

**THE HIDDEN TEACHINGS OF  
CHRISTIAN MYSTICISM (VOL. 1):**

**SPIRITUAL TRANSFORMATION & DIVINE HEALING**

**WRITTEN BY  
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First published in July 2017 by:  
The International Institute of Medical Qigong Publishing House  
P.O. Box 52144  
Pacific Grove, CA 93950  
U.S.A.

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ISBN# 978-0-9915690-6-9  
Printed in the United States of America.

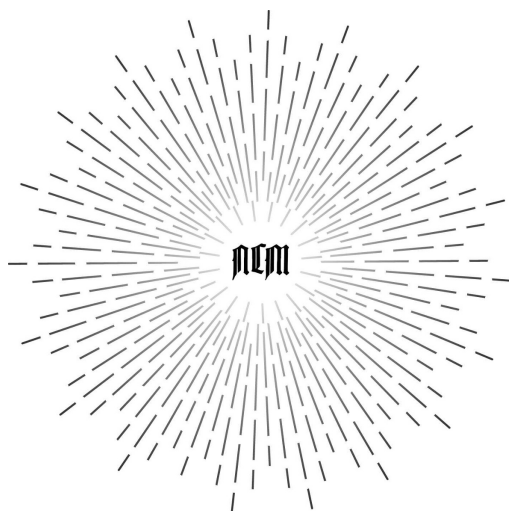
**Disclaimer:**

The information presented within this workbook is based on the author’s knowledge and personal experience. It is presented for educational purposes only, and to assist the reader in expanding his or her knowledge of spiritual transformation. The techniques and practices are to be used at the reader’s own discretion and liability. Both the author and the publisher are not responsible in any manner whatsoever for any physical, mental, or emotional injury that may occur as a result of reading and/or following the instructions presented in this book.

Any person attempting to follow such an arduous road of self-discovery and spiritual transformation is highly encouraged to first come under the personal guidance and direction of a qualified master, who actually embodies such spiritual teachings. One who is abundant in the radiant joy, great gratitude, and unconditional love of a true man or woman of God.

Because many of the prayers and meditations offered within this workbook can be “mind altering,” the reader understands that during and after performing any of these practices they are not to be driving a car, or using any machinery, power tools, etc. Please note that this workbook is written for educational purposes only, and is not offered as a source for the healing of any type of illness. Therefore if a person is sick, he or she must see a proper medical professional qualified to treat their specific condition. Additionally, if the reader has had any type of psychological or psychiatric illness, they are advised to not perform any of these meditation practices without first checking with their mental health practitioner or psychiatrist.

Some of the exercises and meditations that will be presented in this workbook will require special herbal formulas, as well as the regulation of an individual’s diet (e.g., fasting) and/or a change in one’s living environment (removing one’s self from others in order to experience a time of sacred solidarity). It is therefore important to note that these herbal prescriptions will vary in their energetic and physical influences according to each individual’s unique constitution, condition, and specific goal. Because of this, any working with herbs must be overseen by a doctor or herbalist who is specifically qualified to prescribe medicinal herbs and is familiar with the intended goal of the special prescription.





## PREFACE

### SPIRITUAL TRANSFORMATION

The term “Spiritual Transformation” is defined as the progressive alteration and change of a person’s current thoughts, beliefs, and feelings surrounding their life, to a higher more spiritually elevated relationship with a divine power. This type of spiritual awakening is often rooted in a special awareness associated with one’s eternal soul and its innate relationship with God.

Although many people say “the path to the eternal soul lies within,” the simple truth of the matter is that this special road to spiritual awakening is only uncovered through dedication and personal exploration. Many times this important life transforming adventure requires an individual to receive specific teaching designed to move them from one particular state of mind towards the internal embodiment of this spiritual knowledge. Often this esoteric wisdom is considered to be far beyond the understanding associated with normal spiritual teachings, religious dogma, or esoteric mythology.

The road to discovering the particular tools needed to awaken someone so that they can experience a deeper spiritual transformation will often vary from person to person. However, these unique teachings can many times set into motion a powerful spiritual awakening, one that is brought about through exposure to different philosophies, trainings, and meditation practices – all of which center on consciously changing a person’s present state of heart and mind, and directing them towards a closer relationship with God.

### DO WE REALLY UNDERSTAND GOD’S WILL?

Many times a person’s intellectual concept of God is no more than a mental projection of their own wants, needs, and desires being placed onto an indescribable radiant life force. This is often unconsciously done as a way of mentally minimizing that which is unfathomable. Because the concept of God is so ancient, deep, and profound, people often try to place that concept inside a box in order to control their limited understanding of that which is infinite.

Religion often uses the same patterned guidelines for describing what God the creator “likes or does not like.” This way of thinking is sometimes necessary in the beginning of a spiritual walk in order to help someone overcome old negatively imprinted patterns; and can be used to assist a person in reestablishing new, healthier thought-patterns and actions.

However, when an individual starts to mature in his or her walk with God, and begins to qualify for more advanced spiritual training, most organized Christian religions fail to encourage the person to spiritually grow outside the box, and often fall short in teaching them how to embrace the deeper metaphysical aspects of their particular faith.

### ESOTERIC SPIRITUALITY IN CHRISTIANITY

Because of a serious lack of understanding in what metaphysical training is all about, and how it applies to spirituality, many Christian religions simply refuse to take a closer look into anything that might be labeled “esoteric spirituality.” Yet historically, many of these unorthodox methods of prayer and meditation were often effectively used in earlier times to help many Christian monks and nuns progress towards a stronger and more profound spiritual relationship with God.

Without this much needed understanding and support, many people of faith often become confused as to what to do when their personal spiritual gifts begin to manifest. Some Christians actually become extremely frightened of these supernatural abilities, even though these advanced mystical states were at one time considered to be a natural part of their spiritual growth and development.

Oftentimes these awakening experiences are ignored within the church, other times the natural spiritual gifts are even thought of as being “evil.” This attitude is seen so often in the church, that much of today’s drop in attendance and the restless spiritual searching of the youth seems to be inspired by the belief that Christianity has nothing to offer someone who is truly seeking deeper spiritual growth. This assumption is often followed by the belief that the church today has become nothing more than a collection of antiquated dogmas based on political hierarchies and the desire for control.

However, it is a mistake to think that Christianity has no inner teachings. Many of the supernatural abilities that lie dormant within most believers were at one time considered to be an essential part of the Christian faith, responsible for manifesting the eternal soul’s divine potential in the world. In fact, in ancient times the ultimate goal of Christian mysticism was to energetically awaken and inspire an individual’s heart and mind towards a deeper experience of spiritual consciousness, and to draw him or her closer towards an enlightened understanding of God’s most radiant love and divine truth. It is from this divine truth that the energetic manifestations of the spirit world are suddenly brought into conscious awareness.

### WHY IS THIS SO IMPORTANT?

After spending more than forty-plus years consistently studying these esoteric methods, my heart has longed to share these life-transforming spiritual teachings with my Christian brothers and sisters. Many of these sacred teachings were specifically designed to help an individual become triumphant in their spiritual life, and to assist them in overcoming the various trials and tribulations that normally befall someone who is trying to live their life as a true child of light, and as a faithful servant of God.

Now and then in any man or woman’s life, certain personal problems may start to surface, sometimes causing these painful memories to linger. Time and again these recurring problems take place because these children of God lack the spiritual tools that are needed to assist them in overcoming these different obstacles. This type of spiritual stagnation often manifests through unforgiving thoughts and the sudden outburst of negative emotions. This gives birth to disruptive environmental disharmony, which can adversely affect each person’s spiritual beliefs and actions.

When a person’s true spiritual gifts remain untapped and unused, and the divine guidance that is normally associated with these unique spiritual powers is ignored and abandoned, then like Adam and Eve leaving the Garden of Eden, numerous hardships are soon to follow.

Many Christian mystics understand that in life, we are living inside a special energetic domain that operates like a dream

world, continually being molded and transformed according to our own projected perceptions of reality. In other words, the physical realm is like a mirror that energetically reflects back to us the various projections of our own mind. Thus our spirit (i.e., thoughts and feelings) is continuously operating within the physical realm by creating and manifesting our internal truth into an external reality. In understanding these patterns of cause and effect, we learn that our thoughts and feelings control the energy that governs the things taking place in our lives. This is why certain spiritual trainings and techniques are needed to help us break through these repetitive destructive patterns.

Without the wise guidance and the personal accountability of a spiritual mentor who will point out certain pit-falls and assist you in awakening your natural gifts, it is difficult to walk the higher spiritual paths towards enlightenment. To have direct access to the higher spiritual powers that accompany these elevated positions, a person must first remove any negative thoughts and feelings they currently believe about themselves and others from their heart and mind.

If not removed, eventually these unchallenged thoughts, and beliefs will become a part of an individual's internal truth. Once this occurs, sooner or later these beliefs, however false they might be, will eventually mold themselves around the person's internal core, and become a part of that individual's own projected reality.

#### **RECEIVING SPIRITUAL TRANSFORMATION TRAINING**

Many of the ancient traditions of esoteric Christian mysticism are based on hidden teachings that were contained within the holy scriptures, and associated with Jesus of Nazareth. These teachings supported the various rituals of the early church, the legends and mythology associated with this religion, and the various church doctrines, which are the collective rules, treaties, and commentaries given by the founding fathers and used to govern the early church.

Today, many religious systems around the world still focus on the development of spiritual transformation, with each system having its own special methods and unique trainings designed to assist its members in achieving this important goal. For Christians however, having access to this type of information within the modern church is extremely rare.

Even the higher spiritual truths that were expressed by both the ancient Gnostic Christians and the mystical Desert Fathers embodied a certain attitude towards the early Christian teachings — believing that if one has a strong enough sense of the world beyond, a spiritual world that is holy and much purer than our own, then the world that existed before their eyes would seem more like a distraction, or simply a trap.

In understanding that the acquisition of divine knowledge can help build one's faith and free the heart and mind from the illusions of darkness, I have placed certain teachings within this book that I believe can be used for spiritual growth and divine transformation.

This book is not intended to persuade its readers to believe in or practice such teachings. What is presented in the following pages is simply the true documented memoirs of the many important spiritual teachings that have personally helped me to transform my own life; and were responsible for uplifting and supporting my body, mind, and spirit as a child of light and servant of God.

#### **RIGHTEOUSNESS - VERSUS - MORALITY**

I was taught that in walking a spiritual path there are many stages of "awakening;" and that there is a difference between righteousness and morality. My teacher explained that sometime around 500 B.C., an enlightened sage by the name of Siddhārtha Gautama once asked a king, "Are you a righteous man or a moral person?"

Puzzled by this strange question, the king asked the wise sage what the difference was. The Buddha (meaning "Awakened One") replied, "Morality and Righteousness are two different things. Morality lures your heart and mind towards heaven. However, by dividing everything into right and wrong it instills within a person the fear of hell. Righteousness on the other hand is different, its spiritual state is simply based on experience. The power of spiritually awakening one's consciousness is known as Enlightenment; and the path that we choose after we become spiritually awakened is known as Righteousness."

With this in mind, I present these teachings to you as a gift to use for obtaining spiritual enlightenment, offered to those individuals who have not been fortunate enough to receive such trainings. This is presented so that you, the reader, may have access to different teachings that focus on experiencing deeper levels of spiritual transformation, which will allow you to progress further as a child of God.

May you use these special teachings to awaken the incredible gifts that God has given to you as part of your spiritual birthright, and help you to shine brightly within this spiritually darkened world as one of God's most radiant lights.

May you also always remember that the spiritual discoveries that originate from your inner-soul, allow you to experience the revelation of personal truths that no outside religious intermediary or institutional affiliation can ever duplicate. Which is why the spiritual knowledge gained from such internal revelations often leads a person to life transforming awakenings and true righteousness.

With that in mind, I will close this Preface with the wise words of King Solomon, who wrote in Proverbs 2:1-5:

*My child, if you would receive my words,  
and hide the treasure of my commandments  
within your heart,  
and incline your ear to wisdom,  
and apply your heart to understanding;*

*Yea, if you cry out for knowledge,  
and lift up your voice for understanding,  
If you seek after it as if for silver,  
and search for it as if for hidden treasure;*

*Then you will understand  
the incredible power and wonder of the Lord,  
and discover the true wisdom  
and knowledge of our God.*

Your brother in Christ,  
Professor Jerry Alan Johnson

January 20, 2017

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## INTRODUCTION

As Christians, we are often told that man is spirit, and that he contains the divine spark of God's own illuminating fire. Because of this most radiant gift, man's soul is considered to be immortal, and has the capacity to spiritually grow, mature, and radiate divine light without limit.

Which is why whether or not an individual's spiritual discipline has been deeply rooted in a particular religious teaching, if they sincerely seek to know God with their whole heart, they will eventually discover the divine mysteries that are hidden inside a true spiritual walk. This road less traveled will eventually lead the seeker down a winding path towards becoming a more spiritually evolved child of light.

Because we live our lives as children of God, as we stand on our own particular rung on the ladder of life, we can often see other rungs that are currently located both above and below us. Those who stand on the rungs located high above us may even appear to be as gods, especially in their incredible spiritual knowledge, ability, and power. Yet these older brothers and sisters reveal to us that not long ago they also stood exactly where we are currently standing. If we desire to be like them in the future, we must share the same steps as they had trod upon in the past.

### MY REASON FOR WRITING THIS BOOK

When I was growing up, my parents brought my two brothers, my sister and I to an Evangelical Lutheran Church to attend Sunday school. I was very young at that time, and so I was also attending a public elementary school. I quickly protested as to why I had to attend Sunday school, as I believed that forcing us to go to two different schools was cruel and unusual punishment. I was then informed that the people at this particular school would teach me all about God, and that wouldn't happen in regular school. Therefore when I entered into the classroom on my first day of Sunday school, I was excited about learning who and what God actually was, especially from educated teachers who were trained to answer such questions.

My Sunday school teacher was an elderly woman, whose gentle kindhearted smile was both welcoming and calming. So, being very naive and extremely trusting at that time, when my teacher asked if I had any questions, I began to inquire about the personal history and true spiritual nature of God.

Suddenly my Sunday school teacher's warm smile disappeared, and it seemed that each question I asked only infuriated her even more. Eventually she sat straight up and shouted quite loudly, "That's Sacrilegious!" to one of my unanswered questions; followed by "That's Blasphemy!" to another.

Now being only six years old at that time, I had no idea what she was talking about, or what any of those big words meant. All I knew was that by simply asking "Who is God?" – "Where did God come from?" – and "Who is God's God?" I was now in danger of being forever kicked out of this Christian church, and quite possibly doomed to being sent to hell. Not to mention the fact that I was now probably failing Sunday school after only taking one class, which most likely would be an embarrassment to both my mother and father.

Now at age sixty-five, I have never forgotten that incident. As I look back on those strange times of confusion, I am reminded of what the Buddha once said to his disciples when teaching them how to seek after true spiritual enlightenment some five hundred years before the birth of Jesus of Nazareth:

**"Do not believe in anything simply because you have heard it, or because it is spoken and rumored to be true by many.**

**Do not believe in anything simply because it is found written in some religious book, or was based on the specific authority of certain spiritual teachers or elders.**

**And do not believe in anything because it has been traditionally handed down to you from many generations.**

**Instead, after great observation and analysis, when you find that some special knowledge or sacred teachings agrees with your heart and mind, and illuminates your innermost spirit, then accept it, train it, and embody its teachings for the benefit of yourself and others."**

I mention this here because when you are reading through this workbook, please remember that although I have taken the time to write and explain many of the spiritual teachings that I have learned and practiced throughout my life, you should always study any new training technique before adopting it into your personal spiritual practice. This is essential in order to see if it will be of benefit to you as a child of light. In other words, simply try it first and see if it will be effective in enhancing your spiritual light as a child of God.

The information that I will be sharing with you can be life transforming, especially if you take the time to actually do the training. Therefore I have included special Christian meditations, forgiveness rituals, healing trainings, and spiritual protection trainings that I believe will be of great value to you.

Once this sacred knowledge has been fully embodied, a profound spiritual transformation is often experienced. This new shift in spiritual consciousness can be extremely effective in illuminating the heart and mind, and spiritually elevating an individual's personal walk as a child of God.

Please understand that I sincerely desire for each person to shine and excel in all that they do for the glory of God. Because of this, I will be extremely and sometimes painfully honest with you about what I uncovered in my research. If you can stay with me to the end of the workbook with an open mind, I promise you that this journey truly will be worth it. I have also presented this information so that other Christians may finally receive closure to certain unanswered questions about their faith without the fear of receiving harsh judgments, or of being condemned to hell for uncovering uncomfortable truths.

In order to prepare you for this life transforming adventure, I have included an ancient Sufi parable that expresses the problems that can sometimes arise when attempting to share with other people deeper spiritual truths and different insights into their current religious experiences. The parable focuses on the discovery of fire, and the various hidden fears surrounding the elusive perceptions of power. This unique parable was originally brought to the public by the great Sufi Master Idries Shah.

If you follow the ancient teaching patterns of Jesus of Nazareth, you will note that he often taught in parables; then later explained the hidden meanings of these special stories to his disciples. This unique teaching method helped to spiritually awaken his disciples hearts and minds to the profound mysteries found within the kingdom of heaven.

## THE STORY OF FIRE

Once upon a time, a certain man named Nour was contemplating the ways in which nature operates. Because of his focused concentration and consistent application, he eventually discovered how fire could be made.

Nour decided to travel from one community to another in order to share this unique discovery. In fact, during his travels Nour passed along the secret of creating fire to many groups of people.

Some people took advantage of the discovered knowledge. Others, before they had taken the time to understand just how valuable this discovery could be to them, suddenly thought that he was dangerous, and immediately decided to drive Nour away.

Eventually, a tribe before which he demonstrated the skill of creating fire became so panic stricken, that they thought he must be some kind of demon—so they suddenly attacked and killed him.

### Many Centuries Passed.....

- The first tribe that had learned about creating fire reserved the secret only for their priests; who remained in affluence and power, while all of the other people of the tribe froze.
- The second tribe forgot the method of creating fire, and instead worshiped the instruments used to create it.
- The third tribe worshiped the likeness of Nour himself, because it was he who had taught them how to manifest this supernatural skill.
- The fourth tribe retained the story of making fire in their legends; and some people believed in the story, while others did not.
- The fifth tribe retained the art of creating fire, and this practical skill enabled them to stay warm, cook their food, and to manufacture all kinds of useful articles such as pottery and various hunting and farming tools.

After many, many years, a wise sage and a small band of his close disciples were traveling through the lands of these various tribes. All of the disciples were truly amazed at the variety of customs and rituals they had encountered over the simple art of creating fire. One by one, all of the disciples approached their master and said, "All of these procedures are in fact simply related to the art of making fire, and nothing more. We should therefore try to re-educate and reform all of these people!"

The wise master looked at all of his disciples and said: "Very well. We shall restart our journey. And by the end of our travels, you will understand the true problems associated with this type of condition, and how to approach it."

**The Reaction of the First Tribe:** When the wise sage and his small band of disciples reached the first tribe, they were hospitably received. And all of the priests invited the travelers to attend their special religious ceremony that centered around the making of fire. When the ceremony was over and the tribe was in a state of excitement at the event which they had just witnessed, the master looked at his disciples and asked: "Does anyone wish to speak?"

One of his disciples stood up and said: "In the cause of Truth, I feel myself constrained to say something to all of these people." At which the master said, "If you understand that you will do so at your own risk, then you may proceed."

So the disciple stepped forward, and in the presence of the tribal chief and all of his high priests said the following:

"I can perform this same miracle, which all of you take to be a special manifestation of a deity. If I do so, will each of you accept the fact that you have been in error for so many years?"

Suddenly all of the high priests cried out: "Seize him!" and the disciple was immediately taken away, and was never seen or heard of again.

**The Reaction of the Second Tribe:** The small band of travelers then went to the next territory, where the second tribe was worshipping the instruments of fire making. Again another disciple volunteered to try to bring reason to the community. With the permission of his master, the disciple looked at the entire gathering and said:

"I beg permission to speak to you, as reasonable people. You are worshipping the means whereby something may be done, and not the thing itself. You are therefore completely missing the effective usefulness of these instruments. I know the reality and true manifestation that lies at the very foundation of this special ceremony."

This tribe was composed of more reasonable people. However they all looked at the outspoken disciple and immediately said:

"You are welcome as a traveler and stranger in our midst. But as a stranger, foreign to our history and our special customs, you cannot understand what we are doing. Therefore your understanding is wrong, and perhaps you are even trying to take away or alter our religion. We therefore decline to listen to you, and suggest that you immediately leave." And with that, the travelers moved on.

**The Reaction of the Third Tribe:** They then arrived in the land of the third tribe. Before every dwelling they found an idol representing Nour, the original fire maker. A third disciple stood up and addressed all of the chiefs and priests of that tribe, and said: "This idol represents a man, who represents a capacity that can be used." Immediately the Nour-worshippers answered, "That may be so, but the true understanding of the real secret is only given to the few."

Upon hearing this, the third disciple answered, "It is only for the few who are open to truly listen and choose to understand—and not for those who simply refuse to face certain facts."

Immediately all of the tribe's priests suddenly shouted, "This is rank heresy! From a man who does not even correctly speak our language, and is not a priest ordained in our faith!" And so the third disciple could make no headway.

**The Reaction of the Fourth Tribe:** The small band continued on their journey, and finally arrived in the land of the fourth tribe, who retained the story of fire making in their legends. A fourth disciple stepped forward in the assembly of the people, and addressed the gathering, saying: "The story of fire making is indeed true, and I know how this special skill may exactly be done."

Suddenly a great confusion broke out, which caused the people to split into various factions. Some of the people said: "This may be true, and if it is, we want to find out how to make fire." However, when those individuals were further examined by the master and his followers, it was discovered that most of them only wanted to use fire making for their own personal advantage, and did not care at all that it was something that could help all humans to further evolve and progress. So deep had the distorted legends penetrated into the hearts and minds of these people, that even those individuals who thought that the story of making fire might indeed be true often were so emotionally unbalanced that they would not be able to make fire, even if they had been shown how.



*There was also another faction of this community who said: "Of course the legends are not true. This man is simply trying to fool us, and is only trying to make a name for himself here in our tribe."*

*And an additional faction of the community said: "We prefer the legends as they are, for they are the very mortar that binds our community together in unity. Therefore if we abandon them, and we find that this new interpretation is useless, what will then become of our community?"*

*And there were other points of view expressed by different members of this community.*

***The Reaction of the Fifth Tribe:*** *So the small party traveled on until they reached the lands of the fifth tribe. Here fire making was a common place practice, and other things preoccupied the interests of the people.*

*At the end of the journey, the wise sage looked over all of his remaining disciples, and then quietly said to them the following:*

***"You have to learn how to teach;  
because people do not want to be taught.***

***In order to accomplish this,  
you must teach people how to learn;  
And even before that,  
you must first teach them that there is still  
something more that needs to be learned.***

***Although they imagine that  
they are now ready to learn,  
In all truth, they only want  
what they think must be learned,  
and not what it is  
that they truly need to learn.***

***Only when you have learned all of this,  
can you then devise the way  
in which to teach them.***

***For having knowledge  
without having the special capacity to teach others,  
is not the same as  
having both knowledge and ability."***

After reading this brief introduction, hopefully the point has been made clear. Although many people may say they want to hear the truth, often after hearing it they are not prepared to do what it takes to change their hearts and minds in order to truly embody the new teachings. What is required in order to embrace the deeper manifestations of God's divine light and to live a life dedicated to real spiritual transformation can be much more challenging and demanding than many people realize.

Additionally, although well meaning individuals may sometimes desire to teach and share their interpretations of truth with others, serious problems can often arise when trying to provide deeper spiritual insights into previously institutionalized thinking patterns, especially those that are associated with popular religious dogma. This is especially true when the topic of discussion centers on things that have been labeled as being "unorthodox teachings" or "esoteric spirituality."

Many of the exercises and meditations that I have chosen to present within this workbook were originally gathered from several different spiritual traditions; and many of these special training methods have been used by Christian practitioners for centuries in order to obtain a deeper connection with God. Because God's divine mind resonates within all of creation, this special type of connection is extremely important. I deeply believe that this knowledge and the unique applications presented here will be of great benefit to all Christians, especially those interested in obtaining a deeper comprehension of their true spiritual evolution.

Always consider the sacred teachings that I have placed within this workbook as a platform through which to strengthen and rebuild your personal spiritual walk. As you invest the time and effort in learning how to embody this life transforming information, one day you will have the opportunity to share this knowledge with others. So please remember that when people refuse to see or hear what the spirit of God has to say, in order to justify their refusal to change they often choose to attack the messenger, saying that he or she is wrong; just like the priests and members of the first four tribes did to the wise sage's well meaning disciples.

The true value of any type of spiritual knowledge is manifested in the way it is presented, received, and used for the service of God. Although the goal may be to help certain individuals achieve a closer relationship with God, sometimes Christians will reject this teaching because of fear, ignorance, or a true lack of proper exposure to deeper spiritual truths. According to the Old Testament Book of Hosea 4:6-7:

***"My people are destroyed  
from lack of knowledge.***

***Because you have rejected knowledge,  
I also reject you as my priests;  
because you have ignored  
the spiritual laws of your God,  
I will also ignore your children.***

***The more priests there are,  
the more they sin against me;  
for they have exchanged  
the glory of their God  
for the shame of Idols."***

[Note: In my late teens and early 20's, one of my good friends was a Jewish Rabbi named Saul Benjamin, who specialized in translating and teaching the sacred scriptures of the Old Testament (also known as the Hebrew Bible). During one of the many times we spent studying the Old Testament, he explained that the reference of "shame of idols" mentioned in the scripture passage above pertains to much more than what many Christians realize. One example that he gave for the phrase "shame of idols" pertains to things such as the priest and/or members of the congregation glorifying things such as the church's building, its prophets, apostles and saints, as well as its religious doctrines, and political endorsements – instead of focusing their hearts and minds on honoring the divine glory of our Lord God, above all things.]

This first workbook *The Hidden Teachings of Christian Mysticism (Vol. 1): Spiritual Transformation and Divine Healing* is written as a prelude to the second book titled *The Hidden Teachings of Christian Mysticism (Vol. 2): Psychic Influences and Spiritual Protection*. The purpose of writing the second book is to assist the reader in sojourning deeper into the study of esoteric Christian Mysticism, and help them to explore and carefully examine the hidden world of the spirit realm, which constantly interacts with the human realm on a daily basis.

I mention this here, because when reading through this first workbook, I will sometimes direct the readers attention to different chapters that are written in the second book, and refer to that text as *Hidden Teachings Vol. 2*.

## CHAPTER 1. WHO IS OUR GOD?

If we are really going to work with divine power in the form of true transformation, miraculous healing, and spiritual protection, it is essential that we first understand several important things surrounding the requirements needed in order to effectively accomplish this goal.

Many years ago, I was a young Christian who simply believed what my pastors had taught me about Christianity, the Bible, healing, and God's protection. At that time, what I had learned was in alignment with what was currently written in my *Strong's Bible Concordance*; which also lined up with what I had heard from popular Pentecostal pastors such as Chuck Smith of Calvary Chapel. Therefore there was no reason to doubt any of these individuals or their teachings.

However, as I continued in my quest to understand and learn more about the true divine nature of God, I became perplexed with what I was studying. As I began to look deeper into the popular teachings I had once taken on face value as a young man, several discrepancies began to surface. It seemed the deeper that I researched and the further I investigated, the more I uncovered a multitude of disinformation and a mountain of deception propagated by the officially established Christian churches.

In frustration, it eventually became necessary for me to search elsewhere to find the answers that I was looking for. At that time in my life, I wanted and needed to find out how to establish and maintain a powerful and effective spiritual relationship with a living God. One that was based on experiencing divine miracles and life transforming spiritual manifestations, and not one simply based, as too often was the case, on empty words, deeds, and promises.

When I was finally able to unravel the mystery and put it all together, I immediately felt great relief, and a profound inner-peace settled within my heart and mind. Soon after I began to share with other Christians the sacred teachings that God had allowed me to investigate, learn, and embody.

In understanding this, I would like to share with you some of the current theories about the origin of our Christian faith that are now circulating the globe, and explain to you what I believe these different discoveries mean for us as children of God.

This is important because as Christians and followers of Jesus Christ, it is essential that we have a thorough understanding of what divine power truly is; especially since having access to this radiant life force is deeply rooted in all of our core beliefs.

This divine energy exists within all of us, and was given to us as a gift from God so that we may manifest his incredible work within the world, and be able to heal the sick, as well as exorcise malevolent spirits. Thus having access to this divine power is a part of our spiritual birthright as children of God.

Having a complete faith and trust in God also enables us to have access to the deeper spiritual understanding of Jesus of Nazareth's sacred teachings. Without this wisdom and strong faith as our foundation, the spiritual gifts that God has given to each of us often remain asleep, and eventually become ineffective within the physical realm.

In order to awaken to our spiritual gifts and become more dynamic in our walk with God, let us first clear the air surrounding certain key points concerning our Christian faith. This information often can be upsetting; and it has created reactions of shock and disbelief within the church, which often brings about deep seated feelings of anger, doubt, and suspicion.



Figure 1.1. A 4th century B.C. drachm coin from the Persian province of Yehud Medinata (ancient province of Judah), possibly representing Yahweh seated on a winged wheeled sun-throne.

In the New Testament Bible, James 1:6-8 states: *But when you ask [in prayer], you must believe and not doubt; because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Because such a person is double-minded, and unstable in all that they do.*

This important scripture reveals one of the requirements that are needed for successfully manifesting things within this earthly realm. It states that our spoken word must be internally rooted in unwavering faith. In order to continue to spiritually build our faith, and retain an unshakable belief founded in God's divine power, let us first begin by addressing several important core issues. The first question that must be answered is, "Who or what is God?"

### WHERE DID GOD ORIGINATE?

In Christianity and other monotheistic (one god) religions, God is believed to be the supreme creator and ruler of the universe. This powerful supernatural force is said to be the one true source and final authority of all morality traditionally held by religion based societies and individuals.

Anyone who was raised in the Christian church and has taken a catechism course in order to gain an understanding of the church's religious doctrines, would have been introduced to several levels of belief regarding God. For example, God is omniscient (all knowing), omnipotent (all powerful), omnipresent (everywhere), and omnibenevolent (all loving).

As Christians, we are taught that our God is the celestial power known as "Yahweh," who is also the God of Abraham, Isaac, and Jacob, and later the God of Moses and the children of Israel. But exactly who or what is this God (Figure 1.1)?

If we remember our Sunday school lessons, Moses was raised as an Egyptian, fled Egypt after killing a man, and entered into the land of Midian located in what is today southern Jordan and northwestern Saudi Arabia. It was here that Moses was taken in by a chieftain named Jethro (or Reuel, meaning "friend of God") who was a priest in the Druze religion of Midian. Moses married Jethro's daughter Zipporah, and then worked for him tending his flocks (Exodus 3:1).

Sometime during his stay, Moses was on Mount Sinai and experienced an encounter with the god of the Midianites, whom his father-in-law and his wife Zipporah both worshipped. This deity spoke to Moses from a burning bush (Figure 1.2), and identified himself as "Yahweh" ("I Am that I Am").



Figure 1.2. On Mount Sinai, the Desert God Yahweh speaks to Moses from the midst of a burning bush.

A covenant between Moses and Yahweh was formed, and after 40 years Moses returned back to Egypt with his family in order to lead the children of Israel out of slavery to the land of Canaan (Exodus 3:1-18). According to biblical chronology, Abraham first arrived in Canaan in about 2100 B.C.; he, Isaac, and Jacob all lived in Canaan until about 1875 B.C. before the Israelites ended up in Egypt due to a great famine.

Eventually the name Yahweh became the sacred word used to represent God for the twelve tribes of Israel, and was promoted as the supreme being who protected and watched over the Jewish nation. Centuries later, many Christians believe that it was Yahweh whom Jesus of Nazareth referred to as "God the Father." Since that time, Christians have held to the belief that this particular deity was and is the original God of Creation. So let's begin our study of God with that.

Most translations today render the name of the God of Israel and the Christian God as Yahweh, yet the origin and true meaning of this sacred word is elusive and quite mysterious. The word itself is not really a name, but is instead a designated title often translated as "I am that I am." Its true meaning is still widely disputed, with different scholars arriving at a number of unique meanings of the word. Versions said to be closer to the original translation includes the phrases: "I create what I create" and "I am he who causes to become."

It is said that Yahweh's original domain was the Sinai desert. In *The Biblical World Journal*, Lewis Bayles Paton a professor of Hebrew at Hartford Theological Seminary explains in his article "The Origin of Yahweh-Worship in Israel II," that Yahweh was the God of the people who dwelt in the Sinai region, and he apparently was worshiped there long before the arrival of Israel.

By the time Moses arrived in Midian, Mount Horeb (Mount Sinai) was already considered to be the Mountain of God (Exodus 3:1); and in Exodus 3:12, Yahweh commissions Moses to bring the children of Israel to this particular mountain after they leave Egypt. This implies that at that time Mount Horeb was considered to be a sacred sanctuary where the worship of Yahweh had already been established.

Although officially the geographic location of Mount Horeb is unknown, in the Hebrew Bible (Book of Habakkuk 3:3), believed to be written in the mid-to-late 7th century B.C., it states:

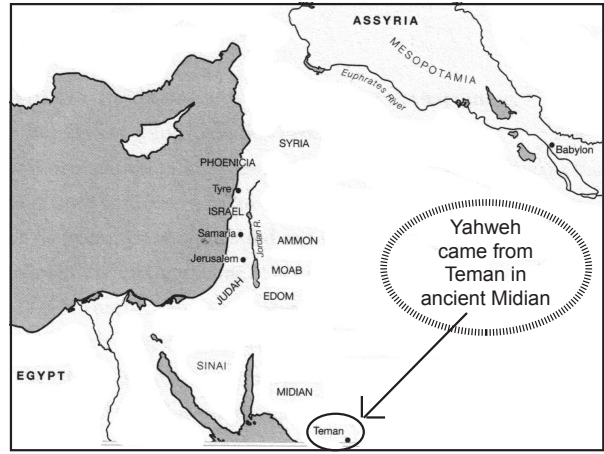


Figure 1.3. According to Habakkuk, Yahweh came from Midian, which is where he first appeared to Moses in the book of Exodus.

*God comes from Teman. The Holy One comes from Mount Paran. [Selah] His splendor covers the heavens. His praise fills the earth.*

The area of Teman was located in what is today north-western Saudi Arabia. Many biblical scholars believe that this area is the exact territory of ancient Midian. Therefore according to the Book of Habakkuk, one of the oldest books in the Hebrew Bible, Yahweh came from Midian, which is where he first appeared to Moses in the book of Exodus (Figure 1.3).

Most recently, the Midianite origins of Yahweh have been defended in Thomas Römer's book, *The Invention of God*. According to Patrick D. Miller's book *A History of Ancient Israel and Judah*, many of the legends surrounding Yahweh are extremely ancient, and reach as far back as the Early Iron Age (1200 B.C. - 600 B.C.) and even to the Late Bronze Age (3300 B.C. - 1200 B.C.). In fact in ancient Egyptian texts, the earliest plausible mention of Yahweh places this popular desert god among the nomad tribes in the area east of the Jordan river.

Several scholars state that in the oldest biblical literature, the deity known as Yahweh is depicted as a wrathful warrior god who requires ritualized blood sacrifices (ox & sheep); and because of a personal covenant with Abraham, leads the heavenly army against the enemies of Israel. Because of this, in the Old Testament Yahweh is often known as a god of war who leads his people into battle (Exodus 15:3, Psalm 24:8, Isaiah 42:13, Zephaniah 3:17).

#### "EL ELYON" - GOD MOST HIGH

Many polytheistic religions often have an inaccessible "Creator God" as a superior deity. One who is traditionally positioned at the top of the list of minor gods and goddesses, and located somewhere within the heavens. Because the Creator God was responsible for manifesting the heavens and the earth, he now rests and is in a state of divine sabbatical. Fortunately for humanity he is assisted by several minor gods who work for him in order to maintain a regulated harmony within the universe.

Within this great celestial government, there are various intermediate gods who also work to sustain all of creation, overseeing continents, countries, nations, tribes, and people. Whenever any individual within a religion requires assistance, they pray to one of these overseeing celestial gods and receive the help they so desperately need.

In his book *How God Became God*, bible scholar Richard Smoley provides an excellent explanation of how the ancient



Canaanite religions maintained this same type of polytheistic structure and belief. In this multi-god religion, the name of their supreme being was originally known as “El,” which means both “above” and “god.”

Under the supreme deity El there were a number of other gods; some of these were the 70 overseeing angelic gods of the 70 nations. For example, if you were an Ammorite you would worship one particular god who was responsible for overseeing the Ammorite nation; however if you were an Edomite, you would worship an entirely different overseeing god.

According to rabbinical commentators associated with the Kabbalistic teachings of Jewish mysticism, the original texts and inscriptions of Judaism spoke of a highest God called “El Elyon” (“God Most High”) who had 70 secondary gods as his sons. One of these secondary god sons was a deity by the name of “Yahweh” (Figure 1.4).

In ancient biblical times, the holy name of god that people often prayed to was originally the highest God “Ēl Elyōn” (“God Most High”). This name is written in Genesis 14:18–20, and was used as part of a spoken blessing to praise Abram (Abraham) by the King of Salem, who was a high priest of God by the name of Melchizedek.

The term “Elyon” (High God) was also a descriptive phrase sometimes used for speaking the holy name of the supreme deity El. According to the uncensored 3rd century B.C. Greek Septuagint translation of Deuteronomy 32:8-9, Elyon originally assigned Israel to be under the protective custody of one of his secondary god sons, known as Yahweh. This was done in the same manner in which El had assigned the other nations of the earth to be watched over by his other sons.

In her book *The Great Angel: A Study of Israel’s Second God*, the British bible scholar Margaret Baker states that Yahweh started off as one of the angelic gods responsible for overseeing Israel. In fact in Genesis 48:15-16, when Jacob is blessing Joseph, he mentions that God was the “angel” who redeemed him from all evil.

Later on in the Bible, when Moses’ Midianite father-in-law Jethro hears about the miracle of the Red Sea, he exclaims, *Now I know that Yahweh is greater than all the gods* (Exodus 18:11). In this passage, Jethro is not denying the existence of other gods, he simply states that he believes that Yahweh is the strongest.

Eventually as the Israelite religion evolved, the idea of Yahweh being one of the ruling angels was thrown out. This was because it was believed that the people would become disappointed if they discovered that the protector of Israel was simply another angel in the heavenly court, along with the other 70 secondary gods. This is why later Judaism made Yahweh to be the one and only universal God Almighty. Ultimately, Yahweh came to be seen as being identical with El, and all other gods were considered to be false. Which is why in Joshua 22:22 it reads in Hebrew, *Yahweh el elohim* (*Yahweh is the El of gods*), meaning the god of one nation had now become the God of all.

By the turn of the 6th century B.C., the Highest God El was identified with Yahweh. This is how the God we believe in as Christians came to be known as “God the Creator.”

In his book *Canaanite Myth and Hebrew Epic*, Harvard biblical scholar Frank Moore Cross, Jr. explained that in ancient times the name Yahweh was eventually expressed as a name of El. However, the name Yahweh was originally used to imply the patron deity of the Midianite nation. Although Yahweh may have started off as a kind of representation of the



Figure 1.4. An ancient carving from Mesopotamia depicting the Highest God “El Elyon” and one of his 70 sons “Yahweh.”

supreme deity El – first within the Midianite nation, who were the descendants of Abraham and Keturah, his wife after Sarah (Genesis 25:2), and then later for the Israelites – eventually, it became the personification and divine manifestation of El.

According to Professor Cross, Yahweh’s full name was originally, “El du Yahweh Ts’va’oth,” which translates to “El who is causing the hosts to be.” Eventually the name was shortened to “Yahweh Ts’va’oth” (“Lord of Hosts”), and finally to “Yahweh.” The word “hosts” expressed in this phrase is believed to be the “hosts of heaven,” also known as the “sons of God,” and later known as the “holy angels.”

This is how over the years, the name “YHVH” evolved from being a patriarchal desert and tribal god (“The God of the Fathers”), into a national god (“the God of Israel”), and later gradually into a more universal god (“God Almighty”).

#### A KABBALISTIC PERSPECTIVE OF GOD

During the first centuries of Christianity, certain highly esoteric Jewish mystics called “Kabbalists” took issue with the basic overriding precept of Judaism: that there is only one God. Instead they secretly taught that there were actually 70 secondary gods of the primary creator God “El Elyon” (“God Most High”). Each of these 70 gods were considered to be powerful celestial deities in their own right, and sometimes were referred to in the plural as being the “Elohim” (“Gods”).

In the very first sentence of the Bible, Genesis 1:1, *In the beginning God created the heavens and the earth*, the word that is translated into English as “God” originally was “Elohim.” The vast majority of Hebrew scholars and Christian theologians understand “Elohim” as specifically meaning a singular “God.” However, as the Kabbalists studied the word Elohim, they noted that the word was grammatically composed of a feminine singular “Eloh” with a masculine plural ending “im.” Therefore the “Eloh” may be understood as being a feminine singular God (a feminine “El.”), with the “Im” suggesting that there are many plural (i.e., 70) masculine Gods.

In Genesis 1:26, it is stated that the “Gods” (“Elohim”) created mankind in THEIR own image (*Let US make man in OUR image, after OUR likeness...*); and in Genesis 2, Yahweh was believed to be one of the Elohim creator gods who were responsible for bringing into existence all the other life forms such as humans, animals, fish, and plants.

Between the 10th century B.C. and the beginning of their exile into Babylon (from 608 to 538 B.C.), the worship of multiple deities (polytheism) was maintained throughout the twelve tribes of Israel. In fact there are various references to the worship of numerous gods throughout the Book of Kings in the Old Testament. Even King Solomon (965–926 B.C.) was said to have built temples dedicated to many of his wives' gods (1 King 11:7-8).

Toward the end of the seventy year Babylonian Exile monotheism (the belief in one supreme God) became more firmly established thanks to the “Yahweh Alone” movement. This belief was based on certain scriptures written in the Old Testament book of Deuteronomy, such as: *Know that Yahweh alone is god; there is none beside him (4:35); Yahweh alone is god in heaven and on earth below; there is none beside him (4:39); and Yahweh our god is one, Yahweh alone (6:4).*

The Old Testament prophet Second Isaiah in about 545 B.C. continued this theme by proclaiming that there was only one true God, Yahweh, and that he is the sole creator of the universe; also that foreign deities do not exist, and their idols are only useless objects. According to *Eerdmans Dictionary of the Bible*, by David Noel Freedman, the worship of one God alone only became a universal practice among the Hebrew people during the 2nd century B.C.

All we know for sure, is that it was during this time that the Midianite God Yahweh became the main God of both the Kingdom of Israel (Samaria) and of the Kingdom of Judah. Eventually the entire royal court and the royal temple solely promoted Yahweh as the “God of the entire cosmos,” stating that only He possessed the positive qualities previously attributed to other gods and goddesses that had been worshiped in the past.

This is how the guardian angel of Israel Yahweh, son of El, became known as the Highest God (“Elyon”); and his elevated position as the God Almighty still remains alive today within the Jewish religion and Christian church.

#### **DID GOD HAVE A WIFE?**

Canaan was the grandson of Noah, the fourth and youngest son of Ham, whose descendants became the “Canaanites.” In Canaanite mythology, the supreme deity El Elyon (God Most High) had a wife, a female consort whose name was Asherah. Asherah was the Queen of Heaven and the mother of the 70 minor god sons (one of them being Yahweh), who acted as guardian angels that watched over the 70 nations of earth.

Asherah was frequently represented by a limbless tree trunk planted in the ground, often carved into a symbolic representation of the goddess. Because of her association with carved trees, the places of Asherah worship were commonly called groves, which is why the Hebrew word can sometimes refer either to the goddess or to a grove of trees. In his book *The Geologic Model of Religion*, Andrew Clifford points out that the name Asherah is mentioned over 40 times in the Old Testament King James Bible. Although, it was almost always erroneously translated as a “grove” or “tree,” the New Revised Standard Version now translates them more accurately as “poles,” rightly conveying the idea that these symbolic images were in fact used to portray Asherah in ancient times, and carved from the solid length of a tree trunk or “stock,” which is the word used in the Book of Jeremiah (Chapter 10:1-8) to describe this particular icon.

According to his book, *The Hebrew Goddess*, the cultural anthropologist Raphael Patai who specializes in Hebrew mythology and history, states that during the 370 years that the

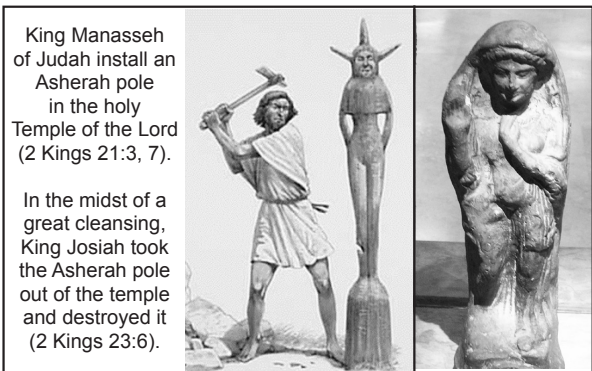


Figure 1.5. The ancient Hebrew Goddess “Asherah,” Wife of Yahweh, and Queen of Heaven (Hecht Museum, Israel).

Temple of Solomon stood in Jerusalem, a statue of Asherah also stood inside the holy Temple. As a Semitic mother goddess, this statue of the Queen of Heaven was not only worshiped as a part of the religion, but it was also approved by the king, the royal court, and the priesthood as the “consort” of Yahweh, and not his mother. In fact inscriptions from the reigns of King Saul, King David, and King Solomon (between 1050 and 930 B.C.) support the idea of Asherah’s intimate connection with Yahweh. For example, one such inscription reads: “I bless you by Yahweh of Samaria and by his Asherah.” Another inscription states, “To Yahweh of Teman and his Asherah.”

Because Teman is located in the northwestern Arabian region (see Figure 1.3) and according to Habakkuk 3:3 is Yahweh’s original home, certain Old Testament scholars believe the Goddess Asherah might have been with Yahweh from the very beginning. However, after the children of Israel had returned from their exile in Babylonia to rebuild the Temple in Jerusalem, the “Yahweh Alone” movement dominated the religious beliefs and teachings of the Jewish priests and prophets. This set the stage for creating the foundation of the Jewish religion that was observed during the time of Jesus of Nazareth (and is still prevalent today), which removed Asherah from her position as the Queen of Heaven, and from her association as being the mother, wife, or consort of Yahweh.

Certain biblical scholars however believe the worship of Asherah as the Queen of Heaven persisted among the Israelites for over seven centuries, until the 6th century B.C. This belief is substantiated by the fact that it was common to find household shrines or at least figurines of Asherah within many of the ancient archaeological ruins (Figure 1.5).

According to Professor Herbert Niehr, in “The Rise of YHWH in the Judahite and Israelite Religion” chapter of his book *The Triumph of the Elohim: From Yahwisms to Judaism*, Yahweh’s personal consort was indeed named Asherah. In ancient Semitic mythology, because Yahweh was considered to be the high god and Asherah the high goddess, she was commonly referred to as “the Queen of Heaven.”

In his book *Did God Have a Wife?* archaeologist and specialist in ancient Israel folk religions William Dever presents further evidence supporting the view that at one time the goddess Asherah functioned as the consort of Yahweh, and was worshiped as the Queen of Heaven. During these special celebration festivals, the Hebrews were said to have baked and eaten small cakes in her honor (Jeremiah 7:17-18, and Jeremiah 44:17-19).

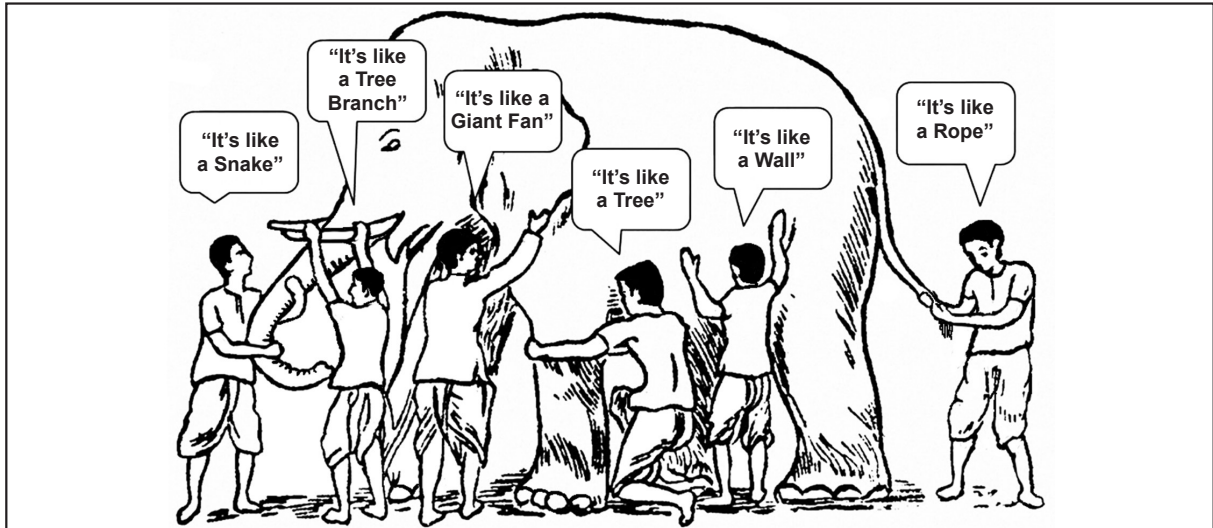


Figure 1.6. Six blind men touching different parts of an elephant, all come to different conclusions.

### WHO CREATED THE HIGHEST GOD “EL ELYON”

Now you may ask, “Who exactly is the supreme deity ‘El Elyon’ (God Most High); the primary father and creator God of the 70 secondary gods, who exists outside of all creation?” According to ancient belief, nobody made the Almighty Creator God El Elyon. He simply is, always was, and forever shall be, and has eternally existed without any beginning or ending.

In order to better understand this, we first must come to terms with the idea that all of our concepts about God are simply opinions based on our projected beliefs and personal interpretations of ancient scripture.

Over the years, several of my teachers have mentioned the elusive complexity of trying to comprehend with words the true nature of the living God. I was told that whenever an individual tries to understand the true spiritual nature of God, they often project their own feelings and needs onto the idea of what the supreme creator is like, which always tends to discolor the divine nature of this extremely powerful creative force. For example, God is loving and kind — because you need compassion within your life. God is all powerful — because you feel weak and powerless, etc.

Listening to someone’s experience and interpretation of God is like listening to six blind men telling you about their personal experience with an elephant. Especially if they have only experienced one specific part of that creature, and have developed a limited opinion surrounding that particular part.

There is a famous Hindu parable that tells the tale of six blind men (men in the dark) who were asked by a king to determine what an elephant looked like by touching and feeling different parts of the creature’s body. The blind man who felt the leg said the elephant is like a tree. The one who felt the tail said the elephant is like a rope. The one who felt the tusk said the elephant is like a tree branch. The one who felt the ear said the elephant is like a giant fan. The one who felt the belly said the elephant is like a wall. And the one who felt the trunk said the elephant is like a snake (Figure 1.6).

The blind men then compared notes and discovered they were all in complete disagreement with each other. Because each had their own individual understanding of what the

“truth” was, based on their own personal experience, each blind man was certain that he was right. As they continued to speak, the louder and more violently they proceeded to argue and fight with each other. As the arguments continued to intensify, the degree of violence began to escalate.

In some versions of this parable, the blind men stop fighting and began listening to each other in order to discover what the whole elephant is like. When a man who can see walks by and describes the entire elephant, the six blind men suddenly discover that they are all blind, and each one realizes that he was only partially correct in his understanding. The moral of this story is that, “while one’s subjective experience may be partially true, it is not necessarily the complete truth.”

This ancient parable addresses the manifold nature of truth, and is used to illustrate the principle of living in harmony with people who have different belief systems, and that truth can sometimes be stated in different ways. In other words, your understanding of the truth may simply be part of the spiritual journey that you are presently on. This unique understanding may be required in order to help you unravel and further experience what is actually there.

Great sages teach this ancient parable to highlight the importance of considering all viewpoints in order to paint a more accurate picture of reality. This is especially true when trying to establish an understanding of exactly what and who is God.

Often the parable ends by comparing the blind men to certain ignorant preachers and scholars, who blindly hold on to their personal opinions and views based on them possessing only a small portion of a vast thing. Because of their ignorance, they are by nature quarrelsome, and enjoy disputing. In the parable, each of the six blind men are not basing their opinions on having seen or even felt the entire elephant, but only on the small part that they originally had touched. In the same manner, a person who has experienced God in a particular way, often believes that God is — similar to each of the six blind men— nothing other than that which they had perceived. Here it is important to realize that what we think we understand, is all too often only a small part of the whole reality of what truly is.



In the same manner, God is actually much more powerful and unimaginably greater than anyone can ever describe or even comprehend.

When we are addressing God in our prayers or presenting offerings of worship before him in our personal altar space, we are actually making a profound connection between the radiant light of our eternal soul and the everlasting spirit of God Almighty (Figure 1.7). Which is why, when we are sharing our hearts and minds with this powerful divine source through prayer, as Jesus of Nazareth often did, it is important to be consciously aware that we are also spiritually fusing our life force with the radiant spirit of God. Therefore each time we pray and place ourselves under his divine authority and submit our bodies, minds, and spirits to his compassionate guidance, as Christians we are called to be more Christ-like and self-sacrificing in our faith, words, and actions.

### PUTTING IT ALL TOGETHER

Our personal role as children of God and disciples of Jesus of Nazareth is based on faithfully serving our master in our Christ-like actions, and in bringing the knowledge of God's heavenly kingdom to all who "have ears to hear."

As human beings, we are accustomed to thinking of ourselves as separate, especially in terms of our own physical bodies and personalities. Yet the little bundles of self-definitions that form our personalities are energetically sustained and internally supported by old stories, old thoughts, and old beliefs. What we think of as being our own personal analytical minds, is actually created by continually reinforcing such habitual patterns of thinking. However as Christians, the deepest comprehensive understanding of our awakened mind is actually based on the discovery that we are eternal souls spiritually connected to the divine radiant light of our Creator. Once awakened to this fact, we realize that all of us are extended energetic sparks and radiant reflections of God's divine mind, complete with profound illuminating power.

Before an individual is spiritually awakened to this fact, their thoughts and actions are centered on their own survival based patterns. Which most often are borrowed from other people such as our parents, siblings, and friends, and used to create their own personal value system, opinions, personality traits, and reactive mannerisms. This is why our ego must first be stripped of its acquired individuality before we can spiritually grow. The old bundles of self-definitions that have maintained our separate identities must be stripped away so we can realize that each one of us is in fact a part of the infinite light of God's radiant being.

No one manifests their full true spiritual nature until they have ridden themselves of the limitations of their acquired ego. This process of "born again" thinking is developed by constantly revising one's personal self-definitions, which allows the divine light of God to clearly shine forth in their lives.

Often people view the world through a cloudy windowpane that has been stained with the debris of life. Because of this, their observations are sometimes so clouded that the sunlight can only dimly shine through their obstructed glass. In order to permit the clear passage of sunlight to radiate unobstructed through the windowpane, it must first be cleansed. Only then will the light of God clearly shine through us, and beautifully manifest his wonderful radiance in our spirit (1 Corinthians 13:12).



Figure 1.7. Addressing God in prayer is considered to be a profound spiritual connection with the Almighty Creator.

### UNDERSTANDING THE NAME OF GOD

The Hebrew word "Elohim" is translated into English as "God." This word is most often understood as being singular, even though it ends with "im" which denotes plural masculine nouns in the Hebrew language. The word "El," also translated as "God," is also found in the Old Testament. Yet the name of God most often used in the Old Testament (Hebrew Bible) is composed of four letters, which are translated as "YHVH" (Figure 1.8); which Christians today often pronounce as Yahweh or Jehovah.

The reason for these different versions of God's name, is because in the Old Testament the verses that use El for God are thought to be characteristic of the Northern Israelite Tribes (i.e., the ten tribes of the Kingdom of Samaria or Kingdom of Israel); while the ancient verses that speak of Yahweh as God, were said to originate from a Southern Israeli tradition (the two tribes of the Kingdom of Judah).

The word El is found in ancient Aramaic, Arabic, and Ethiopic languages, as well as in ancient Hebrew (e.g. Isra-el). In fact the use of El was a regular element in the sacred names of the archangels, such as Micha-el ("Who is as God"), Gabri-el ("God is my strength"), Rapha-el ("God has healed"), and Uri-el ("Fire of God") to denote their elevated status as divine beings.

In his book *Canaanite Myth and Hebrew Epic*, scholar Frank Moore Cross states that in the Bible "El" was the divine deity traditionally worshiped by the Hebrews. According to ancient teachings, he was originally known as "El Shaddai" (God Almighty) before revealing his true name as "Ehyeh Asher Ehyeh" ("I Am That I Am") to Moses (Exodus 3:14). According to Exodus 6:2-3, Yahweh also states: *I revealed myself to Abraham, to Isaac, and to Jacob as "El Shaddai," but was not known to them by my name Yahweh.*

Scholars and archaeologists have uncovered much evidence that the ancient Canaanite people also worshiped El as the almighty creator of heaven and earth, the father of mankind, husband of the Goddess Asherah, and the parent of many other gods. In fact, El was also worshiped by non-Israelites such as Melchizedek the king of Salem and priest of El Elyon (God Most High), mentioned in Genesis 14:9. The reason that



this is important is because according to Hebrews 5:5-10 and Hebrews 7:13-17, Christ is identified as “a priest forever in the order of Melchizedek.” Therefore Jesus of Nazareth must have assumed the role of High Priest in the sacred order of El Elyon.

Historically, the monotheistic worship of Yahweh as the creator god first took religious root in the Southern Kingdom of Judah, with the Temple of Jerusalem located at its center. According to many historic speculations, various strands written in the Torah (i.e., the first five books of the Old Testament Bible) also reflect these same theological views, which are well documented by several different authors.

According to Mark S. Smith, in his book *The Early History of God: Yahweh and the Other Deities in Ancient Israel*, shortly before the 1st century A.D., it became common for Jewish rabbis to avoid saying aloud the divine name Yahweh for fear of misusing it and therefore breaking the Second Commandment (*You shall not take the name of the Lord your God in vain*). Which is why whenever they read the holy scripture aloud in the synagogue (house of prayer) and encountered the divine name Yahweh, they would substitute it for another Hebrew word Adonai, which means “Lord” or “my Lord.” In Jewish prayers the term HaShem (meaning “The Name”) is often used in this same manner, and spoken as a sign of utmost respect instead of pronouncing the Hebrew letters that we Christians translate as Yahweh.

Over the years the Hebrew language eventually developed written vowels which appeared as small marks called “vowel points.” These special marks were placed above and below the letters of a word in order to indicate what was the correct pronunciation of that word.

During the 6th or 7th century A.D., the Jewish scribe-scholars known as Masoretes began placing the vowel points for Adonai on the consonants for Yahweh. This was done in order to remind the reader of that scripture to say Adonai whenever he came across the word Yahweh.

Later, about the 13th century A.D., the term “Yehovah” (“Jehovah”) appeared when Christians took the Hebrew consonants of Yahweh (YHVH) and pronounced the four letter pattern with the vowels of Adonai (my Lord); which resulted in the sound “Yahowah,” which has a Latinized spelling of Yehovah (Jehovah). The first recorded use of this type of spelling is said to have been made by a Spanish Dominican Monk named Raymundus Martini, in 1270 A.D.

Although most biblical scholars believe the word Jehovah was a late hybrid form, derived by combining the Latin letters JHVH with the vowels of Adonai, certain ancient Semitic and Greek magical texts establish an early pronunciation of the divine name of God as being either Yahweh or Yehovah.

Whether you are speaking the sacred name of El Shaddai (God Almighty), El Elyon (God Most High), or Yahweh (I Am That I Am), what is most important is that you say these holy names from a state of humility, with a completely open heart, and with a respectful mind. When earnestly spoken and purposely directed towards the Divine, you cause an energetic transformation to occur within your three bodies (physical body, energy body, and spirit body – see Chapter 36, pages 228-230), as well as within the surrounding environment.

This spiritual transforming power causes your heart and mind to open even further, and allows you to experience a greater spiritual connection to God. When choosing to have such a

	Proto-Canaanite 1400 B.C.
	Phoenician 1100 B.C.
	Paleo-Hebrew 1000 B.C.
 (Hey - Vav - Hey - Yod)	Hebrew 300 B.C. - Today

Figure 1.8. From the ancient to modern spelling of “YHVH” “Yod-Hey-Vav-Hey” (read from right to left) “Yehovah” (Jehovah).

sacred connection with the Almighty, and to nurture this holy relationship, it is essential that you approach this divine creative force with all due respect, great appreciation, and true humility.

#### TRANSLATING GOD AND SACRED SCRIPTURE

Anyone who has studied another language understands that words spoken and written in one language almost never have the same exact meaning or range of influence as their equivalents in other languages. Because of this, when translating sacred scriptures the meaning of words do not match in a one-to-one fashion across the different languages. Nevertheless, the translator tries the best they can to express its meaning to their targeted audience. This may be accomplished in one of these three ways:

- **The Superficial Teaching:** This is the common teaching method that is most often given to the general public — and corresponds to the listener’s physical body. It is often an emotional based teaching presented as a literal interpretation, and offered as a way to enhance the listener’s spiritual growth, support, and personal edification. In this type of teaching, what is offered to the public is rooted in the current thoughts and feelings of the presenter. In this situation, the presenter or teacher will interpret or explain the meaning of a set of words within a sacred text quite differently from someone who has actually experienced a deep spiritual relationship with the subject of that particular text.
- **The Hidden Teaching:** This special teaching is only available to those individuals who truly seek after the deeper spiritual significance of the scriptures; and who continually meditate on and ponder the hidden meanings associated within their sacred words. This level of understanding corresponds to the listener’s energy body. Moving from the lowest literal presentations that were previously directed only at the level of the listener’s conscious mind and physical senses, this next level focuses on understanding the psychological “moral” meanings, and is used to encourage the listeners to act according to the spirit of the teachings and the sacred principles of these holy scriptures. These hidden teachings also include the allegorical interpretations contained within the sacred symbolic meanings of the text, which are designed to spiritually stimulate and positively influence the listeners subconscious mind.

- **The Most Secret Teaching:** This most sacred teaching is associated with divine revelation and spiritual transmission, as well as other personal mystical experiences — and corresponds to the listener’s spirit body.

This mystical level of understanding is experienced when the hidden message of the scripture has become so integrated into the deepest levels of one’s innermost being, that it is spiritually imprinted within the person’s eternal soul.

Each person’s mental and emotional filters tend to limit their understanding and appreciation of the deeper spiritual truths hidden within sacred scriptures. An individual’s understanding and comprehension of the material being translated is usually based on their personal principles, values, and standards. In other words, it is influenced by their own particular code of conduct, something which has been imprinted in them by others since the time they were born. Most often what they think of as their personal belief system, has actually been programmed in them by others.

Each person’s internal subconscious truth has been constructed from five main types of influence.

1. The Cultural Trance. The inputted stories, habits, customs, and beliefs originating from the society in which they live.
2. Beliefs based on projected hopes and fears.
3. Accepted statements based on religious beliefs.
4. Facts based on sensory perceptions.
5. Consistently accurate information.

For the most part, our personal understanding of what the true name and word of God means and how it inspires us, is in direct proportion to our emotional maturity and spiritual clarity. It is this spiritual heart-to-heart relationship with God that truly matters when reading, interpreting, and experiencing the deeper meanings of sacred scriptures. Once we are able to experience God’s unconditional love within our life, the sacred scriptures tend to come alive, no matter who translated it.

#### **WHAT THIS ALL MEANS**

To summarize the results of my investigation into “Who or what is God?,” which began on my first day of Sunday school so many years ago: No one person, nor any group of individuals have all of the answers. No matter how old their sacred scriptures and spiritual teachings claim to be, nor how vast their financial or political influences reach, each of their proclaimed belief systems are only offering a different singular perspective of an infinite and universal divine teaching (like each of the six blind men and the elephant on page 17).

For me to learn this, I had to be brought out of my church environment so that my spirit could be liberated from the fear-based fundamental teachings which had previously overshadowed my heart and mind. After interacting with many kind hearted men and women of God from other spiritual traditions, who had also encountered angry fundamentalists within their own religions, I realized that certain negative attitudes are simply a part of human nature. I also understand that there will always be angry people existing within the various religions of the world — which has nothing to do with the sacred teachings of the original founders of these great spiritual traditions.

The word “Religion” is derived from the Latin word “religare,” meaning “to bind together;” and in society religion fulfills two main functions. First it encourages an individual’s heart and mind to commune with God; and second it serves to energetically cement the internal structure of society, upholding certain values and ideals for the common good.

Although I understand that organized religious groups can sometimes disappoint and even frustrate people, I also understand that a world without any religions organization that cares for the needs of the people would be a much worse place than it is now.

It is sometimes said that religion is often a belief in someone else’s experience, whereas spirituality is having your own experiences, and for me, this statement was true. It was during these times of deep reflection, that I began to understand that my personal spiritual walk has been and always will be between myself and God alone, no matter which religion I belong to, or which spiritual group I continue to fellowship with. At that time of spiritual awakening, I understood that through God’s wonderful grace, many individuals were placed in my life in order to help guide and direct me towards obtaining a deeper and more profound spiritual insight based on self-discovery.

In all of our spiritual walks, sometimes a different perspective is needed in order to help free us from certain mental attitudes and stagnant fundamental beliefs that try to hinder our spiritual evolution. This much needed new approach and different spiritual insight can often originate from other enlightened individuals, who are our brothers and sisters from different spiritual traditions.

One example of receiving divine insight from an unexpected source was actually portrayed in a science fiction & fantasy movie called *The Matrix*, which created a profound influence on the hearts and minds of many people who understood the subtle messages hidden within the film. In this fascinating movie, the hero is a man named Neo.

Being the chosen one, Neo is taken to see the Oracle in order to receive much needed direction and insight into his personal calling as “the One.”

While waiting to see the Oracle, he noticed a young bald headed boy dressed in a type of Buddhist robe, sitting all by himself, bending spoons with his mind.

As Neo approached this young child, the small boy offered him a spoon and said, “Do not try and bend the spoon. That’s impossible. Instead, only try to realize the truth.”

Neo looked at the young boy and curiously asked, “What Truth?” To which the young boy answered, “There is no spoon.”

Intrigued by what the young boy had just said, Neo looked at him and quickly asked, “There is no spoon?”

Immediately the young boy answered, “Then you will see that it is not the spoon that bends, it is only yourself.”

Within seconds, as Neo began to concentrate on the spoon, he was suddenly able to bend the spoon with his mind. This important interaction with the young boy planted the much needed seed that gave Neo his first introduction into the hidden potential of his true unmanifested power. Although this innate skill was slowly starting to awaken inside Neo, its full potential was currently hindered by his own self-doubt, confusion, uncertainty, and disbelief.

## ONE LAST THOUGHT CONCERNING GOD

In this first chapter we have covered such topics as “Who Is Our God” and “Where Did He Originate” with an open minded approach, rooted in basic archaeological discoveries. We explored “Understanding The Name Of God” and the unique approach of someone translating sacred scripture from the perspective of an educated scholar versus an experienced practitioner, noting that there are three levels of comprehension: superficial, hidden and most secret.

What we have been introduced to so far, has been different observations and spiritual tools used to help us comprehend the idea of God. However, the “idea” of God has little or nothing to do with who and what God actually is.

Although having an idea of God’s existence is still important, the various concepts and mental philosophies surrounding who and what God truly is can never be fully answered with words, for God is infinite.

To help you better understand this, I will share with you the following story. Although this unique experience occurred when I was only 31 years old, I was so physically, mentally, and emotionally impacted by the encounter that I still think about it now and then, many years later.

Up until that point in my life, I had often reasoned that when I finally met God face-to-face, I would ask him many questions as to why he had allowed certain things to exist within the world. However within seconds, an incredible yet terrifying experience changed all of that for me.

### A POWERFUL VISIT FROM A LIVING GOD

It was 1984 and I had just moved back to Monterey, California. Because I was in the process of reestablishing myself in the community as a Christian Brother, a Chinese Kungfu Master, and a Doctor of Traditional Chinese Medicine, each week I was freely treating several patients who were in desperate need of help and healing, using both acupuncture and energy emission applications (Medical Qigong Therapy).

Every night before going to sleep, I would kneel beside my bed and pray for a special healing for each of my patients’ unique cases. One night right after I finished praying, I hopped under the covers, turned off the lamp that was located next to the bed, and closed my eyes to go to sleep. Suddenly something extraordinary happened.

I had just closed my eyes, when all of a sudden my body immediately sank deep inside my bed. Then the most powerful spirit entity that I had ever encountered in my entire life entered into my bedroom, approaching from the ocean side of the building, towards my left.

At first I laid there motionless, afraid to even open my eyes. Then suddenly I heard a powerful voice speak from deep within my head. This voice specifically stated, “You are now before the presence of the Living God.”

I was completely terrified. This “Living God” wasn’t loving—yet it wasn’t angry—it was just incredibly powerful. Before its mighty presence I felt extremely vulnerable, completely weak, and utterly helpless. Enveloped within its mighty energetic field, I instantly felt insignificant and small; like a tiny grain of sand that had suddenly been dropped onto a vast endless desert, or a single drop of water that had suddenly been thrown into a vast endless sea. This deity was so incredibly powerful, that I truly feared for my life.

When interacting with this powerful deity, I was informed of certain events that would soon be transpiring within my life. Then I was encouraged to stand strong. Right after that, it left through the wall, which was next to my roommate John’s room.

You have to understand that in my life as a Christian, I have encountered and sometimes interacted with the disembodied souls of earthbound ghosts, nature spirits, and even powerful spirit entities. Yet none of them were in the same category, or even came close to having a fraction of the incredible power of this living god. In fact, right after the deity exited my room, my entire body suddenly lifted up from being energetically compressed deep into the bed.

In Hebrews 10:31, the author states: *It is a fearful and terrifying thing to fall into the hands of the living God* (Amplified Bible). In reflecting over this special encounter, I could now relate to the author’s frightful observation.

Although this may sound strange to you, two weeks later I was talking to a close friend and kungfu student named David about what had happened that night. At that time, I had been talking to David off and on about the love, teachings, and sacrifices of Jesus, and sharing my thoughts about God’s infinite compassion and boundless mercy. Because I needed someone to talk to about what had happened two weeks prior, I decided to confide in David and share this special event.

When I finished sharing the story, David was shocked. He became excited and explained that two weeks ago my roommate John informed him that while he was sleeping he was suddenly awakened by a powerful force that entered into his room. This extremely powerful spirit said that it was God, and then it said that it loved him. After sharing a few insights with John, this God left his room, leaving him perplexed and confused.

Upon hearing this, I was shocked. I looked at David and said, “John never spoke to me about any of this.” To which David simply shrugged his shoulders, raised his hands towards the heavens and said “I don’t know why Sifu (Teacher), maybe John simply thought that he was just having a strange dream.”

In sharing this story with you, the real confusion I have often had with this entire experience is having an interaction with a God-like deity who was more of an impartial judge than my previously held ideas of what encountering a “loving God” would be like. Instead of hearts and flowers, this was an encounter with a supernatural being who possessed complete and absolute power. That this deity could, if it wanted to, easily manifest all of the powerful things that I had read about in the Bible was truly unsettling and extremely terrifying.

Even today, I can honestly tell you that I am not really sure if I was actually gifted with a supernatural visitation from the Christian God Yahweh, or if I had an encounter with some type of god-like deity who, like myself, additionally answered to the one true “El Elyon” (God Most High). I can only explain that from that small encounter and short interaction, my life has forever been changed.

I believe that as Christians, what truly matters is understanding that our belief and relationship with God is the real foundation and building block for our spiritual walk. Whether or not we understand all of the intricacies ascribed to God on this planet, as children of his divine light we are still called to follow a holy path towards deeper spiritual enlightenment.



## THE IMPORTANCE OF HAVING A HIGHER POWER

There has never been a set definition for “Higher Power.” However, one of the most popular descriptions of this concept is that of a supreme deity or some type of supernatural being such as an all-knowing, all-powerful Creator God.

Some people do not believe in divine beings. Instead they believe in the life-force energies of the universe or nature as a higher power. Therefore, in order to establish a word-association for this modern term, I would like to define a person’s higher power as being the spiritual energy that is higher than an individual’s originally programmed survival based ego. I choose this definition because, without the important influence of a higher power, it is difficult for a person to overcome the acquired programming that they initially received as a small child through the day to day interactions they encounter in their environment.

I remember one day in the clinic preparing a patient for Soul Retrieval. Before exploring the deeper aspects of his Nature (inherited traits) and Nurture (life experiences), I asked him what spiritual tradition he followed. When he responded, “Oh, I don’t believe in God,” I looked at him and further inquired, “You don’t believe in religion – but you do believe in some form of supreme spirit - correct?” Suddenly he became quite adamant in his disbelief in any form of religion or God. And when I asked, “Then who is your higher power?” My patient proudly exclaimed, “I am my own higher power.”

At that point I went to the blackboard and drew the following graph (Figure 1.9). I explained that the upper diagram represents the subconscious influence on the conscious mind. In this particular teaching, the right side is associated with the radiant spiritual influence of a person’s core self, which is connected to their code of conduct and morality, and is manifested as different virtuous states. This side is often associated with God, divine influence, and spiritual inspiration.

The left side represents the dark spiritual influence of our dominating parents and the various experiences of our upbringing, which created all of the subconscious ego-based survival patterns we learned as young children.

I understood that this particular patient had an extremely abusive childhood, and was raised by an alcoholic father who was a chronic rage-aholic. So I went to the graph and removed God as his higher power and instead placed his name in that position. Let’s call him “Bob.” Next I placed Bob’s father on the left side where the dominating parent subconscious influence exists.

I then pointed to the chart and explained, “According to your personal history, your father is the dominant parent in your life, and was responsible for imprinting your ego-based survival patterns (i.e., your thoughts, feelings, and beliefs). Because you claim that your higher power is you – what you are actually saying is that your father is your god. This is because you currently have no ‘higher power’ established that is strong enough to challenge your dad’s initial imprinting.”

Suddenly my patient became upset and shouted, “that’s not true!” However, I looked at him, shook my hand and stated, “I didn’t write this Bob – you did. Because you have free will, this is how you have chosen to live your life. This is why having a higher power is so important.”

At this point in the conversation Bob looked at me and stated, “then I believe in God, I just don’t believe in church or religion.” I smiled and said, “Okay, now we have a starting point to begin our work with your soul retrieval training.”

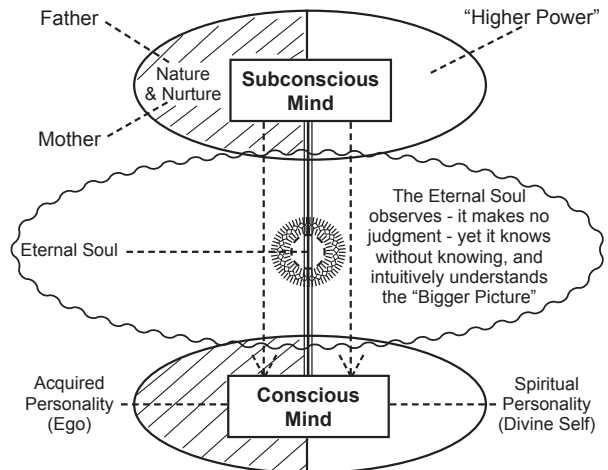


Figure 1.9. How the subconscious mind affects the conscious mind

Finding a higher power isn’t about convincing yourself of something that you do not believe in. It’s about finding something that challenges and brings you away from the critical voices that have already been established within your heart and mind since childhood. This special intimate connection to a higher power allows you to experience greater appreciation and happiness in life, and enables you to find a deeper life purpose and experience profound inner peace.

Most people go through a spiritual awakening process first, and then consciously connect with their higher power. As they learn to understand the value of what that higher power is, the subtle spiritual connection that exists between their eternal soul and the spirit of God continues to grow.

Although they may not be able to identify this higher power by name, or fully understand the influence and spiritual connection it has on their heart and mind, the process of trying to grow closer to their higher power allows its inner connection with their eternal soul to become stronger.

Many people begin their search for a connection with a higher power through prayer. Oftentimes however, people do not know or understand who or what they’re praying to. Some may not even believe that anyone or anything is listening, yet this pull is so strong that they still reach out in the hopes of finding a special connection with the true divine.

You do not have to be a member of the 12-Step Program to see the value of having a relationship with a higher power. For most people, becoming spiritually awake is a key component of rediscovering this sacred relationship.

As a person continues to spiritually reach out, eventually they will reconnect with the external world in a brand new way. This allows them to find life purpose, and discover that their faith in something much bigger than themselves, and is growing stronger each day.

As the seeker of a higher power continues to experience more awakenings, they become more spiritual and less religious. At this point in life, they often become happier, more relaxed, quicker to adapt to change, and better at handling difficult challenges. Because of their faith in God as their higher power, they can weather the storms of life much easier, tolerate stressful jobs, get along better with their spouses, and feel less overwhelmed by personal family issues.

## SPECIAL MEDITATIONS TO INCREASE YOUR SPIRITUAL CONNECTION TO GOD

By focusing your heart and mind to see, hear, feel, and experience more than you normally do, you are naturally awakened to different realms of intuitive awareness. Developing this type of meditative attention is an acquired skill which brings about clarity, and allows you to see the true nature of all things. This is why so many outstanding spiritual teachers, both past and present, advocate performing daily meditation practice.

Although different songs, psalms, and religious teachings speak of meditating upon the Lord and growing closer to Him, there seems to be a lack of training in the church in how to attain this elevated spiritual state of awareness. Being mindfully attentive is not something that needs to be practiced in a crossed-legged sitting posture. Instead, this type of meditative attention is actually a dynamic type of practice that focuses on having you pay closer attention to what you are observing and/or what you are doing. It is a way to orientate yourself within your spiritual walk by becoming fully aware of all your activities through the use of your five senses and your mind.

The closer we get to energetically connecting with the subtle energies that flow within and sustain all of creation, the more familiar and intimate we become with the spirit of God. This subtle energy and its unique spiritual influence always manifests within the external environment, as well as within our own internal being.

One method used to increase and support the mental process of developing extra attention, can be accomplished by visualizing and mentally recreating the various attributes of one selected object. The more we practice this kind of meditation the stronger our abilities to concentrate become.

To help you understand and use this important concept, let us start with a simple meditation:

- Begin by closing your eyes, and visualizing that a bright yellow lemon has just been placed inside your left hand.
- Feel the specific size, shape, and weight of the lemon.
- Now feel the specific texture of its external skin.
- Next, with your eyes still closed, place your attention on to its color. Is it a radiant yellow or pale colored fruit? Is it a lemon or a lime? How do you know this?
- Now place your focused attention on the inside of the lemon. Is its structure solid, or is it more supple and loose?
- Next smell the lemon, and notice the quality of its fragrance.
- Now physically squeeze the lemon, and note exactly what kind of sensation you feel.
- Right after that, imagine slicing into the lemon and squeezing some of its juice into your mouth. What does it taste like?

After performing this meditation, how did your physical body and all of your senses respond? Was it easy to imagine, or did you struggle to keep your attention focused and all of your senses actively working?

This entire meditation experience is an example of a mental review of a past energetic imprinting. It is an echoed shadow of a past experience that has been imprinted deep within your three bodies (i.e., your physical body, energy body, and spirit body). In your past, each time you saw, sliced, and drank the juice of a lemon, you stored this experience deep within your subconscious memory where it remains forever imprinted

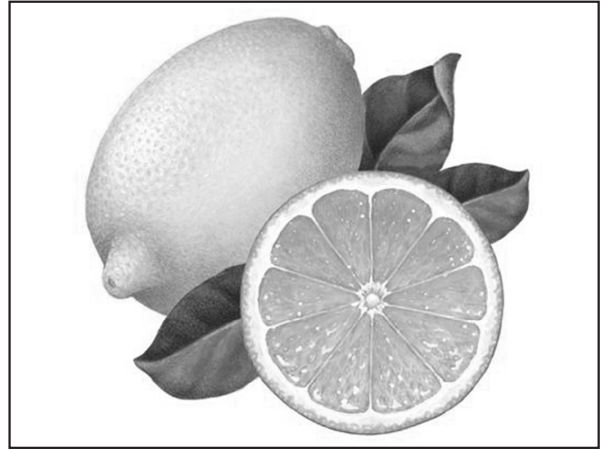


Figure 1.10. In your past, each time you saw, sliced, and drank the juice of a lemon, you stored this experience deep within your subconscious memory—where it remains forever imprinted.

(Figure 1.10). So the question I now pose to you is which is more powerful, the physical lemon of your past, or the lemon that you have just created with your focused imagination?

In a similar manner, our original relationship with God also remains deeply imprinted within us. This sacred connection and its associated memories are an important part of the radiant spiritual energies of our eternal soul. It is through our own personal spiritual awakenings that this holy energy can be brought forth and used to activate and empower all of our spiritual gifts and divine talents.

Because “we bring about what we think about,” it is important never to carelessly use the creative powers of our directed mind to sustain a focused attention onto unproductive manifestations. However, when used with discretion, our mind’s focused attention can be an extremely powerful tool for internal growth and spiritual evolution.

I am now going to introduce you to a few important meditation exercises that are designed to help your heart and mind focus on energetically fusing with the holy spirit of God. These meditation techniques have been practiced by monks and mystics within many different Christian systems, such as the ancient Coptic Gnostic schools of Christian mysticism, as well as some of the ancient Greek Eastern Orthodox mystical practices.

When performed correctly, these special meditations will stimulate the three bodies (physical body, energy body, and spirit body) and increase the spiritual connection that exists between a person’s eternal soul and the incredible healing light and divine love of God the Creator.

### PREPARATION: THE THREE DIVINE PRAYER INVOCATIONS

Before practicing these special meditations, first you need to perform an energetic cleansing and dedication ritual known as the Three Divine Prayer Invocations. These three prayers are often practiced just before beginning any meditation, worship, healing, or exorcism. They help create a powerful energetic protection over your body, mind, and spirit, so that you may then perform the exercises in the safety of a divine sanctuary.

This special cleansing practice not only acts as an excellent purification technique, but it additionally removes any negative energy or unwanted spirit entity that may be

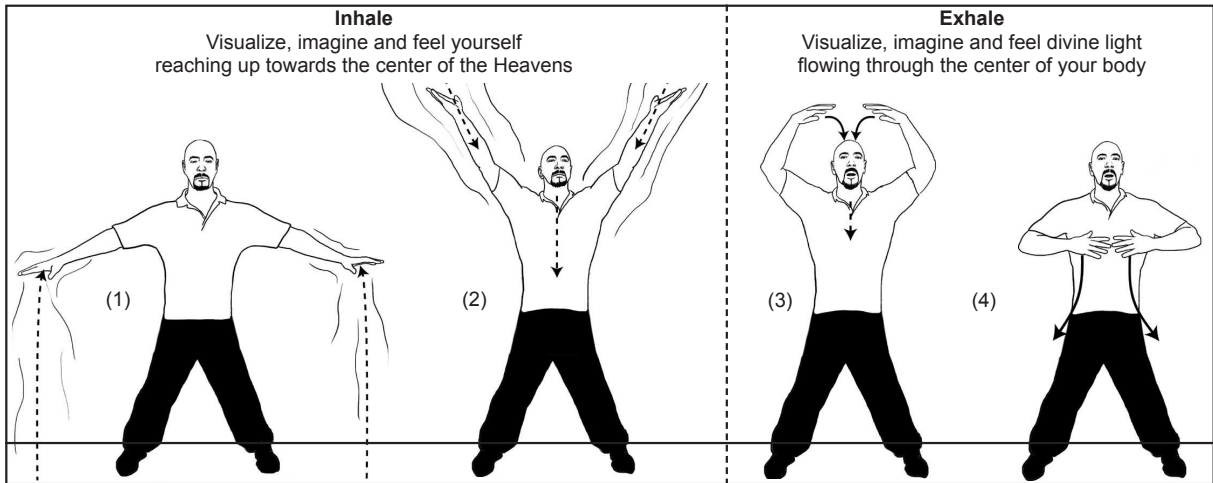


Figure 1.11. Reach both hands up towards the heavens, and imagine a radiant cord of divine light descending into the center of your body from the Throne of God; this energetic action is known as “Pulling Down The Heavens.”

present within the room. Especially if it is located inside the body of an unsuspecting person, or within an animal, plant, or physical object inside the surrounding area.

