWAYS. Whatever any of his creatures is doing or has done - God's Divine Love flows fully to all his creatures - ALWAYS. Free of any restriction for any reason what so ever.

As you see, there always and in all Divine beings are two ways Love needs to flow - from a being toward ALL others and from anyone into that particular being.

Stinginess is a conscious reduction in the outflow of Love toward all or anyone and greed is a conscious increase of possible intake of Love from any source.

Any reduction on any side - intake or outflow of Love - always drastically reduces the happiness of that person and soul. The flow of pure Divine Love through your soul with all its present levels of manifestation is causing the feeling of happiness. Like the flow of electricity through a light bulb is causing the bulb to shine it light. The reduction of flow on either side - IN or OUT can be compared directly to a dimmer for modern lights. If you have some very basic understanding of electricity, dimmers and light, then you know that ever light bulb has two wires connected to it. One is the phase, the other null. Null conductor also can be connected directly to earth, to a metal water pipe for example. If you look at the two wires - one coming from ground the other one from the electricity generator - either wire you try to connect the dimmer and activate it - the light will be weakened. The flow of electricity is restricted by a dimmer causing a controllable reduction of flow of electricity through the bulb and hence a controllable amount of light to be produced by that bulb.

Love flowing through a human soul causes Happiness - Sanskrit term Ananda. The more pure Divine Love flows through any soul the greater the happiness experienced by that soul. To allow any happiness to be experienced you need to open both sides of Love flow to its maximum and let Love flow freely from anywhere and to anywhere. God is the source - the origin and the goal of all Love. All Love is coming from God and returning to God !!! only pure Divine Love in its original God-made state or condition can create true happiness - hence the need to dissolve any, even the slightest manifestation of ego or modification of Divine Love to regain the natural and God made state of Divinity within all mankind and assure Love to be allowed to flow freely in its purest Divine state.

If someone gives less than he receives - either money, material or Love - then this behavior is called stinginess, that person is stingy. If someone wants more than he gives - then a condition of greed is created.

Greed and stinginess are two of the most common global diseases of mankind on this planet as one or even both of the two almost always is present in any human being on earth. Greed and stinginess are true illnesses - at first emotional or spiritual illnesses but they also turn into deadly physical illnesses if practiced for any extended period of time and or intensely.

In addition the pure greed or stinginess, most have greed or stinginess in combination with additional spiritual blockages of their ego, depending on the various experiences they went trough. Additional blockages that may hide their original greed or stinginess. But most of the time additional spiritual blockages are but a follow up of greed or stinginess. Greed or stinginess are often the root-cause of any additional spiritual blockages.

Before any such additional blockages should be treated - greed or stinginess should always be treated at first. As greed or stinginess always end deadly and always do require at least one or several additional incarnations if greed or stinginess persist until the last days, weeks or month

within an incarnation. The Divine rules of life contain preventive measures that dissolve greed or stinginess in Divine Love before it ever could start to exist.

Drop your search for any guilty person that made you at first greedy or stingy and just immediately start to allow LOVE to flow in both directions again. This is the only truly safe and efficient method of re-establishing your own Divinity again within yourself.

You may need to find out which of the two illnesses exist within you - as you may be sure to have to some extent one of them - then you may take appropriate measures to safely dissolve in Love what separates you from God. We will read about some solutions later on in this chapter. First we have a look at the two diseases in detail to better understand their nature and better prevent their reoccurrence for our future.

In regard to Love you could easily compare God and all free souls to a [supra-conductor](#) in our technical world. [A conductor with absolutely zero resistance to flow of energy](#). Hence if zero resistance - then zero loss of energy will result - equaling an absolutely [FREE FLOW](#) of energy in any direction, anytime and for any period of time.

Mankind is made to God's image - hence we have the same Divine potential to love freely and be open for the Love from all and anyone !!!

Mankind was created as a being of light and free of any body - that means mankind was created as a being of light and Love free of the prisons of a causal body, astral body or physical body. We have been created by God and to God's image. Beings of Love made to love and to be creative with our Love. God made mankind with a partner soul - sometimes called twin soul. So we could enjoy life and Love as a family of beloved children - always near God and become one with God any time.

Some souls started to want or desire something other souls had - like the partner of another soul - despite the fact they already had their God-made partnersoul. Greed started to occur - as greed is the direct result of wanting more or something else than you already have at any time. The attention and Love was moved from the partnersoul toward another soul to attract a new soul. The attention shifted from the God-given source of happiness to a self-made happiness mankind search outside.

As a result jealousy started to exist as the partner of the particular soul searching and wanting another soul's partner or property has received less or no Love as a result of the change of focus toward that other soul. As a result of this lost Love from his partner the remaining soul started to withdraw or strongly reduce his Love toward his original and God-made partnersoul. As a punishment for the lost attention and lost Love from his partnersoul - still connected to God at this time - one soul withdraw his Love from his God given partnersoul for the desire to get another soul's Love and attention and Love - causing greed. And the remaining soul reducing his flow of Love toward his God given partner causing stinginess.

If you love less than 100 % at any time, if you reduce your Love for any particular reason what so ever, if you temporary say NO to Love any particular person - stinginess starts.

If you want more Love than you constantly give to any other person or the sum of all creation - then greed starts.

The previous chapter about YES or NO shows you how you can get your Love flowing again - in both directions - by learning to say YES in any situation where your Love is needed or asked for.

Greed and stinginess of course are manifested in all levels of our global society. In governments, organizations, religious groups or churches, business, family, sports, recreation, just in any possible field of mankind's life and activities.

Managers do want more pay as their employees - greed ! "Top level" politicians do want higher pay than "low level" politicians - greed. Active top sportsmen in almost any sports activity want a higher and higher pay year after year - greed. Labor want a higher annual pay increase than the annual inflation rate is - greed. White people want a higher pay than colored employees of the same company - greed. A bank wants more money for a given credit than it gives to its saving account holders - greed. A businessman dealing / trading with products or services actually provided by third parties usually tries to buy his services or products at the lowest possible prices and charges as much as the market can bear - greed.

Managers and leaders want to give less salary to their employees than they ask for themselves - stinginess ! Higher level employees or politicians want to give less money, less pay to lower level employees - stinginess. You want to sell a product to a trader and may receive the lowest possible price - if you really need the money and are in a financial emergency - you may receive even less, as the opponent may become aware of your emergency and abuse your weak situation - stinginess.

Some people may be mainly stingy others mainly greedy. Some however are both greedy and stingy, depending on the current situation.

Any of the two diseases causes great emotional stress on the entire society. Such stress again can be overwhelming and create situations totally out of control. Love needs to flow - however if you have no receiving partner for your Love - energy never can be destroyed but only changed to a different form of energy. Hence if Love is kept from flowing in its original and purest Divine state as made by God and received from God by all souls - then it needs to be modified to any other kind of energy. Energy always needs to freely flow. Any restriction to such flow requires energy on its own just to reduce, or change the natural flow of Love - from soul to soul.

Love that is stopped from flowing as Divine Love to another soul may need to be transformed into purely causal, astral or physical activities. Such Love also can turn easily into anger, hate, revenge or violence. Love is powerful and any soul strives to Love as much as possible. Mankind's mind - even in its Divine state of the soul can modify the flow of Love any time. The only way to allow this Divine Love to flow free of any loss - like a supra conductor - is to allow Love to flow directly as Love to another soul, i.e. In its Divine original form of Love. Any change of Love into anything else but pure Love always creates a loss of energy caused by the amount of Ego involved in that change. This "loss" of energy however can only be transformed into something else - never be really lost. Energy never can be lost but only transformed to different levels or different forms of manifestation. Like electricity flowing through a electrical or electronic system may be needed to produce a picture and a sound, but it also may create electro-stress and heat in addition to the desired effects of a particular equipment. Similar is the operating principle for the flow of Love.

The more you are used to modify your Love the more of your Love others may need to be happy. They also start to search for a number of sources of Love as one source of ego-modified Love never can satisfy any single person over any extended period of time. A soul is hungry for true Divine Love but only true Divine Love can really satisfy any soul anything less than pure Divine

Love is causing an increase of hunger for Love and is supporting greed to occur. More and more is needed from any low quality source of Love.

Let's name a few low or very low quality sources of Love in nowadays material world and state a few examples:

- a baby wants Love from its mothers - pure Divine Love - a mother often blocked to give such Love or blocked to receive Love before being able to give it to her baby - the baby attempts to get the mothers attention by throwing toys, crying or any other means of attention-getter, most of the time quiet successfully.
- attention from any person for any reason - even negative attention for committing "crimes" !!!
- Recognition, for beauty, good behavior, good performance in any field of activity
- awards for achievements of any kind
- professional achievements and promotion in jobs, business, politics
- titles and degrees, doctor-degrees (Dr h.c.) and other degrees of any kind
- diplomas for any field
- publicity under any circumstances for any purpose or reason, just have people talk about you
- memberships in clubs, societies, organizations
- leadership or management positions in any organization, political, business, religious, ....
- achievements in recreation and sports, medals, etc
- having dependents - children, employees, customers, ... depending on you - dependencies causes others to give you their life-force - a substitute of Love but also a kind of energetic vampirism
- might and power in political, social, religious, cultural or any other organization. Might and power on this planet is almost always abused. Such abuse is a substitute for recognition
- publicity - being known by a wide number of people for any reason

The manifestations of greed or stinginess are manifold. For YOU however it is only important to learn about your own possible manifestations of YOUR GREED and / or STINGINESS and YOU may need to learn to dissolve your own imbalance and emotional and spiritual illness within yourself. YAMA and NIYAMA will help you to achieve the first steps of healing. The Divine rules of life on your way to God will help you further. Finally the development of true Love will do all the remaining part of any healing needed.

Notice that greed and stinginess are called illnesses - hence they need healing rather than punishment. Punishments of any kind make the situation worse than ever before and fail to contribute anything at all to the healing necessary.

**For true healing Divine LOVE is needed - YOUR LOVE !!!**

God is the source of all Divine Love and it is up to YOU to reconnect yourself again with this Divine source to become yourself a source of healing for others - for your surrounding, your friends and your family. Let all the Love coming from God flow through you and to all others surrounding you or somehow related to you to become a Divine source of healing. And let all the Love coming from others - however they may manifest their Love - flow into you and through you. It is the flow of such Divine Love that creates happiness and also creates healing - healing for the one being loved and for the loving one.

[Overview all chapters](#) | [Home](#)

# Cultures - Religions - Traditions

Cultures, religions and traditions have something in common - and hence you shall find here mainly a spiritual definition of culture.

All 3 above named have never been created by God - but came to existence through mankind's ego. For simplicity we will mainly focus on the word culture - as it includes spiritual traditions and religious traditions as well. While true spiritual traditions are adapted to successfully spiritual blockages within a given group of souls - some religious or spiritual traditions however are influenced by cultural patterns of an ethnic group, religion or the behavioral pattern of a countries population.

Most cultures serve but the egos of all members of that particular culture. The ego is the sum of all that separates you from God - that restricts your free and full flow of Divine Love toward all and from all.

A culture is a group of incarnated souls having a number of same or very similar

- fears
- behavioral patterns
- rejections
- beliefs, religions or spiritual traditions
- wishes and desires
- Karma
- spiritual lessons to be learned
- attachments

All of the above are spiritual blockages

- all of the above are separating you from God

- all of the above need to be dissolved on your path of Love to God.

God is Love - Love is beyond any culture - beyond any tradition or religion.

Most of such groups of souls are big enough to create their own country having political independence from their neighborhood.

Individual souls need freedom to live through their patterns of experiences, wishes, desires, fears and rejections

or

dissolve all in Divine Love.

Cultures are dynamic - because members of a given cultures fortunately are learning and spiritually progressing. Hence the culture should be allowed to adapt. Some of the worst situation possible would be to protect a given culture just for the reason that it has been existing centuries or even millenaries. If cultures are artificially prevented to grow, adapt, change or even completely dissolve - then spiritual progress of all members belonging to that culture is stagnating and further progress is delayed until a future incarnation where any soul presently incarnated will find a new environment with a different culture, religion, tradition or even better a situation offering total flexibility and freedom to spiritually grow out of any previous culture.

On the path to Godrealization and Godunion any and all souls will definitely dissolve and drop absolutely any cultural traditions, religious beliefs and behavioral patterns. God is absolute and free of any culture, religion or tradition. God is the loving creator of all creation - of all animals, plants, humans and other beings as well as all universes of any plane - physical and beyond.

Having a particular behavioral means that you need a particular solution to dissolve that pattern. Religions, spiritual traditions an cultures sometimes provide such solutions. But most of the time cultures create additional resistance to the fastest, easiest and most loving possible spiritual progress of any soul being involved.

If all mankind on earth would be more loving, more tolerant and allow all and any person to make any experience desired and necessary - cultures would be obsolete. Cultural groups are only needed to protect the realization of a soul's Karma and spiritual lessons needed, if other members of a global society are generally objecting such free practice within their boundaries and a group of souls having a common interest, tradition, spiritual blockage, ... start to create and defend a necessary territory to freely practice their lessons and Karma.

Giving autonomy to any group - even better - giving freedom to all, even individuals, to learn, live and practice whatever they need or want to practice, to let them live exactly the way they want, would be the most loving and most Divine solution for any society. Giving autonomy is just giving freedom to practice and live the way God is practicing to give all his creation.

Freedom is Divine and is the most efficient basis for spiritual growth and true Love to develop. Hence we all should protect - or where lost - reestablish freedom for any individual soul within all the boundaries of

- families
- religions
- political parties
- villages and cities
- political or religious districts
- countries
- cultural or ethic groups
- gender
- any individual group of interest or particular behavior

with other words freedom should be reestablished in absolutely all situations of life - of ALL life - human and beyond.

Cultural circles, religious groups or spiritual traditions come to existence if a growing number of souls are developing or copying or being taught by "authorities" a given behavioral pattern that

finally leads to some kind of spiritual blockages causing the group to separate from the rest of creation and to life within their own - relative and restricted world - created in their mind and by their Karma.

God is Love and as such loving children we all have originally been created. The development of our desires and behavioral pattern as a result to spiritually grown and make experiences in God's entire creation we have started to separate more and more. On our way back to Godunion - on our way back to our Divine home in God - we all shall dissolve step by step or all at once - all our culturally imprinted way of thinking, feeling, judging, living. It all depends on whether we live consciously and are willing and ready to question all our behavior - past and present - day after day and depending on the result of such continuous questioning we should learn to make modifications, adapt to the insight we got. We may even mature to drop immediately a particular tradition, religion or culture and become strong enough to freely develop further strength and willpower free of any guidance or limits encountered by fixed rules of a given tradition, religion or culture.

If all our heart, mind and soul strives but for Love and to love more and more like God - then we can evolve back to our Divinity infinitely much faster than within any limits. Cultural behavior, religious traditions and spiritual rites may lead to blockages surviving many incarnations until they finally are dissolved in the fire of Divine Love. Some of these patterns may be helpful during many incarnations - but some of acquainted patterns may just be bothering for centuries or millenaries - bothering millions or billions of people.

Cultural, spiritual or religious patterns are existing in each individual, in nations, different religious groups, ethic groups, political groups, ... but of course the entire planet has a particular pattern imprinted, even the entire solar system. All these patterns - including the global patterns and the patterns of the entire solar system need to be dissolved on your way to Godunion.

Love is the innermost being of God and each of God's creature ever made, as all is made by God - all is made of God. Since God is Love - all is made of Love. Love creates freedom - hence anything that somehow limits freedom of anything in any way is separating from God and needs to be dissolved one day.

Learn to drop any behavioral pattern that limits your freedom or the freedom of anyone else around you or on this entire planet. Love is healing and making happy - ALWAYS. Hence learn to dissolve or drop any behavioral pattern that somehow hampers health of anything - even nature - or restricts happiness of anyone.

Love is dynamic and needs to continuously flow - from God to you - through you to all - from all to you through you and to God. This continuous flow can only be achieve in total freedom - freedom in all senses - freedom from any limits, blockages, rules of any kind

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[Overview all chapters](#) | [Home](#)

# Dynamic Love versus static Love

Love needs to flow

continuously and eternally

only flowing love acts, creates, heals, frees and makes happy

## Let's see and understand the difference between dynamic and static Love first:

A nice helicopter in a garage - well parked and protected - is static. If such a helicopter stays there for hours, even days, weeks or months - it remains static and is useless. Inactive possession of the owner. Costing money - constituting a burden to take care of - while being empty of any practical use.

If you have a modern computer - high speed with all the features you ever imagined and wanted. In addition your computer has hundreds of wonderful and useful tools and applications installed - but your computer is standing in a corner and switched off days - weeks - even months. All the potential of this computer is useless and static.

If you would use the same computer a few minutes or even an hour or two every once in a while - using a few of its potential tools - still all the dynamic potential existing is static - sleeping - frozen - obsolete. In your mind you still know you have it - in your mind you know what all you could do if you needed or wanted.

Many people have an idea of "I love all" - maybe it is only one single cell in their brain that is programmed to say "I love all mankind" . That is it.

Just one cell that knows I love - I can love - I can love all - all animals - all humans - all creation - but ...

it is a static idea - parked somewhere in your physical brain. Parked as a Divine potential to be used some day, during certain situations and with certain persons - some day .... for a few seconds or minutes.

How often do you really love ? One second each day ? Or even a few minutes each day ? What is Love ? Do you know how it feels when YOU love someone from the innermost depth of your being - or the innermost being of your soul ??

How often did you think that you should say "I love you" to a particular person - but in a different way - from the very depth of your innermost being ? Did you always do so ? Did you ever feel the very same Love for anyone out there ... if YES did you face that very person immediately and say these 3 magic words while feeling it ? These may be magic minutes of dynamic flowing love that

creates the feeling of happiness - creates magic moments of love in a life. How many persons have ever encountered such minutes. How often in a life time ?

Do you remember having held in your arms a small, cute, pretty, beautiful, angel like baby and feeling just Love - Love beyond words - just a sensation of being loved by that angel like baby - and loving - truly loving beyond any words ...

These are moments of dynamic - true - Divine Love that sometimes occur in our life - for seconds - for minutes - once in a while or even only one single time in an entire incarnation.

Have you ever felt Love when seeing someone suffering, crying, starving, dying, asking for help, begging for help - these moment may have felt different from the previous ones mentioned - such situations again may wake up a deeper feeling of active Love toward others or at least wake up a desire to develop such a potential within yourself - while at the same time such situations may make you aware of the present limits of your personal, physical Love and wake up a desire to expand the potential of your Love to a level where you can reach out and heal or free anyone anytime Love is asked for or needed. Anytime politicians run out of Love they create war, anytime soldiers or policemen run out of Love they take their gun and threaten people or kill people. Anytime a teacher runs out of Love - he is punishing his children in class or giving a bad grade !! when parents run out of Love they start to use authority and command or punish.

Love is like all the Horsepower of an aircraft. Having it is one part of the story - every one can have, can own an aircraft - even a baby or a bird could be given an aircraft and be called legal owner of it.

Pure possession of a potential is static and of no value at all unless you really and continuously explore and deploy the potential more and more in a controlled and beneficial way - beneficial for all - using your potential actively and knowing how to develop its full potential in a beneficial way for all is something dynamic and much different to just having it. It needs to be practiced - again and again - until you continuously deploy the full Love potential given by God.

One day each person on earth may learn to love - at least for minutes or hours - to some degree of purity and perfection - at least part of their own family. But presently most of the planet's population may not even have reached that state yet. Loving ONE single person - at least part time - is the very beginning of turning your static Love potential into a dynamic flowing Love. Once you have started this step of spiritual growth - continue - remember that ALL are children of God. Expand your Love to all members of your family.  
Then ...

remember that in previous incarnations you may have had most probably others family members - where are they ... ? that is God's secret !!! They could be any where - they all may have loved you and you may have loved them ... so you would like to love them again - which face and body gives shelter to the beloved soul having been your partner in your last incarnation ?

Your neighbor ? Your father ? The postman ? The butcher around the corner ? The teacher next village that you started to like from the first minute ? Or the shoe polisher next street who always greets you very friendly and seems to polish your shoes longer for the same money ?

Until you have become one with God - God may keep this secret for your consciousness - and what is your only choice ? If you don't know who your previous beloved children are now and who

your beloved partner is now in this incarnation - you may have to expand your Love to include ALL mankind on this planet !! this is a very fine trick - from God - to teach you to love all. By loving all you may be sure that your Love hits the right one. If you exclude a single person on earth you may exclude one of your very family members of any previous incarnation. It is but infinite Divine Love that has the power to reveal ALL the secrets of God's creation.

These few moments in life you felt a feeling you would call Love - do you remember what was different during these magic moments of Love from your normal daily life ?

A few things always might be common to all your experiences of Love

- you stopped thinking before you experience the feeling of Loving or being loved by someone
- you stopped thinking when you actually felt Love
- you have stopped thinking or judging about anything related to the object of Love
- you have been silent during these moments of Love - no speech - no words - just silence on mind and voice
- it happened in a moment when all of your intellect got paralyzed by the magic and / or the beauty of that person - adult or baby. By the beauty of a God made soul - in a male or female body of Divine Love and Divine beauty

For the magic moments of Love you have managed to focus on feeling - a vibration beyond the physical being and perception. As a result of silence in your mind - the door to your heart opened for a glimpse in eternity and Love was allowed to flow through you.

There may be other magic factors that have been involved - but the most important was that you have stopped to think and reason or judge or condemn for a a moment - Love was the result .

Hence you may need to learn that our intellect - while being able to create or find new formulas, fill out tax declarations, file lawsuits, ....

is actually and continuously killing Love in our life. Our intellect - our mind is creating formulas of human relationships as well. Formulas like

- if he spends plenty of money for me - then he loves me
- if he chases me for many months - even without getting a single kiss - then he must love me
- he is well educated - i love him
- he is successful in his career - he is a good party to be married with - i love him -in your mind also: because he probably is making me popular and many people may know and admire or envy me because of his success or popularity
- she/he is sexy - i love her/him - because all my friends may probably envy me
- she is a good cook and seems to like the same food - i love her
- he is too poor - what social drop down for me - no way I ever could love him
- he / she is too young for my or too old for me - what would others say about such a difference in age ?
- He /she is of different race, cultural origin, nationality, religion - this may not be allowed in our culture or civilization"
- he / she is divorced or has already children from previous partnerships - no way to love "such" a person
- ..... and more. Mankind's intellect is of almost infinite creativity to find reasons why a

particular person can NOT be loved - according to our standards.

Any such "reasoning" or thinking may kill any potential Love instantly and from the remainder of the present incarnation.

Our Love was too static - may be only one single cell in our brain who claimed the possibility to Love or be loved by the other person - but may be millions of others brain cells storing facts and memories or cultural programs for material goals and against Love.

Such static Love can but lose. It has no power at all - ZERO power. Such static Love is like all the phone numbers in your cellular phone memory. Useless unless you start to use the program to get a connection to another person / soul and get energy or a communication flowing between two persons / souls.

When you really want to develop dynamic Love - start to keep focusing on feelings - experience the feeling of being near someone, within his / her Aura. How does it feel, how does the skin smell, his / her kiss taste and feel. Then concentrate even more on feelings, beyond physical or sensual perception or physical senses. Just look inside you and experience feelings, emotions, let everything flow to get freedom within for the flow of Love.

There may be particular situations in your life where you experienced such magic moments of Love - let these situations be present more and more often in your life. Was it a candle light dinner in a particular situation / location with a particular music and a particular person ? The repeat it again and again - expand the moments of Love to become hours of magic Love.

Was it dancing with a particular partner a particular dance - then repeat it in similar or equal situations and allow the magic of Love to expand and allow the Love to flow more and more. Let yourself "fall" in Love - become one with Love - become LOVE - a being of Love - filled with Love - flooded with Love - showering magic Love upon your partner - showering magic Divine Love upon all your surrounding. Do whatever your heart says you like to do - do whatever you FEEL wanting to do - drop all cultural thinking or reasoning, forget your "education" - true Love is far beyond what your intellect ever can create, think, reason, allow or prohibit.

Love is free of any limits - love "permits" all - because Love is Divine and healing. Your Love for others can heal you - the actively loving one - as well as the beloved one - if Love is allowed to be dynamic, flowing - then Love is going to free, to heal, to uplift both - the lover and the beloved. Love is the greatest magic power in God's entire creation - once you started being a magic lover - keep the Love flowing. Once your partner started to be open for Love keep loving - as long and as intensely as possible - and

### **remember**

as soon as you start thinking or talking - you have killed the magic of Love again - hence keep quiet - keep loving - keep focusing on feeling on Love and happiness - enjoy the magic moments of Love and let the healing power of Love free both of you - because some of this healing may persist and help you to re-enter such magic moments of Love more and more often - and more and more easily - the longer you allow Love to flow.

With all the Love you feel - always keep in mind that God is the source of all - hence ask God to help you to remain open for Love - ask for more Love for all mankind and expand your Love

beyond your present partner or family the more people, the more beings you start to include in your Love - the greater the flow of Love through you - the greater the magic of Love.

We talked about the flow of Love - yes you will actually feel Love to flow through you. Of course Love is beyond the physical plane. So you first need to become sensitive for metaphysical energies - but this is very easy and in previous chapters you have all you need to learn, practice and improve sensitivity for Prana.

In magic moments of Love you will feel Chakras to be more open than before and you will feel an increasing flow of energy radiating around you and flowing through you toward the surrounding people or your beloved ones. Hence your previous static Love starts to become more than just a static idea or a plan - it starts to become alive - to become dynamic and starts to change you, your surroundings, and anyone within reach of your Love.

What is within reach of your Love ? All creation is within reach of your Love - it just depends on the limits your mind may still create for you. All limits are but in your mind !!

once you have started to truly love a few persons. You may soon feel that others may deserve your Love as well and include more and more persons. Your family, your extended family, your neighbors, your village, your district, your country of origin or residence, and more and more beyond your known horizons ! After a few years of regular practicing real flow of Love - practicing dynamic, almighty, Divine true Love - you may wish to love all planet earth and some times later you may feel that when loving all planet you exclude billions of unknown other beings also created by God. Any group you ever love - you always become aware that you are excluding some others. As a result of this awareness you start to expand your love more and more and of course your love can reach far beyond our solar system. Velocity exists only in computers and in the mind of mankind. Love is Divine and hence free of any limits - Love is free of any limits in terms of velocity, distance or anything else. You may instantly Love all creation - billions of universes, all beings at the same time and ..... you may instantly feel all their Love in return. You learn to feel that Love is continuously flowing through all creation - always has been flowing and always will be flowing throughout all creation from eternity to eternity.

Love is a dynamic Divine power - deploying an infinite healing and uplifting force acting on all that open for Divine Love. Acting as much as any person allows it to act. Or with other words

the less you block the flow of Divine Love - the more you experience and benefit from ever increasing flow of Love.

You can never start the flow of Love - but you can stop to block the flow of Love. Be sure you truly understand this very last sentence. It is your mind, your intellect, your cultural reasoning, your intellectual programs that stop the flow of Love. This stop of Love requires a continuous action and continuous effort from your part - if you "stop to stop" the flow of Love - Love will become free and starts its Divine healing through you and through all that are open for Love.

Search for the magic moments of Love that you ever experienced - this may be an easy starting point. Then repeat such situations again and again - improve your magic of Love by dropping more and more all the behavioral patterns and rational reasoning or your mind that ever causes to destroy the natural, God made flow of Divine Love - allow Love to flow , heal and free you and your beloved ones. Increase the number of people that you include in your Love and keep increasing and extending the moments you feel the flow of Love until you feel a continuous flow day and night.

God loves continuously - billions of years. God never sleeps. Sleep as mankind experiences is but a healing coma needed daily to heal from any damage you continuously create in your daily work. Your body may need rest - your soul needs Love. Your soul needs flowing Love - dynamic Love. One day all your physical brain cells are fine tuned to be used to Love what ever you do. You can work while loving, dance while loving, make music while loving, author books while loving, cook while loving, ..... anything can be done while loving . If ever you feel that there is something that might stop your flow of Love - drop it. Drop any behavior or activity that ever could reduce your flow of healing Divine Love again.

You are made by God - to the image of God - made of Love and made to Love - whatever you do, you can do with Love.

[Overview all chapters](#) | [Home](#)

# Physiology of Love

There is but ONE Love - Divine Love flowing from God through all levels of your being - as sexual, physical Love from men to women and from women to men as well. All is but Love - expressed on different levels of creation - on different levels of our very own soul's manifestation all problems on any level always have a root in the deepest spiritual inside and thus always should be healed by dissolving spiritual causes. This needs to be done on the physical level as well - as all physical behavior is a direct reflection of our spiritual problems and blockages.

Love needs to flow. Through all Chakras from God through all levels of your lightbody into your physical body and back to God. Through all levels also means through any level existing - NOW - while on earth it also includes the physical level. Excluding or limiting the flow in one single part for any given reason will automatically reduce the overall quantity of Love to flow in all other levels !

A perfect and completely free flow of Love requires the two aspects of Love

- giving - Giving anything and all on each level of manifestation that you have at any time of your existence.
- receiving - receiving anything you get offered in Love on any level of manifestation you may have at any time of your existence.

Giving includes anything, everything and all. Money, food, clothes, your work or the products of your physical work, innovations, inventions, patents, semen, milk and metaphysical Love from females breasts and the Chakras associated with each breast, Love, tenderness, all your body, thoughts, emotions, talking about all your experiences, thoughts and emotions to anyone and all - just remember that ALL are affected by your aura, hence ALL have a right to know about the problems and energies that affect them -, giving shelter, and more.

As you see it includes ALL and anything at any time to anyone in need. However you truly need to learn to give anything and all of the above mentioned in a truly loving attitude. All you ever give should be given with Love. It should be a direct reflection of the purest Divine Love from the Divine core of your soul - Love from God flowing through all your manifestations of your soul toward the one in need. It always needs to be a free gift from the deepest and innermost core of your heart and soul. A gift with the only purpose of making others happy. To be a gift of Love - a Divine gift - it must be absolutely free of any expectations or conditions of any kind.

Receiving includes anything, everything and all. Money, food, clothes, the help or work or the products of work from others. Innovations, inventions, patents, semen, milk and metaphysical Love from females breasts and the Chakras associated with each breast, Love, tenderness, receiving all parts of the body of your beloved ones, listening to the words, thoughts, emotions of others, accepting shelter, accepting help and gifts of any kind from all and anyone offering you in Love what you need in your deepest inside. It always needs to be a free gift from the deepest and innermost core of the heart and soul of the giving part to be considered a gift of Love and to become acceptable by anyone and all. A gift with the only purpose of making you happy. A gift just

to please you and tell you I love you in a very individual way - the way YOU need most.

NOW - these seconds - we all have a physical body - astral body - causal body in addition to all higher levels of manifestation.

These above mentioned bodies are the proof of you having karma and or having very serious spiritual blockages. If you are free of karma and free of potential blockages you will be free of ALL 3 above mentioned bodies - hence you will be very close to achieving Godunion.

From your thorough and very intense study of ALL previous chapters and texts of the Cyberspace Ashram and the resulting deep understanding of kundalini shakti in male and female bodies you remember that a given Chakra in a male body is rotating the opposite direction from the same Chakra in a female body. And you also remember that this only can result in a flow of energy from male to female and from female to male. In Divine souls having a female or male body and facing each other while loving each other - Love flows from God through the bodies and from male to female and from female to male and back to God - all simultaneously. This simultaneous flow of Divine Love requires a very high degree of proficiency in

- giving anything and all to anyone and all - at any time
- **and**
- receiving anything and all from anyone and all - at any time

just as mentioned before in detail.

Such Divine flow of Love may result in ecstasies of Love while being in a physical body. It also may result in spontaneous samadhi - just as a result of Love flowing through you. Such Divine Love that is allowed to actively flow through you always is uplifting to both - the lover and the beloved one at the same time. This is the kind of samadhi most often experienced in christian traditions where developing Divine Love is the single most important teaching having been brought to mankind. Ecstasies of Love are the result of just focusing on Love throughout all part of your life - in all and any situation of your daily life. In family and partnership, in business, recreation, politics, ...

To even better understand the physiology of Love within a partnership between male and female you should really understand that all God ever has created is done in Love - just for Love - nothing but Love - all God ever created and creates has a deep meaning of Love for the pleasure and benefit of all creation - of all and any creature he ever created.

If we look at the physical part of our body we always find an exact physiological counterpart in our light body. Always. Our light body is a mirror of our physical body and our physical body hence also a mirror of our light body.

The light body existed first. Then due to more accumulated blockages resulting in even more karma, the denser bodies came to existence until we found ourselves in a physical body. Blockages of absolutely any and every kind ALWAYS have the roots in deep spiritual blockages but also manifest in our physical behavior.

For a partnership between male and female - the opening to give Love is the penis - but wait ... everything has its root in deeper spiritual levels ...

hence there also must be a Chakra associated with the penis - such as for the breasts of females. Yes of course there is. In the astral body you see NO penis but only light and a very special Chakra - most of the time closed - but when ready to give Love it opens and rotates and radiates Love toward the one in need - the partner.