When performing the following Three Divine Prayer Invocations, it is important to imagine your eternal soul spiritually connecting with the infinite light and holy power of God; and that you also visualize yourself radiating God’s holy light from the center of your body. As you visualize this, imagine God’s divine light piercing outward, penetrating and illuminating every inch of space inside the surrounding environment.

- **The First Divine Prayer Invocation:** This First Divine Prayer Invocation is used to purify your heart, cleanse your mind, and awaken your spiritual gifts and subtle intuitive perceptions.

Begin the first invocation by reaching both hands up towards the heavens, and imagine a radiant cord of white light descending directly from the Throne of God, penetrating through the top of your head into the center of your body. This action is known as “Pulling Down The Heavens” (Figure 1.11).

As you perform this movement, imagine, visualize and feel yourself physically, energetically, and spiritually connecting with the radiant light and spiritual power of God.

Focus on this holy energy cleansing, purifying, and harmonizing the life force of your body, breath, and mind, and visualize it energetically rooting your eternal soul’s spiritual presence securely on this earth. This spiritual rooting extends to the core of the planet, and is used to remove all distracting thoughts and intentions from both your heart and mind.

When this action is performed with a sincere heart and truly grateful attitude, the First Divine Prayer Invocation invites the transforming power of God’s holy spirit to cleanse and purify the energy of your core self. By energetically connecting to the radiant power of God and quieting the internal chattering of your mind, you make a conscious choice to embrace divine will as your personal will, and are freed to spiritually transform yourself into a true functioning child of the living God. This

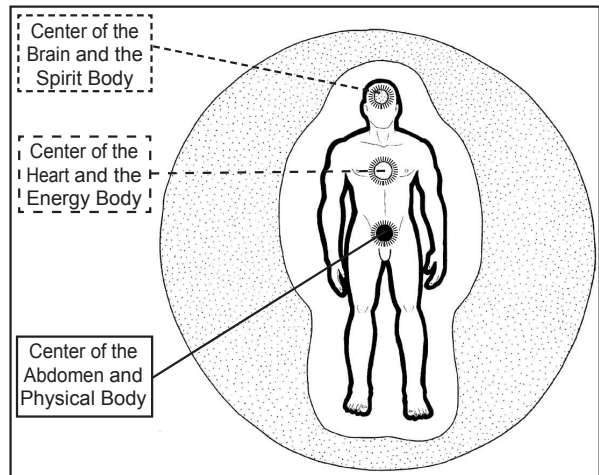


Figure 1.12. Imagine, visualize, and feel the divine light stimulating and awakening your body’s three main energy centers (located in the head, heart, and lower abdomen).

important beginning helps prevent distracting thoughts and feelings from entering and disrupting your focused spiritual awareness.

When connecting to God’s radiant light, relax and feel this holy power activate the true spiritual nature of your eternal soul, which many mystics believe is located deep inside the spiritual chamber of the heart. Continue to focus your intention on spiritually fusing with God’s radiant light, until you feel this sacred energy become active within your heart, mind, and body.

Now internally root this powerful spiritual energy deeper inside your body. This is accomplished by visualizing the divine energy gathering like a bright radiant mist, and penetrating deeper inside the center of your lower abdomen.

Next, visualize the divine energy in your lower abdomen expanding and radiating its bright light in all directions; feel your body start to spiritually awaken, internally progressing as follows (Figure 1.12):



**The Lower Abdomen:** Beginning with the lower abdomen, imagine and visualize God's divine radiant energy awakening and illuminating all of your physical tissues.

**The Heart, Throat, and Head:** Next, feel the radiant power of the divine light enter into the center of your chest and heart area, and visualize this illuminating energy creating a bridge of light that connects the spiritual forces of your heart, throat, and head. The heart holds the "Thread of Life" (i.e., the residence of your eternal soul); the throat contains the "Thread of Creativity" (used for speaking and expressing your inner truth); and the head holds the mind along and the "Thread of Consciousness" (used for receiving divine inspiration, divine perception and divine wisdom).

Next imagine the three energetic threads of your heart, throat, and head all internally fuse and become one unified cord of light (Figure 1.13). For more information on the Bridge of Light, please see Chapter 37, pages 261-266.

Because the spiritual power of this First Divine Prayer Invocation is based on your acquired faith and personal spiritual beliefs, when completing the first invocation it is essential to say an empowering prayer to reinforce your eternal soul's spiritual connection to God. One such prayer that I like to silently say at this time is as follows:

**"Let Thy Will — be my will;  
And my will — be Thy Will"**

It is important to understand that it is your internal faith that awakens your spiritual heart and mind to the innate wisdom of your eternal soul, and allows it to navigate through the great mysteries currently manifested by God. This spiritual connection allows you to continue to unveil the hidden secrets concealed within the various realms of the physical world. This special interaction can also assist you in comprehending the hidden energetic influences and spiritual powers associated with the different angelic rulers who currently oversee these various earthly realms.

As you strive to overcome the spiritual limitations of this world, the innate wisdom of your eternal soul provides you with the needed inspiration required for maintaining a personal relationship with God the Creator, who oversees the different angelic rulers that govern these worldly realms (see *Hidden Teachings Vol. 2*, Chapter 15).

Once the spiritual light of the three energy centers located in your heart, throat, and head have been awakened and energetically activated, you then qualify to perform the Second Divine Prayer Invocation.

- **The Second Divine Prayer Invocation:** The Second Divine Prayer Invocation connects the energy of your physical body and the room where you are standing to the radiant power and influence of God's holy light. It also energetically establishes a sacred space, which creates a spiritual sanctuary that will later be used for conducting special prayer meditations, divine healings, or even exorcisms.

The Second Divine Prayer Invocation also establishes a powerful energetic field, which causes the overflowing divine light radiating from your body to naturally fuse with the external energy existing within the room. This divine energetic fusion additionally fills the entire room with God's creative power.

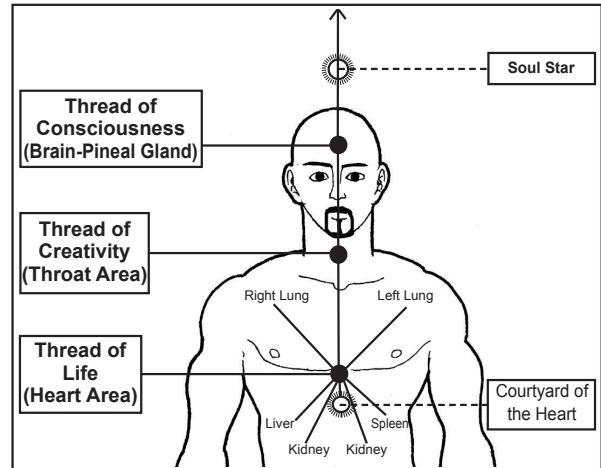


Figure 1.13. Feel God's divine light energetically awaken the three energetic centers located in your heart, throat, and head. When these three areas are fused together as one harmonious cord of divine light, and then extended through the center of the body into the highest heavens, a spiritual gateway is opened to the soul.

When performing the Second Divine Prayer Invocation, you again will reach your hands above your head and imagine connecting with the infinite power of God; pulling and directing a second cord of divine light into the top of your head, down the center of the torso and filling your physical body. As you do this, imagine that the divine light is radiating downward through the tissues of your feet, and shining into the energetic field that supports the floor.

As the divine light shines into the floor, visualize it illuminating the ground, and radiating outward toward each of the four walls. Next visualize this bright light illuminating the four walls and across the ceiling, filling and saturating the entire room with radiant white light.

When initiating the Second Divine Prayer Invocation, it is important to again say an internal prayer that is based on purifying and sanctifying the room. The words that you use should be rooted in the spiritual power of your personal faith. One example of a prayer invocation that I like to silently say during this second invocation is:

**"From Holy Place — to Holy Place;  
Make this Place — Thy Holy Place"**

When speaking the Second Divine Prayer Invocation, simultaneously visualize yourself energetically imprinting the radiant divine light of this prayer into the floor, walls, and ceiling of the room. This energetically establishes the room as a holy place, one that has been sanctioned and set apart for the glory and honor of God.

- **The Third Divine Prayer Invocation:** When performing the Third Divine Prayer Invocation, you will again reach your hands above your head, and imagine connecting to the infinite power of God. Visualize pulling and directing a third cord of divine light into the top of your head, down the center of your body, overflowing the torso with radiant light and expanding it outward, filling each of your three bodies (i.e., your physical body, energy body, and spirit body).

Then, with the center of your palms facing your naval, focus on the divine energy and imagine its radiant light transforming into a powerful ball of white light inside your lower abdomen.

When performing this Third Divine Invocation, internally speak a special prayer that will help support your intended action (i.e., the reason why you are performing this purification ritual). This prayer is used to maintain the spiritual integrity of your body, mind, and spirit, as well as support the intended goal of your actions. In fact, this last prayer will often change depending on what specific actions you will be performing: such as saying healing prayers, reciting holy scriptures, repeating sacred sounds, meditating — or focusing on some special type of divine service such as performing an exorcism.

After the Three Divine Prayer Invocations have successfully established a powerful energetic protection over your body, mind, spirit, and the room, you may then proceed to perform the following meditation exercises.

### THE “OUTSIDE” JOURNEY OF THE SOUL MEDITATION

It will be much easier for the reader to understand the spiritual nature and true potential of their eternal soul once they have experienced the spirit realm. In order to obtain a glimpse of this unique dimension, I have included the following meditation practice.

The reader will discover that it will be much easier to perform this special exercise if they first refresh their sense of the stars, planets, and constellations before performing this meditation. This can be accomplished by going on-line and observing the various images provided by NASA, the Hubble Telescope images, as well as different images of outer space.

The main objective of this exercise is not to participate in an out-of-body experience, or to teach you how to astral project. Instead it is to help you establish a tangible sense of the different levels of the Universe, which internally correspond to the various levels of our being.

- **The Preparation:** The meditation practice is begun while sitting upright, on the edge of a chair. Your eyes should be closed, and the tip of your tongue should be lightly placed on the roof of your mouth, directly behind your upper teeth.
- Both of your hands should be resting comfortably on your lap, with the tips of the thumbs touching.
- Next, raise your hands up towards the heavens and begin to perform the Three Divine Prayer Invocations (as previously described).

This important preparation provides a way for your body, mind, and spirit to relax within the sacred sanctuary that you have now created.

- Bring your attention to your breath. As your mind quietly settles, become aware that your body is sitting inside the room.
- Feel all of your body’s tissues as fully and completely as you can; try to get a sense of it being whole and complete.
- Each time you inhale feel your body’s tissues expand. Then each time you exhale, feel all of your tissues contract.
- Now place your attention onto your heartbeat, and feel its gentle rhythm pulsating through your entire body.
- Shift your attention to the stream of thoughts, emotions,

and images that continue to flow into your mind. Allow your mind to impartially observe these things come and go, however do not become preoccupied with them.

- Next allow your mind to fall into the center of your body, and imagine making contact with the radiant light of your eternal soul. Know and understand that this part of your spiritual self never sleeps, and forever observes the physical realm with a true understanding of the divine wisdom that originally created it.
- From this sacred place, imagine, visualize, and feel your spirit body lifting upward, and leaving your physical body.
- Imagine and feel yourself floating on the ceiling. Then feel your spirit body rising even higher, until it hovers above the roof of your house.
- Next imagine and feel your body rising above the city where you live. Allow yourself to imagine and see this city as vividly as you would if you were looking outside the window of an airplane that was making its ascent into the sky.
- As you continue to ascend further into the heavens, imagine looking down on the earth, like an astronaut gazing from a spaceship. Note all of the various colors and images of the planet where your eternal soul is currently visiting as a guest.
- As your mind continues to take you beyond the limits of our planet, imagine and visualize that you are suspended within the various stars and planets of outer space, observing the entire canopy of our solar system.
- As you study the various stars and planets, you get a feeling that these are not dead balls of matter, but instead are living energetic forces, each with its own active intelligence, much like yourself. At this point you may sense that they are far larger and more powerful than you ever imagined. Allow yourself to observe these powerful entities without becoming either frightened or attracted to them.
- Next, allow yourself to proceed even further into outer space, and feel yourself journey outside the solar system into the realm of interstellar space.
- You now find yourself leaving our solar system at a tremendous speed, and the sun itself suddenly seems like nothing more than another star in the firmament.
- You eventually become aware of various star clusters and other stellar masses, as well as different nebula in our Milky Way Galaxy and their colorful clouds of interstellar gas.
- The earth and the other planets of our solar system are but a small part of the Milky Way Galaxy. Therefore allow yourself to go beyond the Milky Way Galaxy until you see that it is only one of countless other galaxies also existing within outer space. At this point you become aware that these galaxies are not inanimate objects constructed of flaming gas, but instead are living entities that exist as powerful energetic beings in their own right, all purposefully created according to God’s divine will.
- Now go beyond the bounds of the Universe, and allow yourself to reach a level where the entire Universe itself is only one of countless other Universes. As you do this, realize that our Universe is simply an active energetic cluster, existing among other great energetic clusters.
- At this point, relax within the profound quiet that you are now feeling, and understand that there is a divine intelligence that unites all of these vast Universes together. This



divine consciousness far exceeds our own understanding and is beyond anything that we can experience as humans.

- As you become extremely still and attentive, you sense that there is something even beyond this expansive energetic grid, something you cannot truly know, but somehow can glimpse out of the corner of your mind's eye. In this "knowing beyond knowing," you are being granted the divine realization that this subtle yet powerful spiritual force is truly nameless, and beyond all imagination.
- After a few minutes, allow your spirit body to return back to your physical body. Before you begin this journey home, as you look out amongst the unfathomable number of galaxies in our Universe, you find yourself becoming attracted towards one particular star cluster. Like a homing pigeon that knows exactly which way to fly, you now begin to focus your attention towards that specific direction.
- Suddenly you find yourself passing familiar stars, solar systems, and planets, and at an almost unimaginable speed, you move towards the edge of our solar system.
- Allow yourself to smoothly travel past the various planets until you find yourself in the vicinity of the earth.
- As you continue to descend towards the planet, you quickly locate your country, city, and home, and enter back into the room from where you began this meditation.
- From the top of the ceiling, sense your spirit body descending and reentering into your physical body, like your hand inserting itself inside a glove.
- After returning back into your physical body, place your attention again on feeling your breath, and notice the tissues of your body expanding and contracting according to the rhythmic patterns of your respiration.
- After a few minutes of quiet sitting, end the meditation.

### THE "INSIDE" JOURNEY OF THE SOUL MEDITATION

In the previous meditation, you experienced that the spirit of God exists both in the Universe and beyond the Universe, as well as within each of us. His radiant light extends throughout all space, and penetrates through the countless filters of the planetary spheres and star clusters in order to reach us. Yet the spirit of God is also located deep within the core of our being as well, and his eternal light continually radiates his divine glory within our eternal soul.

The truth of God's presence is beyond comprehension, yet we can know and experience that the Creator simultaneously exists within us, around us, and outside of us as well. If you think about it, although the earth is not the center of the universe according to science, it still remains the center of "our" universe according to our eternal soul. Because the radiant light of our eternal soul represents an energetic portal into the center of time and space, we are able to examine the cosmology of the heavens from both an external as well as internal perspective.

In the last meditation, you experienced the energetic and spiritual framework of the external solar system. Because of this training, we now can direct our attention towards experiencing the workings of the body's internal cosmology. In this meditation you will become more perceptive to the subtle energetic changes that occur within your body, as well as within all of nature, and within the heavens.

The cosmic forces of each of the "Seven Planets" (i.e., the Sun, Moon, Saturn, Mars, Venus, Jupiter, and Mercury)

radiate their celestial energies throughout our Universe. Yet from a Christian mystic's perspective, these celestial energies are not millions of light-years away, but instead are actively embodied within our very being, internally influencing our body's tissues at subtle vibrational levels. These delicate pulsations occur so discreetly, that even today men of science are not able to discern their subtle energetic manifestations.

The following meditation was designed to help you gain a tangible sense of these subtle levels of energetic influence. When these experiences become sufficiently embodied within your spiritual consciousness, they then can externally manifest a wellspring of divine inspiration and profound spiritual wisdom. They are also designed to allow the seeds of insight gathered from these experiences to grow within the fields of your mind, until they blossom and bring forth God's abundant fruit.

- **The Preparation:** This meditation practice is also begun while sitting upright, on the edge of a chair. Your eyes should be closed, and the tip of your tongue should be lightly placed on the roof of your mouth, directly behind your upper teeth.
- Both of your hands should be resting comfortably on your lap; one hand cupped inside the other, with the tips of the thumbs touching.
- Next, raise your hands up towards the heavens and begin to perform the Three Divine Prayer Invocations (as previously described on pages 23 through 26). Then return both hands back to their original position resting on your lap.
- This preparation provides a way for your heart and mind to relax within the sacred sanctuary that you have created.
- Bring your attention to your breath. As your mind quietly settles, become aware that your body is sitting inside the room. Each time you inhale feel your body's tissues expand. Then each time you exhale, feel all of your tissues contract.
- Feel all of your body's tissues as fully and completely as you can; try to get a sense of it being whole and complete.
- Now imagine yourself falling deeper inside your body, and visualize yourself being surrounded by millions of stars.
- As you continue to fall even deeper inside your body, you will begin to notice the brighter illuminations of the seven planets. At first, your mind becomes attracted to the radiant light of the moon. As you observe this bright luminous form, notice clearly and objectively what you are experiencing from making contact with its radiant light.
- Now imagine going even further, deeper inside of yourself, and begin to notice the other planets such as the Sun, Mercury, Venus, Mars, Jupiter, and Saturn.
- Imagine and feel as if there are vast realms of interplanetary space existing within your body; special areas of light that you are now beginning to explore. At this time notice and acknowledge anything that you are presently experiencing, however do not become distracted by it.
- As you reach the boundary of this internal solar system, you suddenly notice that you have entered into a vast interstellar space, which is both dark and very alive.
- Because this energetic presence exists deep within your body, it is okay to go even further into the realms of these stars and galaxies. As you enter these celestial areas, you suddenly get a sense that these large energetic entities exist as living, conscious beings.
- As you continue your journey, moving even further into the center of your being, you now become aware that the

center core of your body is beyond the confines of vast space; and that the realm of stars, planets, and galaxies are all subtle layers existing within yourself.

- At this point, commit yourself to go beyond this final barrier – the limits of time and space itself – and enter into the realm of the Divine. As you do this, you may experience this sacred space as a holy realm of radiant light, that is virtually impossible to describe in words.
- It is here you will sense the presence of the Divine, existing at the very core of your being. This radiant core is a sacred space, where you as an eternal soul are allowed to meet with God. Allow yourself to experience this Divine presence as fully as you can.
- After awhile, you will get the sense that it is time for you to return. As you remove yourself from this Divine presence, acknowledge the fact that this radiant light is always within you, and you can return here at anytime.
- As you leave your center core and move away from the Divine presence, you pass through the expansive interstellar space, galaxies, stars and planets, until you find yourself entering back into the border of your body's internal solar system.
- Eventually you enter back into the physical realm and become again aware of the external shell of your physical body.
- After returning back to your physical body, place your attention on feeling your breath as it moves throughout your lungs, torso, and body's tissues. After a few minutes of quiet sitting, end the meditation practice.

### THE "I AM THAT I AM" PRAYER

This next meditation is an ancient prayer that is still practiced today by many esoteric Christian traditions. The reason for its popularity is that when it is repeated like a "mantra" (sacred prayer) with a focused spirit (heart and mind), the resonating sound of these holy words create a powerful energetic pulsation. This resonating energetic field can be used by men and women of God to establish a stronger spiritual connection between their three bodies (see Chapter 36, pages 228-230), and the divine mind of the Almighty Creator.

When surrounded by a group of people repeating this sacred sound meditation, within a few minutes all connections to the physical realm eventually dissolve, and suddenly your eternal soul reconnects itself back to the radiant light of the Creator. Once you energetically pierce through the veil that separates your eternal soul from God's divine light, you are able to reconnect with the sacred knowledge contained within all things, and can begin to experience their hidden spiritual meaning and energetic natures from an elevated state of mind.

In this particular sacred sound meditation, we are addressing the divine "I AM" energy of "all that is." As previously mentioned in Chapter 1, the holy statement "I Am That I Am," first appeared in the Old Testament, when Moses encountered the Midianite Desert God Yahweh on Mount Sinai, who manifested in a burning bush that was not consumed by the flames of the fire (Exodus 3:2). When the Midianite God commissioned Moses to be Israel's liberator from the bondage of Pharaoh in Egypt, Moses ask for his name in order to verify which God had given him the responsibility to lead the children of Israel. At that time God simply answered Moses "Ehyeh asher Ehyeh" or "I Am That I Am" (Exodus 3:13-14).

While "I Am" seems to be a simple statement, it actually conceals a mighty spiritual force "I Am – I Was – I Will Be," which suddenly takes effect when these words are made alive within your eternal soul. When prayerfully repeated, the I Am statement not only connects your eternal soul with the holy spirit of God the Creator, but it additionally connects you with your own spiritual power currently existing inside of your body as the divine spark of your eternal soul.

Many Christian mystics teach that this sacred "I Am That I Am" statement is the root source of all other divine names, and is the origin from which these sacred sounds draw their life force and divine virtue. It is said that these are the same words that Adam himself invoked in order to acquire the divine knowledge about all the created things existing in the Garden of Eden. Because the I Am That I Am statement is said to contain the divine power, wisdom, and virtue of the spirit of God, it therefore energetically manifests these divine spiritual qualities within the life force of all those who continue to repeat this sacred prayer meditation.

When speaking the I Am That I Am sacred sound meditation, the repeated statement I Am is seen as an internal realization of the mind of the "stateless state" of God's supreme and absolute reality. In other words, the vibration created from this sacred sound is said to manifest pure awareness, prior to thought. This manifested field of awareness is considered to be free from all perceptions, associations, or memories.

This is why before repeating the sacred sound patterns of the I Am That I Am prayer, because these holy words are spiritually rooted within the true name of God, it is important that you understand what your spiritual relationship with God is and should be. In order to help you comprehend this essential point, I will share with you the first lesson often taught in many esoteric schools of Christian mysticism, which focuses on understanding the following three important bible scriptures:

- **In Exodus 20:2-3** the first of the Ten Commandments states: *I AM the Lord thy God. You shall have no other Gods before me.*
- **In Deuteronomy 6:5** we have: *And you shall love the Lord thy God with all your heart, with all your soul, and with all your strength.*
- **In Matthew 22:37-38** Jesus of Nazareth teaches: *Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the great and first commandment.*

In these scriptures we have the understanding that we must learn to love God completely, before attempting to proceed any deeper into our spiritual walks. Worshiping God is not indulging his vanity, or appeasing his wrath. When we *Love the Lord thy God*, it has nothing to do with groveling, but instead focuses on spiritually opening ourselves up to his active compassion and goodness. In essence, it is a way through which our eternal soul may obtain spiritual nourishment.

Although the services, sacraments, and prayers of the Christian faith are also a means to this end, they are only useful insofar as they provide a sense of intimate connection and spiritual nourishment with God. This is why learning to love God completely is the first step to true spiritual initiation, and is required in order to progress further in our spiritual walks towards higher realms of divine light. The First Commandment given through Moses and later modified by Jesus brings about the deeper revelation of the divine name I AM.

When God's divine love is properly understood, the I Am statement can be experienced as being responsible for spiritually revealing, preserving, and manifesting all life force energy existing throughout the infinite dimensions of time and space. In energetic form, the I AM represents the divine building blocks (primary architecture) of the divine thought-forms that were originally responsible for creating and maintaining the many spiritual Principalities (Rulers), Powers (Authorities), Dominions (Celestial Lords), and Virtues (Strongholds) that govern all of creation.

All of these various spiritual dimensions and their associated mysteries are interconnected; therefore when they are energetically opened, they unfold from one another like an unrolled scroll. Because this spiritual blueprint of the kingdom of God expands its creative energy throughout all time and space, its infinite interactions constantly influence each other, like millions of energetic strands connecting to a single web. As these powerful emanations of divine light expand and reach farther outward, eventually the various spiritual dimensions and hidden worlds of the invisible become visible. This is considered to be "the externalization of the celestial realm," which is traditionally associated with the heavenly hierarchy.

Which is why the second lesson often taught in certain esoteric schools of Christian mysticism, is to understand that there is a vast spiritual order contained within God's living creation. This universal order not only functions under the one true Creator God, but additionally through its myriad sub-rulers, who under the influence of the Creator God's divine authority, continually work within these vast realms.

As Christians, we see these many sub-rulers of creation as great authorities of God's divine will, and recognize their supernatural powers and intentions of divine service as an important aspect of their personal work as emissaries of God's divine creation. In studying this universal construction, we also understand that the spiritual connection originally associated with the words of power that were first spoken by God in order to manifest creation, were also responsible for creating all of these various realms. Therefore each universal realm and all life force associated with it, was manifested through the divine authority and sacred vibration of God's most holy name (I Am); which was originally responsible for spiritually uniting, supporting, and energetically maintaining all of creation.

How these sacred words of power (which are considered to be projections of living energy) were imprinted, and how they specifically influenced the original encoding of all creation with a unique energetic form and frequency, all depended on the focused attention and direct influence of God's divine mind. Therefore it is believed that all matter is composed of divine energy and spirit, and that this holy spirit (i.e. divine thought) is a by-product of the divine mind that is imprinted within matter. Because we carry the divine spark of life within us (i.e., the radiant light of our eternal soul), all energy within the physical world can be influenced by the human mind via our eternal soul; which internally operates from deep within each individual's personal will.

Because we all swim in the sea of the divine mind, once any item is energetically awakened within this holy energetic field, all actions and manifestations are made possible within the physical realm. Which is why the true mysteries

of life are not manifested simply through speaking words of power repeated as a form of sacred pronunciation in various religious rituals. Instead, these great mysteries are revealed through the spiritual embodiment and divine transformation that occurs when an individual consistently comes into direct contact with the higher levels of divine thought and action.

One way that this higher level of divine thought and action can be experienced is through repeating the sacred words "I Am That I Am" (Ehyeh Asher Ehyeh). This simple yet profound meditational prayer can help a person make quantum leaps towards manifesting the radiant light of God. It also allows them to energetically penetrate through the three veils of light surrounding our body; which are associated with our physical body, energy body, and spirit body. For more information about the Three Veils and the Body of Light, please see Chapter 10, pages 78-80.

Light is simply a manifestation of energy; therefore as Christians, we must always seek to preserve our spiritual light and make proper use of its energetic radiance, or else it will begin to dissipate. Throughout his life Jesus of Nazareth was able to accomplish great miracles because he knew how to pray and call upon, experience, and utilize the infinite radiant power of God's divine sound and light. This is why when the radiant sound, light, and spirit (thoughts and intentions) of a true saint of God are collectively focused through his or her unhampered mind, then all energetic manifestations become possible and great miracles suddenly abound within their personal lives.

The cultivation of spiritual light is an essential practice for Christians simply because they understand that they have been sent into the world to be of service to all mankind; to perform and manifest life transforming opportunities for those in need; and to be an example of the spirit of God through our service to others. It is therefore essential that we, in the words of 2 Timothy 2:15: *Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.*

With a basic understanding of the divine purpose and energetic function of sacred sound and spiritual light, let us now begin the first of two sacred sound meditations.

- **The Preparation:** Begins by sitting upright, on the edge of a chair. Your eyes should be closed, and the tip of your tongue should be placed lightly on the roof of your mouth, directly behind your upper teeth, and smile.
- Both of your hands should be resting comfortably on your lap; one hand cupped inside the other, with the tips of the thumbs touching.
- Next, raise your hands up towards the heavens and begin to perform the Three Divine Prayer Invocations (see pages 23 through 26). This provides a way for your body, mind and spirit to receive and embody the resonant vibrational patterns of the sacred sounds you will soon be repeating.

The holy words of power contained within this sacred sound meditation must be internally connected to your body, breath, and spirit (thoughts and feelings), and rooted within the radiant light of your eternal soul. Remember that this is a holy practice, and should be approached with a devotional state of mind dedicated to giving glory and honor to the Lord. Therefore right after performing the last Divine Prayer Invocations, repeat the following dedication prayer:



**I invoke the divine presence  
of the True God and Lord of Hosts;  
and surrender this earthly vessel  
to be a divine conduit for His most holy work.**

**Because the Creator and I are one;  
As I say it, so shall it be done.**

**In the name of Jesus Christ I pray — Amen.**

- After repeating this dedication prayer, focus your attention on expanding your lower abdomen as you inhale, and then softly contracting your lower abdomen as you exhale. Visualize your breath and the energy moving throughout the room mixing and softly pulsing like an ocean tide; feel it rush into your lower abdomen as you inhale, and softly ripple it away from your body towards the four corners of the room as you exhale. Maintain this image for a few minutes.
- Next, change your visualization. This time as you inhale, imagine and feel the tissues of your entire body softly expanding outward in six directions (front, back, right, left, above, and below). Then as you exhale, imagine and feel your entire body softly returning back to its normal shape and size. Within a few minutes you should feel as if the energy of your body is pushing against the four walls, the ceiling and the floor each time you inhale. Then as you exhale, feel your entire body softly returning back to its normal shape and size. Continue this meditational breathing for a few minutes.
- Now roll your eyes up towards the center of your forehead, exhale and visualize a cord of bright light rushing up from your heart, through the center of your body, and extending out the top of your head, connecting to the radiant Throne of God.

With each inhalation, relax and visualize the light of God descending from the heavens and completely filling your entire body with its illuminating white light.

- After a few relaxing breaths, take a deep breath and on each of your exhalations - as well as each inhalation - repeat the following phrase over and over again.

**I Am That I Am — I Am That I Am — I Am That I Am —  
I Am That I Am — I Am That I Am — I Am That I Am...**

As you continuously speak these sacred words, imagine and visualize God's radiant light pulsating from the middle of your chest and Heart Center, lighting and illuminating the surrounding environment.

After several minutes, you should begin to feel your entire body vibrating and a quiet inner-peace softly fill your heart and mind. At this point, imagine and visualize your spirit dissolving into the infinite space of this radiant light, and feel it energetically join with the divine energy pouring from the Throne of God. Continue in this experience for as long as you can, and then end the meditation.

### **FUSING YOUR WILL WITH GOD'S WILL MEDITATION**

This next prayer meditation is another sacred sound practice, which also begins from a sitting position. It prepares your body, mind, and spirit to receive, embody, and radiate the sacred words contained within this special prayer.

After performing the Three Divine Prayer Invocations, close your eyes, place the tip of your tongue on the roof of your mouth, and begin to focus on your breathing. With each

inhalation, relax, expand, and completely fill your lower abdominal area and visualize the center of your body glowing bright white.

After a few relaxing breaths, begin to focus on your respiratory pattern, and start to repeat the following meditation phrases over and over again. In this special breathing pattern, you will inhale twice into your lower abdomen — and then exhale twice as follows:

**1) (Inhale) — “Make Thy Will” — (Inhale) — “My Will”  
(Exhale) — “Make Thy Will” — (Exhale) — “My Will”**

After a few minutes, still maintain the same breathing pattern, but change the prayer incantation to say the following:

**2) (Inhale) — “With Thy Will” — (Inhale) — “I Will”  
(Exhale) — “With Thy Will” — (Exhale) — “I Will”**

Do this for several minutes, then move to the next prayer:

**3) (Inhale) — “I Will \_\_\_\_\_ (e.g., “Heal this child”) \_\_\_\_\_”  
(Exhale) — “Thy Will is to \_\_\_\_\_ (e.g., “Heal this Child”) \_\_\_\_\_”**

The special requests that are placed within the brackets above (\_\_\_\_\_) are given as examples of how you may use this meditation prayer in such situations as asking for a divine healing, requesting assistance, or seeking protection, etc.

In this special state of divine surrender, whatever you are specifically meditating on or wish to receive is now set into motion within the open energetic space that you have created. When seeking to initiate this type of divine manifestation, it is important that you hold your thought until the last exhaled breath. Then as you release your breath, imagine, visualize, and feel the specific manifestation of your prayer rushing into infinite space, causing your projected desire to become true.

Right after that, inhale — surrender — relax, and focus on feeling and seeing the image of what you want to accomplish or bring into being become brighter and clearer. This aids in the manifestation of your projected prayer. Then end the prayer meditation by exhaling and softly saying:

**“Thy Will Be Done. In Jesus name—Amen.”**

### **ENDING THE PRAYER MEDITATION WORK**

Once you have finished performing any of the special prayer meditations or sacred sound practices, it is important that you close the divine energetic field that you created within your sacred sanctuary area. This is accomplished as follows:

- To spiritually close the energetic portal still existing between your eternal soul, the heavenly spirit of God, and the sanctuary room, reach your hands up towards the heavens.
- Next, imagine a powerful cord of white light descending from the Throne of God, flowing through the top of your head and center of your body. Then extend this radiant light out into the room, and visualize it touching and filling every space inside the sacred sanctuary area.
- Now visualize all of the energy within this sacred space suddenly transforming into bright vaporous clouds, which immediately dissolve into a soft radiant steam-like mist.
- Next, visualize gathering all of this radiant steam-like mist together, and forming it into a small ball of energy.
- Then visualize releasing this energy ball up into the heavens, and imagine it immediately being transformed by God into a healing rain and falling upon the face of the earth.

## CHAPTER 2. YOUR MOST SECRET NAME

This next teaching is so sacred, I actually wrestled with the thought of whether or not to place it inside this workbook. However after much prayer, I felt that it was the right thing to do, so I have included all of the training. Once embodied, the Most Secret Name becomes a powerful spiritual tool that every Christian should endeavor to utilize in their personal prayer time. For those who consistently practice this sacred teaching, it is often considered to be the spiritual root and true foundation of God's divine authority within mankind. In various monasteries around the world, it was often used when speaking prayers and invoking divine power. Therefore as a child of God, your Most Secret Name is considered to be one of the most important spiritual tools that you will ever receive while living in this physical realm.

In my life, I have been fortunate to study many different esoteric systems. In the advanced teachings offered in several of these great mystical practices, everyone was required to internally activate and utilize their Most Secret Name, especially when performing any type of divine manifestation. Although it may be called by different names, depending on the specific culture and religion, when it all comes down to a senior disciple energetically connecting with the most powerful creative forces in the Universe and establishing a close personal relationship between themselves and the divine creator, this most secret method is still taught in the same manner.

Once created, this important name works as a powerful spiritual tool that elevates the vibrational energies of your body, speech, and mind through the cultivating power of its inner-sound current and energetic meaning. In fact, this sacred name is considered to be a powerful extension of your eternal soul's innate spiritual identity. This important spiritual awareness actively challenges each individual to consciously live their life in accordance to the highest calling of God's Holy Spirit.

In the spirit realm, a name is not simply a bunch of letters thrown together, or when spoken out loud, a series of vibrating sound patterns. Instead, there is something intrinsic within the energetic quality and structure of a name which naturally attracts and draws a certain type of person or thing to itself.

If you think about it, a name is like an energetic filter; all those who see us and interact closely with us, do so through the energetic pattern of our name. Like a piece of dust located at the center of a forming snowflake, your name acts as a magnetic center-core, energetically growing and expanding around the identity that you have built in order to interact with the people existing with you in the physical realm.

As individuals existing within the ever-changing world, we associate ourselves with a long list of likes and dislikes, desires and fears, titles, jobs and the people who surround us. As we attach that long list to a specific name, the glue that holds all of the pieces together creates the illusion of an independent individual who is attached to an active list of environmental associations. This is one reason why when you become a part of an ancient spiritual tradition, they often change your name.

There are three names that each disciple will traditionally be introduced to in a spiritual practice. In certain systems of Christian mysticism, a closed-door disciple will often have these three unique names described to them as follows (Figure 1.14):

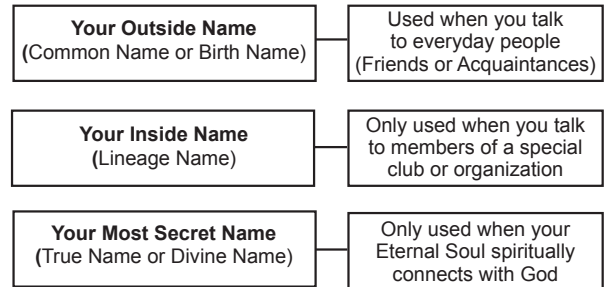


Figure 1.14. The Christian mystic's three names.

- 1. An Outside Name:** This is also known as a common name or a Birth Name. One example of this in the Holy Bible would be "Simon son of Jonah" (Matthew 16:17).
- 2. An Inside Name:** This is known as a Lineage Name; such as "Peter," meaning "Rock" or "Stone" (Matthew 16:18).
- 3. The Most Secret Name:** This is known as a True Name or Divine Name, and is only repeated in the presence of God in prayer—when personally connecting your eternal soul with the sacred radiant light of the kingdom of heaven.

Originally this was an "ear-whispered" teaching, that is only passed down from a master to their trusted apprentice in a monastery. Because it is an extremely personal experience used to help someone progress towards deeper states of spiritual transformation, once the master taught their disciple how to obtain the Most Secret Name, the apprentice was then shown how to test and use this Most Secret Name; and finally how to energetically feed and sustain the life force energy actively contained within their Most Secret Name.

The living words that exist within an individual's Most Secret Name are personally connected to their eternal soul and are energetically activated through God's Holy Spirit. Therefore once this important name-association has been established within an individual's three bodies (i.e., their physical body, energy body, and spirit body), whenever they begin to receive special spiritual transmissions from a divine source (i.e., a special preaching, teaching, or scripture reading), and they energetically detach from their outside birth name and lineage name identity, they are able to more quickly accept and embody the higher spiritual download via their Most Secret Name. This is where an individual's true internal nature and their fated destiny energetically fuse together. This deep spiritual awakening then becomes a personal experience that only exists between the individual and the all-powerful creator of life.

Once this is consistently set in motion, each time the individual begins to receive and embody a sacred teaching from an enlightened master, there will also be various openings and other spiritual transformations that will occur within their personal life. These important experiences will additionally assist them in their spiritual walk with God.

Eventually the individual will begin to spiritually support and positively influence other people in their own personal walks with God, allowing the cycle of encouragement and transformation to continue. This consistent giving and sharing is designed to assist each child of God in progressing to higher states of spiritual consciousness and development.

In order to provide you with an example of these types of different name-associations, the name Jerry Alan Johnson is my birth name, and is the name that people have come to know me by as a Christian brother, an author, a kung fu master, a Daoist priest, and a doctor of Traditional Chinese Medicine. However, I also have several lineage names that I am known by in China. For example, in Mizongquan my Shaolin lineage name is “Shao Ying” meaning “Young Eagle;” and in the martial art of Taijiquan my Chen Family lineage name is “Yun Long” meaning “Dragon in the Clouds.” I earned these titles through combat, when I fought several opponents in order to be accepted as a disciple in each of these Chinese martial arts lineages. Yet these earned titles are simply my Chinese Kungfu lineage names, and are confined in use to each kungfu system’s associated martial arts family; and are therefore only used by my various kungfu lineage brothers and sisters.

Likewise, my Celestial Master Daoist Priest lineage name is “Luo Sheng” (meaning “born to obtain mastery”), and I am called by this special name at the Longhu Shan Daoist Monastery. My Shang Qing Daoist Priest lineage name is “Chi Fu” (meaning “to grasp and hold on to blessings and happiness”), and I am called by this special name at the Mao Shan Daoist Monastery. Each of these titles was given according to the monastery’s ancient lineage poems; which is how we know the true Daoist lineage disciples from those who claim to be, but are not. However, both of these titles are simply my Daoist lineage names, and are confined in their use to each Daoist system; and are therefore only used by my various Daoist lineage brothers and sisters.

Besides having these special lineage names, I also have a Most Secret Name, which no one knows and is only expressed between myself and God when I am in prayer or meditating, or when I am conducting a special healing or exorcism session. Which is why once it is obtained, you are never to share your Most Secret Name with anyone, ever!

As a Christian, the sacred sounds of my Most Secret Name are used when I am energetically manifesting something within the physical realm. This is why each time I am performing deep meditation practices, healing prayers, or special rituals, I visualize that my three bodies are energetically dissolving and disappearing, and the only thing left standing at my sacred altar space is the divine presence of my Most Secret Name. This sacred name is how I am known and received within the spirit realm, as opposed to how I am personally addressed within any of the various religious organizations with which I am currently associated.

In the repeating of sacred sounds, there are three levels of vibration: the physical level of sound which vibrates deep within the conscious mind; the energetic level of sound which progresses even deeper into the subconscious mind; and the spiritual level of sound which expands into the most profound infinite realms of the superconscious mind. All of these sound patterns create the supernatural manifestations of the eternal soul, and are also associated with your Most Secret Name.

I remember one day sitting with my teacher, when he started sharing with me how he learned about the Most Secret Name. He explained that when it was time for him to learn this ancient technique, his master smiled and explained that he had finally qualified to learn a secret teaching.

His master then explained the intricacies that were involved in obtaining this elevated spiritual state, and how it was used for interacting with the holy spirit of God Almighty. My teacher politely waited for his master to finish speaking, and then asked if he would tell him his own Most Secret Name. This was so my teacher could listen to the sacred words and experience the spiritual energy contained within them. However, his master immediately answered “No!”

When my teacher asked him “why?” – the great master replied, “Because it is Most Secret.” The great master then added, “Instead, I will show you how to discover your own Most Secret Name.” And with that, his teacher proceeded to guide him through what is called the “Most Secret Training.”

My teacher informed me that after he obtained his Most Secret Name something shifted inside of him, and he entered into a completely different state of mind wherein his innate spirit changed from existing in a holy state – to that of entering into the Holy of Holies.

And much like my teacher, after I obtained my Most Secret Name everything shifted within my life; which was truly an incredible experience for me. Suddenly I had a deeper realization of my life’s purpose, and a more profound understanding of my destiny: one that was much more expansive and reflective than I ever could have imagined.

It is often said that within certain Christian sects, it was only after a person had joined a particular monastery and had dedicated their lives to divine service that they were formally introduced to this type of extremely important spiritual teaching. The reason for this type of closed-door secrecy and the exclusive manner with which this ancient life transforming meditative training was offered is said to have originated from Jesus of Nazareth himself. Right after preaching the Sermon on the Mount, teaching the “Lord’s Prayer,” and expounding on the divine virtues of the Golden Rule, it is written in Matthew 7:6 that Jesus specifically warned his disciples and the people whom he had been teaching: *Do not give that which is holy to the dogs, nor cast your pearls [of wisdom] before swine; lest they trample them under their feet, and then turn and attack you.*

After reading this important scripture, I would now like to draw your attention back to “The Story of Fire” that was first introduced to you at the beginning of this workbook, in the Introduction section on pages 10-11. I will then remind you of what happened to several of the wise sage’s well-meaning disciples when they attempted to share certain understandings with people who were not ready to listen or receive this information.

It was because of Jesus’ warning that certain teachings, which were considered to be most sacred in the ancient church, went underground during the times of the persecutions of the early Christians. Over the years these important teachings were passed on in secret to certain elders of the church, or to special members who were extremely gifted and believed to be qualified to carry this information on to future generations. These unique individuals were considered to be special because they could quickly embody the deeper teachings associated with the Christian faith. Many of these monks and nuns were chosen simply because they wholeheartedly sought to embody the master’s teachings, and were Christ-like in their words and actions, and were therefore considered to be more open to receiving these powerful spiritual transmissions from the holy spirit of God.



**HOW TO OBTAIN YOUR MOST SECRET NAME**

Because this important spiritual tool is extremely powerful and sacred, take a day and specifically dedicate it to obtaining your Most Secret Name. In the morning, pray and fast on purified water (i.e., special water that you have prayed over, and specifically dedicated for this purpose), then find a quiet, serene place in which to perform this sacred ritual.

The method that I was originally taught is divided into five important stages, described as follows:

- **Stage #1 — The Preparation:** After spending some time praying and fasting, continue this time of purification with a special prayer of accountability, forgiveness, and the re-dedication of your life to the service of God.

Then cleanse and purify your altar space by performing the “Pulling Down the Heavens” and the “Three Divine Prayer Invocations” (refer back to pages 23 through 26) to prepare your body, speech, and mind for the sacred ritual.

- **Stage #2 — Your Divine Relationship With God:** Next meditate on your personal relationship with God and focus your heart and mind on who and what you believe God to truly be. It is important that you place your attention onto feeling your physical body as you meditate and contemplate on the different words used to describe your understanding and experience with this extremely powerful radiant force.

Remain in an awakened state, and keep focusing on the different word descriptions that come and go, until you become “Realized.” In other words, when you say the correct word-body-energy association, you should suddenly experience a powerful surge of energy rushing through your entire body. If you do not feel this full-body experience, then continue meditating and focusing on different associated words until you do.

It is extremely important that you wait until there is a physical full-body sensation, with your attention and imagination focused on what it would feel like to suddenly be in the incredible presence of the most powerful creative force in the entire Universe.

As an example, let us say that the word you discovered which suddenly awakened and energized your three bodies is “Love.” And that each time you say this special word in this context, your body shakes and trembles, and you get powerful electrical chills. Once this physical-energetic sensation happens, we can then correctly assume that the first word of your Most Secret Name is “Love.”

- **Stage #3 — Your Divine Power:** Once you have discovered the first word of your Most Secret Name, then focus your attention on imagining and feeling who and what you are as a child of God. Focus on what is your divine nature when you are completely filled with God’s Holy Spirit, and are compassionately radiating this dynamic healing power and spiritual light out of your physical body into the world.

Relax your body, mind, and spirit, and remain in an awakened state. Keep focusing on the various words that come and go until your body’s energy becomes activated and realized. As before, when you say the correct word-body-energy association, you will experience a powerful surge of energy rushing through your entire body. If you do not feel this full-body experience, then continue meditating and focusing on different associated words until you do.

#(1) Knowing Your Divine Relationship	#(2) Knowing Your Divine Power
Meditate on your personal relationship with God; and focus your heart & mind on who and what you believe God to truly be.	Next place your attention on imagining and feeling who and what you are as a child of God.
At this time, it is important that you also place your attention onto feeling your physical body as you meditate on the different words used to describe your understanding & experience with this extremely powerful radiant presence.	Then imagine, visualize, and feel what is your Divine Nature; especially when you are completely filled with God’s Holy Spirit; and are compassionately radiating this powerful illuminating energy out of your body into the World.

Figure 1.15. Creating Your Most Secret Name.

To repeat: It is of the utmost importance that you feel a full body surge of energy radiate throughout your three bodies (i.e., your physical body, energy body, and spirit body) whenever you focus your attention onto being the living embodiment of God’s divine power.

As an example, let’s say the word which you discover that energizes your entire body, and is associated with you personally being a child of God, is “Loving.” And each time you say this special word in this context, your body shakes and trembles, and you again feel powerful electrical chills. Once this physical-energetic sensation happens, we can then correctly assume that the second part of your Most Secret Name is “Loving.”

- **Stage #4 — Creating the Most Secret Name:** Next, combine the words of the first name (e.g., Love) and the second name (Loving), to create your Most Secret Name (Figure 1.15).

After embodying this extremely powerful word - body - energy association, the ancient Christian mystics were then able to create and spiritually activate their own personal name seals. This enabled them to effectively use their God given powers to perform all types of supernatural healing and exorcisms. These powerful esoteric seals were used to divinely empower such Christian spiritual tools as the four direction symbols of the cross; the five pointed Star of Solomon (the pentagram); and the six sided Star of David.

- **Stage #5 — Testing the Most Secret Name:** Next, it is important to test the spiritual power of your Most Secret Name. Because your Most Secret Name must always be used when energetically fusing the radiant spiritual energies of your eternal soul, spoken prayer, and three bodies, it must be internally spoken from this time forward whenever you enter into prayer and deep meditation.

Each time you internally sound your Most Secret Name, there should be a sudden powerful energetic shift immediately occurring within your three bodies, similar to that of an energetic shiver. If this subtle energetic shift does not occur, repeat the entire process again until it does.

When not in use, the Most Secret Name is to be visualized as being contained within the center of a Great Luminescent

Pearl, and then quietly stored deeply within the center of your lower abdomen. Several Christian mystics believe that this is what Jesus of Nazareth was talking about in Matthew 13:44-46, when he said, *The kingdom of heaven is like a treasure that a man discovered hidden in a field [his heart]. In his excitement, he hid it again and sold everything he owned in order to get enough money to buy the field. Again, the kingdom of heaven is like a merchant in search of fine pearls, who, upon finding one pearl of great value, went and sold all that he had and purchased it.*

Because the Most Secret Name is used to transform your body's life-force energy into divine energy, which allows your eternal soul to spiritually evolve to higher levels of divine radiance, your life should now become more focused on internally developing the sacred energy associated with your Most Secret Name. Therefore at this time, it is also advisable to learn how to constantly cultivate, train, and test the spiritual power and energetic influence associated with your Most Secret Name (described later on in this Chapter).

### CREATING YOUR MOST SECRET NAME'S SACRED SEAL

Because this divine radiant energy exists as an innate spiritual power, developed through the interaction of your three bodies, your eternal soul, and God's Holy Spirit, the next step in mastering this spiritual power is to create a special seal pattern that expresses the vibration of this sacred sound. In order to accomplish this, let us first discuss how and when to draw the sacred seal pattern of your Most Secret Name.

I was taught that each time you use the Most Secret Name for internal cultivation meditation, prayer, worship, healing, or saying sacred scriptures, you should first draw with the tip of your tongue the sacred seal pattern of your Most Secret Name on the roof of your upper palate (Figure 1.16). This special application is also performed before speaking any type of divine sound, or repeating any sacred words of power.

To create this sacred seal pattern, begin by slowly repeating the powerful sounds of your Most Secret Name. As you do this, simultaneously draw these special tone patterns onto a piece of white paper with a wooden pencil.

Allow the sacred pattern to be as simple as possible. For some people this unique energetic pattern will quickly manifest and appear quite radiant in design. With others however, the construction of this energetic pattern may sometimes take additional time to develop. The trick is to allow it to naturally flow from your heart and automatically develop by itself.

After you have drawn your own sacred seal pattern, the next step is to spiritually activate it. This is accomplished by working and refining its energetic impression through four important stages of construction, described as follows:

- **#1 — Draw the Sacred Seal Pattern:** While constructing its esoteric image, internally feel and experience the dynamic design of the sacred pattern that you are currently drawing, as well as its specific energetic function. In other words, understand that the sacred pattern is the external representation of your eternal soul's Most Secret Name. Therefore when you construct the sacred seal pattern, feel and embody the spiritual energy associated with your Most Secret Name, and allow this energy to externally flow into each single line as it is being drawn. This will allow your projected energy to become deeply imprinted within each line and curve, and provide a sacred experience

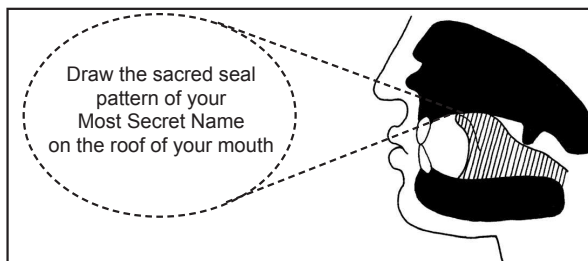


Figure 1.16. Using the tip of your tongue, draw the sacred seal pattern of your Most Secret Name on your upper palate.

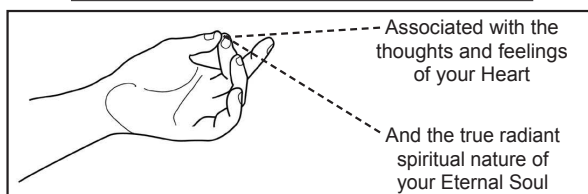


Figure 1.17. After drawing the sacred seal pattern on the roof of your mouth, form a secret hand seal by touching your left thumb to the tip of the middle finger on your left hand.

ence surrounding the hidden meaning associated with the seal's unique design.

- **#2 — Energetically Activate and Imprint the Sacred Seal:** Next, imprint the sacred seal pattern by drawing it onto the center of the roof of your mouth with your tongue. At the same time, simultaneously form a Hand Seal, by touching your left thumb to the tip of your middle finger. This special energetic connection is associated with the thoughts and feelings of your heart, as well as the radiant spiritual nature of your eternal soul (Figure 1.17). As you make this connection, visualize the sacred words specifically used to pronounce your Most Secret Name.

Next, imagine and feel your entire being radiating divine light from your center core; and feel this bright energy expanding outside your body as illuminating and penetrating spiritual light. Visualize this radiant light shining throughout the physical space that you are in (e.g., your prayer room or altar space), then further into the environment, and finally throughout infinite space.

This special visualization helps you experience the powerful energetic manifestation of this sacred seal pattern. It also helps you to gain a stronger belief in its design as being a true and effective representation of your Most Secret Name. It additionally helps you to develop a stronger faith in the sacred seal's spiritual function.

- **#3 — Dedicate the Sacred Seal:** Next, dedicate the manifested spiritual powers of your Most Secret Name's sacred seal pattern to God's divine authority and heavenly kingdom, and commit this radiant power to the highest service of God Almighty. It is important to always remember that it is through God's divine authority and spiritual power that the sacred seal maintains its effective influence within the various realms and dimensions of existence.
- **#4 — Testing the Sacred Seal:** Once the sacred seal has been designed, activated, and dedicated, it must be tested and the value of its spiritual applications authenticated through its consistent and effective use.



### HOW TO ENERGETICALLY FEED YOUR MOST SECRET NAME

The spiritual power of your Most Secret Name must be cultivated everyday through consistent prayer and meditation. Without this continual feeding, the energy that was previously invested into creating and maintaining your Most Secret Name will eventually begin to lose its divine influence.

In review, your Most Secret Name is housed inside a Great Luminous Pearl, and this bright radiant orb of light is then kept as a hidden treasure stored deep within the energetic field of your lower abdomen. With this special image in mind, the following meditation is used to bring forth, utilize, energetically feed, and then store your Most Secret Name within your lower abdomen.

1. Begin by placing the tip of your tongue on the roof of your mouth, in the center of your upper palate (refer back to Figure 1.16).
2. Next, perform the Three Divine Prayer Invocations (see pages 23 through 26) to calm and stabilize your spirit (thoughts and feelings), and prepare your body, speech, and mind for this sacred training and spiritual work.
3. Now place your attention onto your head, heart, and lower abdomen; as well as the center of your body. Imagine your physical body, energy body, and spirit body internally arranging themselves in a vertical line (Figure 1.18).
4. After you feel each of your three bodies are in alignment with each other, then visualize yourself reaching up to the heavens, and imagine pulling a radiant cord of divine light down from the Throne of God.

Imagine and feel this radiant light descending all the way through the center of your body, and feel it illuminate the center of your lower abdomen.

5. Next visualize this radiant light illuminating the Great Luminous Pearl which currently houses your Most Secret Name inside your lower abdomen.
6. Now imagine and feel the Great Luminous Pearl energetically glowing, pulsating, and radiating the spiritual light of seven brilliant colors: red, orange, yellow, green, blue, indigo, and violet. Visualize these bright radiant colors shining outward, and filling your entire body with their powerful healing energies.
7. Next imagine, visualize, and feel these seven radiant lights glowing brightly, and penetrating their colors through the different energy fields of your three bodies. As you radiate this light, feel and experience a powerful resonating vibration begin to hum inside your lower abdomen.
8. After that, imagine and feel the Great Luminous Pearl begin to rise out of the energetic field of your lower abdomen. As this radiant energy leaves its resting place, visualize the seven radiant colors of the Great Luminous Pearl combining and illuminating all of your lower abdominal tissues in a bright white light.
9. Next, from deep within the center of your navel area, visualize this powerful radiant light piercing outside of your navel — shining its powerful beam of white light even brighter than the noonday sun.
10. At the same time, imagine and feel the same radiant light illuminate your lower back. Then feel this bright radiant light suddenly shine forth, out from the center of your lower back — additionally shining brighter and more powerful than the noonday sun (Figure 1.19).

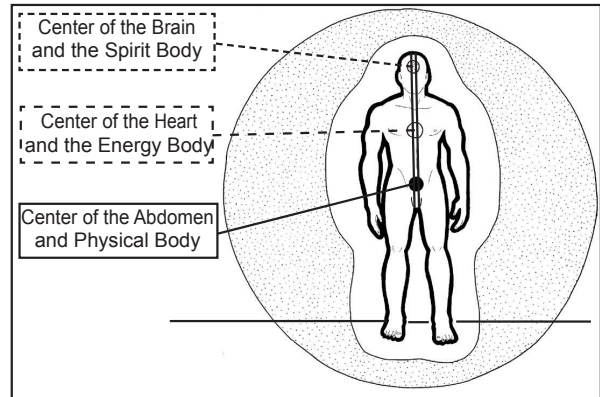


Figure 1.18. After aligning your head, heart, abdomen, and Three Bodies, feel your spirit body vibrating inside your energy body, and your energy body vibrating inside your physical body.

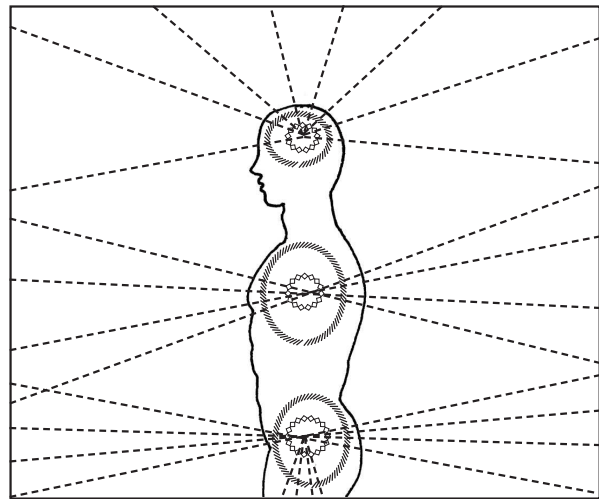


Figure 1.19. Imagine, visualize, and feel divine light radiating away from the center of your lower abdomen, heart, and brain; and visualize it shining beams of multicolored light throughout the six directions of space, illuminating all of creation.

11. As these powerful lights continue to shine from both the front and back of your lower abdominal area, imagine two additional beams of light extending out from the right and left sides of your torso.  
At this point in the meditation, you should be visualizing divine light radiating away from your lower abdominal area in four directions simultaneously shining outward from the front, back, right, and left sides of your body.
12. Next, imagine and feel the radiant light of the Great Luminous Pearl shine and extend a bright beam of white light through the center of your lower body.  
Feel this powerful light pass through your urogenital organs, and exit your lower torso.
13. As the Great Luminous Pearl shines this powerful white light below your body into the earth, imagine its energy extending throughout the entire planet, energetically connecting with all of the various mineral, plant, animal, and human realms.

Everything that this powerful light touches immediately is illuminated, energized, and healed. Wherever this powerful radiant white light shines, it suddenly creates pulsating energetic vibrations.

14. Once you sense and feel the projected radiant power vibrating within the earth's various energetic fields, concentrate on your Most Secret Name. As you do, inhale, and absorb all of the terrestrial energy existing within the planet back into the center of the Great Luminous Pearl residing in your lower torso.
  - Each time you inhale, place your attention on the Great Luminous Pearl, and feel the energy of the soil, wind, water, and the various mineral, plant, animal, and human realms immediately rush inside your body and energetically feed your Most Secret Name.
  - Each time you exhale, feel the energy of your Most Secret Name growing and increasing its white radiant light, strengthening its pulsating spiritual power and vibration.

Continue to practice this important visualization for several minutes. With each breath, imagine, feel, and experience the spiritual connection and divine influence that your Most Secret Name has established over all of the various creations and different realms existing within the earth.

15. After several minutes, focus your mind on feeling the light of the Great Luminous Pearl disconnect from the earth energy, and ascend up through the center of your torso into the center of your brain.

Once it reaches the center of your head, imagine and feel its bright radiating light fanning outward, shining bright beams of white light throughout your entire brain.

Now imagine this radiant light shining outside of your brain in six directions: up-down, left-right, forward and backward.

16. As the Great Luminous Pearl shines this powerful light above your head, imagine it extending this energy throughout the entire Universe; energetically connecting with all of the various energies of the sun, moon, planets, and stars. Imagine and feel your three bodies (i.e., your physical body, energy body, and spirit body) connecting with all of the various realms and celestial energies vibrating throughout the cosmos. Whatever is touched by this bright radiant light causes powerful pulsating vibrations to appear, and all is illumined, energized, and healed.
17. Once you can feel the projected radiant power vibrating within the Universe's planetary energetic fields, concentrate on your Most Secret Name. Inhale, and absorb all of the celestial energies existing within the cosmos into the center of the Great Luminous Pearl.
  - Each time you inhale, place your attention onto the Great Luminous Pearl, and feel the energy of the sun, moon, the star constellations and the various celestial realms immediately rush inside this radiant orb and energetically feed your Most Secret Name.
  - Each time you exhale, feel the energy of your Most Secret Name expanding and increasing its radiant light, strengthening its powerful spiritual force and vibration.

Continue to practice this visualization for several minutes. With each breath, imagine, feel, and experience

the spiritual connection and divine influence your Most Secret Name has established over all of the various creations and different realms existing within the heavens.

18. After several minutes, focus your mind on feeling the Great Luminous Pearl disconnect from the heaven energy, and descend down through the center of your head, passing through your neck and coming to rest in the center of your chest and heart area.

Once it reaches the center of the chest, feel the Great Luminous Pearl radiate its powerful white light outside your body. Feel this powerful white light fan outward in all directions, brightly illuminating, entering, and filling all the various realms and dimensions of existence.

19. Now extend the energy of your Most Secret Name to the various life force energies existing within these various realms and different dimensions, and feel its innate interconnection with the sacred spiritual powers and resonant vibrations that support and maintain all of creation.

Surrender your heart, and begin to feel and experience the holy spiritual presence of God Almighty, and surrender yourself to this most holy divine presence.

Imagine and feel yourself now existing within the center of space and time, immersed within the holy energetic fields of God's divine creation. You are now joined through meditation with the holy radiant power of the Almighty.

20. With each inhalation, feel your Most Secret Name connect with the various elements of creation; with each exhalation, feel their sacred sounds internally vibrate and grow stronger, brighter, and more powerful within your body. Each breath should cause you to feel the energetic connection with God's radiant spiritual light, becoming intensely more brighter, louder, and stronger than before.
21. After several minutes, relax and imagine the Great Luminous Pearl slowly descending from the center of your chest, through the center of your body, and coming to rest inside the center of your lower abdomen.
22. As the Great Luminous Pearl continues to vibrate from deep inside your lower abdomen, again place the focus of your attention on your Most Secret Name, and imagine its most secret seal pattern radiating bright white light and glowing like an illuminating pulsating star.

As the sacred seal pattern that symbolizes your Most Secret Name continues to energetically pulse, imagine and feel its powerful current extending up and down the center of your torso – rippling its radiant energy throughout your three bodies. Feel this pulsating light activating and empowering your entire energetic being.

23. After several minutes, end this meditation with the "Pulling Down the Heavens" exercise (see page 24). As you move your arms up the sides of your body, imagine absorbing the earth energy from the ground. As you move your arms above your head, imagine absorbing the heaven energy from the sky.

As you exhale, visualize the combined energies flowing down the center of your body. Next, imagine this cultivated energy flowing into the center of the Great Luminous Pearl, and coming to rest deep inside your lower torso.

## HOW TO UTILIZE YOUR MOST SECRET NAME

Your Most Secret Name is never to be shared with anyone. When used properly, these sacred words of power are silently whispered or inaudibly spoken to stimulate and awaken the spiritual power of your eternal soul, which energetically supports your prayers.

One advantage of having a Most Secret Name is that it allows you to more easily counter the negative thoughts that often arise and affect your body, speech, and mind. Because these negative thoughts are attached to our ego-based habits, one way of quickly countering these thoughts is to take on a new identity, the one divinely established as your Most Secret Name. This is one of the main reasons why your Most Secret Name should be used whenever performing any type of serious spiritual work that might require divine intervention.

The following are some examples of when it is most appropriate to use your Most Secret Name:

- When Meditating and Praying to God for Divine Guidance and Spiritual Understanding:** Because your Most Secret Name offers a direct line from your eternal soul to the radiant spirit of God, it should often be used during prayer. This is especially true when seeking divine wisdom and guidance in how to live in harmony with all living things according to God's divine will. Therefore, imagine that your Most Secret Name is a secret password that represents your core spiritual connection to the infinite knowledge and wisdom of the Almighty, and allows you to receive deeper insight into God's divine plan.

Because your Most Secret Name is used to spiritually consecrate and dedicate your life to a deeper more intimate connection with God, it additionally acts as a powerful springboard through which to directly focus and increase your physical, energetic, and spiritual influence within the physical realm.

- When Meditating and Praying to God for a Special Healing and Forgiveness:** Before speaking the holy scriptures or repeating any sacred prayer, visualize the spiritual power of your Most Secret Name rising up from the middle of your lower abdomen and coming to rest within the center of your solar plexus area. This special area was sometimes known in ancient times as the "Courtyard of the Heart" (Figure 1.20).

Next, the exact idea or intention of your prayer is then visualized and embodied within the specific words that you are about to speak (i.e., the specific scriptures you are about to read, or the sacred words that you are about to audibly express or recite).

All these special feelings, intentions, and words of power are then imagined being energetically combined inside the solar plexus area, which creates a bright radiant cloud. The mystical vapor that is created, is then energetically infused with the focused intention and soon to be projected spiritual desire of your eternal soul.

The creative power of this bright radiant cloud is also supported and maintained by the spiritual energy of your previously cultivated virtues, which correspond to five internal organ patterns in traditional Asian philosophy (Figure 1.21): Compassion - stored within the liver; Inner Peace - stored within the heart; Trust - stored within the spleen; Integrity - stored within the lungs; and Divine Wisdom - stored within the kidneys. I was taught that as

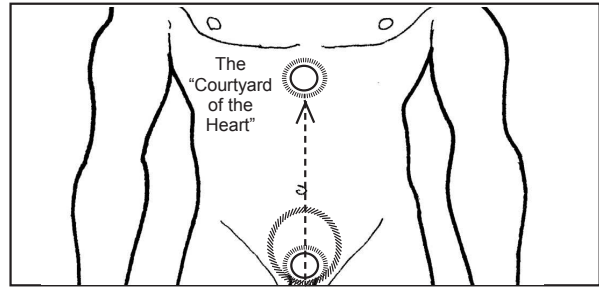


Figure 1.20. Visualize the spiritual power of your Most Secret Name rushing up from the energetic field located deep inside your lower abdomen, and entering into the center of your solar plexus.

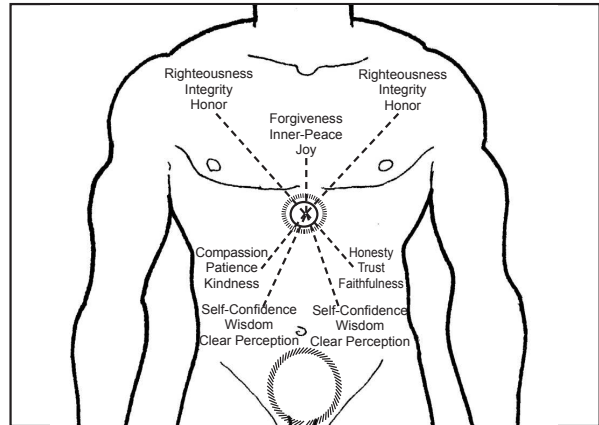


Figure 1.21. Visualize the five energetic vapors associated with your spiritual virtues all combining with the sacred energy of your Most Secret Name.

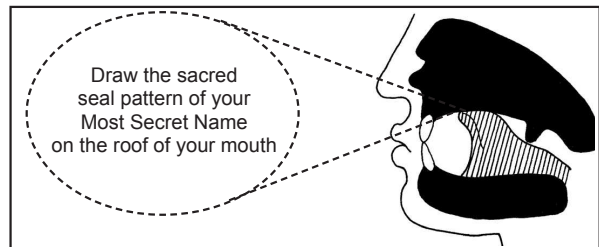


Figure 1.22. Use the tip of your tongue, and draw the sacred seal pattern of your Most Secret Name on your upper palate.

Christians, the combined spiritual energy of each person's cultivated virtues sets the foundation for having our prayers answered; and is why it is written in James 5:16, *The effectual fervent prayer of a righteous man is powerful, and availeth much.*

Imagine, visualize, and feel the radiant light of this spiritual energy swirling inside your solar plexus area like a pulsating radiant mist. As your mind focuses on this swirling radiant mist, concentrate on combining this luminous energy with the radiant light of your Most Secret Name which is also located deep within your solar plexus area.

After these spiritual energies have been combined, you will again draw the sacred seal pattern associated with your Most Secret Name on the center of the upper palate with your tongue. This will create a special type of energized saliva (Figure 1.22).



Next, swallow the special energized saliva, and visualize its sacred liquid flowing down your throat, into the solar plexus area.

Now concentrate on blending together the radiant energy of this special saliva with the spiritual energies of your combined virtues (Compassion, Inner Peace, Trust, Integrity, and Divine Wisdom), as well as the radiant divine light of your Most Secret Name and the spiritual presence of your eternal soul.

Once all of these radiant energies have been internally combined with the sacred words that will soon be spoken as a healing prayer or words of forgiveness, then softly exhale and release this consciously activated spiritual power from your body into the physical realm.

Because your will and God's divine will are now spiritually fused as one, as the exhaled breath and these sacred sounds resonate outward into infinite space (through your spoken words), they will spring forth to energetically create and quickly set into motion what your spirit (heart and mind) collectively desires to manifest.

**[Note # 1]:** When writing the Most Secret Name seal pattern on the roof of the mouth, your tongue is first placed on the center of the upper pallet in that area sometimes known as "The Heavenly Pool." This area of the mouth is considered to be one of the important energetic access points of the three bodies, and is responsible for connecting the spiritual energy of the heart to the center of the brain. It was therefore believed that through this special connection, a person's heart, mind, and spirit were all energetically joined with their First Heavenly Transpersonal Point (or Soul Star Point), which is located about six inches above the head (Figure 1.23).

**[Note # 2]:** The Soul Star Point is the first of the body's Heavenly Transpersonal Points. Because its energy field is located about six inches to a foot above the top of the head, it is often depicted as being a bright radiant flame of holy fire. This awakened holy fire was positioned above the heads of the Apostles at Pentecost, right after they were anointed with the transforming spiritual power of the Holy Spirit (Acts 2:1-4).

The Soul Star is said to connect the subtle energies of your three bodies with that of the celestial energies and sacred thought-forms originating from the heavenly realm (for more information, please see Chapter 11, page 88). Therefore this special area is considered to be an important spiritual doorway for working with the upper spiritual realms.

I was additionally taught that when a person's soul (currently residing within the spiritual chambers of the heart) internally connects its divine consciousness with the holy energy currently existing within the Soul Star, the first of three divine threads of light can be energetically activated (see Chapter 1, page 25). Being able to access and utilize the three important threads contained within the Bridge of Light (i.e., the Thread of Life, the Thread of Creativity, and the Thread of Consciousness) is essential for allowing a person to create and manifest the words of their heart and the meditations of their mind (Psalm 19:14). This important connection is needed to progress further into the upper spiritual realms of God's radiant creation. For more information on the Bridge of Light, please see Chapter 37, pages 261-266.

- **When Observing Spirits and Looking Into The Spirit Realm:** In this special application, you imagine connecting to heaven and pulling a cord of divine light from the Throne of God down into your lower abdomen, attaching

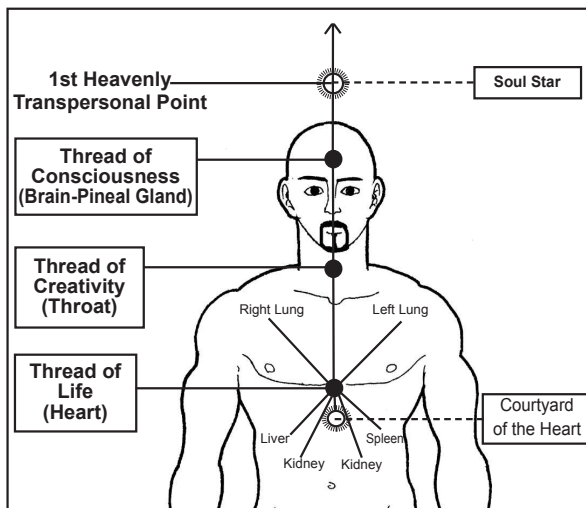


Figure 1.23. It is God's divine light that spiritually awakens your three bodies "Bridge of Light." When all three areas are connected into one harmonious cord of light and externally extended upward through the center of the body into the Soul Star, the first spiritual gateway is said to open.

it to the Great Luminous Pearl. Next you surrender your body, mind, and spirit to this radiant light, and energetically charge your Most Secret Name with God's holy light.

Right after that, you lead this radiant energy up from the center of your lower abdomen, through the middle of your body, past your heart and throat, and place it inside the center of your head.

Once the radiant light of your Most Secret Name is positioned inside the center of your head, imagine and visualize opening your Third Eye, located in the center of your forehead, just above and in-between your eyebrows.

Next imagine and feel your spiritual perceptions increasing and expanding your clairvoyant sight, allowing you to observe all of the subtle energetic forms that simultaneously exist within the physical realm.

After observing the spirit realm for several minutes, end the meditation practice by leading the radiant energy from your Third Eye and the center of the forehead, down the center of your body back into your lower abdomen.

- **When Meditating and Praying to God for Special Spiritual Protection or Exorcising Evil Spirits:** Because your Most Secret Name is a direct line from your soul to the radiant spiritual power of God, it should often be used when asking for help from the spirit realm, including Jesus, the angels, or saints (if Catholic.) Because these powerful spiritual forces are divinely commissioned to protect you and enforce God's holy laws, they are some of your strongest allies in times of struggle, personal trials, and spiritual warfare.

When your Most Secret Name is used to ask for immediate protection, quickly draw its sacred seal pattern on your upper palate. Then visualize your spirit body shooting into space, and standing before the Throne of God.

After respectfully introducing yourself by your Most Secret Name to the celestial court, explain your situation and request help from God, Jesus, or one of the celestial angels in order to remove any hindering evil spirit.

Genealogy According to Matthew 1:1-17			Genealogy According to Luke 3:23-38				
Abraham	Solomon	Shelatiel	God	Peleg	Obed	Eliezer	Mattath
Isaac	Rehoboam	Zerubbabel	Adam	Arau	Jesse	Jose	Maath
Jacob	Abijah	Abihud	Seth	Serug	David	Er	Naggai
Judah	Asa	Eliakim	Enosh	Nahor	Nathan	Elmodad	Hasli
Perez	Jehoshaphat	Azor	Cainan	Terah	Mattha	Kosam	Nahum
Hezron	Joram	Sadok	Mahalael	Abraham	Mani	Addi	Amos
Aram	Uzziah	Achim	Jared	Isaac	Melea	Melchi	Matthat
Aminadab	Jotham	Eliud	Enoch	Jacob	Eliakim	Neri	Joseph
Nahshon	Ahaz	Eleazar	Methuselah	Judah	Jonam	Shelahiel	Jannai
Salmon	Hezekiah	Matthan	Lamech	Perez	Joseph	Zerubbabel	Melchi
Boaz	Manasseh	Jacob	Noah	Hezrom	Judah	Rheasa	Levi
Obed	Amon	Joseph	Shem	Aram	Simon	John	Matthat
Jesse	Josiah	Jesus	Arphaxar	Aminadab	Levi	Judah	Heli
David	Jeconiah		Cainan	Nahshon	Mattitha	Joseph	Joseph
			Shalah	Salmon	Joram	Shemei	Jesus
			Eber	Boaz			

Figure 1.24. The two conflicting genealogies of Jesus of Nazareth written in the Gospels of St. Matthew and St. Luke.

### CHAPTER 3. RESEARCHING THE LIFE OF JESUS

Between the years 1834-1835, a German Protestant priest and scholar by the name of David Friedrich Strauss published a book called *The Life of Jesus Critically Examined*, which shook the Christian world at that time. In this book he presented an eye-opening thesis that stated certain parts of the Gospels were made up legends that had become attached to Jesus of Nazareth.

Because this book created such an angry fury within the general public, Strauss quickly published a second edition in which he backtracked some of what he had originally introduced in his first book. But the damage to his career as a clergyman had already been done, and he was forever ruined as a priest in the eyes of the public.

The real problem however was that he was correct. Most seminary students and biblical scholars today acknowledge that the Four Gospels in the New Testament contain much material about Jesus that is not factually true. In his book *How God Became God*, biblical scholar Richard Smoley explains that uncovering the various stories and legends added to Jesus' personal life was just the beginning of the problem. How do we intelligently discern the difference between truth and politically motivated fabrication, not to mention all of the contradictions found within the four Gospels?

For example, both Matthew and Luke provide detailed genealogies of Jesus of Nazareth in their Gospels. Unfortunately they do not agree (Matthew 1:1-17 and Luke 3:23-38). Although both authors trace Jesus' ancestry back to King David, after that, each progresses through a completely different line. Matthew's genealogy has Joseph descended from King David through King Solomon, and from there to a man named Jacob. On the other hand Luke's genealogy has Joseph descending from David along a radically different line, through another son named Nathan, and from there to a man named Heli. This discrepancy in the lineage of Jesus of Nazareth has troubled Christian authorities since the creation of the New Testament Bible (Figure 1.24).

In this one of many contradictory examples, several biblical scholars believe that after Jesus' death his followers started to think of him as the Messiah (saviour or liberator). Since the Messiah was supposed to come from the line of David, somewhere along the line these lineages were made up and added to give the story about Jesus more credence and credibility.

Another major problem in finding historical verification about Jesus' lineage is this: a 4th century church historian named Eusebius the bishop of Caesarea, wrote a chronological account of the development of early Christianity from the 1st century to the 4th century. In his research he documented the fact that King Herod had burned all of the genealogical records at that time in order to mask his own humble background, so there is no historical records to trace who Jesus of Nazareth's ancestors really are.

But this is just the tip of the iceberg. According to biblical scholar Richard Smoley's book *How God Became God*, Professor Géza Vermes book *The Nativity: History and Legend*, Reverend Ian Paul at the University of Nottingham, and many others, none of the Nativity story is true. The details in both Matthew and Luke have little in common, and the provided dates for the birth of Jesus are more than a decade apart. Additionally, according to Christian historian Paul L. Maier, in his work *Herod and the Infants of Bethlehem*, there is no evidence that Herod ever slaughtered all of the young babies living within Bethlehem.

#### THE LOST YEARS OF JESUS OF NAZARETH

Initially the first followers of Jesus were Jewish, and were known as the "Followers of The Way," or "The Sect of the Nazarene." These early believers followed the spiritual teachings of Jesus based on God's love for us, brotherly love, the kingdom of heaven being within you, and divine forgiveness.

Concerning what really happened with Jesus of Nazareth and the original formation of our Christian religion, as well as which Christian religious practices follow the authentic teachings of Christ, let us now explore certain discoveries about the life of our Savior.

The most popular ancient legends surrounding Jesus of Nazareth state that he demonstrated powerful supernatural abilities; and that throughout his life he studied, prayed, and sought out private time to be alone with God in order to deepen his spiritual growth and understanding. Several biblical scholars have suggested that before beginning his three year ministry, Jesus traveled throughout the land, meeting and studying with various mystical teachers in order to master these supernatural abilities. However, in the New Testament nothing is mentioned about the 18 missing years of Jesus (from ages 12 to 30); only that at age 30 Jesus went from Galilee and was baptized by John the Baptist in the Jordan River (Matthew 3:13-17). So what happened during those 18 missing years?



## THE FOUR MOST POPULAR THEORIES

The lost years of Jesus' adolescence and young adulthood is one of the most intriguing mysteries speculated about ever since the early Christian church first began its formal organization. It has spawned many scholarly inquiries, along with scores of popular books speculating that Jesus disappeared in order to join a secretive monastic sect in the Judean desert, or that he actually ventured into Egypt — or even traveled to Persia, India, Nepal, and Tibet. Some of the more popular explanations that have been offered for Jesus' missing years include the following four assumptions and speculations:

1. **Jesus Stayed in Nazareth.** One of the simplest scenarios used to describe Jesus' missing years is that he stayed in his hometown, worked with his father as a carpenter, and studied Jewish scripture (Figure 1.25). At that time, sons were required to learn their fathers' trade. This was one reason why when Jesus began to teach, so many people were amazed that he had such deep spiritual insight and wisdom, and asked "Is he not the carpenter's son?" (Matthew 13:54-58).
2. **Jesus went to Qumrān, and Studied with the Ancient Essenes Sect.** In this particular theory, it is speculated that Jesus had joined the mystical Essenes sect. Although there is no evidence of this belief, it is true that both Jesus and the Essenes lived in the same time period.

The origins of the Essenes sect are considered to be quite obscure. However it is known that they were a sect of Second Temple Judaism that flourished from the 2nd century B.C. to the 1st century A.D., which some biblical scholars such as Frederick Fyvie Bruce claim was derived from the Zadokite priests. The Zadokite priesthood were the High Priests of Israel, who were originally established during the time of King David. Although fewer in number than the Sadducees and Pharisees, the Essenes were healers and mystics who lived in various cities, and congregated in communal life dwellings dedicated to asceticism (some groups practiced celibacy), voluntary poverty, and daily bathing used for the purpose of ritualized purification.

The 1st century Roman-Jewish scholar and historian Titus Flavius Josephus records that the Essenes existed in large numbers, and thousands lived throughout Roman Judea. He writes, "Some of them claim to foretell the future, after a lifelong study of sacred literature, purifications of different kinds, and the sayings of prophets; rarely if ever do their predictions prove to be wrong."

The Essenes gained fame in 1947 as a result of the discovery of an extensive group of religious texts and documents known as the Dead Sea Scrolls, which were believed to be the Essenes' library. In order to understand the importance of the Dead Sea manuscripts, you have to realize that except for a fragment or two, our earliest text of the Old Testament Hebrew Bible (the Masoretic Text) is no more ancient than the 9th century A.D. Before that, our main versions of scripture are (1) the Alexandrian Septuagint, which is a translation into Greek that is supposed to have been begun somewhere in the 3rd pre-Christian century A.D., and was not finished until two hundred years later; and (2) the Saint Jerome's Latin Vulgate, which was made sometime in the 4th century A.D. In fact, all known knowledge regarding the word of



Figure 1.25. As a twelve year old boy, Jesus had spent three days in the Jerusalem Temple talking with Elders, listening to their understanding of scripture and asking them profound questions.

the Bible has been based on these two translations, and the Masoretic Hebrew text (which was initially put together through a Samaritan translation and some excerpts from early Aramaic versions).

Having access to the sacred texts within this library could explain how Jesus of Nazareth was able to obtain an extensive knowledge of the Old Testament, which enabled him to effectively use different scriptures to silence the accusations of the Sadducees and Pharisees. Which is why certain scholars have speculated that after Jesus left home as a young man he traveled to Qumrān, located on the edge of the Dead Sea, where he supposedly became a member of that monastic community.

In the popular 1950's book *The Lost Years of Jesus Revealed*, Dr. Charles Francis Potter capitalized on the new archaeological finds and made the assumption that Jesus of Nazareth and John the Baptist were both Essenes whose life transforming philosophies embraced the view of "Oneness with God and everything in the Universe," and additionally advocated non-violence.

3. **Jesus Traveled to Egypt:** In 178 A.D., a Middle Platonic Greek Philosopher by the name of Celsus made a study of what he called the "Christian Cult," and wrote a bitter criticism of the newly formed religion in a book called *The True Word (Alēthēs Logos)*. In this work, Celsus referenced a variety of older written sources, as well as on his own personal observations as a scholar. His attack on Christianity was founded on a belief that Jesus had performed his various healing miracles and exorcisms by magic, and that his supernatural gifts of seeing others from far away were all simply part of an esoteric magic teaching that Jesus had learned while he was living in Egypt. Similar in fashion to the Egyptian trained magicians, Jesus became famous for his ability to cast out malevolent ghosts and demons and to cure mental illness.

Several years later, when Christianity became the official state religion of the Roman Empire, all of Celsus' books were collected and destroyed, and are now forever lost. However, it was also during this time (247 A.D.) that one of the early Church Fathers named Origen Adamantius, who was also a Greek scholar and Christian theologian, wrote a

massive eight volume rebuttal to the Greek philosopher's book of accusations, and extensively quoted from it while making his counterpoints in his book, *Against Celsus*.

In the Origen rebuttal, what is of special interest is the revealing statement that the Greek philosopher Celsus made when he expressed his belief that after growing up in Galilee, it was poverty that forced Jesus of Nazareth to travel to Egypt, where the son of a carpenter might find work as a hired laborer. It was there that Jesus specifically learned, and I quote: "certain arts for which the Egyptians are famous. Afterwards, returning from thence, he thought so highly of himself on account of the possession of these arts, as to proclaim himself to be a God."

**4. Jesus Traveled to Persia, India, Nepal, and Tibet, and Trained with Powerful Mystics.** Many years ago, ancient documents were purportedly discovered in Tibet indicating that from the ages of 13 to 29 Jesus may have visited Persia, India, Nepal, and Tibet. In 1894, a Russian doctor named Nicholas Notovitch published an account of his trip to the secluded Hemis Monastery in Tibet (Figure 1.26) where he claimed to have been shown an ancient manuscript dating back to the 3rd century A.D. which explained the lost years of Jesus of Nazareth.

These writings gave an account of a young man who was a great prophet named "Issa" ("Jesus"), who traveled about and apprenticed with powerful mystics and great yogis (practitioners of meditation) in India, Nepal, and Tibet. The manuscript also described Issa's arrival in India at the age of fourteen in the company of merchants, and additionally gave an account of his time spent in several holy cities such as Jaganath, Rajagriha, and Benares.

The young Issa was described as being strongly against the Caste system, which at that time denied the lower caste members access to advanced spiritual teachings. Because this view was characteristic of the "Siddhas" (Perfected Ones), the manuscript goes on to say that similar to the Siddhas, the young Issa incurred the wrath of several orthodox Brahmans, whose power as custodians of all spiritual knowledge was threatened by such thinking.

Although the teachings of Jesus of Nazareth have flourished for over two thousand years, to date we have not witnessed any significant number of people performing miracles like those of Jesus. Yet, those very same miracles have been performed by numerous mystics and saints in India for thousands of years, both before and after Jesus' ministry on the earth. While not the primary goal of spiritual development, these special miracles, known in India as "Siddhis" (supernatural powers), are considered to be the by-products of obtaining a certain degree of spiritual awakening as a "Siddha" (Perfected Being).

The Siddha were also known as master healers, and traditionally pursued a path to mystical union with God. They believed that everyone, irrespective of their social position, had the right and ability to experience God directly, without the dependence on any type of intermediary priest, church, or religion, as supported by Jesus' statement in Luke 17:21, *The kingdom of God is within you*.

Upon his return to Europe, Nicholas Notovitch attempted to share his remarkable findings with church officials, but was strongly urged not to publicize his discoveries.



Figure 1.26. The Hemis Monastery in Ladakh, Tibet, where the ancient text describing the lost years of Jesus was found.

When his book, *The Unknown Life of Jesus Christ*, first appeared in 1894, it immediately became widely controversial. Christian churches denounced it as a hoax, and the British Church Mission in India employed a professor to find and destroy the documents. Eventually Notovitch's story began to unravel, after skeptics visited the same monastery and spoke to the senior Lama (High Priest) and he denied ever receiving Notovitch, or that such a manuscript ever existed.

Having personally studied with several Tibetan Lamas in my life, I must interject here that many of them tend to be extremely cautious with whom they share their esoteric information, and are often wary of what they say or choose to reveal to strangers. This is because many of them are convinced, and wisely so, that certain Westerners have come to plunder their ancient treasures and therefore they often refuse to tell visitors about the existence of certain sacred items (e.g., an ancient manuscript concerning the life of Jesus), especially if they do not know or even trust the visitor.

Nevertheless, several very credible witnesses eventually came forward and confirmed the existence of the manuscript detailing the life and teachings of Saint Issa. One individual was an Indian Vedanta master named Swami Abhedananda, who visited the Hemis Monastery in 1922. After gaining the trust and confidence of the Lamas, he not only confirmed that such a manuscript did indeed exist, but because of his elevated priestly status received a translation of it, which was almost identical to the one published 28 years earlier by Notovitch. This manuscript about the lost years of Jesus was later incorporated in the book, *Swami Abhedananda's Journey into Kashmir & Tibet*, published by the Ramakrishna Vedanta Math.

In the late 1920's, another individual named Nicholas Roerich, began the long trek through India and Tibet. He was a talented artist, skilled archaeologist and linguist, and a diplomat who worked for world peace. His son George who went with him was also an archaeologist and spoke the Tibetan language. Wherever the Roerich expedition went, they continued to hear different stories

of Saint Issa from various monks and town people. And in 1925, Nicholas Roerich made reference in one of his books to ancient Tibetan writings that described Saint Issa (Jesus) at the age of 29 returning back to Palestine after his travels throughout the Himalayas.

In 1937, Dr. Elizabeth Caspari made a trip to Tibet and was shown these same sacred manuscripts. The Lama who showed them to her informed her that, "These books say that your Jesus was here" (Figure 1.27).

And in 1975, Dr. Robert S. Ravicz, Professor of Anthropology at California State University was informed by a well-known Ladakhi physician and close personal friend, that there were indeed documents at the Hemis Monastery confirming that Jesus of Nazareth had undeniably been at the monastery. The original translations of the famed Hemis Monastery manuscripts speak of Issa as coming to bring the children of Israel back to the true knowledge of God that they once had. It additionally stated that Issa left home as a teenager for India because, according to the Jewish custom, his parents were seeking a wife for him to marry. However Issa wanted to learn from spiritual masters instead of taking on the life of a domestic householder. The manuscript then stated that Issa eventually returned back to his homeland at the age twenty nine.

One of Doctor Notovitch's most credible supporters is Fida Hassnain, a retired Buddhist scholar from the University of Srinagar, who was the director of State Archeology, and in the past was the head of the Kashmir Library and Archives. In a book written with Dahan Levi titled *The Fifth Gospel*, Hassnain again restates most of the information that was originally provided in 1894 by Doctor Notovitch in his book: *Jesus left Judea when he was thirteen. Traveling with merchants, he made his way through Damascus, Babylon, and Kharax to Persia, and eventually to Kashmir to study and lecture. Jesus then remained in India for about sixteen years. There he studied Buddhism, the Vedas, and other Indic writing, mostly in Kashmir. He also lectured and traveled throughout India, and at the age of twenty-nine left India and eventually reappeared in Judea to begin his ministry.*

Although the Hemis Monastery manuscripts were verified by several credible witnesses, some modern skeptics speculate that these writings could simply be stories invented by early missionaries in the time when Christianity was first taking hold in the ancient Roman Empire.

### SIMILARITIES IN TEACHING

What I personally find to be intriguing is that many scholars have found strong similarities between the teachings of the founder of Buddhism (Siddhartha Gautama) and those of Jesus of Nazareth; which further adds to the possibility that Jesus may have learned or been influenced by the spiritual teachings of the ancient Buddhists.

In his book, *The Gift of Death*, Jacques Derrida provides an account of the break that existed between Jesus of Nazareth and the ancient Jewish tradition. His main points of observation is that Jesus bypassed the temple traditions and ancient Jewish doctrines by emphasizing "virtue over justice," which he continually preached and demonstrated throughout his life.

Some examples of this type of divine forgiveness are detailed when he explicitly warned the people against the Old Testament admonishment of "An eye for an eye and tooth

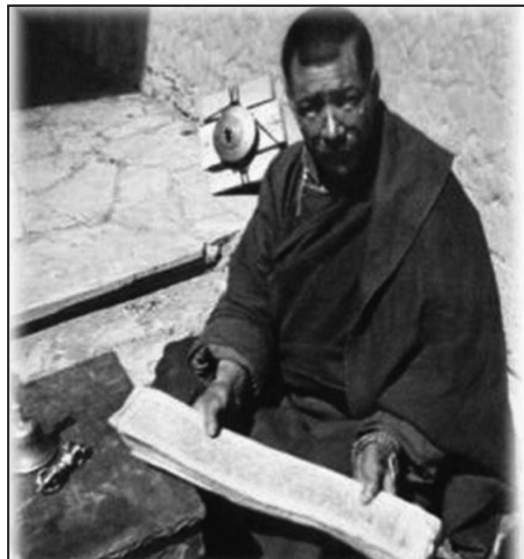


Figure 1.27. The Lama showed Dr. Casper the sacred manuscripts and stated, "These books say that your Jesus was here."

for tooth" (Matthew 5:38-39); when he spoke against seeking revenge by reaching out and striking back at one's enemies (Matthew 5:43-44); and again when he prevented the stoning of a woman caught in adultery by stating, *Let him who is without sin among you, be the first to cast a stone at her* (John 8:7).

The following are but a few examples of parallel sayings that were spoken by Jesus, yet were originally attributed to Siddhartha Gautama some five hundred years before Jesus was born:

**1) Jesus:** *Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal.* — Matthew 6:19-20.

**Buddha:** "Let the wise man do Righteousness. This is a treasure that others can not share, which no thief can steal, and a treasure which does not pass away." — Khuddakapatha 8:9.

**2) Jesus:** *Do unto others as you would have them do unto you.* — Luke 6:31.

**Buddha:** "Consider others as you would consider yourself" — Dhammapada 10:1.

**3) Jesus:** *Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.* — Matthew 25:45.

**Buddha:** "If you do not tend to one another, then who is there that will tend to you? Therefore whoever would tend to me, in the same manner should also tend to those who are sick." — Vinaya, Mahavagga 8:26.3.

**4) Jesus:** *Those who want to save their life will lose it, and those who lose their life for my sake will save it.* — Mark 8:35.

**Buddha:** "With the relinquishing of all thought and egotism, the enlightened one is liberated through not clinging to people, places, and things." — Majjhima Nikaya 72:15.

In his book *Jesus and Buddha: The Parallel Sayings*, the New Testament scholar, theologian and author Marcus Borg makes the following observation, "The correlations of these ancient texts are almost eerie.... Jesus' and Buddha's later teachings are as alike as their early biographies. Whether speaking of



love, material wealth, temptation, or salvation, they were two masters with one message."

Some biblical scholars believe that the links between Buddhism and Jesus' teachings are most likely associated with the ancient Essenes sect (previously mentioned), who were a religious sect of Second Temple Judaism, which flourished from the 2nd century B.C. to the 1st century A.D. Other scholars also include the influences of the Southern Mesopotamian Mandaean, the Mithraite Clan, and possibly other Gnostic sects. Although the members of these various splinter groups were all Jewish, they all rejected the traditional thinking established within the Old Testament (Torah). Instead, believing that the current society and its rulers were corrupt and unjust, these ascetics centered their life on a lifestyle characterized by abstinence from worldly pleasures, and the pursuit of deeper states of spiritual awakening.

In his book *Spinoza and Buddha: Visions of a Dead God*, Samuel M. Melamed discussed these differences, and mentions that numerous scholars have discovered Buddhist elements in the Gospel of John. He also recognized a Buddhist background in Essenism, from which Jesus seemed greatly influenced. His conclusion is that people in Palestine and in other parts of Asia Minor, were aware of Buddhist teachings as early as two centuries before Christ.

In her online thesis entitled, *Buddhism in Christianity*, Yvette Rosser provides a similar historical account, stating that from the time of Alexander the Great, a steady stream of Buddhist monks and Buddhist philosophers were living in Judea, which at that time was a crossroad of commerce and ideas. There are strong similarities between Buddhist monastic teachings and Jewish ascetic sects such as the Essenes, and that all of this was a part of the spiritual environment of Palestine at the time of Christ's birth.

Concerning the missing years of Jesus, and exactly where he learned his unique teachings, all that we know for sure is that there are over 112 parallels existing between the teachings of the founder of Buddhism, Siddhartha Gautama, and Jesus of Nazareth. During the time that Jesus of Nazareth was walking the earth, Buddhism was already five hundred years old, and had spread from India to Southeast Asia, Central Asia, and the Middle East. Buddhist missionaries had also traveled westward through what is now Afghanistan, Northern Persia, including the city of Baghdad; and had additionally moved East to Palestine and Egypt, then Northeast into Syria, Turkey, and Greece.

In *The Story of Civilization*, according to the American historians and philosophers Will and Ariel Durant, after Alexander the Great's eastern conquests, the great Indian ruler Ashoka sent Buddhist missionaries to all parts of India and Ceylon, and even to Syria, Egypt, and Greece. It is speculated that these spiritual teachings influenced the Gnostics, and the spiritual ethics that are so much a part of the original teachings of Christ.

In the book, *Bible Myths and Their Parallels in Other Religions*, Thomas William Doane, wrote, "The history of Jesus of Nazareth, as related in the books of the New Testament, is simply a copy of that of Buddha, with a mixture of mythology borrowed from other nations."

The extent of Jesus' exposure to Buddhism actually depends on exactly where he was living during his lost years. For example, if Jesus lived his life only in Judea, then his

exposure to Buddhism was minimal. However, if he traveled outside Judea, especially to Mesopotamia, then his exposure and influence would have been greatly increased.

With this in mind, according to several non-biblical accounts the historical Jesus traveled outside of Judea. In fact, old Muslim records refer to Jesus as the "Traveling Prophet," and as the "Chief of Travelers." According to ancient Muslim records cited in *Hazrat Mirza Ghulam Ahmad*, "Jesus was named the 'Messiah,' because he wandered about, and did not stay in one place."

### THE CONCLUSION OF THE MATTER

During his life, Jesus was not only identified as a Jew, but also as *the Messiah and the Son of the living God* by his disciple Simon Peter (Matthew 16:16). This title was critical to his credibility as a spiritual leader, and the survival of his teachings.

At that time, the Jews who followed Jesus continually risked exposing both their lives as well as their fortunes to the occupying Roman authorities. Therefore in order to be officially honored and followed as a "Divine Man," especially within a state organized church, Jesus of Nazareth had to be seen as the Jewish Messiah who was originally prophesied about in the Hebrew Bible (the Old Testament), and mentioned in ancient Jewish folklore.

Many scholars believe that because of this, his travel and exposure to Buddhist ideas and philosophies could not be acknowledged; nor could the records of Buddhist influence upon the Essenes and other Jewish sects in Judea before and during the time of Jesus be recognized or confirmed. Hence the unexplained and unaccounted for lost years of Jesus.

Although this research is truly fascinating, as Christians all of these various theories and discoveries do not alter or change the value that we place in Jesus' original teachings. Instead they simply help us to try and understand the possible origins and influences that helped to shape and mold his personal spiritual beliefs. As men and women of God who follow after the life-transforming spiritual teachings of Jesus of Nazareth, we understand that if this sacred wisdom does indeed originate from God, then these divine principles should also be evident in other spiritual traditions as well — and they are.

### THE BUDDHA - A CHRISTIAN SAINT?

It is interesting to note that the life story of the legendary Christian martyrs and saints "Barlaam and Josaphat" is actually based on the personal life of Siddhartha Gautama — the Buddha. In fact, the 1913 *Catholic Encyclopedia* affirms that the story of Josaphat is a Christianized version of the Buddha's life. The name "Ioasaph" is originally derived from the Sanskrit word "Bodhisattva." The Sanskrit word was changed to "Bodisav" in Persian texts in the 6th or 7th century, then to Budhasaf or Yudasaf in an 8th-century Arabic document. This became "Iodasaph" in Georgia (Russia) in the 10th century, and that name was adapted as "Ioasaph" in Greece in the 11th century, and then was assimilated to Iosaphat/Josaphat in Latin.

In the Middle Ages, both the Buddha (Josaphat) and his father (Barlaam) were unknowingly recognized as Christian martyrs by the Catholic church, and celebrated in the Greek Orthodox calendar on the 26th of August, and in the 1583 *Roman Martyrology* of the Western Church on the 27th of November. In the Slavic Eastern Orthodox Church, these two "Christian saints" are commemorated on 19th of November (the 2nd of December on the Gregorian calendar).



## CHAPTER 4. MARY – THE MOTHER OF GOD?

To many Roman Catholic Christians, the religious aspect of praying to and worshipping Mother Mary has become a central part of their faith. In the early church, she was eventually honored as the “Theotokos” (meaning “God-Bearer” or “Mother of God”), and hailed as the ultimate symbol of motherly devotion. In many ways today, Mother Mary is often more popular than God the Father, and possibly Jesus Christ himself. How did this happen?

According to Richard Smoley’s book *Inner Christianity*, in the first few centuries of Christianity, Mary was originally honored as the mother of Jesus. Other than that, she had no special status within the church. In fact, she is barely mentioned in the New Testament Bible (as little as 4 events). It was not until the 4th century A.D. that Mother Mary became more than a mere supportive identity to Jesus. At that time in the Roman Empire, the new religion of Christianity was becoming popular. Many writers often say that as the “new kid on the block” Christianity had to contend with many other competitors for the religious allegiance of the empire, which is true. One of the greatest rivals at that time was the cult of Isis, the mother goddess of Egypt.

According to the article, *The Cults of Isis and the Virgin Mary*, in the early centuries A.D. the worship of Isis was found everywhere throughout the Roman Empire. The Goddess Isis was believed to be the “Great Mother,” the supreme mother goddess of the entire Universe. She was loving, wise, courageous, and sacrificed herself and her family for the benefit of mankind.

Because most people in life experience love and compassion first and foremost from their mother, it is only natural to think of God’s divine love in this same manner. In a society that worshiped both gods and goddesses equally, it was only natural that in the Roman Empire the worship of the goddess Isis would be extremely popular.

The Egyptian goddess Isis was the daughter of the earth god Geb and the sky goddess Nut. Her name “Isis” comes from the hieroglyph image of a throne with a gender specific ending to denote it as being female, which is often read as “Mistress of the Throne.” However the ancient Greek writer and philosopher Plutarch understood the name Isis to mean “knowledge.”

In ancient times, Isis was venerated as the inventor of agriculture, law, and medicine, and as the Divine Mother who placed the sun god Ra in the sky. As a powerful goddess, Isis was said to be the original sorceress bar none, who was capable of performing great feats of magic. According to legend, she had gained her magical power by tricking the sun god Ra into revealing his true name. In ancient religions it was a common belief that knowing the true name of a god would grant you use of his supernatural powers, therefore once she obtained Ra’s true name — she gained access to his powers.

Isis was said to be the personification of love, compassion, and healing. She is often pictured with her child Horus in much the same way that the Virgin Mary would later be depicted with baby Jesus (Figure 1.28). According to author Tran Tam Tinh, the gesture of breast feeding has a distinct symbolism in ancient Egypt. It symbolizes that the milk emitted from the divine is representative of the nourishment of life and divinity.

The cult of Isis was formally introduced into the Roman Empire by the Emperor Caligula, who ruled from 37 A.D. to 41 A.D., and who constructed a temple to her in Rome. There was even a bronze pine cone fountain in the temple of Isis, which now stands in the “Cortile della Pigna” at the Vatican.



Figure 1.28. The Egyptian Goddess Isis with her son Horus was replaced by the Christian Mother Mary with her son Jesus.

Because her missionaries were also her priests, the cult of Isis quickly spread throughout the empire during the formative years of Christianity, until it had become the largest religion in the Roman Empire. There were statues of Isis and Horus everywhere, and her temples were scattered throughout what is now Western Europe. It was often said that, “hers was not an image which could easily be destroyed, nor her legacy wiped out,” for it reached all the way from Africa up to Britain.

At that time, Mother Mary was also becoming popular within the Roman Empire, and she was often used as a way of countering Isis’ appeal within the population.

Starting in 250 A.D., an empire-wide Christian persecution took place by decree of the Emperor Decius. These intermittently occurring persecutions continued for over a period of two centuries until the year 313 A.D., when the Roman Emperors Constantine the Great and Licinius jointly promoted the Edict of Milan, which legalized the Christian religion.

According to Professor Sabrina Higgins excellent article, *Divine Mothers: The Influence of Isis on the Virgin Mary in Egyptian Lactans-Iconography*, images of Mary in art first began to appear in the 3rd century A.D. By the 4th century, as Christianity made its bid for the allegiance of the entire Roman empire, the cult of Mary rose to the forefront of society.

In 391 A.D., the Christian Emperor Theodosius I ordered all pagan temples to be closed, and in 431 the Church proclaimed Mother Mary as the “Theotokos” (“Mother of God”).

Perhaps at that time, both the local bishops and emperors knew that the people would continue to worship the figure of a Holy Mother no matter what name was affixed on her. Therefore the church took the love and admiration that the people had for the mother goddess Isis, and knowingly cloaked it with a different name. Henceforth the former “Mother of God” and “Queen of Heaven” who was called Isis, now became the “Mother of God” and “Queen of Heaven” called Mary.

After that, the worship of Isis gradually diminished and her image and symbols were torn down, all the while the Catholic church elevated Mary to a greater status of divine importance. Eventually within the Roman Empire the universal iconic images of Isis and Horus were replaced with the Christian images of Madonna and child.

## WHY THE VIRGIN BIRTH?

From about 325 A.D. to the present time, many Christian churches have taught that Jesus of Nazareth was conceived by God and born of Mary while she was still a virgin. They also state that this “Immaculate Conception” transpired through the divine action of the Holy Spirit of God, without any act of sexual intercourse. Therefore Jesus Christ is said to have been “begotten and not made;” and that he was not a mere human, but the true Son of God brought into being “from the substance of the Divine Father” (see Chapter 18, The Nicene Creed on page 110). Let’s investigate this further.

Of the 27 books in the New Testament, 14 have been attributed to the Apostle Paul (Saul of Tarsus). Seven of these books are considered to actually be written by Paul himself (Romans, 1 Corinthians, 2 Corinthians, Galatians, Philippians, 1 Thessalonians, and Philemon), while the authorship of the other seven is still being disputed amongst various biblical scholars today, and most believe that none of them were written by the Apostle Paul (i.e., Hebrews, Ephesians, Colossians, 2 Thessalonians, 1 Timothy, 2 Timothy, and Titus). In any case, all 14 Epistles predate by at least ten years the first of the four Gospels—(The Gospel According to Saint Mark) — making these ancient letters the earliest surviving Christian writings.

In none of these 14 different New Testament writings does the Apostle Paul ever mention the miraculous conception or the virgin birth of Jesus; nor does he mention it as a part of Christian Theology. And remember, according to the bible, the Apostle Paul had a strong legalistic temperament: he was known as a “Pharisee of Pharisees” and a “Master of Jewish Law” (Acts 23:6; Acts 26:5; and Philippians 3:5). For someone like Paul who was distinguished by strict observance of the traditional and written law, this is considered to be quite unusual.

Paul does refer to the birth of Jesus twice in his New Testament writings (Romans 1:3; and in Galatians 4:4). However, never does he write that Jesus was born of a virgin, or born of any different means other than what was considered to be normal. One would think that this type of supernatural manifestation would be an extremely important point to address, especially to anyone who was interested in learning about the life and ministry of Jesus of Nazareth.

In the four Gospels of the New Testament, the virgin birth is not mentioned in the Gospel According to Mark (the earliest written Gospel — later used as the basis for writing both the Gospels of Matthew and Luke). Nor is the virgin birth written about in the Gospel According to Saint John, which is the only other Gospel not based on the original writings of Saint Mark. So what really happened?

To find the answer, we must first search through the ancient records attributed to that special time in history. Although — as already mentioned in Chapter 3, page 40 — the ancient Greek philosopher Celsus’ original anti-Christian book titled *The True Word* (*Alēthes Logos*) was lost over time or destroyed, the famous Christian theologian and biblical scholar Origen Adamantius retained much of this Alexandria based composition in his eight volume counter-text entitled: *Contra Celsum* (*Against Celsus*). In these volumes (Figure 1.29), Origen argues against the accusations that Jesus of Nazareth’s birth was the result of an illicit affair that occurred between his young mother Mary, and a young Roman soldier named Tiberius Julius Abdes Pantera (22 B.C. – 40 A.D.).

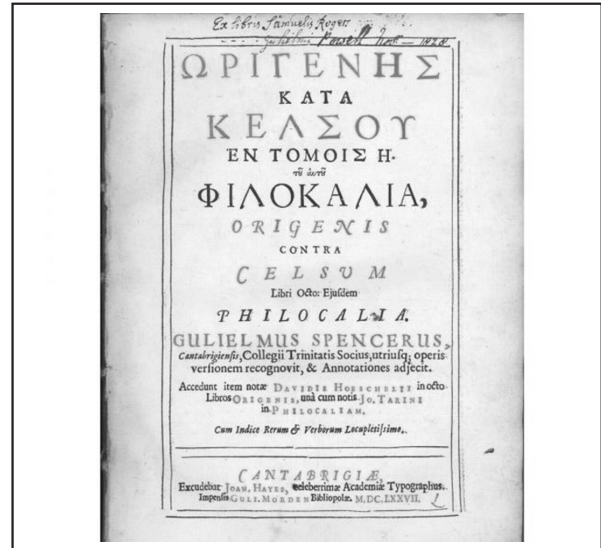


Figure 1.29. Although the ancient Greek Philosopher Celsus’ original anti-Christian book entitled “*The True Word*” was lost over time, the famous Christian theologian and biblical scholar Origen Adamantius retained much of this Alexandria based composition in his counter-text entitled: “*Contra Celsum*” (“*Against Celsus*”).

Celsus’ original claim states: “When she was pregnant she was turned out of doors by the carpenter to whom she had been betrothed, as having been guilty of adultery, and that she bore a child to a certain soldier named Pantera.”

According to Robert E. Van Voorst’s book, *Jesus Outside the New Testament*, Jesus of Nazareth’s mother Miriam (Mary) was originally a hairdresser, who was convicted of adultery and who had conceived a child from a soldier named Tiberius Pantera. At that time, Pantera was a young man serving in Judea. There are in fact several ancient Jewish writings that reinforce this notion (e.g., the *Tosefta*, the *Ecclesiastes Rabbah*, the *Jerusalem Talmud*, and the *Sefer Toledot Yeshu*). All of which refer to Jesus as “Yeshu ben Pantera” (Jesus, son of Pantera).

This account is also given some credence by the passage in the Gospel of Mark, where Jesus announces in the Nazarene synagogue that he is the prophesied “Anointed One” (i.e., the Jewish Messiah), who would redeem the nation from bondage. Upon hearing this, an astonished neighbor asked, *Is this not the carpenter, son of Mary* (Mark 6:3). In ancient Jewish custom, a man was always referred to as the son of his father, only if the paternity was in doubt or unknown would he be referred to as the “son of the mother.”

In October 1859, during the construction of a railroad in Bingerbrück, Germany, the tombstones for nine Roman soldiers were accidentally discovered. One of these tombstones was that of a Tiberius Julius Abdes Pantera, which is presently kept in the Römerhalle Museum in Bad Kreuznach, Germany (Figure 1.30).

According to research, his last name “Pantera” means “panther” and is actually Greek, although it appears in Latin on the tomb inscription. His first names “Tiberius Julius” are acquired names, and were probably given to him in recognition of serving in the Roman army when he obtained Roman citizenship. His birth name “Abdes” means “servant of God,” and suggests that Pantera had a Semitic or Jewish background.



Pantera was originally from Lebanon and had joined the Cohors I Sagittariorum (First Battalion of Archers), which was stationed in Judea. He was later stationed in “Bingen” (“hole in the rock”), which is located now in the Mainz-Bingen district in Rhineland-Palatinate, Germany.

According to Professor James Tabor book, *The Jesus Dynasty*, Pantera was the true father of Jesus. Yet this belief is considered unlikely by several mainstream scholars. No one really knows what happened to Mary. She could have even been raped by this soldier, or willingly fell in love with a handsome man in uniform. The only thing we know for certain is that Mary’s husband Joseph was not the father, and that Mary was already pregnant when they finally married.

It is speculated by several biblical scholars that the reason the virgin birth story was left out of the two earliest Gospels is because the story had not yet been prefabricated; and up to that point in time this story had still not been introduced as a part of the continually forming new church doctrines.

So why was this important story made up? One answer might be to fulfill the prophecy of a virgin birth in the Old Testament (Isaiah 7:14), which was later cited in the Gospel of Saint Matthew as: *Behold, the virgin shall conceive and bear a son, and shall call his name Immanuel.*

According to many biblical scholars, the original Hebrew prophecy about the birth of the Christ actually says nothing about a virgin birth. Instead, the Hebrew scripture expressed the idea that a young woman would conceive and give birth to a boy. These scholars argue that the word “virgin” was simply a mistranslation in the “Septuagint” (the Greek translation that the Gospel writers used), and that it should have been translated as “Behold, a young woman shall conceive and bear a son.”

Also, the individual responsible for writing The Gospel According to Saint Matthew, cited certain Old Testament verses completely out of context. This was most likely done to make the ancient prophecies written about within the Gospel appear more acceptable to a community of Greek speaking Jewish Christians who were presumably located in Syria (Antioch).

It is believed that the story of the virgin birth was added to the Gospel of Saint Matthew (Matthew 1:18-25) and the Gospel of Saint Luke (Luke 1:26-38) so that Jesus of Nazareth would be perceived as a “Divine Man,” conceived from a divine God.

According to many theologians and biblical scholars who have extensively studied this ancient story, the virgin birth legend was also created to boost the authority of Christianity throughout the Roman Empire. This allowed the new Roman Catholic (Universal) Church the ability to effectively compete and win over the members of rival pagan religions such as the goddess Isis, and contend with the other popular deities and legends of that time, who were also said to be born of virgins.

Eventually the virgin birth was universally accepted in the Christian church by the 2nd century and, except for some minor unorthodox Christian sects, was not seriously challenged until the 18th century. One reason for this acceptance was because, in the ancient world, great men were often said to be born of divine fathers and human mothers. For example, Alexander the Great, Plato, Emperor Augustus, and Apollonius of Tyana were all said to be great men who were conceived as children of divine fathers. Because Jesus was considered to be a great man, it was only logical that he too must be the product of a divine father. Additionally, Jesus was



Figure 1.30. Tiberius Julius Abdes Pantera Tombstone is presently located in the Römerhalle Museum in Bad Kreuznach, Germany

not the first god-man said to be born of a virgin. For example, Asclepius, Hephaestus, and Perseus were all said to be born of a virgin; and so was Ra the Egyptian Sun God, and the Sun God Mithras, whom Emperor Constantine worshiped before his conversion to Christianity. Therefore the claims of Jesus’ miraculous conception are no different from any of the other virgin birth legends written about during that time in history.

By the 18th century however, the virgin birth was challenged on the grounds that there are certain contradictions inherent within this doctrine, as the Bible states that Jesus was a “direct descendant” of King David through the male line. Obviously, if Jesus had no human father, he could not have been a biological descendant of King David through the male line. And, if his father was indeed the young Roman soldier Tiberius Julius Abdes Pantera, how does that particular lineage lead to King David?

Additionally, it is worth noting that Matthew and Luke’s claim of the virgin birth is inconsistent with how, in the Book of Saint Mark, Jesus’ own family called his ministry “crazy” (Mark 3:21). You would think that Mary and Joseph would remember something so significant as an angel of God telling them they were chosen to raise the Messiah.

After hearing this information, some people will find comfort in knowing that Mary was human, and struggled with the same life choices that we still face every day. According to the previous documentation, although Mary was promised to Joseph, it seems that she had fallen in love with a young soldier and had become intimate with him—because the heart still wants what it wants. These types of situations and choices still exist today, especially in cultures that still practice prearranged marriages.

To others, this information may be thought of as being blasphemous, and yet this does not change the possibility that this information may indeed be true. It is therefore left up to the reader to interpret what this means to them, and how it effects their own personal spiritual walk.

Many Christians may find comfort in knowing that even if this information is true, it still does not change their relationship with Jesus or his life transforming teachings.

## CHAPTER 5. SON OF GOD – SON OF MAN

In Chapter 1 it was mentioned that in about 1200 B.C. there were two Gods in Israel: El or El Elyon the God Most High (sometimes referred to as “The Ancient of Days”), and Yahweh the overseeing angel of the tribe of Israel (sometimes known as “Israel’s overseeing angelic god”).

Sometime between 600 B.C. and 1 A.D. the Jews were not content with having Yahweh as an overseeing angel, and decided to promote him to be the High God himself. At this point in time, both El (the High God of the Canaanites) and Yahweh (one of the 70 sons of El) became the same deity.

Even after this important transition, the idea of there being a special guardian angel responsible for overseeing the tribe of Israel still remained prevalent within ancient Judaism. This belief continued to thrive even centuries after the twelve tribe’s formal change in deity worship—and the guardian angel role was eventually passed on to the Archangel Michael.

In the Old Testament, the angels were commonly referred to as “the sons of God.” However, as noted in ancient Jewish literature, this special term was also used to describe just and righteous men, as well as the kings of Israel.

It was during the First Counsel of Nicea that Jesus of Nazareth was officially recognized by the state of Rome as being the Christ (Messiah), and the chosen Son of God. Because in ancient times the royal leaders of the Jewish people were frequently called “sons of God,” and at his trial Jesus was condemned and crucified for being the “king of the Jews” (Matthew 27:37), he legally qualified for the special title of “son of God.”

The term “Son of God” was not a customary title given to the Jewish Messiah. Therefore it is speculated that its primary use in describing Jesus of Nazareth was to insinuate that he was of royal status, making it easier to place and keep him as the head of the church.

It is often taught that whenever Jesus spoke of being the “Son of Man” (Matthew 8:20, 12:8 & 38-42, 18:11, 13:37, 41-42, and 24:30; Mark 2:27-28, 8:11-13, and 10:32-34; Luke 6:5, 9:58, and 11:29-32; John 1:51 and 5:27), he was referring to his own physical being. In other words, it pertained to his physical body and its acquired survival-based personality.

However, when Jesus spoke of being the Son of God, he was referring to the divine spiritual consciousness associated with his eternal soul. This divinely anointed aspect of God exists within each one of us as a radiant reflection of God’s divine spirit. As it is written in John 1:12, *But as many as received him, to them he gave power to become the sons of God, even to them that believe on his name.*

Many Christian mystics believe that the term “Son of God” is not referring to Jesus of Nazareth as a man, but instead calls our attention to the infinite part of the divine spark that dwells inside each and every one of us, reflecting God’s most radiant power from within our eternal soul. From this understanding, Jesus’ original message to the world was said to center on the unique spiritual awareness of looking beyond him to the truth of God that lies at the heart of every person, which is alive and spiritually contained within the true kingdom of heaven.

Therefore in life, an individual is not spiritually condemned for not believing in Jesus, but instead for not believing in the divine transforming power which actually resided

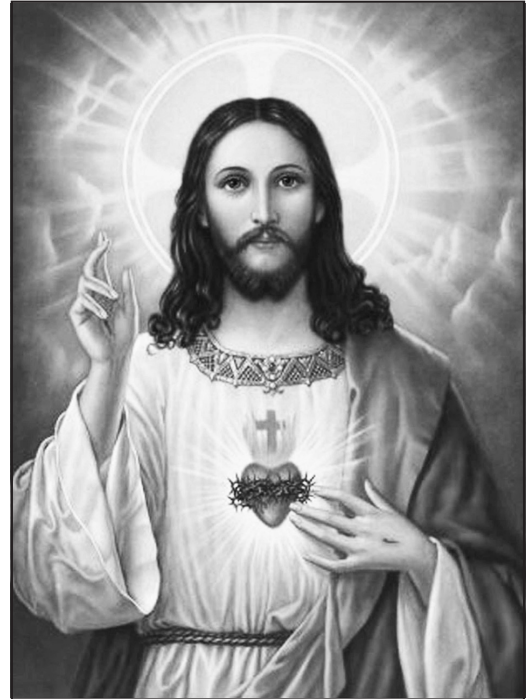


Figure 1.31. The belief and conviction that Jesus Christ has no equal has always been an important part of the spiritual foundation of our Christian religion.

within Jesus; and for rejecting their own higher spiritual potential, which exists in all of us inside our eternal soul, and is internally rooted within the divine spirit of God.

As an example of this, the energetic essence of the entire ocean is present within each one of its small droplets, yet not one drop of sea water can be identified as being the entire ocean. So too is the universal spirit of God manifested within the eternal soul of Jesus the Christ, yet this powerful spiritual energy can not be simply defined in terms of his frail human form.

One point of belief is that anyone who has attained a “state of oneness” with the radiant light of the spiritual consciousness currently existing within their eternal soul, will innately lose their internal sense of individuality. This shift in consciousness spiritually transforms their heart and mind, and they start to live their life as a “child of God.”

Jesus was not born on earth to show people how great he was. Instead, he came to show us the greatness of our own divine potential; which has always been there, inside our eternal souls, existing according to God’s divine plan of salvation (i.e., the deliverance from the karmic consequences of our actions).

In attempting to uncover and understand these important spiritual truths, oftentimes countless layers of religious dogma and gross misconceptions must first be pointed out and then removed from an individual’s heart and mind. Many times these distorted views originated from a consistent exposure to popular religious interpretations, which are often deeply entrenched inside a person’s psyche due to the ongoing threat and fear of being forever punished in Hell.



## SO WHY CREATE AN IMMORTAL DEITY?

The belief and conviction that Jesus Christ has no equal has always been an important spiritual foundation of our Christian religion (Figure 1.31). Most biblical scholars however understand that this theological belief was actually the byproduct of a historical development which was originally established at the First Council of Nicaea through a series of voted upon Creeds (statements of belief) based on theological speculation. After this agreed upon vote and Jesus of Nazareth was deified, he was immediately declared to be “Jesus the Christ,” the very essence of God walking upon the earth. At this point, the Godhead itself was then united with a deified Holy Spirit, which eventually gave birth to the new theology of the Holy Trinity.

Nevertheless we are left with an all-encompassing problem here: even within the New Testament and the Four Gospels, the statements of Jesus himself did not support his exaltation to the Godhead. In other words, as a Son of God, Jesus clearly saw himself as being subordinate to the Creator God. In fact it is written in John 5:30, that Jesus said: *I seek not mine own will, but the will of the Father which hath sent me;* and in John 7:16: *My doctrine is not mine, but His that sent me;* and finally in John 14:28: *My Father is greater than I,* which leaves no doubt as to his opinion of his own relationship to God the Father.

When this special doctrine was first introduced into the still forming Roman Catholic religion, the acceptance of this new statement of belief did not originate uncontested; and it underwent a long history of heated debate. According to biblical scholar Richard Smoley, it eventually took over four centuries of theological debate and bickering, as well as four world church council meetings (i.e., the Council of Nicaea, Ephesus, Constantinople, and Chalcedon) in order to finally bring about an acceptance of this doctrine. The sad thing is many of these new religious doctrines were actually established as official church dogma through the wake of great bloodshed and violent religious warfare (Christians killing other Christians). These religious controversies resulted in the fragmentation of the churches of Asia Minor from those of Greek Orthodox Constantinople, which still remains, even to this day.

In the 1st century A.D., there were three main divisions within the Christian movement: the Jewish Christians who believed Jesus was the Messiah, but not a deity, the Pauline Christians who believed Jesus was God in the flesh, and the Gnostic Christians who believed Jesus was an enlightened spiritual being and great wisdom teacher. Each believed themselves to be the true church, and were highly critical of the other two.

According to *A Rationalist Encyclopedia: A Book of Reference, On Religion, Philosophy, Ethics, and Science*, written by ex-Roman Catholic Franciscan priest Joseph McCabe, by the 4th century A.D., the Roman Emperor Theodosian issued a series of decrees to suppress all rival religions. He ordered the closing of the temples, and also imposed fines, confiscation, imprisonment or death upon any who embraced the older Pagan religions. At that time, the church used the power of the state to begin programs to oppress, exile, or exterminate both Pagans and Gnostic Christians. By the 6th century A.D., Gnostic Christianity had been suppressed, Jewish Christianity had died out, and the successor to Pauline Christianity had only survived in the Mediterranean area in the form of a deeply divided Catholic church. There were however certain independent Christian groups in Egypt, India, and elsewhere which were not a part of the Catholic Church.

Why was the doctrine of Jesus of Nazareth being deified as a “Divine Man” so important to the Roman Catholic church that they would actually order the killing of other Christians to accomplish it? To correctly answer this question, you first should understand that in the Roman Empire many of the criticisms and serious charges that were originally brought against Jesus by the Jewish Scribes and Pharisees, involved the accusations of “practicing magic” and “engaging in demonic sorcery.”

Even after his death and resurrection, throughout the ancient Roman Empire the name of Jesus Christ continued to be used in Jewish-Christian magic rituals for many years as an effective means of obtaining control over demonic spirits. In fact this practice was believed to be so effective in removing evil spirits, that the name of Jesus was even used during pagan religious spells as well; and there is a vast amount of written material still available that testifies to this.

In his book, *Ancient Christian Magic: Coptic Texts of Ritual Power*, Professor Marvin W. Meyer explains that the use of speaking healing spells and performing various exorcisms was considered to be a normal part of ancient Christian church meetings, and were often practiced by elders who acted as the overseeing priests within the church. This is evident in the discovery of multiple Christian amulets, healing tablets, and magical papyri in which the name of Jesus is invoked as a divine protector used to control powerful demonic spirits. However, after religious Christianity gained formal status within the Roman government during the 4th century, this exorcistic side of the Christian faith was gradually driven underground, and often kept hidden from the public.

During this time period there were also numerous reports of ancient Jewish magic being practiced involving the worship of Yahweh, working with celestial angels, and the controlling of demonic entities. These have all been historically confirmed and documented by the recovery of a Jewish magical text originating from ancient Rome known as *The Book of Secrets (Sefer ha-Razim)*. This special book of ancient Jewish mysticism describes unique rituals of prayer, worship, and sacrifices that were used to invoke powerful energetic influence over people and things. Although certain magical spells used for the destruction of an enemy were supposed to be classified as sorcery, in this ancient book however, there were many such spells available to the reader; several of which were secretly constructed and energetically supported by certain Old Testament Psalms.

It was during this time in ancient history that Jewish magic involved invoking the supernatural powers of Yahweh; while at the same time the new Christian magic involved invoking the supernatural powers of Jesus Christ. All of these various magical interactions played an extremely important role as to why it was essential for Jesus of Nazareth to quickly become deified; and why Jesus needed to be known to everyone within the Roman Empire as a “Divine Man,” sanctioned and supported by the new Roman Catholic Church.

Throughout the entire Roman Empire, there were three types of magical practitioners, commonly known as “Goetes” (Spellbinders), “Magus” (Magicians), and “Divine Man.”

1. A “Goetes” (Spellbinder): The word Goetes originates from “Goēteia,” which is ancient Greek for witchcraft or wizardry and believed to be a special type of Greek shamanism. The primary focus of this system was placed on “Goao,” meaning “to wail;” wherein a sorcerer would intone certain spells in

order to enchant and seduce. It was also seen as a form of ceremonial magic that was used in mourning for the dead, in which the Goëtes became ecstatic during their rituals, and were believed to accompany the dead on their journey into the Underworld by way of special songs of mourning.

However, the word Goëtes could also be used to mean “a charlatan or cheat.” Therefore it was sometimes used to describe an individual who pretended to have supernatural powers; or pretended to speak spells and incantations in order to give the illusion that they could conjure spirits, and perform various miraculous acts.

2. A **“Magus” (Magician):** The word Magus is regarded by scholars as being Babylonian in origin; and the title was given by the Babylonians (Chaldaeans), Medes, Persians, and others to indicate special individuals who were considered to be a wise man, teacher, priest, physician, astrologer, seer, interpreter of dreams, augur (diviner), and soothsayer.

Magicians were also known to perform supernatural feats by special prayer invocations, sacrifices, and offerings used to appease and find favor with certain supernatural deities. However, the word Magus could also be used to describe someone who is a false prophet, a necromancer (someone who communicates with the spirits of the dead); a thaumaturge (someone who performs miracles); or someone who practices magic or sorcery.

3. A **“Divine Man:”** In ancient times, the term Divine Man was used to describe a god who was disguised in human form, and was moving about the world inhabiting (or possessing) a human body. A Divine Man could do all of the beneficial things that a Magus could do, and was able to cure various diseases, as well as effectively curse the wicked.

Because he performed his miracles through his indwelling god-like power, a Divine Man did not need to perform magical rituals or speak certain spells to accomplish these supernatural feats. This was the important critical test by which a Divine Man could be distinguished, classified, and separated from being a Magus.

Throughout his entire ministry, and even after his death and resurrection, Jesus of Nazareth had been constantly accused of being an evil Goëteia (Spellbinder), a deceptive Magus (Magician), as well as a Divine Man depending on who was talking about him at that time. Therefore it was essential to clear the air and firmly establish his reputation as a Divine Man, which is actually stated in the oath spoken by church members when they repeat The Nicene Creed and say, “Begotten, not made” (see page 110).

At that time in ancient Rome, Apollonius of Tyana was also said to have been “fathered by a God” (just like Jesus), and had also overcome demons in the wilderness before starting his personal ministry (Figure 1.32). Apollonius was additionally believed to be a Divine Man. It was also documented that he had extensively studied esoteric mysticism from many of the powerful Magi in Babylon, different gifted Brahmins in India, and several powerful sages in upper Egypt.

According to Biblical scholar Bart D. Ehrman, while traveling throughout Rome Apollonius was also known as a miracle worker, and had additionally formed a circle of dedicated disciples whom he lived with as their primary teacher. Because of this, a great rivalry developed between the followers of Jesus of Nazareth and the disciples of Apollonius of Tyana.

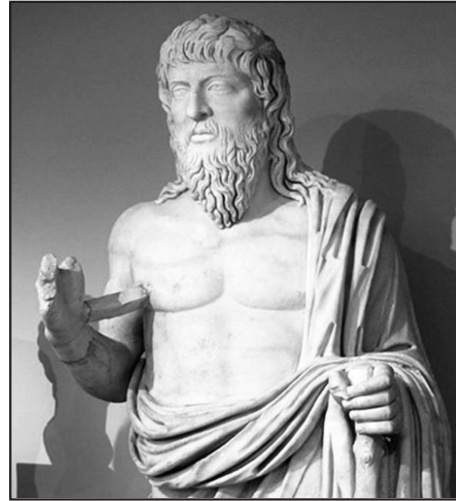


Figure 1.32. Apollonius of Tyana, his birth was announced by an angel, was said to be a son of god and a mortal woman, performed many miracles, healed the sick, cast out demons, spoke in parables, raised someone from the dead, was believed to be a savior sent from heaven, and had many disciples.

Christians began to slander Apollonius’ reputation in an attempt to prove that he was simply a magician. They also emphasized that Jesus alone was the Christ, the chosen one of God. They based these observations on the belief that he had fulfilled many of the prophecies associated with the Messiah (which were now highlighted in the Gospels of Saint Matthew and Saint Luke). Because he had specifically fulfilled many of these prophecies, Jesus was therefore considered to be a Divine Man.

It is interesting to note that in ancient times, there were certain esoteric rituals that were performed in order to deify a magician. This supernatural transformation process was either accomplished by permanently uniting the magician’s life force with the spiritual power of some god, or through specifically changing the energetic form, nature, and life force power of a magician’s eternal soul, so as to make them divine and god-like.

Any magician who became deified in this manner would thereafter be known as a Divine Man; able to perform miracles by his own power, and never require any other form of supernatural assistance. Which is why the spirit of God descending from heaven like a dove and landing on Jesus during his baptism was so important to mention in the Gospels. The voice of God proclaiming, *This is my son, of whom I am well pleased* (Mark 1:9-11), was used to validate his divine connection. That specific statement was also used in substantiating Jesus of Nazareth’s supernatural abilities under the divine power and influence of the Holy Spirit of God, and for establishing his personal ministry on the earth as a living prophet of Yahweh.

According to ancient Roman law, any so called “prophet” who claimed to be filled with the supernatural powers of a God, yet caused a disruption within a city, was first to be flogged (lashed with a whip), and then immediately expelled from that city. This practice was done “In order to prevent the hearts and minds of good citizens from becoming corrupted by the human deception of powerful Magicians and Goetes (Spellbinders).” Which is why in ancient times, all true Israel-

ite prophets would immediately announce, “Yahweh has sent me,” and then perform certain miracles required to validate this claim. This standard procedure is why the priests of the Temple, and the scribes and elders kept asking Jesus, “By what authority are you doing these things?” (Mark 11:28).

You can now see why it was so important to confirm that all of the miraculous stories associated with Jesus of Nazareth were actually performed by Jesus himself, through his own supernatural power as a Divine Man. Similar to the spiritual powers of Yahweh during the time of creation, it was important to also confirm and substantiate that Jesus simply commanded and supernatural things immediately happened.

During the time that Jesus of Nazareth performed his ministry, several individuals who were also believed to be living prophets had also surfaced within the surrounding area. However, the fact that King Solomon was not only a famous magician but also the King of Israel, as well as the son of David, may have helped the Jewish people believe that Jesus was not only a magician, but that he may indeed also be the Messiah (Chosen One). Additionally, those of his followers who did believe him to be the Messiah, could easily draw on the similarities of Jesus and King Solomon in order to justify his dealings with magic, and his supernatural ability to command and exorcise demons. Remember the true mark of a powerful magician was the fact that he could perform miracles, and indeed Jesus was primarily known as a miracle worker.

The ancient title “Son of God” was almost always used in connection with those who maintained a special relationship with God. In the Old Testament, the term was sometimes used to describe the descendants of Seth (the third son of Adam and Eve), tribal rulers and god-kings, or angels (see *Hidden Teachings Vol. 2*, Chapter 12). In the New Testament, the term “Son of God” was sometimes used to describe Adam (Luke 3:38), Jesus Christ, and the followers of Jesus (John 1:12; Romans 8:14,16,19; Galatians 4:6,7; 1 John 3:1,2).

Although Apollonius of Tyana had miraculously escaped from his trial in Rome by vanishing in front of everyone inside the courtroom and later reappeared in Greece, Jesus had instead been executed, arose from the dead three days later, and lived with his disciples for an additional nine years teaching them esoteric spiritual transformation practices before ascending back to heaven (see *The Second Book of Jeu*, Chapter 44: 5-10 in the *Nag Hammadi Studies*). It was during this time (after his Resurrection), that Jesus of Nazareth was additionally accredited with subsequent appearances, even to unbelievers.

It is important to mention that most of the information surrounding the miraculous accounts in the lives of both Apollonius of Tyana and Jesus of Nazareth originated from their disciples, and are preserved in ancient documents that were put together some generations after their deaths.

I would like to stop for a moment and make an important observation. After over 54 years of extensively studying Christian mysticism, esoteric Buddhist mysticism, and ancient Daoist shaman-based mysticism, I have observed a familiar pattern constantly reoccurring among the various disciples of these three spiritual traditions. Namely the fact that...

- **#1. Siddhartha Gautama**, the founding icon of Buddhism, never claimed to be God. Instead he only proclaimed himself to be awakened from the dream-like influence of the world. His original approach towards obtaining this

liberation was based on finding spiritual enlightenment through meditation and eliminating personal suffering through the surrender of worldly attachments.

Siddhartha Gautama ignored all theological questions, and did not speak of God, reincarnation, or any of the other topics of Eastern religion. Instead he believed that if a particular philosophy did not help an individual escape his own existential dilemma (e.g., who am I— and why I am here?), he ignored it as irrelevant. Instead righteous codes of conduct and self-observation were emphasized.

His primary teaching was that both ultimate happiness and the true meaning of life must come from within. Because everything you need to know is already contained inside of you, it must be rediscovered through quiescent meditation.

Said in another way, Siddhartha Gautama believed that the meaning of life was a matter of revelation; therefore in order to find true enlightenment you need to practice quiet meditation which clears the mind of all its chattering thoughts. Once you are able to clear your thoughts, you are able to experience the world and life as it truly is, not as your acquired mind interprets it to be. When you attain this spiritual state of emptiness, you then become a vessel for life that actually observes and experiences all things with a child-like awareness, as if you were doing so for the first time. In this completely open spiritual state of heart and mind, the meaning of life (or anything for that matter) becomes the experience of life.

Five hundred years after his death however, Mahayana Buddhism had altered this teaching, and an entire system of deities, demons, and various multidimensional Buddhas were added to the original teaching. Even the Buddha himself became godlike, and he was eventually deified by his disciples. Over the years, endless philosophical and religious elements were introduced to Siddhartha Gautama’s original teachings, which also included manifesting great compassion as well as the use of a broad array of esoteric patterns, symbols, and seals. It is often said that Mahayana Buddhism did to the original teachings of Siddhartha Gautama what the Roman Catholic church did to the original teachings of Jesus of Nazareth.

- **#2. Laozi (“Old Master”)**, who’s Chinese family name is usually given as “Li Er,” is believed to be the reputed author of the *Daodejing (The Way and Its Power)*, and the founder of philosophical Daoism. This ancient Chinese philosophy is based on living in harmony with the energies of heaven and earth. In life, Laozi never claimed to be a God; he only proclaimed himself to be a follower of the Dao (the natural way of all life and creation). Yet with the advent of Religious Daoism in the Tang Dynasty (618–907 A.D.), Laozi was eventually deified in order to compete with the increasing popularity of Mahayana Buddhism in China.

During the Tang Dynasty, Daoism became a national religion and was seen as both a means of spiritual fulfillment and a tool to strengthen the Emperor of China’s political power. The imperial family claimed to be direct descendants of Li Er, and therefore sponsored the establishment of many Daoist temples, and retained several Daoist priests as official court sorcerers.

As Religious Daoism began to grow, endless philosophical and religious elements were introduced, which included the



recognition of many heavenly and earthly deities, demons, and multidimensional immortals. Some Daoist scholars believe that the introduction to the worship of the Three Pure Ones may have been done as a way of competing with the Holy Trinity of ancient Christianity, which was brought into China by missionaries during the early Tang Dynasty.

- **#3. Jesus Christ**, the founding icon of Christianity never claimed to be a God; he only proclaimed himself to be the way (example) of finding salvation through worshiping God, and understanding that the kingdom of heaven is within you. His approach towards spiritual liberation was based on finding enlightenment through prayer and performing good works, as well as eliminating personal suffering by trusting in God and loving your neighbor as yourself.

Yet later during the First Council of Nicaea in 325 A.D., Jesus was deified within the formal organization of the state-run Catholic Church of Rome. With the new formation of the Christian church, many of Jesus of Nazareth's original teachings were altered, and an entire system of angelic deities, demons, and various saints were added to the new religious system. Even Jesus himself became "God made flesh" with these changes.

Over the years, endless philosophical and religious elements were introduced and also included within Jesus of Nazareth's original teachings; such as the doctrines of the Holy Trinity, the Virgin Birth, the immediate remission of sins, and the promise of eternal salvation occurring through the belief of being washed in the blood of Christ.

It is said that each of these men of God lived and embodied what they preached, and demonstrated to everyone what it was like to be the true personification of dedication, self-sacrifice, and commitment to the divine purpose of authentic spiritual transformation. Therefore because all three of these deified individuals were originally human, and born of flesh and blood, one might consider these three important men historic saints, or heroes of the sacred scriptures.

If we look deeper into the formation of these three religions, and study the various people who were associated with these great master's previous works and their life transforming actions, we will discover that it was actually their disciples and close followers who were responsible for deifying each of them; as none of these great masters themselves ever claimed to be gods.

Many scholars and practitioners of spiritual work believe that oftentimes this type of deification was done so that the disciples of these particular religious systems did not have to perform the same type of self-sacrifice and spiritual transformation work as their masters. In other words, it is much easier to deify someone and make them into a god, instead of rolling up your sleeves and actually doing what they said for you to do in the first place. This lack of spiritual work, personal accountability, and living a life not embodying the master's original teachings often gives birth to various forms of escape and idolatry, especially if you still claim to belong to that particular religious organization.

In trying to resolve the many conflicting things that can arise surrounding the deification of Jesus, it is prudent to remember that it was he who stated, *And you will know the truth, and the truth will set you free* (John 8:32). Therefore as seekers of divine truth, let us begin to unravel the myth, and discover what is actually there.

Jesus of Nazareth is undoubtedly the most well known figure in all western civilization. As of 2016, the Christian religion is embraced by slightly more than one third of the human population in the world (i.e., 2.2 billion people say they are Christian). This in itself is an astounding achievement, as the teaching ministry of Jesus of Nazareth only lasted for three years prior to his death.

After his death, Jesus was not that widely known in Israel and certainly not outside that country. However, because of the extensive work of the Apostle Paul and the other proselytizing Apostles, within a short time a tremendous amount of myth, legend, and superstition was built surrounding this great man's life, death, and resurrection.

Although many Christians share a certain set of core beliefs which are essential to their faith, there are a wide range of interpretations associated with the scriptures of the Holy Bible, especially surrounding Jesus' original teachings. These diverse opinions have given birth to over thirty major Christian creeds, as well as hundreds of different interpretations of church doctrines existing within Christianity itself.

In the ancient schools of esoteric mysticism, when a spiritual master teaches his or her divine message, they cannot simply speak of what is the "Truth." This is because each person's internal truth is spiritually rooted in their individual interpretation of the words currently being spoken, as well as their personal association with different experiences corresponding to the teaching. This is why when acting as one of God's divine teachers, a master's mission is to use his or her spoken words to point and lead the listener in the right direction towards spiritual truth. Each time an individual is open to receive from a true master, these living words are able to bring new life to the person, and create a powerful spiritual regeneration within their heart and mind.

However when a true living master dies, all that is left in the physical realm are some of the master's sacred words written down, perhaps recorded by his or her senior disciples, which are now open to individual interpretation by anyone who reads these sacred texts or listens to their stories.

Although these sacred words of wisdom were at one time full of divine power, especially when they were originally spoken by the master and written down by a senior disciple, since the master is no longer there to correct any misunderstandings, the followers are now left with their interpretations of his original message.

Over the years, as new followers of the master's teachings begin to pass the information down to the next generation, misinterpretations and new meanings arise within the original message. This kind of misinterpretation continues to happen even today, especially with followers who haven't necessarily experienced the spiritual truth that underlines the master's teachings, and instead spread their own personal ideas surrounding his original work.

So now you may ask, "Then exactly what were the true foundational root teachings of Jesus of Nazareth?" Well, according to many believers, the core teachings of Jesus the Christ (the Anointed One) is based on spiritual transformation; and being "born again." If you study the Gospels you will discover that Jesus of Nazareth's teaching breaks down to basically three main topics, which are described as follows:



**1. The Golden Rule:** This spiritual teaching is based on transforming your heart and mind to a higher level of relating. The primary focus of this “born-again” teaching is on loving God, and then on loving each other, and it calls for all of us to, *Do unto others—as we would have them do unto us* (Matthew 22:34-40).

The Sermon on the Mount written in the Gospel of Saint Matthew (Chapters 5 through 7) is the most famous example of this type of teaching. Many scholars believe that these teachings are some of Jesus’ greatest contributions to the religious world.

**2. The Kingdom of God is Within You:** This spiritual teaching is focused on the good news of the Gospels that the kingdom of God (or heaven) exists within each and every one of us (Luke 17:21), and is connected to our eternal soul and not to any specific person, place, or temple.

Both phrases “the kingdom of God” and “the kingdom of heaven” are referring to the same thing. The phrase “kingdom of God” occurs sixty-eight times in ten different books in the New Testament, while “kingdom of heaven” occurs thirty-two times, but only in the Gospel of Saint Matthew.

**3. Warns Against Religious Hypocrisy:** This teaching centers around exposing the hypocrisy frequently demonstrated by the various priests of the temples. This included the Scribes (the lawyers who studied scriptures and transcribed the Law of Moses), as well as the Sadducees and Pharisees (and quite possibly the Essenes), who were the priests and teachers that interpreted the holy scriptures and the Laws of Moses.

These teachers often went beyond the interpretation of the sacred scriptures, and added many man-made traditions to what they believed God had said. Because they became professionals at spelling out the letter of the law while ignoring the spirit behind it, this led to many confrontations between Jesus and the various priests.

A large portion of Jesus’ sermons often focused on what the people had been taught by the priests, and what God actually wanted (Matthew 5:21–48). Toward the end of his ministry, Jesus thoroughly condemned the priests for their hypocrisy (Matthew 23:1-30, and Luke 11:42-52), because they knew the Law of Moses, and taught it to others, yet they themselves did not obey it.

Outside of these three main topics, the rest of the Christian church doctrines are most often nothing more than religious dogma based on other people’s opinions of what you should and should not do or believe. Some of this advice is actually excellent in helping someone to grow and survive spiritually within our ever-changing world. However, other teachings and doctrines are antiquated cultural based beliefs that simply place unnecessary restrictions on a person’s spiritual evolution, and rob him or her of the true joy of their salvation.

Throughout the Four Gospels, Jesus’ main messages spoke primarily of awakening your heart and mind from worldly illusions and progressing towards spiritual enlightenment, because the true kingdom of heaven is within you. In fact, his teachings rarely focused on “sin and repentance.” Therefore instead of Jesus coming to “save us from our sins,” it seems more likely that he actually came to guide individ-

uals who were open to receive true spirituality back into an intimate personal relationship with God the Creator.

The upsetting thing about this is that it seems as if Jesus’ true message has been grossly misinterpreted throughout the centuries. Even many of the most basic life transforming principles contained within his teachings have been twisted to mean something different from what they were originally intended to mean.

Because of the antiquated religious dogma, prejudice, and serious misunderstandings surrounding these teachings, many of the true meanings and spiritual depth of Jesus’ divine messages have been forgotten. Other teachings have been grossly misinterpreted by the same individuals who are trusted to relay the Master’s sacred wisdom. These gross misunderstandings are one reason why genocidal wars, inquisitions, the burning of heretics and so-called witches have all been supported and all too often even initiated by the Christian church.

The sad thing is that many times these horrendous acts were done by individuals based on their belief of having received the Divine Authority to do such things. All of which can be traced back to certain man-made doctrines, contrived from some form of misquoted Holy Scripture teachings. What a mess. So how do we salvage the life-transforming teachings of Jesus of Nazareth from the hands of angry, ignorant people in power?

#### THE SPIRITUAL LIGHT OF CHRIST

I was taught that my personal spiritual practice should always be nourishing to the body, mind, and spirit, and not draining. And that if at any time my spiritual practice did not bring me great joy, gratitude, and inner-peace, then something was terribly wrong.

I was then informed that if my spiritual practice did not bring me happiness and joy, then I was either lacking correct spiritual motivation, or may have unintentionally surrendered my internal joy in exchange for taking on the external conflict of others. In order to help keep me on track, one of my spiritual teachers would remind me of the following:

“Do not look exclusively towards the ‘Historic Jesus,’ but also focus your spiritual study on comprehending the transforming radiant power of the ‘Resurrected Christ;’ which was internally manifested within his Divine Body of Light.

Obtaining this divine state is the true purpose and goal of embodying this Great Master’s spiritual teaching.”

The ancient esoteric teaching surrounding the Divine Body of Light is deep and profound; and will later be expounded upon in greater detail in Chapter 10, pages 77-81.

In the many years I have spent studying various systems of esoteric mysticism, those with whom I have met and trained all have acknowledged Jesus of Nazareth as a great enlightened and powerful master; and all have additionally confirmed their personal beliefs that he had truly reached the highest spiritual attainments. Not only did many of these great masters directly endorse Jesus’ sacred teachings, but many of them often quoted him in their various lectures as well. Many of these great masters stated the same spiritual truths that Jesus of Nazareth had personally explained to his disciples concerning spiritual transformation: the importance of being born again, and the understanding that righteousness and right actions are simply by-products of an individual’s core-beliefs.

Once the spiritual connection to an individual's eternal soul is awakened, different divine states of being are reflected outside their body by their actions, and are externally manifested through their acts of humility and purity of heart and mind. Because these important spiritual qualities are manifested by both an individual's external actions as well as their inner attitude, it may be said that the true state of a person's spiritual evolution has nothing to do with their specific church title, position in life, or acquired intellectual status.

Oftentimes ego-based intellectual knowledge and acquired book learning can be the breeding ground for spiritual arrogance, which is notorious for distorting spiritual truths, and preventing the eternal soul from actually experiencing and embodying the true teachings of Jesus Christ. Therefore instead of mentally analyzing everything, try to find a balance between your spiritual faith, physical works, and your acquired mental knowledge.

The ability to actually have faith and belief in something is used in the beginning of an individual's initial search for understanding and validation surrounding a particular type of knowledge. In other words, the belief is simply an assumption that has been made concerning a particular thing. It provides the energetic incentive to verify one's hopes and expectations. After that it must then be tested, as its proof only comes through investigation and validation.

Now you may ask, "Why are you telling me all of this?" To which I answer, as Christians it is important that you understand that it does not matter which of the many worldwide Christian denominations you may belong to. Having a church membership has nothing to do with following the true foundational root teachings of Jesus of Nazareth, and it does not exempt any of us from our personal role and individual calling to live our life as a productive child of God's radiant light.

The true source of Jesus of Nazareth's spiritual power is energetically rooted in his personal relationship with God the Father. In understanding this, know and believe that you too have been given a special way of creating incredible miracles and divine healings within your own life, which can be manifested through your personal relationship and spiritual connection with God's powerful creative force. This is why in John 14:12-13 it is written that Jesus said, *Truly, truly, I tell you, whoever believes in me will also do the works that I am doing. He will do even greater things than these, because I am going to the Father. Therefore you can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father.*

### **OVERCOMING SUSPICION, DOUBT, AND DISBELIEF**

In order to obtain access to divine creative power, you must first pass through many tests and spiritual transformations. After that, you will begin to comprehend the deeper mysteries of the lower realms of light (i.e. lower spirit realms), which are presently hidden within the physical realm. This essential transformation process must be accomplished before you can truly appreciate the spiritual harmony and divine unity contained within the higher realms of light (upper spirit realms).

In other words, before entering into the higher realms of divine communion, you have to first understand the spiritual cause and effect manifested within the lower light realms, and understand the consequential aspects of all of your thoughts, beliefs, and actions.

This conscious unveiling of certain perceived facts allows a person to progress towards important internal resolutions, allowing them to clear the way for establishing a deeper relationship with God the Creator, and with Jesus of Nazareth. Which will hopefully allow that person to stand stronger in the teachings of Christ, and be rooted in an unyielding faith specifically built on an unshakable belief provided through intelligent observations, and proven through spiritual practices.

Remember, your internal belief is simply the by-product of an assumption that has been made concerning a particular thing. Because it provides the energetic force or incentive to verify the specific hopes and expectations of your heart and mind, as Christians our faith and belief must be free from any distractions that can disrupt our spiritual walk or sabotage our relationship with God (James 1:8).

Once doubt is awakened within someone's spirit (heart and mind), they must consciously choose to become accountable for these disturbing thoughts, and immediately decide to resolve any unsettling mental disharmony that was created. This can be accomplished by learning how to surrender the internal attachments that are projected towards the people, places, or things a person believes has created a loss in their life. This will help to transform and change the energy associated with these unsettling thoughts into new spiritual actions based on intelligent reasoning. After doing this, a person can truly commit the conscious born again energies of their spirit to divine service. Remember, this entire process must first be set into motion before a person can spiritually mature to the point of understanding the deeper laws that govern spiritual light and divine manifestation.

Think of the entire process as being similar in effect to the ocean's vast water, which still exists and is present even after all of its powerful rolling waves have finally settled down and subsided. Likewise, the spiritual consciousness of our eternal soul still exists even after all of our excessive thinking and disruptive chattering mind finally settles down, and quietly subsides into a calm stillness, which then frees it to reflect the radiant light of heaven.

Our consciousness is not a product of anything; instead it is part of the Divine Consciousness that sustains all of creation and is self-existent. Because this Divine Consciousness is the one true reality out of which everything manifests, it alone makes it possible for our brain to think. In understanding this, the spiritual awakening attributed to the higher consciousness of our eternal soul actually takes place within the deeper understanding of knowing and believing "Where we have come from; Why we are here; and Where we are going once we leave this physical realm." The one word answer to these ultimately important questions is: "God."

I will provide you with a personal example of using this type of internal process work. After researching and uncovering the previous information that I shared with you concerning the history of Jesus of Nazareth, I was personally unsettled in my heart and mind over the various church doctrines that I had at one time been led to believe, and found myself no longer trusting in organized religion. In order to resolve this great internal conflict, and bring peace back into my heart and mind, I began to look deeper into the specific reasons why these stories were originally promoted, and why these distortions of the truth had occurred.

As I continued to study the specific motives of why these falsehoods were promoted as true, I awakened to the realization that my relationship with God the Creator and with Jesus of Nazareth was not based on any of the church's various doctrines and dogmas. Instead it was based on my personal experience and the specific trust that I had developed over the years by working with God, through Jesus Christ as my mentor and teacher, and the Holy Spirit of my soul as my spiritual guide.

Instead of simply "tossing out the baby along with the bath water," I realized that it did not really matter to me what official church teaching had been propagated surrounding the foundational doctrines of orthodox Christianity. What mattered most was the fact that I completely enjoyed my relationship with God, and truly valued the teachings of Jesus of Nazareth. These wonderful teachings had brought incredible miracles into my life; not to mention the wonderful peace and great joy I often felt within my heart when I fellowshiped with other loving Christian men and women.

It was during this time of great internal conflict that I also had to acknowledge the fact that it was not Jesus who had originally falsified the truth. Nor had he manipulated his personal life in an effort to compete with the other religions that were circulating at that time in the ancient Roman Empire.

Jesus' teachings were never simply about himself or the Church. Instead they focused on loving God the Creator, loving and respecting each other, and living a righteous life in the kingdom of heaven as true children of God.

I then understood that the main point of my spiritual walk with Christ was to live my life similar in fashion to the example that Jesus had originally demonstrated, regardless of the stories that others may or may not have intentionally prefabricated surrounding his life or his teaching.

Think of it this way, although I am an American and I truly love my country and the freedom that we have been given, I am not so naive or gullible enough to believe all of the distorted truths and misleading propaganda that the U.S. Government states as "facts" through the media, when all the while repeatedly covering up certain truths from the public.

In the same manner, as an informed Christian I now have a deeper understanding of the competitive political foundation that the Christian religion was originally based on, and the various doctrines that were created within the church in order to support its intended goal of establishing influential power and financial stability. And although its often bloody past truly disappoints and saddens me, what is more important here is seeing that the true value of my spiritual walk as a child of divine light is not based on being an active member of any particular religious sect, but instead is based on doing the right thing according to God's holy standard.

This important understanding also frees me to appreciate all of the good and wonderful things that our Christian religion has actually done since its initial creation. If you think about it, as Christians there will always be good examples of wonderful, compassionate men and women of Christ who exist within the church as true examples of living saints of God.

However, because the church is open to all people, there will also exist certain individuals who enter into the church in order to take advantage of the kindness and loving nature of a Christian congregation. Just because someone may have

encountered a corrupt pastor or church member, does not mean that all Christians are mean, cruel, and dishonest.

I have actually seen similar types of dishonesty and unethical moral corruption occur within western medicine. And even though I have met several unscrupulous medical doctors, I have also met many wonderful doctors who place the needs of their patients above all things. Therefore, just because I have encountered a few corrupt doctors does not mean that I will refuse to go to a hospital and receive the necessary life saving assistance from the western medical profession.

#### **UNDERSTANDING OUR FREEDOM IN CHRIST**

Each person's self-realized soul is spiritually connected to many different realms simultaneously (i.e., the physical realm, energetic realm, and spirit realm); and it additionally maintains multiple aspects of its own spiritual existence. This spiritual existence is internally influenced and inspired by the spirit of God, which continually calls to it to appreciate its current life and grow as a child of light. Which is why if the eternal soul of someone who is living within the lower spiritual realm suddenly awakens and accepts a higher spiritual calling as a child of light, the person's eternal soul will naturally attach itself to this higher calling. Once this occurs, the eternal soul will begin to follow after its original life mission. This spiritual transformation process is associated with the sacred radiant power of the Holy Spirit of God, which has nothing to do with belonging to any type of religious organization.

However, if the individual's spiritual walk is simply motivated by the fear of being punished by God if they do not comply, or by the promise of obtaining instant power or material wealth if they do, then the individual will eventually lose their spiritual light. Once they begin to lose their spiritual light, their eternal soul will not be able to maintain its higher spiritual state, and the internal radiant quality that is required for their spirit to remain connected to God's holy light will eventually dissipate.

This spiritual truth corresponds to the "Original Fall of Man," which from a Christian mystic's perspective also refers to the fall of our eternal soul's higher spiritual consciousness into the lower worlds of our ego's survival based consciousness. This lower state of consciousness causes an individual's eternal soul to exist outside the sacred spiritual connections it originally had with God the Creator (see *The Three Barriers*, Chapter 10, pages 78-79).

Although all eternal souls are invited by the upper celestial realms to receive the higher spiritual light and be grafted into the upper realms of divine fellowship, very few actually follow this extremely arduous spiritual path without the much needed support of a righteous church elder or trusted spiritual mentor, and consistent fellowship. Therefore as Christians, it is important to choose our fellowship wisely. Understanding the fact that "like attracts like" allows us to use insightful discretion when seeking to find a trustworthy and reliable spiritual home (see Chapter 16).

In all truth, the real mystery of our spiritual evolution cannot be encapsulated or identified simply as being something existing only within the various religious doctrines and spiritual teachings found on our planet. Instead, as children of light our true spiritual nature actually exists as part of the radiant light of God's divine consciousness, which also exists as the radiant spiritual light of our eternal soul.



**USING THE SACRED NAME OF JESUS**

In different Christian circles the name of Jesus is sometimes pronounced “Yahusha,” meaning “Yahuah Delivers” (Figure 1.33). However the most standard pronunciation often used for speaking his name is “Yeshua,” which was a common alternative form of the name “Yehoshua” (Joshua) in later books of the Hebrew Bible and among the Jews of the Second Temple period.

Regardless of how the name is actually pronounced, many Christians maintain the strong belief that if you have unwavering faith in the sacred name of Jesus Christ, then all spiritual manifestations are possible.

Since ancient times the heart felt speaking of this sacred name during prayer was considered to be so powerful that it was believed to be capable of manifesting incredible works of God. These miracles include, but are not limited to, such things as sudden intuitions and clairvoyant sight, spontaneous prophecy, remarkable healings, bilocation, levitation, prolonged fasts, immediately comprehending mystical knowledge, hearing heavenly voices from departed saints, and the sudden control over the various forces of nature.

Most Christians maintain the belief that although God has chosen to reveal himself through the many incredible marvels of his creation, he has additionally chosen to manifest his love and compassion for all of humanity through the lives of his children currently living on the earth. As Christians, many of the spiritual gifts used to bring great joy into someones life are manifested through the name of Jesus Christ. In the New Testament, Jesus is quoted in the Gospel of Saint John as saying:

- *Whatever you ask in my name, that will I do; so that the Father may be glorified in the Son. If you ask me anything in my name I will do it* (John 14:13-14).
- *For you did not choose me, but I chose you; and appointed you so that you might go and bear fruit — fruit that will last — and so that whatever you ask in my name the Father will give you* (John 15:16).
- *In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. Until now you have asked for nothing in my name; ask and you will receive, so that your joy may be made full* (John 16:23-24).

Given Jesus’ specific promises to his disciples within the Gospel of Saint John, many Christians have often called upon the name of the Lord God — or asked the Almighty in the name of Jesus Christ — to manifest certain miracles here on earth.

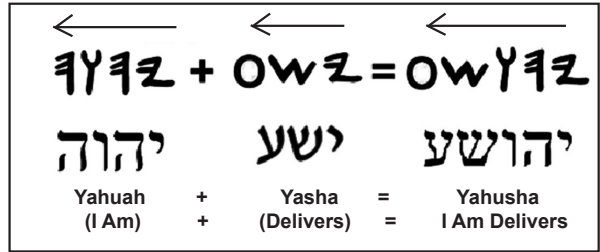


Figure 1.33. When “Yahuah” (“I Am”) is combined with “Yasha” (“Delivers/Saves”), the end result is the name of the “Messiah” “Yahusha” (“I Am Delivers”); spoken today as “Jesus”

Because the name of Jesus is used in spiritual application to cast-out demons, heal the sick, forgive transgressions, and spiritually transform lives, we need to always remember to be respectful of this most holy name, and to honor its relationship and divine connection with God. It is therefore important to understand that for a Christian, this sacred name is used as a secret key that unlocks the hidden door which leads to the most powerful creative forces in the Universe. With this in mind, let us look closer into the energetic structure of this most holy name, which is considered to be “the name that is above every names” (Philippians 2:9-11).

As previously mentioned, according to certain modern biblical scholars the name of Jesus was originally known as “Yeshua” (pronounced “Yes-shoe-wa”), which is said to initially translate as “I Am (Yah-uah) Delivers.”

However, other biblical scholars claim that according to the ancient Hebrew Bible, “Yeshu’a” was the original spoken version of the name Jesus, and when the authors of the Septuagint rendered his name into Greek, they translated it as “Ἰησοῦς” or “Iēsous,” with no hint of “Yah” placed at the beginning of the name (Figure 1.34).

All that we know for sure is that the various letter and sound patterns associated with Jesus’ true name and its pronunciation have undergone numerous changes over the years. So how did this actually happen?

This transition is said to have begun back in medieval Europe, when the Norman Invasion of 1066 introduced the letter “J” to England. In fact, the sound of the letter “J” did not formally exist in the English language until the early 1200’s. After its initial introduction, and for the next three hundred years, the hard “J” sound eventually began to replace most male

	Palaeo-Hebrew Language	Aramaic Language	Greek Language	Latin Language	“Old” English Language	Modern English Language
Word	OWYFZ	יהושע	le-sous	le-sus	le-su (le-sus)	Je-sus
Phonic	Yeho-shoe-wa	Yes-shoe-wa	Yeah-sooce	Ye sooce	Yeah-sue (Yesh-sooce)	Gee-zuss
Estimated Date	Around 1500 B.C.	Around 250 B.C.	From 100 B.C.- 60A.D.	Around 300 A.D.	Between 450 - 1500 A.D.	Between 1600 A.D. -

Figure 1.34. How the name of “Jesus” was changed over the years.



names that began with “I” or “Y,” simply because it sounded more masculine. Therefore certain names such as Iames became James, Iakob became Jacob, and Yohan became John.

During the time the letter “J” was starting to gain acceptance (around 1384), a Protestant Seminary Professor at Oxford University in England by the name of Dr. John Wycliffe became the first person to translate the Bible from Latin into English (Figure 1.35). In this unique translation, he originally preserved the Latin spelling and the correct pronunciation of the name “Ie-sus” (“Ye-sooce”).

However, Dr. Wycliffe’s translation was unread by the common man because only a few hand written copies of his Bible were actually produced. Additionally, all of these copies were quickly banned by the Roman Catholic Church, because of the ongoing political conflict existing at that time between the Roman Catholic Christians and the Protestant Christians.

By the year 1611, the King James Bible was printed using the letter “J” along with pronunciation guides for all proper names like Jesus, Judah, and John. From that time on, the name “Jesus” has been in use ever since.

### THE PROPER PRONUNCIATION OF THE NAME JESUS

Now let’s address the issue of proper pronunciation. Every spoken sound creates an energetic form, and that unique form manifests externally according to your mind’s specific attention and focus. With this understanding in mind, changing the language of a word does not affect the meaning of the word, only its sound pattern.

For example, we call a bound and covered set of pages a “book.” In German, this same item becomes a “buch;” in Spanish it is understood to be a “libro;” and in French it is known as a “livre.” Although the language changes its specific sound pattern, the associated object itself does not change. William Shakespeare said it perfectly in Romeo and Juliet, when the star struck lover Romeo looks at Juliet and says, “What is in a name? That which we call a ‘rose’ by any other name, would still smell as sweet.”

In understanding this important point, we can refer to our spiritual mentor as either “Je-sus,” “Yeah-sooce,” or “Yes-shoe-wa,” without changing the divine nature and true meaning of his name. In other words, in any language, the holy name of Jesus still means “The Lord is my Salvation.” Therefore within any true believer’s heart and mind, its sound pattern is still maintained as a sacred vibration resonating within our spirit.

Ever since its formal introduction, we as a Christian church have often referred to our spiritual mentor as Jesus, simply because as English speaking people, we know of him through the English translations of the Greek New Testament. Because holy scripture does not value one language over another, it gives no indication that we must resort to only speaking Hebrew when addressing the Lord. Therefore whether we call on his name in English, Greek, or Hebrew, the end result will still be the same.

One of my teachers once shared with me a story of the various exploits of a Buddhist scholar, who traveled around Asia many years ago interviewing and archiving different Buddhist masters. Several of these masters had developed extraordinary spiritual powers and supernatural skills even though they had completely mispronounced some of the sacred mantra prayer sounds required for obtaining these advanced enlightenment skills. Although their pronunciations were incorrect, they still obtained the profound spiritual man-

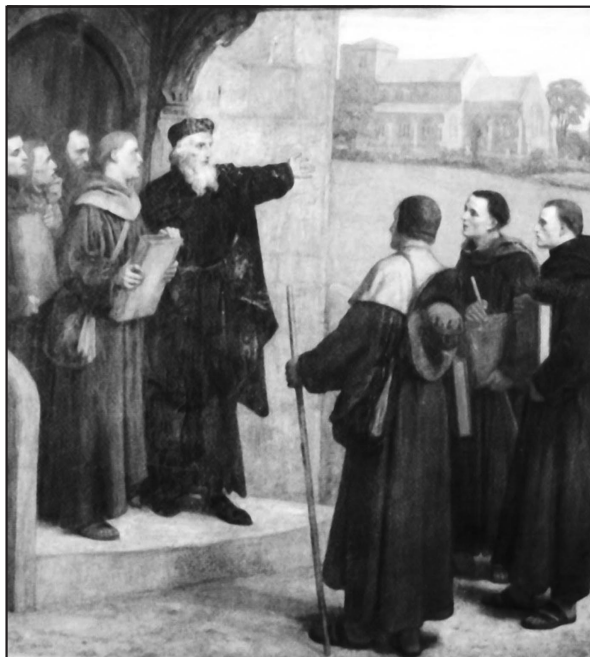


Figure 1.35. Dr. John Wycliffe giving “the poor priests” copies of his personal translation of the Bible.

ifestations associated with these great mantra prayers simply because their body, mind, and speech were in harmony with the sincere focused intention of their hearts.

The same thing also happened with several ancient Daoist masters, who developed tremendous supernatural powers, but had somehow managed to mispronounce the prayer incantations associated with these paranormal spiritual powers.

Likewise these same types of spiritual powers can also manifest within Christian believers, whether or not they are pronouncing the sacred name of Jesus according to proper linguistic standards. This divine manifestation occurs because their prayers are the spiritual energies of their purified heart and mind combined with the radiant light of their eternal soul. This combination provides the creative power responsible for manifesting extraordinary spiritual abilities, including the occurrence of divine healing and other miracles. This is important to understand, as certain negative fundamental attitudes can quickly close the door for an individual to receive the wonderful spiritual benefits associated with calling upon the sacred name of Jesus Christ.

The same teacher who shared the story of the various exploits of the Buddhist scholar, also told me about three Christian hermits who had developed profound supernatural abilities using unorthodox methods of prayer. This story was said to have taken place in Northern Russia, during the turn of the 19th century, when three Christian hermits were residing on one of the Solovetsky Islands in the White Sea.

The following version of this short story was originally written by Russian author Leo Tolstoy, and was called, “The Three Hermits: An Old Legend Current in the Volga District.” It was first published in 1886 in a weekly periodical known as the *Niva*. I have included a copy of the author’s unique story and hope that you will enjoy it, and find it as fascinating as I have.

### THE THREE HERMITS: AN OLD LEGEND CURRENT IN THE VOLGA DISTRICT

Many years ago, a Catholic Bishop was sailing from the City of Archangel, located on the banks of the White Sea in North-West Russia, to the Solovétsk Monastery located on the Solovetsky Islands, in the White Sea of Northern Russia (Figure 1.36).

On this same vessel, there were a number of pilgrims who were traveling on their way to visit the sacred shrines that were also located at that same Monastery.