Love needs to flow - hence where does this Love now flow ? This special Chakra finds its receiving opening deep inside the vagina of the female physical body - at the entrance of the uterus. While the penis is deep inside de vagina both Chakras should be fully open - the male Chakra open to fully give ALL - the female Chakra open to fully receive ALL. If this occurs simultaneously - ecstasies of Love occurs among the two loving partners as their two lightbodies become one - even for extended periods of many minutes or hours. If this opening is only partial on one or both partners then a short ecstasy called orgasm occurs.

If you have any problem in your partnership - in your love life - with your sexuality - then sexual therapies may be the most wrong therapy at all. The root cause of any sexual problem is a spiritual problem of giving and receiving all to all and from all - this very basic steps must be brought to balance first then Love starts to flow again and overall happiness starts to reoccur in your life. Viagra and all similar medication have but a direct affect on local organs - while leaving all root causes. If however you dissolve all root causes on the deeper spiritual level by re-establishing a healthy balance of giving and receiving - then all Love starts to flow again - of course also on the physical or sexual level - as these are but pure reflections of your spiritual problems, spiritual blockages, spiritual illnesses. Dissolve greed and stinginess, laziness, selflessness, shyness, anger, and all other selfish behavior of your God-separating ego and happiness starts to occur in your life as a result of ever increasing flow of Love to all - from all.

### **To finalize this topic.**

All our problems have their roots in deeper spiritual levels of our being. Once we have completely learned our lessons in a physical body - that means once we truly have learned to

- give all to all - with Love
- receive all from all - in Love

We suddenly may find ourselves free of blockages that create karma and we by then have learned again to love to the extent to be able to almost instantly dissolve any and all karma we ever have created. Since we are open for Love from all - we also are open for Love from God and for the quests for grace and mercy from our previous enemies as well. Since at the same time we are we open to absolutely all - we become mature to apply grace and mercy to all and ask all for grace and mercy from all - all includes God as well.

Have grace and mercy upon all means love all - ask for grace and mercy from all means accept love from all.

Here on earth while having a physical body we learn all these basic lessons - and we may learn them to the perfection of being able to instantly become ONE with God after our last breath on earth. God's Love is infinite and can dissolve all and anything that ever could separate us from our Divine father. But even if you decide away from God for a while - as part of your free will to decide whatever you want - at least you may find yourself in a situation free of any gross karma to be attached or imprisoned in another physical body and you may more freely continue to live in a higher and more spiritual sphere. More freely means there still are many limitations in your freedom - as only complete oneness with God frees a soul completely and eternally - but your

possibilities to learn and live more happily are almost infinitely better than here on earth while living in a physical body. The most loving and wisest of all decisions you ever can realize however is to achieve complete Godunion as directly and lovingly as possible. It leads to the fullest possible enlightenment possible and helps you to do whatever you want to do in perfect harmony with God's Divine Love.

The basic steps of giving and receiving as outlined earlier in this chapter however apply to ALL levels of the entire creation. Seven within Divine partnerships in an astral body, causal body or while using the soul as a vehicle the basic principle of opening for the love from and to another being remains the very same. What we may start to learn here in our life - including our sexual life - is what we all are learning and practicing anyway one day BEFORE reaching Godunion.

Love between two souls always flows - any two lightbodies can become one in Love such as any soul can merge with God. The denser the bodies the less energy / Love flows while merging with each other. This reduction in possible Love to flow is only created by our spiritual blockages and restrictions in giving and receiving ALL.

Ecstasies of Love may occur when two loving partners are equally open for both parts of Love - the giving and receiving part as well as for God at the same time. Then is is but Divine pure Love from God flowing through both loving partners.

Please note that all souls being on earth now have to learn all these basic steps. Whether you are practicing Kriya Yoga or any other spiritual technique or just developing Divine Love - the lessons are the same - just the methods of achieving the goals may differ. Some may be more direct, others more intellectual at the beginning, others more technical, and again others easy to make by all.

You may easily combine Kriya Yoga or any other spiritual technique with developing Divine love in all parts of your life. In fact it leads to the greatest push forward - because it is applied spirituality - while many spiritual traditions on its own are only theoretical parts of life - leaving the disciple many hours free of any guidance. With Kriya Yoga you apply Divine Love directly to your spiritual blockages deep inside you - creating more and more opening for Divine Love to flow through all aspects of your life - in partnership, business, family, recreation, politics, .... and if you then really live and use this additional opening of Love from and to all - you may further assist all others around you to improve in their spiritual development and progress on their path of Love.

Love needs to flow - on ALL levels !! The more Love flows - the more healing and uplifting occurs - for the benefit of all.

**You are part of ALL as well !!**

[Overview all chapters](#) | [Home](#)

# Global Solutions

Global solutions for peaceful spiritual Success in developing and maintaining peace among all creation of one single planet as a preparation for peace between this planet and all other parts of creation on a greater level can only survive and prosper on the basis of absolute Divine Love.

While for many the following global solutions may appear impossible - they absolutely are - because they are practiced by trillions of trillions of beings in God's Divine creation all over thousands of universes.

More importantly they all are a firm part of the Divine World of Love that all will enter when finally having reached complete Godunion and returning to their Divine home in God.

To understand all these following short and precise points thoroughly and from the depth of your heart and soul - you surely need to have studied and understood ALL previous chapters and all other sections of the Cyberspace Ashram's spiritual Texts plus you need at least a basic but realized spiritual success within yourself as a direct result of your own desire to develop Love within yourself and your very personal environment.

The Essence of all global solutions is the point - what works for the majority of all Divine creation, for an nearly infinite number of physical galaxies, solar system, planets, on the physical, astral and causal plane and in all Divine worlds beyond, will also work for this tiny little planet and every village or household on it !

Global solutions for best possible development of Love as the basement of peace and harmony with all creation:

- absolute and total global amnesty for all mankind, for all beings, in all situations - continuously - again and again, eternally
- replace any kind of punishment with true and most direct Divine Love
- give absolute freedom to all and be an example rather than imposing rules
- totally withdraw all authorities from governing others - all mankind should learn to live directly from true services of Love and products of Love provided to society rather than from bills and taxes imposed to others
- dissolve any greed by practicing humbleness and learn to be happy with anything you get in return to your very personal services and products of love you offer to all
- dissolve any stinginess by giving with humble Love to others all you have, all your surplus of any kind, until all are happy and satisfied
- dissolve any kind of administration and support the decision making skills of all population on the basis of Love to help all mankind skillful use and application of solutions of Love in all situations of life
- learn to give spiritual advise to all while leaving the absolute freedom of choice to all. Whatever others decide - follow wise advise or to it totally differently - love them all

continuously and continue giving wise advise while being a Divine example to all in all your life.

- teach spiritual reality and spiritual laws to all and help all mankind to understand and apply all this knowledge freely to gain experience and confidence in solutions of Love on their own.
- If for any particular situation YOU have NO Solution of Love yourself - remember: ALL are children of God, ALL are equal, hence others may find their very own Solutions of Love by letting flow their very own Divine Love within or may need experiences with little or NO obvious Love for a very spiritual purpose and reason. Keep loving all even more in such situations. Pray for Divine assistance from God and help whenever someone ASKS for help. Otherwise remain a quiet but LOVING observer of the learning process of all mankind involved in any particular situation.
- God is Love - keep this first and absolute Truth in mind and make sure all others learn and understand this truth as soon as possible - but allow them to learn and apply it in absolute freedom.
- While there are many successful paths to God - Love always is the single most important part of any true spiritual path - apply Love and purify your Love infinitely and eternally. Love on its own can be sufficient to free any soul instantly as Divine Love is the single most powerful Energy in God's entire creation - because God is Love - the source of all Love - the innermost core being of all is Love. We all have our source in God - we all - all humans - all animals - all plants - all planets - all beings of any kind ever existing and ever created have their only source in God - in Love.

An infinite ocean of Divine Love is waiting to heal, free and uplift you - it is up to you to accept Solutions of Love for yourself - because only YOU are fully responsible for your very own destiny - from eternity to eternity. But God's Divine Love may change or heal your destiny any time you allow Love to flow through all of you.

True Divine Love is the basis upon which all is built on - the single and only common basis of communication beyond any language - beyond any culture - beyond any tradition. Love is the only common base for all life to exist eternally in true happiness and freedom.

I love you - I always loved you and always shall continue to love all of you - ALL.

I LOVE YOU ALL - ETERNALLY - INFINITELY

[Overview all chapters](#) | [Home](#)

**When YOU focus ALL your efforts and resources toward achieving YOUR important goals - you will achieve your goals !**

**ANY and ALL goals !!**

How efficiently are YOU using your available resources ?

YOU will find out very soon the exact answer to this question !

## **Introduction**

first PLEASE WRITE NOW down the answers to following questions BEFORE you continue to read - then later compare YOUR spontaneous answers with the precise results of the worksheet provided to you at the very end of this chapter

1. what is YOUR first priority in life ? name ONE priority - ONE GOAL only ! this can easily be done in ONE VERY brief sentence !
2. does your present JOB support you in achieving YOUR goal ? YES or NO !
3. does your present environment support you in achieving this goal ? YES or NO !
4. do ALL the persons IN your family support and approve YOUR goal ? YES or NO !
5. how many % off your ANNUAL total GROSS income are YOU investing in achieving YOUR goal ? write down an instant spontaneous but precise guess - a precise number of +/- 10 % accuracy !
6. how many % of your total POSSESSIONS are absolutely directly USED in ACTIVELY supporting your goal ? possessions are: ALL your saving accounts, all your real estate property, all your shares, all your household inventory, all your business inventory

## **A few preparatory examples for you**

from these days' daily life to help you understand the topic of this chapter

### **Example #1**

a football player who wants to become a champion will

- buy the best football shoes
- the most comfortable training dress
- the best football,
- he will focus on all different training skills directly related with football fitness as well as all complimentary skills needed to maintain a well balanced emotional, mental and physical overall health
- will play hours of football
- PLAY with BALLS almost every day, different games with different balls under different conditions - for MANY years !
- ... until he achieved his goal.
- he will buy / pay the best possible trainer, masseur, medical supervisor, manager and staff to needed to successfully support HIS EFFORTS to achieve HIS goal - to be a good FOOTBALL player. his very personal picture of how GOOD HE wants to BE is the only criteria limiting his progress. achieving his goal needs the greatest efforts - maintaining a high level of professionalism still needs a strong and continuous but lesser effort.. but once he has shifted his focus toward any other goal in life, he will start to withdraw energy from maintaining his level of expertise in FOOTBALL and drift OR develop toward another goal.
- hundred thousands of football players in this world have successfully achieved THEIR goal - because they set up their correct priorities and invested all necessary TIME and EFFORTS and MONEY in achieving their goal. they became local champion, regional champion, national champion continental champion or even world champion - whatever THEIR goal was !

he however will NOT waste hours each day

- driving cars
- hanging around doing NOTHING at all
- playing daily another few hours computer games
- drinking every day several beers
- going windsurfing every weekend

a potential true football champion will

- focus for as long as needed ALL his efforts toward that ONE single goal in life until he has either reached that goal or realized that other goals might be more worthy !

exactly the very same principle applies to EVERY potential champion in any sport ! such champion candidates most of the time invest ALL their money and time toward achieving that goal - and once on top of their sport - they continue to invest a substantial part of ALL their income in maintaining that level. YOU may look yourself at a few living examples in any popular sport ... football, car racing, windsurfing, skiing, boxing, weightlifting, judo, tennis, golf, squash, ... many or most - while earning millions a year - spend approximately 50 % or even more from their annual GROSS income toward ALL the contributing factors and helpers of THEIR success, including all necessary logistics ! check yourself !

## Example #2

a musician. many professional top musicians may have started at the age of 5-10 years to learn one primary instrument and up to 2 or 3 secondary instruments. he may have

- spent an average of 1-5 hrs of practicing every day for 10 - 20 years or more
- spend hundreds of hours of professional music lessons in theory and practice each year, totaling up to 500 or more us \$ annually
- 2 or 3 or more quality instruments, worth a thousand us \$ or more
- maintain or repair them on a weekly or daily basis - totaling 100 or more hours a year
- rent a separate room for music practice with a few friends
- by the time he is a top professional musician, may be in his 20s or 30s - he may have spent easily 10'000 or more hours of learning and practicing PLUS a similar number of hours of WORK to finance all these many thousands of us \$ of accumulated expenses during the 10 - 20 years of learning and practicing.

### Example #3

a professional SCUBA diving instructor. about 2 - 3 years after his initial diving, by the time he is a qualified novice instructor, ready to apply for a job, he most likely has

- undergone various certification courses and diving trips to gain additional expertise in various diving environments - possibly on different continents, in fresh water and ocean, beach and boat diving.
- spent easily 1000 us \$ of course fees
- used 300 us \$ of books and learning material
- traveled far more than 1000 us \$ to different diving location by air, boat and road
- depending on the climate - spent us \$ 1000 to 2000 or MORE for his professional diving equipment needed for proper training and preparation
- spent another 5000 us \$ or more for a TOP quality diving instructor college education - including all expenses - to finally be certified as a novice open water instructor with a number of specialty instructor ratings.
- spent another few hundred \$ for boat/skippers license and compressor repair seminars and diving equipment repair seminars held by several various diving equipment manufacturers at different locations in different countries.
- spent several 100 of \$ in diving equipment maintenance, repair and replacement parts
- has acquired some advanced mechanical skills BEFORE starting all this a.m. training
- has multilingual skills in communication with people, teachings skills, business management skills and far above average quality and safety consciousness as a result of his PREVIOUS several years of professional activities.
- has worked in a very qualified job AND saved from his earnings for 1 or more years to finance the overall total of far more than 10'000 us \$ for ALL of the above training and expenses
- and of course he is willing to CONTINUE his training and learning year by year for as long as he is an active professional instructor. visiting yearly seminars about various topics to become a REAL and qualified experienced professional during the course of years. spending hundreds of \$ in books, magazines, and seminar each year

**YOU achieve what you are striving for !**

Successful experts in any field and specialty spend hundreds of us \$ and hundreds of hours a year to IMPROVE their skills and knowledge. many ten thousands of us \$ for their general education ( elementary school, secondary school, high school, college, universities, ... ) until they start their specialized training and learning professionals of any field and specialty need many many years or even decades to become REAL specialists. by the time they are REAL and true all-round specialists in ONE single field ( for example electronic ) they may have

- changed 2 or 3 times or more often their employers to gain additional expertise in other companies of the same industry. to do so they moved to different locations, even to different countries and may have needed to learn different languages to do all that easily and successfully.
- easily needed some 10 or more years totaling FAR more than 20'000 hours of learning AND working from the very beginning until they have achieved an above average expertise and qualification in ONE professional field of activity
- had spend many 1000 of us \$ of savings out of their very own earnings made before or while studying and in addition may have benefited from many years of full or partial financial support by their own family, living partner or by taxpayers of their country

during all these years they had ONE major goal: to be GOOD in ONE field - in ONE profession they loved to practice. ONE field of activity they selected for whatever reason. as a result of such intense focus toward achieving this ONE goal - they all finally made it !! hundreds of millions of humans have become specialists during the past 100 or so years on this planet. TRUE specialists !

many have delayed having a family or having children until they achieved their goal. many top professionals have NO family and NO family life at all as a result of THEIR intense focus on ONE goal in THEIR life. many TOP sportsmen have sacrificed ALL to achieve their goal, ALL their savings, ALL their current earnings, ALL their property, ALL their time, ALL their privacy, ALL ...

and as a direct result from such precise goals and focus ON THAT ONE GOAL - they have achieved their goal. millions do it - again and again, year after year on this planet. in fact ALL industrial growth and technical development and other social OR spiritual development of THIS entire planet earth depends entirely on these few millions who strive to become REAL experts in ONE field for a while. experts such as:

- mechanics in many different fields. mechanics qualified to make out of 2 old and broken cars of different make ONE running car
- shoemakers who can make out of worn care tires replacement soles for any shoe to be repaired instead of disposed of.
- engineers repairing damaged electrical appliances, radios and TV with almost no technical equipment
- genius who make watering systems out of bamboo, wood and other NATURAL materials without any technical products - just out of their own power of divine creativity
- herbal doctors and alternate therapists who have learned to find ALL they need in the backyard or their home country or province instead of importing expensive herbs and medicine from remote exotic countries.
- musicians who have discovered the healing magic of music and have learned to KNOW when to play what
- cooks and bakers who can make exotic cakes and food out of whatever they have
- tailors who can create exclusive NEW design hour after hours - making custom made beautiful angel dresses for humans - no 2 alike - just by using their god given creativity of

**NEVER making TWICE the same !**

hundreds of millions at present time are satisfied being average or minimalists and hence have nothing or extremely little to contribute to society and planet ( and creation ) ! and the few true experts are running most of this entire planet together with whose HARD working labor forces.

a cook can never become a chef by watching TV and using junk food ingredients - but by supporting his suppliers of quality food supplies, quality biologically grown herbs and vegetables from the small farmer around the corner, by using eggs from FREE living hens feeding on natural food and gorgeous FRESH quality fruits or nuts ( you surely know that hens would love to eat fruits - such as apples or bananas - if they would be given fruits !! ) - even if the price is twice as much as mass production and junk supplies . a specialist LOVES his customers - that is the reason he loves to be an expert in his field - to make his customers far above average happy - as happy as possible - expertise and quality consciousness is just another manifestation of LOVE toward ALL creation. an expert loves to constantly improve his skills and knowledge and overall quality - to serve HIS beloved customers better and better. throughout his entire professional life span.

## **Find your true goals and priorities in life and focus on them**

at the very beginning of this chapter you have answered the question "what is YOUR first priority in life ?". that answer is what you want to achieve from your intellectual point of view. but what are you really supporting is what you are achieving. and what are YOU supporting ? - where are all YOUR efforts and investments directed to ?

most of you are at this very moment without true orientation in life - most of you may THINK to have a particular goal and may even think to work toward achieving THAT goal - BUT may fail to work precisely and scientifically toward ACHIEVING THAT goal !

## **Support YOUR goals and those supporting YOU**

in any humans life there are many supporting people.

- your family supports you by LOVING you, by hugging you, by making you happy, by sharing all with you
- your employer supports you by providing you with something TO DO. having NOTHING TO DO makes people feel USELESS, obsolete and often jobless people drop into deep depression. very obviously - since they do NOTHING - their LOVE is static and has stopped to flow !! working for society means LOVING society.
- your employer supports you by giving you the opportunity to earn money to support YOUR family and to finance YOUR dreams and your family dreams and goals.
- your employer also supports you by providing you with an opportunity to enhance your skills

and learn to improve YOUR CREATIVITY and productivity. he offers you chances to work without YOU having to INVEST FIRST. your employer did all the preparatory research, he accepts the responsibility for the products and services toward his customers and he did all the hard work and brain work to get all money and other resources needed to finance YOUR employer's company. most of you are employed - hence MOST of you have proven to be TOO WEAK to be self-employed. having your own business means having to do ALL yourself - ALL ! all the hassle with governments and authorities, all the problems with suppliers and customers, all competitors relationships, all marketing, all accounting, all design and engineering, all repair, all maintenance, all cleaning, all production, all phone calls, all correspondence, all of everything - ALL ! ONE DAY ALL spiritual persons always become self-employed - eternal expert in ONE field ! cooperating with a number of other experts in OTHER fields of activities under the loving and wise guidance of God.

- your entire country, society, culture, community is supporting you. how could YOU as an individual build schoolhouses and all the resources needed for the quality education we all have on this planet.
- your guru and many other spiritual teachers in the background support you to help you learning the lessons NEEDED by YOU to end YOUR cycle of physical reincarnation ! a true god-realized guru has no boundaries or limits in his circle of action on this planet and beyond. he is guiding you where ever you are - near or far - IF you are open for his guidance. your opening FOR HIM is DIRECTLY proportional to YOUR support for his spiritual task here on earth.
- other gurus and spiritual teacher in ancient times have "prepared the soil" for you to spiritually AND materially prosper NOW and HERE on earth during YOUR learning phase here. they have done this with the limited support they have received at any time on this difficult planet. YOUR present support for spiritual growth of all planet will make it easier AND more loving for future generations and possibly YOUR future reincarnations as well as future reincarnations of YOUR beloved ones and friends.

ALL the support YOU give toward those helping and supporting YOU NOW in any way, materially OR spiritually - is finally bouncing back to you. some as early as immediately. some support is coming back to YOU in later years or later incarnations or beyond the physical world.

Example:

if you fail to support your employer TODAY - you may find yourself jobless TOMORROW - leaving you with NOTHING for YOU and your family ! lack of loyalty and support as well as MISSING QUALITY CONSCIOUSNESS are a very substantial contributor to the many crashes of companies of any size at any time. NO company is TOO big to crash within a single day - even governments crash ! look at the previous german democratic republic, or many other governments.

find out what value in life are important to you and actively and financially SUPPORT those values that contribute to your and your family's wellbeing, to FREEDOM, peace and love in your society and on this entire planet.

with a substantial part of your taxes you are co-financing police, army, secret service and control - hence the opposite of LOVE, inner eternal peace and freedom. if LOVE and GOD is what you want - then you should support spiritual development with an equal or greater amount than you support army and police and governments !

in our eternal home in god is only LOVE, peace and eternal freedom. the sooner we learn to

"reign" with LOVE only the sooner we achieve the spiritual maturity to live at home in god.

the goals you support NOW are the acting forces on you in YOUR future.

## **Do you love your JOB and are YOU supporting your employer ?**

your present employer is providing you with all the money needed to conduct your present lifestyle, HE is the one on earth to support YOUR family financially ! if you truly LOVE your job - then you are truly making others happy because the job you love is a job you want to be a true expert in and all experts of any field are a pleasure to have around.

if your employer is providing a NEEDED and USEFUL product or service to mankind. a product or service that makes

- communication easier
- life safer
- life more enjoyable
- more happy
- more secure
- more pleasant
- more SPIRITUAL

if your employer is supporting or re-establishing

- freedom of all
- holistic health of all
- the wellbeing of all creation
- the protection or healing of all nature - all planet - all creation
- directly and efficiently supports the FREE development of LOVE in all situations - between and among ALL

then your employer is truly spiritual, then he is providing a real important, a useful and MOST valuable service or product to ALL creation !

- and if so, then YOU should fully support YOUR present employer by INVESTING in his business, by donating and contributing to his company, by becoming a shareholder and invest at least one full monthly gross income every year for the progress and improvement of YOUR present employer. you should also support your employer by improving on a permanent basis YOUR professional expertise and skills. expert knowledge and expert skills is the very best assessment in any business - your very own, your family business or the business of your present employer.

EVERY sincere and honest self-employed person ALWAYS considers investment in HIS very own business the most valuable investment ! because every honest person ALWAYS works and fully supports the WELLBEING of all others - of HIS customers. a honest and sincere businessman in any field always wants to make others happy with all his efforts. such attitude of SERVING others

and making others HAPPY is a divine way of telling OTHERS and GOD

"i love you"

by making others truly happy, by SERVING others - you LOVE GOD, as god loves to see his children loving, helping and SUPPORTING each others ! it makes God HAPPY to see his children loving and helping and supporting each others !

if YOU want to make God happy - then support those who make God happy, support those who contribute to your happiness and to the happiness and overall wellbeing of ALL.

many of you have a physical guru somewhere on this planet, in Europe, USA or India or any other place on this planet - are you sure to truly support him proportional to his spiritual support for YOU ?

I am VERY sure most of YOU do NOT ! if i look at most of the present gurus on this planet i see them either conducting a very simple life, with little or no food, with no bed, no real physical home on earth at all and no or extremely little comfort at all - that's the life and LOVE YOU give them proportional to YOUR love for YOUR guru

or

i see them involved in money making to support themselves instead of focusing in supporting you with his spiritual services on a physical level or on spiritual level by divinely and lovingly guiding YOU from within - with divine bliss and love from God. it is YOUR missing or insufficient direct support of YOUR guru that causes him to waste a valuable part of his resources to support his own physical body and family instead being able to fully focus on supporting YOU for YOUR very own benefit. HE has to waste a part of his valuable spiritual resources AND that wasted part may be missing in YOUR personal spiritual progress by the end of YOUR present incarnation.

he - YOUR guru - will return home to god by the end of THIS last incarnation and he has no reason to EVER return back to this planet. HE has given as much as YOU supported him to give.

YOUR failure to to ALL you ever could have done in THIS very incarnation - THESE very days and hours - this your failure to do ALL is YOUR sole responsibility for eternity. never expect YOUR guru to come one last time because you may feel too lazy to do ALL at once - HERE and NOW. in these modern times ALL important spiritual teaching with PRECISE INSTRUCTIONS for your successful path of love home to god is published in a clear ORIGINAL that will survive all coming centuries and millennium. ONE precise teaching is enough for ALL.

whether or not YOU may decide to actually realize and apply all these teachings of love is YOUR responsibility and YOUR free choice. after YOU read and studied all theses chapters you now should know all your possibilities and all possible end results of your actions or inactions.

YOU will achieve what YOU support ! if you support it

- with your love
- with your expertise
- with your efforts

- with your time
- with your direct physical help
- with your financial help and contributions
- with your investments
- with your eternal life

your MISSING SUPPORT for him results in YOU receiving less spiritual support FROM him as he has to waste valuable resources for NON-spiritual tasks. YOUR missing support for YOUR guru results in YOU having to WORK what HE could have given you and finally it may most likely result in YOU making additional incarnations because failed to learn and PRACTICE very substantial and IMPORTANT spiritual lessons that ALL need to learn and apply for the remainder of eternity.

i see many of the present gurus conducting workshops, seminars or writing books just to maintain their own life and pay for their expenses HELPING YOU. many re-write or re-comment on books that already exist since a long time like the Gita or the yoga sutras of patanjali. just because they are easy to sell among thousands of god seekers and hence a sure source of income to survive on this planet.

but with YOUR HONEST and active support they all could achieve true god union and write their very own books instead of commenting on outdated books of ancient times. they could personally write AND publish books containing solutions of love for thousands of different situations in life and most direct teachings for people of THESE days living in TODAY's world

if you have OTHER priorities than supporting my father in re-establishing peace and love - in re-establishing UNITY among ALL - how could my father support YOU in achieving YOUR selfish, egoistic and destructive goals ? the wellbeing AND protection of ALL creation is always INFINITELY MORE important than the selfish relative wellbeing of any number of EGO !

WE all are learning for eternity - HERE and NOW !

## **What works for achieving goals in sport or industry ALWAYS works as well in achieving SPIRITUAL goals !**

for the very first time in history of THIS planet the previously SECRET and sacred technique of Kriya Yoga has been given to ALL mankind in the Cyberspace Ashram as a proof of infinite love from my father to all of you. however the intellectual study and knowledge of these techniques included in diksha are in NO WAY all of Kriya Yoga ! to receive the remainder from within - YOU need to qualify. you need to qualify by

- practicing ALL the GIVEN techniques of Kriya Yoga EXACTLY and regularly with all your sincere love and honest efforts over an extended period of time to PROOF that you truly want to love for eternity
- by practicing all the teachings of love
- by ACTUALLY loving all
- by allowing all to love YOU

- by sharing ALL you have with the weak and poor ones on this planet
- by supporting all those who support GOD in establishing LOVE and UNITY among ALL parts of creation
- you need to qualify by setting a clear goal in your eternal life and by proving that you actually can achieve your goal - it is better to set a small clear goal and achieve it than to set a huge goal and fail ! BEFORE you start to make huge projects of nuclear power plants, space programs, cloned manpower or girlfriends, genetically modified food or human life or animal life - YOU should FIRST learn to control YOUR very own ego and turn it into a divine LOVER by achieving GOD UNION. then you will know limits and rules and divine principles and you will know ABSOLUTE PRIORITIES that are valid for ETERNITY
- by promoting solutions of LOVE ABOVE ALL and in ALL situations of life
- by STOPPING any retaliation, any punishment.
- by really contribute actively to the re-establishing of LOVE and unity among ALL by having established PEACE and LOVE among all YOUR enemies and friends alike, by being YOURSELF in LOVE with ALL

if you manage your spiritual goal as professional and efficient as millions of sportsmen, politicians and professionals do - then you will be spiritually as successful as they are in their field of expertise and finally you WILL achieve god union.

if however the results of the worksheets and questionnaires given in this chapter show that the goal you WANT to achieve is different from the goals you actually are supporting - then you failed to successfully manage your own spiritual path and your entire life and you should search a manager / coach for your spiritual path and life.

it is ancient tradition that father AND mother coach their children. can YOU guide YOUR own physical children back to God ? how could you if you fail yourself to find YOUR very own way home. hence it may be time to reconsider YOUR position - the position your very own pride, stubbornness and stinginess or laziness has pushed you into and you may find it just about time to completely surrender all to God and to allow a god realized guru to manage YOUR path to god. NOW - ASAP - before your time on earth is over again. to be a champion of YOUR soul you need repeated efforts - you need "time" to succeed. the earlier you start the sooner and easier you achieve your goal. the longer you wait the more karma and obstacles you may have created in addition to what already carry along NOW.

go to YOUR guru in person - -BOW to his feet and then LOOK INTO HIS EYES and ask him the following questions

- do you know god ?
- did you achieve oneness with god in THIS incarnation ?
- can you show ME the most loving and most direct path of love to God and GUIDE ME back home ?

if he looks into your open eyes and can CLEARLY and with a FIRM and loving voice say "YES !" to ALL 3 above questions - then surrender ALL your ego to him and follow all his precise instructions instantly. be ready to work very hard for many years, many hours every day - just like any professional does when wanting to become a leading expert or like any sportsmen does when wanting to become a world- or olympic champion.

if anyone of you ever want to ask ME - i can clearly answer YES from the very core of my divine heart - i know my father ( God ) and i have become ONE with him and i can guide anyone and any

number of humans and non-humans back home - in love, with love, for love, out of love for my father and ALL creation - because i KNOW that LOVE is the only solution for eternal peace in all creation and among all creatures my father ever has made.

## Worksheets

if you are serious about your goals - here some [worksheets](#) for your computations to obtain real valuable FEEDBACK for YOU !

managing and coaching YOUR spiritual path and progress is only a little different from managing a company or coaching a sport champion.

## Related topics and chapters

[checklist](#) | [step by step](#) | [search for guru](#)

[Overview all chapters](#) | [Home](#)

# Operation happiness

are you missing TRUE happiness in your life ? if you say NO - if you say "yes I am completely happy" - may be you are cheating yourself. there is no single person ON THIS Planet who is happy to the very fullest possible extent ! NOT ONE single person !

hence we learn to fully understand the physiology of happiness - and we start "Operation happiness" in our life.

first we have to go back in history and look at a few things that went wrong in EARLY stages of human creation - MILLIONS of years back.

in ALL our life - ever since we have been created - it all was about LOVE.

LOVE always was the single most important factor in our life - because we are made of love - made to love - made to the image of God, our divine father. God is Love ! hence WE are Love as well ! but are we really LOVING beings HERE and NOW on earth ? NO !

if WE would be loving beings - their would be

- NO police at all - but teams of HELPERS with an open heart and love and wise advise to HELP and SUPPORT instead of WEAPONS that create fear and suppression and sub ordinance
- NO military at all - but task forces to help, to rebuild, to reconstruct,.. to rescue, to save lives in all situations of disasters and emergencies of any kind. loving people have no "borders" to defend, no values or property to defend - truly and divinely loving people SHARE all with all, contribute to the well being of all and support the well-being and happiness of all - all beyond any limits and borders
- NO government to control us, to limit our movements, to limit our freedom - but SUPPORT to become FREE entrepreneurs, to become OUR own independent bosses, to find OUR god given creativity again and LIVE it.
- NO custom at the borders to limit or control our entries or exits or imports or exports - but motivation fro FREE TRADE and exchange AMONG ALL
- NO VISA required to travel around the world,, no exit permits needed to leave certain countries - but INVITATIONS from the very depth of ALL HEARTS to come and visit US here and now at our place
- NO secret services to spy on our beloved ones - but free exchange of ALL knowledge and skills WE have acquired with anyone interested in the same
- NO patents - but free publication of all inspirations WE may have received - free distribution of any NEW technology WE have CREATED in our god given creativity - for the benefit and JOY of anyone who may need or use it
- NO copyrights - as all our scriptures and songs are intended to PLEASE and ENJOY as many as possible
- NO trade restriction - but free exchange among cultures as any and all cultural goods are materialized LOVE for OTHERS. exporting valuable, nice, beautiful, helpful, useful, healing, enjoyable, needed GOODS is a way of saying to OTHERS "I LOVE YOU" . truly loving

people ONLY and ALWAYS produce only products that contain and reflect our fullest and purest divine love. love in any form or manifestation needs to flow FREELY

- NO restrictions about who is allowed to marry who - because we all LOST our beloved divine partner a long time ago and to get in peace with ALL again - many of us may find our partners and beloved ones in totally different cultures and religions
- NO restrictions about who is allowed to divorce - because most of us have been once or repeated times in WRONG partnerships - partnerships of retaliation and punishment. partnerships that had ONLY ONE goal - to POSSESS and CONTROL and hence separate another person from HIS true LOVE.
- NO areas of this planet off-limits to anyone else - as it is our God given nature to venture and explore anything NEW - to continuously expand our limits until we are ONE with ALL again.
- NO "no trespassing" signs - open,. loving hearts always welcome ALL and anyone anywhere - hence in a divine world of love trespassing is always WELCOME - as the trespasser is a divine being of love - bringing HIS love to others ! the trespasser we KEEP OFF our property may be our one and only - our beloved eternal partner we have been looking so many thousands of years for. or it may be one of our eternal children we created any time earlier - back in God or in any earlier physical incarnation. and as such they feel attracted to enter or trespass - because they are SEARCHING for THEIR beloved ones they missed for so long. hence they want to ENTER our "property" to FEEL our aura and feel if we are the ones they are searching for. to do so they need to enter our "property" our aura expands into all our property !
- NO ""for authorized personal only" signs as divinely loving persons never have anything to hide and never exclude anyone from their life and love
- NO hotels - because WE would be happy to be allowed to have guests in our heart - and welcome ANY "foreigner" in OUR apartment or house. loving people are bedded in LOVE and have no need for separate rooms when traveling, in our heart should be the love to make our guest feel cozy and welcome to sleep whatever WE have to share - even on the floor or on a air mattress
- NO courts, lawyers, judges, attorneys, lawsuits, - only in an environment of ZERO LOVE are all these needed. only in an environment of hatred, retaliation, envy, jealousy and punishment are such jobs created and used.
- NO laws and law books at all of any kind - God reigns creation on the basis of LOVE without lawyers, judges and tribunals !! once WE have learned to do so as well - WE will return home for the remainder of eternity.

an very ancient times, in early time of OUR creation; - some of us left our partners - our partners started revenge and retaliation, because the missed our LOVE and became weak and helpless. forgetting more and more to solve all problems in love, forgetting more and more to HELP each other, to support each other AND to actively CONTRIBUTE to each other's HAPPINESS.

punishment started as a result of jealousy - jealousy started because at the beginning of OUR creation WE had little or no experience about LOVE. LOVE is the result of more than TRILLIONS of years (earthly time ) in evolution and development and accumulated experiences of God's entire creation.