During the voyage, the ocean waters had been uncommonly smooth. And because the winds were favorable and the weather fair, many of the pilgrims decided to lay on the deck of the boat in order to bask in the bright warm sunshine, while eating their morning breakfast; or simply sat in small groups and talked to one another about all of their various hopes and expectations surrounding this special journey.

Because it was morning time, the Bishop also decided to come on deck; and as he was pacing up and down, he noticed a group of men standing near the prow of the boat, all listening to a fisherman who was pointing to the sea and telling them something. Out of curiosity, the Bishop stopped, and looked in the direction in which the man was pointing; however, he could see nothing except the calm waves of the sea, glistening in the sunshine.

So the Bishop drew closer to the front of the boat in order to listen to the conversation; however, when the fisherman saw him approaching, he immediately took off his cap, looked down at the deck, and was suddenly silent. The rest of the men also took off their caps, and bowed in respect.

"Please do not let me disturb you, my friends," said the kindhearted Bishop, "I have simply come to hear what this good man was saying."

Immediately a tradesman spoke out and said, "The fisherman was telling us about the three old hermits who live on an island."

"What hermits?" asked the Bishop, going to the side of the vessel and seating himself on a wooden box. "Please tell me about them, I should like to hear their story; and what exactly were you pointing at?"

"Why, that little island you can just see over there," answered the fisherman, pointing to a spot ahead of the boat, and a little towards the right. "That is the island where the three old hermits live for the salvation of their souls."

"Where is this island?" asked the Bishop. "I see nothing."

"There, in the distance, if you will please look along my hand. Do you see that little cloud? Just below it and a little bit to the left, there is a faint streak of land. That is the island I am talking about."

The Bishop looked carefully, but his eyes were unaccustomed to observing aquatic land marks; and could only see the water shimmering in the sunlight.

"I still cannot see it," said the Bishop; "But never-the-less, who are the three hermits that live there?"

"They are holy men your Grace," answered the fisherman. "I had long heard tell of them, but never chanced to see them myself until the year before last."

The fisherman then related how once, when he was out fishing, he had been stranded at night upon that island, not knowing where he was (Figure 1.37). In the morning, as he wandered about the small body of land, he came across an earth hut, and met an old man standing near it. Within a few minutes, two other old men came out to meet him. After having fed him, they dried his wet clothing and then helped him mend his small boat.

"And what were they like?" asked the Bishop.

"One is a small man and his back is bent. He wears a priest's cassock and is very old; he must be more than a hundred, I should say.



Figure 1.36. The Bishop was sailing from the City of Archangel to the Solovétsk Monastery located on the Solovetsky Islands, in the White Sea of Northern Russia.



Figure 1.37. The fisherman had been stranded on the island one night, and in the morning did not know where he was.

He is so old that the white of his beard is taking a greenish-tinge; but he is always smiling, and his face is as bright as an angel from heaven.

The second man is much taller, and he is also very old. He wears a tattered, peasant coat; and his beard is broad, and of a yellowish-gray color. He is an extremely strong man; and before I had time to help him, he suddenly turned my boat over as if it were simply a small bucket. He too, is kind-hearted and very cheerful.

The third man is also tall, and has a beard as white as snow that reaches all the way down to his knees. He is serious and very stern, with deep over-hanging eyebrows; and he wears nothing but a dry reeded mat, tied round his waist.'

"And did they speak to you?" asked the Bishop.

"For the most part, they did everything in silence; and only spoke a little, even to one another. One of them would just give a glance, and the others would understand him. I asked the tallest man whether they had lived there long. However he simply frowned at me, and muttered something as if he were angry. Right after that, the oldest one suddenly took this man's hand and smiled at him; and caused the tall one to quickly become quiet. Then the oldest one looked at me and only said: "Please have mercy upon us," and smiled.

While the fisherman was talking, the ship had drawn closer to the island.

"There, now you can see it plainly, if your Grace will please look," said the tradesman, pointing with his hand.

The Bishop looked, and now he really saw a dark streak — which was the island. Having looked at it a while, he left the prow of the vessel, and quickly headed to the stern. Next he approached the helmsman and asked: “What island is that?”

“That one your Grace, has no name; and there are many such islands in this sea,” replied the helmsman.

“Is it true that there are three old hermits who live there for the salvation of their souls?”

“So it is said, your Grace, but I don’t know if it’s true. Fishermen say they have seen them; but of course they may simply be spinning tall yarns.”

“I should like to land on the island, and see these men; how could I manage this?” asked the Bishop.

“Your Grace, the ship cannot get close to the island. However you might be rowed there in a boat; but you should first speak to the Captain,” replied the helmsman.

Immediately the Captain was sent for, and quickly headed to the stern. “I should like to see the old hermits who live on that island; could I not be rowed ashore?” asked the Bishop.

Upon hearing his request, the Captain quickly tried to dissuade the Bishop and immediately said, “Of course it could be done your Grace, but we would lose too much time. And if I might venture to say so, these old men are not worth your pains. I have heard it said that they are all foolish old fellows, who understand nothing, and never speak a word, any more than the fish in the sea.”

“I understand, however I still wish to see them,” said the Bishop, “and I will pay you for your trouble and for the loss of time. Please let me have a small rowboat.”

Because there was no way of getting out of it, the Captain gave the order and the sailors quickly trimmed the sails. The steersman put up the helm, and the ship’s course was immediately set for the small island.

A chair was placed at the head of the prow for the Bishop, and he sat there, looking ahead towards the island. Within a few minutes, many of the passengers gathered at the prow, and also gazed at the island. Those who had the sharpest eyes, could presently make out many of the rock formations on the island; and eventually the small mud hut was seen. At last one man eventually saw the hermits themselves.

The Captain brought out a telescope, and after looking through it, handed it to the Bishop and said, “The three old men are currently standing on the shore; located just a little to the right of that big rock.” The Bishop took the telescope, got it into position, and quickly located the three old men: a tall one, a shorter one, and one who was very small and bent over. All of the men were standing on the shore and holding each other’s hands.

The Captain turned to the Bishop and said: “The vessel cannot get any closer than this, therefore if your Grace still wishes to go ashore, I must ask you to do so in the rowboat, while we anchor here and wait.”

After the Bishop confirmed that this was still his intent, the cables were quickly let out, the anchor cast, and the sails furled. There was a sharp jerk, and the vessel shook; and the large boat slowly glided to a complete stop. Next a rowboat was lowered, the oarsmen jumped in, and the Bishop descended the ladder and took his seat.

As the men pulled at their oars, the boat moved rapidly towards the island. When they came within a stone’s throw they saw three old men: a tall one with only a mat tied round his waist: a shorter one in a tattered peasant coat, and a very old one bent with age, and wearing an old cassock — all three men were standing on the shoreline, hand in hand.

The oarsmen pulled the rowboat in to the shore, and held on with the boat-hook while the Bishop got out. The three old men approached

and bowed to the Bishop, who immediately made the sign of the cross and gave them his benediction; at which they bowed even lower.

Then the Bishop began to speak to them: “I have heard that you, godly men, live here saving your own souls and praying to our Lord Jesus Christ for your fellow men. I, an unworthy servant of Christ, am called by God’s mercy to keep and teach his flock. Therefore I wished to see you, servants of God, and to also do what I can in order to teach you, as well.”

At this point, the three old men simply looked at each other smiling, but remained silent.

“So tell me,” said the Bishop, “what you are doing to save your souls, and how do you serve God on this island.”

The second hermit sighed, smiled, and looked at the oldest hermit, and said: “We do not know how to serve God your Grace. We only serve and support ourselves, servant of God.”

“But how do you pray to God?” asked the Bishop.

“We pray in this way,” replied the old hermit: “Three are ye, three are we, have mercy upon us.’ And after the old man had said this, all three hermits raised their eyes towards the heavens, and repeated: “Three are ye, three are we, have mercy upon us.”

The Bishop smiled and said: “You have evidently heard something about the Holy Trinity; but you do not pray correctly. You have won my affection godly men, and I see that you wish to please the Lord, but you do not know how to serve him. That is not the way to pray; however listen to me, and I will teach you. I will teach you, not my own way, but the way in which God in the Holy Scriptures has commanded all men to pray to him.”

And right after that, the Bishop began explaining to the three hermits how God had revealed himself to men; telling them of God the Father, God the Son, and God the Holy Ghost.

“God the Son came down on earth,” said he, “to save men, and this is how he taught us all to pray. Listen and repeat after me: “Our Father.”

Immediately all three hermits repeated after him, “Our Father.”

“Which art in Heaven,” continued the Bishop.

The first hermit repeated, “Which art in heaven;” but the second hermit blundered over the words, and the tall hermit could not say them properly. His hair had grown over his mouth so that he could not speak plainly. And because the oldest hermit had no teeth, he also mumbled the words indistinctly.

So the Bishop repeated the words again, and the old men repeated them after him. The Bishop sat down on a stone, and the old men stood before him, watching his mouth, and repeating each of the words as he uttered them.

All day long the Bishop labored, saying each word 20, 30, a 100 times over and over again; and each time having the old men repeat the words after him. Each time they blundered a word, the Bishop patiently corrected them, and made them start the prayer all over again.

The Bishop continued and did not stop till he had taught all of them the entire Lord’s Prayer; so that they could not only repeat it after him, but could also say it all the way through by themselves. Because the middle one was the first to memorize it, and to repeat the entire prayer all by himself, the Bishop had him say it again and again, until at last the other two hermits could also say it.

It was starting to get dark, and the moon was slowly appearing over the water, before the Bishop eventually stopped teaching the three old hermits.

After standing up, and shaking the beach sand off of his clothes, the Bishop finally took leave of the three old men. Just before leaving, all three hermits humbly bowed down to the ground before the Bishop. However he quickly raised them off the ground, and kissed



each of them; telling them to pray as he had taught them. Then he got into the rowboat and returned back to the ship.

And as he sat in the rowboat and was being rowed back to the ship, he smiled to himself, and could hear the three voices of the old hermits loudly repeating the Lord's Prayer.

As the rowboat drew closer to the ship, the old men's voices could no longer be heard. However, they could still be seen in the moonlight, standing where the Bishop had left them on the seashore; the shortest was still standing in the middle, the tallest was still positioned towards the right, and the middle one was still located on the left. As soon as the Bishop had reached the vessel and had climbed on board, the anchor was weighed and the sails unfurled. The wind suddenly filled the sails, and the large ship suddenly lunged and sailed away.

As the ship 'upped-anchor' and continued back on its original course, the Bishop took a seat at the stern of the boat and watched the small island as it slowly began to vanish out of sight. For a time, he could still see the three old hermits, but after awhile they disappeared from sight, although the island was still visible.

At last, the small island also vanished; and only the smooth waters of the sea could be seen, rippling in the moonlight.

Around that time, all of the pilgrims lay down to sleep, and all was quiet on the deck. The Bishop did not wish to sleep, but sat alone at the stern, gazing at the sea where the island was no longer visible, and thinking of the three good hearted old men. He thought about how happy and extremely grateful they all seemed to be when learning the Lord's Prayer; and he thanked God for having sent him to the small island in order to teach and help such godly men.

The Bishop simply sat there for awhile, thinking, and gazing at the sea where the island had previously been; watching the moonlight flicker before his eyes, sparkling on the waves like bright diamonds, flashing here and there, upon the waters.

Suddenly he saw something white and shining on the bright path where the moon casts its radiant light across the sea. As he observed this small radiant light approaching, he tried to figure out if it was a seagull, or the little gleaming sail of some small boat.

As the Bishop fixed his eyes on the light, he began to think: "It must be a small boat approaching us; however, at its current speed, it will be quickly overtaking us within a few minutes. Although it was far away a minute ago, it is now so much more closer than before. Wait! It cannot be a boat, as I cannot see any sail! Whatever it might be, it is definitely following after us, and will soon be catching up with us."

Although at first the Bishop could not make out what was quickly approaching the ship, he understood that it was positively not a boat, nor a bird, or a fish! It was too large for a man, and besides a man could not be out there in the midst of the ocean.

Suddenly the Bishop stood up, and said to the helmsman: "Look over there! What is that, my friend? What is it?"

After the Bishop had repeated his question, he suddenly saw what the fast approaching light was, it was the three old hermits running upon the water! Their three bodies were all radiating a bright white light, and even their gray beards were shining!

And what seemed to be even more impressive than that, was the fact that these three old men were all quickly approaching the ship as though it were stationary, and not moving.

Suddenly the steersman looked and let go of the helm in terror! In great dismay he quickly shouted: "Oh Lord! The hermits are running after us on the water as though it were dry land!"

His loud shouting suddenly woke all of the sleeping passengers; who after hearing his cry, quickly jumped up, and ran over to the stern of the ship. Sure enough, they all saw the three old hermits,

hand in hand, coming along the side of the great ship; and all three were gliding upon the water without moving their feet!

Two of the passengers who were watching the three old men quickly called out and beckoned for the ship to stop. However, before the ship could be stopped, the old hermits had already reached and had over taken the large vessel.

Raising their heads to look at the Bishop who was standing up high on the stern, the three old men all spoke with one voice, and began to say: "We have forgotten your teaching, great servant of God. As long as we kept repeating the Lord's Prayer we remembered it. However when we stopped saying it, even for only a short time, a word dropped out; and now it has all gone to pieces, and we can't remember any part of it. So we have come to you now, to humbly ask that you please have patience with us and teach each of us again."

After making the sign of the cross, the Bishop leaned over the side of the ship and said: "Oh great men of God, your own prayer will reach the Lord. It is not for me to teach you anything. Please pray for us sinners."

After saying these words, the Bishop bowed low before the old hermits. The three old men then smiled, turned around and proceeded to travel back across the sea to their small island. As they again traveled across the ocean water, their bright radiant light continued to shine on the spot where they disappeared out of sight from the people on the ship; and this bright light remained glimmering until daybreak.

The moral of this fascinating story, is that the true divine manifestations of our eternal soul's spiritual power come from our sincere desire to humbly and completely surrender our body, mind, and spirit to God; and is not based on obtaining or maintaining any proper religious dogma.

Although the Bishop's heart was in the right place, and he sincerely desired to enlighten and enrich the hearts and minds of the three old hermits, he seemed to have overlooked one important aspect of our Christian walk: the incredible power that is contained within the capacity of simply having a childlike faith, focused on the complete trust and unwavering belief in God.

This important teaching concerning the spiritual power of faith is one reason why in Matthew 18:3-4 Jesus explained to his disciples, *Truly I say to you, unless you change and become like little children, you will never enter the kingdom of heaven.*

### SO WHY DO WE NEED JESUS?

In the doctrine of "Vicarious Atonement," it is taught that originally in the Garden of Eden, Adam and Eve ate of the forbidden fruit from the Tree of Knowledge of Good and Evil, which is the "Original Sin" for all of subsequent mankind. And that this single act of trespassing one of God's commands so offended him that it caused all of humanity to be completely alienated from him. But wait—there's more. In order for God's wrath to be appeased, he had to impart a part of himself to come down to our world to be killed as a sacrifice to himself.

When put this way, the absurdity of this doctrine becomes quite apparent. Although there are such things as divine mysteries, and supernatural things that cannot be fully comprehended by the human mind, there are also certain things within various church doctrines that seem quite bizarre and too perplexing to believe.

In Richard Smoley's book, *Inner Christianity*, he explains that the doctrine of Vicarious Atonement is a comparatively late one, and was more or less unknown in the early centuries of

Christian history. In fact, this teaching only became an official church doctrine during the 11th century under the direction of Anselm the Archbishop of Canterbury. This is over 1,000 years after the original Christian church had been established.

During the first four centuries of the Christian era, there seems to have been no fixed opinions as to whether or not there was a ransom price needed to be paid to God or Satan (the Accuser). At that time, the belief held by many theologians was that Christ had come to restore, at least in part, all that was lost and being held as ransom by the devil because of the disobedience of Adam and Eve. For some, Satan had even become “the god of this world” as mentioned in 2 Corinthians 4:4.

I maintain the belief that mankind was originally created to be governed by the holy spirit of God, which resides within the center of each of our eternal souls as the Breath of God, and answers directly to God. However, the “Fall of Man” reversed the spiritual orientation of our human nature—and now, all human beings have become subject to the desires of their body and ruled by their passions, which are dictated by their obsessive thoughts and feelings (see Chapter 10, pages 77-79).

After sharing my research on the Christian religion with my brother-in-law, who has spent several years of his life living as a Christian missionary, he looked at me, turned his head to the side and simply stated, “So if all of this is true, then why do we need Jesus?”

After listening to him ask this simple yet profound question, I immediately thought, “What a great question. Who or what exactly is Jesus of Nazareth to me, and why is his influence so important to my life?”

The more I thought about this question, the more I realized that even today, people inside and outside the Christian church are increasingly confused as to what they believe in, and why. We often hear many assumptions, claims, and theories about Jesus of Nazareth throughout our western culture, especially on the web (Internet). However, these personal statements are virtually impossible to be verified or proven to be true.

Because the Four Gospels were not “eyewitness accounts,” but instead were a composite of collected stories that had been passed down through word-of-mouth by different Christians and then placed inside a readable text, it is difficult to substantiate any of what was written within these texts as true (see Chapter 24, pages 151-153).

And to make matters worse, much of our collected written history is no more than the personal interpretations and opinions of the people who originally wrote it. Therefore it does not substantiate what truly happened, or even if the information presented was written as an unbiased observation and interpretation of the facts. So if we cannot rely on any of these historic writings as being infallible and truly what took place, what are we to do?

You can always say that a spiritual teaching is based on faith; however this statement only represents a basis for a person’s beliefs, and not a validation of the teachings.

If these teachings are truly inspired and ordained by God, then it only makes sense that they should positively effect each follower by transforming their heart and mind from a kind of survival based earthly thinking, into a heavenly state of compassion and divine awareness.

Therefore let’s go deeper in our investigation, and understand that among other things, Jesus of Nazareth was the



Figure 1.38. Jesus was the perfect spiritual mentor.

perfect example of a spiritual mentor; someone who lived their life as the living embodiment of a true man of God, and who not only believed in what he taught, but also sacrificed his life as an example of that heartfelt conviction and belief.

A spiritual mentor is generally defined as an enlightened teacher or master who guides, instructs, and helps others in the process of gaining spiritual knowledge, understanding, and skills. Their main goal is not to simply transmit spiritual knowledge and understanding, but also to bring about a spiritual awakening and internal recognition that the student is really a living child of light. This is a much more involved process than simply teaching someone how to pray, meditate, manifest a certain supernatural skill, or comprehend some form of ancient esoteric wisdom.

Many times a student can have a broad understanding of the basic knowledge of certain spiritual principles, yet still not recognize the divine truths that underline these sacred teachings; and even somehow miss how this unique information can influence and transform their own spiritual nature.

Because divine wisdom can bring about profound spiritual transformation, especially when actively applied within an individual’s life, spiritual mentors and teachers are sometimes brought into the world in order to inspire people to be righteous (Figure 1.38). With proper guidance and direction, these followers will embody the similar spiritual state as their teachers. This was why in John 14:12 it is written that Jesus specifically said to his disciples, *Truly, truly I tell you, whoever believes in me, those same works which I have done he will also do, and he will even do greater works than these, because I am going to the presence of my Father.*

When beginning the work of spiritual transformation, oftentimes people need a “hero” in order to obtain a healing. In fact many require a spiritual teacher and mentor to help them maximize their eternal soul’s potential in the performing of divine service. This is so important because a person cannot clearly examine their own defects. In other words, it is very difficult for us to be objective about our own weaknesses, or for that matter our own strengths. Oftentimes we tend to either underestimate or overestimate what we can or cannot do.

By being a living example, a spiritual mentor who personally knows and understands our true nature can help us to see into ourselves objectively. They can also guide us in using our strengths, and assist us in working on correcting our weaknesses. Simply put, a prisoner cannot free himself from their own self-induced prison. Yet a spiritual mentor can provide the individual with the necessary keys needed to free themselves from the internal shackles that bind and imprison their heart and mind to these trapped patterns.

In following Jesus' example, we are all called to become spiritual mentors and to care for the various needs of others. This is what he was talking to his disciples about in Matthew 25: 34-40, when he spoke to them on the Mount of Olives and said: *Then the King will say to those who are at his right, "Come, blessed ones of my Father, inherit the kingdom that was prepared for you from the foundation of the Universe. For I was hungry and you gave me food, and I was thirsty and you gave me drink. I was a stranger and you took me in. I was naked and you clothed me. I was sick, and you took care of me. I was in prison, and you came to me."*

*Then the righteous will say to him, "Our Lord, when did we see that you were hungry, and we fed you; or that you were thirsty and gave you drink? And when did we see that you were a stranger and took you in; or that you were naked and clothed you? And when did we see you sick or in a prison, and came to you?" And the King answered and said unto them, "Truly I say to you, inasmuch as you have done it unto one of the least of these my brothers, you have also done it unto me."*

In life, when seeking to learn any type of skill, "it is not what you say — it is what you do." Because of this, we tend to follow the examples of qualified teachers who have overcome different obstacles in order to master that particular skill. Therefore in the example set forth by Jesus of Nazareth, we understand that he was unique in both his teachings and his actions; and in many aspects, had a deeper understanding of the Jewish law that far exceeded the interpretations of the Scribes and Pharisees of that time. In fact, while most New Testament scholars disagree about several of the details surrounding the historic Jesus written within the Four Gospels, they all agree on one thing. Despite being a law observant Jew, Jesus continually reached out with love and compassion to those who were rejected by society; those who had been labeled as adulterers, prostitutes, tax collectors, thieves, lepers, the sick and afflicted, and even the demonically possessed.

Jesus was consistent in his compassionate interactions with people, and through this great outreach, continued to offer God's love, forgiveness, and healing to all who were open to receive him and his teachings. This great compassion was additionally manifested even when partaking in food and wine, and during times of breaking bread and table fellowship, which was traditionally forbidden between those who were law abiding Jews, and those who were considered to be "unclean." This was why most of the community that gathered around Jesus was often considered to be "outcasts and sinners" according to ancient Jewish law (Matthew 9:10-13, Mark 2:13-17, Luke 5: 27-31, Luke 15: 1-2).

As Christians, our relationship with God is based on the personal examples of what we say and do as representatives of God's light on the earth. Therefore if we say that we follow Jesus' original teachings and embody his divine instruction, we must also follow his spiritual path towards God.

Remember, as a spiritual mentor, Jesus' life and teaching operate on the level of spiritual embodiment which influences

a person's heart and mind until they awaken to their deeper spiritual calling and true divine nature. On this type of road less traveled, eventually both the student and the master arrive on the same path, with both supporting and following the similar goal. This is why in John 15:15, Jesus said to his disciples, *No longer do I call you servants, for a servant does not understand what his master is doing. But I have called you friends, because everything I have learned from my Father I have made known to you.*

So then why do we need Jesus? Well for me personally, I believe that Jesus of Nazareth lived his life as the true embodiment of God's divine message of love and forgiveness. And through this living example, I can see the divine wisdom expressed within his heartfelt teachings, and appreciate the truth of his life transforming words. In fact, simply reading about his life and how he overcame incredible obstacles in his desire to free us from the various attachments that seek to damage our souls, provides me with feelings of great hope, compassion, and a deeper understanding of divine mercy. Which helps me to establish a stronger Code of Conduct as a man of God, and a child of the kingdom of heaven.

Ever since the Fall of Man, mankind has been focused on the external, with his attention easily gravitating towards the realm of form and sensation. His thoughts and emotions often become easily distracted from seeking out the heavenly realm, and he quickly forgets his higher spiritual calling.

According to Christian teachings "repentance" (a change of heart, mind, and action) is required in order to reverse this "carnal" orientation towards life. It allows one to move from a lower based spiritual thinking towards a higher divine state of heart and mind, wherein the eternal soul may again commune with God in the garden of creation.

For Christians, the passion of Christ serves as a living example or prototype for obtaining spiritual rebirth, and moving from the external carnal realm into the internal spiritual realm, wherein the kingdom of God is ultimately found within you.

#### **WHAT IS CHRIST CONSCIOUSNESS?**

The term "Christ Consciousness" or "Christ within" has been in circulation for many years, and is often seen as a New Age form of Christian spirituality. In fact, many believe and teach that Christ Consciousness is an elevated spiritual awareness, associated with our divine nature or higher soul-self, which is said to be our true birthright as children of God.

According to this popular belief, the spiritual experience of living in Christ Consciousness is available to anyone, regardless of their religion. All that is required is that the person be open to becoming a living vessel of God's love, and actively strive to attain this higher spiritual transformation within their life.

This New Age teaching is quite different from the normal religious doctrines commonly seen in most Christian churches. In many ways however, it reflects the original teachings of the Christian church of ancient times, when the followers of Jesus of Nazareth were known as the "Followers of the Way."

In the teachings associated with Christ Consciousness, not only is a person responsible for creating and manifesting their own charitable deeds, but they also consciously take responsibility for all of their "karmic actions" (i.e., understand that they "reap what they sow"). Another aspect of the Christ Consciousness teaching is the belief in reincarnation (covered in Chapter 39, pages 274-286), and therefore great emphasis is placed on personal spiritual growth and evolution.



In the Christ Consciousness teaching, Jesus of Nazareth is seen as a “divine avatar.” He is seen as someone who is the true embodiment of God’s most holy spirit, and is honored as one of many spiritually enlightened masters who have walked upon the earth and lived as an example for others to follow.

With this in mind, let’s begin to intelligently study this unique term, and explore its deeper root meaning.

To begin with, the word “Christ” comes from the ancient Greek word “Christos,” meaning “Anointed;” which is the equivalent of the ancient Hebrew word “Mashiach,” meaning Messiah. Therefore to be the Christ or Messiah is to be “the Anointed One of God.”

In ancient Jewish tradition, to be the Anointed One of God was to literally have sacred anointing oil poured over your head, and to be specifically chosen by God for a special task (Figure 1.39). Which is why in ancient times, all priests, prophets, and especially kings were anointed by one of God’s prophets or high priests. This special anointing was often performed during their formal coronation, rather than receiving a crown. However, even though these various prophets and priests were anointed with special oil, the actual phrase “Anointed One” or “the Lord’s Anointed” was most often used in reference to a king. Therefore the overriding biblical imagery of the word “Messiah” or “Christ” is that of a king chosen by God.

Many times within the Old Testament, God would tell a prophet to go anoint someone and proclaim him as king. The act of anointing that person with holy oil emphasized the fact that it was God himself who had set aside and ordained this individual for a specific task, which gave them the divine authority to act as his representative on earth.

Although Jesus was a healing prophet who preformed miracles, the prominent idea depicted in the word “Christ” is actually that of a being a “King.” Therefore as Christians, because we follow the teachings of Jesus the Christ and belong to God, we inherently become “children of the King.” Which is why it is written in 1 Peter 2:9, *But you are the chosen people of a royal priesthood; a holy nation of God’s special possession, set aside so that you may proclaim the praises of the one who has called you out of darkness into his marvelous light.*

The basic premise of Christ Consciousness is that anyone can transcend their mundane physical existence and consciously choose to experience a new life, by living as a loving servant of God and manifesting true virtue and righteousness as Jesus did. This spiritual state of divine consciousness allows a person to live as a true child of God, through the example of Jesus the Christ.

Remember, righteousness is actually based on experience, and not on simply speaking proper words or quoting religious scripture. Although righteousness and its accompanying inner-peace can both exist inside a person’s spiritual heart and mind, the actual experience of consciously awakening this type of divine spiritual awareness is known as “Enlightenment.”

Once a person becomes enlightened, the path they choose to follow and the things they say and do is what is traditionally known as “righteousness.”

The true concept of “Christ Consciousness” is simply another terminology used for consciously making decisions based on the true spiritual observations of our eternal soul. This type of divine mind does not judge, criticize, coerce, or condemn; instead it chooses a divine way based on following



Figure 1.39. The word “Christ” means “Anointed One of God.”

the will of God. For Christians, these actions are supposed to be based on the spiritual teachings of Jesus of Nazareth.

You may ask, “is Christ Consciousness associated with any of Jesus of Nazareth’s core spiritual teachings?” Well, the holy scriptures make it clear that Jesus was specifically crucified as the “King of the Jews” (Matthew 27:37, Mark 15:26, Luke 23:38, John 19:19); set into motion by criticizing and condemning the hypocrisy and godless actions of several of the religious leaders (Mark 12:12-13; Luke 20:19-20). In his life, Jesus not only saw the beauty and perfection of all things, but also rebuked the Scribes and Pharisees (Matthew 12:34), and condemned their arrogance and lack of true compassion for the people (Mark 12:38-40, Luke 11:42-46). He also made it quite clear that not even those who thought they had achieved righteous status would enter into the kingdom of heaven, only those who followed the true will of God (Matthew 7:21–23). Thus in life, Jesus did not float about in a cloud of transcendent euphoria; instead the scriptures allow us to see him grieving and sad (Matthew 23:37), angry (John 2:13–17), and sometimes downright confrontational (Matthew 23:25-33).

In Matthew 10:34, Jesus states, *Do not think that I came to bring peace to the earth; I came not to bring peace, but a sword.* Which is why in 2 Timothy 3:12, the Apostle Paul writes, *Indeed, all who desire to live a godly life in Christ Jesus shall suffer persecution.*

Concerning the term “Christ Consciousness,” in 1 Corinthians 2:16 it states that as believers all Christians are to have the “mind of Christ.” Having the mind of Christ means sharing the original plan, purpose, and perspective of Jesus of Nazareth in preaching that the kingdom of heaven is within you, and above all things to glorify God.

## CHAPTER 6. THE RESURRECTION OF CHRIST

The Resurrection of Jesus of Nazareth is an important foundational doctrine in Christian theology (Figure 1.40). This belief states that after being put to death on the cross, Jesus rose from the dead in accordance with the accounts set forth in the four Gospels of the New Testament.

Each of the four Gospels end with an extended narrative describing Jesus' arrest, trial, crucifixion, burial, and resurrection. In each of the Gospels, these five important events are treated with more intense description and detail than in any other part of the Gospel.

The argument has long raged over whether these early Christian texts describing the resurrection of Jesus can be considered a legitimate historical source. However, even many of those who doubt the authenticity of these texts admit that the verses that were originally written by the Apostle Paul surrounding the resurrection in 1 Corinthians 15:3-21 (*Christ died for our sins in accordance with the scriptures and that he was buried, that he has been raised on the third day in accordance with the scriptures*) place this ancient passage as early as 55 A.D., which is twenty-two years after the resurrection occurred. Which leaves us with two possible conclusions:

- Those who claimed to see Jesus were lying or delusional. However, claiming that more than five hundred witnesses lied or were hallucinating these experiences is problematic. Many of these same witnesses led lives of suffering, deprivation, and persecution; not to mention the fact that several of them ended up suffering some form of martyrdom. None of that really makes for a strong motivation for maintaining a "lie."
- They actually saw the risen Jesus.

The verification of the assumed truth of the resurrection of Jesus should be, like any other historical event, judged based on the standard rules of evidence. In a court of law, consistent eyewitness testimony from multiple credible witnesses would be considered a strong form of evidence to affirm a statement's authenticity. This being the case, if we can find such testimony present in credible accounts in the historical record of Christ's resurrection, we then have satisfied a major evidentiary challenge under the traditional rules of law.

Within the four Gospels, the resurrection of Jesus is proclaimed in numerous accounts, including the appearance of Jesus to Mary Magdalene (John 20:10-18), to other women (Matthew 28:8-10), to Cleopas and his companion (Luke 24:13-32), to eleven disciples and others (Luke 24:33-49), to ten apostles and others excluding Thomas (John 20:19-23), to the apostles including Thomas (John 20:26-30), to seven apostles (John 21:1-14), to the disciples (Matthew 28:16-20), and to the apostles on the Mount of Olives (Luke 24:50-52 and Acts 1:4-9).

In his book *The Resurrection of the Son of God*, leading British New Testament scholar and Pauline theologian Nicholas Thomas Wright argues that the account of the empty tomb, and that of Jesus suddenly appearing in the midst of the disciples during evening time, along with the visionary experiences of other witnesses, point to the historical reality of the resurrection. He additionally suggests that multiple lines of evidence originating from the New Testament and other early Christian sources (e.g., the Coptic Gnostic *Books of Jeu* and *Pistis Sophia*) each contain advanced spiritual teachings that

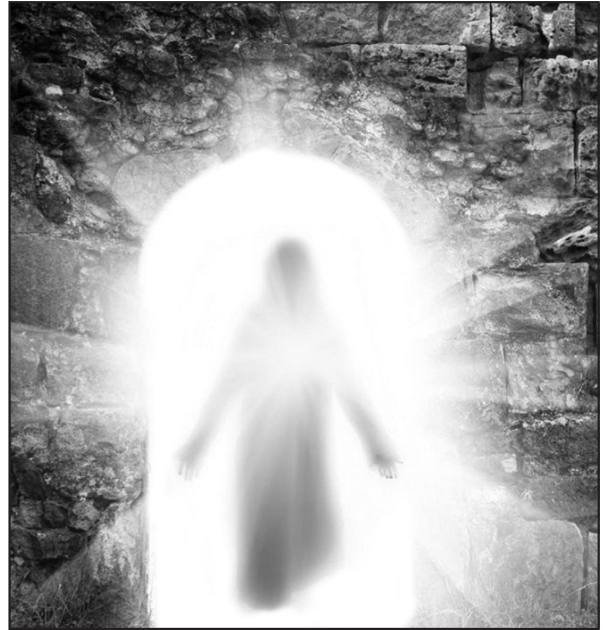


Figure 1.40. The Resurrection of Jesus of Nazareth is an important foundational doctrine in Christian theology.

Jesus personally gave to his disciples after his resurrection), show it would be unlikely that the belief in an empty tomb would simply appear without a clear basis in fact for the early Christians. Therefore N. T. Wright treats the resurrection as an actual historical event, rather than as a supernatural or only imagined metaphysical event.

The Roman Catholic Church states in "Part One: The Profession of Faith," paragraph 648 in its Catechism, "Although the Resurrection was an historical event that could be verified by the sign of the empty tomb and by the reality of the Apostles' encounters with the risen Christ, still it remains at the very heart of the mystery of faith as something that transcends and surpasses history."

In 1845, in his book *The Resurrection of Christ*, Rev. George Bush, who was a Professor of Hebrew studies at New York City University, provided an interesting alternative interpretation of the resurrection. In this book, Professor Bush spends a large amount of time reviewing the post-crucifixion appearances of Jesus. He demonstrates how this supernatural phenomenon can be better understood by imagining the various witnesses observing a transformed spiritual body or celestial body, rather than simply seeing the physical appearance of a material body. In order to substantiate this belief, Professor Bush uses a careful analysis of the original Greek and/or Hebrew words that were used in the scriptures to describe such a powerful spiritual manifestation.

One question sometimes asked about Jesus' death is whether or not you can still be a Christian if Jesus of Nazareth had not physically and literally resurrected from the dead? The answer of course is yes. The true teachings of Jesus center on an understanding that the kingdom of God is within you, and that the divine love of the Heavenly Father and spiritual transformation and enlightenment are all based on embodying unconditional love.

According to several esoteric traditions, as we awaken to our spiritual connection with God and start to truly love and support each other, energetic changes occur within our three bodies, most dramatically occurring during the higher phases of spiritual growth and enlightenment. In the final phases of these spiritual transformations, the energy of both the body and the mind are changed from flesh and blood into radiant light. In this special spiritual transformation, the person's spiritual enlightenment becomes the divine vehicle through which the transmutation of flesh and blood changes into an immortal Body of Light.

Throughout the world, various religious traditions have given different names to this spiritual transformation, including the Body of Light, the Resurrection Body, the Solar Body, the Immortal Body, the Diamond Body, etc.

Several of these spiritual systems and metaphysical schools of thought mention that the special transformations surrounding this radiant Body of Light require each person to progress through four stages before coming to a full realization and embodiment of this divine state of being. These unique stages are transfiguration, transformation, transubstantiation, and translation, and are described as follows.

- **Transfiguration:** In this first stage, the person's body and mind are permeated by divine radiance, as they spiritually awaken and abide in the realization of God (i.e., gaining the spiritual awareness that the radiant light of their eternal soul is a manifested extension of the holy breath and divine light of God Almighty).
- **Transformation:** This second stage is characterized by the manifestation of extraordinary spiritual powers and faculties, such as divine healing, longevity, and other spontaneous expressions that further permeate the person's body, mind, and spirit by way of God's divine radiance.
- **Transubstantiation:** This is an advanced stage of transforming the spirit body into a Body of Light. This greater spiritual attainment is the culmination of the entire evolutionary process of the individual's spiritual development. It manifests externally as an indestructible Body of Light, which is considered to be the spiritual perfection of the human body, mind, and spirit.
- **Translation:** In this final stage the individual's body, mind, and spirit are removed from the cycle of space and time, and return back to the unmanifested spiritual state that existed with God before he spoke into creation the first separation of light and darkness.

#### THE TRUE NATURE OF CHRIST'S RESURRECTION

Truth and reality are multi-leveled, with each level consisting of different energies, and different degrees of vibration and density. When applied to the physical body, these various energies form an ever-changing spectrum of vibration which affects matter, form, and substance. At one end of this spectrum is tangible, physical matter; at the other end is pure spirit, prior to its manifestation as energy and form. According to early Christian (Gnostic) and Jewish (Kabbalistic) teachings, the spectrum of form and substance is but one of the two primal manifestations of God, which constitutes the entire cosmos. The other manifestation is the spectrum of consciousness or divine mind. Together, they represent the inner and outer aspects of all reality; and being both subjective and objective, they simultaneously exist as the intention and extension of God Almighty.

It is through the intuitive perceptions and understandings of our body-mind-spirit awareness, that we as humans interact with and partake of the various levels of reality. For the most part, we are generally unaware of the higher spiritual realms that support and maintain the subtle energy fields of all creation. Nevertheless, within the energetic substance of our bodies and the spiritual consciousness of our minds, we still retain the great potential to spiritually awaken to the full energetic spectrum of our created being.

While living in the earthly realm, our physical body acts as a container or energetic vehicle through which to house our consciousness. This earthly vehicle is not only composed of a physical body, but also an energy body, and a spirit body. Because of these three bodies, each level of existence manifests different levels of awareness and interaction, which collectively provides our earthly vehicle with all the experiences of life (see Chapter 36). The collective energies of these three bodies may often extend far beyond their normal energetic shells.

Although our physical body is composed of flesh and blood, it is merely the container through which we function at a level of reality we have presently come to know as ordinary space and time. However, at the time of its death, as the physical body begins to decompose, the energy body dissolves, and the spirit body withdraws from its earthly vehicle. During this time, the eternal soul's spiritual consciousness will still continue to function, being encased within the spirit body's energetic shell, although it will now be resonating within a completely different energetic level of reality.

The spiritually energized and divinely transformed spirit body has various names according to different cultural beliefs and religious traditions. For example, some of the names most commonly given to the highest and final level of spirit body transformation include the following:

- **In the Eastern Orthodox Christian Tradition:** It is called "the resurrection body" or "the glorified body." The Apostle Paul called it "the celestial body" or "spiritual body" (1 Corinthians 15:44).
- **In the Rosicrucian Christian Tradition:** It is called "the diamond body of the temple of God."
- **In the Gnostic Christian Tradition:** It is called "the garment of light," and "the radiant body of light."
- **In the ancient Mithraic Tradition of the Roman Empire:** It was known as "the perfected body."
- **In the Islamic Sufi Tradition:** It is called "the most sacred body" or "the supra-celestial body."
- **In the Chinese Daoist Tradition:** It is called "the immortal body."
- **In the Tibetan Buddhist Tradition:** It is called "the indestructible body."
- **In the Buddhist Tradition:** It is called "the diamond body," "the divine body," and "the adamantine body."
- **In the Hindu Vedanta Tradition:** It is called "the super-conductive body" and "the body of bliss."
- **In the Kriya Yoga Tradition:** It is called "the body of bliss."
- **In the Western Alchemy Traditions:** It is called "the golden body."
- **In the Hermetic Corpus Tradition:** It is called "the immortal body."
- **In Ancient Persia** It was called "the indwelling divine potential."



As you can see, there are many different terminologies used for the same elevated stage of human spiritual transformation and development. Each of these unique descriptions refer to a condition in which the human body, by a combination of personal effort and divine grace, attains a radiant state of spiritual transformation and transmutation.

Each of these religious traditions speak of specific qualifications that are required in order to gain this elevated state of spiritual transformation. Although these methods of transformation may be different in their approach—often based on specific cultural and religious customs—the end result is still the same. This suggests that in many religious and spiritual traditions there are in fact different techniques that lead to a similar end (as in “all roads lead to Rome”).

At this point in reading, many individuals may ask, “Is the Body of Light created or released, attained or manifested? Is it pre-existent within each human body? If it is, then is the gross matter and the energies attached to the human body simply burned away; or are they altered through a special spiritual process that has not yet been recognized by physical science?”

Unlike the human body’s biological tissues, the Body of Light is not carbon-based. Instead it is composed of a finer, more spiritual form of energy and radiant substance unknown to conventional physics, but long known to practicing mystics of all religions. For each eternal soul living as a child of light within a human body, this special condition is the highest most exalted level of spiritual development known to mankind. This is why any individual who has become fully manifested as a radiant child of light, is often recognized throughout history as being a “god-man” or “god-woman,” and is said to have entered into the highest spiritual dimensions of the earthly realm, without succumbing to the final effects of physical death.

### JESUS AND THE BODY OF LIGHT

Most Christian mystics believe that the best known example of divine spiritual transubstantiation created within a human body was manifested and visually expressed with the resurrection of Jesus of Nazareth. Therefore they regard Christianity as an enlightenment tradition whose true purpose is to enable people to become Christ-like. In other words, at one time Christianity had within its spiritual teachings both a theory and specific practice that was used by Jesus for attaining the highest degrees of enlightenment.

That understanding of higher spiritual growth and of obtaining Christhood now has been lost, and is no longer seen in the doctrines and rituals of the vast majority of Christian churches that exist today. It is not only important for Christians to realize this fact, but it is also important for secular spiritualists (i.e., those people who are not attached to any religion or church, but rather hold onto a spiritual philosophy) to understand that true Christianity contains ancient enlightenment teachings, whose roots extend all the way back to ancient Egypt, Babylon, and Judea.

Christians often speak about the blood sacrifice of Jesus Christ, maintaining the belief that his shedding of blood was a mighty act of salvation. Yet, with all due respect, this view of Jesus and Christianity is rather naive, literalistic, and superficial. In all truth, this is simply a shallow understanding of a powerful situation that actually requires a higher level of spiritual comprehension. In other words, conventional

Christianity has the teaching, but lacks the key that is required to unlock its true meaning. I will explain.

First, we should realize that the resurrection of Jesus of Nazareth did much more for us as Christians than we are taught to believe. Of course it is true that the idea of being “washed in the blood of Christ” is essential (1 John 1:7), for its important spiritual symbolism allows us to consciously acknowledge our own wrongdoings, and to forgive others for any transgression “as we have been forgiven” (Ephesians 4:32). However, this is only the first step towards true spirituality. To simply remain here on our road towards spiritual transformation and to go no further is a poor investment in superficial changes, which often seeks to only misdirect our life force and spiritual consciousness. Instead, once a person understands that they have been forgiven, the next important thing, as Jesus originally preached, is to fix their heart and mind on God, and then invoke the Holy Spirit of God to lead them further on their journey through the process of spiritual transformation.

Once your virtuous actions are supported by your moral behavior, contemplative prayer, meditation, and the cultivation of a spiritual mind, then your good works will begin to spiritually transform your entire being. Then your three bodies (physical body, energy body, and spirit body) will become oriented to a higher attainment of true spiritual enlightenment. Remember, once you are on this path, it is God himself who will take care of the rest (Matthew 6:33). The “rest” referred to here, includes actually being led by God to receive advanced spiritual practices, which are most often unknown to many of those individuals who perform the conventional worship commonly observed in churches, temples, and mosques today. Oftentimes individuals within these religious organizations will reject the existence or validity of such a path to spiritual enlightenment, and even refuse to acknowledge or accept the possibility of enlightenment itself. Frequently the deeper knowledge that leads to true spiritual enlightenment is regarded as weird, or adamantly rejected as being heresy.

However, when the human soul is separated from God, it is unaware of its deeper spiritual connection to His radiant glory. This is what is meant when in 2 Corinthians 4:3-4 it states, *So if the Good News that we tell others is covered with a veil, it is hidden from those who are dying. The god of this world has blinded the minds of those who don't believe. As a result, they don't see the light of the Good News about Christ's glory.*

In true spiritual enlightenment, as embodied and demonstrated by Jesus of Nazareth, a child of God detaches himself from the external cares of the world. They then embrace and develop a high level of spiritual refinement, wherein they are elevated to a place of complete self-mastery. Only then can they truly cast off their old attachments to the wants and desires of the flesh, awaken the radiant Body of Light contained within its fleshly cocoon, and put on the Garment of Light.

### THE SHROUD OF TURIN AND THE BODY OF LIGHT

According to ancient Coptic Gnostic Christian belief, after Jesus resurrected from the dead he lived among his disciples for many years in his glorified body, teachings them about spiritual transformation (see *The Books of Jeu* and *Pistis Sophia*). It is believed by many Christians that the Shroud of Turin, which is said to be the funeral shroud that covered Jesus’ body after his crucifixion (Figure 1.41), is a divine manifestation of the radiant transformational process that gave birth to Jesus’ glorified body.

Although a carbon-14 test done in 1988 purportedly showed that the Shroud of Turin was no older than the 14th century and therefore was a hoax, it has now been proven that the results of this test were badly flawed by two major factors. First, the sample of the fabric tested was recently found to be part of a 16th century patch used to repair the original cloth which had been damaged and was not from the Shroud itself. Second, microscopic biological material was present on the piece of fabric tested, which led to a medieval date for the Shroud. New tests however move the relic's age back to the 1st century.

Additional research has identified pollen grains on the Shroud which only could have come from the vicinity of Jerusalem during the months of March and April, when such vegetation is in bloom. Moreover the actual weave of the cloth has been identified as specific to Palestine in the 1st century, and not to that of medieval Europe. For these and other reasons, the Shroud of Turin has been established as an authentic 1st century relic.

As for the image of the man in the Shroud, research likewise indicates that it is no hoax. The bloodstains are real (type AB) and contain human male DNA. Shroud researcher Frank Tribbe notes in his book *Portrait of Jesus?* that the closest science can come to explaining how the image of the man was imprinted on the Shroud is by comparing the situation to a controlled burst of high-intensity radiation, similar to the Hiroshima atomic bomb explosion, which energetically imprinted images of disintegrated people onto the walls of surrounding buildings.

After studying the Shroud, Raymond N. Rogers, an American chemist from Los Alamos Laboratory stated, "I am forced to conclude that the image was formed by a burst of radiant energy—light if you like." In other words, the image was energetically imprinted and recorded onto the cloth, as if by a photo-flash of brilliant light rising from within the body of the man surrounded by the Shroud. It has been estimated that it took 34 Trillion Watts of light emitted within a split second to generate the total power of vacuum ultraviolet (VUV) radiation required to burn the image into the Shroud.

Another researcher, Alan Adler of Western Connecticut State College, concluded that the image of the Shroud could have only been created by a radiant form of energy, which to date, science cannot yet quantify. It seems therefore that it was apparently some type of self-induced nuclear explosion that was the means through which Jesus changed his transforming spirit body into the radiant Body of Light.

This line of reasoning means that Jesus may have been alive but in a near-death condition when he was originally placed within the tomb; nevertheless at some point he underwent a biological death in order to attain his spiritual resurrection. However, unlike a typical corpse which undergoes the decomposition of its elements, Jesus' physical body was energetically transformed and spiritually altered into something much greater and more radiantly divine.

Jesus originally called upon all of his disciples to follow his example as he completed his life mission, and to spiritually grow into the radiant fullness of God's divine light. Therefore it is within our own three bodies that we as Christians have the same potential to perform the same transformational actions, and replicate the true transition of Christ's living example.

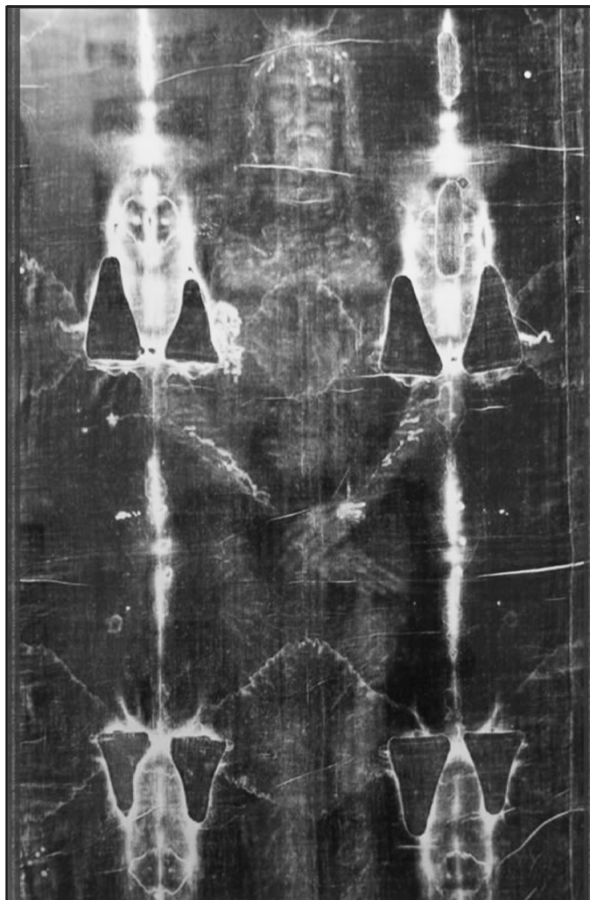


Figure 1.41. The Shroud of Turin was said to be the funeral shroud that covered the Resurrected Body of Jesus of Nazareth.

Remember, the kingdom of God that Jesus preached about is not an astrophysical location, but a radiant state of divine consciousness which exists within each and everyone of us.

Although Jesus' life, death, and postmortem acts opened the "gates of heaven" for everyone, mere belief in Jesus is not enough. No one will pass through these gates unless he or she lives a God-centered life resulting in true spiritual transformation and enlightenment. Once our eternal soul becomes awakened and embodies the spiritual awareness that its radiant light is a manifested extension of the holy breath and divine light of God Almighty, then it is allowed to become one with God's most radiant light, just as Jesus did.

It is implied in various ways, in both biblical and non-biblical literatures, that there have been others who attained the glorified Resurrection Body before and after the time of Jesus of Nazareth. Although in western Christianity Jesus is the primary example that we lift up as someone who has attained the resurrection body of light, there are others from different spiritual traditions whom history and legend record as manifesting similar spiritual transformations. Some examples of these highly evolved spiritual masters include the Indian Tamil Saint Swami Ramalingam (Vallalar); the Indian yogi Mahāvātār Bābājī; the Chinese Daoist Celestial Master Zhang Daoling; and the Tibetan Nyingma Saint Padmasambhava.

## CHAPTER 7. WHAT IS THE KINGDOM OF HEAVEN?

In modern society, the predominant focus of mainstream Christianity is placed on the crucifixion of Jesus Christ, and the subsequent forgiveness of sins, which is said to be available to anyone who believes in and personally accepts this special sacrifice as a redemption for their sins. While this selfless act was unquestionably momentous, and its life transforming spiritual effects exceedingly far reaching, many Christians are often shocked to discover that what Jesus of Nazareth actually said in the Gospels is quite different than what most Christians have been told.

A reflective reading of the New Testament shows that accepting Christ's blood in payment for our sins is actually not the focus of what Jesus preached. Nor is it what he specifically instructed any of his twelve disciples to preach or teach.

His message was not primarily about himself, the events of his life, nor about him becoming a "savior of the world." Instead it was the "good news" that God had ordained him to proclaim on earth (John 12:49-50): that the true kingdom of God (heaven) existed within each of us, and that it was spiritually connected to our eternal soul. Which is why in the New Testament it clearly mentions that:

*Jesus went about all Galilee teaching in their synagogues, preaching the good news of the kingdom, and healing all kinds of sickness, and all kinds of disease among the people (Matthew 4:23).*

*And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God comes not with observation: Neither shall they say, See here! or, see there! for behold, the kingdom of God is within you (Luke 17:20-21, American King James Version).*

In understanding this, you may ask, "Then what exactly is the kingdom of God, and what is this heaven?" So let's begin here. A kingdom is essentially a nation, which is defined as being a community of people composed of one or more nationalities; with all of its citizens existing within its various territories, governed by its own unique laws, and ruled by a certain type of government. Within the context of the Holy Bible, the term "kingdom" can additionally be used to mean a family that has grown into a large community of people.

As traditionally understood, a kingdom has four basic elements (Figure 1.42):

- **1. A King:** This is defined as being a male monarch who officially acts as a sovereign ruler, governing and overseeing a specific territory (kingdom).
- **2. A Territory:** This is defined as being an area of land under the jurisdiction of a King; whose boundary lines are established by a specific geographic location, district, or region.
- **3. Subjects:** This is defined as the people living and working within the King's territorial jurisdiction.
- **4. Laws:** This is defined as the specific rules that are created and enforced through the leader or leaders of a country to regulate human behavior. In past history it was here that the will of the King was made manifest and obeyed.

Many Christians believe that if we ignore any one of these four essential components related to the kingdom of God, we risk developing a superficial faith based on misunderstanding the original teachings associated with Jesus the Christ. Therefore, let us take a closer look at what the word "kingdom" truly means.

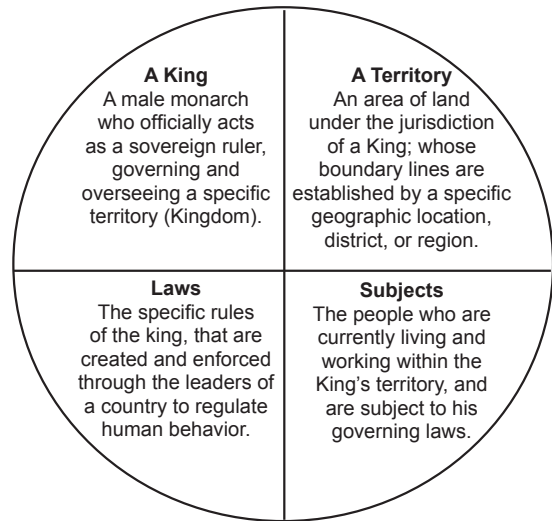


Figure 1.42. The four important components of a kingdom.



Figure 1.43. The true Kingdom of God/Heaven is within you.

Throughout his ministry Jesus continually spoke of the kingdom of heaven (Figure 1.43); and would often state "in my Father's kingdom." This teaching was central in his preaching, and in John 18:36, when questioned by Pontius Pilate concerning his kingdom, Jesus answered, *My kingdom is not of this world. If my kingdom were of this world, my servants would have fought so that I should not be delivered to the Jewish leaders; but as it is, my kingdom is not of this realm.*

Throughout the New Testament, the terms kingdom of God and kingdom of heaven are usually accepted as actually being the same thing. For example, within the Gospel of Matthew, Jesus uses the terms kingdom of heaven and kingdom of God interchangeably.



In the Bible, the concept of the kingdom of God or kingdom of heaven takes on various shades of meaning in different passages of scripture. However to most Christians the kingdom of God is considered the sovereign rule of the eternal God Yahweh, who is responsible for overseeing the entire creative forces of the universe. This belief is based on Psalm 103:19, where it is written: *The Lord has established his throne within the heavens, and his kingdom rules over all.*

It is also believed that the kingdom of God is considered to be part of the spiritual rule which exists over the various hearts and minds of all who willingly submit to God's divine authority, and follow the sacred teachings of Jesus the Christ. Therefore for Christians, all those who openly acknowledge the lordship of Jesus as the Christ and gladly surrender to God's spiritual rule in their hearts and minds are considered to be part of the kingdom of God.

In this sense, the kingdom of God is spiritual; therefore when Jesus stated, *My kingdom is not of this world*, he was referring to the true spiritual nature of God. Which is why he preached to *repent, for the kingdom of heaven has drawn near* (Matthew 4:17).

The true meaning of repentance is more than simply acknowledging a wrongdoing. Instead it is also a change of both heart and mind, and includes turning away from an unhealthy pattern that causes harm to yourself or others, and consciously choosing to act in a way that is instead loving and compassionate. It is motivated by the love for God and the sincere desire to spiritually transform your life. Therefore when a person turns from pursuing a life based on acquiring material wealth, power, and fame; and instead seeks after obtaining the spiritual wealth of happiness, inner-peace, and contentment, the true kingdom of God becomes a close part of their everyday thoughts, feelings, and actions.

This is why in John 3:5-7 Jesus stated, *Truly, truly I say to you, no one can enter the kingdom of God unless they are born of both water and of the Spirit. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not be amazed that I say to you, that you all must be born again.*

The true spiritual teachings of Christianity are simple, yet profound, and Jesus reinforced this fact when in Matthew 18:3 he said, *Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.* During that time Jesus was originally talking to his closest disciples about who was the greatest in the kingdom of heaven, and the spiritual power that was contained in the simplicity of a small child's unwavering faith.

Because young children are naturally trusting and spiritually open to experience life, many of their eternal souls still remain internally connected to the natural magic of life. Therefore most of their little hearts quickly observe and retain the full wonderment of all life experiences. This innocent state of heart and mind allows them to quickly enter into the kingdom of heaven, and have direct access to the various supernatural experiences emanating from the kingdom of God.

In Matthew 6:33, Jesus stated, *But seek first the kingdom of God and His righteousness, and all these things will be added to you.* In other words, your everyday needs will be met once you place your spiritual walk first, and seek after God's will within your life.

As a child of the living God, this scripture may be taken at its face value. It can also be interpreted to mean that when

we seek after the deeper spiritual connections with God, which are naturally inherent inside all of us (as Jesus had pointed out), we enter into the true kingdom of heaven. This divine realization allows our eternal soul to experience true freedom, released from all of the mental and emotional attachments of the world, which is of far greater value than all the world's greatest riches. Which is why in Matthew 16:26, Jesus reminded his disciples, *For what will it profit a man if he gains the whole world, but loses his soul? Or what will a man give as an exchange for his soul?*

It is often said that both heaven and hell lie equally within every person; and that they are not places, but energetic dimensional flows of consciousness that exist within one's own self. Many believe that this is what Jesus was actually referring to when he said that the kingdom of heaven is within you. Although in many religious traditions heaven is often described as being somewhere "above the earth," and hell is often described as being somewhere "below the earth," they are both simply metaphors used to describe the higher and lower spiritual states of an individual's consciousness.

For example, the emotions of happiness and joy raise the spiritual energy of the body and mind, and bring about a lighter, higher state of well being and consciousness, allowing someone to live "in heaven while on earth." Likewise the emotions of anger and sorrow restrict and lower the spiritual energy in the body and mind, and bring about feelings of pain and suffering which are darker, heavier states of consciousness, causing someone to live "in hell while on earth."

How do we know if we are truly seeking God's kingdom, and are really placing it first in our lives? To answer that question, I shall pose a second question: Where do you invest most of your life force energies?

Although God has promised to provide for his children, supplying our every need, sometimes his idea of what we need is often different from our own. In the kingdom of God everything happens for a specific reason, and nothing is ever wasted. For example, sometimes people may see sudden riches as a form of spiritual award and advancement, whereas God may choose to provide a time of poverty or great loss as a means of profound spiritual growth and priceless spiritual evolution. Therefore it is prudent to remember that in all of the trials that you may endure, God often follows these challenges with a profound gift of spiritual rebirth and a stronger restoration of your eternal soul.

It is said that because he saw the big picture and understood the end result, Jesus of Nazareth taught that our focus should be away from this world and placed on the things of God's Kingdom. Which is why his sermons were consistently based on our having trust and unconditional love for God, as well as towards each other.

In the kingdom of heaven, true compassion is not just an emotional response, but a firm commitment to be of service to others based on a conscious decision to do the right thing. This is why, a true compassionate attitude directed toward others does not change, even if the other person is behaving negatively. This was made evident when Jesus was being crucified, and in the midst of great mockery and malicious scorn (from both the religious leaders and the Roman guards) he spoke out and said, *Father forgive them, for they do not know what they are doing* (Luke 23:34).

The true kingdom of heaven spiritually and energetically expands all of creation, through infinite interactions that extend throughout the twenty-four dimensions of this local Universe (Figure 1.44). As these subtle emanations of divine light and sound continuously reach outward from our core self, the various energetic dimensions and spiritual worlds of the invisible eventually become visible to the eternal soul. This is considered to be the “Externalization of the Divine Hierarchy,” which allows all things existing within God’s great creation (or kingdom) to spiritually manifest to the children of God.

The first lesson in studying the kingdom of heaven is to know that there is a vast order existing within God’s living creation. This divine arrangement not only happens through the authority of God the Creator, but also through the myriad rulers who oversee these various dimensions. For example, within this divine hierarchy are also the different gods of the planets, constellations, and the various realms (mineral, plant, insect, and animal), as well as the various angelic realms. Also included are those gods who are categorized as unholy rulers and servitors (guardians and overseers), who also administer within these many dimensional realms, yet are under the final authority of God the Creator. This is why as Christians, when we interact with many of the divine authorities who originate from these different realms, we are often encouraged to recognize their divine power, authority, and intention, but to not become enamored and blindly intoxicated by the vastness of both the visible and invisible levels of their incredible creative abilities.

The kingdom of heaven is composed of divine light, and the life giving spiritual force of God’s sacred breath, which is externally manifested through the holy sound of God’s spoken word. When Jesus of Nazareth said “the kingdom of God is within you” (Luke 17:21), he was referring to the spiritual light of your eternal soul, which is connected to God’s radiant spirit. It is this illuminating spiritual light that consequently allows us to manifest things within the physical realm via our spoken words and projected thought intentions.

All light is energy, therefore within our body we must strive to preserve this sacred spiritual light in order to make proper use of it. Otherwise, this illuminating life force will begin to dissipate. This is why whenever we pray and ask God to spiritually “lift us up,” we are actually calling upon God’s holy light to surround, envelop, and raise our eternal souls to the higher spiritual realms of his heavenly kingdom. In this prayer, permission is being given to the spirit realm to “do whatever it takes” in order to get us there.

The kingdom of heaven is a vast treasury of radiant light, and an infinite source of energy and power. Within this powerful kingdom there are divine thought-forms, and the original functional patterns that were used to create, program, and sustain all of creation. As a Christian mystic, we are taught that the “Baptism of the Holy Spirit” (also known as the “Baptism of Spiritual Fire”) must be experienced in order to consciously awaken our innate understanding of our eternal soul’s connection to this vast treasury of light. The understanding of this important transformation process sets the foundation for the spiritual experience — and the experience sets the foundation for the change.

The baptism of spiritual fire is considered to be the sacred initiation into the gateway through which Jesus Christ



Figure 1.44. The Kingdom of Heaven expands all of creation, and extends throughout the 24 Dimensions of the Universe.

received the glorified Baptism of Light. This took place during the three-day transfiguration of his death and resurrection, following his crucifixion.

This illuminating transformation process completely changed his three bodies, and manifested the full spiritual potential of the divine nature of his eternal soul. Because of this important spiritual transformation, the gift of the Holy Spirit at Pentecost was then able to set into motion the same powerful transformation process within Jesus’ disciples; and from that time on, all followers of Christ were given the potential to truly become Christ-like in body, energy, and spirit. Because Jesus went first and set the example, we as followers of his sacred teachings are now required to *go and do likewise* (Luke 10:25-37).

As disciples of Christ, we have been sent into the world to preach the same message and to accomplish the same types of divine workings and miracles as our teacher and mentor Jesus of Nazareth. It is God’s divine light, which exists within the core of our bodies, that makes this holy calling possible.

Therefore, just like Jesus, it is essential that we jealously guard and protect our spiritual calling, and continually remain in fellowship with God so that we may be spiritually clothed in the higher garments of God’s radiant light. This spiritual transformation process is required in order to enter into the kingdom of heaven and to embody the same type of divine power as Jesus of Nazareth.

## THE ESOTERIC TEACHINGS OF THE KINGDOM OF HEAVEN

You may ask, "Why is the teaching surrounding the kingdom of heaven so important to us as Christians?" If we look deeper into the esoteric teachings surrounding the kingdom of God, we will find our answer there.

I was taught that the spiritual energy resonating from within the center core of our body can be divided into three internal channels: the Center Core Channel, the Right Channel, and the Left Channel. Each of these special channels differ in spiritual function and energetic manifestation. For example, when our original spiritual heart and mind is connected to the transforming power of God's divine will, then the radiant light of God's Holy Spirit is manifested within our eternal soul. When this special light of God energetically manifests inside our body, we suddenly experience deep illuminating states of divine bliss which can be internally expressed towards ourselves and externally demonstrated towards others. The energetic manifestations of this divine bliss is attributed to the following three stages of spiritual awareness (Figure 1.45):

- **Center Channel:** Feelings of Unconditional Love
- **Left Channel:** Feelings of Great Joy & Happiness
- **Right Channel:** Feelings of Great Gratitude & Appreciation

This blissful state of our heart and mind is the original divine nature of our eternal soul. Whenever we are feeling unconditional love, great joy and happiness, and great gratitude and appreciation for all life, we live our lives as true children of God, and exist within the true kingdom of heaven.

This divine state of mind is how we were supposed to originally live our life in the physical realm of God's creation (i.e., the Garden of Eden, Paradise), and not according to the darker emotional patterns of our ego based acquired personality. If we are currently not experiencing this divine state of heart and mind, then something is out of balance. Most often, this may mean that our mental and emotional attachments to the various troubles of life have somehow managed to sabotage our eternal soul's ability to experience unconditional love, great joy, and great appreciation for life and the people that are actively connected to it (for more information, see Chapter 37, pages 254-259).

The next question to be answered is, "if indeed the kingdom of heaven is within us, as Jesus of Nazareth preached throughout ancient Galilee, then how does this understanding effect our lives as Christians today; and how is it related to the three stages of spiritual awareness mentioned above, that are to be expressed towards ourselves and others?"

To answer these questions, let's review the four basic elements associated with the concept of a kingdom, and see how this understanding corresponds to the body's three important internal channels and their three stages of spiritual awareness.

- **The King and Territory (The Center Channel):** Your relationship with God the Creator as a sovereign ruler (King) and the primary governing agent of your life (Territory), internally corresponds to the Center Channel. This is why as Christians when we begin to reflect on our relationship with God, we should experience feelings of unconditional love in our hearts and minds.

However if our acquired personality has gone rogue, and its external ego mask has currently freed itself from its innate relationship with the King by not trusting or

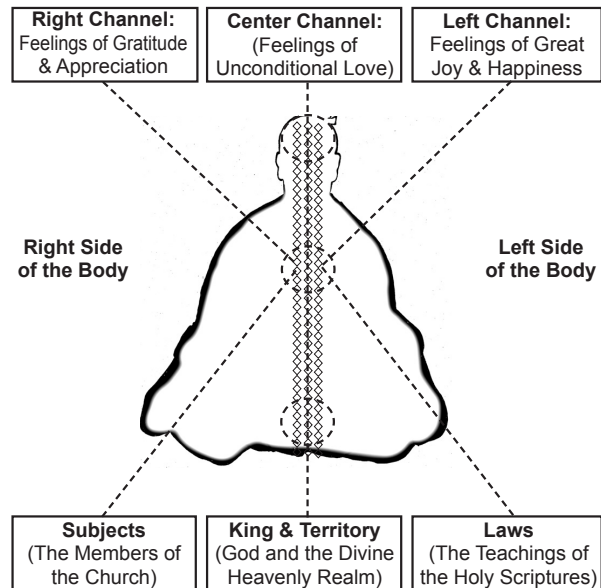


Figure 1.45. The body's three center core channels.

allowing God to become a source of unconditional support in our life, we will start to develop a subconscious need for security. This subconscious need will give birth to feelings of fear, ignorance, and pride.

- **The Laws (The Left Channel):** Your relationship with the divine laws and teachings of the sacred scriptures that govern your life (the king's territory) internally corresponds to the Left Channel. This is why as a Christian when we begin to reflect on the spiritual precepts contained within the divine laws established by the will of the King (God) and begin to observe them, it should bring us feelings of great joy and happiness.

However if we rebel against the laws of the kingdom, then we will develop a subconscious need for approval; which will cause us to look for something outside of ourselves in order to fulfill these needs (i.e., ignoring God's Holy Spirit, who is counseling and comforting our eternal soul).

- **The Subjects (Right Channel):** Your active and positive relationships with the citizens currently working and operating within that kingdom (i.e., your spiritual community) corresponds to the Right Channel, and should bring you feelings of great gratitude and great appreciation.

However if we begin to rebel against the citizens of the kingdom, we will develop a subconscious need for control; which will give birth to feelings of hate filled guilt and blame. In guilt, a person will hate himself for their problems; in blame, they will hate others for their own personal problems.

Once we see how the teachings surrounding the kingdom of heaven correspond to the spiritual growth and evolution of our eternal soul, we can also understand why it was so important that the children of God understand this spiritual truth and live their lives according to it. Without this deeper spiritual wisdom, our spiritual walks with God often become reduced to robotic scripture recitations.



### A DIFFERENT PERSPECTIVE OF HEAVEN AND HELL

It is not unusual for people to believe in the reality of heaven while rejecting the reality of hell. This rejection of the existence of “hell” can sometimes be attributed to an inaccurate assumption about what hell actually is.

In many religious and ancient folkloric traditions, hell is considered to be a place (or state) of torment and punishment, especially in the afterlife. Some religions depict hell as an eternal state of torture, while others see it as an intermediary period, often occurring between incarnations. So what is it?

In the Septuagint (the ancient translation of the Hebrew Bible into Greek), the Greek term ᾍδης (Hades) is used to translate the Hebrew term “Sheol” (Underworld), and was believed to be the abode of the dead. It is a place where all departed souls go, both the righteous and unrighteous, regardless of the moral choices made in life. Originally Hades was not a place of punishment or reward; instead it was described as being “the grave,” a neutral place located in another spiritual dimension, away from the earth and the land of the living.

In modern times, hell is frequently imagined as a burning wasteland filled with dungeons full of flaming torture chambers, where people are continuously tormented day and night. This perception of hell became popular through Dante Alighieri’s book *The Divine Comedy*, which covered three main locations: Inferno (i.e., the nine levels of hell); Purgatorio (the seven terraces of purgatory); and Paradiso (the nine spheres of heaven). The philosophy contained within this 14th century book was derived from a combination of ideas borrowed from the Bible, Roman Catholicism, and ancient mythology, as well as certain popular medieval beliefs. In his book, Dante describes the Inferno in great detail, vividly reporting the torments and agonies of hell; these descriptions however, did not come from the Bible; instead they came from Dante’s poetic imagination.

The New Testament actually gives thirteen references about “hell.” Although it states that it was originally intended for demonic beings and not for people, the Bible does not explicitly say what hell is or how exactly it functions.

Additionally, the Bible does not specifically say that there are different levels of punishment in hell; however it does seem to indicate that the time of judgment will be experienced individually. For example in Revelation 20:11–15, the people are judged according to what they had done, as “recorded in the books” (see Chapter 39, pages 288–292). Which is why throughout our lives we are encouraged to “seek the Lord while he may be found” (Isaiah 55:6). Once we die, we are all destined to face judgment based on our earthly lives, and not on anything we do after we have departed the earth (Hebrews 9:27).

In China, there is an ancient story that was traditionally used as a teaching parable. This unique story was designed to show people that it is they themselves who are personally responsible for bringing to their lives either great pleasure or suffering; and that the aspect of “living in heaven or hell” was solely based on their own internal perceptions and external behaviors. This fascinating story goes as follows:

*There once was a righteous man named Ming Shen, who lived all his life in the countryside. He was well loved throughout his entire village, and extremely active within his temple.*

*Although Ming Shen worked hard day and night for the service of others, the one thing that had perplexed him all of his life was the concept of Hell. He had always wondered how a loving God could*



Figure 1.46. Eating food in Hell.

*make such a horrible place for “his children.” As much as he tried, Ming Shen could not come to terms with this horrible concept.*

*One night while Ming Shen was peacefully dreaming, a Celestial Messenger came to visit him. This powerful spirit had been personally dispatched by the Jade Emperor (God of Heaven), and had been ordered to give the faithful servant Ming Shen a personal tour of both Heaven and Hell.*

*Ming Shen felt honored at such a gift, and as he stood next to the Celestial Messenger immediately a radiant mist covered them both and they descended into the inner depths of Hell. Expecting Hell to be a terrible, frightening place, Ming Shen was amazed to find thousands of people seated around a very large, beautiful, banquet table. The exotic table was piled amazingly high with every delicious food you could think of.*

*All of the fine, succulent foods were positioned in the middle of the table; and everything looked and smelled delicious. At each place setting, there was a set of very long (five-foot) chopsticks, with which each person could easily reach the succulent foods located at the center of the table. Although everything looked and smelled wonderful, the enormous chopsticks were too long for the people to be able to place the succulent foods inside their mouths (Figure 1.46).*

*Because no one could even take a bite of these wonderful foods, all of the skinny people sat around the table wailing and cursing, angry and starving. As Ming Shen observed their plight, he thought to himself, “how horrible!”*

*Then, with a wave of his hand, a radiant mist suddenly filled the air and the Celestial Messenger immediately transported Ming Shen up into the inner-most realm of Heaven.*

*To his great surprise, Ming Shen found the exact same situation as he had seen in Hell. Many people were gathered around a beautiful banquet table, piled high with succulent foods; and all of the diners also held a pair of five-foot-long chopsticks in their hands.*

*In Heaven however, everyone was fat and happy, and all were laughing as they sat about eating all of the delicious, succulent foods. You see, all of the residents sitting at the banquet table in Heaven were using their five-foot-long chopsticks to share the food by feeding each other.*

*Suddenly Ming Shen awoke from his dream, and understood the true concept of Heaven and Hell. He immediately arose from his bed and went to the temple. There, Ming Shen offered incense to the Jade Emperor for his great wisdom, and for the important lessons that he had learned that night in his vision.*

After hearing this unique story the listener is left with the understanding that everything in life is about perspective; and that it is “you” who actually brings the value to the experience; which can always be positively manifested through serving others instead of seeking to serve one’s self. In other words, you can live in either heaven or hell on earth, according to your specific actions and attitude.

## CHAPTER 8. EXPERIENCING AN AWAKENING

As an individual continues to hunger and thirst after the righteousness of God, eventually his or her heart and mind will experience a sudden awakening; and their consciousness will naturally unfold to the true spiritual knowledge and wisdom contained within their eternal soul (Figure 1.47).

Although these deeper understandings of divine truths are available to everyone, these powerful spiritual insights are most often hidden from people who continually focus on energetically feeding the external ego masks that are part of their defensive boundary systems. This action tends to veil or even stop a person from being aware of any true spiritual wisdom.

Sometimes known as “Uncovering the Divine Spark,” when the spiritual connection to God begins to manifest itself deep within the heart and mind of a person, certain things start drastically changing, and a deep yearning for the knowledge and understanding of the true meaning of life emerges.

Once the spiritual connection to the eternal soul is awakened and a search for the true meaning of life begins, a person will find it difficult to return back to their old patterns or their previous ways of thinking. This is because this special spiritually awakened awareness allows a person to see through the various masks and veils of illusion. Instead of the individual succumbing to the past disappointments and delusions of life, the true way that things actually are is now revealed to their awakened spirit.

From this moment on, their heart is filled with a deep longing that will not allow them to linger in the lower realms of complacency or mediocrity. Instead, the quest for finding answers drives them forward—towards newer approaches in seeking to uncover answers and discover true spiritual resolutions.

This state of spiritual awakening often occurs when there is a realization of the connection existing between a person’s heart and the divine spark of their eternal soul. This divine spark is a part of the sacred flame (i.e., the indwelling spiritual light of God) that resides within the center of everyone, and is considered to be eternal, indestructible, and immortal.

Many Christian mystics believe that true spiritual enlightenment is the continuous realization that our eternal souls will never die, because we are all spiritually fused as a part of God’s divine Breath of Life. This comes from a deeper knowing that our eternal soul is beyond body and mind, and is forever connected to the eternal light of God.

After experiencing such a spiritual awakening, a Christian continues to grow as a child of God, and learns to trust and surrender their heart and mind to this important new awareness. Their spirit begins to discover a place of quiet inner-peace, located deep within the center of their being. The more they choose to surrender their attachments towards trying to force and mold their life, the faster they can awaken to the divine being that they are called to be. The longer they can abide in this divine quiescent state without distraction, the faster they will be able to spiritually awaken to God’s most radiant design for their lives.

Within this special quiescent place, a person may naturally find the inner-peace required for manifesting a rich meaningful life, full of radiant clarity, unconditional love, and abundant bliss. It is said that this was the spiritual state that the Apostle Paul was referring to when he wrote in Philippians 4:7, *the peace of God, which passeth all understanding.*



Figure 1.47. The spiritual “awakening” of the eternal soul.

The ancient Gnostic Christians believed that in a spiritual awakening, the new converts would progress through three phases of transformation, described as follows:

**1. The Spiritual Awakening (Stage #1):** This first phase describes the opening of a person’s heart and mind to their divine nature, which alters the way in which they perceive and experience the world. At this time in their life, the acceptance of having new eyes to see becomes rooted within the person’s thoughts, emotions, and beliefs, and sets into motion the correct vibrational fields needed for accessing their higher consciousness.

In this stage, the person discovers that they do not want to return back to their previously limited way of thinking. Now they begin a quest to find answers to their previously unanswered questions surrounding the meaning of life. This spiritual awakening can be described by the following internal realizations:

- A feeling that something has shifted and changed inside of you, and that you now have a higher sense of the true purpose of your life.
  - A heightened sensory awareness, and an increased dimensional perception (see Chapter 36, pages 231-232).
  - A heightened sensitivity and a feeling of a deeper connection to the energetic movements of the heavens (i.e., the sun, moon, planets, and star constellations), the earth (the energies existing within all of nature), and with all of humanity.
- 2. Entering Into The Inner-Sanctuary (Stage #2):** This second stage is about gaining an elevated spiritual ability which enables you to perceive all things with a greater clarity. In this stage, the person now receives information on a multidimensional level (see Chapter 36, pages 231-232), and is better able to access and understand the inner core of their being. This new insightful perception sets into motion a deeper understanding and intuitive experiencing of the subtle yet profound interconnections of their eternal soul with everything else in the Universe. At this point in the person’s spiritual development, they accept responsibility for all of their words and actions.

This second phase of spiritual awakening can be described by the following realizations and spiritual transformations:

- The person has an awareness of their old negative habits; and their thoughts now turn inward towards deeper self-reflection and personal evaluation.
  - The person no longer feels comfortable around their old friends and associates. They feel the need to be alone, or to be with others more in harmony with who they have now become.
  - The person now takes responsibility for their life and becomes accountable for all of their actions and non-actions.
  - The person is now communing with the spirit of God through a deep, more loving heart and mind connection.
  - The person is more aware of the sadness and suffering in the world. They feel a deep compassion and a strong desire to make the world a better place for all beings.
- 3. Accessing the Realm of God (Stage # 3):** This third phase describes the person's ability to access their core spirit, and allows them to begin reprogramming the old imprinted emotions of their heart. This sets into motion the person's spiritual transformation with their true Higher-Self (eternal soul), and gives birth to various paranormal, miraculous, mystical, and supernatural experiences.

This third phase can be described through the following realizations:

- The awareness of the life force energy existing within their body, as well as within the surrounding environment.
- The ability to access hidden knowledge contained within all energetic forms and patterns.
- The ability to transcend space and time, and energetically perceive things as they truly are and understand their divine design and function.

#### UNDERSTANDING SPIRITUAL ENLIGHTENMENT

Our perceived negative experiences tend to separate our heart and mind from God, and can sometimes disconnect our survival based ego from the divine spiritual nature of our eternal soul. Once this type of disconnected pattern becomes habitual, it often creates the illusion within our spirit that we are no longer connected to God, and that we are currently all alone in the world. Even with the company of close friends, without this spiritual connection inside our lives, anyone can feel empty and alone.

Without a divine spiritual connection, everything in life seems to be based on survival, even in the way that we plan our lives, the way we work, and how we interact with our friends and family. Too often the spiritual practice that people choose is based on the assumption that having a connection with this priest, church, or religion will save their empty souls. Other times people will act out their lives, not from any religious or spiritual beliefs, but on the assumption that there is only one meaningful reality: one composed of obtaining personal power based on acquiring wealth, fame, and feeding their carnal lust. Although many may become successful, rich, respected, and even famous, none of these things will ever fill the void of living a soulless life. Which is why in Matthew 16:26, Jesus told his disciples, *For what will it profit a man if he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul?*

Even if a person is deeply entrenched in various religious dogmas and/or the fundamentalist teachings of their church, eventually their eternal soul will cry out for more. The internal hunger for knowing God, and the need for living a life built on having a true relationship with the Almighty Creator will eventually come to the surface.

During this time in a person's life, they may start to doubt, question, and internally sense that something is wrong. In many cases, there is a strong desire to receive more from life than what they had previously been seeing, hearing, and experiencing. At this point in their lives, many people begin to feel completely lost and deeply alone.

In these times of spiritual crisis, many Christians often have no one outside of the church with whom to confide in, and often even their own families do not understand what they are experiencing. As a result, many feel so anxious, alienated, and suffocated with loneliness that they become depressed, moody, and downright angry. Throughout this time of spiritual transition many begin to question the things that they were previously taught, and they begin to rebel against all forms of authority figures.

It is at this bleak state in life that something often happens which sets into motion a profound spiritual awakening. This is why it is often said that a spiritual awakening is the result of the eternal soul crying out for a true reconnection with God.

In these times of internal turmoil, once a person manages to untangle themselves from these overwhelming feelings, they will often experience a deep realization of their innate inner-connection to God. As this happens, the awakened soul remembers that it has always been one with God, and has always been spiritually connected to the true radiant source of its creation.

As difficult as it may be to accept, all experiences of suffering are created by the mind's lack of true self-awareness, especially its lack of awareness about its innate spiritual connection with God. Once a person can spiritually awaken and remember his or her true spiritual evolution, their heart and mind can quickly reclaim its birthright, and return back into fellowship with God and his radiant spirit.

Each new awakening we experience further moves our eternal soul and acquired mind into newer realms of spiritual discovery. Remember, a spiritual awakening is the eternal soul's re-connection with the divine, which brings about the ultimate understanding that your eternal soul and the radiant light of God are one and the same. From this most important realization your true self arises to help your heart and mind heal old wounds, and move your spirit back into alignment with God. This dynamic shift in heart and mind, directs you towards your truest way of expressing yourself and living your life as a radiant child of God.

There is no special way in which a person will experience a spiritual awakening. Each person's individual awakened state may contain various types of experiences and different levels of awareness. However, there are certain things that often occur when an individual experiences an awakening. For example, the awakening occurs in a sudden, penetrating moment, where something is seen, said, and then realized. Other times there is a lot of energy released during the awakening, which is often seen as an important hallmark in a person's life. Sometimes a spiritual awakening is less dramatic, yet it is still seen as a profound moment of clarity about something, or some aspect of one's self. And occasionally a spiritual awakening can be seen as a kind of collapse, wherein the person finally lets go of something, and the truth surrounding the matter is ultimately revealed.



## CHAPTER 9. WHAT IS BEING BORN AGAIN?

The term “Born Again” as used by many Christians, refers to the new beginnings that exist between someone’s heart and mind and the holy spirit of God once they experience a spiritual Awakening. In other words, after an individual has become born again, they are considered to be spiritually “alive,” with their eternal soul awakened and actively functioning within the spirit realm, while still existing within the physical realm.

In the New Testament (John 3:1-3), the Pharisee Nicodemus came to Jesus at night and said, *Rabbi, we know that you are a teacher sent from God; for no man can do these miracles that you are doing unless God is with him. Jesus answered, saying to him, Truly, truly I say to you, if a man is not born again [reborn from above — and spiritually transformed], he cannot see the kingdom of God.*

The reason this “born from above” experience is so important, is that it allows a person’s eternal soul to reconnect itself with its true spiritual roots located within the heavenly realm. This sacred connection, which exists between the divine spark of life abiding within our eternal soul and the radiant light of God Almighty, is one reason why the Apostle Paul wrote in Romans 8:16: *The Spirit [of God] itself bears witness with our spirit that we are God’s children.*

In John 3:5, while still conversing with the Pharisee Nicodemus, Jesus said to him: *Most truly I say to you, unless a man is born from water and spirit, he cannot enter into the kingdom of God.* Although this statement refers to the Baptism of Water and the Baptism of Fire (the Holy Spirit), there is much more involved in experiencing as well as embodying this spiritual transformation than normally spoken about in church. For someone to be truly born again, first they must pass through three levels of spiritual transformation: Death, Burial, and Resurrection. These three stages are described as follows.

- **Death:** The first level of this process of spiritual transformation begins when the heart and mind of an individual is unsettled and becomes grieved because of certain previous thoughts and actions. In this state of accountability, there grows a deep longing inside the heart to make things right and find peace.

Once a person is truly sorry for their past actions and “repents” (i.e., turns away from previous actions — and resolves to reform and go in a new direction), they may consciously choose to release all attachments to these past actions and spiritually “die” to these old patterns. This is accomplished by first confessing them and willingly renouncing these previous deeds. The famous Swiss psychiatrist Carl Jung once wrote: “There is no coming to consciousness without pain. People will do anything, no matter how absurd, in order to avoid facing their own soul. One does not become enlightened by imagining figures of light, but by making the darkness conscious.”

- **Burial:** Once the decision has been made to forever leave the spiritually unproductive actions of the past, the individual’s old nature is then buried and laid to rest.
- **Resurrection:** Right after that, the individual rededicates and recommitments their new life and new actions to God’s holy will, and vows to live from that time on according to God’s divine plan for their life. From that moment on, the individual’s heart and mind is born again into new ways of thinking, feeling, and acting.

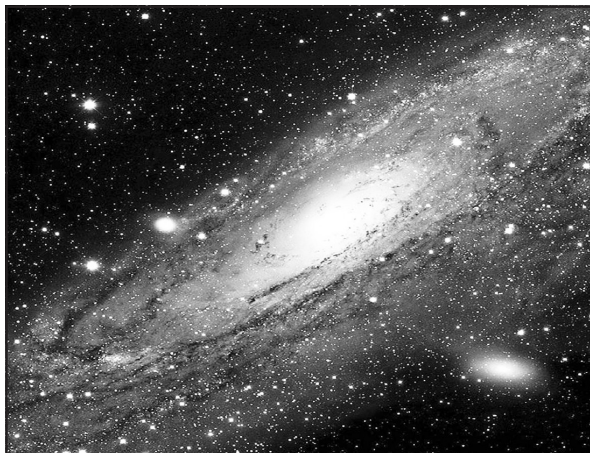


Figure 1.48. I found myself floating amongst the stars and planets.

Many modern day Christian theologians believe that Jesus of Nazareth used the rebirth analogy found in John 3:3-5 to emphasize the importance of going through this type of spiritual transformation, especially when moving someone’s heart and mind into a new life. The idea of having a new beginning offers a person hope, and when this belief is followed by the gift of forgiveness and restoration, it allows that person to experience great relief, joy, and appreciation for their new life. In other words, this “born from above” approach allows each person’s soul to mentally, emotionally, and spiritually disconnect from their old acquired ego identity, and instead experience a new beginning as a completely different spiritually transformed person.

### WHAT HAPPENS DURING THE BORN AGAIN PROCESS

Now let us explore what happens to our body, mind, and spirit during the process of being born again. When encountering any type of true spiritual awakening, many individuals will naturally experience certain physical, mental, and emotional transformations. Sometimes these spiritual experiences can result in simple changes in attitudes and beliefs; other times the reactions can actually be quite dramatic.

For example, when I became a born again Christian at age eighteen, I was at a Pentecostal Church in Monterey, California. At that time the spiritual awakening that I experienced was not only life-transforming, but the mystical experience was quite incredible. After spending several minutes struggling with the specific words my sponsor wanted me to say, I finally quieted my heart and mind. I then became serious in my prayer and apologized to God for my previous attitude and conduct, and ended the prayer with something like, “and in your own timing oh Lord, please fill me with your most Holy Spirit.”

Suddenly I felt a huge surge of energy shoot through my entire body, and immediately felt as if I was traveling through space. The next thing I knew, I was unexpectedly suspended above the solar system, floating amongst all of the various stars and planets of our Milky Way Galaxy (Figure 1.48).

After hovering there for about five seconds, I suddenly felt another powerful surge of energy and my spirit immediately descended from the heavens, rushing back into the center of my body. When I opened my eyes, I found myself standing in the center of the room with my arms wide open, radiating light, and speaking in some kind of unintelligible language (i.e., “speaking in tongues”).

For the first time in a very long time I was feeling truly happy. Because at that time in my life I did not cry, the tears of joy flowing down my cheeks felt strange.

This spiritual transformation was so profound that I wanted to share it with everyone. So the next day at school, because I was so happy, I decided to explain what had happened to all of my friends. Needless to say by the end of that first week I no longer had any of my old friends as companions.

Right after that my life transformed into something new, and I threw myself into reading the Bible and going to Christian worship services several times a week. One day, the “voice of God” started speaking to me from inside my mind, answering questions and teaching me things. Because I thought that this was really strange, I asked my sister and her Christian friends if this was normal. After listening to me, they all explained that this was the inner-voice of the Holy Spirit, sometimes known as “the Comforter,” and that throughout my life I would continue to hear its guiding voice as long as I continued to walk as a child of God. They then informed me that because this inner voice is responsible for guiding me on my spiritual path, I should only worry if this divine teacher suddenly stopped speaking to me.

I then learned that while living my life as a child of God I would continue to have these special death, burial, and rebirth experiences as long as my eternal soul continued to awaken and spiritually evolve towards a deeper walk with God. Some of these spiritual transformations could be described as experiencing a mini-death: other transformations however could be quite powerful and extremely painful. For example, I remember many years later, one of my kungfu teachers placing me through a special meditation that was designed to “peel the onion,” and remove all of the acquired masks that surround the true nature of my eternal soul (see Chapter 37, pages 249-250).

In this exercise, my teacher moved two kitchen chairs together so they faced each other in the middle of the living room. Next he looked at me and said, “Please sit down.”

After I sat down, my teacher sat directly across from me. Next he connected to God through prayer, and then he extended this divine energy around my body, enveloping the both of us inside a powerful energy bubble. He then looked me in the eyes, and his face suddenly lost all emotional expression. In an extremely serious tone of voice he asked, “Who are you?”

I immediately became quite uncomfortable and quickly answered, “It’s me Jerry.” He then responded with the same direct focused intention, “That’s your name, Who are you?” I panicked and quickly answered, “I’m a Christian!” He then responded, “That’s your faith, Who are you?”

He continued to “peel the onion,” and repeatedly removed my various ego masks and survival based identities by relentlessly asking me “Who are you?” During this experience, his face changed into the image of my father. The energy surrounding us continued to transform, shifting and changing the further he unraveled my external masks, and uncovered the various energies that were attached to my previously acquired personality.

This exercise lasted for what seemed to be several hours. Then suddenly everything went bright white. Slowly both my eyes and mouth opened wide, and I could no longer see or hear my teacher. Instead, I suddenly found myself submerged and surrounded in an extremely bright field of illuminating white light.

As I was basking within this profound radiant bliss, my teacher observed the spiritual light that was suddenly shining

from my eyes and my body and he shouted out loud, “THAT IS WHO YOU ARE! WELCOME BACK!”

I suddenly understood what the Daoist Master Laozi meant when he wrote in Chapter 1 of the *Daodejing* (The Way and Its Power): *The Way that can be spoken of is not the Eternal Way; the Name that can be Named is not the Eternal Name; for the Nameless is the origin of all Heaven and Earth.*

I then realized that this type of deep spiritual transformation is truly beyond words, and must first be experienced before it can be embodied. Right after that incredible experience, I was thoroughly drenched in sweat from the long hours of interrogation, and the unraveling of my external masks. I was also in a profound state of mental and emotional shock. Yet my eternal soul was now consciously lucid and perceiving as never before. My mind was also clear and fully awake—but at the same time it felt as if I were inside a dream.

My teacher and I only spoke a little after that, although I wholeheartedly thanked him for the life transforming experience. It took some time for me to regain my composure, then I left his apartment and proceeded to drive home. In the car, realizing how far we had removed the false ego personality that had covered my eternal soul, I broke down and cried. I now understood how and why I had acquired the external masks that I used to survive in the physical realm; yet simultaneously understood all of the true living that I had missed in this life simply because I was so busy trying to guard and protect myself. This was a profound introduction to a deeper spiritual awakening of my eternal soul’s true self.

For the ancient Christians, these types of mini-deaths and dramatic awakenings were considered to be a natural part of the spiritual transformation process of being born again. These dramatic shifts in self awareness were considered to be the healthy releases of new spiritual awakenings (i.e., the deaths of the acquired ego-mask personality, and the rebirths of a deeper spiritual awareness connected to the eternal soul).

Most religious practices speak of the important need for experiencing this type of death and rebirth, and often note that it is an essential part of a person’s spiritual evolution, required to prevent spiritual stagnation. However the actual experiencing of these forms of death and rebirth can be extremely devastating to those who are unfamiliar with such deep personal spiritual transformations. Nevertheless it is exactly this kind of death-rebirth and spiritual awakening experience that should be considered a natural part of each Christian’s walk with God. This is because, this type of awakening is also a necessary part of the spiritual journey that allows us to unveil our divine gifts and uncover our innate intuitive abilities.

When I started to have these spiritual deaths and rebirths, I expressed my concerns to my teacher over what I was experiencing. He then mentioned that he expected me to undergo three main deaths. After that, everything would be all right.

Yet as I continued in this spiritual training, I became overwhelmed with feelings of anger, rejection, betrayal, abandonment, and loneliness, and finally feelings of utter devastation. I then experienced the “death state” — (called by some, “the dark night of the soul”) — when nothing mattered anymore. During this transition time, the things that I once valued and held as important no longer kept my interest. All interactions with people, places, and things seemed dull, and there was no attachment or appreciation to flavors, sounds, colors, smells,

and fragrances. Although this major death was “spiritual” (i.e., internally related to my heart and mind), it had a strong effect on my physical body, making me feel weak and tired.

With each major death experience, I felt as if I were falling down a dark tunnel. I was told that with each major spiritual death and rebirth occurrence an individual would experience different sensations that mirrored the original trauma of their biological birth. These experiences were primarily due to the physical, energetic, and spiritual connections that each of us had as we left our mother’s womb and entered the outside world. Although these experiences are normal, they can sometimes be quite disturbing and even frightening if not talked about.

However as these major death experiences kept happening for me, the spiritual rebirthing process stopped being my dark night of the soul and grew to be incredibly liberating. It was during these times of readjustment, that all of my senses became supercharged. Now I became able to feel and perceive sounds, colors, fragrances, and flavors with more detail and awareness than ever before. I could also feel the thoughts and intentions of other people. This helped me to be more compassionate and understanding when I was interacting with them.

After my third major death transition, I assumed that all of these experiences were finally over. I expressed my great relief to my teacher, informing him how I believed that I had finally completed this part of my training. He then smiled, shook his head, and explained that each death was important for me to experience so that I could gain a deeper degree of spiritual awakening and intuitive perception. He then told me that these spiritual deaths and rebirths would continue until I crossed-over (i.e. died), and my eternal soul left this physical realm.

My teacher then said that because I had experienced three major deaths and rebirths, now I should be able to recognize whenever they were about to happen. This would give me enough time to ground myself in a secure environment, enabling me to more easily experience them without adversely affecting those individuals whom I love, value, and live with.

Without a deep understanding of these patterns of spiritual death and rebirth, a person may miss the opportunity to make quantum leaps in their personal spiritual growth. But all too often instead of embracing this time of change, many people instead try to shut down and close their hearts and minds to the experience. However, once they understand that these transformational stages are necessary for spiritual growth, they hopefully will be able to establish a spiritual support system with close friends they trust. This will allow these changes to occur safely, without them lashing out and hurting the ones they love.

#### THE DEATH OF THE BOUNDARY SYSTEM

Each born again spiritual death and rebirth includes the dissolution of a person’s boundary systems. In order to understand this, imagine that each level of our boundary system is constructed like a four-sided box, containing extremely sharp teeth. Each tooth represents a certain belief that is responsible for maintaining a part of the person’s physical, mental, emotional, and spiritual boundaries. Because each side of the box has its own particular row of teeth, each row collectively represents the entire pain threshold of that particular boundary system, and energetically functions as follows (Figure 1.49):

- **The Physical Boundary System:** If overloaded, the person becomes physically weak and tired; they also become withdrawn and angry, followed by depression.

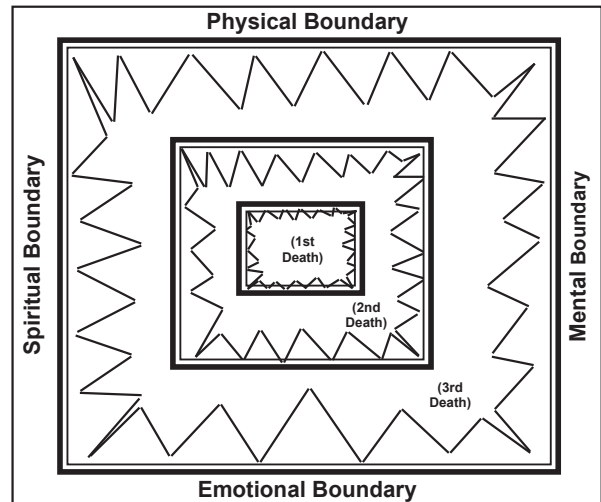


Figure 1.49. Each spiritual “Death and Rebirth” represents the dissolution and rebuilding of a new boundary system.

- **The Mental Boundary System:** If overloaded, the person becomes intellectually taxed. Their speaking and articulation skills regress, and they can become mentally non-responsive (i.e., information overload).
- **The Emotional Boundary System:** If overloaded, the person becomes emotionally uncontrollable, suddenly crying, screaming, pouting, shouting, etc.
- **The Spiritual Boundary System:** If overloaded, the person becomes disassociated with their surrounding environment. Then enter into a dream-like state of disorientation, and become unable to function successfully in the world.

Each spiritual death allows the box containing the individual’s previous four boundary systems to dissolve. During the rebirthing process, the additional energy that was gathered from healing the wounds of the past creates a new set of beliefs, which allows for a bigger, more expansive, and spiritually healthy personal boundary system to become constructed and established. This new transformation occurs because the energy that was used to support the previous belief system (i.e., the old box), has been minimized, and then discarded (died). This allows the recently transformed new energy (the new box) to become internalized and express itself through stronger physical endurance, clearer mental reasoning, greater emotional control, and more expansive spiritual perceptions and insights.

With each born again death and rebirth, the individual’s boundary system expands. However, the size of the teeth on all four sides of the new box have now grown even larger than before, and therefore will cut deeper. At each new rebirth, something that would have once easily upset the person will no longer upset them, and they are able to overcome their feelings of hurt and pain much faster. However, each time they do become upset, the feelings and experiences that hurt them now cut deeper into their unresolved core issues.

After each death and rebirth, a person’s psychic perceptions and abilities will not only increase, but they will also become more aware of their own divine calling, and have a greater understanding that their eternal soul simply exists as a guest who is currently visiting the physical realm.



## CHAPTER 10. THE BODY OF LIGHT

Dating as far back as the early 1st century A.D., there was said to have existed certain mystical Gnostic Christian teachings that focused on developing the “Body of Light” (often referred to as the “Garment of Light”). Yet there is a lack of information detailing the specific stages and the methods that were originally used for obtaining this higher spiritual manifestation within the ancient Gnostic texts existing from those time periods. However, extensive documentation and theory surrounding the Body of Light training can still be found in ancient Chinese, Mongolian, Tibetan, and Indian literature, which date this ancient spiritual practice centuries before it was mentioned in any of the early Gnostic Christian texts.

The Body of Light training infuses the eternal soul with a spiritual force so powerful that eventually an individual’s physical body is dematerialized into bright radiant light. The Old Testament man of God Enoch (Genesis 5:24) represents an example of this type of divine dematerialization. In the New Testament, the physical transfiguration of Jesus (Matthew 17:1–8, Mark 9:2–8, and Luke 9:28–36), as well as the ascension of Jesus on the Mount of Olives (Luke 24:50–51, and Acts 1:9–11) also represent examples of the manifested power of the Body of Light.

It is important to remember that Christianity is technically a Abrahamic religion. After its adoption as the state church of the Roman Empire in the late 4th century, it was later categorized as a Western religion. Although the majority of Eastern religions still maintain the sacred teachings and esoteric trainings required for a seeker to obtain an elevated spiritual state associated with the Body of Light, little information now remains in the Western Orthodox religions about this important process of holy spiritual transformation.

According to most Eastern mystical traditions, the Body of Light phenomena occurs when the perfection of an individual’s three bodies is accomplished (see Chapter 36). Next, all these energetic vehicles are spiritually transformed beyond their normal manifestations, which is usually achieved only through special meditational practices. Allow me to take a moment to explain why this process of transformation is so important for us as Christians.

### THE FALL OF MAN

According to Christian legend, after God created the angels, the elementals, and the universe, he deposited the divine spark of his most sacred radiant light into man. This divine gift was passed down to all future generations, and is manifested within all humanity as one of the most important sacred aspects of mankind’s existence, namely our eternal soul.

Because of bad choices, that sacred part of man’s spiritual consciousness which was originally destined to grow into the full realization of “godhood,” eventually fell away from its divine unity with the Almighty Creator. The first spiritual descent from this sacred union is often known as “the Fall of Man,” which was said to have occurred in the Garden of Eden.

When studying what was said to have occurred within the Garden of Eden, according to one of the greatest theologians and biblical scholars of the early Christian church Origen Adamantius, “These passages, by means of seeming history, though the incidents never occurred, figuratively reveal certain mysteries.”

In other words, it seems obvious that God did not get mad at the human race because someone ate a piece of fruit

in Armenia 6,000 years ago. However, this should not blind us to the hidden truth that is revealed within the story of the Garden of Eden. The “fruit” that was forbidden to eat was from the Tree of the Knowledge of Good and Evil.

In Genesis 2:15-17, God warns Adam not to eat from that tree for, *in the day that you eat of it you shall surely die*. Then in Genesis 3:4-5, the serpent says to the woman, *You shall not die; for God knows that in the day you eat of it, your eyes shall be opened, and you shall be like gods, knowing good and evil*.

So who is telling the truth? Most people assume that God is right and that the serpent is lying. However as you continue to read the story, when Adam and Eve eat of the fruit their eyes are in fact opened, and for the first time in their lives they suddenly know that they are naked.

Right after that, God becomes upset at both of them for their disobedience, and severe punishment is merited out to the insubordinate couple; they are also removed from the Garden of Eden. However, they did not physically die. So was God, the creator of the Universe lying?

A closer look at the story reveals the fact that both God and the serpent spoke the truth. God spoke of a spiritual death that would occur because of conscious disobedience, whereas the serpent spoke in reference to a physical death not occurring, and the empowering of the ego. The true consequence of their rebellion was an inversion of the original relationship between God and man that God had originally created.

Adam and Eve were placed in the Garden of Eden to tend to it, and to enjoy the peace, safety, and bounty that it offered. This is the true condition that the eternal soul is meant to enjoy, and the reason why it thrives in this elevated spiritual state, where all of nature and the world naturally conforms in harmony to its various life force manifestations. This is why God granted Adam and Eve dominion over all the fish, birds, and animals while they were in the Garden of Eden, and is part of the secret teaching surrounding the Garden of Eden story.

Another part of this teaching is that the Fall of Man was a descent into life as we know today; with its constant competitive quests for power, continual bickering and fighting, obsessive needs, wants, and passions, and various distractions.

In its original state, the eternal soul resided within the kingdom of heaven, as the rightful ruler of human life. However after the Fall, the spirit of man descended into the physical realm, and he internally understood that he was no longer in control, and that the world was now his ruler.

These survival-based instincts often leave a person feeling helpless, and continually at the mercy of the more aggressive and deceptive wants and desires of others. This is the “death” that God originally warned Adam about, and the true fallen state which we often experience every day of our lives.

The Garden of Eden was not a place located somewhere on earth. Instead the true Garden of Delight (Eden means Delight), exists on a spiritual plane, quite different from the physical realm as we know it. The physical world that we were raised in is sometimes known as the “realm of form,” and is seen by many Christian mystics as being a “realm of illusion” and a “world of imagination.”

The symbols of the Tree of Life and the Tree of Knowledge of Good and Evil are universal symbols, used to express esoteric spiritual teachings. For example, the Tree of Life is the spiritual representation of the different dimensions of the

various realms of the world; which for all of its multiple extensions and individual associations still has one master, God.

The Tree of Knowledge of Good and Evil however is the opposite of the Tree of Life. It represents a sense of separation and polarity. In other words, we only know “good” by comparing it to “evil.” Therefore the true awareness of an underlying unity existing within all of creation has been lost.

This higher spiritual understanding is why the Bible states that when Adam and Eve ate from the Tree of Knowledge of Good and Evil, they were quickly removed from the Garden of Eden. The concern was that they would, *put forth their hands and also partake of the Tree of Life* (Genesis 3:22-24), which would cause them to forever live in a state of spiritual separation and division. Thus the Fall of Man is not so much a matter of inherited guilt or original sin, but instead a decision that the human race has made to know both good and evil, something most everyone of us experiences everyday.

### THE CREATION OF THE THREE BARRIERS

The true spiritual meaning of the Fall of Man may be taught according to three important stages, which resulted in the creation of three spiritual veils. Each of these veils is associated with a specific level of spiritual evolution, which must be addressed when progressing toward the Almighty Creator. Because each individual is at different stages in their own spiritual walk, their eternal soul’s progression through each of these three veils is often quite unique.

When seeking to comprehend this ancient teaching, understand that the spirit body has access to three levels of consciousness. Each of these three levels must be shed when progressing beyond the stage of death and rebirth, to rise through to the next spiritual veil. Because each level of spiritual transformation will introduce a person to a different aspect of spiritual growth, let us take a closer look into these different veils.

- 1. The Creation of the First Spiritual Veil:** Right after The Fall, in order to prevent the divine spark of the eternal soul from prematurely reuniting with God (at least until it has had time to spiritually cleanse and purify itself), a spiritual barrier was immediately constructed. This spiritual barrier is often known in many esoteric Christian traditions as “The Abyss,” and is considered to be the first appearance of the Veil of Time and Space, as well as the Gate of Life and Death (Figure 1.50).

The reason why this first spiritual veil is also known as the Gate of Life and Death, is because very few people can spiritually pierce through it except during times of near death experiences, out of body experiences, or during the actual time of their physical death.

In Christian mysticism, the Fall of Man is seen as the first entrance into the dimension of time, with the serpent in the garden representing the ancient Egyptian symbol known as the Ouroboros (tail-eater), which alludes to the idea that time progresses in endless patterns of repeated cycles (Figure 1.51). In Egyptian mythology, the Ouroboros represents the formless disorder that surrounds the orderly world, and is associated with the beginning and the ending of time.

Therefore the icon of the serpent in the story of the Fall of Man represents illusion, and the energetic force that pulls the mind away from its own spiritual truth by ensnaring it in fantasy and desire. This deceptive illusion causes our experience of time to become a self-perpetuat-

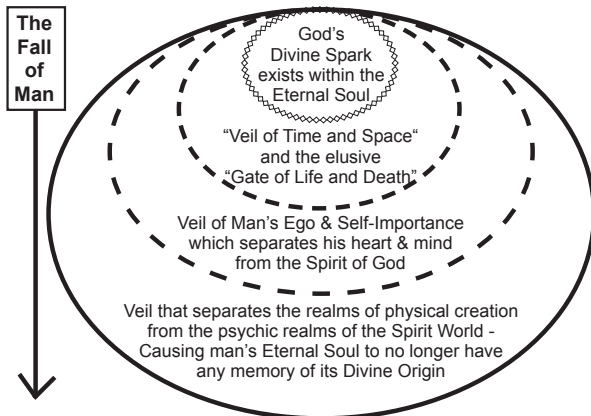


Figure 1.50. The three stage process of “The Fall of Man.”

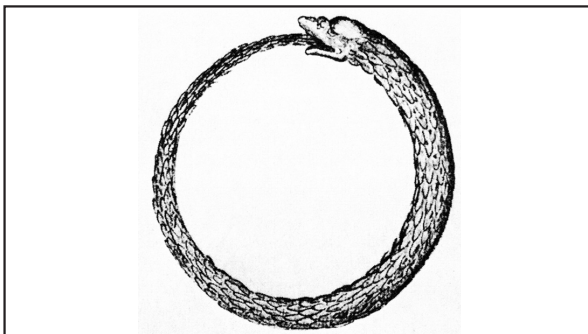


Figure 1.51. The Ouroboros (Tail-Eater) representing endless time

ing ring, which traps our hearts and minds in the realm of form and fantasy.

One’s relationship to time and space are experienced differently in the higher spiritual realms. That is why certain myths and legends often are introduced in order to help us gain a small glimpse of these higher realities. This method of teaching enables the listener to receive such higher spiritual truths according to their present level of understanding. From an esoteric perspective, learning is not so much a matter of assimilating factual information as it is opening up a person’s spirit so that they might experience higher truths. In this way, the individual’s spirit is given a chance to remember something that has been buried deep within the spiritual matrix of their eternal soul.

- 2. The Creation of the Second Spiritual Veil:** As the descent into the physical realm continued, the divine spark, now existing as a human soul, experienced ever sinking levels of deviant polarization, and became even further removed from its original relationship with God’s divine consciousness. This deeper separation further transformed man’s heart and mind for the worse. Within his now corrupted heart and mind, his sense of self-importance grew ever larger; man now became his own god, and his survival based ego-mind created an additional spiritual barrier. This second barrier manifested through the development of a second spiritual veil, which overshadowed and further separated his now self-entitled heart and mind even farther away from God.
- 3. The Creation of the Third Spiritual Veil:** Through man’s distraction with obtaining fame, wealth, and power, a third

spiritual barrier was eventually developed that separated his awareness of the energetic realms of the physical world from the psychic realms of the spirit world. Once this third barrier was established, man's heart and mind no longer had any memory of his eternal soul's divine origin, or its innate spiritual connection to the various life forms existing within all of nature. Thereafter, his heart and mind began to hunger and thirst after different things based on obtaining security, brought about through receiving various forms of approval, power, and control over others.

In understanding the eternal soul's descent into the physical realm, you may now understand why the esoteric teachings surrounding the spiritual construction of the Body of Light was so important to the ancient Christian mystics. You may also be awoken to the fact that this spiritual transformational process was additionally one of the reasons why it was so important to learn about the spiritual consequences of being accountable for all of our thoughts, words, and actions.

As a born again Christian, our main goal in this short lifetime is to focus on awakening and rebuilding our eternal soul's original connection to our three Bodies of Light. This can only be accomplished by progressing through each of the three barriers, and ascending beyond these three restrictive spiritual veils.

This is one reason why before a person attempts to perform any type of meditation exercise that consciously seeks to return the divine spark of their eternal soul back in spiritual unity with God, the individual should first have a spiritual awakening. This spiritual awakening helps the person to not only realize that there is a higher power operating in their lives, but also encourages them to continually seek after a relationship with this divine creative force. Once this occurs, the spiritual migration of the eternal soul is set into motion, and becomes a motivating force that drives the individual's reason for living.

Next the person must consciously choose to humble themselves to other people, and place God first in their life. This is accomplished through divine service, not only within the physical realm, but also within the spirit realm. During this time of spiritual transformation, the person will find themselves less and less concerned about their own personal ego-immersed connections to specific people, places, and things. Instead, as they continue to progress from "glory to glory," the person will now find great pleasure in being of service to all of humanity. Because of this new divine state of mind focused on the service of others, their concerns and fears surrounding life and death will eventually diminish.

Once the born again spiritual mind has reestablished itself within a person's physical body, and the energetic expression of their eternal soul's spiritual consciousness has reintegrated itself back with God's divine spirit, then true conscious spiritual liberation is possible. During this process of continual death and rebirth, the born again person must take special precautions to avoid the destruction or loss of their cultivated spiritual light. I was taught that the brighter your spiritual light shines, then the more powerful your adversaries will be. Because spiritual evolution is an earned position, understand that every older child of God has also experienced similar types of distractive temptations during their own spiritual walk on this planet. Therefore no one is exempt from this type of testing. The only thing that is unique will be how

the temptation is wrapped and presented to each individual during their time of spiritual testing and transformation.

### THREE LEVELS OF LIGHT

When we obtain the radiant Body of Light, our awakened higher spiritual consciousness will enable us to better comprehend the true nature of our eternal soul, and understand the specific reasons for its present incarnation. The basic understanding surrounding the radiant transformation of the eternal soul is that it must progress through various levels of spiritual death and rebirth in order to expand its radiant awareness and increase its growth in divine purity.

Because the eternal soul is formed from the breath of God (i.e., his Holy Spirit), it is considered to be constructed out of sacred sound, divine spiritual fire, and God's most radiant illuminating light. These holy manifestations of God's spirit are increasingly purified expressions of the evolving soul, and manifest as unique declarations of our interpersonal relationship with God the Creator, which we all carry within us.

Depending on its spiritual evolution and degree of divine purity, the eternal soul's radiant earthly vehicle is sometimes described as transforming into one of the following:

- **A Liberated Spirit Body:** This is considered to be the first level of spiritual transformation. At this stage a person's eternal soul and conscious mind are able to leave their physical body at will; while enveloped in their spirit body, they can travel about the various realms of creation.
- **A Radiant Body:** This is considered to be the second level of spiritual transformation. At this stage, the eternal soul is now able to embody different levels of radiant spiritual light, and is able to manifest various supernatural skills while living within the earthly realm.

When existing at the Radiant Body stage, a person has now transformed and spiritualized their three bodies, and their awakened spiritual consciousness allows them to experience the triumphant blissful visions of true beauty. Once they have evolved into this higher state of spiritual development, the person will have obtained the power to go beyond the cycle of reincarnation. Because they have been divinely initiated into the holiest of all mysteries, they are now able to enjoy true spiritual ecstasy as a radiant child of God.

- **A Resurrected Body:** This is the third level of spiritual transformation. The exact nature of the "Doctrine of the Resurrected Body" was fiercely contested during the initial developmental stages of the Roman Catholic church. This was because the belief in the human body's physical resurrection was not universally accepted by the Jewish community, especially during the time that Jesus of Nazareth was preaching and teaching.

However, there has always been a strong biblical belief associated with an individual's ability to increase their level of spiritual purity (Ephesians 4:11-13; Philippians 3:10-12; James 1: 2-4). This increased level of spiritual transformation eventually allows for a divine illuminating resurrection to take place (2 Corinthians 3:13-18).

What makes the Resurrected Body different from the other two transformed spirit bodies, is that while it can energetically function and exist within the physical world, it is now free from any form of material constraint. In other words, as the positive aspect of the person's body is spiritually purified and begins to radiate divine light, its negative aspect dies



The Color Classification of a Soul's Spiritual Development Level - Due to the Reincarnation Process											
	Level #1: Beginning Level Soul		Level #2: Lower Intermediate Level Soul		Level #3: Intermediate Level Soul		Level #4: Upper Intermediate (Junior) Level Soul		Level #5: Advanced (Senior) Level Soul		Level #6: Highly Advanced (Master) Soul
	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
<b>The Soul's Primary Inner-Core Color Transformation</b>	Bright White Color	Off-White and Gray ----- Grayish Color with shades of Pink	White with Reddish Pink Color	Light Orange-Yellow with shades of White	Bright Yellow Color	Deep Golden Yellow ----- Gold with shades of Green	Green ----- Brownish Green	Light Blue ----- Light Blue with shades of Golden Yellow; Green or Brown	Deep Radiant Blue Color	Deep Blue with shades of Purple	Radiant Violet-Purple Color

Figure 1.52. The eternal soul is encouraged to spiritually evolve and development during each reincarnation.

so that a more advanced spiritual nature may take its place, which is no longer energetically bound to the physical realm.

### THE BODY OF LIGHT AND THE RAINBOW BODY

In certain schools of spiritual transformation, an individual's physical body can be used as an alchemical mixing bowl to purify, change, and transform their inner nature. In the advance stages however, the emphasis is placed on purifying the spirit body in order to transform it into a Body of Light. Once this special Body of Light is created, the next step is to create the more advanced multicolored Rainbow Body. Think of the Rainbow Body as the various color classifications of an eternal soul's spiritual development suddenly manifesting all at once, instead of developing slowly through its different incarnations over several lifetimes (see Chapter 39, page 274-275).

Because of free will, the various color classifications associated with each eternal soul's personal process of spiritual transformation and development can be accomplished in one life time, allowing the soul to progress all the way from a Level #1 through a Level #6 (see the above chart). However, because of the great difficulty involved in accomplishing such a powerful spiritual endeavor, most souls choose to progress through this entire transformation process slowly, spiritually evolving over many lifetimes. In this long, drawn-out process, the human soul starts off as a bright white colored spiritual light; and eventually over time, the reincarnated soul transforms into a reddish pink colored light. It then will advance to an orange color, and then to a deep golden yellow color. As it continues to grow and spiritually transform, it will progress to a brownish green color; then to a light blue, then deep radiant blue, and finally to a bright radiant violet-purple colored light (Figure 1.52).

The evolutionary process of this entire color spectrum is based on exactly how much work each eternal soul is willing to actually do; as well as how much spiritual transformation each soul-extension (i.e., the ego-based acquired personality) is willing to endure while still remaining in a loving and compassionate state of divine service towards all people.

In understanding this, realize that although the various color transformations of the eternal soul can occur in one lifetime, such a thing is extremely rare. However, the most notable examples of those individuals who have actually accomplished such an endeavor and who have spiritually manifested their Body of Light into a Rainbow Body is seen in the lives of such great mystics as Jesus of Nazareth, and the founder of Buddhism, Siddhārtha Gautama.

The eternal soul's primary inner-core transformation colors range from infrared to ultraviolet, which correspond to

the seven internal chakra colors ascribed to the human body's energetic field (see Chapter 36, pages 236-246).

When all seven chakras are purified, balanced, and joined together in perfect harmony, they energetically fuse as one, creating the unique alchemical phenomenon known as the "unification of the chakras." When experiencing this spiritual state, the three bodies become simultaneously enveloped in divine light and sound, which allows them to manifest the radiant Body of Light. The development of this special spirit body is internally cultivated and energetically initiated through the purification, unification, centering, and transformation of a person's spiritualized physical body, energy body, and spirit body. In other words, after many years of advanced spiritual training, the individual's three bodies (physical body, energy body, and spirit body) will combine and fuse their spiritualized energy fields with the various powerful energies of God's eternal light, creating and manifesting the Body of Light.

This highly advanced spiritual transformation process allows the individual to move their body anywhere in time and space, causing it to dissolve like a mist into nothingness, and then return back again, like clouds forming within the sky. Because the individual has finally developed the indestructible Body of Light, it is said that they can now choose to either remain within the earthly realm in order to assist others in their own spiritual transformation practice, or leave this realm and energetically fuse with the radiant light of God.

If an individual has cultivated enough divine light to permanently exit the earthly realm, then they may consciously choose to dissolve their spirit body into the vast energy of infinite space. Once this energetic transformation occurs, it is said that the individual's eternal soul will spiritually fuse with the divine radiant essence of the Almighty Creator, and will eternally "dwell in the house of the Lord forever" (Psalm 23:6), existing as an energetic part of God's radiant essence.

There are three levels of the Rainbow Body phenomena often mentioned in Eastern mysticism practices, which also pertain to us as Christians. These three levels may be described as follows:

- **The First Level:** The most common level of the Rainbow Body phenomena is normally seen after the physical body of a saint or mystic has died. In this spiritual manifestation there are no physical signs before death indicating the beginning of the Rainbow Body process. Once their physical death occurs, it usually takes an average of seven days for the physical body to shrink in size and then dissolve into radiant light.

Most of the time the body dissolves down into the size of a small child. However with some of the more spiritually advanced saints and mystics, most of their body will completely dissolve and only some of the individual's hair and fingernails will remain.

- **The Second Level:** In this more advanced level of the Rainbow Body phenomena, multicolored light is visually radiated and released from the saint or mystic's body while they are still alive. Although the entire process of dissolving into radiant light might occur extremely fast, in most cases it usually takes several months or even years to complete. In this second level, while this special spiritual phenomena is occurring, the individual is alive and fully functional.

It is also possible for a saint or mystic who is currently in the middle of this type of advanced spiritual transformation to consciously choose to slow down this process of energetic metamorphosis.

It has also been observed that now and then a saint or mystic will unexpectedly die in the middle of this important spiritual metamorphosis—or even be unable to continue the Rainbow Body transformation process and suddenly die before its completion. In such cases, if the process is allowed to continue over time, the corpse will eventually start to physically shrink, and begin to shine and radiate light. This process will continue until the individual's body reaches the size of a small baby; and then a flash of bright Rainbow Light will suddenly shine, and then quickly disappear into the vast emptiness of infinite space.

- **The Third Level:** This is the most advanced level of the Rainbow Body phenomena, and is an extremely rare manifestation of the highest spiritual attainment. In this level of transformation, the saint or mystic not only completely dissolves their physical body into radiant light, but additionally will remain functional and visible to others as a radiant being of light as did Jesus of Nazareth (Matthew 17:1-2, Mark 9:2-3, Luke 9:28-29).

The ultimate accomplishment in transformation meditation practice is for the eternal soul to radiate its spiritual light so that the person attains a Rainbow Body. Although reports of obtaining this high level of transmutation are extremely rare, they do still occur, and have been well documented. Even though several of these individuals are from different religious traditions, their bodies still go through the same types of spiritual transformation. Often popularized by the Buddhist traditions, the Rainbow Body phenomena is not limited to this particular religion. In fact, this unique transformation process has also been associated with such highly evolved spiritual masters as the Indian Tamil Saint Swami Ramalingam; the Indian yogi Mahāvātār Bābājī; the Chinese Daoist Celestial Master Zhang Daoling; and the Tibetan Nyingma Saint Padmasambhava.

If you study Jesus of Nazareth's death and resurrection, and contemplate the divine nature of his spiritual transfiguration, you will note that his body began to shine a light as bright as the sun, and his clothes turned white like light, with bright radiant rays (Figure 1.53). These are all examples of manifesting the radiant Body of Light, as well as documented examples of the most advanced level of the Rainbow Body phenomena (i.e., suddenly becoming visible as a radiant Being of Light, as in Luke 24:33-52, John 20:19-29).

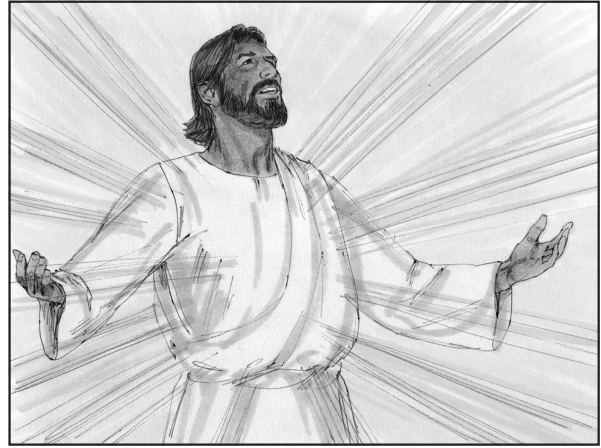


Figure 1.53. Jesus transformed his body into radiant light.

### THE FIRST BODY OF LIGHT MEDITATION

Among the most important points in ancient Gnostic Christian literature is the need to separate the spirit body from the physical body in order to focus on the spirit body's purification. This special technique is first imagined and visualized. Then eventually after some time of practice, it is embodied through an actual energetic separation between the spirit body and physical body. Right after this spiritual transformation occurs, the person is said to have formed the basic foundation required for energetically developing their Body of Light. Only by freeing our spirit from the constraints of material life can we ever hope to understand and fully experience the complete degree of positive and negative influences currently contained within our psyche.

The following is a meditation used by Gnostic Christians to realize the first level of the Body of Light:

- Right after performing the Three Divine Prayer Invocations (see Chapter 1, pages 23 through 26), sit comfortably in a chair, or on a thick pillow on the floor.

Relax and place all of your attention on feeling a beam of divine light descend into the center of your body from the Heavenly Throne of God. As this radiant energy enters your body, imagine, feel, and experience this radiant light completely illuminating your physical body, energy body, and spirit body.

- Next pause for a moment, and begin to imagine great rivers of this divine energy circulating throughout your physical body, flowing from your feet to your head.
- Now place your attention onto your spirit body, and imagine it growing and quickly expanding outside your physical body, increasing its subtle energetic dimensions to the size of a large house (Figure 1.54).

Maintain this image for several minutes, and feel your consciousness operating from within the externally projected energetic shell of your spirit body.

- After a few minutes of feeling the vastness of your spirit body's enormous energetic shape and size, begin to focus on your spirit body suddenly beginning to shrink.

As it continues to reduce in shape and size, allow your mind to visualize your projected spirit body slowly returning back into your physical body like a hand inserting itself inside a glove.

- After it has returned back to the normal size of your physical body, pause for a moment.

Next imagine and visualize your spirit body issuing forth from the center of your chest like a radiant silvery blue mist, projecting outward several feet in front of your physical body. Imagine and visualize this radiant silvery blue mist energetically growing and forming itself into the mirror-like image of your physical body-facing you.

- As your projected spirit body stands in front of you, visualize it filling with a bright radiant light, flowing from the divine spark of your eternal soul, transforming its already illuminating energetic structure into an even brighter and deeper radiant glow.
- Spend several minutes filling the projected image of your spirit body with as much divine light as possible. Then study its energetic form and note all of its unique features. The more you feel your physical body's energetic connection to your projected spirit body, the stronger the energetic features associated with your projected spirit body will become.
- After several minutes, inhale and visualize re-absorbing your projected spirit body. Imagine and feel the energetic mist returning back inside your physical body.

Visualize this happening by imaging your spirit body transforming into a bright radiant cloud of silvery blue mist. Then feel this illuminating energy rushing back into your physical body through the center of your chest and diaphragm area. Feel the radiant energy move into your physical body like a hand being inserted into a glove.

- Next visualize energetically closing and sealing the area located in the center of your chest, which previously acted as the energetic portal that released your spirit body out into the physical realm.
- As your returning spirit body sinks back inside the upper area of your chest, have your heart and mind lovingly embrace and welcome home this radiant Body of Light.

After several weeks of successfully projecting your spirit body, transforming it into a body of light and then absorbing it back into your physical body, you may notice the following: your intuitive perceptions will become much sharper; your empathetic connections with people will be stronger; and the kinesthetic awareness of your physical body will be more sensitive than it was before.

Your spirit body can also be energetically charged by visualizing the four Hebrew letters used for writing the name of God ("Yod-Hey-Vav-Hey") engraved over the area of the heart before and after each projection (Figure 1.55).

According to certain Kabbalistic mystical traditions, these holy Hebrew letters are to be visualized as blazing white light symbols. Because each energetic image is developed from a sacred alphabet, these divine letters may also be visualized as blazing lights, radiating from deep inside each of your three bodies (physical body, energy body, and spirit body), glowing brighter and stronger with each breath.

The ancient technique of visualizing sacred Hebrew letters can also be imagined as a blazing smokeless fire, imprinted on your physical body prior to the projection of your spirit body. This special image can assist you in creating your projected spirit body's energetic form, and additionally assist it in maintaining its external illuminating presence.

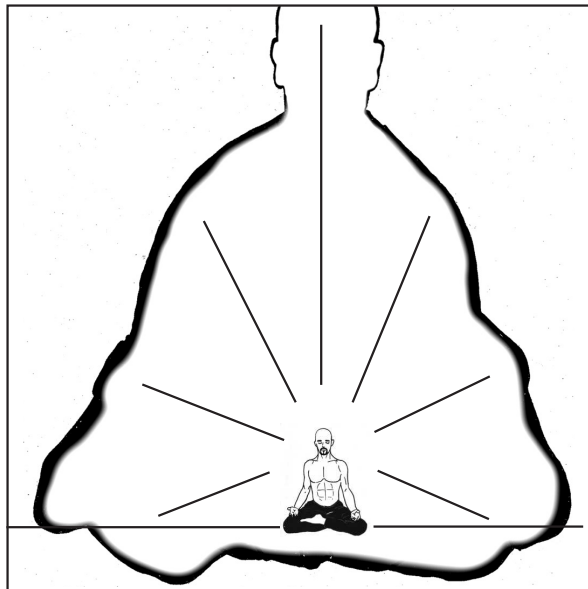


Figure 1.54. Imagine your spirit body growing, and quickly expanding outside your physical body—to an immense size.



Figure 1.55. Imagine the blazing white-light energetic patterns of sacred Hebrew letters imprinted on your physical body prior to the energetic projection of your spirit body.



Figure 1.56. Visualize the name of the Messiah "Yeshua."

The Hebrew letters used for writing the name of Jesus ("Yeshua") may also be used in this type of spirit body projection (Figure 1.56). For additional information surrounding this sacred name, please refer back to Chapter 5, pages 55-56.

The reason for creating your Body of Light in this manner, is to energetically construct a powerful vehicle through which to purify as well as express your cultivated spiritual energies. The Body of Light also acts as a sacred bridge between our objective and subjective worlds, as well as between our emotional and physical realities.



## THE SACRED SOUNDS OF THE BODY OF LIGHT

It is said that only the transformed spirit body and its radiant Body of Light can fully enter into the deeper realms of the kingdom of heaven. For a Christian, this important radiant covering acts like a garment of light, which is spiritually awakened and energetically activated through the Baptism of the Holy Spirit (see Chapter 23, pages 144-145).

There are three sacred light levels, as well as three sacred sound levels (inner-sounds) associated with these higher garments of light and their process of divine transformation. When all three levels are combined, a powerful spiritual transformation occurs, causing the three bodies (physical, energetic, and spiritual) to all miraculously fuse and energetically transform into bright radiant light. This is the true spiritual manifestation of a Christian mystic's Body of Light.

Because it originates from our eternal soul's connection with God, it is the internal unfolding of this divine radiant energy that creates and sustains the powerful image of this Body of Light. Thus the higher garment of light that is worn in the kingdom of heaven is an energetic extension and spiritual reflection of God's own divine nature, manifested within our three bodies through our eternal soul.

Each of the three sacred garments of light act as a different spiritual veil, with each level introducing the Christian to different realms of creation, which exist at different levels of resonant vibration throughout the vast firmament. Therefore in order to energetically awaken our true identity in God's kingdom of heaven, we should also understand the many energetic worlds, spiritual dimensions, and supernatural forces that presently influence (both positively and negatively) our conscious and unconscious spirit (heart and mind).

One of the greatest gifts surrounding the sacred teachings of Jesus of Nazareth and the radiant Body of Light, comes from the ancient Coptic Gnostic text *Pistis Sophia* (*Faith Wisdom*), which was written sometime between the late 2nd to 3rd centuries A.D. The *Pistis Sophia* text is divided into four sections, and narrates the events that are said to take place after Jesus' resurrection, when he spent nine more years teaching his disciples mystical truths. Then, surrounded by flashes of lightning and blinding light, Jesus ascends to the greatest height within the highest heavenly realms; and thirty hours later descends in his Resurrected Body and tells his disciples of his experiences.

Within the *Pistis Sophia* text, it is mentioned that at the time of his manifested Glorification (Baptism of Light) there were five sacred words written on the transformed radiant garment of Jesus, which occurred during the time of his divine resurrection. For centuries these five sacred words have been secretly passed down from Gnostic Christian mystics to their disciples, and used to help them create and sustain the divine Body of Light within their three bodies. These five sacred words are written and pronounced as follows:

**"Zama Zama Ozza Rachama Ozai"  
("ZAMA ZAMA HZZA RAX AM A HZAI")**

The actual interpretation of these five sacred words of light are never completely given to the new Christian disciple at first. This is because it is believed that only someone who truly knows and understands this holy tongue will be able to comprehend the pure meaning and deep spiritual significance of these divine sounds and their radiant light patterns.

These are not the words of a typical language created from the mind of a human being, instead they are the sacred words of an ancient language composed of sound, light, and energy vibration; sometimes referred to as the "tongue of the Elder races." Its spiritual power is so great that it is said that in ancient times whenever a divine being spoke in this holy language, whatever was expressed would suddenly come to pass the moment the deity spoke it into manifestation.

The translation of these five words of power is given by certain Christian mystics as: "The Robe, the Glorious Robe of my Strength." These sacred words are said to be actually associated with five mystical powers represented by Jesus' "Robe of Resurrection" (i.e., the third sacred garment of light he received at the time of his final Baptism of Light). These five words of power are a divine mystery written within the Light Body of our risen Savior, and are said to also contain the sacred names of God, as well as all of the names of each and every cosmic and spiritual force existing within all of creation.

When a Christian visualizes themselves enveloped within their radiant Body of Light, and then repeats "The Glorious Robe of my Strength" phrase ("Zama Zama Ozza Rachama Ozai"), they energetically bind and secure the radiant powers of their illuminating spirit body into their physical body. This allows their physical body to utilize the transforming power of the radiant light.

Because the powerful vibrating sounds of these five spoken words are an extremely effective transformational tool, this sacred phrase may be meditatively spoken in personal prayer or chanted by a group of people in a church congregation.

The sacred phrase, "The Glorious Robe of my Strength" represents the mystical robe of light that is also spiritually embodied within each resurrected (spiritually awakened) Christian. Therefore when spoken, the spirit body of each born again Christian becomes actively energized and awakened within God's kingdom of heaven.

This unique divine transformation is said to develop because the heartfelt chanting of this sacred phrase energetically alters the consciousness and increases an individual's psychic powers. Therefore this holy chant is repeated to help empower an individual with important spiritual abilities that will later be used to assist them in reaching their primary goals, and fulfilling their divine mission while living their life.

The external chanting of these sacred words will naturally tap into the divine principle of creation, which can awaken the eternal soul's innate intuitive powers. In other words, when this visionary language is spoken correctly, there is a powerful shift in consciousness which invokes a corresponding shift in divine energetic manifestation. This important shift opens hidden doorways into other spiritual dimensions, which often causes mystical experiences and various luminous beings to appear.

Understand that not only can we change our physical body into a spiritual form, but we can also change our spiritual form into an even greater radiant garment. This is the true transformational process that occurs in the fulfillment of the higher garments of light, which is considered to be the greater spiritual ascension manifested from the Baptism of Light, as set forth through the Holy Spirit's baptism of Spiritual Fire. In the same manner, not only can we energetically change our physical form, but we can also change the garment of light originally belonging to the higher spiritual consciousness of our eternal soul. This was what the

Apostle Paul was talking about when he wrote in 2 Corinthians 3:18, *So all of us who have had that veil removed, can see and reflect the glory of the Lord. And the Lord — who is Spirit — makes us more and more like him, as we are changed into his glorious image.*

Because the eternal soul has great power, it is only limited in its spiritual acceleration by the lower earthly heart and mind of its soul-extension (acquired ego). This is because the earthly heart and mind continuously distorts and often restricts the process of the eternal soul's spiritual evolution process, which is primarily due to its obsessive attachments and desire to connect with the physical world. Eventually however, a person who embraces the evolution of their eternal soul's higher heavenly heart and mind and continuously lives within the kingdom of heaven, will be able to cross various dimensional realms (see Chapter 36, pages 231-232). This will allow them to experience the different spiritual realms contained within the kingdom of God, currently existing within the vast firmament of infinite space.

In order to enter into these different worlds of higher collective reality, a person must first exchange their "old garments of flesh" for "new garments of light;" and continually work with the higher powers of divine creation. If they cannot or will not do this, then their eternal soul will only exist in the lower worlds of secular, mundane existence (Ephesians 4:17-24). It is only after a person is able to consciously work within the kingdom of God, that their new spiritual garments of light can be more fully developed. This will enable their spirit body to ascend into the next higher spiritual realms of creation.

These are the same gates and similar spiritual transformations that Jesus, as well as the prophets who came before him, had to overcome and pass through as they journeyed throughout life. It is by going through this transformational process that a person's divine light and spiritual power is increased, developed, tested, and externally manifested.

Each time we choose to further evolve in our spiritual evolution, the internal vibrational patterns of our spirit body must be raised. This is done so that we can pass through each of the vibratory gates which are responsible for protecting and overseeing each new and higher spiritual realm. For this to occur, our physical body must be energetically transformed to prevent the higher vibrational frequencies existing within the next spirit realm from quickly tearing apart the molecular energy fields of our current spirit body.

One ancient Christian teaching that I was introduced to states: "All disciples of God must go through forty-nine (7x7) intermediate stages of cleansing and purifying their spiritual vehicle (i.e., the Higher Garments of Light); and only those who complete this process of spiritual purification are considered to be the true carriers of the most holy vibrations of God's sacred light. The more advanced brothers and sisters who embody his sacred light are not only able to work miraculous wonders here on earth, but are also responsible for educating and regenerating the lower soul vibrations of God's elect. Without this important spiritual interaction and protection, the uneducated souls can become lost within the lower realms of matter, and trapped inside man-made religious dogma."

To a Christian mystic, this important understanding revealed that the true treasures of life can only be fully embodied after discovering the "treasure that purifies," which allows them to embrace the sacred energy that is responsible for assisting them in their spiritual evolution.

## ADDITIONAL BODY OF LIGHT MEDITATIONS

If an individual knows how to properly intone and energetically awaken the hidden light power contained within the "Zama Zama Ozza Rachama Ozai" prayer, then their external chanting will not only help to generate their Body of Light, but it will also open a spiritual portal of divine perception that extends deep into the various inner-dimensions of creation. Therefore in addition to sounding aloud this special Gnostic Christian prayer, an individual can also perform a inner meditation by reflectively and silently repeating these sacred words of power.

### REVIEWING THE SPECIAL SACRED SOUND CHANTS

The following are four special sacred sound chants that can be used in order to help any Christian establish a stronger energetic connection to their eternal soul, and to spiritually awaken them to the infinite realms of God's wonderful creation:

#### • #1 — The "Zama Zama Ozza Rachama Ozai" Meditation

**Chant:** This meditational practice originated within the Gnostic Christian tradition. It requires the individual to repeat the Zama Zama Ozza Rachama Ozai (Zama Zama Hzza Rax Am A Hzai) prayer, and allow their innate spirit (heart and mind) to completely merge with the repeated sound-vibration of these sacred words. This unique meditation chant is performed in the following manner.

As you pronounce each sacred word, imagine, visualize and feel your body dissolving into infinite space. Continue to maintain this visualization until you feel your entire body become the vibrational energy of each sacred sound.

I was taught that it is better to energetically experience the spiritual power of this sacred chant within your three bodies without first intellectually dissecting the potential meaning of each of these words. This frees both the heart and mind to focus on the experience of the spiritual awakening generated by these sacred sounds.

Only after experiencing the spiritual awakening that exists within the sound-body connection, should you then begin to intellectually contemplate or mentally analyze any associations or correspondences that have been generated by repeating the sacred chant. This will allow you to give energetic form to spiritual power; especially after the power of its creative vibration has been directly experienced and internally embodied. This is one reason why in certain Christian monasteries, the new apprentices are not taught the meaning of this special chant until certain supernatural experiences unfold. Then, based on their own personal experiences and unique spiritual manifestations, the senior elder of the monastery will share the deeper insights and the esoteric meanings associated with this sacred chant.

#### • #2 — The "Yeshua Messiah" Chant: This profound meditational practice also originated in the Gnostic Christian tradition. It requires the individual to place their focused concentration on their Third Eye Point (located just above the middle of the eyebrows), and chant the Hebrew name of Jesus with the added word "Messiah," "Ye-shu-a Mess-ah" (Figure 1.57).

This special meditation practice is often given as an empowerment prayer to new Christian apprentices; usually from one of the senior elders in the monastery. The reason why the senior elder presents this special teaching to the new disciple, is because as Christians when we talk about

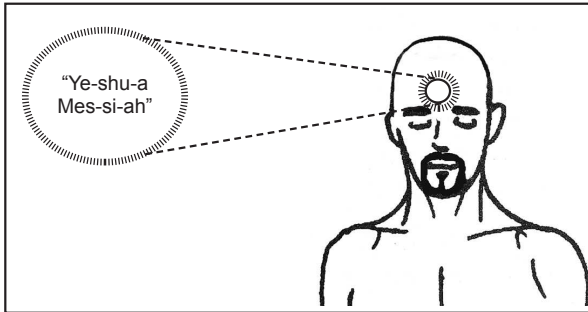


Figure 1.57. Focus on your Third Eye area, and repeat the sacred name of Jesus Christ in Hebrew, “Ye-shu-a Mes-si-ah.”

Jesus Christ, we are not simply talking about a “man.” We are not even talking about a “god.” Instead, we are talking about a dynamic creative force which exists as a living, vibrating, radiant energetic power.

According to various Christian esoteric traditions, the “Mystical Body of the Risen Messiah” is made up of powerful light emanations. These sacred manifestations are the living energetic display of the spiritual light associated with the sacred names of God, revealed throughout his divine creation. Therefore, as we strive to intone these sacred names, we also draw upon the same radiant powers of infinite light that originally constructed, supported, and maintained the mystical Body of Light that belongs to our risen savior, Jesus Christ.

When we draw this radiant light into our three bodies, it transforms our subtle energetic form into the higher garment of light, which is sometimes known as our personal “Robe of Resurrection,” and associated with our own personal Resurrected Body of Light.

It is said that if the divine names, which are attached to our three bodies and the three light vestures, are additionally joined to the sacred names of the Archangels, as well as to the various Orders of Angels, then this energetically transformed Body of Light will ascend even further into the heavenly realm.

As this divinely transformed Body of Light ascends into the higher realms of divine light, it progresses in its transformation towards what is known as “the Great Matrix of Light,” which is what Jesus experienced at the time of his resurrection. It was because of this profound spiritual transformation that the Apostle Paul wrote in Philippians 2:10-11, *That at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.*

- **# 3 — The Pistis - Sophia (Faith - Wisdom) Chant:** In this meditation practice, instead of using the name “Ye-shu-a Mes-si-ah,” the two Greek words, “Pistis Sophia” (“Faith Wisdom”) are spoken. Before this phrase is externally chanted however, the practitioner should first envision the bright radiant light of Jesus shining from within the center of their heart, radiating its illuminating white light as bright as the noon day sun (Figure 1.58).

With each inhalation the practitioner should imagine, visualize, and feel their entire body being filled with this illuminating white light; glowing brighter and more radiant with each breath.



Figure 1.58. Envision the radiant light of the Jesus shining his brilliant white light from deep within your heart.

With each exhalation the practitioner should imagine, visualize, and feel this radiating white light filling the surrounding environment, penetrating and brightly illuminating everything within that space.

After a few minutes, shift the focus of your intention away from your heart, and move it to the center of your brain and area of your Third Eye.

After a few breaths, begin to slowly intone the sacred sound vibrations of the Greek words “Pis-tis So-phi-a,” and imagine and feel its energetic vibrations pulsating from deep inside the center of your brain.

As you begin speaking these sacred sounds, visualize each powerful pulsating word being projected from within your three bodies, and imagine their vibrations going out into infinite space.

With each breath visualize the pulsating vibration of each sound rippling across the galaxy, expanding throughout all space and time.

In this manner, the internal energies contained within both your heart and mind will start to open to new dimensions of spiritual perception, sacred knowledge, and profound intuition.

- **# 4 — Combining the Sacred Prayer Chants:** During this final meditation practice, both the Pis-tis So-phi-a and Ye-shu-a Mes-si-ah prayers will be alternately chanted. When performing this special combination practice, you spend one breath speaking the Pis-tis So-phi-a Chant, and the following breath repeating the Ye-shu-a Mes-si-ah Chant. The goal being to focus on obtaining the faith and wisdom of Yeshua (Jesus), the Messiah (Christ).



## CHAPTER 11. THE HEART OF COMPASSION – AND SPIRIT OF GOD MEDITATION

According to the spiritual teachings of Jesus of Nazareth, the true light of the kingdom of heaven already exists inside of you (Luke 17:21). As Christians, our divine nature will be manifested as the divine light and sacred sound that our eternal soul radiates out into the external environment.

It is through the perceptive intuitions associated with this divine light, that our eternal soul is able to interact with the energy contained within all of creation. It is by choosing to allow its positive spiritual influences to shine forth outside our body and touch and heal the lives of others that reveals the true effectiveness of our Christian walk.

In understanding and actually doing this, you will realize that all things within the physical realm are constructed out of different degrees of divine frequency, vibrating in special tones and colors. In this manner, all things are created as special wavelengths of light and sound.

Both sound and light energetically manifest as subtle harmonics, which create and support our body and mind, and continue to project outward from our internal core into the external environment, creating subtle energetic fields that expand throughout infinite space.

All sounds created from sacred chants and prayers will harness energy. If you use a special chant or prayer to energetically feed a certain “request” (for example, to become a more effective servant of God), you will multiply the energy that you use for pursuing that specific desire, causing it to increase in both spiritual strength and power.

The more you energetically feed this request through additional prayer, the stronger it spiritually becomes. Once awakened and activated within your body, the radiant light created from speaking and embodying the prayers or sacred chants will naturally empower all of your future prayers, chants, and meditations.

Once we can more easily access the divine energy of our eternal soul, which currently exists within us as a divine spark of God’s creation, then the supernatural manifestation of our divine speech will help us to obtain a more productive spiritual walk, and assist us in overcoming many obstacles within our lives. In order to effectively embody this type of higher spiritual practice, we must first awaken to the true value of our Most Secret Name; and understand how it energetically operates in order to manifest true spiritual power (see Chapter 2).

Understand that because this sacred name is spiritually connected to the divine power of God, it is considered to be the language of divine light. Therefore your Most Secret Name should often be used when connecting with any of the higher spiritual dimensions of creation. This is especially true when entering into the more powerful realms of divine service; such as offering praise and divine worship, performing certain miraculous healing, or binding and removing certain powerful demonic spirits.

Because one of the goals in spiritual transformation is the accumulating and radiating of spiritual light, the following special Head and Heart Meditation can be used to effectively accomplish this. This is a major reason why this meditation is practiced by many priests and monks from different religious and spiritual traditions.

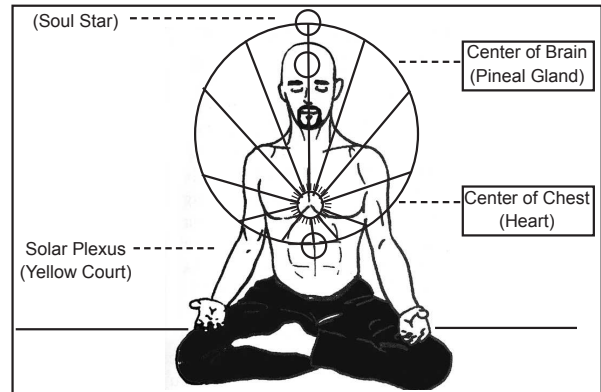


Figure 1.59. Inhale the divine light from the heavens into the heart. Then experience a golden light radiating its bright rays from below the heart; expanding upward, like a golden fan.

This meditation uses a special breathing pattern that requires you to lightly hold your breath for a count of three heartbeats. At the same time, you focus on transforming the emotions of your heart into the compassionate feelings manifested from the heart of Christ; as well as transforming your mind to the divine mind manifested from the spirit of God.

- Begin from a seated meditation posture. You may either sit on a comfortable pillow and use a crossed legged lotus position, or sit upright on the edge of a chair, with your spine straight, and feet extended flat on the ground, slightly wider than your hips.
- Next cleanse and purify the space by performing the Pulling Down the Heavens, and then the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26).
- Now inhale through the nose, and visualize drawing divine energy into your body from the heavens. Feel this bright radiant energy entering your body from the top of your head, flowing into the middle of your body, and coming to rest inside the center of your heart. Pause here for three heart beats.
- As you are doing this, internally say “Heart of Compassion,” and visualize transforming all of your emotions and feelings into the unconditional love and radiant compassion of Christ.

As you visualize this, imagine a blazing fire radiating from the center of your heart and shooting a ray of bright golden light into the center area of your solar plexus.

- Once the golden light reaches your solar plexus area, imagine and visualize this radiant light expanding outward and upward in a bright illuminating circle, unfolding like a radiant Chinese fan (Figure 1.59).
- Now visualize this golden light encircling your upper torso and extending its energy all the way past the top of your head into the Soul Star Point [Note #1: page 88].
- Next inhale once more through the nose. With this second inhalation, visualize and experience the divine radiant energy in your heart rushing up the center of your chest and neck and entering the center of your head. Then pause again for three heart beats.
- As this divine energy enters the center of your brain, internally say the words “Spirit of God” and then surrender your will to God’s divine will. As you do this, imagine a stream of

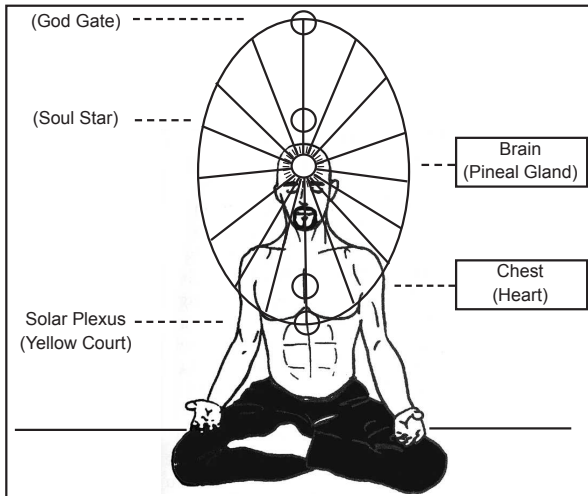


Figure 1.60. Inhale divine light into the brain, and imagine a golden light radiating above your head and expanding outward in a circle, like opening a bright radiant Chinese Fan.

bright golden light shooting upward and extending above your head to the God Gate point [Note #2: page 88].

- Once the golden light is released from the center of your brain, imagine, visualize, and feel it expanding outward and downward in a radiant circle, unfolding like a bright illuminating Chinese fan. Visualize and feel this golden light energy descending, encircling, and enveloping your heart, chest, and solar plexus area (Figure 1.60).
- Next, exhale through the nose, and feel the illuminating energy enter the center of your heart.
- As this divine energy enters into your heart, internally say "Heart of Compassion," and visualize a blazing fire radiating a stream of brilliant golden light out from the center of your heart. Experience this energy even brighter than before, radiating and expanding outward in a circle; enveloping and encircling both the areas of your heart and your head (Figure 1.61).
- With your next breath, inhale through the nose. This time direct the energy into the center of your head, and then pause for three heart beats.
- As this is happening, internally say "Spirit of God;" and surrender all of your personal thoughts and desires to God's divine will.
- As you do this, imagine a stream of bright golden light shooting upward, and extending above your head to the God Gate point.
- Next, visualize this stream of golden light expanding outward, radiating in a circle and unfolding like an ancient Chinese fan. Visualize and feel this golden light energy enveloping, and encircling your head, heart, and the area of your solar plexus.
- Next, inhale through the nose. With the second inhalation, draw the divine energy into the center of your heart, and pause for three heart beats.
- As the divine energy enters into your heart, internally say "Heart of Compassion," and then visualize transforming all of your emotions and feelings into the unconditional love and radiant compassion of Christ.

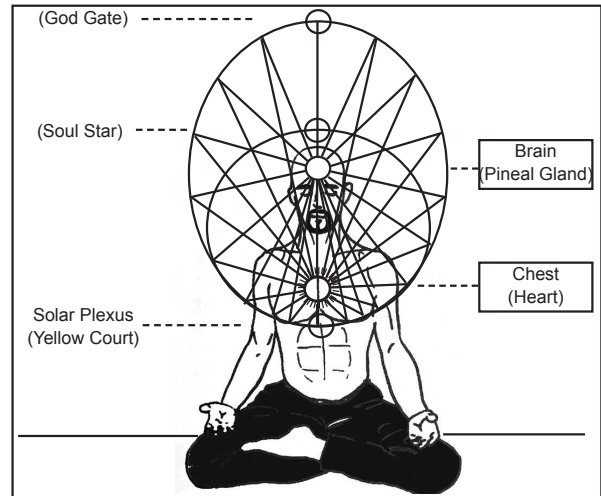


Figure 1.61. Exhale, and feel the divine energy of your head rush back down into your heart; and experience this divine light radiating outside your body, expanding like a bright golden circle.

As you do this, imagine a bright golden light streaming downward from the center of your heart into the center of your solar plexus area.

- Once the Golden Light reaches the bottom of your solar plexus, imagine and visualize it expanding outward and upward in a bright illuminating circle, unfolding like a radiant Chinese fan.
- Next, exhale once more through the nose. As you continue to exhale, feel the golden light energy of the heart rush up the center of the body, and enter the center of your head.
- As the brilliant light enters your head, internally say "Spirit of God;" and then imagine, visualize, and feel this divine energy radiating out from your head; enveloping, and encircling your upper torso, and extending, even brighter than before, all the way up past the top of your head, into the Soul Star point.
- Repeat the alternating head-to-heart and heart-to-head pattern for thirty minutes. Then end the meditation.

With each new breath, you should feel the sensation of increased spiritual light accumulating within your body. Imagine, feel, and visualize the pressure of this radiant energy shooting outside of the body like powerful streams of pulsating light, illuminating and surrounding your body like a huge halo. With each breath, imagine and feel the radiant power of this divine light increasing, and becoming stronger and more vibrant as the meditation progresses.

#### ENDING THE HEAD AND HEART MEDITATION

When performing any type of breath holding method, as you have been doing in this "Heart of Compassion and Spirit of God" meditation, right after completing the exercise you need to gather and store the accumulated energy inside your lower abdomen. Otherwise the accumulated energy may have an adverse effect on the body's nervous system; and it could possibly lead to physical complications because of the excessive energy rushing throughout your three bodies (physical body, energy body, and spirit body). Therefore, upon completing this special meditation, proceed as follows:

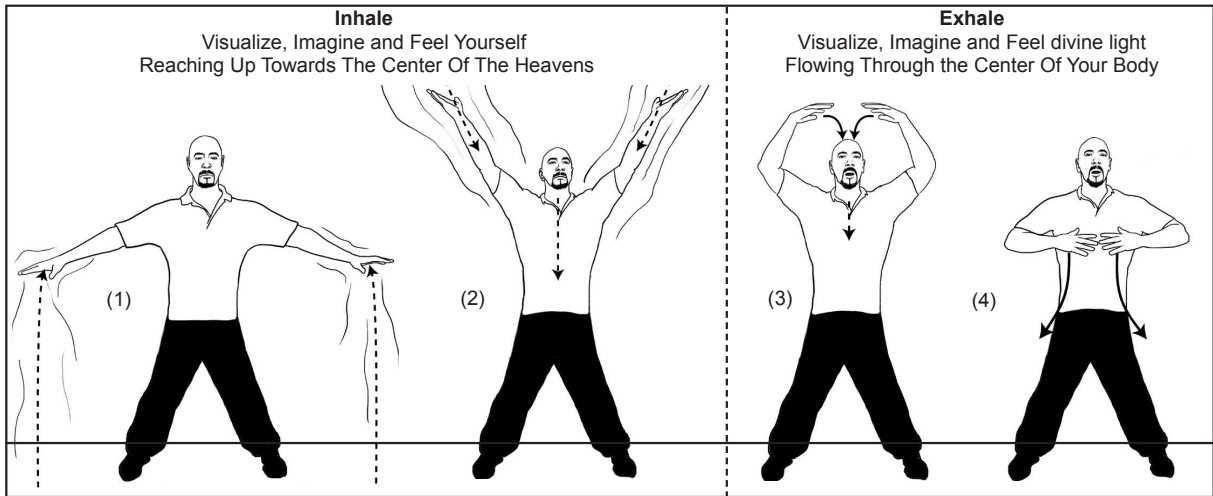


Figure 1.62. Imagine and feel divine energy pouring into the center of your body from the heavenly Throne of God; filling your entire body with bright light. This energetic action is sometimes known as “Pulling Down The Heavens.”

- Imagine your Most Secret Name surrounded in the external shell of the Great Luminous Pearl. Feel it rise up the center of your lower body—originating from deep within your lower abdominal area.
- As this energy ascends to your heart, visualize the Great Pearl opening, and the energy of your Most Secret Name pulsating outward and energetically fusing with the spiritual light that you have just cultivated by performing the Heart of Compassion and Spirit of God meditation.
- As these three powerful energies fuse together (i.e., the radiant energies contained within your brain, heart, and Most Secret Name), imagine, visualize, and feel all of them being absorbed inside the center of the Great Luminous Pearl.
- Next visualize all radiant energy contained within the Great Luminous Pearl descending down the center of your body, and returning back to the center of your lower abdomen.
- Right after that, sit in quiet silent meditation for a few minutes, then perform the three Pulling Down the Heavens exercises to end the meditation practice (Figure 1.62).

**[Note #1]:** The Soul Star point is the first of the body's Heavenly Transpersonal Points, and its energy field is located about six inches to a foot above the top of the head (often depicted as a bright radiant flame of holy fire above the heads of the Apostles at Pentecost).

The Soul Star connects the subtle energies of your three bodies with the celestial energies and the sacred thought-forms of the heavens; and therefore is considered to be an important doorway for working with the upper spiritual realms.

Because the Soul Star is the energetic bridge that exists between the known and unknown, it works like an energetic transducer used to moderate the very high celestial energies and divine information that is brought into your body's energy fields from the spirit realm.

Once the Soul Star is energetically awakened and activated, it is like a powerful lightning rod that extends into the heavens, allowing you to experience and understand your eternal soul's innate inter-connectedness with all things. This awakened un-

derstanding provides you with a deep feeling of unconditional love and compassion towards all people, places, and things.

The brightness of the Soul Star depends on your personal spiritual evolution. It is often depicted as a radiant golden halo surrounding various saints and holy men and women of God.

Although the Soul Star is not your soul, it exists as an energetic extension of your soul, and is therefore considered to be a vehicle through which your eternal soul can perform its assigned spiritual work on earth. This includes working to remove all past histories and karmic memories currently attached to your eternal soul.

The Soul Star is the source of energetic creation and change. It carries within its energetic matrix the reasons why you have chosen to incarnate during this lifetime. Thus it is traditionally viewed as the seat of the soul's energetic templates and personal archetypes; as well as the energetic container of the incarnated soul's past and present spiritual icons and sacred symbols.

**[Note #2]:** There are three Heavenly Transpersonal Points located above your head. The energetic field of the God Gate is the second or middle Heavenly Transpersonal Point, and is located about 12 to 18 inches above the crown of your head. This area is considered to be your personal spiritual gateway into the celestial realm. Because it is a energetic portal into other spiritual dimensions, it is traditionally utilized in different mystical systems as a means of making special connections with celestial beings, such as ascended masters (divine saints), and guardian angels associated with your current spiritual lineage.

Once the God Gate is awakened and activated it becomes a direct line to the true divine source. Therefore it is advised that before even attempting to open such an important spiritual connection, your three bodies should be consistently kept pure in order to maintain the highest spiritual exchange that will transpire between your divine nature and these divine beings.

For thousands of years, the God Gate has also been known as the “Spiritual Portal of Radiant Knowledge.” It is therefore said that through this secret portal, the Christian mystics connected with the original language of God's divine light and sound, which was believed to be the true source of all creation.



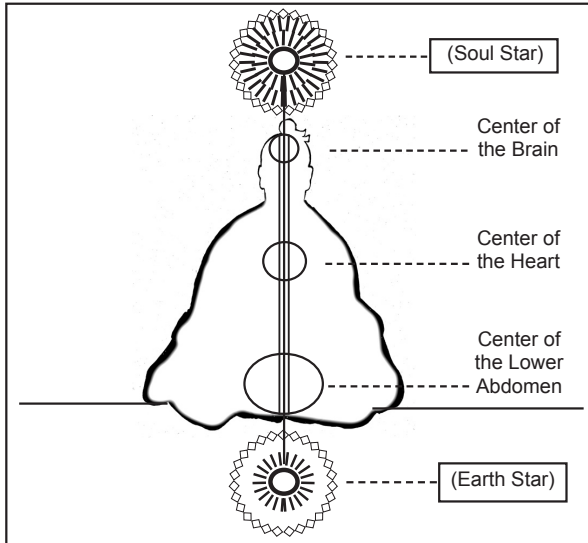


Figure 1.63. Activating the energetic connection between the body's upper Soul Star, the center core, and the lower Earth Star.

## CHAPTER 12. AWAKENING THE DIVINE SPARK MEDITATION

I was introduced to the following meditation by an old Lama who was a teacher of the ancient Nyingma school of Tibetan Buddhism. Because he continually encouraged me in my spiritual walk as a Christian, I continued to study privately with this great master for over 12 years.

When the "Lama" (a spiritual teacher and "high priest") first explained the following meditation, I immediately recognized its important connection with the body's center core. I quickly understood how this special exercise could be used to internally connect my three bodies with the brighter spiritual energies contained within my "Soul Star" (an area above the head, often depicted in Christian paintings as a radiant flame of holy fire resting above the heads of the Apostles at Pentecost) and the spiritual energies contained within my "Earth Star" (an area located below my feet, associated with the recorded history of my current life, which contains all of the memories, experiences, talents and skills I acquired during this present lifetime) (Figure 1.63).

This meditation uses special visualized images, colors, and specific sound patterns, all employed to captivate the mind and keep it from wandering. After continual practice, you eventually awaken the intuitions of your spirit body, and activate its subtle perceptive senses. This allows you to naturally connect with the divine energy currently flowing inside your body and in the external world, as well as the possibility of even connecting with various spirit realms.

- **Preparation:** Begin from a seated meditation posture. If it is comfortable to maintain, sit on a pillow and use a crossed legged lotus position. Senior brothers and sisters are encouraged to sit upright on the edge of a comfortable chair, with their spine straight, and their feet extended flat on the ground, slightly wider than their hips.

Next, cleanse and purify the space where you will practice the meditation by performing the Pulling Down the Heavens; and then the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26).

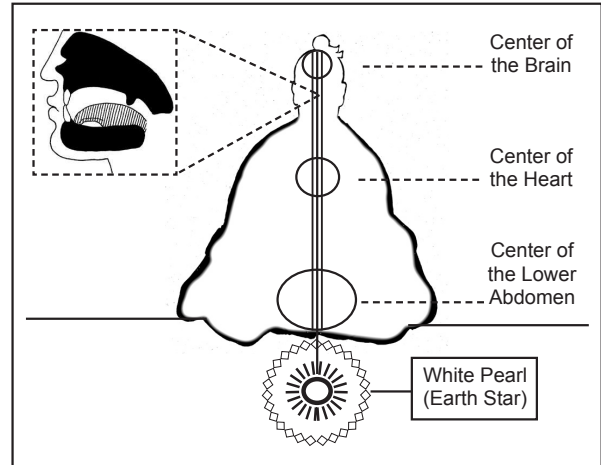


Figure 1.64. Place the tongue onto the lower palate, look down, and focus your mind in the center of the Earth Star point.

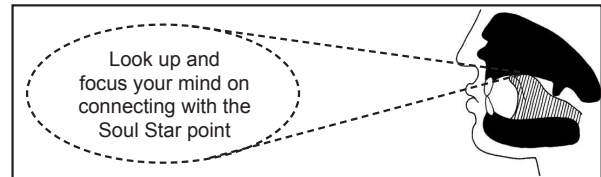


Figure 1.65. Place the tongue on the center of your upper palate.

- Now place your tongue behind your lower teeth (this is called the "Earth Star" position). Then exhale as you softly close your anal sphincter muscle, and lightly squeeze in your lower abdominal muscles.

Tilt your head and chin downward, and imagine looking through the center of your body, past your lower abdomen, and into the earth. Focus your mind on the Earth Star Transpersonal Point located six to twelve inches below your body [Note #3: page 90] (Figure 1.64).

- **The Radiant White Light Pearl:** While focusing your mind on the Earth Star point, relax and visualize a radiant ball of white light, the size of a large pearl, pulsing from deep inside the center of the Earth Star.
- **Inhale "Ah-hhhhh:"** Next, place your tongue on the center of your upper palate (Figure 1.65), straighten your head, close your eyes and roll them upward. Visualize looking directly through the center of your body into the center of the Soul Star point, located six inches above your head (refer to Note #1 on previous page 88).
- Now inhale, and from the back of your throat make a soft ascending "Ah-hhh" sound [Note #4: page 90] (Figure 1.66).
- During this inhalation, as you make the ascending sound visualize the radiant pearl rising from the center of the Earth Star (below your feet)—flowing up through the middle of your body—and exiting the top of your head. When making this sound, think in your mind "Spirit of the living God."
- **Exhale "Hum-mmm:"** The moment you feel the white light pearl leaving the top of your head, visualize it entering into the Soul Star point. Then immediately place your tongue behind your teeth and exhale a small portion of your inhaled breath. As you do, make the audible sound "Hum-mmm" [Note #5: page 90].

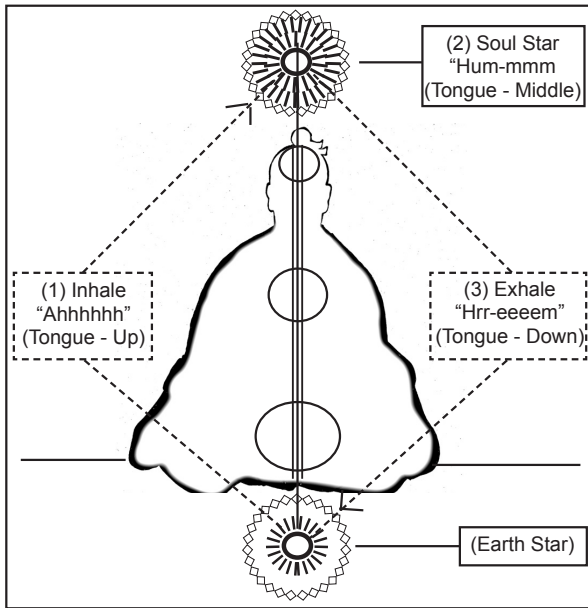


Figure 1.66. Inhale the “Ahh” sound, and follow the white light pearl as it travels up from the center of your Earth Star, through the center of your body, into the center of your Soul Star.

When you make the audible “Hummmm” sound, imagine a powerful spark of bright white light pulsing from the center of the Soul Star. Visualize this powerful life force energy rippling throughout the entire Universe, and expanding outwards into infinite space.

- **Exhale “Hr-eeem:”** While still holding on to most of your breath, imagine this radiant energy reaching the farthest parts of the universe. Briefly pause and feel a quiet stillness surround your body, then feel the energy quickly rushing back towards the center of your Soul Star.

The moment the returning light reaches the center of your Soul Star point, imagine it immediately recreating the bright radiant white pearl (Figure 1.67).

- Now place your tongue behind your lower teeth, and mentally think “awaken me.” Then exhale the remainder of your breath, and audibly make a descending “Hr-eeem” sound [Note #6]. As you are audibly exhaling the “eeee” sound, imagine and visualize the radiant white pearl moving through the center of your body and exiting through your lower perineum.

With your eyes still closed, visualize the radiant pearl entering back into the Earth Star like a drop of clear water descending from a vaporous cloud and sinking into the center of a calm illuminating pool.

As this happens, softly make the ending “em” sound and follow the energetic pulse of this ripple as it expands from the center of your Earth Star and travels throughout the entire planet.

- **Repeat:** Continue to repeat this sound meditation for several minutes (i.e., inhale the “Ahh” sound, then exhale a part of the breath and make the “Hum sound – the rest of the breath while making the Hree” then “em” sound).
- **Ending the Meditation:** After about thirty to forty minutes of practicing the Awakening the Divine Spark Meditation,

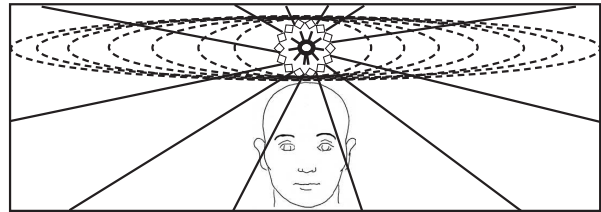


Figure 1.67. Imagine the rippling white light energy rushing back from space and entering into the center of the “Soul Star.”

relax into a quiescent state of mind, and bring your attention to breathing softly, comfortably, fully, and silently for a few minutes. Then perform the Pulling Down the Heavens exercises and end the practice (see Figure 1.62).