LOVE needed to EVOLVE, to BE CREATED, INVENTED and REFINED !

at the beginning ALL was energy - out of energy God made mankind - and everything else. god gave ambitions, interests, curiosity do develop and evolve, divine gifts and potential powers within. God gave us all the potential HE has. BUT we needed to grow into our divine being, we needed to get used to use divine power and since God gave us freedom - we made many mistakes at the

very beginning of our existence. mistakes that split all creation into tiny little universes ( tiny compared to the united oneness of divine creation we once have been and we WILL be soon again - after we finished our learning to love here and now on earth.

most - almost ALL - of this behavior of jealousy, revenge and retaliation still persist in OUR today's life and partnership. how much of retaliation persists in today's world may easily be seen by looking at the amount of hatred and retaliation and violence developed AFTER september 11th 2001 ! instead of seriously thinking about why this happened people started blindfoldedly to kill and take revenge instead of solving and healing in love the damage that has occurred as a result of damage that has been done to OTHERS first. many of us are in a partnership or relationship to PREVENT our partner from finding his true happiness. we want to POSSESS a person to PREVENT him from being truly happy !

any disbelieve ? just look at all the families and partnerships around YOU and tell yourself - are they all REALLY in LOVE with each others ? in SWEET LOVE ? are YOU truly looking into their hearts , in depth ? or do you want to look away from all the UNHAPPINESS around you ?

now some important questions for YOU:

- how many times did you directly contribute in ALL possible ways - financially, time, efforts, prayers, love, with all your skills and resources - to CREATE happiness IN OTHERS ?
- how many times did you directly and with ALL your available and potential resources contribute to re-establishing peace among others JUST by using LOVE for them ?
- how many times did you help 2 divorcing partners simultaneously to divorce in peace and remain FRIENDS ?
- how many times did you with your love and all available resources help other partners ( husband / wife ) to dissolve all their quarrel and FALL IN LOVE again ?

a very substantial percentage of this world's income, labor, manpower and resources is being used for the manifold manifestations of WAR - police, army, "law and order", defense, aggression, political campaigns, control, espionage, setting up and defending any kind of borders and separations between humans and humans and nature.

if a similar amount of energy, investments, resources and expertise would be directed toward creating true lasting eternal happiness and love within ALL, including re-establishing a direct and conscious LINK from each and all of us TO GOD - then love and happiness WILL prevail in the near future again.

healing the wounds of past or present destruction, punishment and retaliation needs MONEY, time and ALL our resource. peace never is the result of time - peace and healing always is the result of our conscious EFFORT toward achieving healing of the relationships of ALL.

if YOU start to spend a substantial amount of YOUR time and efforts to help others getting happy in their LOVE LIFE, of others finding and getting together with their beloved one - then one day YOU may find OTHERS helping YOU to find YOUR happiness, to find YOUR love and beloved ones.

it's NEVER about what others do - it is about what YOU do - HERE and NOW. if you continue thinking "but others don't help me why should i help others, then you fail on YOUR search for love and happiness ! YOU are the one to START and persist in all your efforts to create happiness, to

dissolve any and all possible obstacles among mankind and in entire creation that prevent the FREE FLOW of love. love needs to flow. love needs to flow between all in a divine way. all need to get together again with our true beloved ones, all have a divine right of BEING HAPPY and that requires being together with the one OUR heart and soul selected. the one God gave us. we all have a divine right for ETERNAL HAPPINESS.

it is YOU the one to start to re-establish happiness and free flow of love among all your neighbors, family members, friends AND enemies, among ALL !

let's start "Operation happiness" by spending MUCH more of all our efforts in establishing and promoting solutions of love. in all situations of life. we have to do this in a scientific method, using ALL our spiritual resources and spiritual power within our souls. we have to learn to be ready to use ALL our available AND all our potential resources of any kind - time, knowledge, skills, expertise in any field, music, songs, publications, speeches, workshops, seminars, the healing power of flowers, money, food, material goods to reduce suffering of any kind.

to find the right and powerful motivation we may have to travel to OTHER countries and other cultures to SEE and FEEL others - to see how much suffering and lack of LOVE we have on this planet and how much work we have for decades to establish peace and love again among all mankind and all creation the sooner we start - the sooner YOU can look into loving smiling eyes.

I - myself - can only be happy if i look into smiling, loving, happy eyes ! what about YOU - can you be happy by looking into sad or crying eyes - or do YOU avoid looking into sad eyes by LOOKING AWAY or wearing sunglasses all the time ? are you ESCAPING reality on earth and creation by HIDING yourself inside your tiny little world of illusions and dreams - YOUR illusions and YOUR dreams ?

I love my father to be happy - i feel like my father - hence i know he only can be happy when ALL are happy !

since YOU are made to his image as well - YOU may find YOUR happiness and YOUR love after YOU have established happiness in others as well. think about that and act accordingly. YOUR help is needed most urgently - HERE and NOW on this very planet. on your temporary home - temporary for any number of incarnations until you have learned ALL your lessons - lessons of LOVE - to LOVE again ALL.

[Overview all chapters](#) | [Home](#)

# Decide to be strong and BE strong

you can never learn to be strong - but you can DECIDE to BE strong !

hundreds of millions of humans earth are weak. weakness can have many manifestations. you can be physically strong but still weak in the absolute sense. from the absolute point of view strength means

- making clear decisions and priorities and developing the power and creativity and innovation to achieve and realize your goals
- achieving all your goals even if all on earth are against you
- being free of any fear of any kind - ready to die in the name of God
- being true to your innermost being and to God all the time
- always keep the well-being of all creation as the top priority despite the many distractions for personal pleasure
- finding solutions love for all situations
- having the strength to change your mind and goal if you become aware of a spiritual need to change your opinion or goals
- being ready to accept eternal and FULL responsibility for ALL you ever do
- having the power of divine love that allows you to bow any time to anyone's FEET

can you learn to be strong ? NO ! but you can decide to be strong and then BE it !

it may take a while - but this while has actually NOTHING to do with learning - it is a time that you may NEED to get used of BEING STRONG - because your ego was used to be weak for a long time - for many of you for a too long time. in addition many people WANTED you to be weak, government officials and high ranking military want you to be weak because they want you to serve their ego and their purpose as a blind and stupid YES sayer. many parents also want their children to be weak and obey in all situations. teachers at school want us to be weak to obey any and every order - even the most stupid ones. since early childhood many are being told " you are too little, too young, too small, too stupid, too ..." to do ...

after a few years you start to belief it and it gets imprinted in your brain and central nervous system, in all your body. hence YOU have to overcome this mass hypnosis that reduces hundreds of millions of humans to WEAK babies, to ill ones, too weak to be FREE. YOU have to use powerful POSITIVE affirmations to achieve what YOU want to be - a strong, powerful and brave child of god - strong in your heart and soul. strong enough and smart enough to do whatever your heart desires to achieve !

at no point is it TOO late to change your inner attitude - any point in your life - even one second before dying is it is still the right time to BE STRONG

- strong against all odds of life
- strong against devil wanting to keep you away from going home

- strong against all hierarchies sentencing you to another incarnation due to your karma and missing love
- strong against all powerful negative forces you may encounter any time during physical life as well as after you drop your physical body
- strong in your LOVE to dissolve all obstacles brought up against you on your path of love HERE on earth
- strong to dissolve with the fire of YOUR LOVE within any and all evil forces that you may ever encounter
- strong to face any kind of death die with a smile on your face and love in your heart
- strong to withstand all pressure from any selfish earthly authorities of any kind

because God is love and the divine love God has for YOU can make you as almighty in your heart and soul as he is. god made you to his image - to be strong in all situations. you need to get used to BE STRONG - can a cat learn to BE a cat ? NO ! but a cat grows up with her cat mama and accumulates EXPERIENCES to BE a cat.

we accumulate experiences to BE and behave like a child of God - made to the image of God. if YOU want to be strong - then you have to DECIDE to be strong ! you need to be able to say

YES - I want to be strong in all and any situations - strong in my divine heart and soul and I want to have strong roots in God's divine love !

whatever you want to achieve you can achieve - if you made up your mind very clearly and if you are sure YOU want to achieve a particular goal.

being strong also means you have no more excuses for

- NOT helping others
- NOT sharing with others
- NOT supporting others
- NOT doing all important work on your own

being strong means

- accepting full responsibility for a proportional share in God's creation, in God's "family business"
- contributing to this family business with ALL your manpower and divine creativity
- contributing for the support of the ill and weak ones who temporarily struggle and are in need of help on their way back to strength
- contributing YOUR share to the restoration of UNITY in God's entire creation
- contributing in making all happy again, in bringing all the LOST ones together with their beloved ones

exceed your limits again and again to get used of being strong. do it in many different ways

- walking distances
- climbing mountains
- swimming distances
- working more and harder and more productively
- increasing your qualification in your present field of work

- help more different people
- learn to be day and night ON DUTY and available for ALL - if possible have a cell phone and make sure all people know they can CALL you any time when ever they need HELP or are in some kind of real trouble.
- you can practice BEING STRONG in whatever you do or plan to do - just get used to NEVER accept any given limits - instead get used to exceed any and all limits

a strong society is the best warrant for a strong and lasting peace and a lasting UNION in God of all family members. for the remainder of eternity !

whatever profession you have selected - learn more, do it better day after day, improve all your skills and knowledge, become an expert in all different fields of activities you need in your life, in family life, in professional life, in recreation, in making others happy - including in your SEX - LIFE !!

weak persons are WEAK and BORING lovers !

who wants to be boring ? who wants to join someone boring ? NONE - because ALL children of God have a divine right to get a powerful and exciting partner - an adventurer who knows that eternity includes infinite ways of LOVING and LIVING. only the very best is good for YOU and only the VERY BEST is good enough for YOUR PARTNER and your entire family !

stop playing weak to attract PITY

start being strong in all your love to attract LOVE !

I love you

[Overview all chapters](#) | [Home](#)

# Quality Consciousness

the quality conscious you display and practice in your job is directly proportional with your readiness to truly love in a really divine way while eternally improving the quality and manifestations of your divine love toward all and everyone.

the quality you provide in all your services and products is directly proportional to the quality of your love in all possible manifestations - physical as well as metaphysical or spiritual ! YOU and all humans around you - your employers, employees and co-workers, customers and suppliers - can easily MEASURE the quality of all your action and work. use the quality standards and measure methods to get feedback for YOUR spiritual attitude and learn to make adjustments as needed. the quality you receive can never be higher than the quality you give ( law of karma ). if you want to achieve god union you have to be willing to learn to provide best possible quality of anything you do.

above as below - inside like outside

whatever you do here on earth is what you would do back home - are you sure the quality standards YOU set for YOURSELF is high enough to match the quality of all your divine family at home waiting for you - ready to GIVE you ALL they have and ready to RECEIVE from you all YOU have to give ?

are you always doing and giving the very best possible - in LOVING all others and God ?

hat has quality with spirituality to do - you may ask now ... a LOT !!!

if people are ready to perform or produce top quality or at least above average quality in all they do - they reflect in their material world their innermost ability and acquired potential to make HAPPY ! quality consciousness is a direct aspect of LOVE. love as well has many variations of manifestations. to be very precise love has an infinite number of possible manifestations. and each of this infinite number of manifestations of true divine love can again be displayed in an infinite number of DIFFERENT ways. depending on temporary attitude and purpose of your service or products and depending on HOW much you want to help, please and make happy when you do what you do you can add to any product and service a different amount of love. and depending on how MUCH you want to help and please and make happy you need a lesser or greater quality of your product or service.

to make it short - the better your overall quality consciousness in your daily work, recreation, sport - the greater is your permanent readiness to provide the BEST possible quality of LOVE as well. quality consciousness is something that you either have or NOT. when you have a true devotion to quality - then you have it in all you do - including in LOVE and of course love also includes SEX. quality consciousness in your daily life directly reflects on our spiritual being as well and is expressed by a more divine, more refined and more efficient LOVE. love in its absolute manifestations of a god realized person can be expressed in an infinite number of ways

- helping others - any one - all. help can be done in many different ways. more or less

efficient methods. helping can have many totally different aspects. helping can be extremely selfish and superficial - to create gratitude ! helping can be done to create dependency on a helper - or helping can lead to strength and freedom of those in need. only the last category of helping is of selfless and spiritual nature. MOST of all helping done on this planet however is of other NON-spiritual nature and hence of very selfish nature. whoever gives credits, loans, or sends supervisors and advisers most of the time creates dependencies. all of the industrial development done on this planet on greater scales is almost entirely of selfish nature - such industrialization projects create primarily NEW markets for the helping nations or industries and very often the interest rates charged on loans given to other nations create an income for the parties giving the excess money to the ones in need. giving licenses for products creates dependencies and of course is of selfish nature. only those helping projects are of spiritual and selfless nature, where ALL efforts are made to give ALL to the needy ones in a best possible quality and in abundance and give them all knowledge - including all knowledge about any potential hazards of any materials or procedures involved. but helping all creation also includes your daily professional work - at least those who have a work that is truly and sincerely NEEDED by humans. products and services that do meet a natural NEED of humans or entire creation. needs for overall holistic well-being and holistic health are of first priority. holistic health always starts with knowledge about God and the true innermost being of each individual and the support, protection or healing of the true divine nature of all of us.

- supporting others - always includes supporting God - our eternal father. either you have achieved a true sense and full understanding of the NEED to support God and hence to support all those many thousands of "angels on earth" being more or less full time busy helping God in re-unification of the entire creation. re-unification of the entire creation is of UTMOST and absolute FIRST priority in entire creation. for God as well as for any and every truly spiritual being - human and non-human alike. anything else but re-unification would be selfish and destructive for creation. true spiritually important support always includes and focuses on supporting others to achieve their SPIRITUAL goals of their innermost being rather than supporting their material goals of their ego.
- teaching others is another aspect of love. such teaching of course includes early and permanent parenting, kinder garden, elementary school, as well as any others schools, professional schools, vocational schools, sport and recreation as well. true spiritual divine lovers are those who always strive for BEST and SAFEST and MOST FUN ways of teaching topics that are needed and desired by the individual attending a particular school or training. the most spiritual kind of teaching always is teaching about God and divine principles of God's entire creation. such teaching always leads to strength of each individual - hence to freedom of each and every human. such truly loving spiritual teaching can be given to humans of any age - in very early baby age as well as up to the last minutes before "death".
- providing a SOURCE of FUN and RECREATION to others is another very important aspect of love. eternal life without fun is impossible. to have fun is just another expression of being HAPPY in an ACTIVE way. by actively enjoying a product or service provided by OTHERS. fun activities and recreation can be offered in many different ways and if given WITH LOVE and with the sincere intent to make happy - all such services can be of healing nature as well as any and every way of expressing love toward all always is of healing nature.
- inventing new services or new products to improve the overall quality of life or improving quality and safety and comfort of use of existing services as well are a direct way of expressing LOVE toward others. starting from making better or nicer gardens and parks in living areas, providing more natural environment again in cities for all, including natural playgrounds and wild forests for children. making better, more natural and more varied food for all. improving the purity of drinking and household water for all. providing more healthy, more comfortable and more natural living quarters for all to protect all from cold, rain and wind or other elements that might impose a danger to the overall well-being and comfort to

humans and nature. but also such services and products as many high tech products such as internet, computers, communication, exchange of information by means of e-Books, and other more efficient ways to offer ALL AVAILABLE information and knowledge and experiences to ALL are of helpful nature and can be a SERVICE OR PRODUCT OF LOVE !

LOVE always HEALS !!

however only those material services and products that DIRECTLY and SOLELY are used to improve the overall SPIRITUAL knowledge and development of all ALL mankind toward finding their way home to God are of true and valuable spiritual nature. all other services aiming at making profits or just for the sake of developing something new, exciting or different are of ZERO spiritual content and value and most of the time of spiritually destructive nature. destruction can be manifold. many products and services - almost all of today's industrial products and services - are aiming at profits, expansion or influence, creating or increasing customer basis and repeat business - repeat business often is the result of DEPENDENCY. today's car manufacturers have zero interest of making a lasting car - a lasting car can only be sold once in a lifetime. industry however wants people to be little happy but more importantly coming back for updates, upgrades, maintenance and repair and finally after a while for a total replacement. industry has understood that people need to be satisfied - however they most of the time provide minimum satisfaction resulting in the need to buy accessories and upgrades to gain more satisfaction.

the quality consciousness is FAR underdeveloped on this planet. the quality consciousness is as much developed as the readiness to love and nothing but LOVE. how developed on THIS planet is the readiness to JUST LOVE - nothing but LOVE in all and every and any situation of life ?? the answer is very easy and can even more clearly be given by pointing out the multitude of the manifestation of the OPPOSITE of love on this planet

- how many countries do you know that have NO penal system at all ?
- how many countries do you know that have police at all ?
- how many countries do you know that have no LAWS at all and have replaced all their law-books by God's FIRST and great commandment - "Love ALL" ?
- how many countries have NO restriction of flow and travel of GOODS and PERSONS ?
- ....

God gave us all FREEDOM - freedom is the single most powerful expression of love that he ever can give us. WE all who have developed ego and such ego has restricted the freedom of ALL down to near ZERO as an expression of near total absence of any true divine expression of LOVE.

if you want to improve the overall quality of life - then you have to improve the overall quality of ALL your services and products. whatever you do - and if you do little or nothing - then it is time to START providing a quality service or product to all those around you. it's time to IMPROVE the quality consciousness in anything and all you ever do. while NOW we are on earth to learn the very essential lessons of divine eternal life - we learn NOW for eternity !!! anything you develop HERE and KNOW on earth in this very materialistic world can and will be of spiritual value later on in your truly spiritual future - for eternity.

your creativity in producing ever better, safer and more fun services and products automatically leads to YOUR ability to love better and in more FUN ways - ...

FOR ETERNITY !!

the divine power of love can achieve all and everything. divine power of love of a single being is stronger than any combined forces of ego !

why be on the loser side if you can be an eternal winner - a true eternal divine LOVER ! that's what God intended YOU to be when he made mankind to his image.

[Overview all chapters](#) | [Home](#)

# Sexuality on your way to God

## God is Love !

God made Humans bi-polar. you may name it sexual, Yin / Yang, male / female or man and women - the meaning and physiology is exactly the same. love needs to flow and love can only flow in a bi-polar environment. same as electricity. there are however distinct ways of creating different bipolarity. human bi-polarity exists on all levels

Out of pure and infinite LOVE God made all creation and all creation is made of love and only made to love ! Out of God's infinite LOVE all humans are made and all parts of human being is made of love and made to love ! all humans on earth as well as all beyond earth are made to the image of God and hence have the same potential of divine love. all aspects of humans are made to the image of God, all physiology and all anatomy of humans are made to the image of God !! hence all sexual organs and sexuality itself is MADE by god - to exchange and express true divine LOVE among humans !!!

the human anatomy and physiology is a direct reflection of spiritual physiology and anatomy. every organ we see in our physical body has its manifestation in the astral body and causal body as well as in the spiritual bodies - soul and ... beyond - the innermost divine being of each and all of us. of course human sexuality is made to be a divine expression of love and is the single most direct and single most efficient exchange of love between male and female - between man and woman. physical sexuality is the playground to learn again do DISSOLVE your ego and fully open to RECEIVE and GIVE all you are offered and all you have to offer. since you are made to the image off God - your potential in terms of quality, variety and quantify of love to offer is - INFINITE and any restriction of giving or receiving less than infinite - less than ALL you have - would be a display and proof of still having or keeping EGO. as well as accepting less than all offered to you, rejecting part or all love at any time displays and proofs YOUR ego.

Love is the single most important aspect in God's entire creation. Love needs to flow in many ways among all mankind and among mankind and all creation, among humans and between humans and non-humans alike. for all different situations God has created very special ways of loving communications. the ONE very special way of exchanging love among TWO humans of opposite gender is sexuality. sexuality - even when practiced in the physical body - always includes astral love and spiritual love as well. there is no true direct flow of love possible when suppressing or rejecting direct physical love. if you want to proof true love it always includes sexuality with your partner. that is the way God has created the physiology and anatomy of humans.

the first and great commandment - the only direct commandment from god - is to love all - that includes our partner. loving however consists of 2 components - giving all your love to all and absorbing all love from all. giving love to your ONE partner is totally different from loving all others. your love to your partner always MUST include sexuality - else it is no true partner-love. anything excluding sexuality is love that you have among sisters, brothers and friends and all your family members. if you have excluded or suppresses or rejected regular sexuality within your partnership - then you are no true partner and have no right to bind this partner to your ego. a partner rejecting

or refusing true divine sexuality within a partnership has to give freedom to his partner and divorce to allow his partner to find the one partner ready and willing to give ALL and accept ALL, to make fully happy. the happiness experienced within a partnership MUST go far beyond and above happiness you experience among good friends. a partner is something unique and very special. such partnership can only exist in a condition of infinite love free of any limits.

during the past many millenniums of separation from God many wrong teachings and philosophies about God have developed as a result of DIRECT absolute knowledge. hence the wrong picture of "punishing God" and of "sexuality=sin" have appeared. all these WRONG teachings had their roots in the EGO of mankind on earth and are absolutely empty of love and truth.

## God is Love

this is the single most important truth YOU ALL NEED to know and absorb within your hearts.

the before mentioned WRONG teachings have mainly been developed and distributed among the Christian community on this planet - nevertheless such WRONG teachings have lead to huge damage on this planet and much suffering have occurred as a result of such gross mistake in teaching. as a DIRECT result of such WRONG teaching - mainly among the Christian community - hundreds of millions of humans who EVER have incarnated within a Christian culture on this planet during the course of their many previous reincarnation on earth have a DEEP and totally wrong "impression" in their aura - an impression like:

- sexuality is a sin - hence I AM a sinner
- sexuality is dirty and bad - hence I AM bad
- sexuality is a sin - hence i refrain from doing it
- and if for any reason it "happened" ( for the simple reason because they have been TOO HUNGRY FOR LOVE ) people felt and still feel BAD afterwards instead of enjoying the happiness of true love flowing through them from their partner into them and from them into their partner

as a direct result of hundreds of millions of humans following such extreme WRONG teachings - many severe or even fatal illnesses have developed such as

- cancer and other problems prostate and testicles in males
- cancer, tumor and cysts in breast, ovaries and uterus in females - as well as PAINFUL menstruation in general. I true FEMALE and spiritual women NEVER can experience any pain during menstruation. if a women feels such pain - then she has a SEVERE spiritual blockage in her sexual behavior. even severe bleeding during menstruation is only the result of blockages !

the more open a person to God - the more spiritual all aspects of all love life !!

the respect for already written holy scriptures has lead to the behavior to never questions OLD teachings and to accept the wrong teaching of sexuality as a sin for thousands of years. the story of "Adam" and "Eve" simply is WRONG. while there has been ONE first man - made to the image of God and later on ONE first women, sexuality NEVER was the cause of mankind's present situation of being separated from God. the descent of mankind as a result of sexuality is WRONG and causes a deep feeling of guilt and "being a sinner" among mankind but very specially among women. it is absolutely wrong to think that God ever made anything just to tempt humans. everything God ever made is for the joy and happiness of ALL - to be learned and used to make

happy and to be happy. however the continuous attachment to old and partially WRONG teachings in regard to sexuality and many other aspects of divine partnership and social behavior has caused the situation we presently encounter on this planet. the FULL potential of infinite creation of God is OPEN to be experienced by all humans - in freedom and with full support and bliss from God

- but -

to Love for ALL and allow ALL to love YOU should and MUST be a permanent and absolute part of ALL your experiences if ever you want to make your experiences a success for ALL involved in your

but how could such WRONG teachings ever be published over centuries and longer ? very simply - theses wrong teachings SERVED the purpose of authorities - of ego - a judge sentencing someone offers a remedy - a fine or sentence - for the action to be nullified and compensated again. same was and still is the procedure of spiritual hierarchies and religious hierarchies HERE on earth AND beyond. authorities and hierarchies restrict the God given freedom - knowing well that people will exceed all and every such restrictions and the compensation earned out of all punishments given is the income of authorities and the gain in MIGHT and IMPACT on a given subordinated society of weak and blind followers - on earth and beyond !! in ancient times it was MUCH easier than nowadays.

the essence of all true ancient spiritual teachings coming from God - whether the teachings of Jesus or other true Avatars that ever came to this planet from God always was a teaching of LOVE and never a teaching of sin or restrictions ! any true teaching ONLY can come from God - hence it ONLY can be brought to you by an avatar - by a fully God realized person ! however people learned to follow the teachings of egos of "hierarchies" and "authorities" rather than the one and only teaching of Love from God.

LOVE and ONLY Love can bring you the final and ultimate solution needed for YOUR present spiritual situation - ONLY true divine Love exercised in absolutely ALL situations of life, including your partnership, including your sexuality can bring your circle of reincarnation to an eternal end and get YOU back home to God.

God is Love - God will be Love for the remainder of eternity !! whatever God created and creates is made of Love for YOU and made to show and PROOF his love for YOU - if YOU accept to learn to use all in a LOVING way toward ALL then eternal and absolute happiness among all will result again ! Accept and recognize this absolute truth of LOVE being within all aspects of God's creation and being pored upon YOU all the time and be FREE off any feeling of guilt whatever you do - as long as all you do you do WITH the purest possible LOVE. recognize the ultimate deepest sense of all in God's creation and you easily realize that ALL serves but ONE single purpose - to make YOU happy, to learn to love - to love.

Sexuality is the single most important way to LEARN to love again - love between TWO partners - love between man and women ! Physical sexuality gives you the most valuable feedback about

- your remaining ego
- your spiritual development and progress
- your capability to MAKE happy
- your capability to BE happy
- your capability to GIVE love
- your capability to RECEIVE love

- your capability to focus on important priorities in life only

Before you can enjoy a happy love life with your partner you also need at the very same time have accomplished the very BASIC spiritual lessons in life. lessons like

- helping and supporting OTHERS
- sharing with the poorest ones
- strive for God union and return to God
- work a reasonable work for the benefit of all

as this last points are the basis on which YOUR mutual love between YOU and your partner grows on. no love can prosper without supporting the wellbeing of OTHERS FIRST. no love can prosper when the man is too weak, too lazy or to stingy to work for the benefit of ALL creation.

The problems you may have in your direct sexual life with your partner or with any partner is a direct reflection of spiritual blockages and lessons that you have omitted to accomplish FIRST. a more happy love life is the result of YOUR most direct and efficient spiritual progress as a result of your conscious efforts to dissolve your ego and return home to God.

If you have learned to fully accept all challenges your love life offers you and if you have learned to reduce your ego and solve your spiritual blockages and problems in divine love - then you may improve on your spiritual path and in your partnership as well.



In the following section we learn:

- how the metaphysical physiology of the sexuality between men and women can "turn on" and uplift each other
- the sense of physical sexuality in God's divine plan
- how your sexual desire and behavior has been influenced by your relationship with your parents during childhood
- causes of possible problems in our free and harmonious development due to misunderstandings and wrong teachings.
- causes of disharmonies in sexuality in men and women - such as homosexuality in men and women and transsexuality.
- how to re-establish holistic harmony between man and women and in all human society and how to refine and improve existing harmony

The divine plan relating to sexuality can be recognized already by looking at the rotation of chakras in male and female bodies. all chakras in a female body rotate the opposite way from same chakras in a male body. if one particular chakra "turns" clockwise in a man - then it "turns" counterclockwise in a woman !

If a man and a woman FACE each other - then all chakras in man and woman rotate synchronously - provided both have a similar level of vibration as a result of similar spiritual development. since they turn synchronously - a free flow and exchange of energy between the two facing partners can occur. both can influence AND uplift each other with increased flow of LOVE between the two facing partners. they "turn on" each others chakras and if they are spiritually advanced - they do this on all levels at the same time - through all chakras simultaneously !

They UPLIFT each other.

This uplifting or "turning on" may happen on all chakras simultaneously or only on one or several chakras. if done in the chakras for sexuality - they are sexually turned on. the opposite is pulling someone DOWN - reducing the partners vibration or blocking the free flow of life force. such disturbance occurs as a result of extreme disharmony, missing sexual development as a result of missing spiritual orientation and progress in one or both of the partners. the ultimate result is the "need" for such products like Viagra and its many substitutes. Viagra creates on a purely physical level artificially an increased flow in sexual organs - the very same however is done in a very divine and natural way through pure divine LOVE between the two partners. LOVE is infinitely more powerful than Viagra or any other natural or chemical substitute !! If you want to increase your sexual drive you need to improve on your true divine love toward ALL first by reducing your ego in a very scientific way. all needed lessons are given to you in the many chapters of this text.

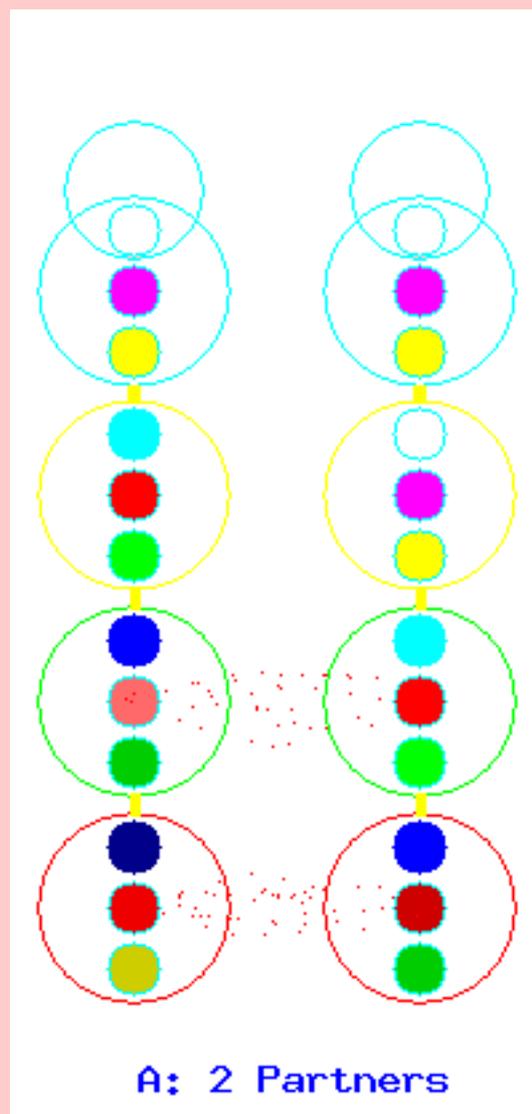
if in two partners all chakras are in harmony to each other - between the two partners, i.e. the quality and purity and divinity of all aspects of the holistic divine being are very similar or equal, then both are always uplifting each other by reinforcing and supporting the same aspect in their partner. a true resonance between all chakras of two partners exists only in the two eternal partners and only if both are fully God realized.

however any high degree of harmony in ALL aspects of two partners results always in increased happiness and increased quality of life. uplifting partnership creates a increased performance and creativity in BOTH of them. if however ONE important aspect of one or both of the partners is suppressed or neglect - such as sexuality in many millions of partnerships - then the productivity, creativity and true spiritual happiness are suffering to a high degree or totally missing !