**[Note #3]:** The Earth Star point is the first of the body’s three Earthly Transpersonal Points. It is located below the bottom of your feet, about six to twelve inches underneath the ground. According to ancient teachings, the history of your current life is recorded within the energy matrix of the Earth Star point.

This special energy center contains the memories, experiences, talents, skills, and practices that you have acquired during your entire lifetime. It additionally connects and roots the energy of your three bodies into the ground, as well as assists your body in absorbing various types of earth energy up from the ground into your body’s physical tissues.

**[Note #4]:** One of the most powerful sounds on this planet is the “Ah” sound. It creates a point of stillness or emptiness which is manifested as a source of energy, openness, expansion and empowerment. It is also extensively used for generating compassion, and is respected as a divinely inspired sound that is considered most sacred in many spiritual traditions, including the Hebrew Kabbalah. It is traditionally honored as the first sound created after we are born — and the last sound made during death, when the eternal soul leaves its earthly vehicle via our last exhalation.

The “Ah” sound is also an expression of wonder and becoming aware of something for the first time. In fact, the “AH” sound is often said to be the energetic sound of the heart. It is additionally a part of the sacred names of Yahweh and Yeshua; as well as the words Amen and Alleluia.

It is interesting to note, that the heart beat, respiration, and brain waves of two people will entrain with each other through breathing or repeating the sacred “AH” sound together.

**[Note #5]:** The “Hum” sound helps bring the infinite vibration of your eternal soul into conscious awareness. It also calls God’s radiant energy down from the heavens into our body, while simultaneously raising the spirit of your eternal soul up towards the divine, to be transformed in the sacred fire of divine awareness.

The “H” in Hum is the exhaled sound of the energetic breath. The long “uu” of the sound is used to extend and accentuate its energetic movement; and the “mmm” of the sound is used to bring the energetic expansiveness of its vibration into infinity.

**[Note #6]:** The sacred sound “Hreem” is said to awaken us at a deeper heart or soul level, connecting us to the divine forces of compassion and unconditional love. When repeated in this manner, it can be used to control deceptive illusions held in our minds, and naturally increase our receptivity to divine light, sacred wisdom, and spiritual truth. It is also considered to be a sacred sound from the upper regions of heaven, connected to the divine consciousness from which all the various worlds exist.

### CHAPTER 13. THE THREE MAIN OBSTACLES IN LIVING A SPIRITUAL LIFE

I was first introduced to the following teachings in the early 1990's, when I was active in the Vineyard Christian Fellowship in Salinas, California. During that time, I taught weekly bible studies every Wednesday night, and also worked as a song worship leader.

One afternoon the Assistant Pastor Steve, who was also one of my private teachers of Chinese esoteric Daoist studies, mentioned that he had been taught that there were three different realms a person must first awaken to in order to obtain an abundant spiritual life. He explained that to grow and evolve as a true child of God, each individual must learn how to overcome the powerful influences of these three different realms while still living within the earthly domain.

He explained that although the earthly domain is a fascinating realm where our eternal soul has come to explore and have various experiences, we must avoid falling prisoner to its addictive negative influences – many of which can become serious stumbling blocks to our spiritual growth. Therefore while we are here, we must continually strive to overcome such influences, which all too often reveal themselves as being the greedy attachments to material possessions and coveting positions of power over others.

He also explained that after overcoming this first obstacle, the “traveler” must then overcome the negative influences that often arise when entering the energetic realm of the supernatural. This includes overcoming such things as the emotional attachments that can arise from working with these unique interactive energetic fields, and the different things that are associated with mastering these mystical types of energies.

Once the traveler has overcome the mystical influences of the energetic realm, their eternal soul will then face some of the most powerful supernatural influences of the spirit realm. The temptations experienced within this final realm are associated with developing emotional attachments to different spirit entities and powerful celestial deities; as well as the attachments to a host of various supernatural kingdoms and the profound magical powers contained within these hidden realms.

These three obstacles are similar in their challenges as the three temptations of Christ mentioned in the Gospel of Matthew 4: 1-11, which Jesus of Nazareth went through after his forty days and nights of prayer and fasting in the wilderness.

In his first temptation, Jesus was challenged by Satan (the Accuser) to change stones into bread. This test represented the challenge of overcoming “the lust of the flesh” - which is the desire to obtain and possess things (Figure 1.68).

In the second temptation, Jesus was challenged by Satan to throw himself off the high pinnacle of the temple, so that the angels of God would lift him up, thereby proving that he truly was the Son of God. Although the order of the second temptation written in the Gospel of Matthew (4:1-11) is different than the order of the second temptation as written in the Gospel of Luke (4:9-13), the second test presented in Matthew represents the challenge of overcoming “the pride of life” – which is the ego vanity associated with showing-off and seeking to get someone's recognition and approval, outside of pleasing God.

The third and final temptation by Satan was the challenge of being shown and offered all of the various kingdoms of the

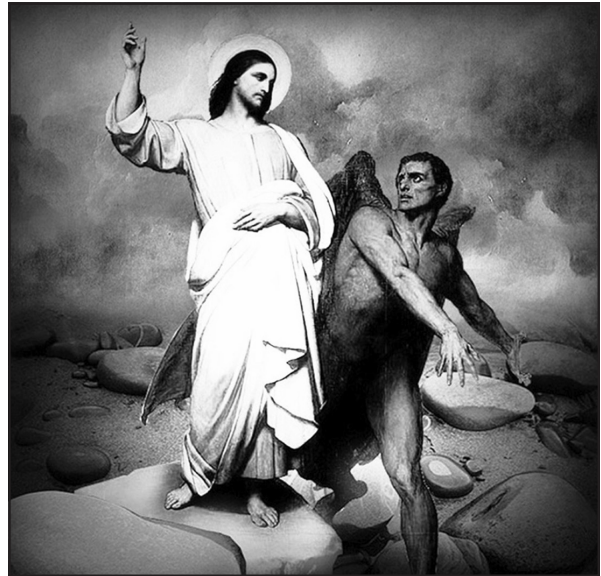


Figure 1.68. Jesus being tempted to transform the stones into bread represented the challenge of overcoming “the lust of the flesh” – the desire to possess things.

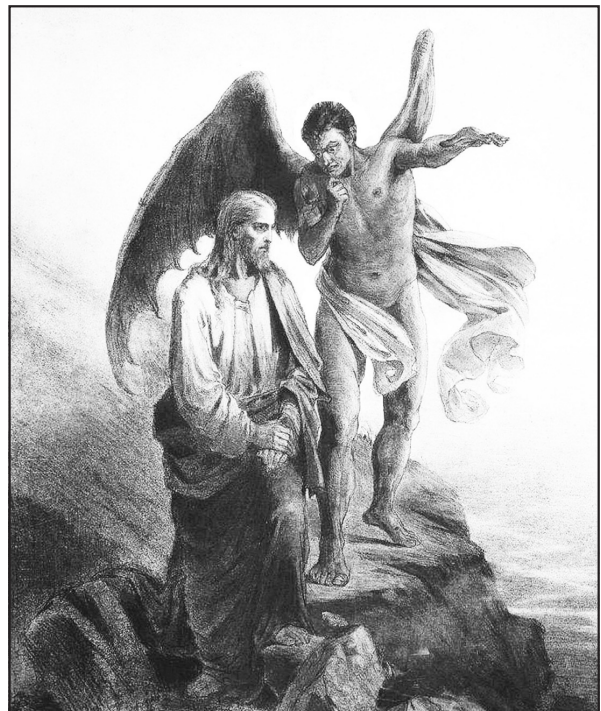


Figure 1.69. Jesus being offered all of the different kingdoms of the world represented the challenge of overcoming “the lust of the eyes” – the desire to possess power and control others.

world in exchange for having Jesus fall down and worship him. This last test represented the challenge of overcoming “the lust of the eyes” – which is the desire to have power and influence, and the great trap that comes from seeking to have control over people and places (Figure 1.69).



During each of these three different temptations, Satan (the Accuser) used holy scripture from the Hebrew Old Testament Bible in order to validate his deceptive challenges. At that time, he approached and tried to trick Jesus because his body, mind, and spirit were all in a severely weak and vulnerable state, having just completed forty days of extreme fasting.

What I find truly fascinating about these three different types of obstacles and the challenges they present, is that although I have learned from several great masters of different spiritual traditions, they all tended to say the same things concerning this three stage evolution process and the testing that is necessary for spiritually transforming the eternal soul.

Spiritual power exists as an energetic state, which is constantly shifting and often energetically transforming according to where you place the attention of both your heart (feelings) and your mind (thoughts and beliefs). When seeking to understand these three different types of challenges, the assistant pastor offered the following insight and advice:

- **Overcoming the Realm of Matter:** In the first test, an individual is introduced to many different material things which may be acquired for their personal pleasure. However, because these things are temporary, the challenge of the first test is focused on whether or not these different material possessions were used in opportunities to spiritually evolve and mature. This spiritual growth is accomplished by using these material things as “tools” through which to reach out and help others. Knowing this will often reveal the true level of spiritual maturity associated with the individual’s heart, mind, and soul.

For example, some individuals are so possessively attached to certain people, places, and things, that they hold onto them so tightly they unknowingly strangle the life force out of them. Other individuals simply appreciate and value all the people, places, and things that appear in their lives as unique yet temporary gifts, and release any attachments that they may have to them.

On the lower levels of spiritual evolution, an individual is challenged to overcome their illusive wants and desires, and understand that seeking after and gathering many material possessions is simply a form of spiritual distraction. A seeker, once awakened, will realize they have been suffering from illusions derived from others, who proclaim that by gaining abundant financial wealth and positions of influence and power over others – a person will be happy. However, this is not necessarily true. Look at such people, and then look at the people who are spiritually liberated from those illusions and walk as children of light, who have learned to become one with God.

Because abundant wealth is simply another form of abundant energy, the real challenge is not how to obtain such things, but instead on what to do once you have them. As the old saying goes, “To whom much is given – much is expected.”

A person will know they have finally overcome the Realm of Matter when their spirit (heart and mind) is no longer attached to acquiring material possessions. At this point, something really strange truly happens: they find that they can obtain anything that they want and truly need because now they understand that all of these things are nothing more than temporary acquisitions loaned to

them by the spirit realm to utilize for the service of others.

At this point in their spiritual evolution, the individual will be able to maintain a divine peace within their heart and mind whenever they experience any type of acquisition or loss. In this way, whenever possessions or positions of power come or go, the individual still maintains their integrity, internal peace, and a grateful heart towards God. As it is written in Job 1:21, *And he said; ‘Naked came I out of my mother’s womb, and naked shall I return thither; The Lord gave, and the Lord hath taken away; Blessed be the name of the Lord.*

It is only after overcoming the Realm of Matter and releasing all desires for obtaining money, fame, and power associated with this realm, that a person can effectively progress towards overcoming the more subtle Realm of Energy.

- **Overcoming the Realm of Energy:** After a person has overcome the realm of matter and has released any and all attachments to having different possessions or positions of power, their spiritual gifts will naturally begin to manifest – which often gives birth to many supernatural abilities. As the individual awakens to the subtler realms of energy, they will begin to develop a profound mystical influence over people and animals. In this spiritual awakening, their innate clairvoyant and clairaudient powers will quickly blossom and manifest their full potential.

The reason why these types of supernatural phenomena occur, is because when a person’s life force energy is no longer invested in obtaining possessions or positions of power, their unused energy expands and increases to the point where it can awaken the person’s innermost spirit (heart and mind). This deeper perceptive awareness of the subtle currents and energetic patterns that underline, influence, and govern all people, places, and things, allows the individual to evolve spiritually, and frees their heart and mind to grow beyond normal earthly conditionings.

Because the person’s life force has now been freed from being continually focused and directed towards gathering “stuff,” its increased clairvoyant sight, clairaudient hearing, and intuitive perceptions give birth to an expanded awareness of the different realms of influence co-existing within the realm of matter (i.e., the realm of energy and the realm of spirit).

When this deeper awakening occurs, it is often viewed as the beginning of the second stage of spiritual evolution. Within this more advanced stage of awareness, an individual is now moving from the lower realm of physical matter into the fascinating energetic realm of cultivating and embodying true magical skills. When “playing in this realm” the person can now work with and influence the different energies of the earth, weather, and all of nature.

But beware: this second stage of spiritual evolution possesses hidden challenges and traps. You must understand that playing with this type of supernatural energy is not only fun, but it can also be extremely addictive – similar in effect to acquiring many material possessions and different positions of power, as in the more you get the more you want.

Remember all of these things simply represent another aspect of spiritual distraction. Because these spiritual pow-

ers are temporary, the challenge comes from whether the person will try to hold on to them, or simply appreciate these gifts as advanced spiritual tools used for divine service, and then releases any personal attachments to them.

In this second level of spiritual evolution, the individual is invited to seek after and gather as many of these fascinating spiritual skills and energetic abilities as they want. Yet again, all of these supernatural skills and abilities are simply temporary (energetically attached to this current lifetime). What is truly important is whether or not these different supernatural abilities were used in opportunities to spiritually evolve and mature. This is accomplished by using these unique gifts as “tools” through which to reach out and help others.

Here again the traveler is challenged to understand that seeking after these special abilities as an end in itself is at best no more than another form of spiritual distraction. Once the traveler realizes they have merely derived illusions of power in obtaining such magical abilities, they can consciously choose to release their attachments to holding on to such things. The real challenge in this is not placed on having obtained any of these special supernatural skills, but is instead centered on the person being able to use this gifts in service of humanity.

By letting go of all attachments on obtaining such things, the heart and mind of a person is freed to develop an even stronger spiritual connection between God and their eternal soul. As it is written in Mark 8:36, *For what does it profit a man to gain the whole world and forfeit his soul?*

Having such elevated states of spiritual awareness will attract the attention of powerful spirit entities, as well as various deities responsible for governing and overseeing the different realms of creation (see *Hidden Teachings Vol. 2*, Chapter 2, pages 15-18).

- **Overcoming the Realm of Spirit:** Up to now, each of these different experiences was an opportunity to spiritually grow, mature, and reach out from oneself in order to be of divine service towards all of humanity. Therefore each experience up to this point has had important value for the individual’s personal spiritual evolution. By this time, the person should have spiritually grown and advanced to the point that they no longer need to rely on the assistance of others for advanced spiritual manifestations. Such cultivated, independent abilities attract the attention of powerful spirit entities, who are curious as to who and what this earthly mortal is. Which is why at this point in their spiritual evolution, the person will begin to consciously work with many of the Principalities (Rulers), Powers (Authorities), Dominions (Celestial Lords) and Virtues (Strongholds) of God’s creation.

These spirit entities, all very high beings, are attracted to the person because he or she is no longer functioning as a normal human being in the lower realms of matter and energy. Instead, the person’s eternal soul is now evolved to the place where it is consciously awake, and is actively working within the higher spiritual realms of divine service.

Once this third form of spiritual awakening occurs, it is often viewed as the beginning of the final stages of true awareness and understanding surrounding God’s

divine influence and control over the earthly realms. At this elevated state of spiritual comprehension and divine work, the traveler often receives great recognition for their spiritual accomplishments from the powerful spirit entities who are responsible for overseeing the subtle planetary and celestial realms. During this time, the individual often also develops profoundly close relationships with the various spirits and powerful deities who are responsible for governing the different energies that control and influence the numerous kingdoms existing on the earth (i.e., the mineral, plant, insect, animal, water, weather, human, and underworld realms).

At this point in their spiritual evolution, the individual begins to see, value, and appreciate the various celestial and terrestrial realms for what they truly are, understanding the original integrated symbiotic relationship between each dominion and its influence. The reason this is considered to possibly be the beginning of the third trap, is that often the individual starts to only identify themselves through their encounters with these different supernatural realms and their governing deities, and becomes lost in the “magical play” of such experiences. Because of the consistent invitations offered to come, visit, and explore the different dimensions that exist in these realms, the individual can become distracted and forget what needs to be done here on earth. In other words, their present mission is still based on serving and assisting others who are currently living in the earthly realm.

Remember that our primary goal should be focused on spiritual transformation, and the service of others. As important as it is and wonderful as it will seem, ultimately it really doesn’t matter how many powerful deities you can connect with, and which spiritual paradises you have visited; or what type of magical powers you have developed. What is of greater importance is your personal spiritual evolution, and your willingness to serve God by assisting others in their own spiritual growth.

When all of these various influences are understood as simply being different branches of divine service used to support God’s creation, then the traveler has learned how to overcome the final test and temptation of the earthly realm.

Remember, your eternal soul is simply living inside a temporary shell that you call a body. Although it has decided to take on this earthly life to learn specific lessons, obtain deeper spiritual insights, and to acquire further growth and maturation, all of these things are simply different forms of energy.

In learning to master different types of manifested energy within the earthly realm, an individual must also strive to overcome the pull associated with each new energetic influence and its powerfully addictive attachments. Once they have learned how to become a good steward of the divine light and spiritual energy radiating from within their eternal soul, and have consciously chosen to release all attachments to the different spiritual distractions active within the earthly realm, they will naturally find peace of heart and mind, and be content with their life purpose. This internal joy will then radiate towards others, no matter who they are, where they live, or what their situation in life has become.

## HEALING & OVERCOMING DIFFERENT OBSTACLES

The eternal soul exists outside the acquired personality, and the various categories of a person's conscious self, as well as their personal experiences, including time. Therefore it perceives our lives as a whole, and not as a sequence of events and experiences that span several decades. Because the eternal soul can see the entirety of one's life from start to finish, it can provide appropriate guidance when needed. Having access to these important visions and glimpses of the eternal soul, often has to do with an individual's spiritual awareness and destiny.

Because your eternal soul is not affected by the death of your physical body, it must prepare itself for passing through the many different spiritual veils of the lower worlds of light that are responsible for influencing the physical realm (see Chapter 10, page 78). Without this necessary preparation, a person's eternal soul can become enmeshed and trapped in the lower energetic fields of the physical realm. Once this happens, after the death of the physical body the eternal soul may continue to exist here on the earth as a disembodied soul or ghost (see *Hidden Teachings Vol. 2*, Chapter 8).

Within the human realm, it is the radiant power of God's divine light that is used to transform the spiritual energy of the eternal soul, and assist it in its higher evolution. As Christians, we are taught that this transformation comes to us directly from the Holy Spirit, and is given to us as a gift from God through our faith and belief in the promises of our mentor Jesus Christ (John 14:16-17).

While living in the earthly realm, there are many multiple levels of spiritual growth that a soul must pass through during its evolutionary process. There are also different types of soul births and rebirths occurring within this realm as well.

Sometimes a soul may experience difficulty in spiritually awakening, and require several lifetimes in order to learn the important lessons of cause and effect, and apply them later in the future stages of their spiritual growth. It may in fact take many of the birth and death cycles of reincarnation for certain souls to complete their original assignment, and spiritually progress to the next higher level of transformation (see Chapter 39). The ultimate goal is for all souls to spiritually evolve and enter God's most radiant light, and become one with its divine perfection.

Within the human world, the lower spirit entities and fallen angels will mock and ridicule the heartfelt confessions of any true child of God. This can often be a powerful source of discouragement for anyone who attempts to go beyond the elusive realms of lower based spirituality, and strives to free themselves from the deceptive illusions of materialism (see Chapter 20, pages 123-124). Because of these continued assaults on their spirit (heart and mind), many souls feel they lack the power to continue on, and grow weary in trying to progress upward in their spiritual paths. It is within this dark state of confusion that many individuals choose to give up and turn away from God's indispensable guiding light.

Because the spiritual light of the eternal soul also dwells within the subtle influential regions of the divine mind, which is located in the higher heavenly realms (i.e., the divine thought-forms of God's most subtle creation), all souls have the potential to access the radiant spiritual energies contained here, in this endless treasury of light. This bright radiant light

not only provides divine wisdom to all those who place their faith and hope in God, but the incredible life transforming sustenance contained within this great treasury of light also provides the energetic source for a deeper spiritual rebirth. This divine treasury of light may be drawn upon in times of need, and utilized in order to receive needed spiritual guidance. Without embodying the divine wisdom contained in this treasury of light, many people eventually become unconscious in their spiritual walks. Not only do they "fall asleep" and forget about their true spiritual origin, but they also lose their ability to embody this divine light.

Our eternal soul was placed on this earth to spiritually evolve; oftentimes this growth can only be accomplished through overcoming certain obstacles and challenges. I used to tell my students that if I won the California Lottery, became a billionaire, bought an island, and brought all of them to this special sanctuary where they would never have to work again, they still would develop personal struggles and hardships, even amongst themselves. This is because simply becoming financially cared for has nothing to do with the eternal soul's desire to shed its external masks and spiritually grow. The evolution of an individual's soul and their level of spiritual maturity depends on what happens when they are forced to face and deal with the obstacles and challenges of their lives.

For example, certain individuals develop a type of creative tension whenever they are placed under any type of stress, and this is a very good thing. Once external pressures arise, these individuals become clear in understanding their specific purpose in life. They recognize and accept why they are here, and understand what they need to do to overcome their personal challenges and obstacles, and they do what is necessary in order to proceed to "what's next."

Such individuals are also able to take criticism and use it as a way to spiritually grow. In other words, they look at any new challenge or criticism and think, "All right, let me take a look at this and see how I can grow from it." Because such people are clear about the realities of their present condition, they accept any new challenge for what it really is, an opportunity for spiritual growth.

This state of mind is brought about by making a conscious commitment to their future. As these individuals overcome their special challenges, they value more who they are and the gift of the life they've been given. By continually re-evaluating their personal values, they will be able to make better choices on the particular road of life they are presently on.

However, there are other kinds of people who when faced with any challenge or criticism will experience a condition of reactive tension instead of creative tension. Because these individuals are unclear about their personal vision in life, and do not know exactly what they truly want, they experience any type of challenge or criticism being directed at them as an invalidation of who and what they truly are.

These individuals use these types of unsettling experiences as an excuse for remaining angry and embittered towards everyone, and everything. Because they are unclear about their current reality and their present condition in life, their internal state of mind becomes a source of doubt, fear, and obsession. In cases like these, even their own internal stories (i.e., the things that they internally say to themselves about who



and what they are, and why they are here) corrupt their core value system, and casts a shadow over both their vision of life and their understanding of their present spiritual condition.

Often with these individuals, their survival instinct has been taken over by their past histories and toxic beliefs, and is now controlled by the overshadowing spirit of their past hurts and pains, and they usually grow extremely angry and/or clinically depressed. This is why these individuals often end up succumbing to various states of delusional psychosis, which tend to be rooted within their own projected fantasies and fears about what they are afraid will happen to them.

Most of the time an individual will not see themselves acting out these old patterns until someone draws their attention to these repeated actions, thoughts, and beliefs. It is important to remember that this spontaneous reaction is not truly them; they are simply unconsciously acting out their old programmed responses.

If a person does not completely forgive someone for a perceived past transgression, they cannot fully appreciate or truly enjoy their present life situation. Once they have chosen to hold on to these old stories, they unconsciously keep the negative charges associated with their painful past alive. This allows the suppressed toxic energy to continually resurface as negative thought-form patterns, which can haunt and negatively influence an individual's heart and mind for the rest of their lives.

Such a lack of forgiveness causes the energy of your heart and mind to crystallize around painful experiences, creating a survival based thought-form pattern. As this thought-form pattern is energetically fed by certain new ideas or beliefs, it develops spontaneous reactions that become emotionally charged for survival sake (see *Hidden Teachings Vol. 2*, Chapter 5, pages 43-45).

Over the years, these suppressed painful memories may become even more energetically charged through other painful experiences, and may be violently released when externally triggered by a certain action or statement. Because the wounded individual is now emotionally unstable and acting like a living powder keg, often times it is extremely difficult simply being around them – it's like "walking on egg-shells."

Each person is responsible for creating and maintaining the energy that exists in their own personal living space. When creating the energy field in your home environment, "you bring about – what you think about;" and externally manifest this energy according to your internally crystallized thought-form patterns. This is why with certain people you immediately feel a powerful inner peace when entering into their home; and with others, you suddenly experience an uneasy feeling as you enter into their house.

To truly forgive someone, you have to come to a place where you have developed a gratitude for the lessons that were learned with that individual. Because I have worked with many patients who have had horrendous life experiences, I understand that this is often a step-by-step process.

Hopefully the individual will grow to understand and become grateful for the experiences that they endured, and begin to focus on the priceless knowledge and wisdom that was learned from those painful situations.

The time will come for them to remove themselves from the emotional pain and heartache of the experience, and ad-

mit to themselves that although this part of the journey may have been exceedingly painful, in the long run the experience was most likely necessary because of the healing process that it brought to them. This important yet necessary encounter freed their stagnated life, and allowed their eternal soul to grow towards a whole new level of spiritual transformation.

Without true forgiveness, an individual often becomes embittered and stuck in a chronic grieving or angry energetic feedback loop, which is usually very difficult to break free from. For example, one of my senior martial arts students was chronically angry, and forever lost in a world of revenge and negative thinking. This poor man was so angry and imprisoned by continually focusing on the unjust experiences that took place in his past, that he simply could not enjoy the present. We would often say that even if he won the California Lottery, and you congratulated him for winning eighty million dollars after simply buying a one dollar ticket, he would turn around and focus on the unfairness of the government for taking a such a large percentage of his winnings because of taxes. Now granted this student never won the Lottery, but the point is because he cannot appreciate what he has, he will never have enough. Sadly, due to this complete lack of forgiveness and acceptance of what is, there will always be a perpetual emptiness deep within his unhealed heart.

As you continue to go through the different stages of your life, eventually all that you have internally become will externally manifest. For example, in the lower realms of human development, an individual's main priority often centers on themselves, which is considered to be a very selfish and self-centered pattern. This narcissistic type of behavior causes the individual to become infatuated with themselves and their own accomplishments, powers, and external influences.

When the individual awakens and progresses to the next level of spiritual evolution, they will reach outside of themselves and start to positively influence other people, often working as a healer and counselor. Once this happens, they will frequently start to see their old painful patterns active in other people, which will cause them to develop greater feelings of compassion towards those who suffer as they once did.

At this level in soul development, the individual has now entered into what we call the "Priest Stage," and their focus in life is no longer centered on fulfilling their own personal needs, wants, or desires. Because they understand that all of their personal needs are now being taken care of by God, their primary focus in life is now placed on the service of others. While existing in this elevated spiritual state, they can now discern when to wait until a person's spirit is truly open to hear and receive, and they understand when it is appropriate to act. They also understand when it is important to simply observe and listen, instead of offering life-transforming information what will be simply casted aside and discarded.

When properly approached, challenges are simply hidden opportunities. The wonderful thing about this is that there are many situations in our past that we can look back to and understand that these unsettling experiences were important for our personal spiritual growth and evolution. This is why in any spiritual walk, when one door has closed – another door soon opens. Eventually, you come to understand that all of these experiences are used to build internal character and validate our spiritual growth.

## DIFFERENT OBSTACLES – DIFFERENT VEILS

Every part of creation contains a radiant seed of God's divine mind and holy essence. What we call "the visible world" is in all truth the radiant light and creative mind of God interacting as manifested substance. In order to obtain a glimpse of this hidden reality, a person must first be able to penetrate the various veils that hinder their perception of them, and blinds their heart and mind to these subtle spiritual insights (see Chapter 10, pages 78-79).

Once these veils are lifted, we are allowed to see, at least for a moment, the brilliance and infinite nature of God. As this occurs, we are thrown out of our lower survival-based ego self into a much higher realm of spiritual insight, perception, and understanding. Because the delicate nature of the acquired personality can easily become shattered by such a radiant experience, sometimes the ego based mind must be slowly introduced to this knowledge, and gently brought through the various veils of light before it can fully grasp the deeper realities hidden within the spirit realm.

There are very strict rules governing how energy works on each plane of reality, as well as how a person can work with them. Which is why throughout the ages spiritual masters have opted to intentionally prepare their disciples to experience the energy, power, and infinite nature of God through different meditational practices and initiations. These important rights of passage allow the hearts and minds of the new initiates to embrace these deeper truths at a consistent yet progressive rate of understanding. Not only do these rituals create a way for the consciousness to receive and contain this information, but they also enable the new disciple to perceive a higher level of reality without being overwhelmed or damaged by it. Through this spiritual journey, each different initiation guides the new disciple closer to a deeper realization of God.

One ancient Coptic Gnostic Christian belief states that man cannot have direct access to God. This is because he cannot go beyond his own emotional acceptance and mental understanding established by the "Three Barriers" – which were created after the "Fall of Man," and now act as veils that separate his survival based acquired personality from the radiant spirit of God (Chapter 10, page 77-79).

Because of this spiritual separation, the internal connection to the wellspring of radiant light that was previously created by God in order to animate and sustain man's eternal soul slowly began to dry-up. The disconnection from this spiritual living water caused man to focus on developing his survival based mind and beliefs, which were manifested in all of his actions. Because of his willful rejection (ignoring) of this precious spiritual gift, man's connection to his eternal soul eventually "fell asleep," and his ego took control of his life.

Our forgetfulness of the sacred, and the misuse of ancient symbols and images have distorted life on the inner-planes of consciousness, and have additionally created many external deceptions that now seek to destroy a person's spiritual heart and mind. Because of this, so many places of spiritual refuge have now been lost, ancient temples destroyed, and sacred groves and gardens of regeneration abandoned. Even the thought-forms created from spiritual seekers trying to selfishly use divine energy in order to get something for themselves rather than serve God and others, have corrupted all these internal planes of manifestation.

On the road taken to discover and experience a deeper relationship with God, each path that is chosen carries with it a different quality of spiritual energy, which is sometimes experienced as a distinct ring of spiritual light surrounding its followers. For example, some of these spiritual paths work through divine love; while other systems express God's radiant light through devotion and by seeing the beauty in all things. Yet other systems express their understanding of this sacred journey through embodying esoteric spiritual knowledge, and through divine service.

Because like attracts like, in all of these different variations of spiritual devotion and service, the seeker of truth is actually attracted to the manifested light that is most familiar with their own spiritual energy – currently resonating inside the core of their three bodies. Each new method and spiritual approach is in essence simply a different way of turning away from the world of desire, and moving back towards the eternal soul's true divine nature with God – expressed as loving God, loving one's self, and loving others.

### THE VALUE OF MEDITATION AND MANIFESTATION

Any time a person sits alone in quiescent meditation, they will inevitably come in contact with the spirit world. The reason why this occurs, is because as the external senses withdraw themselves from the outside distractions of the environment, the inner senses naturally extend themselves from the core self, which penetrates the veils that separate the physical, energetic, and spirit realms.

Once a person is able to experience this type of spiritual manifestation on a daily basis, the next quest is for them to enter into the more advanced state of spiritual evolution. In this more challenging state, the person is inwardly witnessing the secrets of divine revelation, while outwardly being surrounded by different people, places, and things. This "outwardly being with people - inwardly being with God" principal allows the person to simultaneously engage both the outer and the inner worlds, balancing and bringing them together.

When working with the primordial energy of creation before it enters into the realm of manifestation, there is tremendous freedom. This is because there are no restrictions in this realm of emptiness. In other words, the energy is still pure, and has not yet been influenced by our various histories, beliefs, and prejudices.

This realm of "nothingness" ("Ein Sof") is a powerful dimension that is quite distinct from all other dimensions of reality (see Chapter 27, The Ten Sephiroth (Emanations) on pages 171-172). Yet every level of reality has its own laws that govern its realm of existence. For example, the law of cause-and-effect governs the physical realm, which allows every action to have an equal and opposite reaction.

It is within this realm of "nothingness" that miracles are brought into manifestation. These supernatural phenomena are expressions of God's higher level of spiritual reality, interacting with and influencing another plane of existence. These unique experiences are not conditioned by cause-and-effect; instead they are manifested as an expression of God's wonderful grace and mercy.

Which is why when studying meditation and spiritual manifestation, a student is taught that their three bodies act as important vehicles of the human soul. Because each con-

tains within its different structures all of the various levels of existence, each body (i.e., the physical body, energy body, and spirit body) has access to all planes and dimensions of manifestation. However, in order to access these different dimensions, we must first let go of the idea that the infinite space of God's creative power is separate from us, move past the veils that blind our perceptions, and understand that both existence and nonexistence work together. As one ancient proverb clearly states, "When swimming in the infinite ocean of God - who is near the shore?"

#### VEILS OF LIGHT AND VEILS OF DARKNESS

Our relationship to the light existing within all of creation affects and is affected by the various illusions of the world, which act as different veils that separate us from the deeper spiritual experiences of life. Some of these veils are part of the natural order of creation, and ultimately serve to conceal and later reveal the most subtle spiritual realms of God. Other veils however distort, deceive, and distract; and are designed to keep man from experiencing the deeper spiritual truth his eternal soul seeks after.

Many spiritual traditions acknowledge the existence of these veils, which hide the light of God's truth and conceal our own divine nature from us. In fact, much of the traditional work done in many spiritual practices focus on renouncing one's desires, dissolving the various attachments of the ego, and finding a way to sojourn through each of these obstructive veils.

Until these veils are lifted, there is no knowing what is real. Yet each of these veils is designed to both distract and protect. For example, it is often said that if any of these veils did not exist, then whenever any person who had not spiritually transformed their ego based acquired personality sought to see and experience the face of God, they would immediately be burned to ashes the moment they were exposed to his bright radiant spiritual light.

Because each stage of a person's spiritual walk is designed as a natural part of the eternal soul's unfolding, each new revelation is supposed to take them closer to God's radiant presence. Because of this important spiritual transition, there are certain traditions that teach their disciples that there are additionally veils within veils - and that there are both veils of light, as well as veils of darkness. All of these veils are designed to protect the fallen man from being burned into ashes from encountering the face of God in an unpurified state. This is why each seeker of God's radiant presence is encouraged to go through each veil cautiously, being fully awake and spiritually accountable for their words and actions, before proceeding on to the next veil.

In certain spiritual traditions, the veils of darkness are sometimes known as the "veils of illusion," and are said to trap a person in an endless maze of attachments and desires. Although they are often designed to seduce, deceive, and sometimes even terrify a seeker of God's radiant presence, their ultimate end is to point the traveler beyond their own ego based self - towards higher spiritual growth and true refinement. This is why a spiritual mentor is often required in order to point a traveler in the right direction, or to illumina-

nate a particular part of the path in order to help them make better progress when seeking to exit out of the endless maze.

Because the illusions of life entice and often entangled a seeker of God's radiant presence, it requires a deeper understanding of spiritual cause-and-effect to prevent a person from being ensnared by these subtle traps, which work with the energy of our own fears, aspirations, and beliefs. However, with the right attitude, one based on respect and appreciation, an individual can move through these different experiences without becoming lost or trapped inside of them. Once this occurs, the veils of deception gradually become veils of revelation.

#### INTERNAL VEILS AND EXTERNAL VEILS

Most people do not realize that these subtle veils work in both worlds, internally and externally interweaving both dimensions of energy together, often strengthening the various distortions of life. In fact, the inner worlds of the mind are saturated with the same darkness that pervades our materialistic society. Which is why many spiritual journeys often begin with a confrontation with the darkness contained within ones own personal shadow - which in the Christian tradition is often rejected and not acknowledged as being a part of one's internal psyche. In order to move past this, we have to take responsibility for how our own lives are the meeting ground for both darkness and light, and understand how our survival based instinct and spiritual consciousness both work together inside each of our three bodies.

One of the best ways to progress through the darkness is not to look for light alone, but instead to recognize the intricate lessons that can be learned from stumbling into these situations. For example, in these circumstances ask yourself: "how does this situation expose my unhealed needs; how does it give me an opportunity to reevaluate my priorities in life; and how does this experience teach me how to take responsibility for my own decisions?"

Accepting our darkness takes us into the crucible of transformation, allowing us to experience the process of completeness - wherein the darkness is used as a tool to expose any existing weakness. This new awareness allows our spiritually transforming heart and mind to take advantage of this newly exposed flaw, and progress towards higher states of spiritual evolution. Which is why it is sometimes said, "woven into the veils of these distortions - are the beautiful mysteries of God's hidden light."

Once you pass through each veil, a deeper perspective of life is obtained surrounding your previous obstacle - which almost always has a sense of irony. For example, once we are awakened, we can now see our own attachment to materialism and begin to question why we have chosen to believe that the meaning of life is in the accumulation of material things. We can also acknowledge the absurdity in disapproving of our physical bodies and how the fear of being rejected socially has undermined our sense of unconditionally loving ourselves as well as others. We can also laugh about how our passion and drive to be free - has instead left all of us imprisoned; and accept the fact that many times what we truly needed - was exactly the things which we rejected.



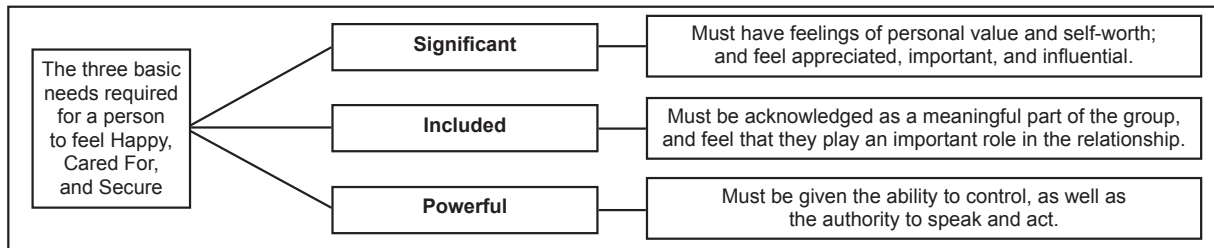


Figure 1.70. Every person has three basic needs that must be met in order for them to feel happy, cared for, and secure.

## CHAPTER 14. THE PULLING OUT THE PAIN HEALING MEDITATION

Every human being has three basic needs that must be met in order for them to feel happy, cared for, and secure. These needs are: feeling that they are significant, feeling that they are included, and feeling that they are powerful (Figure 1.70).

When these three needs are not being met, people will often lash out with what can be defined as “anti-social behavior.” This extreme emotional reaction is often due to the person internally fostering resentment based on suppressed feelings of rejection, betrayal, and abandonment.

In order to counter this negative state of mind, the need for significance, inclusion, and power is required to help them feel safe, and believe that their personal needs are currently being cared for.

1. **Significant:** For an individual to feel significant, they must have feelings of personal value and self-worth, they must also feel appreciated, important, and influential.

Without this feelings of appreciation, the person will feel insignificant, unimportant, unappreciated, and worthless.

2. **Included:** For an individual to feel included in an assembly of people, they must feel that they are acknowledged as a meaningful part of that group, be it their family, their co-workers, or their personal friends. In other words, each individual must believe that they play an important role in their family, within all their personal relationships, and within society as a whole.

Without these feelings of inclusion and personal acknowledgment, the person will feel isolated, segregated, and separated.

3. **Powerful:** For an individual to feel powerful in any relationship, they must be given the ability to control, as well as the authority to speak and act.

Without these elements of personal power, the person will feel powerless, weak, and incapable.

The more an individual can feel significant, included, and powerful in their personal life, the faster their physical, emotional, and spiritual health becomes a reality. This is why when assisting someone who is currently experiencing a deep lack of joy in their life, a counselor will often direct their focus on what is presently happening in the person’s home and work environment. Both things (home and work) influence and contribute to an individual’s total wellbeing.

Many times these stressful conditions and situations will disappear after a person has learned how to effectively establish healthy boundaries in their lives. This can sometimes be

difficult, especially for those individuals who were constantly picked on or bullied during their youth. However, with proper guidance and support, it is possible to effectively rebuild their personal boundary systems.

One problem that can now and then arise, even after a person has learned how to establish a healthy boundary system, is how to regain and retain a feeling of internal joy. Many individuals can feel emotionally safe, but oftentimes they are still embittered and angry over the past, and easily lose any joy that they might experience by obsessing over old painful memories.

To help a person overcome these painful memories, I often share with them the following Pulling Out The Pain Meditation that I learned from my assistant pastor Steve. This special meditation was specifically designed to release and transform any painful memories and negative feelings someone might be holding on to, and change them into a positive, healing life force energy. This important shift in consciousness will help to remove all subconsciously suppressed negative thought patterns.

After this meditation has been performed, the individual should feel that they have been cleansed and purified of all toxic emotional memories.

Often in this transition process, a person will only release and transform the feelings currently associated with their surface emotions. Because this healing work is similar to peeling an onion, most individuals will continue to progress through each level of their past experiences until they can eventually reach the core issues that lie within their original trauma. This delicate unfolding process is one reason why in special cases of severe emotional instability and depressive mental psychosis, it is better that the individual seek out professional psychological counseling to assist them in this procedure.

When performing the following Pulling Out The Pain Meditation with someone who has been emotionally “Looping” for some time, it is essential to take your time and guide them through all of the various suggested visualizations. Also, pace the rhythm of your spoken words according to the individual’s respiratory breathing patterns.

The term “Looping” refers to the process of being emotionally stuck on the same hurtful memory, and continuing to repeat its old unchanging story – at the same time being blind to its never ending destructive cycle. If an individual becomes stuck in this stagnant pattern, it is imperative to assist them in disconnecting from these old emotional attachments.

These habitual patterns can create powerful energetic cords which bind the thoughts and feelings of these old painful stories to the person’s body, mind, and spirit, thereby



Figure 1.71. Releasing toxic energy from the Three Bodies.

adversely affecting their lives. Which is why in such situations, a radiant “Sword of Truth” is often visualized cutting through these dark energetic cords. This action represents the individual’s conscious decision to release themselves from these old stories, and to regain their personal power.

The severing of these energetic cords symbolizes the end of the person’s emotional investment in keeping these old toxic experiences alive, and additionally represents the acknowledged beginning of the person’s spiritual healing.

#### **PULLING OUT THE PAIN MEDITATION**

This guided meditation is designed to help a person reconnect with their body, remember pleasant memories that happened in their past, as well as assist them in appreciating their present life.

1. **Preparation:** Begin by sitting comfortably in a chair with both feet on the floor, hands resting on your thighs, eyes closed, and the tip of the tongue placed on your upper palate, behind your teeth. Breathe naturally down into the lower abdomen.
  - Next cleanse and purify the space where you are about to perform the meditation, by doing the Pulling Down the Heavens, and then the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26).
2. Now focus your attention on the center of your diaphragm. Imagine an energetic portal opening inside your center solar plexus area and releasing all of the stored negative energy from inside your body like a powerful stream of swirling smoke (Figure 1.71).
3. As the swirling smoke flows out of your body, feel yourself releasing any feelings of guilt, anger, blame, shame, resentment, rage, and sorrow, as well as feelings of abandonment, rejection, betrayal, and humiliation, etc.
  - Because these toxic emotions have been tightly bound inside your body’s internal organs and tissues for a long time, feel your three bodies (physical body, energy body, and spirit body) relax as the pathogenic thoughts and emotions are released – and rush away from your tissues.
4. Next focus your attention on the released dark energetic cloud that is now floating in front of your body. Become aware that within this darkness you can find hidden

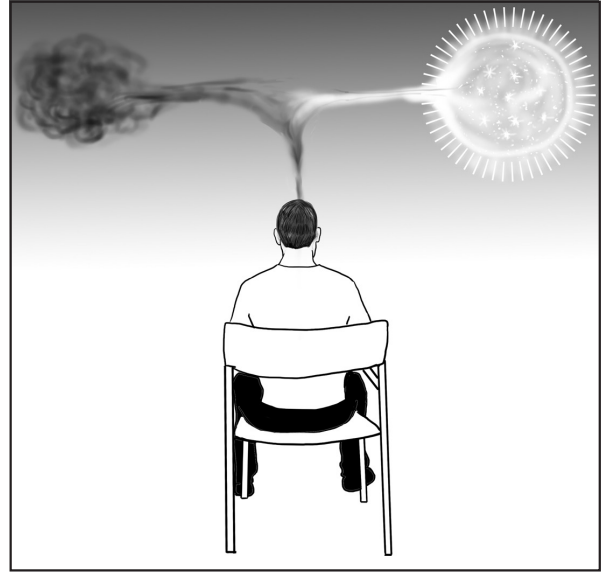


Figure 1.72. Separate the pain (black) from the wisdom (white).

healing light. Therefore focus your mind on separating the healing light from the dark energy in the following manner (Figure 1.72):

- First, visualize bright radiant energy separating from the dark energetic cloud. The bright luminous energy represents the knowledge and wisdom that was obtained from having all of these experiences. As you mentally separate the bright energy from the dark energy, imagine and visualize placing this radiant energy on the right side of the room – and visualize it glowing as illuminating golden, white, and silver sparkling particles of light.
  - At the same time, place the dark turbid energy towards the left side of the room. Continue extracting any bright radiant energy away from this dark energetic cloud. Notice the dark cloud is growing even darker and heavier, as its malevolent, toxic nature increases in density.
5. Next, place your attention onto the right side of the room, where the golden, white, and silver sparkling light particles radiate their bright illuminating colors. Once again understand that these bright and radiant particles of light represent radiant jewels of wisdom you have personally earned and collected over the years, by having undergone all these past experiences. As you observe and appreciate all of these radiant jewels of wisdom, begin to inhale; and visualize this bright illuminating energy flowing back into your body, energizing all of your tissues and cells.
  - As you continue to absorb these radiant energies into your body, feel all of your internal organs and tissues becoming energetically charged and empowered; and feel this illuminating energy immediately start to heal your body on a physical, mental, emotional, and spiritual level.
  6. Next, focus your attention on the dark energetic cloud located on the left side of the room. Understand that this thick, dark cloud contains the negative energies of all your past pains and emotional sufferings. Because of your previous attachment to it, in order to completely release

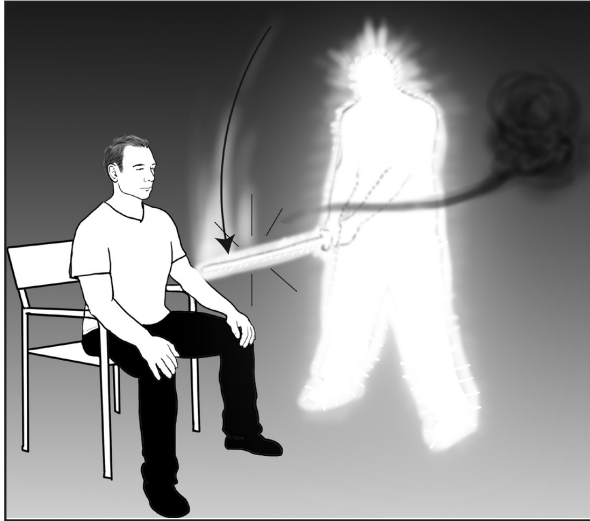


Figure 1.73. Imagine, visualize and feel the celestial guardian Michael the Archangel severing the energetic cord that is currently attached to the black energetic cloud.

this dark toxic energy from your body, mind, and soul, you will need divine assistance.

In order to accomplish this, imagine God the Creator dispatching the celestial guardian Michael the Archangel towards the left side of your body, holding the powerful double-edged Sword of Truth. Although the Archangel Michael is positioned and ready to sever the dark energetic cord that is connected from your physical body to this dark cloud, because you have free will, it is important that you specifically ask God to grant Michael the Archangel permission to cut this energetic cord. This can be accomplished by nodding your head.

*[Once the person nods their head in order to inform Michael the Archangel that they are ready to release the energetic cord, count out loud to three. Then immediately clap your hands together – this should startle and shake the person’s body – and quickly call out, “The energetic cord is now severed!”]*

7. After the energetic connection to the dark cloud has been severed (Figure 1.73), imagine that the dark cloud is now floating upward and out the room through the ceiling, quickly disappearing deep into outer space.
- As you look far in the distance, you see the powerful radiant form of God the Creator, sitting on his holy throne, high within the heavens. From the center of God’s throne there emits millions of radiant waves of light. Each pul-

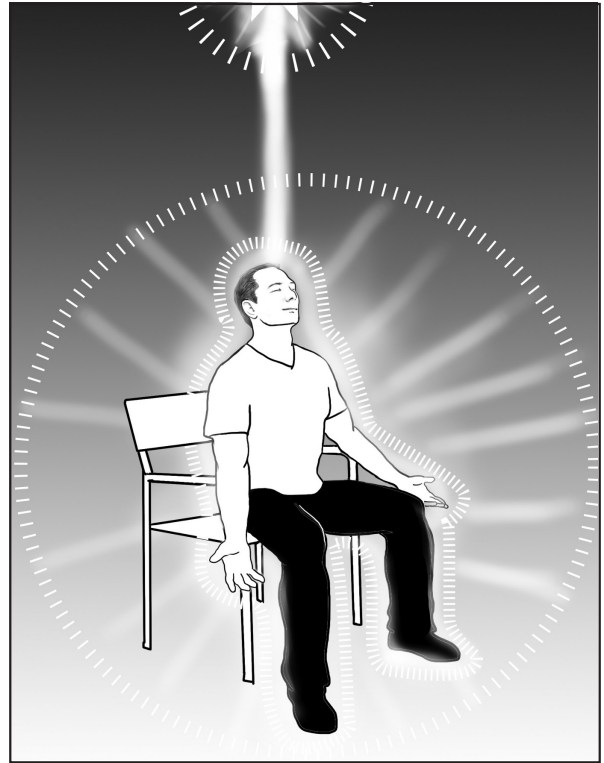


Figure 1.74. The transformed radiant light completely fills, purifies, and energizes the patient’s Three Bodies.

sating wave contains the illuminating energy of God’s unconditional love, which ripples throughout the entire Universe.

- Visualize one of these waves of radiant light descending down towards the earth and suddenly touching the ascending dark cloud. This energetic contact will cause the negative energy contained within this dark cloud to suddenly explode - immediately transforming it into bright drops of radiant cobalt blue fluorescent light.
- Now visualize these drops of radiant blue light descending from the heavens like a gentle cleansing rain, and falling on your body. Inhale, visualize, and feel this powerful healing energy penetrate into your body and flow throughout your tissues.
- Next visualize and feel this divine energy absorbing deeply into every cell of your body, saturating it and radiating its cleansing light throughout your entire being (Figure 1.74). After a few moments relax and end the meditation.



## CHAPTER 15. REBUILDING YOUR LIFE AGAIN

In your life, it is you who actually bring the meaning, significance, and value to all that you have, believe, and do. In fact, the only reason that any person, place, or thing has any value or significance, is because you authorize them to have it. To better understand this, I would often ask my students to sit quietly and become introspective about their current life's journey. I would then ask them to write down their answers to these questions: "What is important to you? What do you truly want? What do you truly value? and Why is this so important to you?"

Then I would teach them a special meditation used to help consciously awaken their hearts and minds, and redirect it toward a higher spiritual calling.

Similar to trying to awaken someone from a deep sleep, each person's reactions to such a spiritual awakening will vary depending on their personal history. For example, certain individuals will quickly have an understanding of where they are and where they want to be. However, others often need more time to comprehend their current surroundings, and additionally have to fight against a deceptive world of dreams and illusions which maintain a strong influence over their hearts and minds.

As I grew older and became more consciously accountable in my life, I began to realize that simply living life day-to-day is actually quite a precious gift. I began to see the wonderful value of having good friends, especially those who would stand by me through both good and bad times. I also realized that we are so fortunate to be in this special realm, where every type of abundance is at the brink of external manifestation. It is simply a matter of valuing and consciously seeking after this energy that enables it to be brought into our lives.

However, as I continued to interact with my patients and students, one disappointing problem I observed was even after performing the previously mentioned Pulling Out The Pain Meditation, certain individuals still remained emotionally frozen around certain "stories." Oftentimes these past memories were so traumatic that the person could not, or would not, release their emotional attachments to these thoughts and feelings. Because their hearts remained frozen within this toxic state, their chronically over-shadowed minds became stuck in this painfully delusional condition, often to the point that they remained in these perpetual states of victimization for years.

Sometimes these frozen mental patterns were so deeply embedded, that in certain individuals I had to introduce a second type of meditation – one that focused on having them imagine that they had suddenly died, and their eternal soul was in the process of returning back to God. With these special individuals, I would explain that located deep within the center of their body's physical shell is a divine spark of God's radiant light. This radiant light is responsible for supporting and maintaining the energetic existence of their eternal soul within the physical realm. Because this radiant light is the most sacred part of our entire spiritual being, in order to awaken and return someone back to this original state, we sometimes have to initiate a "do-over," and consciously choose to begin again. This is why the spiritual state of being born again is so important to all Christians (John 3:3), and

why it is both essential and necessary for them to see and experience the various spiritual manifestations associated with the kingdom of God.

The following death and rebirth meditation is divided into three main stages, described as follows:

### THE DEATH AND REBIRTH MEDITATION

**The First Stage — Disconnecting From Society:** When helping someone heal from certain unresolved core issues, it is often necessary to assist them in disconnecting the thoughts of their mind and the feelings of their heart from all of the energetic attachments they associate with their three bodies. This disconnection releases the person from their self-induced frustrations, as well as their obsessive wants, needs, and desires.

In order to begin this process, I have the individual sit quietly and imagine they are energetically disconnecting themselves from all of society, as well as from all of the cultural expectations that have been placed upon them. This special emotional disconnecting technique requires that the individual use their conscious mind to look deeper into the initial programming and negative overshadowing effects that adversely influenced their impressionable heart and mind. It is important for them to understand that these negative emotional influences have been continually altered, changed, reshaped and supported by outside people, institutions, and even by society as a whole. I often refer to this type of negative influence as being hypnotized by "the cultural trance."

I then remind the person that they are neither white, black, red, or yellow in color; nor are they a specific nationality. Instead, they are a divine source of radiant spiritual light. Anything outside of that is nothing more than their ego seeking personal recognition through its attempt to attach itself to a certain skin pigmentation, or to a national identity based on an area of land.

Additionally, they are to imagine they are neither male nor female. Instead, they are a bright radiant light which exists as an illuminating energy, which has its source in the infinite spiritual light of God. Think about this for a moment, and imagine looking at a burning candle and asking, "Is this candle flame male or female?" That would be silly, as you cannot really judge a candle flame according to male or female status can you? Likewise in the spirit realm, this same perception and understanding also applies towards an individual's physical body. The external shell of their body's physical form is not who they truly are. It is simply an external vehicle that their eternal soul has possessed and embodied so that it can receive various interactions and experiences during this current lifetime.

This is why in a true spiritual walk as a child of God, it is not important whether you are a man or a woman. That type of thinking is simply someone's personal ego wrapped up and crystallized around a certain type of genetic prejudice. This type of labeling means nothing in the service of God or within the spirit realm; we therefore strongly encourage the person to quickly disassociate themselves from this type of patterned thinking.

**The Second Stage — Disconnecting From The Family:** After having the person visualize, and remove themselves from this aspect of society's external value systems, I have

them imagine dissolving all the attachments and associations they might have to their own family and to their ancestral lineage. To accomplish this I have them imagine their body's physical tissues are dying, and that their eternal soul has chosen to vacate this realm and ascend towards heaven, leaving all of its acquired identity and worldly attachments behind.

This visualization is used to remove the acquired vanities and self-centered actions that are associated with the ego's attachment to a "name status," which is often viewed within our current culture as a form of entitlement. As the individual begins to emotionally detach themselves from their name status connections, and willingly abandons this identity association, they also release their energetic attachments associated with their personal name, friends, possessions, country, and race. This releasing from ego based attachments can sometimes cause great fear to arise within an individual. This often occurs because the six most dominating fears commonly experienced within a person's life are:

- The fear of poverty,
- The fear of criticism,
- The fear of being sick,
- The fear of loneliness and loss of love,
- The fear of growing old, and
- The fear of death.

After these ego based fears and identity attachments have been removed, I then have the person imagine separating from all of the external influences of the world, and quietly visualize and experience themselves as a radiant light of God. I do this because certain individuals have spent their entire life acquiring what they believe to be a powerful name-identity status – and I am asking them to give all of this up, and to leave its perceived social advantages behind.

**The Third Stage — Disconnecting From The Breath (Spirit):** Once a person is able to free themselves from the detrimental influences associated with social labeling, I then bring them to the next level of spiritual transition, which requires them to visualize disconnecting their eternal soul from their body's spiritual life force. After all, when an eternal soul finally departs from the physical realm, it must also abandon every aspect of its physical vehicle.

Sometimes having a person imagine that their eternal soul is forever removing all of its remaining attachments to its physical body can be quite traumatic. This is especially true if up to this point in life the individual has been primarily obsessed over their external physical identity, and has consistently disregarded and ignored their spiritual self.

Because of this, I now have the individual visualize their eternal soul disconnecting from all of the positive and negative things that were associated with their physical body. For example, I have them visualize their body's physical frame and appearance and all of the energy that currently supports it dissolving and dispersing. At this stage it is important that they imagine, visualize and feel their hair, skin, muscles, and bones all dissolving, drying up, and blowing away like dust in the wind.

The final part of this visualization is having the person imagine disconnecting their eternal soul from the energetic shell of their spirit body, and removing its spiritual light from the earthly realm. As the spiritual light that supported and

maintained their body's life force removes itself from this realm, their physical body decomposes. Because the eternal soul is a part of God the Creator, it does not decompose. This is why we say, "You do not have a soul. You are a soul. One that is only temporarily occupying a physical body."

As the individual imagines disconnecting their eternal soul from the physical realm, I have them feel what it is like to leave their body and all of its associated history behind. Once this is envisioned, I have them imagine their eternal soul ascending through a column of bright light and returning back into the radiant light of God. Later I usually ask them what was it like returning home to this illuminating realm – which is the true spiritual source of their eternal soul.

I explain to the individual that while they were living on this planet, the energy of the earth has maintained and supported their body's life force like an all encompassing energetic womb. They have existed in this earthly realm like a snorkeler who has been swimming underneath the ocean water, exploring the different reefs that were located under the sea. However long they have "held their breath," whether it was fifty years or even eighty years, they eventually have to return back to where they originally came from in order to receive life-sustaining air. In the same manner, the radiant light of their eternal soul must return back to its place of origin in order to reconnect itself with the true source of its existence.

Once they understand this, the individual can then begin to look at themselves from a spiritual perspective of being an eternal soul that currently exists as a part of God's illuminating energy visiting the earthly realm. With this understanding in mind, I then instruct the individual to look back on their life and honestly review all that took place while they were living here on the earth. Since the spirit of our acquired personality (soul-extension) animates and sustains our life in the physical realm, this impermanent energy is also responsible for sustaining our physical body. Which is why I encourage the individual to look deeper into all of their previous actions, and observe what it is that they have actually accomplished while they were living here on the earth.

When examining their lives, certain people may get caught up in the question of whether or not they are going to go to heaven or hell. With these individuals I simply tell them that they have already made it into heaven, and this is no longer an issue. I then ask them what exactly did they do with the time that they were allotted while living here on the earth? Their life was given to them as a gift, so what did they do with it? Is there anything that they would change if they could? and is there anything that they would not change?

Now and then, I have an individual imagine they have just died and when they arrived at the Celestial Court in order to overview their past life, they hear one of the Celestial Judges ask, "So how was heaven? Did you enjoy it?"

If and when the person asks "What do you mean, how was that heaven?" The answer they would hear is, "In the realm of earth your eternal soul has free will, therefore it can actually create anything your heart and mind truly desires. What did you do with this great gift? Did you continually live your life in great joy. Were you happy with all of your decisions?" A life that was well lived is often seen as "living in heaven" – while a life that was squandered and frivolously wasted is often seen as being "full of hell."

The goal of the meditation is to help an individual understand that the various lessons they have learned while living on the earth are important for their eternal soul's spiritual evolution. Normally as their previous life begins to unwind before their eyes, what generally happens is the individual becomes more spiritually awakened to new possibilities while living their life here on earth.

Once an individual experiences this three-part meditation, in order to maintain a more positive perspective on life I then assist them in a journey that brings them back to the physical realm of the earth, and help them discover their personal value system. In order to do this, I introduce them to a series of questions used to help them awaken to their General Life Purpose, which will reveal to their conscious mind the main desires and intentions of their own subconscious spirit.

### NINE TIPS TO HELP YOU FIND YOUR PASSION IN LIFE

Identifying, acknowledging, and honoring your life purpose is perhaps one of the most important actions a person can do in order to succeed in life. According to American author and motivational speaker Dr. Jack Canfield, coauthor of the book *Chicken Soup for the Soul*, if you want to be fulfilled, happy, content, and experience inner-peace, it's critical that you learn how to find your passion and Life Purpose. Without a Life Purpose as the compass to guide you, your goals and action plans may not ultimately fulfill you.

The following are several tips that Dr. Canfield advises his readers to do in order to find their Life Purpose and enjoy their passions in life.

1. Explore the things that you love to do, and enjoy the things that come easy for you. Your Life Purpose is not something you need to make up, it's already there inside of you. You simply have to uncover it in order to create the life you want.
2. Ask yourself what qualities you enjoy expressing the most in the world.
3. Then create a Life Purpose Statement surrounding these experiences (described below).
4. Follow your Inner-Guidance, and listen to what your heart is telling you. Once you understand how to do this, then decide where you want to go - and act as if you're already there.
 

Because you bring about what you think about, clarify your vision. Then using your heart and mind, lock in your destination through goal setting, affirmations, and visualization. After that, start taking the actions that will move you in the right direction.
5. Be clear about your Life Purpose. Once you are clear about what you want, and keep your mind constantly focused on it, then the way to achieve this goal will begin to manifest—sometimes just when you need it and not a moment earlier.
 

You were born with an inner-guidance that tells you when you are on or off course – this is expressed by the amount of joy and inner-peace that you are experiencing. The things that bring you the greatest joy are in alignment with your Life Purpose, and will get you to where you want to go.
6. Think about the times you've experienced the greatest joy in your life – when you were the most fulfilled. Then look for a reoccurring pattern among all these times.
7. Follow this example in order to find your Life Purpose.

8. Align your goals with your Life Purpose and passions. Once you know what your life purpose is, organize all of your activities around it. Everything you do should be an expression of your purpose. If an activity or goal doesn't fit that formula, don't work on it.
9. Lean into your true Life Purpose. Once you have gained more clarity about your Life Purpose, you don't need to completely overhaul your life all at once. Instead, just lean into it, bit by bit, and allow it to grow.

### CREATING A LIFE PURPOSE STATEMENT

In order to help discover your life purpose, you will first need a piece of paper and a wooden pencil.

I am going to ask you twelve questions; you should write down all of your answers on to the piece of paper using the wooden pencil, and not on the keypad of a computer.

After that, we will combine all of the answers, and blend them together in order to create your Life Purpose Statement.

I will start by first asking you the following four sets of three questions. After you have answered all of these questions – read and perform the rest of the section.

1. **What are the three things you like about yourself?** For example, your intelligence, your sense of humor, your giving nature, etc. Write these three things down, on the piece of paper.
2. **What are the three things you like to do?** For example, the things that bring great joy into your life.
3. **What are the three things that you like to share with others?** For example, the things that you like to bring to a group of friends, in order to make the gathering more special and enjoyable.
4. **What are the three things that you would like to leave behind?** For example, your contributions to other people, your loved ones, nature, your country, or the world.

After answering these four questions, your Life Purpose Statement is created by writing out the following:

- *My Life Purpose is to use my ...* Now write down the three things that you like the most about yourself. For example, "my sense of humor," "my honesty," and "my compassion."
- Next write down the three things you like doing the most.
- Then write down the three things that you like to share with others.
- And finally write down the three things you would like to leave behind after you finally leave this earthly realm.

Now rewrite all of this information in order to create your own General Life Purpose Statement:

**"My General Life Purpose is to use my --- (list the three things that you liked about yourself) ---, through --- (list the three things that you like to do) ---, by sharing --- (list the three things that you like to share) ---, in order to contribute --- (list the three things that you like would like to leave behind)."**

This Life Purpose Statement allows an individual to consciously choose to enjoy their life by acknowledging what it is that they truly like about themselves and their current life activities. It then allows them to see what they should do in the future in order to maintain as well as accomplish this important task.



## CHAPTER 16. CHOOSING GOOD FRIENDS

Throughout my life I was continually warned that whenever a person decides to pursue a serious spiritual walk, it was essential that they have true friends. These special individuals will continually challenge you to do good, keep the faith, and hold you accountable for your actions. Because your friends are often stronger than your own will, it is important to choose your friends wisely.

Depending on the environment, external influences will often dictate a person's thoughts, emotions, and actions. In fact, the strong effects created from the collective peer pressure of social groups can often overshadow and powerfully impact a person's decisions. Which is why it is essential to choose your friends according to the type of person you want to be.

Because of the amount of trust involved, the responsibility of a true friend is to come to your assistance in times of need, and help you get back on track, as well as assist you in rebuilding your life. This is especially important if you ever become morally confused, vulnerable, or disoriented.

In life, the external influences that are responsible for energetically raising or lowering a person's consciousness, always begin by first acting on an individual's thoughts and feelings. Whether these thoughts and feelings are uplifting or depressing depends on the person's current state of mind. For example, positive spiritual forces tend to gather and manifest in and around energetically clean, radiant, and pure people. Not surprisingly, the opposite is true, negative spiritual forces tend to gather and manifest in and around energetically dark, turbid, and depressing people. This is why if your aim is to be spiritual, it is imperative to keep the company of those who also aspire to maintain a righteous and holy life.

Because "like attracts like," in the past, part of the testing process for accepting a person as a disciple for advanced spiritual training, was to observe exactly who the apprentice candidate had chosen as their close personal friends. This same principle was applied in observing who the person had chosen to be their life-partner and mate. As the wise old saying has it, "Show me your friends, and I will tell you who you are."

The reason why this type of close relationship was considered to be so important, was because in ancient times it was often taught that in life, a person's closest friends will also become part of their shared karma. Because of this, the combined energies of all of their friends' thoughts and actions were considered to be a by-product of each person's spiritual walk with God.

The main concern was when the new disciple experienced difficult times and serious discouragements, it would be their closest friends (and their mate) that would either positively support and encourage them to stand strong in Christ, or negatively criticize and sabotage their current spiritual walk. This is why it was often taught that until someone was ready to detach from all negative worldly influences, the real success or failure of a new disciple's hard work rests in the hands of their support system. In 2 Corinthians 6:14 it states: *Be ye not unequally yoked together with unbelievers, for what fellowship hath righteousness with unrighteousness? And what communion hath light with darkness?*

Although we personally receive great benefits from joining a church, the less we think about ourselves and the more we focus on helping others, the better we, and the Christian

organization to which we belong, will thrive and flourish. It is important to understand that it is not primarily for ourselves but for the sake of others that we join a religious organization such as a church, temple, or monastery, which exists and was originally designed to do good for the community at large. In other words, like a good friend, each Christian brother and sister should be coming to church because they wish to be helpful in administering to the needs of others, and not simply to "take" from all of the people in that community.

In any position of church leadership, it was essential in ancient times that the Christian brother or sister have a solid support system; which would help them maintain that elevated position without worrying about having them become "weary in well-doing" due to the stressful nature of the job (Galatians 6:9). Which is why when choosing a good support system, many of the early Church Elders were often advised the following:

- First, when choosing close personal friends, seek out those individuals who possess an illuminated mind, deep wisdom, are morally sound, and have a strong determination to see that you succeed. Additionally, when choosing true friends and fellow "seekers of the way," always choose people who are upright, honest, and show integrity both in their words and in their actions.
- Second, never choose individuals who lack deep spiritual wisdom, are morally unethical, and who are careless or disrespectful of spiritual truths. Because these individuals do not clearly see beyond the outer-projections of their own thoughts and feelings, their hearts and minds are firmly stuck in the mundane.

Many years ago, during one of our many private training sessions, the assistant pastor Steve began talking to me about my relationships with all of my friends, telling me that we only have a few true friends in our lives. I was confused by this, and informed Steve that I have hundreds of friends.

The assistant pastor looked at me, shook his head, and then stated that I had hundreds of "acquaintances," but only a few friends. Most of the time, a person only has one or two true friends, and usually never more than that.

Upon hearing this, I immediately felt sorry for the assistant pastor, and shaking my head, reaffirmed my belief that I actually have hundreds of friends.

At that point in the conversation, the assistant pastor smiled and began to clarify his definition of a "friend." He then explained that a friend was someone who he could share his most personal, intimate experiences with. The things he could not or would not share with other people. And although they may sometimes be shocked by what he would tell them, and what may have happened to him in his life, they will always keep this information confidential; and would always be there beside him, to love and support him no matter what.

Upon hearing his definition, my shoulders slumped. I slowly looked down towards the floor, gave a deep sigh, and realized that at that time in my life, I had no true friends.

The assistant pastor then explained that when he was in Vietnam, a Daoist monk taught him that in order to experience the important energetic and spiritual transformations that are internally brought about through prayer (talking to God), meditation (listening to God), and any type of energy /

breath skill practice, it was extremely important that a person first establish an active but somewhat flexible emotional boundary system.

Next the person must be taught how to divide their current relationships into three main categories: True Friends, Acquaintances, and Toxic Relationships. These important divisions are both essential and necessary for teaching the individual how to set appropriate boundaries and choose healthy relationships which are required in order to establish an effective healing support system. These three important divisions were described to me as follows (Figure 1.75):

- **True Friends:** These are the people with whom you can share and expose your most intimate hidden secrets and emotions without worrying about being judged or gossiped about. In the presence of your true friends, you will feel emotionally accepted and unconditionally loved.

While spending time with your true friends, your emotional boundary system should be completely down and you should feel altogether open and transparent. With these trusted individuals, you should know and fully believe that you are totally safe to be perfectly honest and open with your true thoughts, beliefs, and feelings.

Your true friends will support and encourage you no matter what; yet at the same time they will inspire you to reach the highest spiritual standards, especially when you are experiencing difficult times of indecision. Because they are honest with you, they will be a true oasis in times of discouragement, and a sanctuary in times of serious crisis.

In having true friends, each person in the group will take turns in becoming a spiritual mentor to the others in the group. This means that now and then, someone will lead by example (in both word and deed), and demonstrate to the others what it means to humbly sacrifice themselves for the benefit of the others. This is what Jesus of Nazareth meant when he stated in John 15:13, *There is no greater love than this: that a man would lay down his life for the sake of his friends.*

It is also important to remember that a spiritual mentor's role is not to transmit esoteric knowledge or understanding as much as it is to somehow bring about a recognition of each person's own pre-existing spiritual nature. Therefore in leading by example, each friend embraces the opportunity to positively influence the others in the group towards embodying higher morals, stronger virtues, and expressing examples of compassion, forgiveness, and mercy. According to one ancient Chinese teaching:

*One must first examine the character of an individual before becoming friends with them. Important qualities include honesty, respect, reverence, dependability, generosity, and wisdom. Such virtuous qualities are vital and essential for any true friendship.*

*Authentic friendship is supportive, unconditional, nourishing, occurs naturally, and is spirit-based. Therefore there are three types of individuals with whom you should join as friends:*

*Those individuals who possess an illuminated spirit,  
Those individuals who have wisdom, and  
Those individuals who have respect for all life.*

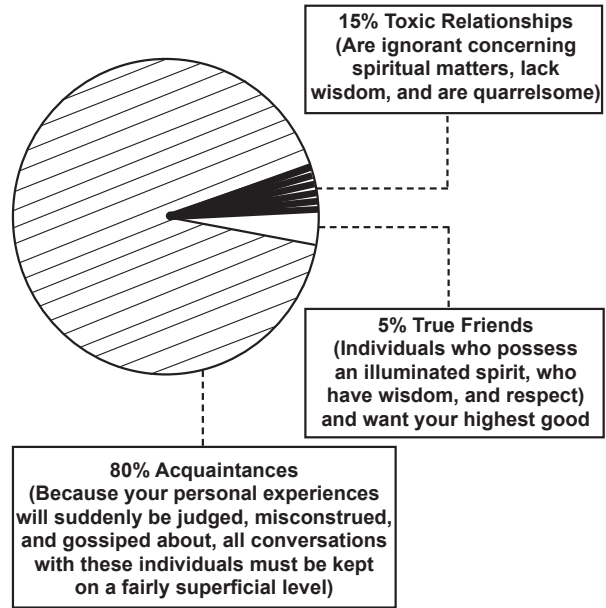


Figure 1.75. The Three Types of Relationships.

- **Acquaintances:** These are the people with whom you should only share limited amounts of information regarding your personal and/or emotional life-experiences.

Because your personal secrets could be judged, misconstrued, and gossiped about, conversations with these individuals should be kept on a fairly superficial level.

With all Acquaintances, your emotional boundary system should be up, and you should always monitor your conversations. It is not safe to be totally open and thereby vulnerable with any of these individuals.

- **Toxic Relationships:** These are the individuals who will often openly or covertly criticize, condemn, or complain about you, your words, and your actions. This type of mistreatment and abuse is set on belittling and attacking you and what people think about you; as well as bringing down the reputations of others close to you. These negative individuals may be members of your own family, workplace, or neighborhood. These are the people with whom you should never share any form of knowledge pertaining to your personal life.

Because of this chronic toxic pattern, all conversation with these negative individuals should be kept to a minimum. Your emotional boundary system should always be on full-armor whenever they are near. Additionally, because they are "value-destroyers," (i.e., disrespect and criticize anything that you value) whenever it is practically possible avoid being in the presence of these disruptive individuals. According to one ancient Chinese teaching:

*There are three types of individuals with whom you should avoid:*

*Avoid those individuals who are ignorant concerning spiritual matters,*

*Avoid those individuals who lack wisdom, and*

*Avoid those individuals who are spiritually unclean or quarrelsome in nature.*

## CHAPTER 17. DEVELOPING DIVINE EYES TO SEE AND DIVINE EARS TO HEAR

It is amazing how many esoteric teachings there are hidden in the Holy Bible, especially within the four Gospels and within the sacred teachings of Jesus of Nazareth. The secret information contained in many of these teachings was hidden by placing them right out in the open, and were only accessible to those people who had studied under a spiritual master.

In Matthew 13:15 Jesus said to his disciples: *For the hearts of these people have become hardened, so that their ears cannot hear; and they have closed their eyes — so that their eyes cannot see. Because they cannot hear with their ears and understand with their hearts, they cannot turn to me and let me heal them.*

It is often said that human eyes cannot behold the radiant light of God, and that only the eyes of the eternal soul are spiritually clear enough to perceive him in his divine glory. This is why on the day of Pentecost, the Holy Spirit was sent to anoint and awaken the spirits of the disciples (i.e., their hearts and minds) with the Baptism of Fire to develop the “eyes to see” into the spirit realm, and “ears to hear” what the word of God is speaking to their hearts. In Christian mysticism, this Baptism is considered to be the spiritual consecration of the energy body, and is required to receive the activation of the higher mind associated with the spirit body (see Chapter 36, page 230).

The Baptism of the Holy Spirit (see Chapter 23, pages 143-145) is used to awaken the “true self” of an individual’s eternal soul, and helps them to see beyond the survival based wants and desires of their acquired personality (Chapter 37, pages 249-254). This spiritual awakening immediately rekindles the Christ Consciousness inside of them and places it first and foremost within their lives (see Chapter 5, pages 61-62). Therefore it was through the disciples continuing obedience and faith in Jesus that the Holy Spirit became their closest companion. This relationship not only changed their hearts and awakened their minds, but it also blessed them with an abiding spiritual power that allowed them to become effective witnesses of Jesus’ teachings throughout the Roman Empire. It was through this special anointing that the disciples were also divinely empowered to receive the spiritual awakening of the “eyes to see and ears to hear.”

As the disciples began to see the hidden spiritual truths underlining all creation, they also began to grow in their spiritual understanding of God’s profound wisdom and grace surrounding all life. This profound understanding allowed them to hear the voice of the Holy Spirit leading them, and allowed the sacred teachings of Jesus of Nazareth to take a deeper spiritual root within their hearts and minds.

With this in mind, I would like to share a meditation that is used to assist a person’s body, mind, and spirit in receiving the spiritual eyes to see and ears to hear what God has placed within the realm of man. This teaching will provide many practitioners with a deeper insight to see and experience all people with unconditional love and great compassion which is the way God intended us to be.

### DEVELOPING DIVINE EYES AND EARS MEDITATION

Individuals usually obtain their knowledge of the external world through the perceptions of their five senses. This information is gathered and stored within the body’s various tissues. Later it is energetically processed into reflective thought within the brain and central nervous system.

Most individuals believe that their external sense organs are actually responsible for “sensing,” instead of understanding they are simply being the receptors of various energetic wave patterns that are continually moving about them in their surrounding environment.

Because these external energies are simply received and then presented to the mind for examination, it is often emphasized by Christian mystics that it is the mind that perceives and not the senses. Therefore the development of an individual’s abilities of perception is actually a development of the person’s intuitive mind. For example, the mind has the ability to quickly receive and record the energetic patterns of any object that the senses detect. This allows the energetic patterns in the form of shapes, colors, sounds, smells, and physical sensations to all become internally recorded and retained within the body’s tissues. This internal holding pattern also records and retains the various energetic patterns of all feelings, thoughts, words, and actions.

The subconscious mind can also replicate these internal experiences, and can project their patterns out into the environment in order for these responses to be re-experienced. This is why locating the original root of an old painful thought pattern is so essential to the healing process. This is important to understand before beginning the following meditation training, as this training is specifically designed to greatly increase your perceptive abilities and spiritual intuitions. Therefore you must use proper respect and caution when practicing the following meditation.

One final note, before performing this exercise, it is advisable to first spend significant time training the practice of using your Most Secret Name (see Chapter 2), and rooting its spiritual energy into the energetic field of your lower abdomen.

**1. The Preparation:** Begin by sitting comfortably in a chair with both feet on the floor, hands resting on your thighs, eyes closed, and the tongue placed on your upper palate behind your teeth. Close your eyes, and breathe naturally into the lower abdomen, allowing the body, mind, and spirit to settle into a quiescent state of relaxation.

Next, cleanse and purify the space where you are about to practice the meditation by performing Pulling Down the Heavens, and then the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26).

- On the Third Divine Prayer Invocation, visualize a radiant cord of divine light descending from heaven, and imagine this celestial energy rushing through the center of your body, penetrating deep into the middle of your lower abdomen.
- Next imagine, visualize, and feel this powerful divine light surround and penetrate the Great Luminous Pearl vibrating within the energetic field of the lower abdomen.
- Now imagine and feel your Most Secret Name which is contained within the Great Luminous Pearl energetically glowing, pulsating, and radiating its powerful spiritual light outward, filling your entire body.
- Imagine and feel this divine light filling and energizing your three bodies. First your physical body radiates bright white light, then your energy body shines brightly, and finally your spirit body illuminates the entire room. This powerful radiance causes your body’s three energetic fields to glow and illuminate powerful spiritual light.



- Now imagine the Great Luminous Pearl rise up from the energetic field of your lower abdomen, and ascend through the center of your torso, coming to rest in your Heart Center located in the middle of your upper chest.
  - Once it reaches your Heart Center, feel its radiating light fuse with the divine light of your eternal soul, and the combined spiritual light illuminate throughout your three bodies even brighter than before (Figure 1.76).
  - After several breaths, focus your mind on feeling the Great Luminous Pearl ascending up through the center of your chest, into the center of your brain (Figure 1.77).
- 2. Perceiving With The Spirit Eyes:** Once the Great Luminous Pearl reaches the center of your head, focus on the divine light contained within your Most Secret Name shining its radiant light into your physical eyes. Then feel this divine light saturate and illuminate all of the tissues and cells located within your physical eyes.
- Next, absorb the divine light into your energetic eyes, filling and illuminating the energetic space that surrounds your physical eyes.
  - Then, absorb the divine light into your spirit eyes by filling and illuminating the space that is located in between the energetic space surrounding your two physical eyes.
  - Now place the focus of your attention on your physical eyes, and imagine that your sense of sight exists not because your physical eyes can see, but because it is your spirit body that perceives colors, shapes, and images through the divine light radiating from within both your energetic eyes and physical eyes.
  - Slowly open your eyes and allow the divine vision of your spirit body to scan and penetrate everything it sees. Remember, time and space are no obstacle for this divine light.
  - Continue scanning for several minutes. Then close your eyes, and relax and settle your mind. Allow the collected energy that was stored in your eyes to disperse back into infinite space as your eyes return to their normal way of seeing. Then proceed to the next meditation.
- 3. Perceiving With The Spirit Ears:** Now focus your attention on your physical ears. Imagine and feel the divine light of your Most Secret Name saturating and illuminating all of the tissues and cells located within your physical ears.
- Next, absorb the divine light into your energetic ears, filling and illuminating the energetic space that surrounds your physical ears.
  - Then, absorb the divine light into your spirit ears by filling and illuminating the space that is located in between the energetic space surrounding your physical ears.
  - Now place your attention on your physical ears, and imagine that your sense of hearing exists not because your physical ears can hear, but because your spirit body perceives sound waves with and through the help of the divine light radiating from within both your energetic and physical ears.
  - Meditate on this concept to the degree that your spirit body begins to perceive and hear – but not through your physical ears, but through the silence of the divine presence which is everywhere.
  - After several minutes proceed onto the next meditation.



Figure 1.76. The radiant light of the pearl enters the Heart Center.

Figure 1.77. The radiant light of the pearl enters into the brain.

- 4. Perceiving With The Spirit Body:** Now place the focus of your attention on your physical body, and imagine and feel the divine light and vibration of your Most Secret Name saturating all of your tissues and cells. Feel it illuminating the energetic space that surrounds every cell of your body.
- Next, feel the divine light fill your spirit body, and illuminate the subtle space that exists in between the energetic veils of your spirit body, energy body, and your body's physical tissues.
  - Right after that, imagine that your sense of feeling exists not because your physical tissues can feel, but because your spirit body perceives objects and sensations with the help of the divine light radiating from within both your energy body and physical body.
  - Meditate on this for several minutes until your spirit body (not your physical body) starts to feel different objects and their various sensations (e.g., coldness, heat, dampness, vibration, etc.).
- 5. Ending:** After several minutes, imagine your Most Secret Name being enveloped by the Great Luminous Pearl and descending through the center of your body. Feel it entering into your lower abdomen, returning back to its original place located in the center of that energetic field.
- Now focus your attention on feeling your Most Secret Name radiating light and pulsing brightly inside the Great Luminous Pearl. As the radiant words of power contained within your Most Secret Name continue to energetically pulse, imagine and feel their great ripples extending throughout your three bodies (physical, energetic, and spiritual), as they activate and empower your entire being.
  - End the meditation by performing the three Pulling Down the Heavens meditations (see page 88; Figure 1.62).
  - **Caution:** It is important to end this meditation by returning the Great Luminous Pearl and the energy of the divine radiant light back into the lower abdomen, removing it away from the eyes, ears, and body. Otherwise, the constant bombardment of increased perceptions stimulating the conscious mind may cause certain problems; especially if the individual is not prepared for experiencing such elevated states of heightened perception.

## CHAPTER 18. THE COUNCIL OF NICAEA

All religions exist partly because of a human need to have a direct communion with the Divine. However, if you read the Gospels carefully, you will notice that Jesus does not talk much about such theological issues. Instead his sermons and teachings focus on ethics, and the moral principles that should govern a person's behavior and activity; as well as the importance of loving God and your neighbor as yourself. He also argues with the Scribes and Pharisees about sacrificing the "spirit of the law" in order to enforce the "letter of the law." This in effect was the heart of Jesus of Nazareth's spiritual teaching.

Once Jesus was no longer physically on this earth, his disciples and followers began to teach their own interpretations of their master's message, and over time much of the focus of his teaching and the direction of his original message was ignored. This was not intentional. Thanks to modern scientific research, we are aware of how the brain and the body's nervous system conditions and limits our experience of reality. We now know that we perceive things not as they are, but as they are filtered through the internal screens of our own perception. The perceptions of our senses internally bind our hearts and minds onto the projected hopes and created beliefs surrounding these experiences.

Many of the early converted Christian Fathers had previous exposure to the teachings of ancient Egypt, Judaism, Zoroastrianism, and Greek Philosophy that was prevalent within the Roman Empire at that time. It was only logical that their interpretations of who and what Jesus was, along with what exactly he had taught would often greatly differ.

Because of these varying systems of Christian belief, by the 2nd century A.D. different Christian communities had sprung up throughout the Roman Empire. Remember at this time, the first Christians were originally known as the "Nazoreans" and "Followers of the Way," and within the Roman Empire, they were viewed as simply being another type of Jewish sect. During that time, the new Christian cult and its various sects grew rapidly within the surrounding generally tolerant pagan culture.