Sexual harmony between two partners is vital for creative productivity in all humans ! LOVE flowing

on ALL levels between two potential partners - on physical level, i.e. astral level, mental/causal level, atmic level (soul) as well as higher levels - is the fire of all driving forces to new action, new adventures in eternal life, exciting gifts of LOVE to all creation and to GOD.

the free flow of LOVE between TWO partners of opposite sex is the ONLY purpose of creating opposite polarities male - female by God. but ONLY true divine love - free of any limits, free of any selfishness, free of stinginess, free of greed, free of any other purpose but to MAKE happy can do such miracles of love and only if YOU can extend such divine love toward ALL creation ! anything that is BETWEEN you and any OTHER person or part of creation ALWAYS will be between YOU and your beloved PARTNER !!! the key to true happiness including true sexual harmony between any two partners is their MUTUAL love for ALL - including true love for GOD as well as full acceptance of ALL their very own personal God-made sexuality.



Above graphic A:

we see 2 partners with a fair degree of RELATIVE harmony - relative to each other ! similarity in colors means similarity in their behavior and personality including spiritual personality on several different levels of manifestation - physical, astral, mental, causal, atmic, ... - . hence a relative harmony on several or all levels of consciousness creates some flow of energy between the 2 partners. the red colors shall show LOVE on all levels, physical, astral and spiritual. we can say that we see here some loving harmony between the 2 partners including physical / sexual harmony.

sexuality is the "learning-playground" for true divine love and the most direct and most efficient manifestation and exchange of love on a physical level ! the red dots between the 2 partners shows the actual FLOW and exchange of energy - of LOVE between the two partners. such direct spiritual / metaphysical FLOW causes a feeling of deep satisfaction and truly being LOVED beyond WORDS. it requires FULL or utmost possible openness between the 2 partners - it requires a clear YES - a clear affirmation - in all aspects and needs of mutual love and living ! on the highest level of the 2 partners we see complete EQUALITY on ALL levels of the innermost manifestation of the 2 - such is only encountered in true eternal partners - ONE man made for ONE particular WOMAN for eternity. such true innermost harmony is the source of all LOVE and inner harmony needed for any partnership to last BEYOND short term needs, beyond the present incarnation. such true and absolute harmony will be able to dissolve ANY and ALL present mutual differences in the present ego and physically manifested personality. true infinite divine love can dissolve ALL and can HEAL ALL !

such two partners have their roots in God and hence are a divine couple - married or non-married on earth - their partnership is and remains beyond any and all earthly jurisdiction - as GOD has CREATED AND blessed such a divine and eternal partnership and marriage for ever and ever. if such 2 partners are intellectually oriented toward spiritual development - their potential to improve their love and partnership day after day increases and obviously the more they BOTH work on their individual spiritual progress - the more happy their mutual partnership will be and the closer they get to their divine home.

at the same time however we see some substantial differences in their present lower levels of manifestations - differences that may be considered like acting vectors that act as different forces in different or opposite directions. such differences in their present physically manifested ego may represent a potential permanent danger to their earthly partnership - IF they forget or temporarily shift their focus from mutual spiritual development and orientation to God toward a focus on their karma and material desires.

the more material desires and wishes for career and material / earthly goals, the greater the risk of drifting apart for another incarnation or even several incarnations and missing the return home to God as well as final and eternal union with their beloved partner.! the greater their spiritual orientation and the more simple their life - the better their mutual chance of becoming ONE on their way to God and being a true help and inspiration to each other !!!

only EGO can block the flow of true divine LOVE between 2 humans or husband wife or 2 partners ! the ego is the sum of all damages accumulated and all spiritual blockages and wrong teachings and karma that separates any individual human from union with GOD and from oneness with his partner as well. if our true and absolute divine goal is oneness with GOD then at the same time you become one with all - hence one with your god made partner as well. hence on your successful way to GOD you get closer and closer to your present living partner as well. the only way to successfully improve the overall spiritual absolute quality of any partnership is true absolute spiritual progress toward oneness WITH GOD !!!

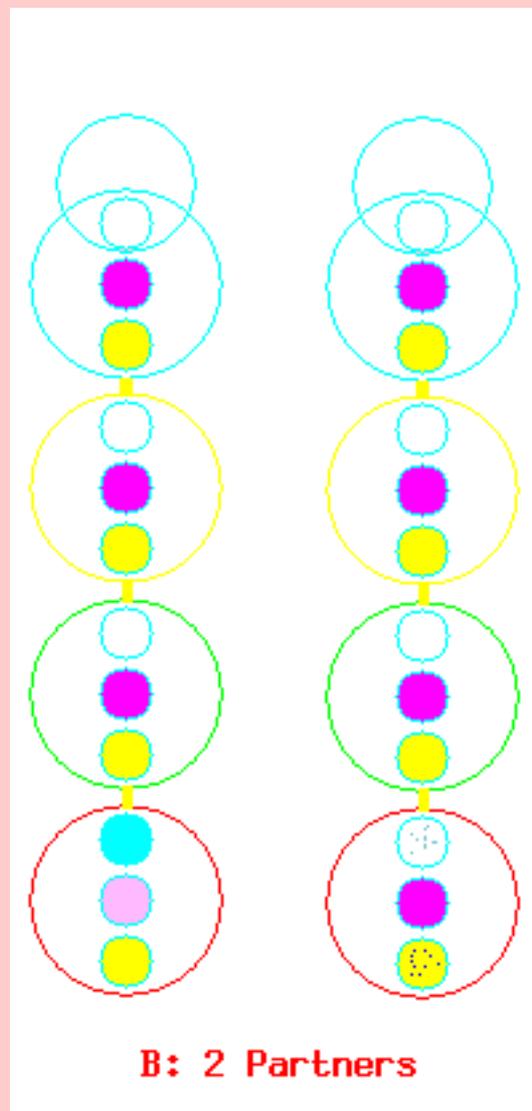
the ego also can be viewed as a highly complex system of different vector forces acting with different power into different directions and sometimes tearing a human almost apart - epileptic seizures are such a phenomena - but also coma or extreme illness or handicap can be the result of such extreme forces acting on a human being.

two partners - male + female - can be viewed as a basic unit in God's entire creation. there are creatures made to be alone - in groups or as pairs. however it always is reflected in the physical

manifestation as well. hence whatever YOU SEE and or experience HERE on earth is somehow - but of course in a MUCH more loving perfectly divine way existing after we achieve oneness and freedom in God. nothing God ever made is made to punish us or to make our life more difficult. all difficulties if at all are EGO-made by humans !!! since a human also can be regarded as a energy - system consisting of many forces acting like vectors in many - possibly different - directions, we easily understand the importance of cultivating our "forces" of the ego and direct them gently and with LOVE into divine directions and path. if two partners have different interests or if different interests develop during the course of their mutual partnership - then of course the harmony between the two humans suffers and eventually they drift apart. additional factors for drifting apart are different spiritual orientations, wrong spiritual teachings and "imprints" as well as behavioral patterns left over from previous incarnations. such acting forces that reduce or totally block the FREE flow of love between any two adults / partners / family members of course always are a burden and may eventually destroy temporarily a partnership. broken partnerships however cause all parties involved to review their previous behavior and eventually accept the possibility to question one or several of their very own behavioral patterns and as a result of questioning existing patterns and forces - finding the TRUE path and solution of love as given by GOD !

however if BOTH partners have the very same mutual goal in life - HERE on earth first and above all GOD - then their relationship with all - between themselves as well as with all their family members and entire human and non-human society will improve and become more and more loving as they progress. on a mutual path of love both partners are God-made to assist in very special and more and more "magic" ways each other in life and on their path of love to God. their love expands far beyond their own partnership to include more and more others until their love is ALL-inclusive - made to the image of God's infinite and eternal love. the more two partners progress the faster they can progress - together ! as a husband / wife team - just as God made humans. love flowing between two partners is like a sun - shining into the hearts and souls of surrounding human and non-human society and uplifting all. such uplifting love toward all requires however at any time a strong mutual God-orientation from BOTH partners. BOTH need to be really strong in their devotion to GOD and in their true and sincere desire to improve their love toward all.

re-establishing such divine harmony is quiet simple - but it requires true readiness to totally dissolve all karma and ego and attain oneness with god for ultimate and eternal healing. on a path of love with continuously improving harmony and love toward god and all creation any human can more and more easily live in a loving partnership with almost any other potential partner. ultimate divine harmony however is only achieved with the one and only partner given by God to us. they sometimes may be incarnated in a physical body or may be without physical body depending on their own spiritual efforts and karma as well as on your very own spiritual efforts and karma. some partners may be separated hundreds or thousands of years from their eternal god made partner and the only way to find that one and only is to RETURN to God.



Above graphic B:

shows a couple with great harmony in most spiritual aspects except some minor differences in their present physical personality. such differences may have been "MADE" during the first few decades of growing up here on earth - caused by WRONG teachings resulting from their cultures, religions, political environment, social environment and parents as well as many other factors from their immediate environment. even a divine soul incarnating directly from God may at first and for an extended time still "suffer" from many imprints received from the present physical environment here on earth. partially due to above mentioned factors but of course also due to inherited genetic tendencies. any such given "impurities" however are weak compared to the INNER forces of any truly spiritual soul incarnating from God or any spiritually developed sphere. true values in life are and always will be of spiritual nature and all your spiritual accomplishments of all and any previous incarnations ALWAYS remain your innermost divine jewels and will "explode" into your present personality at the given time during your physical incarnation. true spiritual achievements of previous incarnations are of LASTING nature - for eternity - and become a firm part of your innermost true divine and eternal being. a divine soul incarnates into a physical body and will "cultivate" that physical body to make it a suitable and efficient TOOL for that particular incarnation and all tasks as planned therefor. such adaptation of the physical body to the level of divinity of the innermost being and soul using such body may take up to a few decades depending on the methods used and the motivation and forces applied toward achieving such divine goal.

with continuing love between two partners and simultaneous devotion to God both physical

personalities will be filled more and more with divinity and finally be a direct reflection of God. partnerships of such kind are extremely seldom here on earth because most people are too much absorbed in their ego-oriented activities or rejecting the opposite sex as a result of their present religious or spiritual mis-education. with continuous development of all mankind here on earth partnerships will however become more and more loving and god oriented and spiritual success become more easy to achieve for all.

ALL in God's entire creation is made to love and hence has a meaning of love ! all physical creation as well serves the sole and only purpose of LEARNING and improving our love in all situations toward all creation and creatures. God's creation is the playground for his beloved divine children to grow up and mature to be one day adult children made to the image of God.

for the same reason also sexuality serves this divine purpose of teaching us divine love toward our eternal partner. to do so we need to reduce our ego step by step - sometimes in changing incarnations - male / female depending on how we accept our role and lessons offered in a particular incarnation. most humans here on earth have made hundreds of incarnations more and more away from God and have developed a highly complex and hard-core ( stubborn ) EGO.

first of all we need to fully accept our present situation we have incarnated into ! we either are in a male or female body and a very substantial part of the elementary lessons of THIS present incarnation is to LOVE our present polarity !!!!!

the next step is to question ALL of our present innermost tendencies to DESIRE / long / fear / reject / suppress whatever. our present situation is the very best and MOST LOVING solution for each of us for the sum of OUR own karma and tendencies and "imprints" and the result any emotional / spiritual "injuries" we carry along from present and previous incarnations. only by fully accepting our present situation in a neutral - questioning - but loving way can we find solutions of love OUT of any possible spiritual death-end path in our spiritual life. our daily life in our present culture with all its possibilities that this situation offers us - will provide all necessary loving lessons and situations of love to improve and make necessary changes to further progress toward our spiritual goal of oneness with God.

observe yourself from a neutral position. observe your sexual behavior, games, and tendencies or blockages. before you can dissolve anything in love you first need to fully accept in and ultimately absorb it in your innermost divine being to surrender it to God. your neutral observation of all your present sexual behavior will show you your true attitude toward a substantial part of God's creation. if you reject for example your very own sexuality - of course you reject at the same time the sexuality of the opposite sex as well. to make a full and precise assessment of your present sexual situation YOU need to be fully truthful and sincere toward YOURSELF ! it is YOU who has to accept the present situation and even if your true present situation NEEDS a drastic change or modification in a given NEW direction - YOU need first to find out and accept your present true situation and attitude before being able to make changes. you may NEED to accept that for what ever reason a part - even a very substantial part or in the "worst" of all situations ALL of your sexual behavior may be totally WRONG from the ABSOLUTE point of view - the absolute point of view meaning the TRUE and absolute meaning of God's intentions when he created us the way HE wanted us to be. may be YOUR understanding of his intentions are different from his true and eternal intentions ?? hence it is YOU and never God who needs to adapt. you may have to change more or less of your present behavior until you truly ARE and behave to the image of God.

whatever the result of your true and sincere assessment of YOUR present sexual attitude and behavior - God always loves you and always WILL love you whatever you do or have done or WILL do - even if you made or make or plan to make another "mistake" - God will always rich out his

loving "hand" toward you to help and assist you in all possible and most loving ways whenever you are truly ready to accept his spiritual guidance - from WITHIN or from outside sources. God knows and uses many ways to help and guide you toward the God-intended loving behavioral patterns that allow you to be happy and ultimately return HOME to your eternal home in God's world of love - home to true and eternal oneness with God. all the lessons and situations and persons God guides into your present life are intended to help you to drop blockages, to heal blockages, to question "wrong" spiritually disturbing behavioral patterns, to question imprinted "wrong" knowledge or intentions and to help you to fully become aware of the NEED to make adjustments and eventually to grow YOUR readiness to accept physical OR spiritual guidance on your path of love to God. the more you can neutrally question everything you "know" the easier it is for God to guide you in a more and more loving way on your path of love and the easier it is for God to guide you DIRECTLY from within without any further assistance from other humans or even from guru. however all other humans around YOU serve the purpose of YOU learning to apply and practice your learned lessons of love and to receive physical feedback from all your persons you ever get in contact with. if you truly progress - then you find less and less people who disagree with you and more and more people who enjoy your loving presence and your silent love or even your spiritual advice and help.

learn to accept love in your physical body - learn to accept SPIRITUAL love while being IN A physical body or better while using a physical body. your physical body is a temple of God and needs to be flooded with utmost divine love again and again - such however requires that YOU can accept and love your present body - that you FEEL yourself love worthy - lovable !!! if you fail to feel or consider yourself lovable - HOW then could anyone else including God love you - because your full acceptance of BEING love worthy / lovable the way you are right now creates the true and ultimate opening for divine love coming from God and from all others as well.

once you have successfully accomplished to fully accept love in your physical body as well - including sweet divine love FROM God - you start to develop your spiritual being more and more and uplift your love and all energy including your sexual energy and turn all your sexual love into a true divine spiritual love. in your spiritual being WITHOUT a physical body you still become ONE with your partner AND of course with God - this is far more than physical sexuality here on earth - however it is the direct higher development level of physical sexuality. spiritual love toward ALL means fully loving all and fully accepting love from all - and such is your innermost God-made image - for eternity.

while humans as long as having a physical body you may always practice physical love to some extent - but at the same time and with increased / improved spiritual progress you may step by step replace physical sex with spiritual "sex" - i.e. divine love - without rejecting or suppressing anything at all. divine spiritual love is nothing else but the most direct spiritual development of uplifted physical love. such divine love flowing between two partners of opposite "polarities" ( sex ) will far more than replace the previous step. it will be far more satisfying than physical love and will more and more lead into true divine love toward all that can be felt across continents, across planets, across the entire creation. such as true divine love and spiritual guidance from ALL the great saints can be felt with or without them having a physical body - provided YOU are fully open to receive their love and guidance.

if YOU have successfully and lovingly accomplished ALL your physical lessons - including all lessons of love / sexuality - then you are ready to proceed to the next step of spiritual development and if you are an active God-seeker and fully devoted to God and LOVE - such steps CAN be made within one single incarnation until the very end - until full and complete total ONENESS with God as

God is Love such love also includes - God is grace and mercy

hence all remaining karma can at some point of your development be totally absorbed and dissolved in the fire of divine love provided that you truly and sincerely are ready to LOVE and to learn to love in all situations as well as to forgive all and ask for forgiveness from all.

any suppression or rejection or fear of a present particular physical or spiritual condition you may carry within your present incarnation and ego may however be a serious obstacle on your path to God and create spiritual, emotional, mental or physical stress to you resulting finally in extreme behavioral disorders, or manifestations of multiple personalities or even result in severe physical illness.

sexuality can be a most valuable "tool" for divine feedback about all your innermost blockages, fears, or "wrong" imprints. sexuality often is abused as a "weapon" to seduce - to attract - to punish ( by refusing love ), a weapon abused to achieve goals of the ego. such is particularly the case of in one or both of partners the true spiritual orientation toward God is missing or weak and the primary goal in life is anything else but spiritual progress on a path of love toward oneness with God and freedom in God. hence sexuality can be extremely disturbing among EGO-oriented humans and extremely helpful among truly God oriented humans.

strong sexual desire may be caused by

- suppressed own sexuality in your physical partnership resulting in strong sexual fantasies and alternate activities as common in today's modern world - www, sex-chat, phone-sex, pornographic literature, sex movies, masturbation, ... are all but "pressure relief valves" of misguided sexual (love) energy that needs to be re-directed with love into divine channels made by God.
- missing or reduced opening to accept love in your living partner - hence the flow of love is missing efficiency and needs more attention and more indirect love than a fully open person.

the more you or your partner is closed to accept or give love in an efficient direct way - the more hungry for love you are. this increased hunger for love results in the search or creation of indirect paths of love to substitute direct love from partner to partner and from God to you and your partner by numerous indirect and sometimes quiet ill formed love-substitutes. love is all you even need to really be happy. God is love and God is the source of all love - but as God made all humans to his image - every human also can become a source of love for his surrounding and particularly for his beloved one and his partner. different personal / spiritual relationship to others may result in the need of different ways to express love toward all. yet there always remains ONE very intimate particular way to love your eternal partner. once you have experienced such love - you will know for eternity why god created it the way he did. a loving partnership between parents is a substantial part of the healthy and "normal" divine sexual development of children. if parents have no or an ill sexual relationship to each other - then the children grow up in an ill environment and may have an extended desire to COMPENSATE as soon as they gain sexual maturity and adequate age to fulfill their desire or hunger for compensation and missing love from their own parents. children can only grow up happily if parents are truly happy together. only happy parents can truly love their children - and only beloved children who have received all hugs and kisses and divine spiritual love as needed will grow up free of any damage and free of the need to compensate. all others growing up in a love-less environment or in a broken family may need years or decades to compensate first before being ready and willing to fully love or accept love with a partner.

hence most partners in the early twenties and thirties or forties of an adult may be loving partner and loving medicine first of all just to heal the damage done by others before. and as the mutual love grows and gets freed as a result of mutual spiritual success, the love between the two

partners becomes more and more what God intended - magic - inspiring - uplifting love between two God made loving partners ! love is intended to be a source of inspiration and creativity in all daily activities. divine partners can be ONE with each other all the time in their innermost divine being once they both have agreed in their innermost divine heart in being eternal partners under the eye of God and with divine guidance, love and bliss from God.

to satisfy the hunger of love by sexuality is never possible - physical love never is enough - it always involves at least some part of ego while being in a physical body - this is at least true and valid for the vast majority at present times on this planet. the spiritual aspect or component of love is the one ultimately creating the true and lasting satisfaction. however physical love and rituals are again but a tool to HELP to dissolve or drop spiritual blockages on the way to TRUE spiritual partnerships beyond the physical plane of creation and existence. the hunger for love from any soul is far to great to be satisfied by physical love / sexuality alone - people have to learn to truly open their heart for ALL variations of divine love flowing from their spiritual being into the spiritual being of their partner to satisfy the NEED and hunger of love! while total oneness with God always satisfies all hunger and need for love - God made a multitude of humans and partners as well with the very same divine potential - as we all are made to the image of God and when we have dissolved or dropped any EGO behavior that has separated us for so long from God and from all others in God's creation - we all shall be able to LOVE and make happy like our eternal divine heavenly father as well. but as the fragrance of each flower is different - the love of all children of God is different and we all love to receive love from God as well for eternity as well as we love to give love to our eternal father as well as we easily recognize his infinite love in all creation around us including all humans and other non-human loving beings.

to be continued ...



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chapters: The spiritual meaning of [oral sex](#)

# Spiritual meaning of oral sex

To better understand to later explanation - i will start with a short description of the exact OPPOSITE that is practiced in MOST partnerships.

millions of husbands USE and ABUSE their a women as

- as a housemaid - is cheaper than an employee - they often think - practiced by many stingy men.!
- mama did all earlier - washing, ironing, caring, cooking, now mama may be death or nearing such - and little baby man needs mama-replacement. just mama-replacement. he forgot to grow up and become a self dependent MAN - and still needs baby-sitter !
- a wife as a cook - again cheaper and more convenient than eating out in restaurants.
- for career or other material reasons. to present, to show off, to impress others. a wife as a trophy ! how cute ....
- marry a woman for revenge ! to prevent her from marrying the one that makes her happy. just to POSSESS her and limit her freedom to FIND her true and eternal love.
- PUNISHING the opposite sex in many different ways as a result of some suffering or previous accidents experienced. the very own partner is punished in place of any possible other one having caused a particular spiritual / emotional trauma previously ( previously = in any previous incarnation )

and of course millions of women USE their husbands for similar reasons - such as:

- as a money provider to support her and allow her good lifestyle without having to work herself.
- a husband with a good career can be a door to high society. many women LOVE that.
- she is scared of everything, fears all or most and needs permanent protection. such women are too lazy to BE STRONG LOVERS and to learn to be equal partners. they attract love by being weak and hoping to attract PITY from men as a result of "played" weakness instead of attracting men with true love that would require to GIVE ALL ! a trick that may have roots LONG time back in very early incarnations.
- having a man for all the heavy housework and repair is more convenient and cheaper than calling a professional each time.
- PUNISHING the opposite sex in many different ways as a result of some suffering or previous accidents experienced. the very own partner is punished in place of any possible other one having caused a particular spiritual / emotional trauma previously ( previously = in any previous incarnation )
- marry a man for revenge ! to prevent him from marrying the one that makes him happy. just to POSSESS him and limit his freedom to FIND his true and eternal love.

... ego has developed many such or similar ABUSES of partners. abuses FAR away from true love. often such marriages are accompanied by weird marriage contracts and finally often end in a traumatic and most of the time expensive divorce that takes place much too late. such abuse of partner can of course also be found among and between TRUE eternal partners - as a punishment and revenge for earlier "failures" !!!

just keep in mind the principle of samyama !! if YOU play a certain ego-role long enough - you BECOME that role. that means you play a weak or helpless and suddenly YOU REALLY are weak and helpless. what once a long time may have started as a game to attract may have NOW turned into temporary reality of your being.

the true purpose of a eternal partnership - and her on earth of a possible temporary marriage is to

- make each other HAPPY in as many different ways as possible - of course including sexuality !! true dynamic - hence FLOWING love - in all aspects of a physical partnership causes automatically a dynamic and most powerful HEALING of karmic residues and spiritual / emotional injuries resulting from past or present incarnations. the more loving time couples spend together - the easier and more loving their mutual spiritual progress and positive spiritual healing impact on their environment and children as well !
- exploring new aspects of life and of creation TOGETHER
- sharing as many experiences of daily life - including professional life - as possible
- supporting each other on your mutual path of love back to God - this is specially IMPORTANT HERE on earth in your very present situation !
- reminding each others of the true spiritual priorities in your present earthly life.
- helping together as a team others in need or in distress - joint venture for the benefit of God's entire creation and for the spiritual benefit of other LOST ones here on earth and beyond !
- making together others happy in as many different individual ways as possible to create or enhance happiness in God's creation.
- improving and supporting the safety and quality of life and eternal being of ALL creation.

you want to "test" your partners love ? here the final point of this chapter:

true love between husband and wife - between one man and one woman who decided to LIVE and share all life together means that BOTH can BOW to the very deepest inside of the partner ! it also means that BOTH can fully accept the true love in its original polarity of opposite sex and fully ABSORB such love within. hence true love requires both being fully open to GIVE all and to fully accept ALL from the partner.

this full acceptance in LOVE is proven by bowing to the true eternal being within your partner you fully respect and love in his present manifestation as a sexual being of OPPOSITE sex / opposite polarity !

- a man bows to the "WOMEN" inside his wives / partners by being able to kiss her pussy (vagina) with such great devotion and love that she can easily have an orgasm. this proofs full acceptance of HER being "different" from male - her being truly female - hence of OPPOSITE nature than the man himself. while the women in such love practice is required to truly be in peace with herself being a female being and by being fully relaxed to completely OPEN and accept her husband bowing to her in such a truly spiritual way. if the woman fails to fully open for her partner - then she may fail to experience an orgasm as a result of herself failing to ACCEPT his true divine love ! every true female woman loves that and enjoys it again and again - and EVERY spiritual woman NEEDS this proof of true love again and again for her spiritual healing and of course for a happy fulfilling partnership !! the female sexual organs are of receiving nature - specially the uterus has a powerful large chakra to absorb metaphysical energy GIVEN by the man during sex including oral sex. it is this male energy flowing INTO the spiritual being of a woman that finally causes the orgasm of a woman in ALL sexual practices between men and women. the woman NEEDS to truly

LOVE that man to fully OPEN for his love and that man needs to have TRUE spiritual love in order to be able to GIVE such love that creates an orgasm within the woman. an orgasm is a temporary union of two astral bodies - and for more advanced spiritual couples of two causal bodies.

- no matter what the reason and purpose of a marriage is or was - one day every woman is starving for that ultimate proof of love. even if in some cultures or religions such proof or sexual practice has been completely suppressed - one day - now or in a later incarnation that woman may search for something missing ... and finally find it and escape any present marriage or partnership that existed for any reason of abuse what so ever. true love needs to be proven ! again and again and for eternity !! the thirst for true love and a possible missing proof of such true love in a given partnership always is stronger than and material benefits present and causes both partners to be attracted toward the final and eternal love partner - sooner or later.
- a woman bows to the "MAN" inside her husband / partner by giving him a "blow job" - by sucking his penis and FULLY absorbing all energy metaphysical and physical ( semen = physical love ) flowing out of her partner's penis. this requires HER to be fully open to accept his love and ABSORB love within HER female being - she either can absorb all or NONE - never metaphysical love only and rejecting physical love ! this oral sex however also requires the man being fully relaxed and ready to GIVE ALL to his wife - it also requires that HE feels the his love is WELCOME by his wife / partner. he needs to FEEL that his love is "good enough" for his wife and that she loves it. of course such can only be done by a woman who is in peace with her sexual woman inside as well as that man needs to be in peace with his sexual role as a man !
- every man who may presently feel and BE abused as a source of financial support or as a jump board for a females career may sooner or later miss this ultimate proof of being loved as a simple man. just remember the very recent story in the late 90-ies of the previous millennium of a young woman and a president of a large American country - that man was abused by his married wife as a jump board for her future career and at the same time this man as a president was missing simple true love from a female being. no career, no position, no money ever can replace true love in all its divine aspects for any extended period. the thirst and hunger for true love bursts one day all limits and finds a suitable source for fulfillment. that young woman who gave that president the proof of true love was his true eternal partner. karma has separated them and the search for love by each soul still has kept them physically close enough to find each other - at least until the weird and very ill sexual mentality of that country destroyed ( or postponed ) a possible happy-end !

in many cultures oral sex in such a traditional ritual way has been known and practiced for thousands of years - and is published in ancient literature such as kamasutra tantra and other teachings. at the same time some extreme cultures and religions such as Islam have suppressed the angel like sexuality of all women and refused women the right to enjoy love trough the god made means of sexuality.

hence any women having passed one or several incarnations in muslim cultures before or now - may find herself blocked to relax and enjoy true divine love as expressed by her husband. such extreme damages as a result of extreme previous or current incarnations can only be healed by God. Kriya Yoga in its far advanced stage will open for such divine healing by God !

oral sex can never be played or simulated - only the true bowing in LOVE to the partner as described above can result in true joy and spiritual healing and hence in an enhancement of your love within the present partnership !

may divine bliss and love be with you and give you the strength, purity of love and divinity to

dissolve in love anything and all that might still be separating you at this very moment. observe your very own present attitude and feelings toward your present partner and make proper adjustments OR give total freedom to your partner.

either YOU make your partner fully happy, NOW ! - OR - YOU divorce instantly to allow your partner to find true love and absolute eternal happiness, partnership and spiritual support with an other person of opposite sex.

while many are searching a replacement for this FULL acceptance as the being you are - as the true sexual being God made - searching in career, in better positions, more money, degrees and diplomas, ... anything material but true love is finally but a weak substitute for the ultimate LOVING acceptance by of the simple spiritual and sexual being within your present body. the more missing such true love in in the manifestation of LOVING oral sex is - the more intense that person looks for more and more substitutes.

however there are many things money can buy - even commercial (oral) sex - both nothing can buy or even temporarily replace true divine, sweet love between truly spiritual partners !! only YOUR true LOVE can attract and free your partner's true love !

Oral sex means being able to BOW to the divine sexual being of your partner ! ALL will learn it one day to re-develop and heal a true love-link and relationship of divine love between husband + wife.

[Overview all chapters](#) | [Home](#)

You may expect [new chapters here](#) on this Web-Site as long as this soul has a physical body. Just remember the Link that was guiding you in.

The only way to [God is Love](#), no matter through what spiritual tradition you are starting - the final before God-Union always will be but [Divine Love](#).

The text "[on your wings of Love - on your way to God](#)" shall focus on [Divine Love](#) and help you in understanding the true nature of [Love - the true nature of God](#) - and how to develop it within yourself for the remainder of eternity. Divine Love within yourself will set you free - free of anything and everything, Love will make you free to become one with the Infinite, the Source of all sources, the Creator of all creators and creation - you may call it God or give it any other name depending on your present and previous cultural education and formation, beyond any manifestation and yet existing within all of us all the times and at any time ever before.

Here some additional links to find more spiritual texts from the Cyberspace Ashram:

[with Love from God to you and for meditation](#)

and in the Cyberspace Ashrams Spiritual FAQ Forum



With Divine Love and Bliss

[Overview all chapters](#) | [Home](#)

# welcome to step 1 of the exercise

please read it first and then do it as precisely as you can - fully concentrated

Now please look  
forward

- straight forward -

for about ten or a few  
more seconds

What do you see  
straight ahead of you ?  
How does it look like ?  
What colors can you  
see?  
What shapes can you  
see ?

Fully concentrate on  
what you see in the  
center ahead of you  
for about ten seconds  
or a few seconds  
more. Look exactly  
and concentrate on all  
the details you can  
perceive.

Then when done please continue by clicking below to proceed to step 2

[continue](#)

# welcome to step 2 of the exercise

please read again first all instruction and then

do it as precisely as you can - fully concentrated

Now turn your head  
approximately at a  
right angle to your left

look for another ten or  
some more seconds  
what you see to your  
left.

What is to your left ?  
What exactly can you  
see?  
what colors, shapes,  
.... ?

concentrate on this  
activity for ten or a few  
more seconds.

Then when done please continue by clicking below to proceed to step 3

[continue](#)

# welcome to step 3 of the exercise

again please read it first

and then do it

as precisely as you can and fully concentrated

By now you may have  
guessed what's next ;-  
)))

Please turn your head  
all over to your right  
side.

Again about at a right  
angle, then

focus now on all you  
can see to your right  
side.

Look exactly and focus  
on all the details you  
may perceive.

When done please return to the mainpage.

The link below should take you to the first sentence just below the lotus-flower.

[continue](#)

# Worksheets

Please print and fill in ALL data to have your worksheet

- or

simply OPEN THIS PAGE in your HTML editor ( for example in your netscape browser press Ctrl+E to open in editor mode ) and fill in YOUR answer.

YOU NEED these results if ever YOU want to succeed - and the results will show AND proof YOU some valuable FEEDBACK DATA for YOUR spiritual benefit !!

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## My inventory - worksheet 1

do you know how much you OWN ? - write it down HERE in this table to find out

please USE ALWAYS the NEW value at the time of purchase

item	amount	% of Total A
how much was the price for your house or apartment I own		
how much is the overall price of ALL furniture and appliances		
transportation - motorcycle, bicycle, car, boats, others ( NEW value when I actually purchased these items )		
radio, TV, Hi-Fi, video, walkman, personal computer, cell phones and other electronic equipment		
professional equipment ( computer for professional use only, tools, trucks, cars for professional use only, office equipment, FAX, etc )		
how much did I INVEST for ALL your professional education, i.e. any education after elementary school or after age 16 - include ALL student loans you received, if it was FULL-time study then it should include ALL my living expenses and transportation for the total duration of my studies.		

ADD us \$ 10'000 ( in my currency ) - residents of Europe and USA/Canada add 30'000 us \$ for each year of full time study at high school, colleges, universities and other public school and other government subsidized schools. this is approximately the ABSOLUTE LOWEST MINIMUM amount in any country worldwide PER STUDENT per year that the taxpayers and industry have to pay for the overall investment and logistics in public schools ( construction, furniture, equipment and maintenance of school buildings and its inventory, all salaries and pensions of instructors, teachers, professors, all research and development of school materials, learn and teaching materials.) THIS mount here is the amount OTHERS spend to finance MY studies, MY dreams, MY future ! one day sometime later in MY life I will be the one to return most or all of this to society for the dreams and future of OTHERS ! note that NOTHING in life is REALLY FREE in God's entire creation - someone always had to pay what I used my father with his his income OR taxes, others, friends, neighbors, slaves, GOD, ...		
all your toys, leisure-, recreation- and sport equipment and related accessories ( skates, ski, surfboard, balls, tennis, swimming and diving gear, all sport dresses or sport suits )		
how much did I spend for ALL my presently existing furniture and appliances ( IN my apartment or household )		
any shares and saving accounts, life insurance policy, etc		
other property or real estate, valuables, gems stones, gold, art work, ...		
any collection of what so ever ( add here the actual sum of all really paid prices ) - i.e. coins, antiques, stamps, others		
<b>TOTAL A</b>		<b>100 %</b>

## My hours - worksheet 2

item	hours	% of Total
<p>how many hours have past since my 1st birthday ( 24 x 365 x number of years until TODAY )</p> <p>- this is the number of hours OTHERS ( nature !!, my parents, angels, and many more ) + God have worked and LOVED for ME until today in my present incarnation</p> <p style="text-align: center;"><b>this is my TOTAL LIFETIME Z until today</b></p>		<b>100 %</b>
how many hours did I spend at school - ALL schools today - including hours needed for HOMEWORK		

how many HOURS did I invest in continuing education - life time until today ! to change to a new job or improve in an existing		
how many hours did I WORK earning MONEY since the age of 16 ( how many hrs per week x the number of weeks of work per year x the years until today )  - that's the amount of LOVE and support on the physical plane for society AND GOD YOU returned or contributed		
how many hours did I make kriya yoga ( techniques only ) - all lifetime until today		
how many hours did I spend for humanitarian organizations ( UN HCR, UNFAO, UNICEF, ICRC, WWF, red cross, lifeguard, fire squad, ambulances, hospitals, clinics, emergency rescue teams, SOS children villages, orphanages, and similar institutions )		
how many hours did I watch TV until today		
how many hours did I spend for all leisure and recreational activities ( dancing, surfing, swimming, hiking, diving, skiing, skating, playing or listening music, watching movies, computer games, chess, playing cards, any other games and other HOBBIES ... including all related travel times )		
how many hours did I spend chatting, directly or by phone or in internet		
how many hours did i relax or just hang around		
how many hours did i sleep		
how many hours did i spend in hospitals or at home during accidents and illnesses		

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## My lifetime expenses - worksheet 3

this includes ALL MY expenses for ALL MY life - for a life span of 50 years based on MY real expenses I had during the past 12 months

( if it is easier for you, then you may take the LAST fiscal year instead the last 12 months from NOW ! )

how much did I spent for rent, mortgage AND maintenance, insurance, taxes, utilities ( water, electricity, sewage, ..) of my apartment or house ( if I own several - the total sum of all )	
how much did I spend for all my transportation, private and business - i.e. buses, gas, running expenses, insurance, taxes for cars and other vehicles, PLUS annual amortization of any vehicle used based on a life span of 8 years per vehicle.	

how much did I spend for all drinks and other luxury items - i.e. soft drinks, coffee, tea, beer, wine, candies, chips, chocolate, cakes, ice cream, crackers, ...	
all insurance premiums I pay - medical, pension, liability,	
all taxes I pay - i.e. church tax, property tax, income tax, sales tax and others	
how much do i spend for my family	
how much do i spend for my personal use	
<b>SUM B</b> - ALL above for ONE year	
<b>SUM C</b> - my lifetime expenses for 50 years - ( B x 50 )	
during my past lifetime i had some unique expenses like marriages, divorces, accidents, unique travels or unique investments - here I add the total <b>SUM D</b> of this	
<b>SUM E</b> = MY TOTAL lifetime expenses <b>SUM C + D</b>	

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## The final and ULTIMATE questions - worksheet 4

HOW MUCH did I INVEST ALL together in all my life since birth until today for MY spiritual growth and development AND for the reduction of PAIN and suffering on this planet ?

add all expenses for any spiritual seminars, workshops, spiritual or new age books or magazines, subscriptions, including all related travel and other expenses	
all my expenses to visit MY guru of MY choice including MY donations to MY guru	
my contribution made to receive diksha and all spiritual teachings from MY guru of MY choice	
ALL my financial contributions for the poor and needy outside your friends and relatives	
all contributions made for spiritual projects that I support	
<b>TOTAL C</b> of all above	
What financial promises did I make <b>TO GOD</b> when praying for the fulfillment of a wish that are still open after the wish has been realized - like " i will donate X monthly salaries to XYZ when i get THAT JOB, ..."	

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## MY final conclusions

NOW you can play with these above result and do some brain jogging and FIND your OWN CONCLUSIONS AND VALUABLE FEEDBACK - FOR your SPIRITUAL BENEFIT !

here some possible questions and exercises or comparisons YOU may want to do:

1. HOW do I compare in my spiritual path compared to an expert professional or a champion in sport in regard to MONEY invested and TIME / EFFORT invested to achieve MY spiritual goal of ending the circle of PHYSICAL REINCARNATIONS ?
2. HOW MUCH time AND money does a professional expert OR sport champion invest in receiving professional advice, teaching, coaching, care, vocational training, seminars, workshops, training camps, ... compared to what I spend for my spiritual success ?
3. how much are my lifetime expenses for soft drinks, coffee and ice-cream compared to the amount I offered to MY GURU for diksha ?
4. how much do I spend in my entire lifetime for jewelry, watches, after shave, perfumes, lipsticks, make up, luxury dresses, ... ? HOW does this amount compare to my total amount i spend my GURU for receiving all the spiritual teaching and initiation ?
5. If a professional expert or sports champion is spending more money to achieve HIS success than I have currently available for MY goals - MAY BE he is WORKING HARDER to earn MORE to finance ALL his efforts ? ? ? hence may be I may have to work HARDER as well to be as successful ON MY spiritual path as he is in his materialistic path ?
6. HOW MUCH did i receive from society in expert teaching during all my past education and training phases in my different jobs compared to the expertise I return to society and creation ?
7. HOW MANY TIMES did I have the feeling that i NEEDED and HAD guardian angels helping me to prevent disaster or just to guide me to success ? and HOW many times have I been PHYSICAL guardian angel for OTHERS in THIS life - helping, protecting or paying karmic BILLS for OTHERS ?
8. HOW does the total time of Kriya Yoga and / or God Yoga practice in MY life compare to the time spend for various other activities in MY life ?
9. HOW do MY total investment for MYSELF compare to MY investments to RE-ESTABLISH PEACE and LOVE in God's creation among mankind HERE on EARTH ?
10. HOW MUCH TIME do I spend to actively SUPPORT myself compare to the RE-ESTABLISHMENT OF PEACE AND LOVE in God's CREATION here on earth NOW ?
11. HOW MUCH do I spend to relief pain and suffering among the poor and needy of this planet compared to what I spend for my various pleasure and leisure activities ?
12. HOW do my overall investment in TIME AND MONEY to IMPROVE MY PROFESSIONAL EXPERTISE and QUALIFICATIONS compare TO TIME AND MONEY spend for all other items in my life ?
13. Is my professional work aimed to improve SPIRITUAL DEVELOPMENT ON EARTH ?
14. do I support my employer to the same degree I love that job and all the benefits and salary i receive from that job to support my personal goals and to support MY family ?
15. at the beginning of the chapter i asked you "1. what is YOUR first priority in life ?" - now that you have some pretty accurate numbers about your real life - are YOU really spending a SUBSTANTIAL amount of TIME, EFFORTS and MONEY toward achieving THAT number ONE goal in YOUR life

be HONEST to yourself - become aware of discrepancies between what you THOUGHT your goal is and what you really are heading toward. because the greatest investments YOU have are the real karmic goals you are sliding toward

you may want to make CORRECTIONS and SHIFTING PRIORITIES in your life to make sure

your time used, efforts and investments are directed toward the real and eternal goals your truly  
WANT to achieve

god bless you

hans

# Learn to say "I Love YOU"

## Part 1

Beloved ones

"i love you"

saying these 3 magic words to anyone, to foreigners, to people you never saw or met before in this present incarnation - is a true proof of YOUR capability to LOVE - to actively LOVE - to GIVE LOVE - beyond the static and simple idea.

you have been studying the chapter "[Dynamic Love vs static Love](#)".

after a brief review of the present survey available online, i assume that most ( hopefully ALL ) of you have actively participated in that survey.

a large percentage are actively practicing Kriya Yoga and or God Yoga - yet approximately 50 % or the participants do NOT say "i love you" to others, foreigners spontaneously !

that is a VERY alarming distress signal of those "God seekers" - a proof why many of you are God-SEEKERS rather than God FINDERS !

the cause of such blockages within you and how to change such blockages is today's topic.

let's have a look at some preparatory steps:

to be able to SAY " i love you"

1. YOU need to be WILLING to actually GIVE love to the potential recipient of love
2. the potential recipient NEEDS to be OPEN - HERE and NOW to actually RECEIVE your love

the first point is YOUR sole responsibility. missing willingness to GIVE is a pure manifestation of

stinginess in its absolute and hence spiritual form - a root cause of separation from GOD.

if YOU fail to be WILLING to GIVE love in ALL its forms and manifestations - ALL - here and now - then the only way for YOU left is a special path of karma leading YOU through some severe situations causing emotional PAIN to YOU by suffering and experiencing the same behavior from OTHERS as you cause TO others.

such lessons may take as little as a few hours - but as long as a few MILLIONS of years - hundreds or more "incarnations" in a physical body or simply in astral and causal bodies.

the choice to change YOUR behavior always is YOURS and nothing but YOURS !

the second above point can be YOUR responsibility and within YOUR possibilities to change - or it may be the responsibility of the other part - the potential recipient of YOUR love.

a person simply can reject ANY love from YOU as a result of YOUR past experiences WITH that person - causing THAT person to reject YOUR love as a PUNISHMENT TO YOU. because the ONE whose love is rejected is PUNISHED by experiencing his love to be rejected.

a person may reject ONLY YOUR love and at the same time accept love from ALL or many others as a substitute of YOUR love to continue punishing YOU.

there is little YOU can do. because such behavior simple means that the potential recipient of YOUR love fails to FORGIVE YOU what you have done - and that might as well be many incarnations back - even millions of years back !!

however there always is a chance and possibility that YOU only YOU - can heal such a person and cause that person to ACCEPT your love.

how?

by YOU refining YOUR love and turning YOUR love into pure divine love. that may require from YOU thousands of hours of intense spiritual work in hundreds or thousands of different situations in your present life. it may require YOU to work intensely for years or decades or an entire incarnation - HERE and NOW on this very planet.

it requires YOU to become REALLY spiritual - really spiritual means by truly and fully achieve God realization and oneness with God ! by being willing and ready to abandon all "war" against members of the "opposite" sex/gender and by truly LOVING and returning HOME to God.

in order to be able to SAY " i love you" BOTH potential parties NEED to truly be open for the true FLOW of love - LOVE is energy that NEEDS to be able to FREELY flow

- out of YOU = YOUR sole decision
- INTO the recipient = the result of the OTHER's decision PLUS part of your influence as a result of YOUR improved LOVE as a result of YOUR true spiritual progress as a result of Kriya Yoga and applied love in all situations of life.

if ONE of these two are closed - it is difficult of sometimes impossible to "say" i love you to others.

if THE other is blocking YOUR love - you still can say it - IF - your true love is stronger than his/her REJECTION !

for YOU to be able to "say" i love you - you need to have successfully practice REPEATEDLY the bowing lesson given to YOU all in an earlier newsletter - if you lack motivation to learn bowing YOUR physical BODY and YOUR EGO to the feet of others including YOUR partner, you may want to re-read the testimonial of Galina.

EVERY single person NEEDS the certitude of truly being LOVED and YOU may be a substantial part of giving that proof - the proof of being lovable.

a person feeling NOT being lovable has serious problems of finding a reason for being LOVED by GOD. if YOU proof that YOU can love him/her - then it is much easier for anyone to accept God's love as well, because YOUR present LOVE here and now these very seconds is something EVERY physical human can FEEL and EXPERIENCE with all its senses. while God's love can only be experience AFTER having REMOVED or dissolved most or all of present blockages to CREATE and re-establish the awareness of being lovable within every person.

YOUR present PHYSICAL love in ALL possible manifestations is a mandatory and most efficient tool to HEAL the awareness of being lovable. YOUR willingness and capability to SAY and PROOF with YOUR daily deeds " i love you " to as many as possible is YOUR way to love God - here and now on earth and it is YOUR way of supporting God to re-establish ONENESS among all creation again and to re-become ONE single family in God. one day soon !

find out what type of lover YOU are - how often do you say YES or NO to giving or receiving LOVE - and start to think about possible changes and when and how to apply them in YOUR life.

spontaneously SAYING " I love you " to foreigners is ONE important part of GIVING love. if can NOT say " i love you" then you are among those who do NOT WANT to GIVE love at all - .... ! THEN it might be time for YOUR surrounding to change THEIR surrounding by living WITHOUT YOU.

If however you are sure that ALL your surrounding is rejecting YOUR love - then it might be time to

- refine your love by becoming MORE spiritual
- changing YOUR environment by changing your friends and contact persons AROUND YOU.

because

- YOU have deserved to have a surrounding that is PERMANENTLY FULLY OPEN for YOUR true divine love in ALL its possible manifestations
- ALL others have a divine right to be surrounded ONLY BY TRULY LOVING persons ready AND willing to GIVE all - again and again.

YOU may never directly be able to change other peoples decisions and will - except by being a perfect divine sample for all. BUT YOU can change your surrounding by moving INTO another area - to OTHER people with a different attitude and an open heart - to get what YOU deserve - L O V E - all the love YOU need and all the love and happiness God would LOVE YOU to experience - HERE and NOW and for ETERNITY !

YOU are ALWAYS able to change YOUR very own behavior and attitude - within seconds !

- all it takes is YOUR YES to LOVE and YOUR YES to GOD and YOUR YES to YOUR very own GOOD !

can YOU here and now say from the VERY depth of YOUR heart and soul

- i say YES to God
- i say YES to Love
- i say YES to MY Good

SPEAK it out - first in private - JUST for you, again and again, then say it in the presence of OTHERS, your family, friends, anyone. Say it, write it - sing it again and again ( if you miss this song "I say yes" in your older version MINI-CD - download it from the [Cyberspace Ashram](#) in the [MP3 Music](#) section) - say and sing it until it is TRUE and realized in all parts of your life.

... to be continued soon

with love and divine bliss

hans

## Learn to say "I Love YOU"

### Part 2

#### Beloved ones

Love has many forms of manifestations - hence there are MANY ways to "say" "i love you" to your beloved ones AND to entire creation ! hence YOU may have to learn MANY ways to EXPRESS YOUR LOVE - or more precise - you may have to learn to FREE all your God-given possibilities and potential AGAIN that you have buried and blocked underneath your ego !

Before you start to LEARN or FREE again your many ways of saying "I love you" to your beloved ones as well as to ALL creation, let's have a look at some very basic manifestations of ACTIVE love. love is perceived trough ALL of your senses - physical AND metaphysical - hence LOVE must be presented TO all these senses at the same time - forever and ever ! later on - after you have reached a higher state of spiritual development OUT of your physical prison, you will find many more ways to perceive and to manifest / present YOUR love to others.

while living in a physical body - you receive love trough

1. your eyes - beauty of your surrounding
2. your ears - sound of spoken word, songs, music, nature, ..
3. your nose - fragrance / smell of body of your partner and family, flowers, nature, ...
4. your tongue - taste of food, skin of partner, taste of breast milk, taste of semen, ...
5. skin - feeling, sensation and emotions perceived when touching partner, friends, humans, animals, plants, flowers, minerals and metals, nature, ...
6. ALL these very basic perceptions are made simultaneously through your physical senses PLUS appropriate CHAKRAS. each manifestation has a PHYSICAL and METAPHYSICAL ASPECT !

but of course there are ways beyond physical senses that YOU perceive while having a physical body, because most of your metaphysical perceptions are combined to your physical perceptions to a varying degree depending on YOUR present spiritual development !! - these are for example:

- spiritual beauty - aura - we have an aura on different levels: astral aura, causal aura, atmic aura (the beauty of your soul), ... each of this aura has a particular stage of development depending on your previous incarnations AND karma !
- spiritual telepathy - on different levels of your manifestations: astral/mental, causal, atmic, ...
- ... the various parts of the aura are to a certain point proportional to your present physical being and manifestations, but MORE complex and MORE divers - much more !!!

some of these additional aspects of your spiritual development that are directly manifested trough your aura

and can attract or reject others are:

- degree of mercy YOU have developed
- degree of divine love toward ALL you have developed
- level of readiness to help and support ALL creation YOU have developed
- readiness to serve and support ALL creation before serving YOUR individual needs - i.e. degree of YOUR selflessness !!
- your true absolute faith in God
- your love FOR God you are permanently manifesting
- your harmony WITH God in ALL you do - i.e. your true and full understanding of God's NEEDS and your capability to fulfill YOUR share of HIS needs !
- degree of intuitional perception of the NEEDS of your partner and all others surrounding you - including animal and plant life - including the NEEDS of all creation in harmony with God's intentions !

as you can see, all YOU need to perceive more aspects of love as well as to REFINE and FREE your various manifestations of divine love have already been given to YOU in the various chapters and lessons of the Cyberspace Ashram.

when practicing Kriya Yoga in its FULL and absolute precise form, including

- helping others
- sharing with others
- applying grace and mercy to all in all situations
- loving ALL your enemies
- getting in peace with ALL
- forgiving ALL under any circumstances
- being able to physically BOW to ALL
- ...

you will purify, uplift and BEAUTIFY YOUR AURA - hence "improve" the quality of YOUR love toward ALL !!

Kriya Yoga also cleans and opens your senses for metaphysical perception of your surroundings and increases YOUR capability to perceive, to "SEE" other manifestations of true absolute BEAUTY on all levels of your surrounding - OR - to make you aware of MISSING beauty and thus giving you a chance to make proper adjustments in your behavior toward your surrounding. for example by changing your contacts, by changing your location, by moving to an alternate location, by searching for a better suitable partner that supports your spiritual development and interests !

while God Yoga helps you to perceive the true infinite nature of God's love AND receive God's love for YOUR healing to allow you to learn to reflect HIS love IN YOUR BEING in all aspects of YOUR LIFE.

with the increased spiritual development of THIS planet NOW these years, it will become more and more important for YOU to know how to "say" i love you to others in a more and more spiritual form and this certainly will require actions and modifications on YOUR part.

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the development of love will go on for eternity !!

for ever and ever !!!

even God's love is NOW different from what it once was trillions of years ago !

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... to be continued soon

with love and divine bliss

hans

# Learn to say "I Love YOU"

## Part 3

### Beloved ones

In the final part of the lesson "learn to say I love you" i will sho you a few very examples how YOU can START to say "i love you" in many different ways to as many DIFFERENT persons possible - spontaneously !!

YOU NEED to learn to say "i love you" to all the receptors - senses - physically AND metaphysically. i.e. you say "i love you" to

1. the eyes of others
2. the ears of others
3. the nose of others
4. the tongue of others
5. the feelings and heart of others - the HEART !

we look at precise examples how to START and continuously practice to say "i love you"

## Saying "i love you" to the eyes of others

YOUR natural beauty is the most powerful "i love you" to your surrounding ! God has created Billions and more of humans, all are different from each other ! like a blossoming field of flowers in spring season. each of the flower finds its beauty in the DIFFERENCE from OTHERS.

YOUR beauty as well is the DIFFERENCE from others ! never copy OTHERS in YOUR outfit. learn to be individual, learn to be YOUR self ! learn to dress and look like YOU LOVE to be !

be CLEAN ! if you take a shower once or twice a day, are clean from top ( hair ) to the bottom - have your fingernails and toe nails clean and your hair cleansed - then you ARE as clean as god

made you. during work it never is possible to remain clean - as much of the TRUE and IMPORTANT work involves getting your fingers or all body dirty - getting involved in the elements and of course you accumulate traces of your work in your clothes and on your skin. this is a proof that you accept the challenge of WORKING and may as well be considered beautiful by a women ! by YOUR partner !

be NATURAL. girls often use and ABUSE make up because they dislike their OWN personal appearance. learn to SHOW your natural, God given beauty, learn to display and accept with LOVE your entire natural physical appearance:

- natural hair color - the natural hair color matches your EYE-color and both together attract and please YOUR eternal partner !
- natural body color - the white race tends to spend excessive efforts on artificial skin tan - even tan WITHOUT sun - while the brown race tries to change skin color with chemical skin whiteners. whether you are naturally white or brown or black - a regular sun bath ALWAYS is healthy - if YOU have learn to OPEN yourself to fully ABSORB all love and energy and life force contained in the sun instead of FIGHTING the sun by the use of sun block or by escaping any sun light. ONLY DARK souls - spiritually dark avoid sun light or reject sunlight or have MEDICAL AND emotional problems with sun light.
- learn to fully accept and show your natural skin color !! if YOU fail to love it - HOW can YOU expect anyone else to love YOU ?
- learn to accept and love all parts of your present physical BODY and SHOW it to others. learn to avoid looking into mirrors ! instead - look into the eyes of your partner and others and if they smile at you - THEN YOU ARE PRETTY and BEAUTIFUL and YOU simply have to accept that fact. God made YOU to PLEASE OTHERS in YOUR appearance and never to please your self !!!
- show all natural beauty and body parts exactly the way God made them for YOU - because that is the way YOUR very best friends, your family, your eternal partner and most others LOVE YOU. YOU need to learn that the way YOU are right now is the way others can love you - IF - you have nothing but LOVE in your heart - LOVE for ALL !!!
- hence avoid modifying your body like: shaving all body, changing body parts trough plastic surgery, adding chemicals to your body, ..
- your God made natural appearance is a GIFT to OTHERS. it is a reflection of your spiritual being including your karma and all your spiritual development and experience.
- if you truly think you need to loose or gain weight or be stronger or more flexible - then change your inner attitude and change your life style and all your appearance will change accordingly.
- learn to accept that you never can be physically beautiful if you are missing spiritual beauty ! LOVE makes beautiful - love more, create more happiness and your outside appearance changes accordingly.
- learn to GIVE all your natural beauty ( natural = naked ) TO YOUR BELOVED PARTNER. instead of hiding all different aspects of your body. instead of covering with various dresses and accessories and make up until all your nature is gone.
- jewelry and accessories you WEAR on top of your body are nothing but disguise of your true nature. to COVER UP your true being. made to make you appear different from the way you really are. jewelry and accessories compensate YOUR missing or damaged SELF ESTEEM ! if your self esteem is healed - then you can easily afford to show all your natural body to your partner ! ALL !!! - your legs, arms, hair, eyes, lips, teeth, body, .... - however the more you spend for fashion, accessories, jewelry, make up the more damaged your self esteem AND the more difficult it is to OTHERS to say "i love you" TO YOU.
- learn to accept that the way God made you - YOU appear like a beautiful flower, like an angel, like a natural jewel to those who NEED to love you, to those who are MADE to LOVE YOU !

- shape up your body in a natural way - keep your body clean and healthy - inside AND outside. to keep your body in a NATURAL shape you may do some garden work or hatha yoga or any other out door sport - just a short time on a regular basis - no heavy gym or workout needed - there is enough REAL physical work on this planet to give you a natural workout if that is what you love to do more often.
- inside cleaning is done by NATURAL food, without any chemicals or preservatives and by giving clean natural tap water to flush your body INSIDE. natural CLEAN tap water is the INSIDE-shower of your body when you drink it and the very same water of equal quality is used for your outside shower.
- be nicely dressed in a colorful way. look at nature. all nature is colorful. such is the aura of a spiritual being - many beautiful colors like a rainbow. use simple dresses in natural materials and mixed pretty colors to reflect in your outside the same colorful beauty as your innermost being is.
- if you are dressed in blue jeans, or other plain dark colors like black, grey, brown or white - then you are suppressing or killing your natural beautiful appearance because your aura is dark as a result of MISSING desire to GIVE LOVE and to MAKE HAPPY in a selfless way. dark dressed people usually have a dark attitude !!!!!!! how can a man or a girl feel and behave like an angel - made to the image of God - when dressed in black or grey or brown ???
- how much easier is it when dressed in bright rainbow colors or with beautiful flowers on the dresses !!!
- people dressing mainly in plain DARK colors - black, brown, grey, .... have a dark attitude toward them selves as well as to many / most others. that means they have little or no TRUE love for others and hence as a result of such limited love for OTHERS can find NO love for themselves !! such persons need to GIVE more to others - GIVE in all ways possible and their inner attitude changes as a result of the changes in their KARMA !
- persons dressing in fashion outfits, dark suit, white shirt, tie - suppress all or most of their personality - the SHOW UP an artificial personality.
- learn to select COLORS in your outfit - and DO ALL THIS SELECTION yourself - as it is YOU who needs to LEARN to feel well inside your skin, you need to learn to feel well inside your physical body skin as well as inside your dresses. drop all influence of fashion and wear what YOU love to wear - and - if you observe that YOU have difficulties in selecting multi colors and different colors - then you may need some emotional healing - change your inside and your outside can adapt ! Kriya Yoga will do all the changes inside and help you to be more colorful and bright INSIDE and as a result YOU will easily feel well wearing similar pretty dresses OUTSIDE as well !

## Saying "i love you" to the ears of others

one of the single most powerful way to do exactly that is to VERBALIZE "i love you" toward others ! TOWARD ALL !!!

of course there are many other ways to "SAY" i love you. some of these are:

- saying anything truly loving and nice to others
- having a nice NATURAL voice when talking to others - this however requires YOU to be in harmony with YOUR innermost being - else you may never have a TRULY natural voice !
- using always positive words of LOVE when talking TO OTHERS
- singing FOR others. singing is a natural GIFT that ALL have. as children almost all sing.

later on they drop it more and more. however SINGING for others is LOVE for their ears ! just remember the many songs mothers or fathers have to sing their children asleep ! it finally is the LOVE within the voice that RELAXES the children and makes them sleep. the same relaxing effect works on others and your partner as well.

- play MUSIC for others. any instrument. nice songs - soft melodies of love and harmony create joy and healing in all.

avoid at any price words of negation, like saying NO, or prohibiting anything or limiting FREEDOM - this ALWAYS is the opposite of LOVING others !! listen to YOUR innermost being ! what are YOU thirsty and hungry for ?? what kind of WORDS please YOU ?

these words are the words others also consider LOVING !!! all YOU love to hear is what others love to hear as well.

## Saying "i love you" to the nose of others

first let's have a look at 2 aspects of YOUR body smell / odor. your body's odor depends on 2 single factors:

1. the PURITY of your food and beverages have a great impact on your body's odor. a naturally BAD body odor may be ENTIRELY caused by chemically intoxicated food or beverages. by OLD or rotten food. by food containing preservatives, artificial color and any other add ons that we may find in today's modern food industry and monoculture farming. of course farmers using any kind of chemicals, like herbicide and pesticide also contribute to YOUR intoxication. however keep in mind that farmers are producing what YOU ask for or what YOU buy. if you stop buying any products from monoculture and from industrial farms and if YOU start to be environmental conscious in all your purchases and limit your food to NATURALLY grown biologically grown food and drinks - FREE of any chemicals at all - then farmers START to produce what YOU ask for .... and what you PAY for. polluted water also contributes to body pollution and to bad body odor. keep in mind that any pollution in the water used for irrigation of fields and gardens as well as air pollution that contributes to rain-pollution - also will be found IN the vegetables and fruits !!
2. the second factor for bad body odor that is under YOUR sole and direct influence are your EMOTIONS !!! if you have negative feelings, revenge, hatred, jealousy, envy, violence toward any or many others - then these emotions created a strong rejecting bad body odor. of course also your very own attitude toward YOURSELF and YOUR very own body affects your body odor. if you hate your body or DISLIKE your body or your being or part there of then YOU CREATE bad body odor trough your ill self esteem ! typical and VERY COMMON examples are the negation of YOUR very own sexuality in its present physical manifestation. if YOU dislike AND negate YOURSELF as a sexual being - then the self created negative body odor YOU develop in your genital area will reject your partner instead of attracting him !!

remember the sweet exotic natural smell of a baby - any baby ! every baby smells like a unique exotic sweet angel-flower !! if you keep feeding that baby with LOVE only - in every aspect love - loving words, love food ( breast milk of a loving spiritual mother ), loving natural fruit juices and clean water and flower teas, loving words and songs, .... then that natural smell remains until old age !

the natural smell - FREE of any chemical add ons and fragrances - that means without the smell of soap, perfumes, deodorants, ... always is pleasant to others !!!

if however you note that your body odor is bad - you may be ill or have abused junk food or polluted drinks and instead of using chemical OR natural fragrance from outside to temporarily HIDE your body odor - you may purify your body AND mind again !

of course there are many contributing factors to body odor that might be difficult to control or reverse - such as the many toxins YOU absorb during the many vaccinations in early childhood and the toxins you get implanted in many countries when having teeth filled with silver amalgam fillings. but even here you can reverse the intoxication of your body trough a process of detoxification that usually is done with the proper homeopathic remedies with the aid of a professional healer.

needless to point out that the regular ADVANCED practice of Kriya Yoga will purify all your emotions and thoughts and your physical body as well.

if you want to truly love and be truly loved by your partner - you need the courage to live without artificial or natural fragrance applied to your body from outside - instead you take a shower with some natural soap and shampoo and rinse all body with clean fresh water and you should have your natural exotic and exciting smell back from your childhood. did you ever smell how loving and sexy your partner can smell when your partner is in love with YOU ?? no artificial or natural fragrance ever could compete with THAT natural fragrance of your partners body !!!!!!!

learn to accept and DISPLAY all your natural beauty - your natural smell is part of your aura and hence part of your overall beauty ! care for it - by feeding your mind, heart and body with love and sunshine only. products grown in fresh clean nature in sunlight always contribute to your health and beauty and your active progress on your spiritual path of love does all the rest !!!

## Saying "i love you" to the tongue of others

if you kiss with your lips your partner - you taste his skin ! the very same factors that apply to the smell of your body also apply to the taste of your body. keep your MIND, your emotions and your food and drinks CLEAN, healthy and NATURAL and make sure your self esteem and attitude toward all aspects of your being are loving - then your body at least "tastes" sweet to your partner.

of course a much different way to LOVE the sense of taste of OTHERS is COOKING ! in some countries the have a saying " love flows through the stomach - YES THAT IS ABSOLUTELY CORRECT - but of course food is only ONE aspect of love. but an important one as long as we have or USE a physical body here on earth.

the natural taste of fruits, salads and vegetables needs to be preserved as much as possible. then your food TASTES the way God intended it to taste. prefer natural food grown naturally IN YOUR home country that is the best guaranty for freshness in quality and TASTE. avoid at any cost genetically modified food under all circumstances !!!

of course a much overlooked factor in food preparation is YOUR LOVE while preparing food. if YOU manually prepare everything - with loving care, then YOU add the single most valuable ingredient to the meal - to ANY meal - YOUR TRUE LOVE that continuously flows OUT of your fingertips into the food your touch and prepare and cook.

no junk food, no prepared food, no manufactured food and no deep frozen food ever can replace a fresh homemade hand made meal.

every meal that is made with LOVE by a human is of healing nature.

be aware that food needs a natural healthy and CLEAN environment to develop it natural and full taste. in monoculture and in areas with high degree of pollution in air and soil and water all food is permanently intoxicated and no washing can totally remove chemical toxins.

care for your planet earth - some of you may still re-incarnate many times onto this very planet and tomorrow you may find yourself playing and farming on today's junkyard with nothing but chemical pollution left. all over - in the air, soil and water - and of course in all food. spiritual and physical disease will result from today's misuse and mishandling of our beloved planet. if YOU conduct a truly simple lifestyle you may find that MOST - almost ALL - of today's chemicals are obsolete in your life. what people REALLY need to be happy is LOVE and an environment that supports YOUR love to grow more and more until you found your way back home.

by the way - did YOU ever ask God to bless your water - or DID YOU ever bless water that you give your beloved ones to drink - if YES - then you know how much different it tastes and feels when you drink it - if NO - try it. all you need is TRUE LOVE and humbleness !!! since you have been successfully completing your bowing lesson a long time ago - both of these requirements are easy for you to meet ...

## Saying "i love you" to the feelings and heart of others

the heart is causing us to feel. if our heart is closed - then we have difficulties in

- showing our love TO others
- feeling or receiving love FROM others

your skin is the receptor of love expressed through touch !!! hence you need to care for your skin and leave your skin and all body hair the natural way. your body hair acts like small "love-antennas" to radiate and receive LOVE from and toward others.

touch is VITAL to all humans and to animals as well. loving touch is one of the single most important contributing factor to the overall holistic health of any baby. however touching the skin - NOT the dresses !!!

for babies and children as well as for adults in a loving relationship - skin to skin contact - all body - is important !!!!

take your time for an abundance in skin to skin contact with your beloved ones. sleeping naked in bed hugging each other, where ever temperature allows - love is HOT or makes HOT - if you tend to easily feel cold in bed - then your heart is simply closed for the love of your partner !! however if you are open for God's love and for your partner's love - you always feel nice warm.

take your time to regularly take a bat WITH your baby - with your small children - or to play together and wash each other. touching YOU and being touched BY YOU is of vital importance for a healthy natural emotional development of your baby !!!

missing touch during baby and childhood age may cause great damage and make your children incapable of entering a love relationship to a potential partner later on during adult life. it may take decades or MORE to heal damage done by child abuse through violence or child abuse through MISSING LOVE. missing touch is CHILD ABUSE as it is EQUALLY CRUEL to withhold love and loving touch than it is to be physically violent.