In his book *Forbidden Faith*, author Richard Smoley makes a thought provoking point about the early formation of the Christian church. He explains that the early Christians were persecuted not because they believed in a different god, but because they refused to honor the other deities currently being worshiped within the Roman Empire. He mentions that because of this open slanderous disrespect, the pagans believed the outspoken Christians ran the risk of bringing down divine wrath upon the entire population. Thus it seems that the early Christians were not persecuted for their faith per say—but instead for their disrespectful attitudes.

This situation would radically change in the 4th century A.D., when Emperor Constantine legalized Christianity, and turned it into the state religion of the Roman Empire. When this occurred, Pauline Christianity—which at that time was only one of the many different sects of the Christian tradition—consolidated its political power and began suppressing the other Christian sects, as well as all of its known pagan rivals.

The original purpose of the Council of Nicaea was to provide a foundation for the doctrinal beliefs and orthodox practices for the new state religion of Christianity. Let us now take a good look at the formation of this special council, its teachings, and the true roots of the Christian church.



Figure 1.78. The Roman Emperor "Constantine The Great" Oversees the Council of Nicaea (325 A.D.).

During his reign over the Roman Empire from 306 to 337 AD., Emperor Constantine the Great converted to Christianity and commissioned the First Council of Nicaea in order to form a unified state religion (Figure 1.78). The design of this special council was to gather all of the various Christian leaders from Alexandria, Antioch, Athens, Jerusalem, Britain, and Rome under one universally organized church, which of course would be controlled by Emperor Constantine and the Roman Government.

The secondary purpose of this meeting was to construct the first part of a uniformed Christian doctrine, and to establish the body of laws and regulations required for maintaining church leadership.

Delegates came from every part of the Roman Empire to represent their particular Christian community and to officially clarify certain things surrounding the Christian faith (Figure 1.79). The main issues that would be covered during this time were the doctrines surrounding the nature of Jesus of Nazareth as the Christ (i.e., the promised Chosen One or Messiah), his relationship to God the Father, as well as his position of being the "Son of God."

It was at this gathering in 325 A.D., that the council deified Jesus of Nazareth by changing his status of only being a great prophet and messiah (i.e., a leader and savior of men) to that of being the Son of God, and equal to God himself.

It is maintained by several historians and scholars that it was also during the First Council of Nicaea that the names Jesus and Christ (Messiah) were put together for the first time, and that the phrase "Jesus Christ Son of God" or "Christ Jesus" became accepted and standardized by the Roman Catholic Church as the proper title used for addressing Jesus of Nazareth.

It is also speculated that this special Son of God title was most likely initiated in order to unite all of the major religious factions that existed throughout the Roman Empire at that time. For example, the new elevated title could be used to represent Hesusus of the Druids, Yeshua of the Israelites, Horus





Figure 1.79. The First Council of Nicaea (325 A.D.).

of the Egyptians, and Krishna of India; as well as some of the existent ancient teachings and religious practices of the Roman Sun God Mithras.

Remember, the original purpose of the First Council of Nicaea was to unite all of the different spiritual beliefs that existed at that time within the Roman Empire into one “catholic” (universal) religion, which could then be governed and overseen by the state. Therefore, right after the church bishops had settled their various doctrinal disagreements, the Emperor Constantine initiated the following religious proclamations:

- 1—Jesus was deified and made into a god by a vote of three hundred and sixteen Bishops for, and two Bishops against. After which, the new belief that Jesus of Nazareth and God the Creator were of the same divine essence became a standard part of the new church doctrine.
- 2— Emperor Constantine declared Sunday, which was originally considered to be the official worship day of the Roman sun god Sol Invictus, to be the official day of worship for the Christian church.

Remember Jesus was not a “Christian,” instead he was a Jew who worshiped the God Yahweh on the Jewish Sabbath (i.e., from Friday evening to Saturday evening). Jesus also followed the ancient teachings contained within the Mosaic Law (*Torat Moshe*), which the Lord God had commanded concerning the Children of Israel, and was originally established within the first five books of the Old Testament.

It is said that this change of the worship day for the Sabbath was actually done to commemorate the triumphant day of the Roman sun god Sol Invictus (Unconquered Sun), and to appease the worshipers of the Indo-Iranian god of light Mithras, whom Constantine formally worshiped before his conversion to Christianity, who was also associated with the Greek sun god Helios (Figure 1.80).

The ancient religion of Mithraism is actually Indo-Persian in origin, with Mithras also being mentioned as a Sun deity in several of the Hindu Vedas (1700–1100 B.C.). Mithras eventually grew in importance in Persia, and was also associated with the Zoroastrian god Ahura Mazda, who was also known in Judea. Because of its popularity, eventually Mithraism became the dominant religion of



Figure 1.80. Mithras was also associated with the sun god Helios.

the Roman Empire during the 2nd and 3rd Centuries and influenced many of the changing formulations of Christian doctrine at that time.

- 3—Emperor Constantine borrowed the emblem of the sun god Mithras (i.e., the Cross of Light), and made it the official emblem of Christianity. The original icon however, ended up being a superimposed monogram pattern composed of the first two letters of the Greek word “ΧΡΙΣΤΟΣ” (Christ), which contained both the “Chi” (“X”) symbol along with the “Rho” (“P”) pattern.

This special pattern was then used by Emperor Constantine as part of his official Roman Military Standard (i.e., known as the “Labarum of Constantine”), and was immediately imposed throughout the Empire in order to unite all of his troops, as well as the pagans and the Christians under one Roman state dominated religion (Figure 1.81).

- 4—Emperor Constantine declared the birth of Jesus Christ would be celebrated on the Winter’s Solstice, which he



assumed was on the 25th of December. Although the statue of Jesus replaced an idol of the sun god Sol Invictus (“Unconquered Sun”), Constantine still decided to incorporate the ceremonial practices that were currently being performed at the time of the sun god’s birthday celebration into the church of Rome’s official Christ-Mass ceremonies. Therefore he changed December 25th from being the birthday of the sun god to it being the official birthday of Jesus of Nazareth.

At that time, not only had the Romans celebrated the Mithraic feast of the sun god, but they additionally celebrated the Festival of Saturnalia. This celebration extended from December 17th to December 23rd. During that time Roman Law was suspended and public drunkenness and large orgies prevailed. It was during these Saturnalia Celebrations—as was to happen during future Christmas Celebrations—that many gifts were given, and even slaves were honored with special feasts for the day.

Until the First Council of Nicaea, many Christians celebrated Jesus of Nazareth’s birth date on January 6, which was known as “The Feast of Manifestation,” or “The Three Kings’ Day.” In Western Christianity, this special celebration feast commemorated the visit of the Three Magi to the Christ Child: Balthazar a king of Arabia who gave myrrh, Melchior the king of Persia who gave frankincense, and Caspar the king of India who gave gold.

- 5—Emperor Constantine established The Nicene Creed. Today the Roman Catholic, Eastern Orthodox, and Protestant Christian Churches all express their faith by reciting or singing The Nicene Creed. This statement of belief was first established during the First Council of Nicaea in 325 A.D., and was then revised by the First Council of Constantinople in 381 A.D. The original Nicene Creed went as follows:

*“We believe in one God, the Father Almighty,  
Maker of all things visible and invisible.  
And in one Lord Jesus Christ, the Son of God,  
Begotten of the Father, the only-begotten;  
that is of the essence of the Father,  
God of God, Light of Light,  
very God of very God,  
Begotten, not made,  
being of one substance with the Father;  
By whom all things were made,  
both in Heaven and on Earth.”*

*“Who for us men, and for our Salvation,  
came down and was incarnate  
and was made man.  
He suffered, and on the third day he rose again,  
and ascended into Heaven;  
From thence he shall come to judge  
the living and the dead.  
And in the Holy Ghost.”*

*“But to those who say:  
‘There was a time when he was not;’  
and ‘He was not before he was made;’  
and ‘He was made out of nothing;’  
or ‘He is of another substance’ or ‘essence,’  
or ‘The Son of God is created,’  
or ‘changeable,’ or ‘alterable’—  
they are condemned by the  
Holy Catholic and Apostolic Church.”*

The first two letters of the Greek word “ΧΡΙΣΤΟΣ” (Christ), which contained both the “Chi” (“X”) symbol and the “Rho” (“P”) pattern.

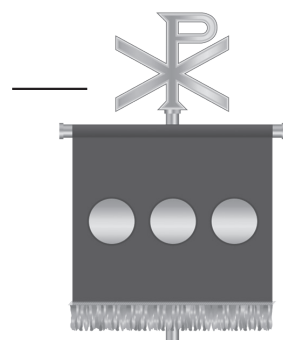


Figure 1.81. The Labarum (Military Standard) of Constantine.

### THE ROMAN CLEANUP CREW

The Roman Empire provided the stage for the development of Christianity. After the First Nicene Council voted to deify Jesus of Nazareth as the Christ, Emperor Constantine assembled a special religious police force and commissioned it to destroy all existing texts that did not agree with the new state religion, and many ancient texts were burned. This was done to remove any possible conflicting information that would challenge the fast growing Roman universal (Catholic) religion.

In his book, *Christian Mummification: An Interpretative History of the Preservation of Saints, Martyrs and Others*, Ken Jeremiah writes, “By the 2nd century C.E., the Church of Christ was destroying every piece of evidence of the life of Christ that did not support its doctrines, and the Church continued its purging with more or less fervor throughout the succeeding centuries. The activity continued at the turn of the 12th century when the very question of Jesus’ travels as a young man was raised first by Notovitch. Different church authorities destroyed documents at the Hemis Monastery and later documents that were found at the Tun-huang Caves in Central Asia. At stake throughout the centuries was the critical church doctrine that Christ was a Jew who started his own religion as the Son of God. Any evidence not supporting this view was condemned as ‘apocrypha’ and destroyed or rewritten. Even the four Gospels were rewritten to provide the impression that Jesus never left Judea.”

It is speculated by many scholars that this special book burning was done in order to instill into the people the new church doctrines, and to remove any evidence that might possibly link the new state religion to any ancient pagan mythologies upon which it was originally founded. All that we know for sure is that this horrendous act destroyed countless intellectual and philosophical treasures, and eventually resulted in the suppression of ancient Greek philosophy.

In his book *Forbidden Faith*, author Richard Smoley makes an interesting point when he writes, “Curiously, there are no surviving eyewitness accounts of Christ. Here is a man who was revered as a divine being almost immediately after his death, and yet not one of his closest disciples left any firsthand account of his experiences with him. The Gospels of the New Testament are not eyewitness accounts and do not claim to be. Nowhere in any of the Gospels does anyone state that he himself saw these things with his own eyes. Since conventional Christianity stresses that the events in the Gospels are factually true, the omission of this fact seems extremely odd.”

## CHAPTER 19. THE HISTORIC FORMATION & FRAGMENTATION OF THE CHRISTIAN RELIGION

The following is a brief outline of the Christian religion and its historical formation and fragmentation. Although there may be many Christian groups that have different versions of this founding account, the following will at least provide a means for the reader to understand the Christian church's unique expansion, and the three main Christian sects at the time of its formation. This includes Jewish Christianity, Pauline Christianity, and Gnostic Christianity, described as follows:

- **JEWISH CHRISTIANITY (THE NAZOREAN SECT):**

Christianity was at one time a unified religious movement, especially when it was first centered in Jerusalem. It remained that way after Jesus of Nazareth's crucifixion (about 30 A.D.) until around 36 A.D., the time when Saul of Tarsus returned to Judea as the "Apostle Paul."

After his crucifixion, Jesus' disciples and other followers fled to Galilee and from there regrouped in Jerusalem under the leadership of James, the brother of Jesus. During that time, although Simon Peter was believed to be an important contributor to the movement, it was James who originally took over the leadership of this special group of believers.

As followers of Christ, the early Christians regarded themselves as a reform movement existing within Judaism, and were considered to be one of about two dozen Jewish sects that existed in the middle of the 1st century A.D.

The Jewish Christians continued spreading Jesus' teachings to fellow Jews from their center in Jerusalem. And some even went on missionary journeys to other Jewish settlements in cities located throughout the Roman Empire.

They were originally known as "Nazoreans" by the Jews, and often called "Christians" ("belong to Christ") by the Gentiles (non-Jews). They were well organized within their small communities, and voluntarily shared food, wealth, and their possessions with each other.

These first Christians also organized a synagogue, as well as worshiped and brought in animals for ritual sacrifice at the Jerusalem Temple. They additionally observed the Jewish holy days, practiced circumcision of their male children, strictly followed kosher dietary laws, and practiced the teachings of Jesus as they interpreted them to be. Although they are frequently referred to today as Jewish Christians, they should not be confused with the followers of modern day Messianic Judaism, such as the Jews for Jesus, who follow an evangelical Christian belief system.

The Jewish Christians included many members who had developed a close relationship with Jesus when he was alive. Although they believed he was the Jewish Messiah, they viewed Jesus as a great prophet and rabbi, not a deity or a part of any type of Holy Trinity. At that time in Christian history, the concepts of a virgin birth, the Holy Trinity, and the deification of Christ had not yet appeared.

In 70 A.D., the Roman army destroyed the Jerusalem Temple and the rest of the city. Many of the Christian Jews were killed, while others fled Judea.

Years later, after an unsuccessful uprising in the 130's, the Roman army drove all of the remaining Jews from Judea, and the Nazorean Christians were dispersed throughout the Roman Empire. This forced evacuation severely weakened the Nazorean movement. Although they had a brief

resurgence during the 2nd century A.D., their fellowship eventually disappeared altogether. It is speculated that by that time many of the Jewish Christians were probably absorbed by the mainline Pauline Christian movement, which grew out of the many small church groups established by the Apostle Paul and his many co-workers.

- **PAULINE CHRISTIANITY:** The Jewish Pharisee Saul of Tarsus had originally dedicated his life to prosecuting the Jewish Christians on behalf of the priests at the Jerusalem Temple. However, after having a vision of the risen Christ while on the road to Damascus around 34 A.D., he departed for places unknown for the next three years.

Later, having changed his name to Paul, he returned to Judea. However, when first meeting the elders of the Jerusalem church there were many points of disagreement between Paul and the Jewish Christians. For example, Paul believed that male converts should not have to be circumcised, or required to follow Jewish law. The Jewish Christians however felt otherwise. They also questioned Paul's claim to be an Apostle, since he had never met Jesus in real life. Eventually certain compromises were reached and Paul concentrated on his mission of converting the Gentiles (non-Jews), while the Nazoreans sought converts from within the Jewish communities.

For the next few years, Paul became one of the single most active missionaries of the Christian faith (i.e., from about 36 A.D. until his execution by the Romans in the mid-60's); as well as one of the greatest theologians of the early Christian movement. In fact, his writings, along with those of the author(s) of the Gospel of John, provided much of the theological foundation for what has been called "Pauline Christianity," a movement that he helped spread throughout the northern and eastern Mediterranean basin.

Eventually a division occurred between the followers of Jewish Christianity and the Christians who followed the teachings of Paul, who were mainly non-Jewish by birth. Both competing groups seriously, devoutly, and thoughtfully believed themselves to be the "true Christians." Although most present day conservative Christians believe that the New Testament Bible describes a unified Christianity, with only minor conflicts existing between Paul and the Jerusalem church, there are actually many references in the scriptures to a serious split that occurred in the early Christian movement. Galatians Chapter 2 and Acts Chapter 15 are perhaps the clearest examples of the strong conflict existing between James and Paul and their Christian congregations.

It is said that Paul created a new Christian movement, containing certain elements originating from many forms of Paganism: Greek, Roman, Persian, Egyptian, Mesopotamian, etc. He also included the concept of Jesus as "the Word," as a god-man—the savior of humanity, who was executed, resurrected, and ascended into heaven. These additions were absolutely necessary if his version of Christianity, in competition with many of the Pagan and Mystery Religions, was to succeed in the Roman Empire.

Many of the events which the Bible describes as happening to Jesus appear to have been copied from the stories of various God-men from Egypt to India, in particular the life of Krishna, the god of compassion, tenderness, and love in Hinduism. Paul abandoned most of the laws of Moses and

rejected many of the Jewish religious rules that Jesus and his disciples had followed during his ministry. Instead Paul taught that God had unilaterally revoked his covenants with the Jews and transferred them to his own Christian groups.

Paul went on a series of missionary journeys around the eastern Mediterranean and attracted many Gentiles to his movement. In his travels he was assisted by many co-workers, both male and female, and quickly organized churches in many of the areas' urban centers in competition with Greek Paganism, Mithraism, Mystery Religions, Judaism, and other competing Christian religion sects. In fact, his Epistles record how he and his movement were in continual theological conflict with the Jewish Christian movement centered in Jerusalem, as well as with certain Gnostic Christians.

The Pauline Christians typically met in the homes of individual believers, much like home churches and cell group churches do today; the leaders of these small sects were both men and women. At that time there was no central authority, no standard style of organization (at the local level), and no dedicated church buildings or cathedrals.

Eventually Paul was arrested, transported to Rome and held under house arrest. Although he was executed about 65 A.D., many of his churches survived his death and greatly flourished. Some of the letters that were addressed to these church groups were later accepted into the canon of the Christian scriptures: The New Testament.

Paul, Peter, and a number of other Apostles were executed by the Roman state on charges of instigating civil revolt. However, due to Paul's amazing preaching and organizing abilities, he was able to build a network of Christian churches that existed throughout the eastern Mediterranean. These churches eventually grew to cover almost all of the Western world. By the time Jesus' original followers (now called Apostles) had all died, most of the Christians in the world were now Gentiles. Until that time, the Apostles had been the ultimate authority in matters of belief.

- **GNOSTIC CHRISTIANITY:** The term "Gnosticism" ("having knowledge") is a philosophical and spiritual movement with ancient roots in pre-Christian times. In their religion, the various Gnostic sects combined elements originating from Asian, Babylonian, Egyptian, Greek, and Syrian pagan religions, as well as from ancient astrology, Judaism, and Christianity. The main goal of Gnostic Christianity was not centered on salvation or the forgiveness of sins, but instead was placed on obtaining spiritual enlightenment.

The most prominent Gnostics were charismatic teachers and philosophers who lived in the 2nd century A.D. They taught their doctrines in lectures and private sessions, and published them in books. According to Gregory J. Riley's book, *The River of God*, among the Gnostic Christians there were certain communities established under the names of the Apostles John and Thomas; as well as some of the other less popular disciples.

The Gnostic Christians claimed to have secret knowledge about God, humanity, and the rest of the universe, of which the general population was unaware. They taught that Jesus was a "spirit being" who was sent by God to impart knowledge to humans so that they could escape the miseries of this life on earth. They were also known for their mystical interpretations of the Bible, the world, and

the rest of the universe; and had a special tolerance of different religious beliefs within and outside of Gnosticism.

The ancient Gnostics believed that salvation came through secret knowledge. However, they also regarded Yahweh, the God of the Old Testament Hebrew scriptures, to be a proud, ambitious, short tempered, vicious Creator God (Elohim). They taught that this overseeing guardian angel of the tribe of Israel had performed many genocides and other evil acts by abusing his power, and usurping the true place of El Elyon, the God Most High (see Chapter 1, pages 14-15).

In the early years of the Christian church, some Gnostic Christians formed separate church organizations. Others worked within the existing structured religions associated with the Jewish Christians, or joined the Pauline Christian groups. Several kept to themselves as solitary practitioners.

Gnostic Christianity reached a peak in the 2nd and early 3rd century A.D., but was eliminated as a significant Christian movement by the end of the 5th century A.D., eradicated by the "anti-heresy" forces that originated from mainline Pauline Christianity. Today Gnostic Christianity is experiencing a rebirth, awakened by the discovery of part of a Gnostic Christian library found in 1945 at Nag Hammadi, Egypt which had been buried during a time of persecution by the Pauline Christians and the Roman Empire. A second document fueling the growth in Gnosticism, is the partial copy of the Gospel of Judas found in El Minya, Egypt, in the 1970's.

The Gnostic Christians are considered by many as forgotten heroes rather than as heretics. This is because what was "true" in the Christian faith is not the creeds and dogmas of the church, but instead is the esoteric doctrines that have been retained and taught by the Gnostic Christians, and by certain radical Jewish mystics.

In addition to the above three main groups, there were many smaller religious communities which have been referred to as Matthean Christianity, Johannine Christianity, etc. Among the Jews, especially in the East, there were also Christian communities and literature written under the name of Peter and James, which stood in opposition to the teachings of Paul and John. Together they (Peter and James) produced many dozens of gospels and hundreds of Epistles (letters). According to Gregory J. Riley's book, *The River of God*, "Many of these other Gospels outside the New Testament had very different views of Jesus, produced in communities that held widely different understandings of Jesus." Which was why later, during the 1st century A.D., multiple versions of Christianity surfaced.

After the destruction of Jerusalem by the Roman army in 70 A.D., the Jewish Christian movement was largely dissipated. Because many of the Jewish Christians were killed, enslaved, or scattered during the attack on Jerusalem, the Pauline and Gnostic Christianity movements became the remaining dominant Christian sects, which allowed the Gentiles within these movements to take control of the churches.

Eventually the Roman Empire recognized Pauline Christianity as a valid religion in 313 A.D.; and later, around 387 A.D. this special sect became the official religion of the Roman Empire. At that time, church authority became concentrated among five bishops or patriarchs, who were located in Alexandria, Antioch, Constantinople, Jerusalem, and Rome.



Ultimately Gnostic Christianity suffered severe persecution by the Roman Empire and by the Pauline Christian churches, and was mostly exterminated, leaving only the Pauline Christians in charge of the Roman Catholic Church.

With the expansion of Islam throughout the Middle East during the 7th century A.D., the power of the Christian church became concentrated in Constantinople and Rome. However, these two Christian centers gradually grew apart, both in belief and in practice. And in 1054 A.D., a split was formalized between the Roman Catholic and Eastern Orthodox Christian churches when their leaders excommunicated each other.

Over the centuries divisions within the Christian church continued, including the Protestant Reformation in the 16th century, which led to a massive fragmentation within the western church, and to a series of religious wars that caused the death of up to 30% of the population of some European countries. Since then the Protestant movement has splintered into what is now many groups of denominations, with over 274 individual denominations.

Today, about 33% of the world's population—in excess of 2.4 billion people—regard themselves as Christian. This percentage however has not changed significantly, even after many decades—with about half of these Christians belonging to the Roman Catholic Church.

Presently, Christians are gradually being expelled from the Middle East. In fact, membership has seriously declined in most of the European nations. Ireland and Spain were once the most Catholic countries in Europe, however, they are now largely secular in belief. Christianity is currently in a state of slow decline in North America. This is primarily due to the rise in secularism and an increased interest in other religions and spiritual teachings. However, Christianity is slowly experiencing a steady expansion in South America, as well as within Africa.

#### A REVIEW OF THE CHRISTIAN RELIGION TIME-LINE

- **1st Century A.D.** The three main divisions within the Christian movement (the Jewish Christians, Pauline Christians, and Gnostic Christians) continue to grow. Each group believes and represents itself as the one true church of Christ, and are highly critical of the other two.

Many of the Jewish Christians are killed during the attack on Jerusalem by the Roman army in 70 A.D., causing the few survivors to scatter throughout the Roman Empire.

- **2nd & 3rd Century A.D.** Of the three main groups previously established within the early Christian movement, only two survived into the early 2nd century.

The failure of the Bar Kochba Revolt (132 - 135 A.D.) was devastating for the Jewish people, including the Jewish Christians. In 135 A.D., any Jew who remained in Palestine was either killed, enslaved, or permanently driven from the land. Although the Jewish Christian movement had a brief resurgence during the 2nd century A.D., it now disappears from the pages of history.

As the Jewish Christian sects died out, the remaining two Gentile Christian churches continued to expand. Pauline Christianity spread across the known world. It now develops a formal theology, establishes a set of doctrines, and an unofficial canon of writings which will later become the Christian scriptures (New Testament). From the enormous supply of Christian Gospels and Epistles (letters), a few are chosen that more-or-less matched the theology of

the developing Catholic (universal) church. At this time, even the admittance of the Gospel of John into the official canon had to overcome a great deal of resistance. This was because many of the church elders felt that it had too many Gnostic teachings contained within its written content.

In this time period, Gnostic Christianity consisted of many separate groups with no significant central organization; each group was under the leadership of a Gnostic teacher like Marcion, Valentinus, and Carpocrates. Although these groups shared some core beliefs, they often differed greatly from each other. In spite of this, the Gnostic movement initially expanded, and at one point was the primary form of Christianity in the eastern Mediterranean. However, due to programs of persecution and extermination by Pauline Christians and the Catholic Church, Gnostic Christianity went into a steep decline, and ceased being a significant force by the 6th century.

After the deaths of the original Apostles, the so called "Apostolic Fathers" were looked to for spiritual guidance. These individuals included a number of teachers and bishops such as Clement of Alexandria, Irenaeus, Origen, Polycarp, and Tertullian. At that time a hierarchical organizational structure called the "Monarchial Episcopate" then developed, in which the individual congregational leaders recognized the authority of their area bishop in matters of doctrine and faith. Because there was no person or group who could speak for the church as a whole, in 325 A.D. bishops met at the Council of Nicea in an attempt to resolve various doctrinal differences of the Christian faith.

- **4th Century A.D.** The Roman Emperor Theodosian issued a series of decrees to suppress all rival religions, ordered the closing of the temples, and imposed fines, confiscation, imprisonment or death upon any who cling to the older (Pagan) religions. The Christian church was awarded the power of the state to begin immediate programs to oppress, exile, or exterminate both Pagans and Gnostic Christians. The Church authority had now become concentrated in the five bishops located in Alexandria, Antioch, Constantinople, Jerusalem, and Rome. Although they were officially given equal status, the Bishop of Rome was considered the first among the equals because he was located in the administrative capitol of the Roman Empire.
- **6th Century A.D.** Only Pauline Christianity had survived in the Mediterranean area, and exists in the form of a deeply divided Catholic church. Gnostic Christianity had been suppressed, and Jewish Christianity has now died out.

There were no visible Gnostic Christians, although some of their hidden mystical ideas lay in wait to resurface later during the Renaissance time period, in what is sometimes called "Western Esotericism."

Pauline Christianity had been transformed and then absorbed somewhat into the state run Catholic Church. However, there are a few small independent non-Catholic Christian groups still existing within Egypt, India, and elsewhere.

Emperor Justinian of the Eastern Roman Empire (also called Byzantium) launched wars in North Africa and Italy to recapture these areas from their German rulers, but civil and economic disaster was the result. Western Europe was now in the "Dark Ages"—the city of Rome

was even abandoned for a time—and the Catholic Church remains as a link between Byzantium and the West.

- **11th Century A.D.** In 1045 A.D. The East–West Schism formally divides Christianity into two main groups: Roman Catholicism in Western Europe, and the Eastern Orthodox churches located in the East. This division has continued since the 11th century to the present day.

Over the years there was a succession of ecclesiastical differences and theological disputes existing between the Greek Eastern and Latin Western churches, which predated the formal rupture that occurred in 1054. Prominent among these disagreements were the issues of the source of the Holy Spirit, and the Bishop of Rome’s claim to have universal jurisdiction, etc.

According to Cambridge Professor Kallistos Ware, the main differences between their two approaches to Christianity was that the Western Church followed a more scholastic approach to the issues of God, whereas the Eastern Church incorporated within its more esoteric practices the experiential approach of the Desert Fathers.

- **12th Century A.D.** In a time of ceaseless strife and aggressive disputes over religious creeds and dogmas, the Roman Catholic church also declares war against the Cathar Christians. Catharism (“the pure [ones]”) was a Christian dualist or Gnostic revival movement occurring between the 12th and 14th centuries, in what is now northern Italy and southern France. The followers of this loving Christian sect were known as the “Cathars,” and are now mainly remembered for enduring a prolonged period of vile persecution initiated against them by the Catholic Church, which did not recognize their beliefs as being truly Christian.

The original doctrinal beliefs of the Cathars were said to have been brought into Europe from Persia or the Byzantine Empire. Because Catharism was initially taught by ascetic leaders who had set few guidelines, Cathar beliefs would vary between their various communities. However, the Catholic Church denounced all of its practices, including the Consolamentum ritual, a sacred ceremony in which Cathar Christians were baptized in both water and “fire” (i.e., “the Holy Spirit”), and were then believed to be raised to the status of “perfect.” This implied the receiving of all spiritual gifts including absolution from sin, spiritual regeneration, the power to preach the word of God, and the elevation to a higher spiritual plane of perfection.

The Cathars also believed that there were two principal powers in the Universe. One was God, who was entirely good and dwelt in a condition of pure spirit and divine light, while the other was Satan (the Accuser), “the prince of this world,” who was entirely evil and ruled over the world of matter; hence their rejection of physical pleasures.

For the Cathars, Christ was an emissary of the light sent into this world to lead humanity back to God. Each individual contained within them a shard of God’s divine light, which was trapped in a “garment of flesh” (the human body) by Satan. While confined in this garment of matter, the human soul would forget about its origin with God, and instead find itself preoccupied in distractions and suffering the various hardships of this world.

The Cathars also held to a doctrine of reincarnation, believing that the soul was doomed to continually incarnate

into this world until it was able to return to God through Christ and the Holy Spirit via a process of spiritual growth and purification. According to Richard Smoley in his book *Forbidden Faith, The Secret History of Gnosticism*, the popularity of the Cathars “so threatened the Catholic power structure that the Inquisition itself was founded to deal with them. In the end, they would be eradicated with a meticulous brutality that might arouse envy even among modern practitioners of genocide.” Needless to say, the Cathars were ruthlessly suppressed and finally exterminated by the Catholic Church in the 14th century.

- **15th Century A.D.** In 1412 A.D., Jan Huss, a Czech religious thinker, philosopher and reformer, condemned the sale of indulgences and the Crusades, both were features of the Roman Catholic Church. A key predecessor to Protestantism, Huss attacked the church from his pulpit, denouncing the moral failings of clergy, bishops, and even the papacy. Huss is considered to be one of the earliest reformers of Christianity, and eventually generated considerable agitation within the Roman Catholic church. He was eventually burnt at the stake on July 6, 1415 by the Catholic Church. This date has long been a Czech national holiday in his honor.
- **16th Century A.D.** In 1517 A.D., a German professor of theology, composer, priest, and monk by the name of Martin Luther, along with a Swiss scholar and parish priest named Ulrich Zwingli, helped trigger the Protestant Reformation.

Luther came to reject several teachings and practices of the Roman Catholic Church. He strongly disputed the Catholic view on the selling of indulgences, and the belief that freedom from God’s punishment for sin could be purchased with money given to the church (see Chapter 39, page 288).

On the evening before All Saints’ Day in 1517, Luther is said to have nailed his “Disputation on the Power of Indulgences” (Ninety-five Theses) to the main door of the Wittenberg’s Castle Church. The following day, Luther also mailed a copy of his attack on the Catholic sale of indulgences to the archbishop of Mainz and Magdeburg, Albert of Brandenburg. The Disputation on the Power and Efficacy of Indulgences quickly spread across Europe and eventually reached Pope Leo X sometime in 1518. Luther’s refusal to renounce all of his writings at the demand of Pope Leo X in 1520 and the Holy Roman Emperor Charles V at the Diet of Worms in 1521 resulted in his excommunication by the Pope and condemnation as an outlaw by the Emperor.

Right after that Martin Luther quickly became a celebrity, and started a following which gave birth to a new religion: Lutheranism. To this day, the founding symbol of the Protestant Reformation, Luther’s 95 Theses, inscribed in bronze, is still on the door of Castle Church.

In 1525 A.D., A small group of Christians in Switzerland formed a bible study group, which would later grow into a group of free churches. These Christian believers would be the original predecessors to the Mennonites, the Amish, the Quakers, and other Anabaptist groups.

- **From the 16th Century to the 21st Century A.D.** After the 16th century A.D., Protestantism fragmented into more than a dozen families of denominations, and thousands of individual faith groups. This resulted in over 274 different Christian denominations existing world-wide.

## CHAPTER 20. SECRET TEACHINGS HIDDEN WITHIN THE CHRISTIAN CHURCH

In the life of each Christian there exists a vast unseen spirit world that is currently involved in their personal walks as children of God. This unseen world is always setting things into motion that help each person spiritually grow and mature. When your heart and mind becomes spiritually awakened, you can start to perceive these subtle interactions; those who are gifted with clairvoyant sight can actually observe this invisible world as it actively influences us.

For those individuals who continue to grow in their faith and consistently choose to surrender their various attachments to the physical realm, eventually the innate spiritual powers of their eternal soul will begin to manifest, and naturally awaken these special intuitive gifts, such as clairvoyant perception (seeing the subtle energetic fields of the spirit realm), clairsentience (receiving intuitive messages via feelings, emotions, or physical sensations), and clairaudience (hearing voices, sounds, or music that are audible to the normal ear).

As Christians, it is often taught that God's Divine Law governs and rules over the different energies active within all of the various lower realms (i.e., the mineral, plant, insect, animal, and human realms)—which also include the Underworld. This same radiant spirit additionally governs and rules over the various levels of the upper spiritual realms as well (i.e., the various heavenly realms), which also includes the planetary realms as well as the angelic realms.

The founding fathers understood this divine hierarchy and designed the various external structures of the Christian church and its religious services in accordance with this ancient belief. The following information represents certain examples of this understanding. It contains teachings that were traditionally passed down from senior priests to their disciples within the church, and are associated with some of the most early known Christian religious sects.

As it was in the past, even today this unique information is still hidden from the vast majority of most Christian sects and church congregations. Because some of these teachings are profoundly inspirational, they are now offered here to gain a deeper insight and spiritual understanding of both ancient and modern Christianity. Hopefully they may be used as a means of spiritual inspiration for the different members of the church congregation.

### THE SACRED ARCHITECTURE OF THE CHURCH

All the members of a particular faith make up what is traditionally known as a "church." This same name is used to describe the building where Christians gather. The primary purpose of a church building is to provide a sacred place or spiritual sanctuary for its believers to gather in order to participate in worship service and other special religious activities.

According to writings in the New Testament, the earliest Christians did not build church buildings. Instead these Jewish Christians would either meet in already established places of worship like a synagogue (house of assembly), or gather together in different homes (Figure 1.82). In fact the earliest known archaeologically identified Christian church building was actually a house church known as the Dura-Europos Church, which was founded sometime between 233 and 256 A.D.

Many ancient church buildings had a variety of esoteric patterns and metaphysical icons within both their external and internal structures. Although some of these buildings were



Figure 1.82. The early Christians gathered in synagogues and homes in order to worship, fellowship, and have their meetings.

originally designed for pagan worship, after these structures were converted for Christian church use, additional modifications were quickly added or included over time to reflect these esoteric and metaphysical patterns. For example, the traditional Roman Catholic church building was designed with three holy crosses. Besides the obvious reference to the three crosses that were present during the Crucifixion, each cross also represented one of the spiritual powers of the Holy Trinity (The Father, the Son, and the Holy Spirit); and reflected their supernatural influence over Heaven (the Mind of God), Man (the Breath of God), and Earth (the Body of Christ), described as follows:

- **The First Cross** is observed on the outside of the church building, positioned on the highest part of the structure, often located on top of a spire. In early Christian symbology, this cross represented the church's special connection with the various celestial powers of heaven. Additionally, this external cross was associated with the center of the head on the human body, and the divine mind of God the Father.

In ancient times, spires had two main symbolic applications: First, the spire resembled the point of an ancient Roman spear, therefore it was used to give the impression of the Church's military strength and power.

Second, because the spire reached up towards the celestial powers of heaven, its location on the top of a church steeple or cathedral was not simply a symbol of piety. Instead it was also often seen as a symbol of the wealth and prestige of the religious order, or of the patron who originally commissioned and paid for the construction of the church building.

As an ornament of ancient architecture, spires are most consistently found on Christian church buildings, and are often constructed on top of a steeple. The steeple is the tower of a church and includes any superstructure such as a spire, lantern, or belfry erected upon it.

Although any Christian denomination may choose to use a pointed spire on top of a steeple, the lack of a cross located on this particular building structure is more commonly seen in older Roman Catholic churches and other pre-Reformation churches.

With the construction of church buildings, often towers or domes were added to impress and inspire visitors to the church, and to direct their eyes up towards the heavens. Inside the church building, the high ceiling towers and





Figure 1.83. The 1st Cross is positioned on the highest part of the church building, often located on top of a spire or a dome.

domes were used to collect the energies that were created by the congregation and clergy performing their various religious services (Figure 1.83).

- **The Second Cross** is inside the church building, and located above the main altar space (Figure 1.84). It represents the divine influence of Jesus Christ as the Son of God in his role as the divine mediator between heaven and earth. In early Christianity, this cross also represented the various energies of spiritual Man, and his eternal soul's association to the Breath of God that was gifted to him at the time of his creation in the Garden of Eden. Because of its association with the eternal soul, the second cross also corresponds to the heart in the human body, and the spiritual heart of Christ.

Other shapes often observed within church buildings include circles, octagon patterns, and star-shaped pentagrams. These images represent the church's spiritual mission of bringing the upper spiritual light of God into the lower physical realm of man, and portrayed the divine influence of the Holy Spirit.

- **The Third Cross** starts from the beginning of the main entry into the church building. It is normally constructed from the main entry center aisle, and is surrounded by two long rows of benches (located towards the right and left sides of the center aisle), which terminate just before the main altar space.

Both the long walkway of the main aisle and the intersection of the junction of the main altar area represent the third symbolic image of a cross (Figure 1.85). In Christian symbology, this third cross represents the various energies of the earth, and additionally is associated with the center of the lower abdomen on the human body, as well as the Body of Christ.

### MULTI-COLORED STAINED GLASS WINDOWS

In many of the older Catholic churches are beautiful multi-colored stained glass windows, designed to bring different colors of radiant light into the church building (e.g., the Notre-Dame Cathedral, and Chartres Cathedral). The purpose of these colorful artistic windows is to create a pleasant illuminating ambiance of light for the worshiping church congregation, and to avoid the pale muddy grays and



Figure 1.84. The 2nd Cross is positioned above the main altar inside the church building.

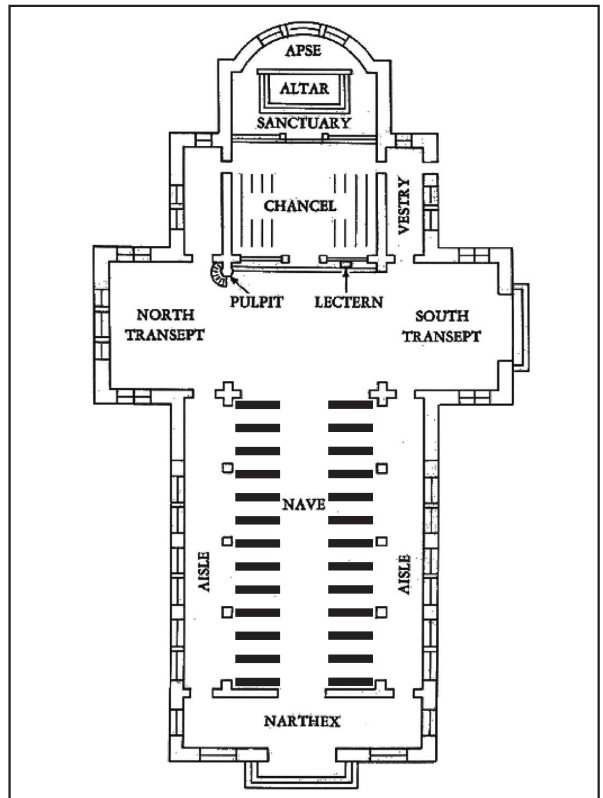


Figure 1.85. The 3rd Cross starts from the beginning of the main entry center aisle, which is surrounded by two long rows of bleachers, and terminates at the main altar space.

brown colors that are often generated by regular windows, especially during times of less sunlight.

As early as the 4th century, marvelous mosaic patterns, figures of Christ, Mary, images of saints, and various angels were sometimes represented in church through stained glass window patterns. According to C.W. Leadbeater in *Science of the Sacraments*, when these beautiful images were originally

constructed the ancient craftsmen would build these marvelous mosaic patterns while focusing their hearts and minds on the love for God, the glory of his saints, and the incredible manifestations of his divine transforming power. Therefore each fragment of glass is a true talisman, constructed in prayer. As the sunlight streams through the window, it brings with it a radiant glory that is not of this physical world. This spiritual energy is collectively combined with the energy generated from the worship and prayers of the people during the church service, and used to positively uplift their spirits.

### THE WORSHIP SERVICE

Within any Christian church, the worship service can often be divided into several different aspects of spiritual application and function, described as follows:

- **The Objective of the Worship Service:** The main objective of the church service is to create a divine energy field through which God's radiant transforming spiritual force can flow. Therefore the greater the number of people in the congregation and the more enthusiastic and devotional they are, the more powerful the spiritual charge created from this divine energy field will become.

A collective group mind (called an "Egregore") is created during these religious ceremonies. It functions as a unified singular harmonious thought-form (see *Hidden Teachings Vol. 2*, Chapter 5, pages 51-52) that works to further advance the spiritual walks of the people in the church congregation. In ancient times, the understanding of this hidden work of creating, activating, and spiritually utilizing such thought-form energies was an important part of the core teachings and responsibilities of operating a church.

- **The Function of the Church's Physical Structure:** The original plan of each church was for it to function as an energetic reservoir and haven of spiritual power. When activated, this divine influence could radiate throughout the entire neighborhood and greatly improve the mental and spiritual morality of the entire city in which the church existed.
- **The Function of the Church's Rituals:** To awaken this sacred energy, specific words and signs of power were used during rituals performed within the church building. Several times a week a great reservoir of spiritual energy was activated and utilized by the overseeing priests through these sanctified rituals—sometimes used in order to manifest healing energy—other times used to perform exorcisms.

When creating these types of rituals, worship music, prayerful chanting, singing hymns, and the reciting of holy scripture played an important role. Because the priest was the primary person orchestrating and conducting the rituals, it was his expressive thoughts, words, and feelings that were the final controlling force in the effectiveness of these rituals and their energetic manifestations.

- **The Content and Purpose of the Rituals:** During the church service, the uplifting thoughts and positive feelings of the priest and congregation pour into and fill the sanctuary room, creating a huge energetic bubble. These spoken words of praise and musical sounds of worship increase and strengthen the energetic field of this created thought-form.

As the service continues, this spiritual energy envelops and surrounds the priest and the members of the congregation. As this energetic field continues to grow, it becomes highly charged by the actions of the priest

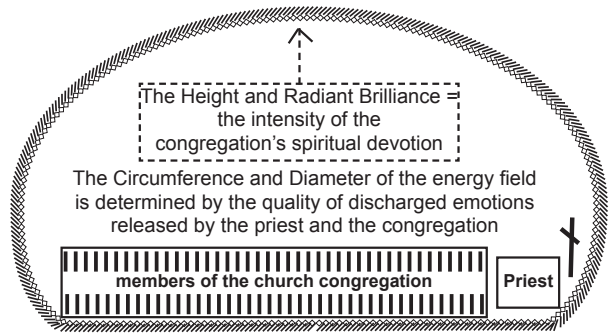


Figure 1.86. When energy is being built-up during the ritual, the height and the radiant brilliance of the divine energy field is in direct proportion to the intensity of the congregation's spiritual devotion; and the circumference and diameter of this powerful energetic field is always determined by the quality of the emotions currently being discharged from the priest and the congregation.



Figure 1.87. When the priest and the church congregation become emotionally stirred with powerfully charged feelings, a great streak of brilliant blue light immediately rushes upward from over their heads. This sudden release of bright radiant energy creates a powerful down-pouring; allowing each person to energetically receive according to their faith and current belief.

conducting the ritual, with the congregation providing the energetic fuel. Eventually the priest will project this radiant energy outward and into the members of the congregation. Once this radiant energy is taken in by those who are ready and capable of receiving it, it will propel these responsive members into higher levels of spiritual awareness, which acts as a special blessing in their lives.

When spiritual energy is being built up and released during the service, the height and radiant brilliance of the energetic field is in direct proportion to the intensity of everyone's spiritual devotion (Figure 1.86).

Likewise, the circumference and diameter of the energy field that is being created is determined by the quality of the emotions being released and discharged by both the priest and the congregation during the ritual.

When the priest and the people in the church congregation become emotionally stirred with deep, powerfully charged feelings (Figure 1.87), it sometimes is possible to clairvoyantly see a great streak of brilliant blue light rush-

ing upward from over their heads. This sudden release of spiritual energy creates a powerful down-pouring within the church's radiant energy field, allowing each person's body, mind, and spirit to respond according to their own faith, belief, and receptivity.

- **The Role of the Priest:** Priests were anointed officials who were ordained by church elders, and were believed to have been appointed by God to oversee the influence of this collected holy energy. Therefore the overseeing priest was considered the primary interpreter of the rituals - the one who brought spiritual powers and their manifestations to life for his congregation.

After building up its energetic form and charging it with divine power, the priest discharged the thought-form out from the main altar space into the bodies and minds of the receptive members of the church congregation. This is why in the church, the words and actions of each ritual were designed for the proper collection and radiation of this holy power.

- **The Role of the Congregation:** The main goal of this energetic discharge was to penetrate the hearts and minds of the people in the congregation with divine light, and allow their spirits to feed off of the discharged radiant energy field. To achieve this goal, the active cooperation between the church congregation and the priest was extremely important. Often, elders were placed throughout the congregation (especially in the back corners) to assist the priest in raising the energy and accomplishing this important spiritual work.

The thought-forms that are developed — and their potential to do good — are based on, and to a greater extent dependent on, the personal devotion of the people who are active within the congregation during the time of the ritual. In other words, although the church building may have been spiritually consecrated and may be the official place of religious services of praise, worship, and devotion, it also exists as a haven and refuge from the harmful influences of the outside world. Nevertheless, many people sitting in the congregation pews (i.e., the aisle benches), are still under the powerful influences of their own personal worries, fears, sorrows, and anger.

Because these obsessive thoughts and negative feelings will pollute and disrupt the holy thought-forms and group mind being gathered and constructed during the service, the church traditionally begins its service with praise and worship singing. This uplifting music is introduced to help cleanse and purify the gathered energies of the people in the congregation, and refocus their hearts and minds on the divine healing and restorative nature of God, which helps cleanse and purify the gathered energies.

### CHRISTIAN CHANTING, HYMNS, AND MUSIC

Because music and singing have such a powerful affect on reclaiming the hearts and minds of the members of the congregation, they are often used to build and transform the energy contained within their three bodies (see Chapter 36), and move each person towards a stronger, more powerful connection with God. Hymns are specifically chosen to banish negative thoughts and mournful feelings, as well as uplift and draw the people in the church into a steady yet consistent progression towards spiritual liberation.



Figure 1.88. When praising God with your entire spirit (heart and mind), the words and melody of your song combines with your innermost faith; and your eternal soul radiates light, manifesting feelings of great joy, appreciation, and unconditional love.

This method of purification and activation has been used in Christian rituals since ancient times. We read in the Gospels for example, that Jesus and his disciples sang a song to honor God during the traditional Passover Meal (Psalm 118), just before they went to the Mount of Olives (Matthew 26:30, and Mark 14:26).

Whether intentionally performed to connect to higher spiritual powers, or externally voiced to connect with the spirit realm itself, chanting, singing hymns, and playing music is unparalleled in its powerful energetic influence and impact. These practices have been used for thousands of years in almost every religious culture.

Many religious leaders and meditation experts believe that spiritual chanting not only helps an individual become more acutely aware of their relationship with the divine, but it also can effectively unite and harmonize the physical, emotional, and mental aspects of those who consistently participate in such sacred practices.

Extensive research reveals that the prolonged chanting of sacred scriptures can expand and free the consciousness and increase an individual's psychic/intuitive awareness. Consistent chanting also empowers a person's courage, determination, and focused drive, which can help to aid them in more quickly reaching their personal goals in life.

In church, when an individual is praising and worshipping God with their entire body, mind, and spirit, the words and melody of the song combine with their innermost faith, and the vibratory levels of their eternal soul suddenly radiate its brilliant illuminating light. This radiant spiritual light creates feelings of great joy, appreciation, and unconditional love throughout the body, which overflows outside the body into the congregation (Figure 1.88). Because of this experience, it was believed that when divine worship was performed in this manner it could transform the life force energy of an individual's physical body into the radiant garment known as the Body of Light (see Chapter 10, pages 79-81).

In ancient times the main reason why angels were often depicted holding various musical instruments, was that the radiant light of the upper heavenly realms were believed to contain the perfect sound harmonics responsible for maintaining





Figure 1.89. Because the radiant light of the upper heavenly realm contains the perfect harmonics responsible for maintaining the resonant frequencies of all divine creation, in ancient times the angels were always pictured holding various musical instruments.

the powerful vibrational frequencies of God's divine creation (Figure 1.89). In fact, in ancient times music was believed to be the primal language of the eternal soul. The special nature and transmission of the harmonic resonance relating to the original formation of this sacred spiritual language, was said to reach far beyond traditional musical composition. These sacred sound patterns were also believed to be the subtle building blocks of all energetic creation and the unification of the soul.

In modern churches as well, the body and mind of a congregation can come together and become as one when listening to and participating in the singing and playing of the church's worship music. When the various people of the congregation resonate with the sacred vibrations created by this holy music, their spirits (hearts and minds) become more receptive to the sacred spiritual teachings of the Gospel. Whether or not it is only one person singing a prayer filled hymn, or an entire congregation harmoniously singing together, most Christian churches today still use the chanting of sacred scriptures and the singing of hymns to harmonize the hearts and minds of the congregation and lift up their spirits.

Since ancient times, the sound vibrations of music have been associated with colors and energetic patterns. For example, when a musical note is sounded, a person who possesses clairvoyant sight may see a sudden flash of color corresponding to that specific tone (e.g., C-red, D-orange, E-yellow, F-green, G-Blue, A-Indigo, and B-Violet). They may sometimes even perceive an energetic form that corresponds to the note (the scientific study of the wave phenomena and vibration associated with sound is known as "Cymatics"). The special color and form that a musical sound leaves behind—in other words its energetic impression—may continue to resonate for quite some time, even after the song has ended.

During the worship service, each hymn that is sung by a church choir and congregation naturally increases the dynamic energy contained within the church building, and additionally brings into play a new set of spiritual forces. However, oftentimes this special energy will not contain an imprinted thought-form message for the people of the congregation to internally receive, unless the projected spiritual meaning of this message is intentionally intertwined within the music being played and/or sung (see *Hidden Teachings Vol. 2*, Chapter 5, page 43).

The creation, performance, significance—even the definition of what exactly Christian music is—will vary according to the person's interpretation of the content of the music, as well as the individual's cultural music preferences. Normally Christian music is composed and performed for different reasons, including ceremonial purification, worship, prayer, and meditation. Depending on the receptivity of the listeners, the aesthetic pleasure contained within the uplifting spiritual messages of these types of songs can bring about extremely positive feelings within a person's heart—especially if they continue to hear the song or its musical melody within their mind throughout the day.

The most prevalent use of Christian music is in worship, which most often involves the entire congregation, and/or a specialized subgroup such as a soloist, a choir, or a worship band. Although the music is most often accompanied by instruments, there are certain denominations that still prefer unaccompanied singing (i.e., "a cappella") during worship.

In the Christian church, one widely used form of worship music was the Gregorian Chant. The sad longing for God expressed in this ancient form of singing can be both uplifting and heart purifying. While not the original inventor of this chant, Pope Gregory the First, who reigned from 590 to 604, is known as the person who ordered this extremely moving monophonic music to be sung in the Roman Catholic Church, hence the name "Gregorian Chant." He believed that the chanting of his monks should be simple, and that any complexity in music had a tendency to create harsh and discorded sounds which often ruined the music's spiritual influence on the listener's heart and mind.

Having worked as a song worship leader in several Pentecostal churches for many years of my life (from 1972-1995), I can personally testify as to the incredible power music has over its listeners. Some of the happiest memories that I have had in church is singing and playing the guitar with different Christian musical groups, and leading song worship services in several of the Bible Study Groups that I was teaching. Each time I played my guitar and sang, I felt the incredible power of the Holy Spirit descend and fill my body, then flow through my voice and music, energizing the words of the worship songs with God's radiant light.

## THE PRIEST'S MESSAGE AND THE SERMON

In earlier times it was customary during each church gathering to preach a message of hope and salvation to the congregation. This traditionally required the elder to read certain scriptures from the Old Testament.

By the 5th century, these scriptural readings were eventually reduced to the reading of Old Testament Prophecy, the reading from one of the Epistles (i.e., the various books of the New Testament), and the reading from one of the Four Gospels of the New Testament.

Much later, this teaching practice was again changed, and the preacher only read from one of the Epistles of the New Testament, and then from one of the Four Gospels. The main focus of these readings was on stimulating the congregation's personal understanding of the sacred scriptures, which was accomplished by providing them with both intellectual as well as spiritual food for thought. There also was an attempt to integrate the church's doctrines and teachings into the surrounding secular community's cultural beliefs, habits, and customs.

Because of this type of mixed sacred and secular presentation coming from the pulpit, many pastors began to further reinterpret the scriptures by infusing them with their own personal thoughts, beliefs, and political ideas. These new messages were then introduced to the congregations as "divine truths." This mixture of personal opinion with the words of the Bible resulted in the creation of what is commonly known as "Churchianity," instead of Christianity.

In understanding this, it is important to remember that the Christian religion originated from the teachings of Jesus of Nazareth, whose primary spiritual message was that the kingdom of God is within you, and not connected to any specific person, place, or religion (Luke 17:20-21). Being a spiritually awakened being, Jesus left us with several powerful teachings that can bring about profound spiritual transformation in our lives. However, these spiritual transformations may only be experienced when someone chooses to move past the cultural biases that now surround these ancient teachings, and instead dives deeper into the life transforming knowledge and wisdom that originally existed in the words and actions of our savior.

The teachings of Jesus of Nazareth, as given in the Four Gospels of the New Testament, contain sacred knowledge that has been revered and studied throughout the ages by countless holy men, sages, and mystics from various spiritual traditions. The reason for this fascination is that these four unique books contain wonderful gems of truth set within the framework of beautiful poetic parables, which when read, help to spiritually illuminate the reader's heart, mind, and soul.

By studying the sacred writings of the Holy Bible, a person can find encouragement, personal instruction, and uplifting teachings. Likewise by understanding the divine mysteries that were revealed through Jesus' spoken words, and then backed up by various supernatural manifestations, a true believer will be able to see the many differences between the popular lower-based spiritual beliefs that have entered into the church (Churchianity), and the holy wisdom that was originally contained within Jesus of Nazareth's divine teachings.

Such life transforming wisdom is revealed by having a close relationship with God. Although this more advanced

approach to spirituality requires a strong faith and devotion, this more intimate connection allows the person to pursue a deeper understanding of God's divine will for their life.

All devotional feelings that are brought into existence by having religious beliefs are strengthened by a person's spiritual experiences. Without these two things (belief and experience), no one can truly find God. Without the personal realization of this spiritual truth, very few will progress beyond the fixed dogmas of religious orthodoxy to an elevated state of transcendent awareness, which allows their eternal soul to go beyond "form" and enter into the "formlessness" of the direct experiencing of the Divine.

## ADDRESSING THE CONGREGATION

When a preacher speaks with divine conviction, the radiating energy projected through the thoughts and feelings of his message will leave the pulpit and enter and grow in the hearts and minds of anyone who is open to receive these words of encouragement and spiritual transformation.

The extent that these spiritual thought patterns penetrate throughout the church congregation depends upon the specific power of the preacher's focused mind, projected breath, and the clarity of his words. Likewise the spiritual force and consistency through which this divine energy will stimulate a listener's heart and mind, depends upon the strength and clarity of the preacher's original thought, as well as the openness of each congregation member's heart.

For example, as the Holy Spirit of God descends through the preacher's three bodies, his voice sets into motion waves of vibrating sounds which convey his spiritual message. As this vibrating pulse spreads throughout the congregation, everyone sitting within the church building has the potential of becoming spiritually uplifted simply by listening to and receiving the intoned words of God. In this way, both preacher and congregation are placed in the same receptive position.

Let's say the preacher places his heart and mind on the spiritual devotion and wonderful relationships that he has developed through his study of the holy scriptures, and decides to share his understanding of the sacred teachings of Jesus Christ with the congregation. As he speaks of these heart felt experiences, the radiant waves of these feelings pour out of his three bodies and trigger the same devotional feelings within his congregation, especially if they are open to receive such a divine spiritual gift within their own personal lives.

In fact, any person who deeply meditates on some form of higher spiritual thought or belief, will naturally begin to radiate powerful spiritual vibrations from within their own body. As these spiritual vibrations continue to grow, they will eventually radiate out of the individual's body and create similar thoughts and feelings within others. This spiritual energy is then internally felt and externally expressed in a similar fashion, even if the other people have not yet become accustomed and familiar with receiving or radiating out these same types of higher spiritual vibrations within themselves.

This unique energetic stimulation will in no way convey to the recipients the specific words or concrete ideas of the preacher's mental thoughts, only the emotional depth of his personal feelings. Yet this is no small thing, for such proper emotions as experienced here will help move the person forward on his or her path to salvation and liberation, and away from the destructive and all too often evil ways of our world.

Each church service was originally designed to enhance a person's spiritual evolution. Therefore as each member of the congregation opens themselves to the infinite power of God's Holy Spirit, they will begin to positively elevate their own level of spiritual awareness. If however certain members of the congregation are there for the wrong reasons, that same projected spiritual energy will work to expose the hidden agendas of their hearts. This subtle spiritual awakening may still manifest as a very good thing, especially if within their heart and minds they truly desire to spiritually grow and change their lives for the better.

**THE ANCIENT HISTORY OF SAYING THE WORD "AMEN"**

The word "Amen" comes from a Hebrew root, which in its various verbal forms can mean: "to support, to be loyal, to be certain," and "to place faith in." However, the common translation of the word is "so be it," although other English translations include "verily" and "truly."

In ritual, Judaism, Christianity, and Islam use the word Amen as a concluding word mentioned after a spiritual statement, or in response to a spoken prayer. According to many Biblical scholars, the word Amen in the Old Testament is used to:

1. Express praise to God: (Psalms 41:13; 72:19; 89:52; and 106:48; Chronicles 16:36; and Nehemiah 5:13).
2. Support a prophecy or an announcement of God: (1 Kings 1:36; and Jeremiah 28:6).
3. Accept the consequences of a divine judgment: (Numbers 5:22, and Deuteronomy 27:15-26).

Because in the Old Testament "the God of Truth" is also sometimes known as "the God of Amen," certain esoteric philosophies expressed the speculation that the word Amen was a derivative of the name "Amun," the Egyptian Father of Gods (which is occasionally spelled "Amen"). However, this name is not included in the standard reference works associated with the word Amen, as the Hebrew word begins with "aleph," and the Egyptian name starts with a "yodh."

With the understanding that the word Amen is used in the Christian church to mean "so be it," let us now address how the word can be spoken in order to better express our support and the accepting belief in what was just heard and received during a Sunday church service, or in a spoken prayer.

One of the most powerful sounds on this planet is the "Ah" sound (see Chapter 12, Note #4, page 90). It naturally creates a point of stillness or emptiness which is spiritually manifested as a source of energy, openness, expansion and empowerment. It is also a divinely inspired sound that is considered to be most sacred because it is the first sound created after we are born and the last sound we make just before death, when the eternal soul vacates its earthly vehicle via the body's last exhalation.

Because the "Ah" sound is said to be the energetic sound of the heart, one method of speaking the sacred Amen sound can be expressed in the following manner (Figure 1.90):

1. After hearing a specific prayer, prophecy, announcement, or praise, lightly close your anal sphincter muscle, inhale deeply, and expand your lower abdomen.
2. As you start to exhale, focus on externally vibrating the "Ahhhh" sound within your heart and solar plexus area.
  - Then bring the "Ahhhh" sound vibration up the center of your chest, and feel it vibrate at the back of your throat.
3. Continue to exhale, and focus on vibrating the "Mmmnnnn" sound towards the back of your head; then to the

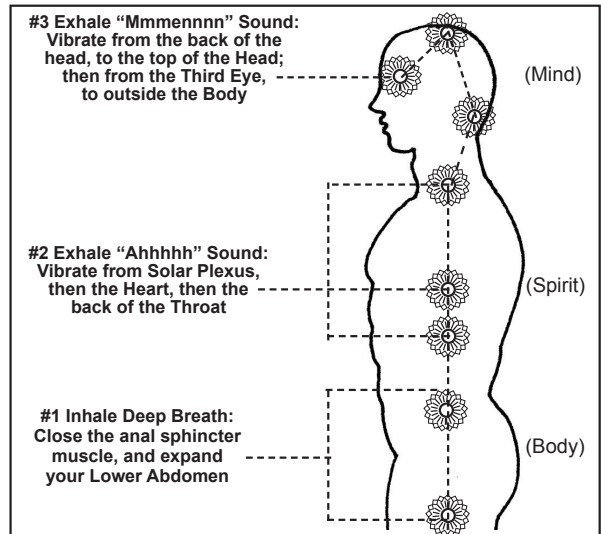


Figure 1.90. Saying the prayerful sound "Amen" ("So Be It").



Figure 1.91. In ancient times, the Christians would often gather together and bring "Offerings" of food and drink; the remaining food was then presented to the Elders, and offered up to the poor.

top of your head; and finally to your Third Eye and out of your body. This action is used to bring about an energetic expansiveness of your spoken agreement.

**THE OFFERING – A FORM OF DIVINE WORSHIP**

In the modern church, the "Offering" now consists of placing money in a collection plate. However, in ancient times each person would bring what he or she could spare from their own household and contributed it for a celebration feast dedicated to building love and companionship within the church's congregation. These special fellowship meetings were often known as "Breaking Bread Celebrations" (Figure 1.91). The early church taught that God uses bread as a representation of His presence with his people, of the gift of eternal life, and of the broken body of Christ. Which was why after this feast was concluded, any leftover food was then gifted to the elders who later distributed it to the poor.

Whatever was brought by the congregation as a gift offering was always first presented to God by the priest. The sacred words used in that offering set the foundation for the future prayers used in performing the ritual of Holy Communion (i.e., the sacrament of the Eucharist celebrating the Body and Blood of Christ at the Last Supper).



As the years progressed, wheat, wine, and oil became the customary gifts that were presented to the clergy. With the passage of time, only bread and wine was brought as an offering gift and used in the ritual of Holy Communion, with the remainder of the food still being given to the poor.

Because the entire congregation's focused prayers were used during these celebrations, the special food offerings were transformed into "holy food." This important act of spiritual dedication and divine purification allowed the food to obtain a powerful energetic potency. Then, as the energized food was eaten and digested during the Breaking of Bread celebration or the Holy Communion ritual, the holy food was believed to have an extremely powerful purification effect on the people who were taking part in the ritual.

In this manner, all the people in the church congregation who were working for the kingdom of God could actively have an increase of the spiritual strength and radiance of their three bodies (i.e., their physical body, energy body, and spirit body), which was believed to support the spiritual construction of each person's divine Body of Light. This radiant spiritual light was then believed to become extremely active within those individuals whose personal devotion, dedication, and Christ-like faith was unwavering and who were energetically responsive and sensitive to the Spirit of God.

### **CHRISTIANITY VERSUS CHURCHIANITY**

There is a big difference between true Christianity and what many people today call "Churchianity." The distinction is that in true Christianity a real follower of Christ will adhere to the original teachings of Jesus of Nazareth. This means that they will place their personal priorities on loving and honoring God first, and then reach out from this place of divine love and compassion towards people of all races and religions.

However in "Churchianity," there is a turning away from Jesus' true teachings and a centering on ego based concerns. This is often seen in corporate religious organizations that were established as a business venture, which primarily focus on increasing the church's membership and on "fleeing the flock," by focusing on monetary gain. This abhorrent condition often leaves the trusting members of the church trapped in emotionalism, and their impoverished souls starving due to spiritual malnourishment.

Although Christianity requires its followers to share their life and resources with others, more importantly they are also required to be of service to all of humanity by radiating the spiritual light that God has given them. Christians who embody this type of divine radiance never forcefully impose their spiritual beliefs onto others. Instead they tend to be compassionate in their divine service towards others and simply live their lives as a natural by-product of spiritual devotion, directed towards embodying Jesus' sacred teachings.

A true follower of Christ allows God's divine light and radiant love to freely flow through their life, and never sees themselves as the true source of this supernatural power, but only as a spiritual conduit of God's amazing grace and divine virtue. They understand that the most dependable gift that they have been given for rebuilding and strengthening their spiritual faith comes directly from the powerful inner-communication they have developed with God through his Holy Spirit. It is this powerful inner-communication that has allowed the true saints of God, from every religion, to

be the keepers of the highest spiritual truths and miraculous powers of God's divine work.

But problems often arose because all too often these true saints of God lacked the authority to represent God's teaching through any officially organized church, yet felt within themselves the spiritual anointing and divine presence of God's holy guidance. When this sort of thing happened, the various political leaders of a church became confused as to what to do with these spiritually gifted individuals. Especially when supernatural manifestations would come forth from these "commoners," who had little or no formal religious training and lacked any high ranking position within the church organization, but simply followed their own divine calling instead of church policies.

Now you may ask "Why would this be a problem?" The answer is simple. In a church based on true Christianity and focused on the divinely manifested spiritual powers of God through the Holy Spirit, there would be no problem. Instead, most likely there would be praises to God for blessing the church with such gifted individuals who are administering to the needs of others, just like Jesus of Nazareth.

However, in a fellowship based on Churchianity, these types of divine manifestations from truly holy individuals could cause great problems. This is because Churchianity was first created as a corporate religious organization established in Rome as an extremely profitable business venture. For the people in charge of running such a church organization, anything that might challenge their governing structure or get in the way of their potential for financial profit was considered to be dangerous. Because of this business like attitude in the Christian church today, many of the original teachings of Jesus Christ and the founding church fathers have been misunderstood and transformed into something else, or simply rejected and forgotten. That is also why there are so many unproductive and ill-founded spiritual teachings existing within the Christian churches of today.

The many people who blindly follow the teachings and doctrines of Churchianity tend to be more interested in a social gathering based on "being right," rather than doing the right thing as Jesus of Nazareth encouraged us all to do. The sad thing is that certain angry church members often claim to be followers of Jesus' sacred teachings, yet their hearts and minds are all too often blinded by unhealed wounding manifesting as a deep seated hatred placed towards any other religious group or denomination that is different from their own; this same unresolved anger is sometimes even directed towards members of their own religion. This action contradicts the spiritual teachings established by Jesus of Nazareth.

When people try so hard thinking they are right rather than actually doing the right thing, they usually miss the true knowledge and wisdom that originally supported the spiritual teachings of their religion. Certain individuals become quite fanatical in their personal expression of their religious beliefs, and often are intolerant of other people's opinions concerning spirituality and the worshiping of God.

Most people mistrust this type of religious fanatic, even those individuals who exist within their own faith. You may ask why? To which I answer, have you ever met a religious fanatic who was truly happy, or who possessed a sense of humor? Usually they can only talk about their own personal obsessions, and often demonstrate little or no sensitivity for the feelings or honest needs of others.

If any Christian declares that God only loves his or her own religious group and hates all other religious groups, then they are blind to the fact that this statement itself contradicts the eternal truth of Jesus Christ's original teachings: that God loves all of us equally (Matthew 22: 36-40).

Concerning the corrupted teachings of Churchianity, Jesus was adamantly against those who used their thoughts and ideas about the kingdom of God to make money and "fleece the flock," and who placed onto the congregations certain laws and restrictions that they themselves did not follow (Matthew 23: 1-33).

Any religion should teach its followers to be honest, truthful, kindhearted, forgiving, and attentive to the needs of others. No true religion of God's divine light should ever teach its people to be selfish and cruel, or to prefer one nationality or spiritual teaching over another. Although Jesus of Nazareth was crucified only once, throughout the centuries his sacred teachings have been continuously distorted by human ignorance and perverted by greed and self-centeredness. Sadly his powerful words of spiritual transformation are crucified daily by individuals who lack an understanding of this divine wisdom.

Many Christian saints have labored under the disadvantage of church control, and strict religious dogma which binds and prevents true spiritual evolution. In fact, many men and women of God have been ostracized, excommunicated, and disposed of simply because of their God-given supernatural abilities. For example, in the 1600s there was St. Joseph of Cupertino, a devout priest who acted as a servant of God in everything that he did. However, because this priest repeatedly exhibited the miracle of levitation whenever he performed Mass (the Eucharistic Celebration), he was sent away and incarcerated in a small apartment of the Basilica in Assisi for fifteen years by his church superiors. After that, because he had become so popular with the people, whenever his whereabouts became publicly known he was often carted off in the dead of night to another distant monastery.

This is only one among many documented incidences where Christian monks and nuns were reported to have levitated when they prayed (see *Hidden Teachings Vol. 2*, Chapter 1, pages 9-12). To add to the list, there is even a report of a Catholic Claretian monk that lived in Los Angeles, California, who developed a reputation for his ability to perform bilocation. Because the monk was gaining a strong reputation for this naturally developed supernatural ability, he was quietly transferred to a distant house of the same religious order in Spain. The Catholic priests themselves describe this type of quiet removal as – "sending one to prison."

Sadly, because many church authorities lacked the spiritual training and awareness required to understand the deeper truths surrounding these extraordinary spiritual events, they often sought to incapacitate or even destroy the individuals within their church who manifested such supernatural phenomena. Which is what the Pharisees tried to do with Jesus, and why he lamented in Matthew 23:37, *O Jerusalem, Jerusalem, the city that kills the prophets and stones God's messengers! How often I have wanted to gather your children together as a hen protects her chicks beneath her wings, but you would not let me.*

In "Churchianity" high officials within the church organization oftentimes believe that they possess divine wisdom

and knowledge, yet lack any understanding of the deeper spiritual nature of the eternal soul. Therefore these individuals often condemn others to suffer because of their own ignorance and lack of faith, belief, and experience. This often occurs in the political structures of church hierarchies because all too often elevated positions of power are governed by men and women with inflated senses of self-importance.

Nevertheless we should not blame such church leaders for their arrogance and religious egotism shown to those individuals who have demonstrated advanced spiritual abilities. Such leaders do not understand higher spiritual manifestations, for they themselves lack a spiritual walk focused on divine transformation. They have simply become a by-product produced out of their own survival based fears, opinions, and misinterpreted religious dogma. Without a walk based in humility and spiritual transcendence, one can only transmit to others what they have come to understand and believe themselves.

As an important side-note: Just because a person can manifest or create what appears to be a miracle or something miraculous, is not proof that they are a "Godly Saint." The true proof of divine spirituality is manifested in the ecstatic absorption of divine love through the selfless acts of compassion, unflinching kindness, great forgiveness, and the outward manifestation of unshakable inner-peace.

### THE CONCEPT OF SPIRITUAL MATERIALISM

Most people become more enlightened as they continue to evolve in their spiritual walks, and many begin to work on simplifying their relationships, especially those past relationships believed to be harmful to their present spiritual growth. They are convinced that by doing this they will be freed from repeating old patterns, and avoid making the same mistakes they previously made in the past. Which to some extent is true, as these new patterns can be used to attract spiritually healthier relationships, which can bring more divine light into their lives.

Although this may be an excellent approach for some, I have also seen many people fall into the trap of seeking after special blessings, teachings, and relationships from different priests and religious masters in an attempt to fill an emotional void still existing deep within their hearts. Here, the individual is trying to be special by gathering "spiritual stuff" instead of "material stuff," hoping that by obtaining such things they can be acknowledged and eventually bring about a release from deep-seated emotional and mental suffering.

This pattern is often seen as a type of "Spiritual Materialism," frequently seen in individuals who have turned their pursuit of spirituality into an ego-building endeavor. In such cases, the person will also develop a detrimental condition known as "Spiritual Arrogance." In this delusional state of mind, the person presents themselves to others as being more spiritually awakened or enlightened than they really are, due to the large amount of esoteric religious information they have collected in their personal studies.

In any spiritual walk, a person will have to contend with three main types of materialism: Physical Materialism, Intellectual Materialism, and Spiritual Materialism. All three types primarily are based on energetically feeding the individual's ego, hiding from life, and investing in different types of distractions, instead of actually taking the time to work on transforming their spiritual self. These three types of materialism are described as follows:

- **Physical Materialism:** Physical Materialism is the belief that obtaining many possessions can bring about a release from suffering. This condition is observed when someone is excessively preoccupied with the acquisition of abundant wealth, material possessions, and physical comforts, rather than seeking after spiritual experiences, intellectual wisdom, or things of cultural value.

Those under the sway of physical materialism obsessively care more about owning luxurious goods than they do about having a relationship with other people; they often judge themselves and others by the price paid for their possessions and latest acquisitions.

- **Intellectual Materialism:** Intellectual Materialism is the belief that by obtaining the knowledge of a particular philosophy or rational belief system, a person can gain a release from suffering.

This condition is observed when someone is excessively preoccupied with logical analysis, critical thinking, and the various thinking patterns surrounding certain types of knowledge and information (e.g., concepts, pretexts, beliefs, and ideas), and is in addition obsessed with possessing a highly developed intellect.

This quest for knowledge can dominate the life of an intellectual materialist to the point where the way they lead their life, especially in relationships with other people, diminishes any positive feelings they may have towards themselves or others. Such attitudes can often diminish or even corrupt their own sense of enjoyment in life.

- **Spiritual Materialism:** Spiritual Materialism is the belief that by obtaining high spiritual teachings or a highly elevated spiritual state, a person can bring about a release from suffering. This condition is observed when someone seeks after spirituality as a part of their own ego-building pursuits. It centers on the belief that obtaining an elevated spiritual state of mind can be a strong refuge from suffering. An example of this would be addictively using meditation or selfish prayer practices to escape from life, and remain hidden from all human relationships by frequently seeking to experience this profound euphoric state. This is not what Jesus asked of us. We must somehow and someway be “our brother’s keeper.” You find this message throughout the Bible, for example: Romans 15:1, James 5:16, and Philippians 2:4.

Even though all of us have come to this planet in order to spiritually grow, it is still possible that problems with this important evolutionary spiritual process can sometimes develop. This is especially true when the survival based patterns of our ego’s acquired masks and personalities come in direct conflict with our original desire to spiritually evolve.

The acquired ego can dominate anything and everything that it interacts with. Whenever it is faced with any physical, intellectual, or spiritual demand, it may choose to transform these demands in ways that are not meant to enhance personal spiritual change or growth, but instead to build and enhance the individual’s personal vanity.

When this happens, the person attempts to acquire and apply spiritual truths only for their own personal selfish ends. Suddenly sacred teachings are treated as external things. Divine teachings are reduced to external patterns,

and often become “cool philosophies” that are only talked about to impress others, yet not embodied in their personal lives, thoughts, or behavior. In other words, the ego does not actually want to identify with or become one with the sacred teachings, instead it simply mimics the process. Although the person may mouth the right words and seemingly go through the correct motions and make the appropriate gestures, the ego will not sacrifice any part of its previous way of life in order to truly embody the spiritual teaching. At this point in their blocked spiritual evolution, the person has become a skillful actor, playing deaf and dumb to the real meaning of the sacred teachings. Yet paradoxically, they may still find some form of comfort in pretending to follow the divine path.

When we feel a discrepancy or inner-conflict arising between our current actions and the spiritual teachings we supposedly profess to believe in, the ego may illogically interpret the situation in such a manner that the conflict is quickly smoothed over. Within the body, speech, and mind, the interpreter of these conflicts is usually the ego, disguised in the role of an inner-spiritual advisor. Nevertheless the reality of the situation is that if true spirituality is to be realized and acted out in life, this type of rationalization must be stopped.

Recognizing and changing the innate patterns of this kind of ego-based rationalization is not easy to do, especially since everything is being seen through the filter of the ego’s survival based philosophy and logic. We frequently find a self-justifying answer for every question to reassure ourselves that everything is all right. Because the ego feels and appears to be “honest, truthful, and sincere” to itself, it hardly ever grows suspicious of itself. Thus we always seem to trust the integrity of our own inner spiritual advisor, when all that is really advising us is our survival based worldly ego.

It doesn’t matter what we choose to use in order to achieve this ego based self-justification. Even if we are using the sacred scriptures of the Bible or some fundamental religious dogma, whenever we begin to evaluate spiritual truths according to our ego-based agendas, the end result is false spirituality. When dealing with any of the three forms of Materialism, what matters most is understanding that whenever we formulate secondary judgments based on self-justification, we remove our eternal soul from serving others for their (and our) highest spiritual well-being.

## **TEACHING SPIRITUAL TRANSCENDENCE**

It is said that the ancient Greek philosopher Socrates greatest achievement was his personal embodiment of: moral conduct, the power of concentration, and the realization of truth. He believed that virtue is knowledge, and the love of wisdom (philo – sophy) was worthless unless the acquired knowledge improves the individual’s conduct and transforms their behavior into one of higher moral standards. According to Socrates’ philosophy, the purpose of life is to attain wisdom, proper understanding, and a clear vision of all things exactly as they are in order to cultivate personal virtue.

Socrates believed that as way of life, the study of philosophy granted the eternal soul a deeper insight and access to the highest divine principles of the cosmos. However, to truly know and understand virtue, first an individual had to embody a righteous way of thinking and acting.

One of Socrates’ students was the famous philosopher Plato, whose teachings surrounding the study of the funda-



mental nature of the soul influenced the hearts and minds of many Christian thinkers, and served as an important model that was used for obtaining deeper spiritual insights and experiences. Platonic philosophy heavily influenced the mystical traditions of esoteric Christianity, Judaism (Kabbalah), and Islam (Sufism) – and seems to express what Jesus, Moses, and Muhammad were originally all about in terms of their spiritual goal of obtaining a compassionate union with God. For Christian mystics, this connection also meant to embody the living experience of the holy fusion that occurs during the spiritual unity of a person's eternal soul with God's divine nature. In its broadest sense, this type of mystical union represented the highest and most authentic elevation of the soul that a person could hope to experience.

Attempting to break through all worldly constraints in order to spiritually embody this type of mystical union with God, meant that the person would eventually come to a sudden realization of the existence of their eternal soul or "Original Being." This spiritual awakening required the individual to first deny themselves, so that their ego-based acquired personality would experience a reversal from its survival based thought and feeling patterns. This conscious choice to pursue divine enlightenment allowed the various members of the church congregations to return to their original pre-creation spiritual state of mind, which would naturally awaken and remind their eternal soul of what it had always been, and what it will always be: that which exists within and is part of the true kingdom of God.

Over the years Christianity deviated from its original goal of embodying the sacred teachings of Jesus of Nazareth, and the idea of universal spirituality being centered on the internal fusion of one's eternal soul with the radiant spirit of God. Eventually in the 12th century, because of the strong charismatic influence of French Abbot Bernard of Clairvaux, this original Christian philosophy was ultimately changed. It was during this time that the original approach of universal spirituality was discarded, and exchanged with a particular type of "religious experience" which focused on having an emotional love relationship with a personal God. This new approach altered the course of Christian spirituality. This doctrine, still supported by the Vatican today, decrees that the purpose of a Christian life is to contemplate the profound love of God, experienced in a personal, intimate relationship.

From this point on, the Western Christian churches proceeded in offering religious teachings without the initial guidance of their original Eastern enlightenment training. This lack of deep spiritual cultivation training eventually led to a negation of divine realization and spiritual fusion with God as the Absolute, which was originally the primary spiritual awareness and belief that distinguished all saints and Christian mystics from common religious people. However, for most Christian mystics there could be no real spiritual attainment without the bliss and rapture of contemplative meditation, which led to personal divine awareness and understanding. In fact, this heavenly state of awareness was at one time said to be the physical proof that a Christian had indeed obtained a true connection with the Way, Truth, and Light of God.

The reason this is so important, is that when consistently practiced this type of contemplative meditation develops into

an extremely vast and constant spiritual power, which leads one into the highest stages of spiritual manifestation and transformation. For a truly religious Christian, spirituality begins when contemplative meditation starts. There is no real spiritual experience associated with any dimension beyond the lower world of thoughts and senses without the practice of spiritual contemplation. Whether or not these experiences are accompanied by heavenly visions or divine encounters, the fact of the matter is that contemplative meditation is known to bring about the deeper insights and divine wisdom that originates from God's most Holy Spirit.

The higher the level of spiritual maturity, the closer the mystical experiences of different spiritual traditions intersect and mirror each other's understanding of divine transcendental wisdom. For example, in the beginning stages of a spiritual walk, many people refer to their initial experiences in a "right or wrong" framework, which is the only way they know how to relate to such experiences. However, as they advance into the higher levels of contemplative meditation, they turn away from these older ways of thinking, and realize that everything is subjective, and happens for a reason.

In the same manner, the enlightened Christian learns that just because someone has a different perspective than they do in the way they pray or worship God, and most importantly in the way they experience God, does not automatically make these things wrong or "evil." The evidence of how well we are serving God is shown by the "fruit" of our spiritual walk, in other words by the level of our practice of compassion, mercy, honor, and integrity shown to others (Matthew 7:16-18).

Each of the different religious doctrines and their various spiritual practices can have real value, especially when applied to cultivating a person's spiritual growth. Because each has the potential to lead someone to higher levels of spiritual consciousness and being, each may be utilized to help someone on the path towards the realization of being One with God. This is, in itself, priceless, and above and beyond any differences in religious teaching and dogmatic belief.

Nevertheless, it is sad to note that throughout history an enlightened teacher's original message and spiritual practice often gets unwittingly transformed into religious dogma and church doctrine. Which then becomes indoctrinated into people's lives as "laws" rather than being what they originally were meant to be: spiritual tools through which to work with in order to evolve as children of God.

Often times this transition of spirit into dogma involves ignoring the sacred teachings of a spiritual master who is working to free others from any stagnant religiosity. Paradoxically, when the official leaders of any religious organization demand a return to a "worship of the founder," one can assume that spiritual truth is being forcefully debased and corrupted into a form of religious dogma (refer back to "The Story of Fire" placed in the beginning of the book, and the religious practice of the Third Tribe on page 10).

#### **WHAT ARE FALSE DOCTRINES**

The word "doctrine" means "teaching," and it describes a set of ideas or beliefs that are taught and accepted to be true. For most Christians it describes what churches believe, based on what is written in the Holy Bible. In the Old Testament, the Hebrew word that parallels the English word "doctrine" typically refers to "the divine truth that was revealed by

God,” and it is most often rendered in English as “teaching,” “learning,” or “instruction.”

Because Christians are taught that God has given them a complete revelation of himself in the holy scriptures, many search the Bible to obtain spiritual revelations and arrive at a fuller understanding of God’s true nature, his sacred works, and his divine decrees (2 Timothy 3:16-17).

This is why in the Christian church it is often said that “true doctrine” originates with God, whereas “false doctrine” originates from someone with an agenda. Which is why in the church, a false doctrine is believed to be any idea that takes a believer away from, contradicts, or nullifies the original teachings as presented within God’s word in the Holy Bible.

As early as the 1st century A.D., false doctrines had already infiltrated the Christian church. Many of the letters in the New Testament by the Apostle Paul were originally written to address false doctrines that were being taught at that time (Galatians 1:6-9, and Titus 1:10-11). Even today, with all of the various ideas and beliefs surrounding Jesus of Nazareth’s spiritual teachings, many Christians still want to know, “What exactly is a true and false doctrine?”

In our spiritual walks, it is every person’s responsibility to examine each pastor’s spiritual teachings and each church’s religious doctrine, in order to determine if it is true or false according to God’s original plan for their personal spiritual growth and salvation. Which is why putting each doctrine to the test is advisable before accepting it as “God’s divine will.” Remember each time we test a doctrine, we also learn and understand our own responsibility towards maintaining its spiritual integrity, and embodying its holy principles.

True doctrine is supposed to be beneficial for spiritual health, maturity, knowledge and wisdom, and leads to spiritual growth. False doctrine is spiritually unhealthy, and often leads to spiritual immaturity, ignorance, pride, and feelings of personal entitlement. In this context, the word “false” is defined as being “something that is inaccurate, misleading, deceptive, and untrue.”

Because church doctrine is supposed to be founded in the spiritual teachings of Jesus of Nazareth, let’s take a closer look at the root teachings of Christ.

Throughout his ministry, Jesus made it extremely clear that he taught only what God had instructed him to teach, and in the Gospel of John 7:16 it is written that he said: *My teaching is not mine, but originates from him who sent me.* With this proclamation, we understand that Jesus did not come to offer a new doctrine, abolish the Laws of Moses, or change the writings of the prophets. Instead he came to demonstrate how to embody these important doctrines, and did so by teaching such spiritual principles as putting God first; loving others as yourself (the Golden Rule); the Kingdom of God is within you; and he gave explicit warnings against religious hypocrisy (see Chapter 5, pages 51-52).