LEARN to gently and lovingly massage each other in your family and also learn to massage your friends and others when ever possible. being able to lovingly TOUCH and massage OTHERS - anyone - is an important manifestation of your hearts love toward OTHERS !!

depending on your preference you may make a massage dry or with natural herbal oil or when taking a bath together with natural herbal SOAP to reduce friction and be able to touch even more gently !!!

another way of loving trough touch is a gentle and loving hug when meeting friends and foreigners !! all people need love. ALL - young and old - male and female ! i remember a few years ago in India i was giving free medical treatment to many poor ones in the streets of Kodaikanal and most of my patients were very old. one women approximately in her seventies had many problems most of all she was missing LOVE and wanted a LONG and sweet HUG from me. tear drops were flowing from her eyes because TOO LONG she never was hugged by a human on earth for a very long time. hugging is something humans in India almost never do in public !! people there are nearly starving to death for LOVE. as all devote plenty of time to many deities and sculptures in stone or wood or to God - but almost none is giving LOVE to living humans in India - to God's LIVING children on earth !!!! the same may apply to other cultures as well but for India it is a vital and typical problem resulting in the cultural stinginess among Indian population. NOT hugging means NOT giving L LOVE to OTHERS and that is nothing but spiritual stinginess that also finds its reflection in physical stinginess of course !

doctors nowadays have usually no more time for LOVING their patients - for touching them, gently rubbing medicine into their body or for giving them a healing relaxing massage - all is done with tablets and injections.

another loving way to touch is partner dance - any dance any music that allows you to be touched by your partner and to touch your partner can be a divine expression of saying "i love you" - dancing together with your partner or with anyone if you fail to have a partner yet can be love and healing for body, mind and soul. it involves music you love, a gentle person of opposite sex you love and allows you to exchange much love trough all your senses and chakras at the same time - and you actually exercise your physical and metaphysical body.

## Other ways of saying "I love you" to others

there are many other ways to SPONTANEOUSLY say "i love you" to others.

here a few examples for YOU:

- in the movie, you have popcorn or chips but your neighbor has none - you may offer him / her and share yours
- in a public bus, train, ... you have some nice candy, chocolate or self made biscuits and may offer some to your neighbor
- in a bar or restaurant with a juke box - you may select a song - JUST for the others - may be a love song for their heart
- in a videoke (karaoke with video) you may sing a song for others or for your friends or together with friends
- you may start a part time business and offer massage to others
- you have a garden - and plant some very nice flowers to be seen by all who pass by your garden and for your neighbors
- you may have an abundance of fruits or vegetables from your garden and may offer them to your neighbors or to beggars or homeless or anyone else
- you may bake a cake or biscuits and bring them to your work or to neighbors or anyone you feel appears to be lonely
- from your garden, from nature or from a flower shop - you may get some flowers and offer them to FOREIGNERS you never have seen before - anywhere - old and young, male and female !
- if you play an instrument or know how to sing - sit in public at a location where people pass by or can sit for a while and play / sing for them - just for fun - just to SAY "i love you" - you may even team up with a friend or two to create a small band !
- have courage and invite someone you just met for a cup of coffee and cake or so -- at home or in a public restaurant / cafe-shop.
- if you are in a bakery and see an OLD person looking at the many goodies without selecting anything - you may assume that their pension may NOT allow for any sweetness in life - invite them to buy for them whatever they love to have and YOU pay the bill - as a Christmas gift - every day is a day to GIVE love - hence every day can be Christmas day !!!
- YOU are a child of God - be creative find MORE ways to say "i love you" helping an old person in household or shopping, doing garden work, going on a walk, talking or listening to someone, spending some time in a cafe with a foreigner, ... many ways to SHARE your time and GIVE your love to OTHERS - SPONTANEOUSLY !! you progress as you practice.
- and finally keep in mind that any kind of useful work done physically and personally BY YOU - NOT BY YOUR employees !!! - always is LOVE toward others ! be qualified and do as perfect as possible whatever your work may be - and you have one important way to say "i love you" to all society.

LOVE is the greatest gift we have - the most valuable - love has many manifestations and we all need to learn to use all or as many as possible. the more often WE love - the earlier we find home to God as only flowing love - dynamic active love can really heal, us and the beloved ones !

## Advanced spiritual ways of saying "I love you" to others

for all those of you practicing Kriya Yoga - other purely spiritual ways of saying "i love you" will result as a product of your most intense and loving spiritual progress - most likely AFTER you have achieved Nirbikalpa Samadhi - one such important way is to dissolve karma of others !! but God will offer you many other gifts you can share with all - as a result of your true love for ALL.

you will find out about these other ways in time - God's love is infinite and omnipotent - hence has NO LIMITS at all !!!

have fun loving more often

have fun being spontaneous in all aspects and manifestations of YOUR love toward ALL.

with love and divine bliss

hans

# Learn to accept love from others

## Part 1 - Baby love

### Beloved ones

Learning to accept love from others - from ANYONE and from ALL is equally important than saying "i love you". the art is to recognize the near infinite number of different ways others practice to tell YOU or show you THEIR love is what we all need to learn and practice again.

if you reject part of their love - then YOU are an active factor of emotional AND spiritual stress for others. if you manage to reject most of other peoples love - then it would be MUCH better for all others to be WITHOUT YOU as it is much easier to spiritually grow without additional know stress-factors. if you happen to have a partner who repeatedly or near permanently rejects many of YOUR ways of showing and proving YOUR love - TALK to him - seriously and firm, if nothing changes, then it is time for immediate divorce.

every child of God has a divine right to be able to GIVE love in as many different ways as God OR you created. continuously, every day, every hour, eternally. including physical / sexual love and all varieties of direct love between 2 partners. every child of God has a divine right to RECEIVE love in many different ways - ever-changing ways - every day.

**rejected love is one of the very worst spiritual situation that EVER can or could happen to anyone in God's entire creation. hence learn to recognize ALL different ways others use to tell you "i love you" or to show it or make you feel their love.**

friends, family members, your children, your employer, your employees, neighbors and anyone else may have a deep desire to show YOU their love and it is YOUR DIVINE DUTY to learn to accept THEIR full love.

different people have many different ways expressing love. basically anyone who wants to talk to or with you, who wants or seeks your company may do so to seek an exchange of love in either way or both directions. exchange of love may start in a very powerful way in the very earliest childhood. here a few examples how OTHERS may express THEIR love for YOU:

- a baby loves breastfeeding - that is first a receiving part - the baby RECEIVES milk from mother and included WITH the direct flow of milk there is a direct and proportional FLOW of metaphysical LOVE from the "bosom-chakra". the baby ACCEPTING milk from mama says "i love you" by accepting mother-milk. after feeding the baby may want to sleep skin to skin at the bosom - to enjoy the FLOW of metaphysical love that keeps on flowing. it enjoys mothers aura and love and by ENJOYING mother's skin to skin contact shows his love for mama.
- if baby rejects your milk directly from your bosom - then your love is possessive or selfish - selfish love is hard and painful to accept or digest and baby may prefer to live WITHOUT your love rather than with selfish or possessive love.
- a few weeks later a baby may smile and a smile is an expression of happiness. happiness occurs when baby receives love from mother AND mothers fully absorbs all love from baby. a baby - remember that - is AN ADULT SOUL using a small and growing physical body that FIRST needs physically to adapt to the capabilities and potential of that soul. whatever the reason for an incarnation - the baby usually can LOVE - give AND receive - more and better than most parents. love is silent. a smile may be accompanied by a huge flow of love from heart to heart from soul to soul.
- a baby wants to be hugged - but it also wants to hug mother, father, sisters, friends and any loving person. when YOU establish direct body to body - even more - skin to skin contact, then every normal baby is fully open for the FREE flow of love in both directions - simultaneously. if you have "no time" for baby and give it away to a baby sitter, then you reject baby's love and create spiritual DAMAGE to that baby !
- the more time you spent face to face, skin to skin with your baby, the more you learn to appreciate the many different ways of giving love as well as receiving love from the baby.
- baby wants to communicate with you - to tell you sweet loving words - but you are listening with your ears instead of using your MIND and heard. baby can communicate in a telepathic way during pregnancy and after - just as easily as YOU can speak words. a newborn wants to make sure YOU know how much baby loves YOU and that baby most likely came to HELP YOU, to give LOVE to you, to be your little sunshine here on earth in your heart.
- baby grows up and starts crawling around and experience this "funny" and very dark planet. baby tries every energy it can see or feel. and whenever baby sees something special it brings you that special piece to show YOU "i love you" in different ways.
- baby may bring you some beetles, some gravel stones, minerals, flowers, ... ! baby KNOWS what is good for YOU - do YOU know what is good for YOU ? most likely NOT !!! can YOU FEEL energy ?? can you feel the energy of minerals or flowers or trees ??? are you fully aware of the energy of a butterfly or a glow worm for example ??? can you instantly feel the healing effect on your aura and physical body any flower brought to you by your children ???
- children grow up with an open heart - open for angels, for god and most metaphysical aspects of earthly life. children can feel the aura of humans and animals near by. and children often are searching for small objects that appear nice to them and bring them to you - as a gift of love just for you. it is their way of saying "i love you".
- later on baby starts to make drawings and gives them to mama, papa and friends. as a gift of love.
- and still later baby is a small child and learns to talk and SING - and sometimes sings just for you. baby wants to be WITH you even as it grows up. the growing up baby wants to share, to help, to WORK WITH you whatever you work - baby wants to share and help you. cleaning, washing, gardening, mechanical work, carpenter work, it is the children's ways of showing their love - being WITH you - near you - where ever you are, what ever you do. it is their divine birth right.
- if whatever YOU do is TOO "dangerous" or "wrong" for baby or child - then it also is TOO dangerous or "wrong" for YOU.

- babies and children love to play WITH YOU - rather than with toys - with you means with your body ! fathers are to be strong and YOU are the living toy for your children - by accepting YOU as their playmate of first choice - specially during the first several years of an incarnation - baby tells you "i love you more than anything else - just YOU - no toys of plastic, wood or metal ever can replace YOUR skin to skin body to body love and presence. it is YOUR having time for them that shows them that YOU are open to give AND receive LOVE.
- and if after hours of wild or sweet playing WITH you, they become tired and need a nap - they again show you one more times their appreciation of YOUR love and YOUR aura by hugging you and falling asleep IN YOUR ARMS !
- angel babies always want to fall asleep IN YOUR ARMS as well as wake up in your arms.

do you realize the many ways YOUR children around you are using to show their love to you ? are you always saying YES to EVERY such occasion or do you say NO sometimes or often ?

any damage caused by YOUR rejection of baby's love or children's love needs to be healed by someone BEFORE a child becomes mature for a partnership. such healing often takes more than an entire incarnation - that means many children have selected a situation that was so hard and empty of love that they have a "broken" heart beyond the actual incarnation, while others may need many years or decades beyond childhood until they become ready for a mutual love within a partnership.

look at the high percentage of divorce and look at all the NON-divorced partnerships which can NOT divorce because their culture prohibits divorce. look at all the partnerships and families with drug and / or alcohol problems. all these are children having grown up in a environment and society empty of love - they have neither received all the love they deserved AND NEEDED nor were they allowed and given a chance to GIVE all the love they WANTED to give.

if a baby or child WANTS to be near you, WITH you - it is the first way of saying "i love you". because loving to be WITH or NEAR you also means:

- i love your love
- i love your aura
- i love your smile
- i love your face
- your energy
- i love what you have to offer in your heart
- I am HUNGRY for YOUR love, all kind of love YOU have to give me - your baby !
- my hunger for YOUR LOVE, for your presence, shall show YOU how valuable YOUR love is - for me as well as in general to ALL mankind AND to God. as YOUR LOVE expressed in your time you share WITH me is the single most valuable you ever have to offer - to me as well as to ALL and to God !!!

... but i am always aware that YOU need love - and me - your baby - i am willing to GIVE you all my love - to smile at you, to hug you, to kiss you, to touch you, to caress you, to bring you flowers, and plants, and many many smaller or larger objects to show AND PROOF YOU my love - as much as you need.

the more YOU are ready for most direct exchange of love - skin to skin, eyes to eyes, heart to heart and soul to soul - the more happy all. baby is ready for most direct and most efficient love !! always !!! are YOU ready to accept direct efficient love from your baby and children ? or do you

attempt to SUBSTITUTE YOUR direct love with TOYS, sweets and material goods rather than with YOUR time that allows YOU free flow of love - giving and receiving love requires TIME together without any interference by TV or other distractions - just YOU and baby !

... to be continued soon

with love and divine bliss

hans

# Learn to accept love from others

## Part 2 - Children's love

### Beloved ones

as babies grow older they start to show their love for you in more and more different ways - including physical and creative ways.

learn to recognize every manifestation from YOUR children's love and learn to fully accept THEIR love.

starting at the age of approximately 2, children become young adults and start to HELP mother and father in various ways, including cleaning, cooking, baking, watching YOU work and attempting to copy your work. children start to copy from you whatever you do, they want to be WITH you, in the office, at your work place, at home, anywhere and everywhere.

if you conduct a rightful and honest life - you will have zero secrets and can easily share ALL with your children. this sharing YOUR time and your experience with all your children would be the spiritual way of "educating" children - by YOUR SELF being a sample and allowing your children to do ALL you are doing.

your children's desire and natural interest IN YOUR activities is one major manifestation of THEIR love FOR YOU. they admire you and want to be like you. YOU are your children's idol !! because they love you they want to be WITH you and do what YOU DO !

if you have difficulties allowing YOUR children to do what YOU do - then YOU may do yourself something WRONG, wrong like

- being dishonest to neighbors, friends, customers, employers or employees
- lying to others
- cheating others
- abusing or benefiting from others
- violence toward others or creation
- any destructive behavior toward any part of creation - including environment pollution

children grow and their interest grow proportional. as the interest toward new activities and knowledge grows - the potential to learn grows as well. that means IF a child is interested in a particular skill or knowledge, then THAT CHILD is mature to LEARN it.

learn to accept the god given curiosity of children - because it is THEIR way of saying to YOU - the parents - children's best friend

- "i love you"
- "i trust you"
- "i have faith in your"
- "i belief that what you are doing is right"
- "i belief in your good judgment and common sense to know what you are doing is right"

the children's and teenagers readiness to copy YOU is a much deeper and spiritual way of manifested ACTIVE dynamic love toward YOU. it is YOUR responsibility to assure that your love mets the expectations of your children. it is your responsibility to make sure your children's faith and belief in YOU is fully justified.

whatever you do - keep in mind that your children KNOW what you are doing when YOU are away from them. because a "blueprint" of all action, thoughts and emotions is a permanent PART of the radiation of YOUR AURA !

toward ALL your best friends, beloved ones and partners YOU will NEVER be able to have any real secret - everything is part of your aura and only if you can do or repeat ALL you have ever done in front of all your beloved ones can you say honestly that you always had but loving and honest intentions.

children grow day by day - step by step and at different speed depending on many environmental factors - mainly depending on HOW FAST YOU allow them to learn, to grow, to become adult. remember that your children are ADULT SOULS temporarily having a smaller body that first needs to be trained. their realized spiritual potential MAY exceed your very own one by millions or billions of years of development or evolution !

while we have been created - we still evolve - ETERNALLY - we continuously GROW and learn, here on earth as well as back in God's divine home for us.

beyond the age of 6-8 years you NEED to give your children the freedom to do more and more alone - including helping you in household or garden or where ever they want to help, cooking or baking FOR you, going shopping and more. allow children to find THEIR way to love you, allow them to try new activities, new ways to be WITH you in an active way, allow them to do what YOU do - but allow them to do it THEIR way if they try different methods for what YOU are doing. who says that YOUR way is the only correct way or correct at all ? !

the more YOU can accept your children the way THEY ARE, the way God made them - the easier it is for your children to be WITH you, to retain a FULL opening of love FOR YOU and to enjoy life while learning and growing. allow them to copy YOU as well as to do things TOTALLY different from YOUR methods !

your children's way to say "i love you" consists mainly of

- helping you in various way depending on their age and divine potential
- learning from you whatever you do
- being with you or near you
- sharing their experiences and feeling with you
- singing for you, dancing with you, playing with you, playing music for you
- making you gifts like paintings, drawings, handicraft of any kind, needlework,
- growing up and showing you how much they can do, how strong they are, how they can find their own solutions or do things on their own

while parents mainly show their love for their children by

- giving all freedom to grow and learn
- listen to your children without judging them. accept all their "confessions" with love, by giving LOVING help and advice IF children ask for !
- ALL children have a divine right to SEE or BE with you any time, where ever you are, what ever YOU DO !
- accepting your children's company any time they want to be with or near you, even if they have no "obvious" reason - may be they are with you to PROTECT YOU with their LOVE !
- allowing children to do what you do and the way YOU do it
- taking TIME to explain why to do something in a particular way with positive words of wisdom rather than short explanations based on personal pre-justice, fears or lack of knowledge or time to to justify what you are doing
- giving freedom to your children to be alone if they wish so - or be with others, with friends, neighbors, relatives. free experiences on their own is a substantial part of growing up and MUST start in early age of just a few years. YOUR children's desire to do something particular - like going some place ALONE - means they are ready and mature and strong enough to learn to do that NOW !

children have much different ways of loving you than your living partner has - yet their way of sowing you their love is as divine and as necessary for YOU as your partners love. open for YOUR love to your children and open for their love toward YOU. learn to say YES to any loving request from your children and learn to justify WITH TRUE loving wisdom whenever you think you need to say NO. if YOUR NO ca be justified with LOVE and nothing but TRUE LOVE - then your children may accept it and dissolve their original request. if however YOUR NO was based on YOUR lack of time, lack of love, lack of knowledge, lack of YOUR readiness or willingness to cooperate WITH your children - then YOU have proven EGO and YOU have created karma that NEEDS to come back to YOU - most likely it needs to come back as a painful experience - painful FOR YOU - to teach you in a more efficient way what YOU have REFUSED to learn with love and in a loving situation.

CHILDREN may be some of your most valuable spiritual lessons and helpers - if YOU take the time to accept all the healing LOVE from your children. if your children are always happy and NEVER crying - then you most likely have managed to be a loving parent for them - a truly best friend. because best friends is what they need - while a baby needs mother and father to protect and guide, at the age of 6 and above children need a loving playmate and living example and later on, about at the age of 10-12 they need a best friend. hence YOUR role changes - and your love will grow as YOU need to learn to give continuously more and more freedom - seeing your children less and less until they are ready to enter their own partnership and fully manage their life on their own - far away from you - without even a possibility for you to see or contact them. if YOU have been a loving example for them - then you know they are strong and wise enough to pray at any time to God and to find their very own solutions in all future situations of life.

if however you feel bad about giving freedom to your children - then YOU may have failed to be a GOOD living and loving example for them. too late - because one day they have attained legal age and are free to do what they want to do anyway. missing ALL or most loving examples FROM you - YOU have created the need and situation for them to learn on their own - most likely in a painful way - and you have created the need for OTHERS to help your children including the need for "overtime" and extra work for your children's "guardian angels" to protect your children from possible damage that YOUR Missing example and missing time FOR them has created.

the more you do WITH your children whenever they want to be with you - the better your children are prepared for ALL situations of life - beyond YOUR present physical incarnation - because YOU are most likely to leave them on their own one day when you drop or loose your body by the end of your present incarnation.

if you are sure to have spent as much time in as many different situations as possible and wanted by your children - then you can be sure that your children are properly prepared for THEIR adult life here on earth.

... to be continued soon

with love and divine bliss

hans

# Learn to accept love from others

## - final part

TO BE OPEN TO receive OR ACCEPT love from others is of equal importance throughout our eternal life. different persons may offer you their love in different ways - often unseen and unrecognized by you.

since many or most of you OWE someone else the favor to first accept HIS love before YOU can give anything in return it may well be worth to seriously think about whose love YOU have rejected in the past and make up as much as possible.

may be you take some paper and pen and make some notes while making YOUR review of the below points,

for many people to feel love worthy / lovable they NEED and depend on YOUR accepting their love as much as possible. hence thin about the following:

- when did someone ask to see or visit you and you had no time ?
- when did someone want to invite you for what ever and you had no time ?
- when did someone want to show you something and you had now time ?
- when did someone want to offer you a free service and you had no need ?
- when did someone offer you a gift and you had no use for it ?
- when did someone want to go on a weekend or vacation with you and you had excuses that you regretted meanwhile ?

these above are just a very few simple ways someone may have wanted to offer you THEIR love, their company, or something out of their services or products ... a service of love of manifold nature and you found excuses for rejecting.

love needs to flow - among all mankind - from them to you - from you to them - love among the general population of human society may have millions of manifestations - like the blossoming field.

learn to get human relationships flowing - active - dynamic!

learn to accept whenever possible. someone wants to bake a cake or cook a lunch or diner for you ... why not !!

it is one of many ways to LOVE YOU and for you as well it is ONE of many ways YOU may need to learn to accept favors as a true way of sincere love and friendship among all mankind.

some wanted to offer you to play music for you or sing for you or to make you a gentle massage ... why NOT !!!

someone wanted to repair your household or make your garden ... why NOT !!

what may appear to YOU like work - may be a pleasant change in life for others or even their special hobby !!! what you may consider a burden may be pleasant for others and may be their ONLY way to show YOU their love in an efficient way.

love from others is making your life more pleasant. YOUR life for others is making THEIR life more pleasant. such is the eternal relationship of LOVE among all. we do things to please others and we accept things FROM others that please US.

when YOU have been really honest to above questions - then YOU must have written down a few occasions where you missed to accept the effort of others to LOVE you THEIR way.

rejected love is the cause of SEVERE emotional stress and even spiritual stress.

when you noticed that you rejected once or repeated times the offer of another person to establish a situation of loving exchange - you can solve the situation by

- send some flowers to that person - say i am sorry for having been too busy to see or meet you - but NOW you are free and would like to accept the missed offer ! flower always work as flowers are a carrier of love.
- send an email with above text and a nice picture
- make a phone call and explain above and ask for another chance to meet or see
- always ask you why you denied the initial offer and give your ego a kick. ;-)))

sooner or later YOU need to get things flowing again and it is the one who rejected an offer of love who will be the one to make the next first step to get love flowing again. be creative and loving and keep in mind that alternatively you may get another incarnation or many of them to get done what you delay or postpone or cancel NOW !

how does such perspective sound to you ? just keep in mind that MOST people on earth are here because they failed to do the few simple but nevertheless important steps to overcome their ego and say YES to love TO and FROM others.

to finalize this point. make a list of 12 persons from whom you rejected any offer during the course of past months or years and during this coming pre-christmas weeks re-establish a contact with them and get together. use all know efficient methods to contact them - be innovative and creative. use phone, fax, email, personal surprises, flowers sent via fleurop directly to their house..... use mutual friends to help re-establish contact.

now during pre-christmas weeks ALL people are more open for any kind of reconciliation. even if you never had any argument - rejecting love or the attempt to love YOU is a very serious situation on YOUR path to God as well as on theirs.the more often such situations occur, the more likely these persons may give up and stop to make any offer of love or attempt to love at all anymore.

something YOU may deeply regret in YOUR future.

use some of your time during the coming weeks to re-establish loving friendly contacts to as many lost or rejected ones as possible

with love and divine bliss

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

December 1st, 2001

today's topic:

## Bowing to the feet

beloved ones:

in the last issue i promised you "one most important technique to enhance your love life and sexuality" - here it is. while many of you may smile - if YOU really understand the reason why creation broke apart into dense spheres and if you really WANT to dissolve YOUR ego and learn to love - you all will do it any way. ONE DAY - you all will learn to bow to the lotus feet of your beloved partner, of your friends, of our guru, and most of all to God AND all creation !

pride has many forms of manifestations. however all manifestations of pride have ONE thing in common - they completely block YOUR heart to receive AND to give any kind of true love that can actually be felt by others

bowing to the feet of others is a very very old tradition in many asian countries. specially in spiritual circles it was and still is used by all true disciples. bowing to their guru's feet means they offer their full ego to guru at once and accept his teaching AND his divine bliss and love

in the western world few - almost none at all - can actually bow to the feet of anyone at all. ego and pride is far to huge and prevents true spiritual success

many of you have a guru somewhere in this world. some are visiting him on a regular basis, others prefer to wait for HIM to come to your place or your country to visit YOU. i will teach you here how to bow properly and explain you its true meaning and effects. then it is up to you alone to decide whether or not

i will teach you in several steps how to bow physically AND spiritually and at the very end of this newsletter i include a link to email of a girl of 41 yrs who learned it and EXPERIENCED a loving and surprising success - as a direct effect of learning how to bow

step 1

on your very own - in your room or any real quiet place, you knee down on the floor and bow with YOUR head to the bottom touching with both hands bottom. then you relax your physical body

## AND

descend further down with your spiritual body - HEAD DOWN - down to the very center of this planet earth. you really need to be ready to drop any ego, to ask forgiveness from ALL and to forgive to ALL - whatever needs to be forgiven !

when you have the feeling you really can do it and are ready - then you will feel or see that your entire spiritual head actually is in the very center of this planet and is encircled by a deep blue/violet/purple light ( aura ) as a proof that you are actually and successfully dissolving your entire pride in the divine fire of LOVE - that YOU really are bowing to ALL mankind and to GOD as well

## step 2

you repeat above a few times in different places - such as any church and/or temple of ANY religion - you need to get in peace with ALL followers of any and all religions and cultures !

## step 3

you repeat step 2 - but in presence of any people just happening being there

## step 4

you repeat the very same - but this time in front of your partner ! you may do this whenever you have the feeling to do so - however it should be done as soon as possible. you may have to do it in front of witnesses - your very own ego will teach you when to bow !

## NORMALLY

always the man bows FIRST to the lotus feet of his female partner !! touching ground with his forehead and touching with both hands both feet of the partner. THE MAN FIRST please !!! and ZERO excuses about knees hurting, or so ... the ego ALWAYS can bow if you really WANT. and if you have stiff knees as a result of a serious handicap or accident, then lie down flat on the bottom and do the very same !

## HOWEVER

if the female partner is ready to instantly do it first and has the urge to do so - then you are free to do so! it may instantly trigger a similar reaction in your male partner - never wait. if YOU - who ever you are - are ready to bow to the feet of anyone AND have the feeling that you really should do it - then DO IT instantly. no matter male or female

by spiritual tradition however as a result of the metaphysiological direction of flow of LOVE - it makes sense for the male to go FIRST

## why do males bow first ?

bowing really - physically AND spiritually and asking forgiveness AND forgiving as well - will instantly remove/dissolve all blockages of LOVE directly related to any manifestation of male PRIDE. male stinginess often is a male manifestation of PRIDE. withholding love from the partner as a punishment for anything the partner may have done wrong in a previous incarnation ( most of the time such behavior has its root back in the very beginning of creation of mankind !! ) or sometimes something done wrong during present incarnation. hence the bowing frees the flow of love - from god to the male - and NOW as a result of BOWING - to his female partner. the female partner may be hungry / thirsty for love from the male partner. starting to drink if thirsty only makes sense if there is anything flowing at all. hence the logic of FIRST male having to bow - then female

female pride closes her heart AND the entire physiology of her metaphysical body for the [reception](#) of available LOVE - from god directly as well as from her partner and anyone else

[just remember from other chapters / teachings of the cyberspace ashram:](#)

whatever is between YOU and anyone else or any particular single person ALWAYS - also is between YOU and GOD and your most beloved ones as well, such as your partner, your children, ... !!!

hence once the male partner has reopened all his spiritual body and heart again to GIVE all his love to his female partner - then his partner has something to absorb once SHE bows and opens her heart and spiritual being for the reception of love again

## step 5

the same procedure as above also works with any other person you may be in deep conflict with. with god for example - many god seekers are in conflict with god, making god responsible for their very personal karma or personal disaster. when ever YOU reject a part of creation, a single person or gender, or group, etc. it is time to bow and ask forgiveness and forgive all. to do so with anyone repeat above steps until you AND the other party has the feeling that your bowing IS successful

## step 6

if you are lucky enough to have a physical guru taking care of YOUR spiritual well-being and progress - remember that any true guru ALWAYS will help you physically AND spiritually. such SPIRITUAL HELP ALWAYS includes dissolving part or all of your karma as much as you progress on your path of love, as much as YOU surrender YOUR ego with any manifestations to GOD. your guru IS an ambassador of god on this planet for you - as such he forwards or speaks out the lessons that most successfully and most lovingly direct you back home to god

your pride blocks off any help you ever may receive from your guru. bowing to HIS feet physically AND spiritually at the very same time - is like bowing to all mankind and accepting his healing and uplifting love and surrendering part or all of your ego and karma as well. it also is the first step to open yourself to FULLY accept any teaching and lesson he may have to offer you. it is your pride that may make you feel that whatever you do or think may still be right and YOU may find your way back to god without any help of anyone at all

god however has hidden most of your lessons among and within your surrounding humans and nature in general. making it absolutely necessary for YOU to FIRST get in peace with all others before ever you can find your way back home. because back home YOUR MUST be willing to fully become ONE with ALL other parts of creation for a full and absolute divine spiritual healing

sometimes pride is all that may still hamper your spiritual success and progress. one day we all bow to the feet of all and of each other. bowing means dropping any pride, means instantly show AND PROOF readiness and willingness to tear down any barrier that YOU may have built up in the past. it may cause a sudden flow of LOVE in both direction. love only can flow if you allow it to flow in BOTH directions - OUT OF YOU and INTO YOU at the very same time !

the true and original cause of such war between male and female started for many of mankind being presently here on earth already soon after creation of their eternal being in our divine home. as a result of disregarding warnings and teachings from god and others. now it is time to get in peace - to heal all and any and every partnership and to find back to the one and only as well as back to god. all at the same time. by developing true divine love. divine love however exists within all of us - it needs to be freed - by dropping all aspects of our EGO - one of the oldest aspect however is greed and stinginess and one of their most obvious manifestation is PRIDE. the lesson and steps above will allow YOU ALL to successfully surrender your EGO and instantly dropping YOUR pride and become almost instantly fully open for all divine love - for your spiritual benefit as well as for the spiritual benefit of ALL your beloved ones, your children, best friends and all surrounding persons including all past ones who already lost or dropped their physical body and already are back on their way home to god

if you are in a partnership or planning to start one - bowing to the feet of YOUR partner may instantly awake and FREE any true and divine love that always was present and waiting to flow between both of you. to heal you - to uplift you - to please you and to MAKE BOTH OF YOU DIVINELY HAPPY !!

please have a look at this [experience a girl of 41 yrs](#) (back home we all remain eternally young - hence she feels now) wrote down for YOUR feedback to inspire you to make the very same. her new born love is directly resulting from her husband bowing FIRST to her and she bowing to him - physically AND spiritually. of course there were a few other spiritual lessons realized at the very same time - all lessons YOU may find HERE in the cyberspace ashram's published texts - such as god yoga and kriya yoga, ...

such was and is the divine plan - when god made female AND male!

with love and divine bliss

hans

preface by hans:

the author of below letter is originally from bulgaria - her english can easily be understood if YOU open with love all your heart - as she was very happy to share her experience and happiness with all of you. sometimes later i may add at the very bottom a spell-check modified version that may be made by her husband.

yesterday i asked her to share HER female experience of HER life as a women with you as well as some of the changes she experienced within the past several months - today already she offered her story to help you. earlier she wrote once in the guestbook

"Now I feel myself like a 17 year-old girl full of love and energy. I enjoy my sexual desire and

we do sex anytime and any way we want to. I have infinite number of pleasure waves lasting

for hours, like flying in a sweet pink light."

hence i thought YOU all might want to LEARN from her - and i ask her to write HER experience of HER past years as a women on this planet. here below you find her answer to my quest. please absorb it with love and learn from her pleasant experiences. god will help you to do the very same steps

with love and divine bliss

hans

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Dearest Divine Father,

I had day off today and was alone. So I had enough time to write my story and to cry out all my suppressed feelings.

I do not wish to anybody this suffering and will be happy to prevent it.

Please tell me where and how to publish it.

I LOVE YOU

Galina

P.S. here my story if you have time take a look in order to make some suggestion. now i am going to check the spelling and to correct.

I am 41 years old and I have never been so happy as now with my loving husband, who is willing to give me all his love and with our Beloved Guru- Hans, who gave us the key to the love and the happiness.

At age of 25 I met my husband. I realized that he was very selfish and ego-centred but I fell in love with him very easily. It was the first time in my life to be really in love, to feel ready to do every thing for him even to die. He was very intelligent, well educated and had a good social position and that matched exactly what I was looking for. I was pleased to have him, to show him to my friends to my relatives but I was not sure if he loved me. We had never made any commitment, I even can not remember if he ever told me he loved me, he just said "I want you"- the first time when we made love and that was the only loving words that I heard from him. But i somehow did not mind, I was content with what i had - I loved him and that made me feel happy but i did not tell him that, i kept silent, i thought he realized every thing- he was smart, i thought my eyes radiated the love i had.

I still keep in my memory a very light and love-filled moments of this time- we were sat close to each other I caressed his hand and looked at his eyes and i felt so much love and happiness i felt uplifted, like i was in the heavens. From that moment on I was sure he was the right one - the purpose of my life.

I wanted badly to have a baby from him but i just told him that i was not sure i was able to get pregnant.

"We will try it out."- was the only thing he replied.

i wanted him so much that i even have pain to wait for the right moment to make love. it was the first time in my sexual life to really enjoy sex - all i wanted to do at this time was - making sex and i got my wish pretty soon. When i understood i was pregnant i felt on the heavens again but when i told him he was surprized and not ready to enjoy it. he was not able to share my happiness. i dropped from the heavens on the earth and i hurt myself- i still wanted my baby but i did not feel the same love toward him - he was still a boy - may be i would be his second mather. i accepted this position and i never changed it- we married but i had never allowed him to be a real husband for me, a real male and the head of our family. i started to reject his love and to avoid making sex. More and more often i was tiered and sleepy- the magic of the love was gone.

We had our first daughter - she was so beautiful - i fell immediately in love with her - the fruit of our love. i was happy again and i put all my attention on her so i forgot my "older baby boy". He was jealous and drank several beers every night before to go to bed and find me asleep. I did not need sex anymore, if i make some it was just to please him for a short while.

Our daughter was every thing that worthed for my on

this world. She was 5 months old when i got pregnant again. It was a "mistake". i did not want this pregnancy and i was thinking of abortion but this time my husband decided - "It may be a boy" - he said and i agreed to keep it for him - a hope to restore our love. The new baby was due at Christmas. A couple of weeks before we took our 1 years old girl-" my sun, my love"- to my parents in other city and left her to them for a while. we turned back. the first days without my baby was a real nightmare for me. i had no love at all, i felt so upset and frustrated that i could not enjoy the new baby. the first days after the delivery i was still crying under the pillow for my sunny girl. She was crying also but my parents did not tell me to not bother me more. i had abandoned my baby. Oh my dear, please forgive me. I thought it was the best for you but i also thought it would be easier for my. i was weak and not capable to take care of my children.

Now i can clearly look at this moment and see that there had been many ways to take care for the two babies at the same time and to avoid this distress for my daughter, for me and for the new baby, that had the same right to be loved and protected from stress. there had been the best solution -love and happiness but we had lost them and we were not able to find the loving solution..

I put all my love and attention to the small baby. It was a girl again. She had very sad face and she could not cry the first few days. fortunately i had enough breast milk and she became pretty very soon. I had a new love, a new sunny girl but this one is strong, energetic and even warrior- the opposite of the other- she is tender, loving, soft and peaceful.

My husband lived in his world- his job, that he hated, his bears in front of the TV every evening. We kept doing sex often but there was not real satisfaction, no love flowing. I feared of getting pregnant and did not expect any pleasure from that. I did not know what is orgasm, i just was not interested in the sex anymore.

Step by step we drifted away from each other. I started my medical practice and I put all my energy and life-force in this direction. I wanted to improve, to study more and to become more capable to heal and to help. Many times i had ignored my children and husband for the benefits of my career. I was tired and occupied with my studying many times when they needed me. I failed to be a loving wife but I also failed to be a loving mother. I was not able to create a loving environment in our home- there was no love flowing between us- mother and father in the same home but completely separated-emotionally, mentally and

physically as well, sometime together in the bed but just to proof again the emptiness of the sex without love. i had never thought about that - i accepted this situation like my Karma and i did not try to change anything. I saw some people were really happy, some women really enjoyed sex and felt very much in ease with the relationship with the opposite gender. i was not interested in this anymore- I considered the male part of the creation like inferior, incapable; no man was good to be loved.

My husband left his career in the military and started a small tourist business. His life changed a little bit. He travelled a lot, met new people, other women and girls. I supposed he had sex with some but i did not mind. Once it was very evident and i suffered a lot- first time i asked myself- " Do i still care about? Do i still love him?". I had a pain deep inside my soul that lasted for months. Then I made some efforts to restore again our love, I wanted him, we had good sex, I cried a lot and was a bit healed of my pain- it was very easy to start again but I did not allow myself to forget and to forgive. I slept alone, starving for tender and sweet love, for closeness but i was proud to ask him and to offer my love.

Suddenly my husband was beaten half-dead and he needed more than a month to recover. With God's grace he recovered completely. This accident was the turning point of our life. i was scared of losing him. He was scared of death and started to ask - What is the purpose of the life?

A friend of his came and brought some books about the path of the souls and others, later we read "Autobiography of a yogi" by Paramhansa Yogananda and this book showed us the way to escape this world of imperfection and suffering. My husband looked for a Guru to teach him Kriya yoga and the first one that God helped him to meet was Hans. The communication with him was very easy - on the internet and free access for every seeker.

My husband read a lot of spiritual books and tried different techniques- 6 months playing and singing Indian songs, more than 6 months complete celibacy. finally he found out that Hans is the only one Guru that he needed and started following his teaching. I was interested in the spirituality but I had not found my path yet. I could not understand what my husband was doing but i accepted everything like the right one for the benefits of our family.

We left Bulgaria and came in USA 2 years ago. At the beginning we had hard time to find a job. at that time we lived pretty close to the Sri Chinmoy center in San Diego. I had some friends in Bulgaria - disciples of

him. I had read some of his books and i respected him a lot. So I decided to visit this place and i apply for being accepted as a disciple of this Guru. I was accepted and I started to meditate with the other disciples in the Meditation center. In a month I applied to work in the restaurant of this center and started my new career. I found my spiritual path and my job at the same place. It was safe and easy.

My husband found a job as a caregiver but he did not like to work, he preferred to stay home and meditate. So I needed to work for him and to survive. we lived separated - each of us wanted to be alone and follow his path. sometimes we had small talks about spirituality, sometimes discussion that leaded us to the dead-end road.

I was happy to be in the center with the disciples and i also enjoyed working in the restaurant. the other workers- mostly yang boys -are very friendly and peaceful. Very nice place for spiritual retreat.

Sri Chinmoy suggests celibacy on the path to God and most of the disciples of the center are single.boys and girls are separated as much as possible in order to avoid sexual attraction. This atmosphere of suppressed sexuality had a big influence in me- i lost my menstruation for months and a had pain and tension of the lower part of my abdomen, like my internal genitals wanted to drop off.

So my femininity was finally completely lost- i had warked hard for that through my whole life.

My husband was very unhappy, i had my center but he has nobody. We wanted to visit Hans in Philippines. We are very short of money but God help him to work more and to make some more money to pay for this trip. I gave him all my savings, i excepted some changes to occur in our life.

He spent 3 weeks with Hans, i enjoyed to be alone. when he got back he told me- "We should change our life - love each other or divorce"- I was surprised but agreed with him that we have the right to find the happiness. The very first day after his arrival back I was attracted be him - he had changed. He radiated love, energy and some kind of male force. that night i spent in the same room with him. next day i was very excited he wanted to divorce but i had just one thing in me mind- i wanted him, i had my sexual desire again. So i wanted him but i was not able to tell him, i tried once but i started crying and then again many hours inner fight. Finally he helped me to "spit up"and he started making love with me. It felt so good , i cried all the time but that were my tears of happiness and relief. the sex was painful for me the first three times i even bled a little bit but at the same time i had some kind of orgasm - first time

in my life.

We had a long way to find each other after 16 years of marriage. we made our choice to do every thing to reach the true love and happiness. So i decided to leave the Sri Chinmoy center and to go with my husband to meet Hans. I was very curious to meet this person that did miracle to revive my buried love.

We both warked hard to save money to make our trip to Philippines. The will to improve our love, sex and spiritual path inspired us. I read every thing from the web site of Hans and I loved every single word of it but i messed something to believe that it is really possible.

After 5 weeks in Philippines with Hans I know what i messed - I messed his LOVE, his LIGHT, his POWER- These are coming directly from God but how can I knew them far away from GOD.

Hans taught us how the sexuality does work, how to improve our love and happiness, how to open our heart and let the love to flow freely, how to dissolve the ego and the pride- the two big enemies of the love.

Now i know what is the purpose of my love- to make my husband happy every second , to give him all my love and receive all his love. We do sex anytime we want to and our sex is getting more and more uplifting and satisfying.

I am happy, I work to make the others happy. I practice Kriya yoga every day.

I found the purpose of my life with the Divine Help of my Guru.

I bow to your Divine feet of my Guru to offer him my heart for ever.



# Spiritual encyclopedia



**An index of important spiritual words and expression and their short description.**

**Only truly spiritual words or words in a direct relationship to spirituality will be listed and described here.**

The definitions and explanations of this "spiritual encyclopedia" are made with Divine Bliss from God and in harmony with the traditional sense these words once had. Even if they may differ from definitions previously used in scholar books, it is important to refresh the true original sense and energy such Divine words once had.

Use such words respectfully and avoid any abuse for business or other purposes. There are values far beyond the material and physical values of this World.

Protect these values to re-establish Divinity within mankind on this planet.

[Overview all chapters](#) | [Home](#)



# Spiritual encyclopedia



## Ashram

Ashrams are a many thousand year old tradition in India and nowadays spread all over the world. While most of the persons running an Ashram outside India are Gurus from India or their direct disciples - an Ashram can be conducted by any person of any gender and any race, religion and culture if that person is a true [Guru](#) serving but God.

The word Ashram describes a house where a true Guru is living and teaching Godseekers seeking spiritual advice and help. An Ashram always is free of any religion and open to absolutely ALL. Traditionally most Ashrams accommodate the Guru only, however some Ashrams also offer accommodation for visitors - even longtime visitors staying for months or years or permanently living in an Ashram similar to the tradition in Christian Monasteries. Some Ashrams consist but of a tiny small hut or cave of a few square meter - usually marked with a red flag to be recognized by Godseekers.

True traditional Ashram never charge for their services but always serve on a basis of free donations for any spiritual service to make spiritual services available to even the poorest of all children of God.

[Overview all chapters](#) | [Home](#)



## Avatar

The title Avatar describes a fully freed soul incarnating directly from God on this physical planet or elsewhere. An Avatar fulfills a highly spiritual task in the name of God and returns to God after accomplishing his task. His Love for God and his creation is beyond description and imagination, his faith in God absolute as there is no difference between an Avatar and God.;

Avatars are rarely in populated areas and prefer to act in a quiet retreat to peacefully fulfill their task. One of their tasks often is to teach guru's or potential Gurus, to assure the continuity of God's Divine plan in his creation.

There are but a very few avatars at the same time incarnated. There are no Avatar-courses or Avatar-workshops, these are inventions of mankind's fantasy and desire to abuse even the most sacred values for profit.;

An Avatar always learns from God and never has any other Guru. Only God can be his Guru.

[Overview all chapters](#) | [Home](#)



# Spiritual encyclopedia



## Ego

The Ego is that part of your present personality and your wholesome being including your astral body, Causal body and soul that is different from God and prevents you from becoming instantly one with God.

The ego is the sum of many spiritual blockages that you collected during your journey far away from God-Union. The ego also consists of all the wounds and psycho-traumatic adventures you experienced during the present childhood and incarnation as well as during all previous incarnation.

Experiences made during separation from God may lead to traumatic wounds and shocks received and accumulated, while being consciously separated from your Divine home.

Increasing devotion to God and spiritual progress replace the Ego with Divinity - leading to an permanently increasing enlightenment of your consciousness.

Dissolving the ego means replacing your present personality with a God-made personality of everlasting Love and Bliss. During the process of dissolving ones Ego in the fire of Divine Love, spiritual ignorance is replaced by wisdom and God-consciousness.

The Ego can fight, feel pain and suffer. A fully enlightened soul may be aware of suffering, however never can suffer or feel any pain on its own.

[Overview all chapters](#) | [Home](#)



# Spiritual encyclopedia



## Guru

**Guru** describes a spiritual teacher or master. A Guru has the power and wisdom to dissolve spiritual ignorance in a disciple. A true Guru has attained an extreme high degree of spiritual development before acting as a Guru. A traditional Guru has achieved God-realization before starting to teach. Exceptions are, when a Guru starts to teach while his Guru has still a physical body and spiritually supervises and guides him. In this case he often refers to his Guru when teaching to his disciples. A fully realized Guru having attained God-Union during the present incarnation has no need to refer to anyone else but God, as God is his true Guru and supervisor during his activities while teaching. He acts on behalf of God, never on behalf of his personality.

The relationship between a Guru and his Chela is a Divine Love-romance lasting many incarnations. A Guru incarnating is looking for his previous Chelas to guide them home to God. His Love for his Chelas is infinite and during the course of his incarnation and by the end of his incarnation he is dissolving most or all of the Karma of his advanced Chelas. A Guru once selected is remaining the Guru for a particular Chela until his Chela has reached God-Realization and God-Union himself. But even after such freedom this love-affair continues eternally. It is a true friendship that evolved during thousands or millions of years and lasts forever.

Selecting a Guru from the point of view of a God-seeker is a very delicate matter. A God-seeker must be willing to fully trust and follow any advice of his Guru. At the same time he is still required to use common sense and good judgment. He must learn to follow his guru's advice while learning at the same time to become free of any attachment and make wise use of his intuition and mind. The path to God may be long and "rocky" as it may appear sometimes to be hard work to dissolve all the ego of a new spiritual disciple. It is usually much easier to gain a victory over another country than it is to be victorious over his own ego. A Guru will know and realize all your problems and tricky behaviors you may have and help you to overcome your own ego on the most loving and most peaceful path suitable for you.

A Guru however may refuse to accept a particular God-seeker for spiritual reasons. He knows the Karma and spiritual blockages of a potential disciple and knows how serious a God-seeker is striving for his Divine home in God.

From the point of view of a spiritual disciple, the Guru of his Guru is called **Paramguru**.

A Guru teaches how to find the way home to God. Therefore he must have gone this path to truly know it before he can teach others how to achieve God-Union.

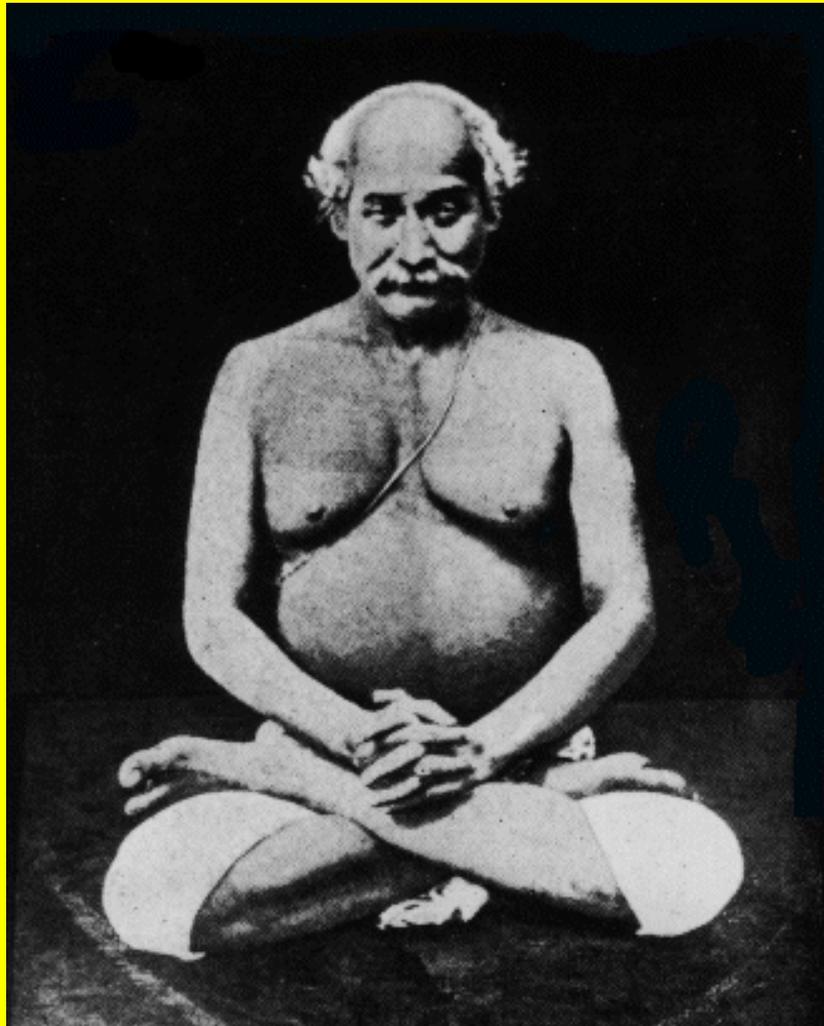
While some Gurus prefer to teach in one single spiritual tradition, a God-realized Guru actually can teach any spiritual tradition leading directly to God. He may prefer to teach individually each disciple on a path particularly suitable for an individual, taking into account all the spiritual experiences of a disciple from previous incarnations as well as taking into account the present spiritual blockages prevailing within a disciple.

A Guru in some spiritual traditions may be called master or teacher. The word Guru however is more precise as it traditionally refers to someone leading others to God and being able to act as a facilitator on this way. He is transferring his enlightenment to his Chelas, which in turn may feel it much easier to meditate or spiritually progress in the presence of their Guru.

Having a physical Guru is a very old tradition in many Asian countries and spiritual traditions, particularly in India. It certainly is of great benefit to each God-seeker to have a physical Guru, as it saves lot's of time and efforts, if you exactly follow his advice. In addition the Divine Love between a Guru and his Chela dissolves most of the Karma even during the learning process and makes spiritual progress much easier and faster than going your way home on your own.

However it is possible for any advanced Chela to realize the spiritual guidance of his beloved Guru. Hence the physical presence becomes obsolete. A true Guru can guide all of his disciples without being physically present. A Guru never dies, as he becomes one with God after his incarnation, all the Divine Bliss he receives from God is forwarded to his serious disciples until they have reached freedom in God themselves.

How do you recognize your Guru ? You may feel some emotional turmoil within or just fall in love with your Guru, as Love is the only energy he is radiating in his aura toward you at any time. You may feel the extraordinary energy-flow between you and your Guru when approaching him the first time. A true Guru never charges any money or material fees for his services rendered to you or others, as he receives his revenues from God. Gurus usually may accept donations because this may be the only income they have on earth as a Guru rarely follows a traditional work on earth to gain money. There are however some highly advanced Gurus who were leading a regular life including a full time job, besides teaching Chelas. Lahiri Mahasaya is one such example, working in daytime and teaching his Chelas in nighttime. He was teaching Kriya Yoga but at the same time guiding his disciples into any particular spiritual tradition beneficial and suitable for his Chelas such as Bhakti Yoga, Karma Yoga, Raja Yoga, Jnana Yoga and other traditions. Being one with God results being aware of all paths leading to God.



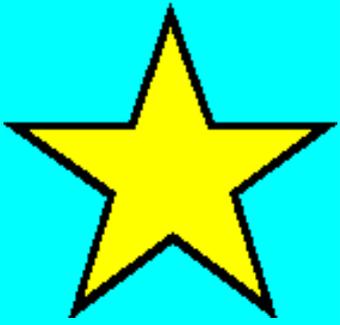
The picture on the above shows [Lahiri Mahasaya](#), teaching many advanced souls and disciples from all religions and all Indian casts during his last incarnation, which he ended in Maha Samadhi 1895 in India. Many of his disciples were reaching God-realization during his physical incarnation. One of his main task was to refresh the old tradition of [Kriya Yoga](#).

But no matter how much you love your Guru, always keep in mind that he is acting on behalf of God, and his only "job" is to guide you to God on the smoothest and most suitable path.

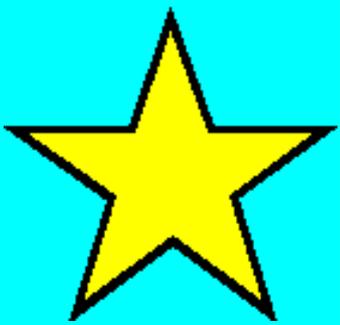
Always pray to God or ask your Guru to pray in your behalf to God. Never pray to your Guru, no matter how sacred he may be.

**[God is the only being you ever should pray to.](#)**

[Overview all chapters](#) | [Home](#)



# Spiritual encyclopedia



## Incarnation and reincarnation

**Incarnation** is the cycle of death and rebirth after a while in spiritual spheres into a new physical body. Such a rebirth is called **reincarnation**. Death means nothing else but the loss of ONE vehicle the soul was using during its many reincarnations in a physical body. Incarnation in a physical body is needed to go through certain spiritual lessons a soul may need on a particular planet. Reincarnations are controlled by the [law of Karma](#). The family, time, place, social society and culture where a reincarnation takes place is decided by the individual Karma of a soul. It finally is a free choice of that soul because it may be necessary to become a free soul. However sometimes reincarnation is dependant on desires, fears and attachment only and rebirth or reincarnation takes places in accordance with these factors as a result of spiritual ignorance. Most of the time a reincarnation is caused by ignorance of spiritual truth and by Karma. All lessons to be learned could also be learned much easier and in a more loving atmosphere in spiritual universes. There are but a few lessons, like conducting war, abuse of might, violence of any kind including mental violence by thoughts that may require a physical incarnation because here on the physical plane the damage is relative to the physical plane and least compared to a possible damage in astral or causal spheres.

When death occurs, the soul - also called Atman - including all other bodies of lights, i.e. astral body, causal body is leaving the physical body and withdraws all connection to it. A human without physical body has the same consciousness and awareness as before in his physical body. In fact the consciousness normally is clearer and the perception of his surrounding is more accurate with the use of all metaphysical senses than in his previous physical body.

Death is the result of all Karma or attachment being expired. This desirable condition frees the soul to continue spiritual growth on a higher dimension of the Divine creation or even allows the soul to return to God. If a soul reaches the latter state, it is called God-realization or God-union. Saints are sometimes capable of achieving this state of God-realization and God-union while still having a physical body. This usually is done during deep and highly advanced meditation. This level of meditation is called Nirvikalpa Samadhi, sometimes also written Nirvikalpa Samadhi. Once God-union is reached, there is no more need for a new reincarnation, however Saints sometimes do reincarnate voluntarily to help mankind on a particular planet to find their way home to God or to disperse and dissolve the spiritual ignorance of a culture if needed for the spiritual benefit of mankind. Such a soul is called [Avatar](#) and an Avatar may act as a [Guru](#) while on earth or he may act in disguise to fulfill a certain spiritual task, to help to fulfill God's Divine plan or to prepare a planet or culture for the reincarnation of another Avatar.

How is this possible you may ask. First of all a human is a being of conscious light and is using a physical body only to go through experiences on a physical planet. The identification with his physical body leading to fear of

death as most humans on this planet have, is caused only by spiritual ignorance in some cultures. The truth is that any human being and of course animals and plants have a consciousness that is free of the physical body. The consciousness is using the physical senses while being in a physical body, is using the sense organs of the astral body while being in the astral world and is using his causal senses while being in the causal worlds. It is like a good driver who may use a 4-wheel vehicle while driving off-road, a racing car while driving on highways and drive a truck for farming. A soul can change the vehicle it uses to adapt to the needs of spiritual development of the consciousness of mankind.

[Human consciousness is potentially the same independent of his dimension of manifestation.](#) Since the vibration in spiritual spheres is much higher, the senses and mind of mankind works much faster and smoother than in a physical body. Life beyond the physical plane is much easier, more enjoyable, Love is becoming more important the higher the dimensions, the higher the vibrations of the spheres.

An easy to understand example may be ice - water - vapor. It always is the same - chemically. But its state is changing. Ice may be compared to a physical body of a human, the state of liquid water to that of the astral body and vapor - the gaseous form of the original water may be compared to the causal of mankind. Vapor while invisible to humans, is still the same and has the same potential qualities as before in the state of ice. So does a human soul even without any form and shape have the same consciousness and awareness as before plus all the experiences from any previous incarnations that shall become part of the conscious mind. In addition the clarity of communication with the Divine gives a soul, freed of any body, the wisdom and knowledge of God-consciousness in the advanced state of spiritual development of a soul.

A human in his advanced level of spiritual development may fully dematerialize his physical body by increasing his vibration including the vibration of his physical body until it reaches the next higher level of manifestation in God's Divine creation. An incarnation may be ended by either dematerializing his physical body or dropping his physical body at will during Maha Samadhi, or by losing his physical body during death as it happens for the majority of mankind at this time on this planet.

[It is the spiritual goal of each soul to leave the cycle of reincarnation and become free souls beyond the physical, astral and causal universes of the Divine creation.](#) The physical, astral and causal universes are but "spiritual school houses" for spiritual development and making some very basic experiences necessary to become God-realized and free souls for the remainder of eternity.

[Overview all chapters](#) | [Home](#)

# **Cyberspace Ashram**

## **Annual blessing ceremonial**

**EVERY year on May 9th**

**as well as Preparation to ACCEPT Initiation to the Holy Science of Kriya Yoga on a self selected the day for YOUR initiation from God**

**proceedings:**

**beloved soul**

to open MORE for love and bliss you need to make more "space" within as well and open your heart to the utmost possible.

a few preparatory steps may help you to do so and some additional thoughts about YOUR life and attitude toward YOURSELF and others as well may be needed.

**first let me give you a short experience i had a few days ago here in the Philippines:**

one day there was another - very old ( apparently 90 + ) looking - women outside my living place among all other neighbors sitting here every day.

i was taking place near her - and looking at her it was very obvious - she forgot to return HOME to god ! so i told her - "it is time for you to go home!" the women however replied that she cannot go home, she needs to suffer MORE here as she has many SINS.

you see - it was her totally wrong attitude that prevents any kind of divine bliss or uplifting and freeing love to heal or help her on her spiritual path. being just about bones and skin and very little life-force left - she thinks herself of being a sinner - just as it is taught again and again by so many christian priests day after day. here we are in a VERY christian oriented country in the Philippines. hence such thoughts and attitudes are very common.

many other encounters in europe and some of the other approximately 40 countries i have been working or traveling in showed similar results. particularly among christians.

## hence - step number ONE:

the positive affirmation - I am a child of god - I want to love and help and support all others here on earth - hence i am worth all bliss and love god ever may have for me.

every single person on earth is "WORTH" being loved AND FREED by god's divine love anytime during THIS incarnation. anyone and everyone has the divine right to return home for the remainder of eternity - by the end of THIS incarnation !!

but remember the last spiritual newsletter about [divine accounting](#) - YOU as well need to

- love others
- help others
- support the needy ones
- heal the ill ones
- love the lonely ones on earth
- feed the hungry ones
- love god - and be of pleasant nature and attitude rather than being a "problem child" in trouble on earth

all the love and bliss flowing through YOU also needs to flow OUT of you toward others and toward GOD again to allow love and bliss to FLOW.

learn to be of pleasant nature to GOD, to god's entire creation and hence also to all nature and mankind ON EARTH !!

if you need to change your life to align it with some truly divine goals - then do it step by step at the greatest possible pace - there is NO reason for any delay except your ego and your own attachments or laziness.

your entire life can easily be changed within a single day. all you need to do is to make the very first TRUE steps NOW these seconds rather than "later" !

so the next step of preparation for the blessing ceremonial is:

**before may 9th 1200 GMT**

start to be of true help and spiritual benefit to others and PROOF YOUR LOVE by

- giving to totally "foreign" persons some flowers (bought or picked in nature or from your own garden) as a physical and more direct proof of YOUR love for anyone and everyone. may be a dozen of flowers - one for each person. about half for persons of YOUR gender and the remainder for persons of OPPOSITE gender - as a proof that YOU are in peace with YOUR gender as well as the opposite one.
- give at least one hungry person something to eat
- donate a honest amount to a single person in need (if for any reason you have no daily income - then it would be time to start to be productive in some way for others. in case you have no income - you would donate the amount a honest and hard working qualified person in your country would be able to share with the poor and needy ones !!
- give a honest amount for any truly spiritual cause - for example citizens from India may visit a guru near them or a saddhu and bring an envelope containing the honest amount - as they all are servants of god and of mankind while spending often all their life in modesty and most of the time in poverty. do it with love and humbleness.
- start to support actively god's creation by actively LIVING the first and great commandment of love YOURSELF day by day.
- make a firm and true plan on how you could make this planet a little MORE beautiful - for example by planting some flowers just for others or FOR GOD - somewhere in NATURE or on public property. select some flowers that last several years and multiply or renew on their own. mankind has actively destroyed so many thousands of square kilometers of nature that PLANET urgently needs YOUR active help for a CURE needed to allow future AND present generations to SURVIVE and find acceptable conditions of living on this planet. you may also plant a few fruit trees on public property making some LOCAL fruits available to ALL, or you may plant some spiritually beneficial trees such as ginkgo biloba or eucalyptus - depending on the climate zone you are living in. you may want to learn MORE about nature and get actively involved in maintaining nature. be a living and active example for all others and others will follow you with love. start to realize this plan AS SOON AS POSSIBLE
- learn to take MORE time for YOUR within - to assess all your life, your past and present. learn what in your life truly is spiritually important, what is truly beneficial WITHOUT any damage on behalf of others or nature. only activities FREE of any environmental pollution can be called beneficial for ALL creation.
- take time to do something for GOD - just imaging YOURSELF being father of many children - how much would YOU love to hear your children singing some sweet love songs just FOR YOU or how much would you enjoy seeing YOUR children dancing and enjoying LIFE together with ALL others IN PEACE AND LOVE with ALL others as well. invite GOD to COME INSIDE YOUR HEART every day in a peaceful and quiet time of prayer and meditation at first and later you learn to do so ALL the time. let your heavenly father participate in all your thoughts, experiences, daily activities and always include HIS point of view in your decision making. remember that GOD always loves ALL - hence god is FREE of judgment for or against any single being. the happy survival of ALL creation is all god is ever concerned about.
- learn to talk MORE freely with ANYONE and EVERYONE - learn to share all your thoughts, experiences, fears even in public and among ALL your friends. this will dramatically help to open more for a much faster change within on YOUR spiritual path of love to god.
- take regular time to read, study AND apply true spiritual teachings such as received by YOUR guru from spiritual books - such as the teachings of the cyberspace ashram, the gita, yoga sutras of patanjali, autobiography of a yogi and similar books. there are but a few truly spiritual books and teaching available - learn to recognize them and apply these valuable teachings IN YOUR LIFE - in all situations of YOUR life.

## then on may 9th you should:

- prepare yourself by getting up well rested - that implies you getting timely to bed the night before. take a shower to be really fresh. look at such a day like if YOU are going to meet a beloved lover for the first time again after a very long period of separation
- be clean and properly, BUT very comfortably dressed.
- get some beautiful and nice smelling flowers, like roses, jasmine, lotus flowers or similar ones - if necessary the day before - **JUST for GOD** and a few extra flowers for someone else - your living partner, family members or anyone else. give them with love and look at these persons as children of GOD being lost on this planet as well and hoping to receive YOUR love and help on the way back home to god.
- take ALL day time for god - and if you have a family - consider them being part of god and spend the time with your family in love. they all need love and god's love is flowing THROUGH YOU to your beloved ones and all mankind on earth.

and by 1200 hrs GMT you should take time of total peace and silence for about ONE hour. spend this time either in true and possibly wild nature, in a park, a spiritual retreat, an empty and silent church or chapel, an empty and silent temple or in YOUR home.

create and assure the greatest possible silence - turn TV and radio off if necessary, UNPLUG your telephone and switch your cell phone OFF for this sacred time of love with GOD.

make sure you REALLY have this time JUST FOR YOU AND GOD !!!!

make sure you are in a very comfortable position - fully relaxed and silent. remain in this position for many minutes to fully calm down and then concentrate on kutashta only and pray to god:

"Dear GOD - Please LOVE me FREE"

just this single one sentence - do it with sweet love and be ready to allow GOD to enter YOUR body, your mind, your soul, your heart and fill you more and more with love and divine bliss. after a short while or even instantly you will FEEL god's presence within YOU. allow this presence within yourself as long as possible - even hours - but at least a half an hour at the beginning.

once you successfully started to "HOST" GOD within yourself - you may then repeat this again and again - daily - even many times a day and especially before putting YOUR body asleep each time for AS LONG AS YOU LIKE OR AS YOU FEEL IT BENEFICIAL.

you will feel peace and love within - filling your life and your body more and more. healing of physical illness make occur - even spontaneously.

all healing is just a matter of allowing divine LOVE FLOWING THROUGH YOUR PHYSICAL BODY and your spiritual body as well.

your life will change - become more love filled and more loving in all aspects.



I love you all

from the depth of my divine heart and soul

with love and divine bliss to all mankind for ever and ever

hans

# Cyberspace Ashram Mini-CD

Info updated September 2nd, 2002

new service available

All spiritual texts from the Cyberspace Ashram on a MINI-CD

**The Cyberspace Ashram MINI-CD is available for a HONEST contribution only**

## beloved ones

since my new Toshiba satellite pro 6000 has a CD-RW drive - i would like to offer to all those of you who love to have a permanent portable copy of all spiritual texts of the Cyberspace Ashram these texts in a Cyberspace Ashram MINI-CD in two possible versions as outlined below. having a personal copy on a CD allows you to read on any computer - certainly a spiritual necessity for those having NO OWN PC BUT it also allows you to give all texts to your best friends to be copied on their own PC.

all shipments are usually done within 1-2 working days - unless i am temporarily on a remote island or remote province - and will be done by registered AIR MAIL **at YOUR risk** - in a special padded envelope ! for the postal service - please allow least another 2-4 weeks for mailing itself - this is the average delay for a letter from HERE to Europe or USA as experienced in the past year.

## standard version

that contains

- the complete file god.zip unpacked to copy to your hard disk, to give away to your best friends and children or for direct surfing from the MINI-CD
- the offline version of the spiritual FAQ forum
- all printable files - in German language and in English language as an e-Book in PDF full-color format for easy reading or printing with ADOBE's "Acrobat Reader" on almost any platform
- a collection of available spiritual newsletters - english language only - as eBook in PDF format for reading or printing
- this above will be a total of approximately 42+ MB and can be used on almost ANY operating system (WIN, MAC, Linux, FreeBSD, Unix, ... ) - provided YOU have the

software to READ these formats - for example any standard modern Browser such as Netscape 7, Mozilla 1.1, IE6, for the file god.zip and any suitable software OR Acrobat Reader for the printing version ... !!

## deluxe version

- containing ALL of the above standard version PLUS

- the Netscape 7 (or newer) browser is available for WIN, Linux or Mac OS-X operating system !- unless otherwise specified by YOU, the WINDOWS version is included.
- some spiritual music files in MP3 format.
- this complete package will contain approximately 170 - 185 MB

**by default - unless otherwise stated by YOU - i will ALWAYS ship the standard version**

orders for the MINI-CD are made by [e-Mail](#) and all expenses for YOUR order are paid by YOUR HONEST contribution received WITH your order.

you may now also use the Pay Pal system to send your contribution from many countries around the world including India. for details on how to best or most efficiently send your honest contribution please see my online banking information in [German](#) or in [English](#) language. if you are already familiar with the Pay Pal system - my Pay Pal account is [hans@kriyayoga.com](mailto:hans@kriyayoga.com) to use PayPal just click on the banner below !



with love and divine bliss

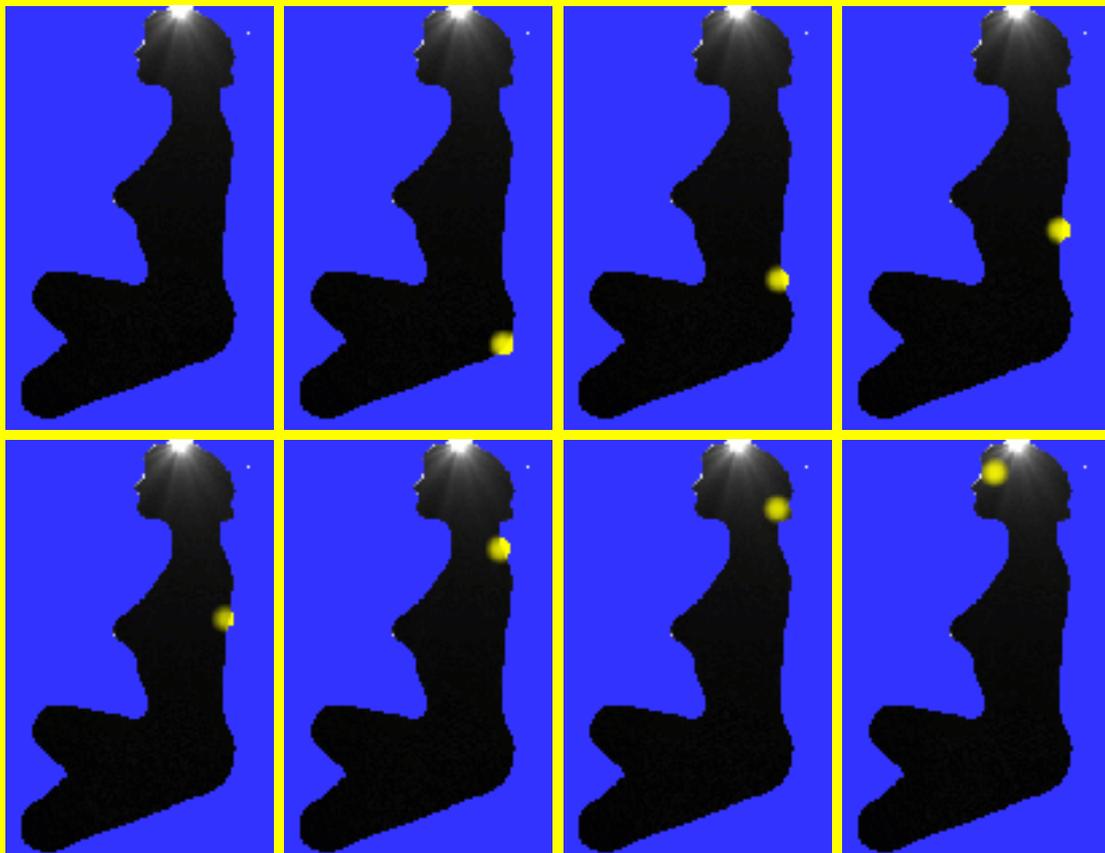
hans

# Pratishta

## The opposite and complimentary of visarjan

Pratishta is practiced only to initiate other Pranayama techniques. It is done ONE times - starting from muladhara chakra to ajna chakra and then to kutashta - exactly as shown in the animated graphic below. exactly as shown - one times. Whenever mentioned. for the chakras from muladhara chakra to ajna chakra OM is made on the back of the body - along the spine - exactly as shown in the graphic below. Your Love and devotion for God will always open your sahasrara chakra. Love is the key to God. All you need to learn is to allow God to enter and flow through all parts of your ego as well - make your body a temple of God - then all of your ego will be dissolved in the Divine Love flowing from God through you.

**The following graphics are the layers from the animated ORIGINAL graphic. To better understand you may want to see the same chapter in HTML version.**



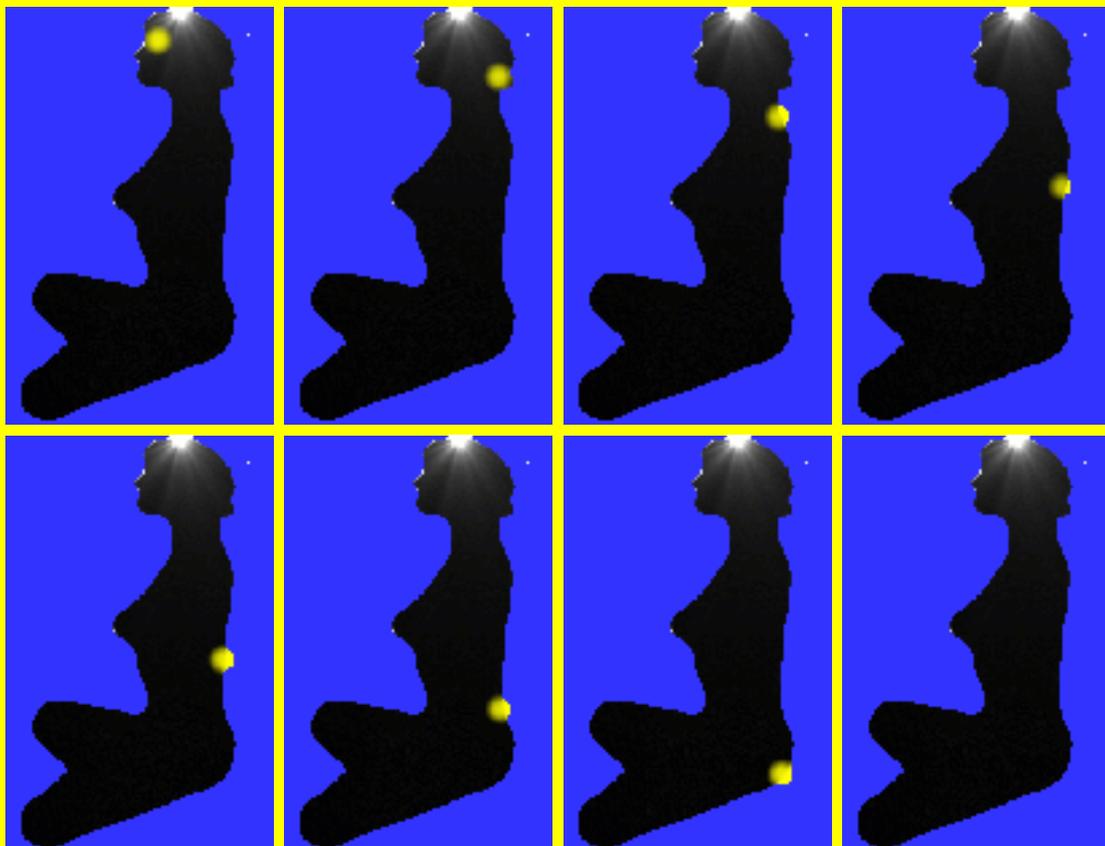
# Visarjan

## the opposite and complimentary of pratishta

Some Pranayama techniques do require visarjan by the end of their practice. This is the case whenever Pratishta is required at the beginning to initiate an exercise. It is exactly the same as Pratishta but in the reverse direction. Starting OM into kutashta then proceeding to ajna chakra and down to muladhara chakra. One OM per chakra - Visarjan is made ONE single time per exercise and exactly as shown in the animated graphic below. For the chakras from muladhara chakra to ajna chakra OM is made into the back of the body - along the spine - exactly as shown in the graphic.

**The following graphics are the layers from the animated ORIGINAL graphic.**

**To better understand you may want to see the same chapter in HTML version.**



# Kriya Yoga

**complete teachings and  
initiation available**



## Online

The Holy science of Self realization and God realization with

diksha

- Initiation -

to Kriya Yoga, Kriya Pranayama, Kriya Yoga Meditation,

and all Information you need to successfully

practice Kriya Yoga on your path of Love to God.



**Self Realization and God Realization through**

**Kriya Yoga**

**The Divine tradition of finding and going**

**your way of Love to God**

Initiation - Diksha - to Kriya Yoga according to traditional rules is given by God, by a Guru with a physical body or without one or through this web site if you can absolutely and fully devote all your life immediately to god by thoroughly following and realizing all

["Divine rules of life"](#).

To receive Diksha through this web site you truly and sincerely need to affirm God as your only goal and priority of your life and this present and any future incarnation. Love should be the single most important factor in your life. Love in its highest and most Divine manifestation ALWAYS leads to God.

If you prefer to receive initiation to the holy technique of God-realization personally and physically - you are welcome to visit me at my present location - the address can be obtained by e-mail directly before being ready to come - as the address may change every once in a while or during any possible travel to some remote countries.

To receive Diksha through this web site you will need to carefully and repeatedly read, understand and fully and successfully realize all that is written in all the various chapters and sections of this web site from the Cyberspace

Ashram at [www.kriyayoga.com](http://www.kriyayoga.com) or one of its fully maintained mirror sites. Please understand that all - including the divine rules of life, yama and niyama and a thorough understanding of the physiology of your light body contributes to the success of Kriya Yoga. To study and make sure that YOU have ALL files and the full and complete original Initiation you are expected to have a full copy of the OFFLINE version of the file [god.zip](#) or the [Cyberspace Ashram MINI-CD](#) at home and repeatedly and thoroughly study all until you have all understood and a high degree of accuracy in mastering all techniques of Kriya Yoga as described in the file [god.zip](#) or the [Cyberspace Ashram MINI-CD](#).

More information will be found on the [download page](#) !

Kriya Yoga in its true and only content has been given a long time ago by god to all mankind. Due to limitations of communication in earlier millenniums, it always has been given through a physical guru. The only reason was to make sure that only the absolute true original is forwarded from guru to chela - [Chela is a spiritual disciple](#). While at the same time each Guru has and had the right to adapt the entire system and techniques to the very individual need of his Chela - the main part of Kriya yoga always remained and remains the very same. Some additional techniques may vary as there are several techniques available to achieve the very same goal to meet the individual need of a particular Chela.

To really assure that you have all information need to successfully complete your path of Love to God with the holy science of Kriya Yoga - a scientific method of Self realization and God realization - you should download the full compressed version of this entire web site - the file [god.zip](#) or [secure yourself the Cyberspace Ashram MINI-CD](#). Both contain all these important files, pages and graphics - you may find more detailed information about the download procedure of this file on the

[download page](#) of this web site.

Please note that all the most important parts of Diksha to Kriya Yoga is contained in the many graphics and animated graphics. Animated graphics can only be seen properly when viewed in a computer or other suitable device. When printed all of the information displayed through the several animated layers that are displayed will be lost. It is of utmost importance to view all animated graphics truly animated.

All important rules and descriptions are contained in the many text files and chapters of this site and should be printed for easy reference.

If you are searching for God - if you are searching for Diksha - please read ALL - carefully - completely and repeatedly

ALL - Every sentence - every word !!

And allow GOD all the time to guide and enlighten your awareness and perception to fully understand ALL in its TRUE and ABSOLUTE meaning !

You will find ALL you need on your path to God on this single web site or you may search other source to find the same path again. It always is your choice. This site is for all those God seeker who truly and sincerely can accept God as their only and prime Guru - while God may send you a physical Guru to further assist you - all your prayers should always be directed at God only. God knows anything and everything - absolutely all - as all is part of his divine creation - all is part of God.

The full content of this web site of the Cyberspace Ashram at [www.kriyayoga.com](http://www.kriyayoga.com) or it mirror sites is part of Diksha and should be thoroughly studied and understood before starting to practice the techniques of Kriya Yoga. The Teachings and insight to God's Divine creation is the very basis of Kriya Yoga. These teachings are mainly contained in the section

- ["for Meditation"](#) and
- ["on your wings of Love - on your way to God"](#) and
- all [spiritual newsletters](#)
- the [spiritual FAQ](#) pages.
- and all other pages of this web site may be of help to you as well

finally - AFTER studying ALL and at the right time for YOU, when YOU are really ready and prepared - you will find one off the before mentioned sections - ONLINE and / or OFFLINE - the link to the actual entrance page for the technique of the holy science of KRIYA YOGA. PLEASE make sure YOU have FIRST studied ALL spiritual teachings of ALL these

before mentioned sections of the Cyberspace Ashram and have started to seriously learn to PRACTICE all these teachings BEFORE starting with the actual technique of Kriya Yoga.

if you have started to practice correctly and regularly ALL the above and have a deep and sincere desire to receive additional physical guidance by myself - you are welcome to join me for any time you feel spiritually beneficial for you. On the [what's new](#) page you always find my present location as well as additional information about how to contact me. Most of the time this may be in the Philippines, but if available funds by [contributions](#)

You may find other Gurus and God realization in the Internet by using search engines. Any true God-seeker will find his Guru if he is ready for the final steps in his spiritual development.

Pray to God and you will find a solution to any situation.

Initiation to Kriya Yoga is available to all serious God-seekers, however be ready to travel some distance to find your physical Guru or be ready to accept God as your Guru.

ALL techniques and teachings are FULLY and in every needed detail explained HERE ONLINE on THIS web site and in the file god.zip and in the Cyberspace Ashram MINI-CD - and GOD can give you all additional guidance !!! In any or the 3 before mentioned spiritual sources you will have ALL you ever need to succeed on your path of love to God in the most efficient and most loving way !

Remember that only a very few gurus have ever traveled from god to earth to help you. Be ready to work hard and steadily to achieve the highest goal ever possible - freedom in God through God realization. Kriya Yoga is the Vehicle leading you to this goal, your Divine Love is the "fuel" to accelerate your spiritual progress.

### **Warning**

Practicing Kriya Yoga WITHOUT development of Divine Love would be like having a racing car or air plane WITHOUT fuel !!

The more you follow and realize the detailed teaching of developing Divine Love within YOUR SELF toward ALL and in ALL situations - the faster you may succeed in a very loving and efficient way on your path to God

If you search for a physical - God realized Guru - please remember that Mahavatars like Babaji and Lahiri Mahasaya had and still have many highly advanced spiritual disciples who have achieved God realization and are teaching now Kriya Yoga or fulfilling their individual part of serving God on earth and beyond. Only a very few of them or none at all at certain times may be found within an organization but most may act individually and freely serving God in the most efficient and most divine and mighty way.

The holy technique of Kriya Yoga is used to free your soul and its innermost divine being out of the circle of reincarnation and return you back home to your divine and eternal home in and with GOD, by dissolving all Karma through the practice of Kriya Pranayama and Kriya Meditation while developing the full might of true Divine Love within yourself - as well as following certain rules of life to acquaint again full harmony with the Divine Love of God.

Diksha to Kriya Yoga consist of explaining to the God-seeker several exercises and practicing them the first few times under supervision - physical OR spiritual supervision !!. The technique of Kriya Yoga is only given and explained by a Guru to his disciple upon personal request and consists usually of the following techniques

1. maha mudra
2. navi kriya
3. kriya pranayama
4. yoni mudra
5. meditation techniques

The initiation - diksha - to Kriya Yoga also includes:

- repeated purification of chakras and energy system

- teaching and explaining [Yama and Niyama](#) as the basis of all spiritual life and progress in Kriya Yoga on your way to God. This is completely done in a very comprehensible way in the various chapters of this Web Site.
- teaching of [Divine rules of life](#) such as described in the chapter of this Web Site
- establishing a relationship of Love between the God-seeking soul and the Guru
- various teachings and spiritual counseling on your way to God. All these teachings are contained in the various chapters of this web site at the Cyberspace Ashram [at http://www.kriyayoga.com](http://www.kriyayoga.com) or its mirror sites. Please read ALL parts of this entire web site. This entire web site will be a complete self contained teaching and golden key of LOVE to God for YOU
- additional spiritual teachings are given in the spiritual newsletters - you may subscribe ONLINE and also have a look at the [spiritual newsletter](#) archive to read previous issues

please also read and study the following sections carefully and completely

- "[for Meditation](#)" and
- "[on your wings of Love - on your way to God](#)"

Traditionally Diksha - initiation - to Kriya Yoga is always given on the basis of honest donations by all Gurus. No fees charged for any truly spiritual services. Different Gurus may practice their personalized individual way of teaching and guiding their disciples, this is part of being a FREE child of God and having realized God union.

## Purely spiritual Questions

about Kriya Yoga practice and technique can be answered by using the Cyberspace Ashram's [Spiritual FAQ Forum](#)

Please make sure you have been reading FIRST through all the chapters of this site BEFORE placing any question. Most questions are answered in the various sections or the FAQ pages of this site or preferably on a individual basis by your Guru.

For physical initiation to this most powerful scientific method of God-Realization you "may" find a Guru near your place - but MOST LIKELY you may have to travel many thousand kilometers to the one Guru that has been attracted by your soul !! Once YOU have established a relationship of LOVE with your God realized Guru, you may wish to physically visit him on a regular basis - at least annually, but you will also FEEL his absolute and loving guidance beyond any borders and boundaries or distance. YOUR true God realized Guru is here and there and everywhere, where ever YOU are - until YOU are back HOME IN GOD, then GOD will be your Guru - for eternity.

If you are serious about God-Realization you may travel thousands of miles to find your Guru and obtain initiation to Kriya Yoga or additional spiritual guidance. You may find an Ashram's or a Guru's address through the help of modern search engines in the Internet - AFTER having asked GOD to guide you to the right one.

Please realize however, that God-Realization is free of any physical dependencies or membership of any organization or religion of any kind. God is open to all at any time. Love is the Key to God.

Please note that the traditional way of communication is a spiritual one. So it is up to you to open your heart and ask for Divine assistance for guidance on your way to God. God will send you anything you ever need to find and successfully go your way home.

All persons not yet initiated and wishing to received initiation may first read the books following and texts

- "Autobiography of a Yogi", by Paramhansa Yogananda - the first, original edition 1946 - you find a link at the BOTTOM of THIS page to order online this spiritual jewel in printed form.
- the COMPLETE electronic text "[On your wings of Love - on your way to God](#)".

A compressed original OFF-LINE version of the "On your wings of Love - on your way to God" including all important additional files from this Web-Site , in a single "zip" - format file for download OR on the Cyberspace Ashram MINI-CD is available from the Cyberspace Ashram.

details are given on the [download page](#). When you download, read, understand and realize these entire files from top to bottom - you will find all you need to receive diksha from God. All techniques of Kriya Yoga as mentioned above are fully and in every needed detail described and shown in the file god.zip or the Cyberspace Ashram MINI-CD - please read through all sections, through all chapters, through all links within these files from top to bottom - and you find and receive diksha to Kriya Yoga. Most of this sites texts are now also available in a printable single file wings.sdw (compressed its name is wings.zip in ZIP format approximately 300 kB) in Staroffice 5.2 or newer Format. This printing file can only be used in combination with the file god.zip or the Cyberspace Ashram MINI-CD to use all graphics contained in these electronic documents. Note however that any file having animated graphics - including all files for the initiation to Kriya Yoga are excluded from this printing file. At present this file wings.sdw consists of approximately 350 pages color print of spiritual teaching for your convenience and easier reading. you will find more information on the [download-page](#)

The electronic form is and remains the ORIGINAL form and is maintained on a daily basis whenever possible as long as this soul maintains a physical body ! To read directly from THIS electronic version is preferable over reading from print outs ! It is NOT possible for me to fully maintain on a daily or regular basis all printing versions to keep them FULLY up to date !!

While ALL the spiritual teachings are COMPLETE at THIS very moment - i may continue to fine tune, refine and beautify all existing texts as well as to write MORE chapters, draw more comprehensive and helpful graphics and publish more newsletters as long as i maintain a physical body on this very planet !



Love is all I can offer you on your path to God - if this is what you are looking for - you will find all information you ever need for your path of Love to God on this web site of the Cyberspace Ashram.

[Home - english](#)

Here you find ONLINE more [inspiring and helpful Books](#) from Sri Yukteswar, Paramhansa Yogananda, I.K. Taimni and other authors.

# GOD YOGA

## initiation to the holy technique and explanations

God Yoga is brought to you by God as a gift of Love to all mankind - it is a new and most powerful technique suitable for all those who want to learn to fully open their heart and soul for the blessing and healing aspect of divine love coming from God. the very first time it was given to all mankind was Christmas time of the year 2000 at the very beginning of a new spiritual era on this planet.

You may practice God Yoga in addition to Kriya Yoga or whatever other Yoga you practice on your path of Love to Godrealization. it may be forwarded by YOU to anyone you love, to anyone that needs and accepts your love and God's DIVINE AND HEALING LOVE.

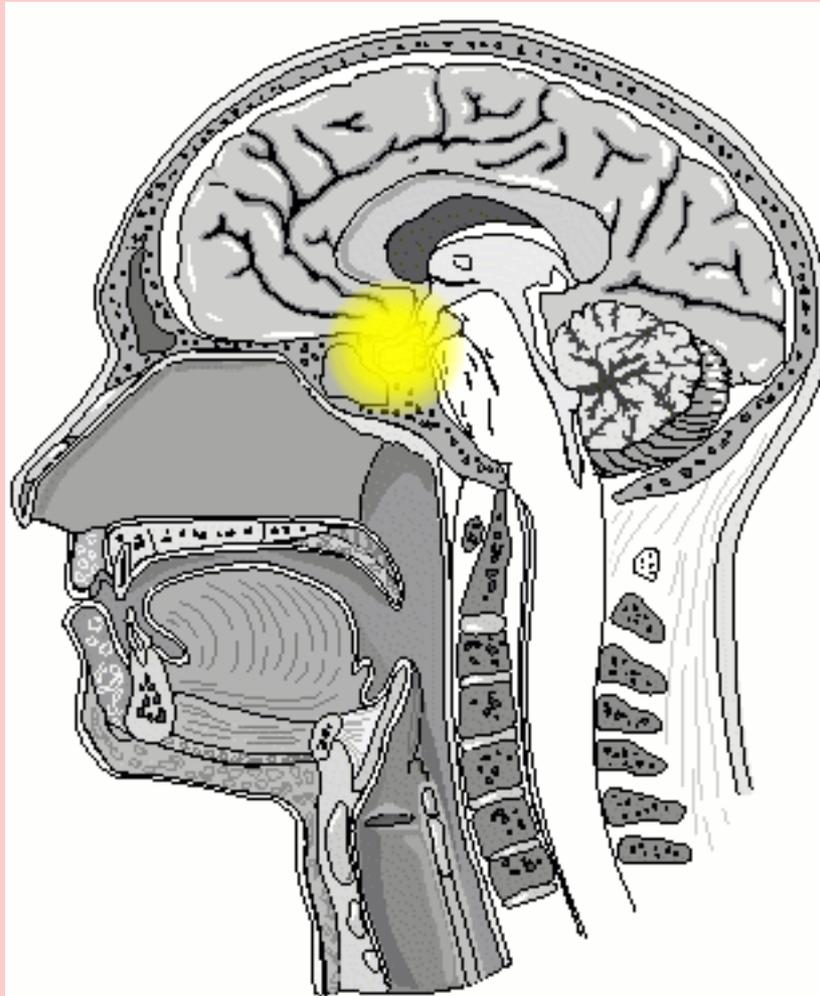
Any Yoga always comes directly from God. HENCE THERE NEVER CAN BE ANY SECRET about ANY YOGA - only ego wants to keep things secret, NEVER God nor any loving person !!

you are invited and free to forward GOD YOGA to all your beloved ones, to your little angel-children, to old or handicapped, to dying persons.

always practice God Yoga with love and in a situation of silence and loving prayer or meditation to be effective. the same applies for forwarding God Yoga to anyone who you feel is receptive for it or to anyone who asks you about it.

to initially start God Yoga, please sit or put your self in the most comfortable possible position.

then concentrate on kutashta - the spiritual center - as shown in the following graphic



in this position and with this concentration, please pray the following short and most powerful prayer in deep and warm love directly addressed to God. to obtain the right attitude toward God, keep in mind that he is the eternal sweetly and powerfully loving father of all of us, hence you may whisper this prayer and invitation to him like to a most beloved lover :

**"dear god, please love me free"**

you may want to repeat this prayer whenever you realize that you have lost the concentration on kutashta and you find your thoughts "butterflying" around !

this short prayer is a key for God to be allowed to enter your heart and soul - to enter your innermost being again and heal and FREE you from all that ever has started to separate you from direct awareness of God and YOUR very own divinity. it is a powerful divine key to achieve Godunion by the end of present incarnation provided you truly allow God to enter all your body including your physical body and heal all aspects of yourself.

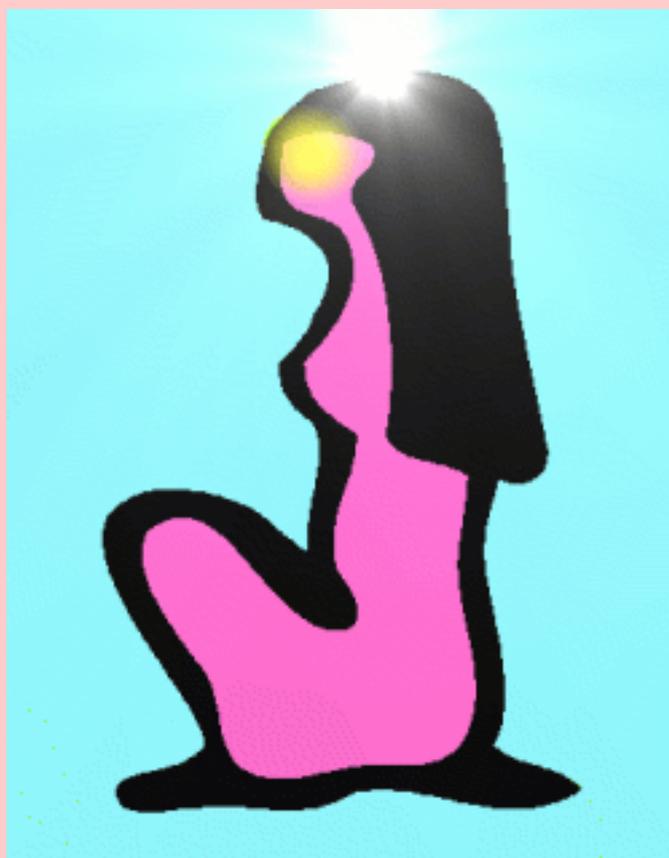
from the very beginning you will feel a flow of loving light into your body. allow this flow to expand more and more into all parts of your body - into your heart and mind and emotions as well.

sweet divine love shall then enlighten your heart and mind more and more - the more you practice this holy technique.

you may practice God Yoga any time and for any duration. at any age even small angel babies of just a year or so, anyone understanding or feeling the simple instructions may benefit from God Yoga and the healing spiritual power emanating from this divine love.

a recommended way is to always whenever possible end your day with God Yoga in addition to your daily practices. that means just before putting your physical body asleep, you repeat in a sweet loving way one last time this powerful prayer and surrender your physical body and your spiritual body to God. this will also allow you to use the "sleeping" hours of your body for your spiritual progress and spiritual healing.

when you have successfully made your above mentioned prayer, then you should remain in a silent and very comfortable position for as long as possible and remain open for god while keeping your concentration in the spiritual center (kutashta) for as long as you like - the longer the better. just as shown in the below graphic



the technique of God Yoga has been brought to you from my father by the author of the

[Cyberspace Ashram](#)

and is a gift for the present Christmas time to all mankind on earth.

you may forward this entire file to any or all beloved ones on your mailing list as a Christmas gift of love. since Christmas is a feast of love, grace, mercy and forgiveness as well as spiritual and holistic healing, any and every day of the year is suitable as of now to forward this to all and anyone in need of love - we all need love - YOU and all your beloved family members, relatives,

neighbors AND "enemies" as well !!

this entire file may be printed or reproduced by any means as ONE single complete file including all graphics and links.

may God's everlasting omnipotent and omnipresent healing love free you and heal you

with love and divine bliss



Hans

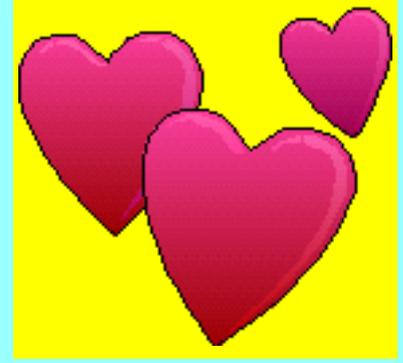
p.s.:

anytime and any place always is the right time and right place to open for God - hence you may do God Yoga for the very first time right now and here wherever you are - God will be waiting for YOU !

[Overview all chapters](#) | [Home](#)



I love hearts - I love "Love",  
because God is Love  
and I love God.  
My life is devoted to God  
eternally.



## My Contact-Information:

[Your user agent does not support frames or is currently configured not to display frames.  
However, you may visit [the related document.](#)]

if you wish to receive direct guidance or personal initiation you are kindly invited to mail just days before you leave for the most current detailed address by email. More details can be found on the "what's new" page.

Whenever you need help - please study, understand practice ALL Cyberspace Ashram's texts and spiritual teachings from the very beginning through the end and you reach a point where you find ALL spiritually important additional answers within you - from God !



God is my Home and God's Divine creation my Ashram, on this planet I am but a visitor. Visiting places where God guides me to or where I am invited by God or help-seeking beloved souls, helping lost Children of God, needy or ill people or teach about God's Divine Love, Kriya Yoga, Bhakti Yoga, Karma Yoga and principles of God's creation and spiritual laws is the sole content of my present incarnation.

Helping mankind to find their way back home to God on a path of Love is the main purpose of this

incarnation.

Having experienced repeated God-Union,

# "God is Love"

is the single most important message I have for you.  
You may use this three words even as a very powerful Mantram.



solve any and all situations with Divine Love

call for Divine assistance from God whenever you need help

open yourself for all Divine Love and Bliss God is sending you continuously

serve God by serving his lost and needy children in his creation

share what you have with all those who have little or nothing

make other people happy everywhere and you'll be happy anywhere

I Love all people everyday and you'll be loved any day

Learn to love and learn to heal like a Divine Child of God

help others to find their way home to God,

because we all are one single Divine Family in God

Learn all the spiritual lessons now that life offers you

and be ready any day to follow God's invitation to join him

limit your belongings to what you can carry on your body

and what you need to do your work serving God

posses as much property of land as you can personally handle  
own as much housing as you and your family can live in at one time

never loan money to others,

if you have more than you need for the next few days or weeks,

share it with those in need

share all your material belongings that you have in excess  
of what you actually use and need these days and weeks with those in need

love every single being on this planet and beyond

and open yourself for all Divine Bliss and Love coming  
from God directly or through his Divine Children and his creation

remember during your last journey:

God is Love

God is grace

God is mercy

God is beyond any manifestation of form or color

God is beyond all Saints, Angels, Buddhas, Bodhisattvas, ...

oneness with God is being one without a second

God's almighty Divine Love will uplift you until you are one with God,

if you keep all your attention focused on God's Divine Love

be free

be Divine

Love is the truth of your Divine Being,  
because Love is the truth of God



I love you from the depth of my heart,  
from the depth of my soul

with all the strength and power God gave this soul

hans