For a church doctrine to be “true” it must be beneficial in transforming a person’s spirit (heart and mind) towards righteousness in the eyes of God. This righteousness is explained in Micah 6:8, which states: *He has showed you, O man, what is good; and what does the Lord require of you, but to do justly, and to love mercy, and to walk humbly with your God.*

This is why it is always best to avoid arguing about different teachings that have nothing to do with personal spiritual

transformation. Such arguments are petty, and only cause feelings of dissension, isolation, or generate a false sense of personal entitlement to an assumed truth. This contradicts the teachings of Jesus of Nazareth which focused on the transforming powers of forgiveness, becoming spiritually born again, and understanding that the kingdom of heaven is within each of us and not confined to a specific person, place, or thing.

It should be understood that there is a big difference between false doctrine and denominational disagreements. Different congregational groups often define and interpret things from the scripture differently. These differences are not necessarily due to false doctrine on anyone’s part, but instead are many times subject to cultural influences. In fact, many times a church’s policies, style of worship, etc., are all open for discussion since they are not directly addressed in the scriptures.

Christians will naturally disagree over certain issues found within scripture and debate each other over these issues. However, it should be understood that such differences in interpretation or practice do not necessarily make any interpretation into being a false doctrine, nor should such differences divide the Body of Christ (1 Corinthians 1:10).

#### **WHAT IS DISSENSION WITHIN THE CHURCH**

Dissension is defined as a state of discord, conflict, contention and strife, which can often lead to disharmony and division. When there is any type of infighting or chronic bickering occurring within any church, especially among its elders, it usually creates a state of high tension and leads to a falling-out between many members of the spiritual community.

As children of God and followers of the teachings of Jesus Christ, it is our responsibility to avoid dissension, and advocate spiritual harmony and peace of heart and mind whenever possible. To avoid creating dissension within the church and to stop it from happening, and if it is already present to prevent it from growing into something worse, I was taught the following three-step exercise:

1. If you are upset, look into your own past, and locate where the original roots of this current pain began.
  - First define the type of emotion that you are presently feeling.
  - Then determine as best you can, when was the youngest you remember feeling these emotions?
  - Who was involved in this old memory?
  - What was the specific action and / or experience surrounding the original trauma?
2. Bring this past memory into the present, and move from an unconscious patterned reaction into a conscious decision. In this step, you bring the memory and old reaction pattern into the present, and study it by asking yourself the following questions:
  - Who did I learn this pattern from, and how did I learn it?
  - What were its values?
  - What were its detriments?
  - Do I want to keep this pattern, or am I willing to let go of it?
  - What does this pattern say about me?
3. Consciously release the old pattern and create a new pattern by asking yourself the following questions:
  - Am I willing to consciously choose not to energetically feed these old thought patterns any more emotional fuel?
  - Am I willing to consciously choose to “lay down my life,” and allow this old thought pattern to die (John 15:13).

If you do not keep repeating these old hurtful memories, thoughts, and emotions in your mind, the old pattern will energetically starve and die. However, in order to continue to spiritually grow, you must create new and positive thought patterns to empower your new beliefs and actions. These righteous deeds then become spiritual virtues, which then help to elevate your heart and mind to a deeper understanding of divine wisdom.

Right after that, it is important to expose any hidden need to sabotage the new pattern. If any hidden agenda to do that is uncovered, start the entire process again and keep repeating it until the new changes have become stabilized and there is no longer any falsely perceived value in punishing yourself or others for any past unhealed wounds.

#### WHAT IS ISOLATION WITHIN THE CHURCH

Isolation is defined as “to place or keep a person, place, or thing by itself, separate from others.” Within the context of a church community, it also can be defined as the non-participation or withdrawal from other individuals participating within a church group.

Although isolation is sometimes necessary when training advanced spiritual practices (e.g., prayer and fasting practice), the chronic social separation of any person from their spiritual support group is an unhealthy practice. If this type of self-imposed isolation is continued for long durations, the consistent lack of contact between close friends, church elders, and mentors eventually can lead to spiritual starvation and emaciation. The consistent failure of a believer to receive the much needed teachings and information from spiritual mentors can also lead them into “Spiritual Crises” (see Chapter 8, Understanding Spiritual Enlightenment, page 73).

Because the spiritual function of each believer is rooted in the heart of service, it is essential for him or her to continually receive spiritual support, and to be personally held accountable for all of their actions and conduct. Without this much needed support and accountability, a believer runs the risk of closing down their heart and becoming either worthless as a servant of God (called “no-salt:” Matthew 5:13-16), or “spiritually arrogant.” In this context, spiritual arrogance is defined as “the self-exaggeration of one’s own spiritual importance.” Also known as “spiritual narcissism,” the term spiritual arrogance is used to describe a type of inflated ego or conceit, consciously or unconsciously displayed by a person or group of people. It is an unhealthy self-absorption due to an unbalanced sense of self-worth, entitlement, and extreme emotional defensiveness. The Pharisees reactions to Jesus’ healing ministry in the Four Gospels is a classical example of spiritual arrogance.

There are many forms of isolation observed within a church congregation. The following are the most common:

- **Physical Isolation:** Caused from geographic isolation, which can separate an individual from other church members due to remote living locations.
- **Cultural Isolation:** Caused from members of the congregation speaking in different languages, maintaining different customs, or having different cultural expectations from others. Sometimes this type of discrimination can be a result of someone’s sexuality, race, gender, religious beliefs, intellectual capacity, physical ability, facial features, etc.

- **Financial Isolation:** In this case, a person is isolated due to their lack of money and the financial status of other more successful church members.
- **Social Isolation:** This feeling of being left out of group activities can be caused from either having children, or not having children. Other times social isolation can originate from a member of the church being over-protective, over-controlling, or extremely jealous over their partner or child’s interactions with others.

When a believer feels emotionally isolated from the other members of the church congregation, they will often follow specific patterns that can lead them to experience even deeper emotional isolation. For example, the isolated person may experience some of the following:

- **They are embarrassed or ashamed of themselves.** Sometimes new converts may feel “guilty, dirty, ugly, or stupid” when in the presence of more mature and spiritually evolved Christians. Once these negative feelings and harsh personal judgments become chronically repeated as part of the individual’s internal dialog, this self-crippling story prevents them from reaching out to others. At this point, the individual believes that they are no longer a worthwhile person, and that no one would want to care for them or be their friend. These feelings can also be the result of past experiences of extreme abuse or harassment; or originate from various forms of violence.
- **They feel “different” from other people.** These feelings generally come from living in a society where certain ways of being and behaving have come to be expected. The individual feels isolated because they cannot celebrate who they are, or show any more than a tiny part of their true identity, for they feel that if they do they will be rejected. For example, the person may have a speech impediment, a mental health condition, or some form of socially awkward problem that makes it difficult for them to be with other people.
- **They do not trust people.** Sometimes trusting someone can be extremely difficult, especially if the individual has suffered abusive or violent experiences during their lifetime.

In understanding the condition of isolation within a Christian congregation, remember that in Galatians 6:2, the Apostle Paul calls for the members of the church to “Carry one another’s burdens and in this way you will fulfill the requirements of the law of Christ.”

You may ask, “What exactly is the law of Christ?” In John 13:34-35 Jesus of Nazareth explained to his disciples, *A new commandment [law] I give to you, that you love one another; just as I have loved you, you also are to love one another. By this shall all people know that you are my disciples, if you have love for one another.*

It is this type of love that binds our hearts and minds together as one universal family dedicated to the growth and expansion of the kingdom of God. It is also this type of loving attitude that prevents a Christian from developing spiritual arrogance. This is one of the main reasons why Jesus washed his disciple’s feet (John 13:1-17), and said to them that they were no longer his servants (bondmen), but his friends (John 15:12-15).



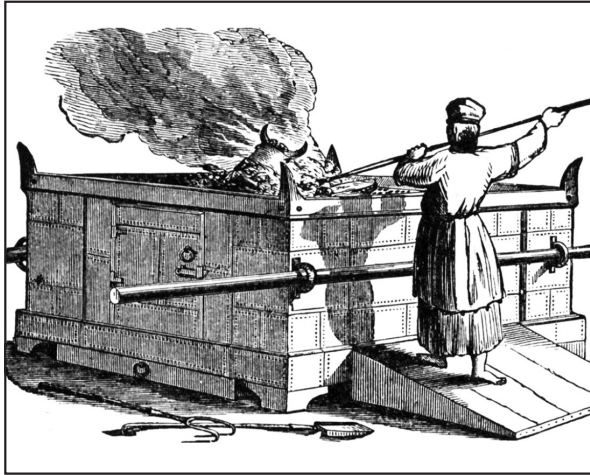


Figure 1.92. The Altar of Holocaust (Animal Sacrifice).

## CHAPTER 21. THE CHRISTIAN ALTAR

The roots of Christianity run deep within the traditions of ancient Hebrew worship. Yet many Christians are uninformed as to that rich heritage which still exists within the church today. By re-examining our religious roots existing within early Judaism, we can gain a deeper understanding and respect for the origins of our own religion, which can aid us in becoming better children of light, and stewards of God's holy spirit.

The Hebrew word for altar is "Mizbeach," which comes from the root "Zabach" meaning "to slaughter for sacrifice." The Greek word for altar however is "Thusiasterion," which figuratively has the symbolic meaning of "a meeting place between God and the true worshiper."

The sacred altar space has always represented a holy place of divine consecration, which is why an altar is traditionally constructed on a raised platform with a flat surface. This elevated area was specifically used for presenting offerings to God. In Matthew 23:18-20, Jesus underlined the sacredness of the altar to the Scribes and Pharisees, making it clear that it was the altar itself, with its holy connection to God, that makes the offering gifts sacred.

Within the ancient Jerusalem Temple, there were several structures described as being an altar space. For example, the bronze covered altar in the Temple Courtyard was known as the "Altar of Holocausts," and was considered the altar of Animal Sacrifice (Figure 1.92). The gold covered altar inside the Temple Sanctuary, which stood in front of the curtain screening the Holy of Holies, was known as the "Altar of Incense," and was considered the altar of Plant Sacrifice (Figure 1.93). Therefore according to ancient Jewish tradition, an altar is a place where a sacrifice is offered to God, and this sacrifice need not necessarily include the slaughter of animals.

In the Holy Bible, there are over 400 references to altars; with the idea of presenting offerings to God first being mentioned in the book of Genesis 4:3-4, when Cain (plant) and Abel (animal) both brought their sacrifices before the Lord. Since ancient times, an altar represented a person's desire to fully consecrate themselves unto the Lord by presenting special offerings, and often by making specific promises. Additionally, whenever God had miraculously worked within an individual's life, that person might build a sacred altar in order to



Figure 1.93. The Altar of Incense (Plant Sacrifice).

create a tangible landmark to that special event. Such an altar would then be left as a memorial to help future generations remember the mighty works of God.

In Exodus 27:1-8 God gave the Children of Israel specific instructions about constructing the inside Tabernacle Altar, and the outside Altar of Holocaust located in the Temple Courtyard. It was on this special outside altar that the priests of Israel performed sacrifices to God for the atonement (forgiveness) of the sinful transgressions of the Jewish people.

This sacrifice was not like a Catholic "Confession," since it by itself did not free the person or people from their sins; but was instead considered to be an important part of the process. In Rabbinic Judaism (which has been the mainstream form of Judaism since the 6th century A.D.), atonement was achieved through repentance, followed by some combination of confession and restitution. The specific requirements would vary according to the severity of the sin. For example, whether the offense was done willfully, in error, or under duress; and whether it was against God alone, or also against a fellow person.

The outside Altar of Holocaust had four horn-like projections, one located at each corner (refer back to Figure 1.92). This special altar needed to be large enough to perform the different sacrifices of bulls, sheep, and goats. The blood of the sacrifices would be thrown against the base of the altar (Exodus 29:12; Leviticus 4:18), and portions of the sacrifices would be burned on top of it (precisely which portions would depend upon the type of sacrifice).

In ancient Judea, altar sacrifice was an essential part of Hebrew worship. The Priestly Code of Leviticus devotes much of its text to detailed explanations and descriptions on how to properly perform a sacrifice. It also itemizes what type of sacrifice is appropriate in which kind of circumstances.

The act of sacrifice moved a person's offering from the turbid world of the profane – into the divine realm of the sacred. As this transformed life force energy moved from the visible world to the invisible realm, this important act of worship was said to renew and once again seal God's sacred promises to his people.

Because the blood of the sacrificed animal was believed to contain the life force of the offering, it was particularly important that once a year (on Yom Kippur – the Day of Atonement), the

blood of the sacrificial animals (a bull and a goat) were combined and then smeared onto the horns of the Incense Altar. In ancient times, this sacred altar and its four horns where the atoning blood was splashed provided a place of sanctuary, where even an unintentional murderer could obtain a safe haven (Leviticus 4:7, 18).

The altar space was seen as a sacred place, where the spirit realm and human realm interacted. Which is why in the Christian church today altar spaces are still considered to be places of divine influence and sacred communication, where such holy consecration rituals as prayer and worship, holy communion, baptisms, and weddings take place. Many Christians also create their own personal altar spaces at home where their hearts and minds commune with the spirit of God.

In addition to this, within every human heart there is a divine altar, which is spiritually connected to the radiant light of each person's eternal soul. When this sacred altar space is left unused, undedicated, and unconsecrated by God's Holy Spirit, a spiritual war between the wants of the flesh and the needs of the spirit continuously rages on. When this happens, the person's heart and mind is tossed back and forth due to their lack of direction and commitment.

After we surrender our life to be in service to God's Holy Spirit, we activate this sacred altar before the Lord. Once this spiritual awakening and activation takes place, then each day of our lives we symbolically lay on that altar and present ourselves as a living sacrifice to God (Romans 12:1).

#### FROM ANCIENT JUDAISM TO CHRISTIANITY

The early followers of Jesus of Nazareth considered themselves to be members of the Jewish faith, who were following the enlightened teachings of a Jewish Rabbi. Which is why at first, there was no disconnection from many of the traditional Jewish worship practices. Because of this, it was quite natural for the early Jewish Christians to expect to be able to use the sacred altar space in Jerusalem.

Soon however, because of the Apostle Paul's many successful evangelical missions, many pagans from around the area began to be accepted into the church. As the preaching missions of Saint Paul continued to flourish, and the Christian church's congregations continued to grow, all forms of difficulties eventually began to manifest between the Jewish Christians and the Pauline Christian communities.

Ultimately the number of Christians who were born from non-Jewish parents outnumbered those church members who considered themselves as being Jewish. Because the Jewish Christians also belonged to the Jewish faith and additionally obeyed the many stringent commandments of Mosaic Law, as early as 55-58 A.D. the Apostle Paul had to reprimand the Christian Jews about the pride and arrogance they were showing towards the Christian Gentiles in his *Epistle to the Romans*.

As more Gentiles (non-Jewish people) flooded into the church and the congregations continued to grow, the Christians eventually abandoned their attachments to Jewish religious traditions. This included any ideas about using the sacred altar space in their temples and synagogues for meetings, especially during the Sabbath (Saturday).

This important perspective is stated throughout Paul's writings in the New Testament, where he continually expresses his progressive belief that the church's mission to the pagans is based on the complete understanding that not only does Christianity fulfill the promises of the Old Testa-

ment, but it additionally displaces the "Israel of the flesh." Therefore Christians were neither Jews nor Pagans, but new creatures in Christ Jesus who with his death abolished the Laws of Moses, and united both Jews and Gentiles into one body (2 Corinthians 5:17, Romans 10:12, 1 Corinthians 12:13, Galatians 3:28, and Colossians 3:11).

The Christian understanding that the body is the spiritual Temple of God, and that Jesus of Nazareth is the "cornerstone of this temple, who was rejected by the Jews," became the new spiritual gateway surrounding the idea of ancient sacrifices and the new royal priesthood of God. For Christians, the Body of Christ (i.e., the Christian church) now became the New Temple and took the place of the ancient Temple in Jerusalem.

Because of Jesus' divine sacrifice, the altar space of the old temple was now replaced by a new altar space contained within each person's heart. In his Epistle to the Hebrews, the Apostle Paul goes through great pains expressing the belief that the ancient rituals that were religiously observed by the Jews are no longer required, and therefore at this time have been eliminated since Christ has now fulfilled their originally designed intentions.

As the hostility between the Jews and Christians continued to grow within the various temples and synagogues, eventually the Christians were forced to leave these sacred areas and establish their own separate places of worship.

According to church documents that date back to the middle of the 2nd century A.D., in their worship services, the ancient Christians did not use the name "priest" since Christianity was said to have only one priest, Jesus Christ. Instead, they used the word "presbyter" (elder/senior or overseer) when referring to any of the ministers of the church.

This tendency of the early Christians to create their own vocabulary is also found regarding the concept of a sacred altar. The pagan Greeks of that time called it an "Ara." In contrast to this, the early Christians referred to their altar as an "Altare." By creating their own vocabulary, the early Christians were defining themselves as a new religion that clearly differed from that of both the Pagans and the Jewish people. Later, when the Catholic Church was formally established in Rome, the altar existed as a special table covered with fine linen, candles, flowers, and incense; however, the Jewish tradition of having only one altar inside a church building remained unchanged.

#### THE CHRISTIAN CHURCH ALTAR TABLE

Ever since its introduction into a formal church setting, the altar has been considered the symbolic representation of the sacred sacrifice of Christ's humanity united with God's divinity. It is because of this belief that the entire church building is energetically centered around the spiritual power of the altar table. The altar table is also considered to be a symbolic representation of the presence of God's Heavenly Throne, and the mystical table of the kingdom of God.

In Christian Orthodox traditions (Greek and Russian), the altar table is usually carved out of wood or marble stone. Five Maltese Crosses are traditionally etched on the table (see Chapter 22, page 136, Figure 1.101), with one cross located in the center, and one placed at each of the four corners. Although these five crosses collectively symbolize the five wounds that Jesus received when he was crucified on the cross, originally they represented the five directions of space through which Jesus radiates his divine light.

Within the altar table a cavity was hollowed out, and a spiritual relic of an honored saint was then sealed within this hidden cavity. This holy relic normally consisted of some part of a saint (i.e., a piece of bone, tooth, hair, clothing, etc.), which symbolized that the Christian church was built on the blood of its martyrs and the lives of God's holy people. This custom originated from the early church practice of gathering and celebrating the Eucharist (Body and Blood of Christ) on the graves of those who had died for believing and living their Christian faith.

It was believed that the holy thoughts and prayers of the deceased saint impregnated within the sacred relic would radiate powerful waves of divine energy, thereby creating a profoundly holy energetic influence within and throughout the church building. This sacred energy would act as a spiritual power supply that would energetically charge and revitalize the priest and the church congregation. It was said that this powerfully charged spiritual energy could sometimes remain undiminished inside the church building, often lasting for centuries.

The divine spiritual force concealed within the altar table also can positively influence the worship music, as well as increase the vibrational state of the prayers that are continually being expressed throughout the church. Over time, due to the continual prayers, praise, and worship, the sacred relic inside the altar table becomes highly charged with divine radiant energy, which will have an even greater effect on healing the congregation and aiding the church in its spiritual evolution. During the church service, anyone who held their heart and mind in an open, receptive state, would receive the stored spiritual energy contained within the sacred relic, and would benefit from this transforming energy according to the level of their personal faith and spiritual attainment.

Because this spiritual force is much stronger than a normal person could generate on their own, every member of the congregation was temporarily provided with a way of elevating their spirit to a higher level of attainment, at least during each service. This was especially true if the sacred relic had been divinely imprinted through centuries of devotional prayers.

### THE ALTAR TABLE COLORS

The use of colors to differentiate liturgical seasons became a common practice in the Western Christian Church in about the 4th century. Although at first its usage varied considerably, by the 12th century Pope Innocent III systematized the use of five colors: violet, white, black, red, and green.

Each color changes the energetic vibration being projected from the altar table relic into the congregation, and is therefore organized in a specific manner in order to influence the hearts and minds of the members of the church according to the different seasons and special times of the year. For example:

- **Violet:** This is the ancient color of royalty, and is therefore used as a symbol of the sovereignty of Christ. Because the energy of violet is intensely rapid, piercing, and cleansing, it is also associated with repentance from sin.

The color violet promotes introspection. Because it turns energetic forces back upon themselves, it is often used during Exorcisms, Holy Unction (the anointing of the sick), for the Sacrament of Penance (being absolved from sin), at Funerals, and during the Great Lent of Eastern Orthodox Christianity.

- **White:** This color symbolizes the brightness of day. In the church it is not only used as the symbol for purity (used in weddings), but also as a symbol of the highest triumph and joy, the greatest exultation, and exemplifies the perfect outpouring of the spirit of God.

The color white (along with gold) is often used for the greatest Christian rituals and festivals. This includes Christmas, Advent, Lent, Easter, Ascension, and Trinity; as well as for Feasts of our Lady, Feasts of the Angels, and for Feasts of all saints who were not martyrs.

- **Black:** This color is often used for mourning in many cultures. In Christianity it is often used during Good Friday, All Souls Day, and Funerals (Requiem Masses).
- **Red:** This color evokes the spiritual power of love, courage, and expansiveness. Because the color red also represents blood, it is the color of martyrs, and of Christ's death on the cross.

Because the color red additionally symbolizes fire, it is often used during the Festival of the Holy Spirit at Pentecost in order to bring about inspiration, strength, and an energetic fountain of life. It is also used during Holy Thursday, the Feast of the Cross, the Beheading of St. John the Baptist service, the Feasts of Martyrs, the Nativity Fast, and the Apostles' Fast.

Red is additionally used for Ordinations, Church Anniversaries and Civil Observances such as Memorial Day and Thanksgiving.

- **Green:** This is the spiritual color of growth and the balance of energetic forces. It is often used to stimulate a calm, peaceful, affectionate attitude within the church congregation. Because the color green is indicative of plants and trees, it representing growth and hope for life eternal. In church rituals, the color green is used during Palm Sunday, Pentecost, and Feasts of Venerable (Monastic) Saints.

### THE ALTAR TABLE LAMP

In ancient times, the altar table lamp was an oil lamp, used to symbolize the eternal flame of God. Its radiant light represents God's supreme splendor, which resides in and sustains the three realms of creation: the physical realm, the energetic realm, and the spiritual realm.

In certain Christian traditions, the oil lamp was lit at the beginning of any worship, prayer, or meditation practice, and was extinguished when the activity had ended. When using the oil lamp in this manner, it was important to always light and extinguish the lamp flame with the full understanding and awareness that it symbolically represented the eternal light of God's radiant glory.

When a Christian's personal altar lamp is placed in the center of their altar table, its light symbolically represents the eternal light of God, which is considered to be the spiritual root of all creation. This radiant light of God, like the brightest of stars, shines both within the heavens (illuminating the entire cosmos) as well as within the human body (illuminating our eternal soul).

Because the altar lamp represents the radiant light of our eternal soul, it sometimes is referred to as "the Immortal Light." It is said that this special spiritual light is never lit nor extinguished, since the light of God remains forever untouched by the cycles of creation and dissolution.



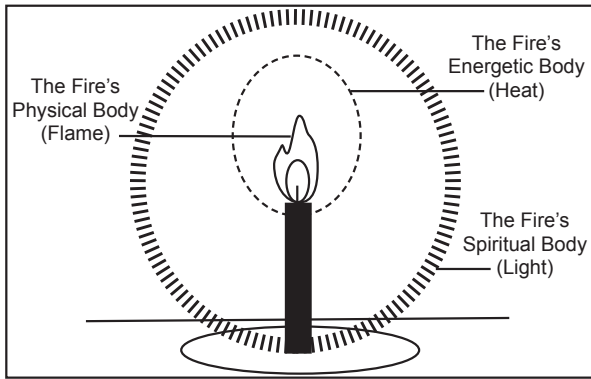


Figure 1.94. The flame, heat, and light of the altar candle represented the physical body, energy body, and spirit body.

### USING ALTAR TABLE CANDLES

In modern times, white beeswax candles are often placed on the altar table and used instead of an altar lamp. Many Catholic Christian priests will not use a candle unless it contains 100% pure beeswax. This is because the beeswax candles tend to burn much cleaner, and have a stronger spiritual radiance than any of the more toxic oil based paraffin candles.

The altar candles are sometimes called “guiding lights” because they are thought by some to illuminate the path of visiting angels who have come to oversee the Christian rituals and sacred teachings. Therefore before they are used, each of the large altar candles are consecrated and dedicated so as to radiate the profound spiritual light of God.

The altar candle flame has three important energetic properties similar to that of our own physical body (Figure 1.94):

- The flame represents the fire’s physical body.
- Its heat represents the fire’s energy body.
- Its light represents the fire’s spirit body.

Together, the flame, heat, and light symbolically represents a trinity of spiritual powers, seen as an external manifestation of God’s most radiant light of creation.

From its position of honor on the sacred altar table, this radiant light focuses and guides the spirit (the heart and mind) of each member of the congregation, illuminating their way back to the holy presence of God Almighty.

Whenever an object on the altar is spiritually consecrated unto God, it becomes a channel for higher spiritual forces. Once this occurs, the item embodies certain divine vibrations which were not there before its holy consecration. Just as every musical note has its overtones, which are subtle harmonics resonating above the fundamental note, so too does every physical vibration generate its own set of overtones. This is what happens with any sacred object placed on the altar: the special vibrations of its generated harmonic overtones resonate outward and upward – positively influencing the upper spiritual realms.

In the church, both fire and light are powerful tools used in communicating with the spirit realm. In fact prayer is often associated with the symbolism of burning a candle, with its flickering flame representing the spiritual part of the prayer that rises upward to connect with God.

There is even an ancient Christian belief that states for every person on earth there is a candle burning for them in the afterlife,



Figure 1.95. In some Christian churches, six altar candles plus a center cross are arranged on top of the Altar Table.

and that this special candle represents the length of that person’s life. If the candle’s flame is extinguished, the person would suddenly fall into a coma and die, unless the angel responsible for overseeing the candle immediately re-lit the flame (Job 18:5; Job 21:17; Proverbs 13:9; Proverbs 20:20; Proverbs 24:20).

This is one reason why when initiating a curse, a malevolent individual would sometimes blow out a candle flame in order to symbolically represent extinguishing the energy of a victim’s life force. It was because of this ancient practice that the altar candle flames in a church were never blown out; instead they were extinguished by either using a consecrated candle-snuffer, or someone’s wet fingers.

Throughout the church service, as the beeswax in the altar candles slowly transforms from a solid into a liquid, and then into a gas, the special prayers that were imprinted into them during the time of their consecration continue to be released into the room. This positively affects and divinely influences the receptively open members in the church congregation.

### ALTAR CANDLE ARRANGEMENTS

There are many different types of altar table candle arrangements used within the Christian church. Various denominations each have their own regulations and/or traditions regarding the number and types of candles that should be used during a church ritual. These rules include the placement of the altar candles, as well as when they are to be lit or extinguished during the services.

The altar candles may sit directly on the altar table, or be placed in tall stands positioned to the sides of or directly behind the altar table. However for safety, altar candles are almost always secured in some type of candle holder, which may either be simple or elaborate in design. In order to prevent the wax from dripping, candles are often topped by a “candle follower,” which is a short tube made out of brass, glass, or some other non-flammable material.

The following are but two examples of altar candle arrangements used in the Christian church:

- **Using Two Altar Candles:** In some churches, two white beeswax candles are placed onto the altar table. In this arrangement, the two altar candles represent the “eyes of God” looking into the church worship area.

In ancient times, these two altar candles were also said to represent the celestial light of heaven (i.e., the sunlight of day and moonlight of night). Because their combined

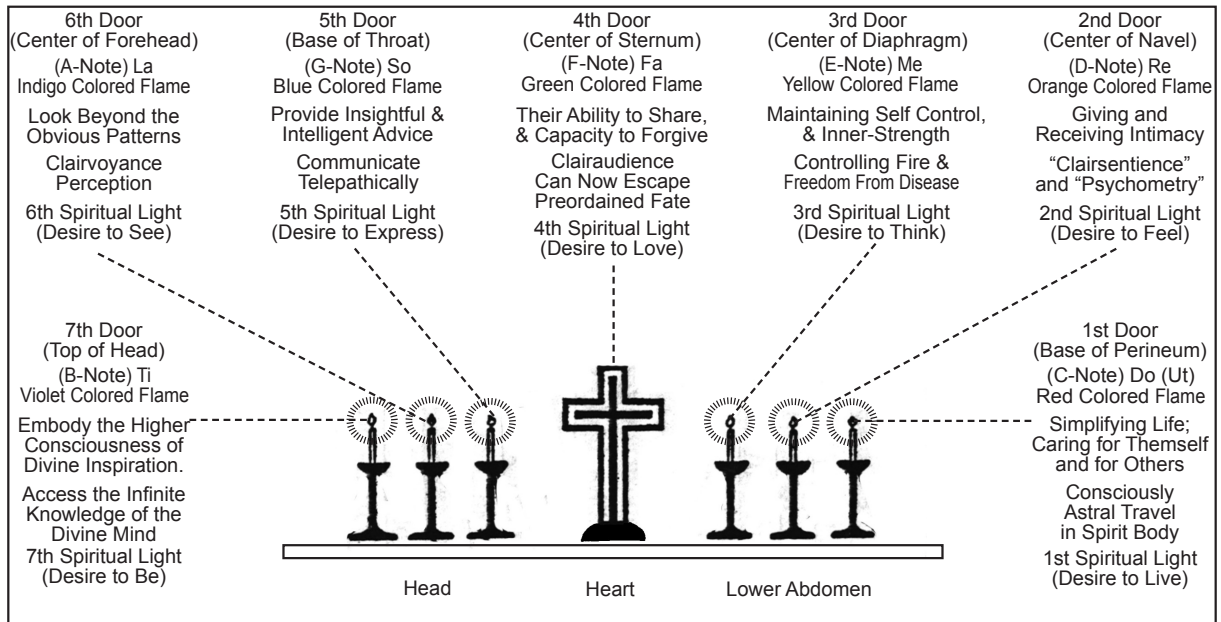


Figure 1.96. The body's seven interconnected energetic system is associated with the six altar candles and the center cross: Which corresponds to the center core of divine light that houses the eternal soul, and the seven spiritual doors of the Seven Churches, which externally manifests through Seven Lamps and are governed by the Seven Stars.

light symbolized radiant spiritual life, these two candles were also said to represent the celestial eyes of God connecting with all human life, via the transparent "windows of the soul" (the two human eyes).

- **Using Six Altar Candles:** In other Christian churches, six white beeswax candles might be placed on the altar table, three on each side of a center cross (Figure 1.95). In this example, the six altar candles plus the center cross are placed facing East, and are said to represent the Seven Golden Lamp-stands of God.

What I found to be truly fascinating in this altar table arrangement is that the three candles located towards the left of the center cross are said to represent the spiritual light at the top of the head (crown point area), the center of the forehead (third eye area), and the base of the throat.

The center cross itself was said to represent the center of the sternum, heart, eternal soul, and the Spirit of Christ.

The three candles to the right of the center cross are said to represent the spiritual light of the center solar plexus, the center navel area, and the base of the lower perineum area (Figure 1.96).

These physical-spiritual associations also correspond to the Seven Churches, Seven Golden Lamp-stands, and the Seven Stars teachings found in esoteric Christianity. For more about these mystical numerical correspondences, see Chapter 36, pages 235-246.

#### ACTIVATING THE ALTAR TABLE CANDLES

Consecration rituals are based on three main principals: creative imagination, purposeful visualization, and focused concentration; all of which are used in the church to spiritually purify, consecrate, and dedicate a person, place, or thing for the glory of God. Once an altar candle has been dedicated to the service of God, it is then consecrated and spiritually activated

as a divine tool to positively influence the church congregation. Because these candles are consistently being lit, extinguished, and re-lit as a part of the rituals being performed within the sacred altar space, they should always be carefully prepared.

Most of the priests that I have talked with prefer using beeswax candles of standard, uniformed size for the church altar table. Although the size and shape of the candles that they use is unimportant, highly decorative or unusually shaped candles are prohibited, as they tend to take attention away from the simple yet radiant ambiance of the altar table.

Once a priest has procured white beeswax altar candles for the church, they should be purified, dedicated, and then treated by dressing the outside of these candles with special anointing oil before burning them. The purpose of dressing the altar candles is to establish a strong spiritual link between the energy of the burning candle and the heart of the priest.

By praying and physically touching the candle during the dressing procedure, the priest charges it with his personal life force energy. For example, as his hands brush the external matrix of the candle, his body's cells naturally attach to its external form. As his breath is exhaled over the candles while reciting special prayers and scriptures, it becomes an extension of the priests life force essence, energy, and spirit.

As the priest continues to spiritually dress the candle, it is important that he focus his concentration on the specific message and intention of his prayer, and imprint these thoughts and feelings deep inside the core of the candle. This allows the candle to become an extension of his focused prayers.

Priests will often obtain natural oils for the candle's energetic imprinting process (e.g., sandalwood oil, frankincense oil, or aloeswood oil). I was once informed that this is an example of one of the ancient uses of what they now call "Aromatherapy."

The priest that taught me this also mentioned that at least nineteen aromatic botanicals are mentioned in the Old and New Testaments; and that these special botanicals were at one time used to make important anointing oils, perfumes, incense, and medicines for the children of Israel.

The best type of aromatherapy oils to use for dressing an altar candle are the natural ones. These are said to contain the true essence, energy, and spiritual natures of a plant or flower (used for purifying, healing, etc.). The selection of natural herbal oils allows for a more powerful energetic release, and also creates a stronger healing effect in the altar space.

When consecrating an altar candle, the priest will pray while rubbing the aromatherapy oil in the same direction onto the outside of the candle. There are two main directions used when applying the anointing oil during this special prayer imprinting process (Figure 1.97):

- **From Heaven to Earth:** Beginning at the top of the candle and ending at the bottom signifies the spiritual act of pulling down the divine blessings of heaven into the earthly realm. This direction was used in ancient times to spiritually gather, attract, and bring a special favor or beneficial blessing to members of the church congregation.

The Bible teaches that we are spiritually blessed by God so that we will in turn bless others. In fact, it states in Genesis 12:2, when God first began to work with Abraham, he spoke to him and said, *I will bless you, make you a great nation, and magnify your name; and you will be a blessing to others.* This divine promise is considered to be the First Law of Blessing.

Like each energetically imprinted candle, once activated and set afire, God's spiritual blessings can continually flow from each Christian's life, positively influencing the hearts and minds of others. In this way, the radiant blessings emanating from their holy presence will undoubtedly affect and divinely influence everyone fortunate enough to come in contact with these loving individuals.

This heaven to earth energetic pattern can also be used for divine protection. It is similar in application to the methods that a Christian Exorcist will use when spiritually dedicating, imprinting, and activating his purification candles, which are required for cleansing a house and bedroom area before and after performing a major exorcism (Figure 1.98).

For example, just before and after performing an exorcism, each time the Exorcist or one of his team members goes to bed at night, they must all sleep with a burning white beeswax purification candle placed in a bowl of purified salt (Holy Salt) next to their bed. Because these exorcist candles have been ritually consecrated and dedicated to the protective powers of the Lord God, in Jesus' name, they continually radiate divine light into the room throughout the night, which allows the exorcist and his team members to sleep in peace.

- **From Earth to Heaven:** Beginning at the bottom of the candle and ending at the top, signifies drawing the energy of our prayers and worship up towards the heavens. This direction had been used since ancient times to spiritually surrender, release, and remove negative situations from the lives of people in the congregation. Candles prepared in this fashion were also used for times of repentance, forgiveness, and funerals.

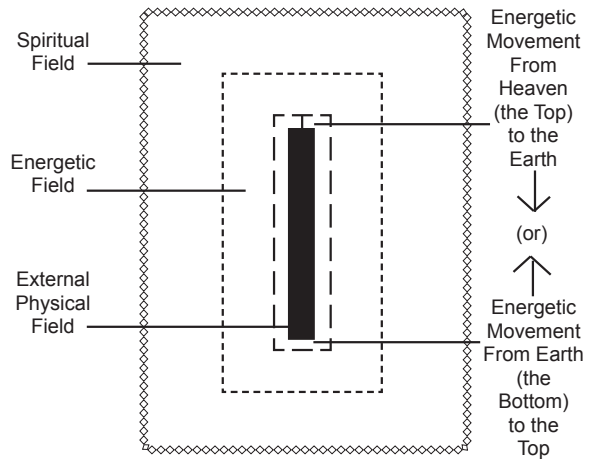


Figure 1.97. Dressing the altar candle.

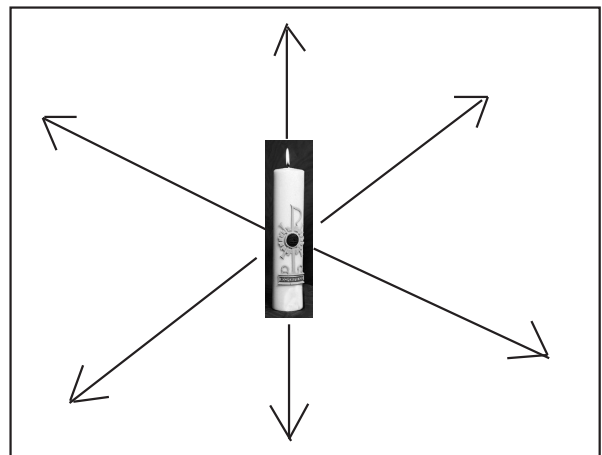


Figure 1.98. Before and after performing a major exorcism, the various members of the Exorcism Team will traditionally light a white beeswax purification candle and place it in a bowl of Holy Salt next to where they sleep at night.

In ancient Judaism, the Pharisees did not recognize the confession of someone's personal sin to a rabbi, priest, or any religious figure as part of the process of true repentance. Because there was no designated person to whom one could confess their sins, people were encouraged to confess their personal sins privately in prayer to God.

This is why James, the younger brother of Jesus (sometimes known as "James the Just"), wrote to the Jewish Christians who were dispersed outside of Palestine due to persecution: *Therefore confess your sins to each other and pray for each other so that you may be healed. The effectual fervent prayer of a righteous man is powerful, and availeth much* (James 5:16).

In our present day society, in times of adversity and misfortune brought about by such things as war, tragic weather phenomenon (such as earthquakes, tornadoes, hurricanes, etc.), and gross social injustices, people seeking resolutions to these horrendous situations will often band together in a church to pray. It is during occasions such as these that the earth to heaven altar candles are used.



## CHURCH LOCATIONS AND LEY LINES

Throughout the world, many cultures have ancient names that were used to describe “Ley Lines,” which are the energetic currents that run across the earth connecting both natural and sacred prehistoric structures together.

Often linked with the Chinese concept of Feng Shui (i.e., the Chinese metaphysical system that seeks to harmonize a person with the energy flowing within their environment) some of the names given that represent these invisible lines of earth energy were “spirit,” “fairy,” or “energy” paths. For example, they are called “Spirit Lines” by the Peruvians; “Fairy Paths” by the Irish, “Holy Lines” by the Germans, “Dragon Veins” by the Chinese, and “Song Paths” by the Australian Aborigines.

Several modern researchers believe the electromagnetic life force that flows within the human body is similar in its movement and manifestation to that of the earth’s Ley Lines. The areas where the energy of the earth Ley Lines flow and intersect is said to resemble the channels and intersecting point areas of the human body, as seen in Traditional Chinese Medicine (Figure 1.99). In this theory, the earth is seen as a living planet with its own life force energy running through it, similar to our physical body. For example, think of the rivers and streams flowing throughout the earth as its blood and veins, and the energy of the Ley Lines as the bio-electric life force of its meridian system.

The concept of Ley Lines began with an English author and amateur archaeologist named Alfred Watkins in 1921, who proposed that certain landscape features such as prehistoric altars and ancient churches seemed to fall on visible “old straight track” pathways. In his studies as a “dowser” (i.e., a person who uses a divining rod to search for the presence of water, minerals, or energetic pathways), Watkins researched and investigated certain straight line pathways that extended across the English countryside. These extensive networks seemed to link together small hills, churches, and other places of importance. Watkins proposed that many of these sites were built along energetic pathways, and that their vast network seemed to stretch for dozens, if not hundreds of miles.

At that time, many people believed that the earth line patterns that Watkins was researching may have simply been the worn pathways that were used as ancient travel routes. However, Watkins observed that certain of these earth line pathways covered areas which would have made a travel route seem unlikely. For example, some of these lines passed through vast marshlands or heavily wooded areas.

Still, it is said that many of the ancient Roman roads were built on these earth pathways, indicating that the Romans made use of these natural earth currents. The idea being that by laying their roads on top of these energetic pathways, a traveler could take advantage of the natural movement of earth energy flowing from one area into another.

In the 1960s and 1970s, researchers like Professor Elliot Smith changed the perspective of the Ley Line mystery by suggesting that rather than being trackways, these lines instead were concrete expressions of God’s divine power manifesting as life giving energy flowing within the earth.

In 1969, John Michell wrote in his book *View Over Atlantis*, “It was recognized that certain powerful currents, lines of magnetism, run invisibly over the surface of the Earth. The task of the Geomancer (a person who interprets markings on the ground and the energetic patterns formed within the

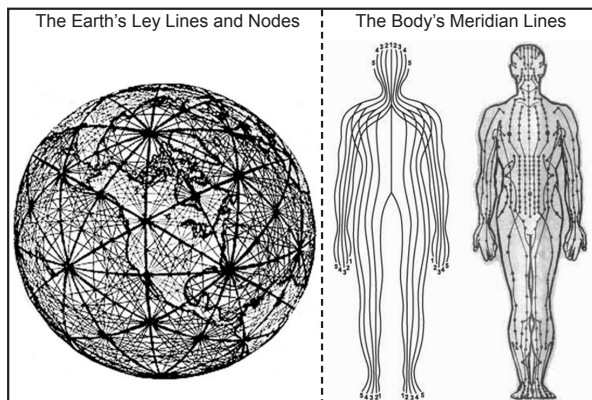


Figure 1.99. Example of the ley lines that surround the earth and correspond to the energetic meridians of the human body.

landscape), was to detect these currents and interpret their influence on the land over which they passed.”

This statement enlivened the debate over the concept of Ley Lines, by comparing the British ley system to the dragon line system of ancient Chinese Feng Shui. Similar to Professor Elliot Smith, John Michell’s theories changed people’s conception of the land as a living, breathing entity.

The ancient Chinese Geomancers were trained in the art of astrology and the divination of the land, and were skilled in finding the most auspicious place to build shrines and temples for the emperors. They understood the life-giving qualities of the earth currents, and in certain places shaped their landscape to harness its energy – the goal being to increase spiritual harmony within the environment and increase fertility within the land.

For the Chinese, the flow and movement of the earth energy was a symbol of this divine force, containing either male (yang) or female (yin) energetic properties. The male current followed the high places such as mountaintops across the country, while the female current visited lakes, rivers and springs deep within the valleys. Much like the British dowsers, with the aid of special divining rods, a compass, and a vast knowledge of the celestial influences, the ancient Chinese Geomancers detected these earth pathways and then constructed their buildings so as to harness and not to interfere or block the natural flow of their life giving current.

During the late 1980s, a gifted dowser named Hamish Miller and his partner, a meticulous researcher by the name of Paul Broadhurst further explored the enigma of the Ley Lines. While visiting prehistoric sites and ancient Christian sanctuaries, Miller detected a sinuous path of earth energy that weaved across the landscape. He also discovered that at certain places the power of the line narrowed down to a point in the ground, then suddenly reappeared a little further away. He realized that this unusual behavior was the result of a secondary line of energy crossing and intersecting a primary line of energy in order to form a junction, which Miller termed a “Node.”

Hamish Miller also discovered that once these intersecting currents formed a node, the energy would sometimes gather and pool. He also discovered that several prehistoric and early pagan sites were saturated with strong electromagnetic fields that were created from a combination of several Ley Lines. These sites included Iron Age hill forts from the late 11th century B.C., as well as various mounds and sacred stone circles. He also found

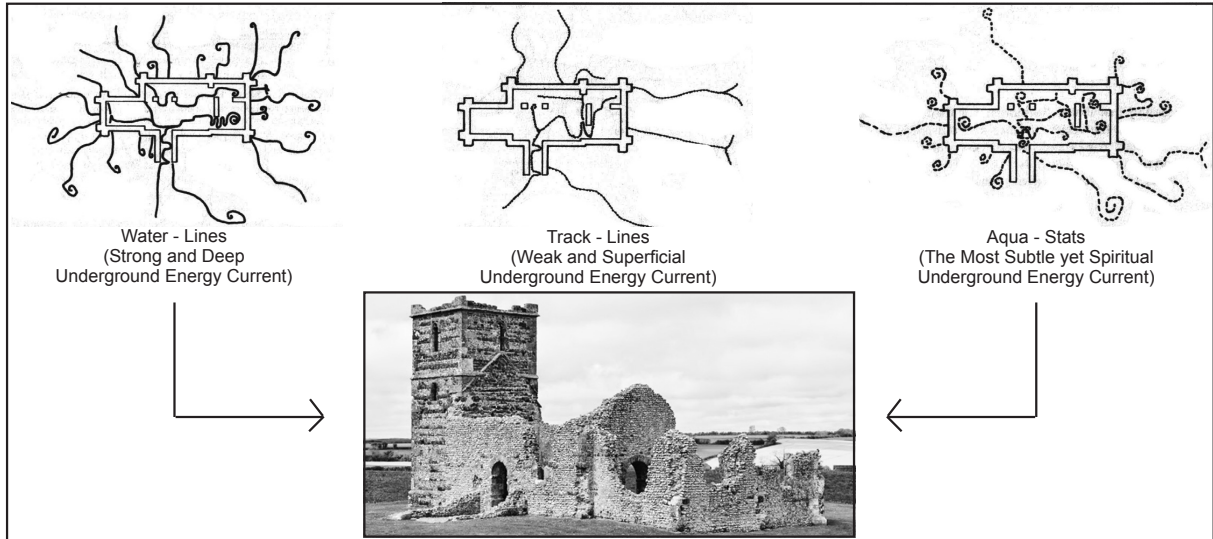


Figure 1.100. Examples of the different Ley Lines that are often located under ancient altar spaces and churches (The ancient ruins of Knowlton Church - believed to have been built in Britain sometime during the 12th Century).

strong electromagnetic fields at various medieval churches, and even in unmarked spaces located in the middle of large fields.

It strongly seems that our early ancestors had been working with the energetic currents of the earth's Ley Lines long before their "discovery" in the 1920s. In fact, many ancient cultures built their sacred structures on top of these important power spots. They were also able to detect, and occasionally harness the energetic path of these currents in order to amplify its energy.

When investigating different churches located along the Michael and Mary lines of the St. Michael Ley Lines in Great Britain, Miller and Broadhurst also uncovered evidence that the ancient people had at one time manipulated these energetic currents or lines of force in order to exert a greater control over these places of power. These areas later became the exact locations of the ancient altar spaces in the churches that were constructed onto these sites.

Two British dowsers, Captain Robert Boothby and Reginald A. Smith additionally linked the appearance of Ley Lines with underground streams and magnetic currents. Later Guy Underwood of the British Society of Dowsers conducted additional investigations and claimed that the crossings of negative (-) water lines and positive (+) aquastats (i.e., two sets of magnetic force, like two railroad tracks running parallel to each) explained why certain ancient sites were chosen as holy. In exploring the electro-magnetic power of subterranean water, Underwood discovered that there were so many of these "double lines" located in sacred sites, that he named them "Holy Lines." In his book *The Pattern of the Past*, Underwood gives detailed information about the influences of these underground water-spirals and waterlines, as understood by early society. Many of these ancient teachings were passed on to the medieval architects who planned for their church buildings to follow the water underground lines and utilize their influence for Christian baptismal fonts and altars. Underwood supports his findings with many diagrams of ancient cathedrals and megalithic structures.

#### ALTAR LOCATIONS AND LEY LINES

Over the centuries it was often noted that if someone stood in one of these areas of high energy where two or more

Ley Lines crossed (and the earth energy is amplified), their body, mind, and spirit would naturally be affected. This energetic affect can last for quite some time, because any emotionally charged event created in such an area can be absorbed and retained within the area's energy field.

Beginning as far back as the early pre-Christian times, ancient altar spaces were constructed in such energetically charged areas, and used as special energetic portals for contacting the spirit world. Because this area was originally established as a holy place through which to perform certain rituals designed for contacting as well as appeasing the various gods of creation, only the high priests were allowed to enter and work within these sacred areas.

In the same manner, when the spiritual energy contained within a sacred relic located inside the hollowed cavity of the altar table (see pages 129-130), was combined with the earth energy flowing through the Ley Line into the sacred altar space, the result was a powerful release of spiritual force. This exponentially increased spiritual energy allowed the priest to project powerful waves of divine energy into the congregation, which could be used for healing each church member's body, mind, and spirit. This powerfully charged spiritual energy could sometimes remain undiminished inside the church building, often lasting for months at a time.

There are three different types of underground energetic currents found flowing into ancient church buildings; they are defined as follows (Figure 1.100):

- **Water-Lines:** This flow of earth energy manifests as a strong current. It has a definite feel of depth and power to its movement, and usually runs in a single line.
- **Track-Lines:** This flow of earth energy is slightly weaker than a Water-Line. Its movement is more along the surface of the earth, and is not always continuous in its flow; and it sometimes divides into two rivers of energy.
- **Aqua-Stats (two sets of magnetic force):** This is the most subtle flow of earth energy, often associated with discharged thoughts and emotions trapped within the surface of the earth.

## CHAPTER 22. THE SYMBOL OF THE CROSS

The sacred symbology associated with the energetic patterns of a cross is found in almost all ancient cultures. This simple image was associated with specific teachings surrounding Natural Magic and the esoteric spiritual practices that used various interacting energies related to both the heavens and the earth. In this context, the sacred symbol of a cross expressed a unique image of all inclusive power.

In days of old, the image of the Cross was often seen as the energetic linking of an active vertical male heavenly line (I), with a receptive horizontal female earthly line (-). When these two energetic forces are combined, we have the creation and birth of a third energetic force, idea, or entity.

While there are several aspects of sexual symbology associated with this energetic exchange, it is on the psychological and spiritual levels that the energetic patterns of the cross are more fully understood and appreciated. For example, to many ancient cultures this energetic interaction expressed the celestial cycles and patterns of the Sun God (I), interacting with the terrestrial patterns of the Earth Goddess (-), which energetically influences the mineral, plant, insect, animal, and human realms that exist on our planet.

The image of a cross is also a sacred symbol of the inner solar power of the eternal soul existing within the physical realm. This is why in many of these ancient cultures, a cross was placed on an initiates chest during special ordination rituals to symbolize a spiritual rebirth of the soul. The earliest patterns of a cross were simply marked as a "+" or an "x."

Because many of the early mystical doctrines and esoteric beliefs surrounding the sacred uses of the cross oftentimes signified cycles of celestial power, as well as various energetic manifestations and different life force rhythms, eventually the equal-armed cross "+" became the accepted representation of the Roman Catholic Church (Figure 1.101). As its popularity continued to grow, ultimately during the Middle Ages the equal-armed cross became primarily associated with the crucifixion of Christ.

As a result, the image of the cross drawn in an equal-armed pattern (+) became the official symbol of divine power and God's almighty presence, as well as the sacred religious icon of the Christian Church. During this time, the cross was also used to symbolically represent the defeat of death and the overcoming of spiritual ignorance.

When digging deeper into the early symbology of the cross, it was interesting to note that the energetic pattern of this ancient icon was used for representing the following esoteric manifestations, interactions, and powers:

- **The Sacred Energies of the Four Elements:** The Circled Cross or "Sun Cross" represents the intersecting lines of the four energetic elements (Air, Fire, Water, and Earth) converging at the central "Still Point" of all creation.

The Circled Cross is also associated with the four main celestial archangels, who symbolically personify the four different energetic natures of creation. Because they correspond to different aspects of seasonal transition, these energetic patterns are additionally associated with the four primary directions, the four times of the day, the four seasons of the year, the four faces of the Cherubim, and four areas of the human body (Figure 1.102):

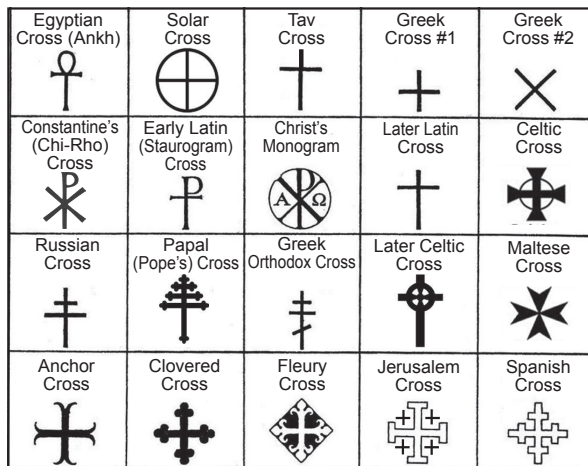


Figure 1.101. The ancient symbol of a Cross was seen as a special energetic pattern primarily associated with Natural Magic, and was used to symbolize "Spiritual Rebirth."



Figure 1.102. The Circled Cross and their "Four Elements" (Air, Fire, Water, and Earth) additionally corresponded to the Four Directions, Four Seasons, as well as the four Archangels.

- Air:** East; Sunrise; Forehead; Raphael; Spring.
- Fire:** South; Noon; Top of Head; Michael; Summer.
- Water:** West; Sunset; Back of Head; Gabriel; Autumn.
- Earth:** North; Midnight; Base of Spine; Uriel; Winter.

The unique correspondences and personifications of the Sun Cross may also be understood as being different aspects of an individual's inner self; or as the four different personalities of people existing within a well functioning group (see Chapter 37, pages 251-253). In these contexts, the sacred image of the cross becomes a helpful tool used for psychological profiling, which assists us in understanding the different personalities of the world, and aids us in compassionately interacting with them.

- **The Sacred Energy of the Four Primary Cycles of Life (Birth, Youth, Middle Age and Old Age):** In this four cycle pattern, the symbology of the equal armed cross represents



the intersected energies of the four primary stages of life (birth, youth, middle age, and old age), which converge at the center of space and time. These four primary life cycles are additionally associated with the following developmental qualities and concerns (Figure 1.103):

- Birth:** The mind, learning, and intellectual knowledge.
- Youth:** Intuition, ambition, and drive.
- Middle Age:** Feelings, emotions, and passions.
- Old Age:** Physical security, health, and wealth.

- **The Sacred Unity of the Axis Mundi:** Hidden within the sacred icon of the cross is a representation of the intersecting powers of heaven and earth, as well as of space and time, which expresses the idea of divine universal harmony. Therefore the visual icon of the cross was often seen as a metaphorical diagram representing a simple yet effective way of conveying spiritual ideas used to awaken, stimulate, and enlighten the mind. By making the sign of the cross, Christians created within themselves a special energetic state that was supportive of helping them gain a deeper experience of mystical awareness. They called this state the Axis Mundi or World Axis, which referred to the joining of the external energies from heaven and earth within their own three bodies.

The holy pattern of the cross represented the sacred energy that was suddenly manifested when the vertical celestial pole of heaven (I) descended as sunlight, moonlight, or God’s Holy Spirit, and intersected with the energy flowing within the horizontal geographic pole of earth (–). This dynamic connection was said to profoundly influence the energetic current that was continually moving within the horizon (Figure 1.104); be it associated with a certain formation of earth (such as a holy mountain peak or sacred valley), a specific body of water (such as a sacred pool), or even the receptive open spirit of a meditating child of God.

To understand this way of observing things, let us probe into the concept of time and space. In physics, space-time is any mathematical model that fuses the three dimensions of space and the one dimension of time into a single four dimensional continuum.

However time is relative and flexible. According to Einstein, “the dividing line between past, present, and future is an illusion.” Therefore from this perspective, reality is ultimately timeless. The concept of “time” is a paradox, as both the future and the past are combined yet each simultaneously present. With this in mind, let us represent the energy of time through the image of a vertical line (I), which intersects with our first line of space (Figure 1.105).

To a Christian mystic, this intersecting symbol not only represents the historic cross of Christ’s crucifixion, it also represented the cross of time and space upon which the follower of Christ must be crucified daily (Galatians 2:20).

For other Christian mystics, the ultimate version of this symbolic space-time representation was manifested through yet another image. In order to construct it, you would first imagine the previous cross laying flat, rotate it 45 degrees, and then draw a third line perpendicular to this cross, intersecting its center (Figure 1.106). This center

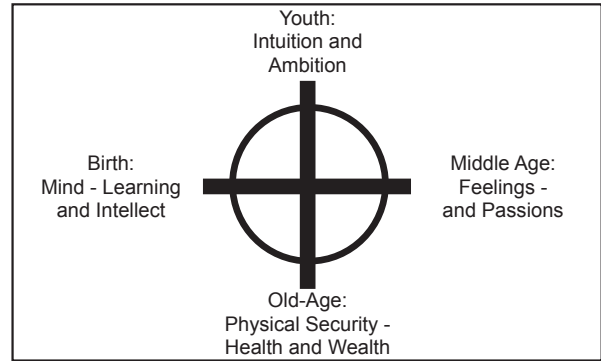


Figure 1.103. The sacred energies of the “Four Cycles of Life” corresponded to Birth, Youth, Middle Age, and Old Age.

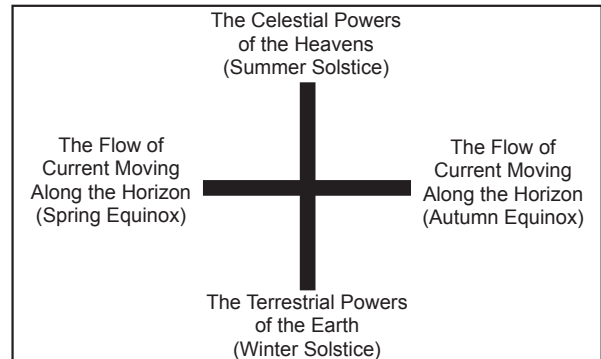


Figure 1.104. The vertical Celestial Pole of Heaven (I) descends and intersects with the horizontal Geographic Pole of Earth (–).

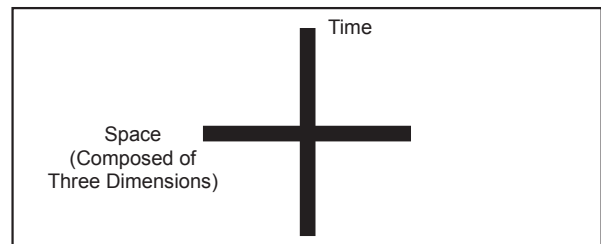


Figure 1.105. The vertical line representing “Time” descends (I) and intersects with the horizontal line representing “Space” (–).

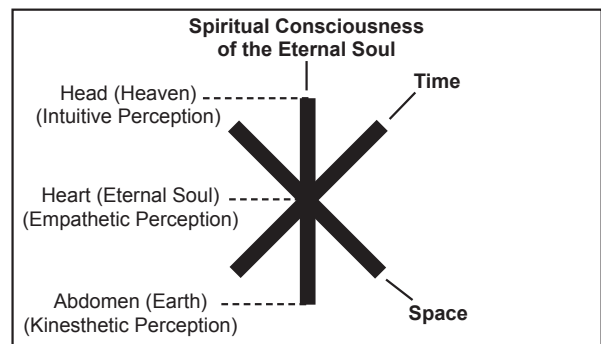


Figure 1.106. The vertical line represents the spiritual consciousness of the eternal soul as it intersects the various dimensions of Space and Time.

line represents the spiritual consciousness of the eternal soul, which intersects space and time, and acts as a divine observer. This frees the person's spirit (heart and mind) to completely open up to the experiences of their three bodies intuitive, empathetic, and kinesthetic perceptions.

This pattern expressed the idea that at this center point of energetic convergence, the mystical travels of a spirit body could more easily be accomplished. This allowed the child of light to experience a greater type of interaction and communion with the divine spirits existing within both the higher and lower heavenly realms of creation.

Because a powerful energetic portal into the spirit realm is opened at the exact location of this special intersecting convergence (occurring at the center of the cross), it is believed that any communication rising from the lower realms of light (existing on the earth) would be allowed to ascend upward into the higher realms of light (existing within the heavens) through the use of heartfelt prayer and deep meditation. Once this important connection was made, the radiant blessings originating from the higher realms of light may descend down into the lower realms of light, distributing God's wonderful blessings to all those who are spiritually ready to receive it.

In the physical realm, this special spiritual opening is best noted and observed within the energetic field of the horizon—during the times of sunrise and sunset each day; as well as during the evening time—during the three nights of the rising and setting of the full moon.

The reason this is so important is that when the sun starts to crest and is only slightly peeking over the horizon, its golden rays bounce off the dust, water vapor, and other particles in the atmosphere. This causes its radiant light to scatter and take on a very warm cast. Although this "golden hour" is seldom longer than sixty minutes, the beautiful colors and relatively low contrast of sunlight that occurs during this transition makes this a perfect time for prayer and meditation. Which is why, since ancient times, even people who are not religious or spiritual are unconsciously drawn into a state of silent awe when witnessing the radiant energies manifested during the times of sunrise and sunset.

The area where the energies of the sky (heavens) and land (earth) converge is said to function as a hub or center focal point of all life. This area was therefore seen as the central access point of the cross, and considered to be the hidden spiritual portal associated with the world's original point of beginning – manifested at the time of creation as the first separation of light and darkness (Genesis 1:1-5). The alchemical significance of this important energetic convergence and separation, is to use this sacred space for meditative training (usually found in some area located on a high mountain peak), in order to discover the Still Point of all manifested creation.

In ancient times, when this Axis Mundi pattern was physically transposed onto the earth, the peak powers of these intersecting energies were portrayed during seasonal rites as the transforming forces of the spring equinox, summer solstice, autumn equinox, and winter solstice. During these ancient rituals, a circle was drawn on the ground with its four quarters aligned to the four

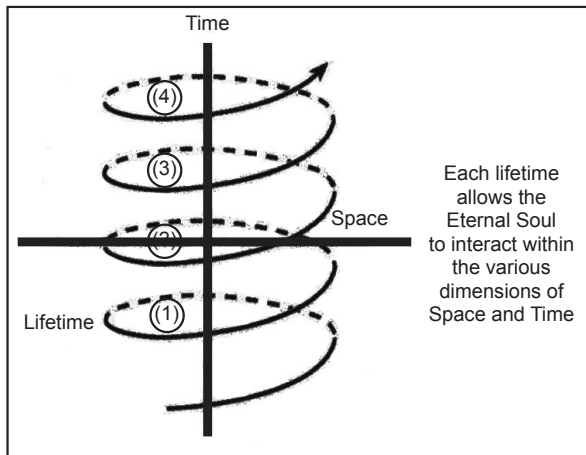


Figure 1.107. Each full circle on the spiral is viewed as a complete lifetime, with the starting and ending points symbolically representing the birth and death of a certain incarnation.

cardinal directions of the earth (N.S.E.W.). A participant was positioned at each one of the four corresponding points, and a circle was drawn surrounding their four associated powers. A fire pit was additionally positioned at the center of this circle, which symbolically represented the inner solar power of the body's eternal soul.

By performing such a ritual, each participant energetically connected their inner world with the outer world, while simultaneously invoking the correct corresponding aspects of their inner self. This can be likened to adjusting the sails of a boat in accordance with the wind direction in order to achieve maximum power and thrust on the ever-changing currents of the ocean.

The symbolic meaning of the cross was sometimes used as an energetic form of spiritual navigation. When a person found themselves tossed about by the tumultuous seas of life, the symbolic attributes of the cross could be used to re-center their internal focus, and remove any distractive thoughts they might be having. When all the aspects of the four branches of the cross were balanced within the person's heart and mind, the supernatural spiritual manifestations of the inner solar power of their eternal soul could then be accessed. In ancient times, the internal balancing of a person's spiritual consciousness with the energies of their three bodies (physical body, energy body, and spirit body) was the primary purpose of performing certain healing rituals, and it is speculated that this is the main reason why the cross was chosen to represent the spiritual faith of the Christian religion.

#### THE CROSS AND SPIRITUAL EVOLUTION

According to early Christian mystical teachings, the spiritual consciousness of the soul evolves as it passes through a virtually infinite number of different planes of existence, and different levels of being. This evolutionary process can be represented as an energetic spiral, coiling itself around a three-dimensional cross.

Each full circle on the spiral can be viewed as being a complete lifetime, with each of the starting and ending points representing the birth and death of a certain incarnation. Therefore it is often taught that a birth in this life represents

a death in a previous. In the same manner, a death in this life will lead to a rebirth in a new life (Figure 1.107).

The belief in the existence of an eternal spirit that survives after death is a fundamental and foundational belief in many religions. Many of these religions teach that after a review of a person's previous life on earth, their positive or negative actions will cause them to either evolve to a higher state of spiritual consciousness, or remain at the same level as before, or even be reduced to a lower state of evolution. All we know for sure is that for every action we create, we will receive its corresponding rebound (for better or worse)

**MAKING THE SIGN OF THE CROSS**

Since ancient times, Christians have made the four directional invocational pattern of the Sign of the Cross as a personal request for a blessing from God, or to sanctify a special moment or circumstance.

However, there is a difference in the way modern Eastern Orthodox Christians and Roman Catholic Christians cross themselves (Figure 1.108). For example, until the 15th or 16th century the members of the Roman Catholic Church crossed themselves from right to left, similar in pattern as the Orthodox Christians. Then the Catholic Church suddenly changed this pattern.

In the past, it was taught that when looking at the parishioners in the church congregation, the priest would bless the members from his left towards his right, which represents "from misery (left) we must cross over to glory" (right). At the same time, the members of the congregation were to mirror the energetic actions of the priest as he blessed them, by making the sign of the cross on themselves from right to left (Figure 1.109).

When making the sacred cross pattern in the air ("+"), certain priests not only used unique hand seal finger gestures to create this image, but additionally placed the tip of their tongue on their upper palate and drew the cross pattern onto

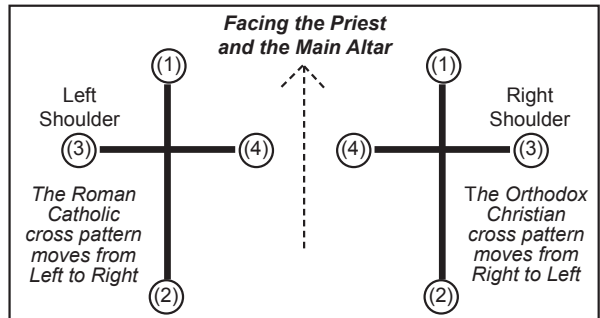


Figure 1.108. Different ways of making "the Sign of the Cross."

the roof of their mouths. All of this was done before exhaling and saying any blessings to the church's congregation.

This application was also used when performing healings, providing a dying person with their last rites, or when creating powerful binding seals used during exorcism rituals. When these energetic patterns also incorporated the mysterious elements of a priest's Most Secret Name into their designs, they began to resemble the powerful illuminating images of divine radiant light.

In certain parts of the world, the sign of the cross was made by only placing the right hand thumb across the forehead. In other areas of the world, Christians would either use their entire hand or simply make the sacred gesture with the first two fingers of the right hand. When using this pattern, the tip of the thumb, index, and middle finger were brought together to represent the Christian's faith in the Holy Trinity, while the remaining two fingers curled to touch the palm, representing Jesus' two natures: divine and human.

The esoteric symbology and sacred teachings associated with making the sign of the cross would often vary depending on which Christian sect you were currently talking about. However, one way of understanding this four point pattern is presented as follows:

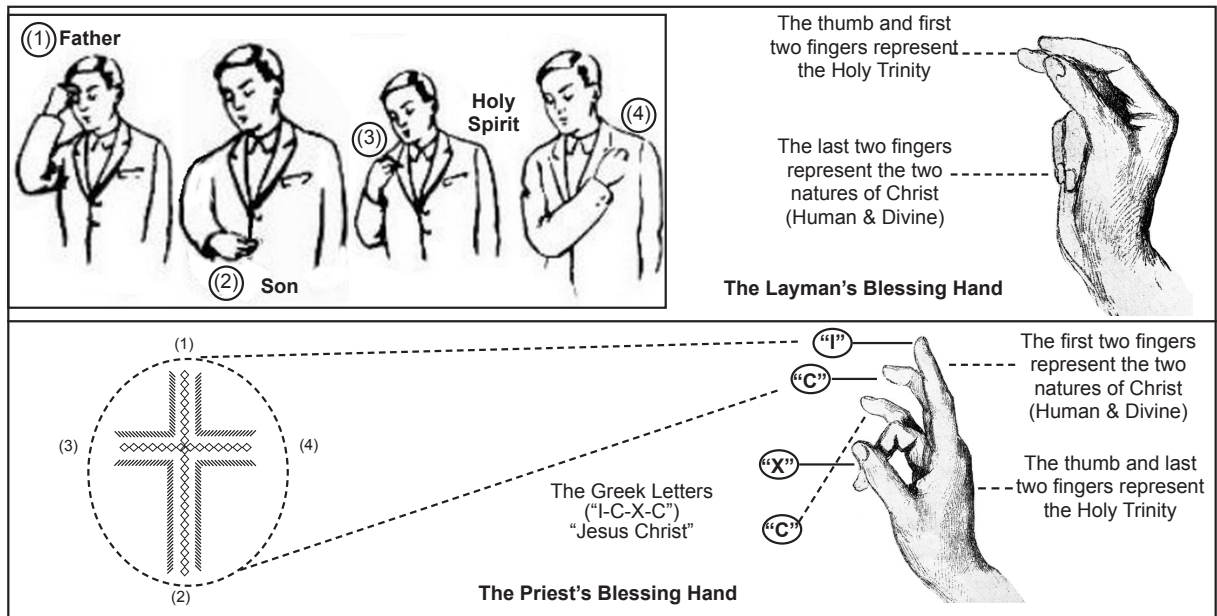


Figure 1.109. A priest uses his right hand in order to draw the radiant image of a cross in the air.



- **Position #1:** In making the sign of the cross, when a person says “In the name of the Father” and places their fingers on their forehead, they are actually extending energy into what is called the “third eye” or “divine eye;” which is also associated with the intuitive perceptions of their spirit body. The energetic root of the third eye area is located deep inside the center of the brain, where the spirit of God “dwells on high” (Isaiah 33:5 and Isaiah 57:15).

Whenever we place our fingers in Position #1, the sacred vibrations set into motion by the loving thoughts we have about our Heavenly Father activates the divine essence contained within the center of our brain. Because this energetic center is also connected with the Third Eye point (Figure 1.110), it causes the higher intuitive energies of our spiritual mind to pour down from above into our heart center. This spiritual energy is then absorbed as a form of blessing—knowing that we are indeed loved and cherished by God. This special energetic activation of the center of the brain and Third Eye area helps the Christian’s spirit body to internally receive and transform their spiritual mind into the *Crown of Glory, that will never fade away* (1 Peter 5:4).

- **Position #2:** Next, when a person says “And of the Son,” and places their fingers onto the center of their chest to spiritually awaken their heart, they are actually stimulating the sacred space where the divine light of their eternal soul exists.

Because this area is also associated with the empathetic perceptions of our energy body, the sacred vibrations that are set into motion by the loving thoughts about our great teacher, Jesus Christ, ripples throughout our three bodies, manifesting the divine radiant love he has for each of us.

- **Position #3:** When a person says: “And of the Holy Spirit,” and respectively touches the outside of their shoulders, this movement activates the awakening force of the Holy Spirit within their bodies.
- **Position #4:** Finally, when a person finishes by saying “Amen” (“So be it”), then bows their head and places both of their hands together in prayer in front of their heart, they affirm the belief in and acceptance of what was just spoken. At this point, the sacred vibrations set into motion by this gesture and spoken word spiritually seals the energy currently surrounding their three bodies. This final action allows them to consciously support and retain a deeper, more profound awareness of what they had just heard, received, and affirmed from the priest.

In another version of making the sign of the cross, the person visualizes brilliant spheres of light rippling outward each time they touch their body. In this version, the Christian will proceed as follows:

- **Position #1:** First they will say: “For Thine” and immediately touch their head.
- **Position #2:** Next they will say, “is the Kingdom” and immediately touch their heart.
- **Position #3:** Then they will say, “and the Power” and immediately touch their shoulder.
- **Position #4:** Then they will say, “and the Glory” and immediately touch their other shoulder.
- **Position #5:** Finally they will say, “unto all ages, Amen” and then immediately place both of their hands together in a position of prayer in front of their heart and upper chest.

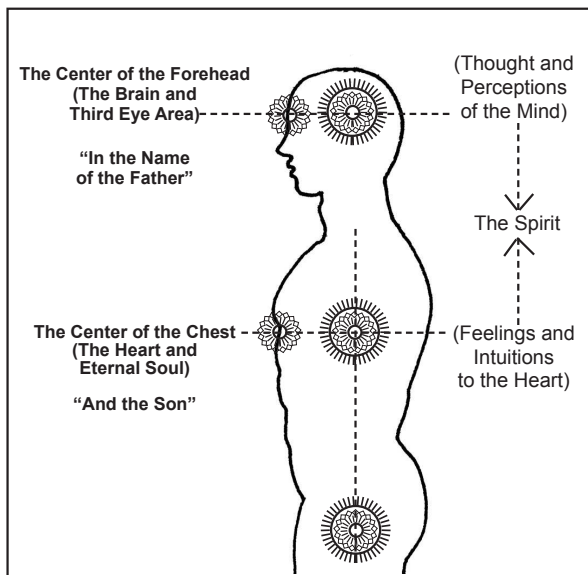


Figure 1.110. The first two areas that a Christian will touch on their body when forming the “Sign of the Cross” corresponds to their “spirit;” which is associated with the thoughts and perceptions of their mind and the feelings and intuitions of their heart.

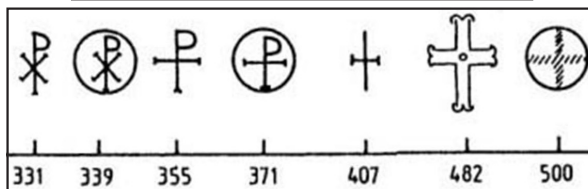


Figure 1.111. The Chi-Rho symbol of the cross originally created by Emperor Constantine changed over the years. It was not until the year 400 A.D. that its previous association with the crime of capital punishment was eventually weakened, and the negative aspect of this image was finally transformed into a positive image that offered feelings of new hope and salvation to Christians.

Although each pattern offers something special to the practitioner, what is important here is the ending visualization of the prayer.

Right after drawing the external formation of a cross on the outside of the body, the person should immediately visualize a radiant white light or a golden light glowing from deep within their three bodies (i.e., their physical body, energy body, and spirit body). When this visualization is performed with focused concentration and sincerity, the person may be brought to a place of direct contact with God’s divine spirit, profound love, and holy creative power.

*[As a side note, in researching this chapter I found it interesting that historically the symbol of the cross was originally unpopular with many of the early Christians in the 1st centuries after the death of Jesus of Nazareth. This was because of its initial association with the torturous capital punishment of criminals at that time.*

*It wasn’t until around the year 400 A.D. that the negative connotations associated with this icon eventually began to weaken, and its symbolic image of new hope and salvation became established within the Christian church congregations (Figure 1.111).]*

## CHAPTER 23. THE DOCTRINE OF THE TRINITY

The aftermath of the Council of Nicaea in 325 A.D. saw ongoing disagreements spring up among various Christian churches. Often these heated disputes became violent and extremely bloody. In *The Story of Civilization, Vol. 4: The Age of Faith*, on page 8 noted historian Will Durant writes that between the years of 342-343 A.D., "Probably more Christians were slaughtered by other Christians in these two years than by all of the persecutions of Christians by pagans in the history of Rome."

The sad fact is that during this time, while still claiming to be Christian, many believers savagely fought and slaughtered one another over their differing views and beliefs about God and the doctrines of the church. Many of these violent disagreements centered around the divine nature of the Holy Spirit. Although the statement issued at the Council of Nicaea simply proclaimed, "We believe in the Holy Spirit" (see Chapter 18, page 110), Christians were confused as to exactly who or what was the Holy Spirit. Many simply believed that it was just another name for God.

Even today, the concept of the Holy Trinity is baffling for many Christians. Few understand how the doctrine of the Holy Trinity came to be accepted several centuries after the Bible was completed. Yet in researching this misunderstood doctrine, it was surprising to discover that its original roots go back much further in history than the First Council of Nicaea.

Several modern biblical scholars believe that the concept of the Holy Trinity was originally borrowed from ancient Sumerian and Egyptian religious teachings, which existed throughout the Roman Empire before Christianity formally existed. In fact, it is said that the concept of a Holy Trinity was a popular belief held in many spiritual traditions at that time. The early Pauline Christians adaptations of these belief systems allowed the newly forming religion to become more compatible with other religions that were being practiced in the Roman Empire at that time.

In reading this you might ask, "Where did the idea of the doctrine of the Holy Trinity actually come from?" One of the earliest philosophical formulations of the Trinity is attributed to the ancient Gnostic Christian theologian Valentinus (100 – 160 A.D.) who is said to have devised the notion of the "Three Natures" of all things; he then applied this unique interpretation to the three fold nature of God.

The followers of Valentinus claimed that he was a personal friend and follower of Theudas, who in turn was a follower of the Apostle Paul. Valentinus claimed that Theudas had imparted to him the secret wisdom that Paul had originally taught privately to his inner circle of disciples. It was also said that the Apostle Paul claimed to have originally received this secret teaching from the resurrected Jesus on the road to Damascus, and that Paul publicly referred to this important visionary encounter in the Acts of the Apostles in the New Testament (Chapter 9:3-10). However, these esoteric teachings were eventually downplayed and purposefully ignored in Rome after the mid-2nd century.

The first of the early Church Fathers to use the word "Trinity" in his writings was Theophilus of Antioch, in the late 2nd century A.D. In this writing, Theophilus defines the Trinity as being: God the Creator, his Spoken Word (Logos), and his Divine Wisdom (Sophia).



Figure 1.112. The Roman Emperor "Theodosius the Great" Oversees the Council of Constantinople (381 A.D.).

In the early 3rd century, Church Father Tertullian is credited as being the first to use the Latin word "Trinitatis" (meaning Trinity) to explain that God, Jesus Christ, and the Holy Spirit are "one in essence—not one in Person."

In the second half of the 4th century, three Christian theologians from the province of Cappadocia in Eastern Asia Minor, gave further shape to the doctrine of the Trinity. All three of these men (i.e., Bishop Basil of Caesarea, his brother Bishop Gregory of Nyssa, and Bishop Gregory of Nazianzus) were extensively trained in Greek philosophy, which no doubt affected their outlook and belief in the Trinity doctrine. They each proposed the idea that God the Father, Jesus the Son and the Holy Spirit were coequal and together in one being, yet also distinct from one another. But they went further than Tertullian had done with this idea when they claimed that the doctrine of the Holy Trinity only made sense as a mystical or spiritual experience; it was not a logical or intellectual formulation, but instead it was a supernatural model that confounded normal reason. At that time, Bishop Gregory of Nazianzus made this specifically clear when he explained that the true contemplation of the Three-in-One doctrine induced a profound and overwhelming emotion, that confounded all thought and intellectual clarity.

In the year 381 A.D., 44 years after Emperor Constantine's death, the Roman Emperor Theodosius the Great convened over the First Council of Constantinople in order to resolve these disputes (Figure 1.112). After much debate, the doctrine of the Holy Spirit, which up to that point had never been stated clearly in any of the holy scriptures, was finally adopted into the Roman Catholic Church. This new church declaration was known as the Nicene-Constantinopolitan Creed. Here is a translation from Greek to English of its opening and closing sections:

“We believe in one God, the Father Almighty,  
 maker of heaven and earth,  
 and of all things visible and invisible;  
 and in one Lord Jesus Christ, the only-begotten Son of God,  
 begotten of the Father before all ages.”

“And we believe in the Holy Spirit, the Lord and Giver of Life,  
 who proceeds from the Father,  
 who with the Father and the Son together  
 is worshiped and glorified, who spoke by the Prophets.”

After the First Council of Constantinople (Figure 1.113), the concept of the Holy Trinity, as generally understood today, became the official belief and teaching surrounding the spiritual nature of God. Right after this decision had been formally voted on, Emperor Theodosius announced that he would not tolerate any dissenting views on the subject. So immediately he issued an Imperial Edict stating that all churches are only to be given over to the Bishops who profess the Father, Son, and Holy Spirit as a single deity and who declared that there was no difference by their separation. Only those who openly affirm the doctrine of the Holy Trinity by recognizing these Three Persons as the united Godhead would be allowed to oversee any Roman Catholic Church.

Next he created a second Imperial Edict, known as “the Edict of Thessalonica, of the Roman Emperor Theodosius the First,” further demanding strict compliance to the new church doctrine. This edict stated that only those who believe in the Holy Trinity are to be considered as authorized followers of the Law, and only then may assume the title of Catholic Christian. Furthermore, anyone who did not believe in the Holy Trinity was to be judged as a heretic, and would suffer the chastisement of Divine Condemnation, and be punished in accordance with “the will of Heaven.”

This was the first time the term “heresy” was used in a legal secular context. Right after this edict, the line between the Catholic Church’s spiritual authority and the Imperial Roman State’s civil jurisdiction had now become blurred. The outcome of this special decree allowed the authorities of both the Church and the State to share in the Empire’s power of legal enforcement; with the State aggressively enforcing what the church determined to be the orthodox teaching.

Emperor Theodosius also decreed that any Christian who converts to another religion will immediately lose their rank or status. Once this occurs, they are to be “branded with everlasting contempt and must never be acknowledged, even with the lowest scum of society.”

From the 4th to the 17th century, a state regulated Roman Catholic Church influenced and dominated the European nations, their governments, laws, literature, religion, sciences, and philosophies. Ultimately any literature that was not officially sanctioned or approved by the Roman Catholic Church could be pronounced as “heretical” and its author condemned to death.

The sad truth of the matter is, this is how the doctrine of the Holy Trinity became part of the Christian faith. Accordingly, we can now see how a teaching that was foreign to Jesus of Nazareth, as well as something that was never taught by any of the Apostles, and was never found in any of the holy scriptures, was locked tightly into place within our Christian religion. Anyone who disagreed with the new edicts of the Roman Emperor and church authorities was branded as a heretic and dealt with accordingly.



Figure 1.113. The First Council of Constantinople (381 A.D.).

### LEAVING OUR ORIGINAL RELIGIOUS ROOTS

The doctrine of the Holy Trinity caused Christianity to deviate from its original religious roots, which were founded in Judaism. Although the majority of the Christian world now consider the concept of the Holy Trinity vital to its foundational beliefs, many historians and biblical scholars agree that the doctrine of the Trinity in Christianity owes its existence to the esoteric influences of ancient Greek philosophy and pagan polytheism, rather than to the monotheism of ancient Judaism, or the recorded teachings of Jesus of Nazareth. Remember, Jesus never spoke of a Holy Trinity. Instead his primary message centered on the kingdom of God being within you, and providing forgiveness and unconditional love to all people.

Nevertheless, for some Christians the number three has had a profound influence on their spiritual evolution. Although God is seen as a radiant source of unlimited power, when three aspects of God are seen as existing within a person’s three bodies (e.g., the physical body – as divinely created matter; the energy body – as pulsating sound and light vibration; and the spirit body – as illuminated thought and projected will), the awareness of this multi-level energy not only spiritually awakens a person’s body, mind, and spirit to a new level of orientation, but it also positively influences their spiritual life as well.

In the same manner, if we consider God as being not simply a single spirit entity, but rather as the unfoldment of an infinitely existing multi-dimensional deity, we may begin to see additional aspects of the Almighty that were not clearly evident in the Edict of the First Council of Constantinople. For a better understanding of this, think of God’s divine spirit manifesting through three energetic properties – similar to that of matter (ice), energy (water), and spirit (steam).

- **Steam (Radiant Mist):** In this energetic state, we work with the ethereal form of the Almighty. Our perception of a “Father-God” is built on the image of deity whose bright radiant light and penetrating spiritual resonance envelops and sustains all of creation; and whose dreadful cloud of glory hovered over the Ark of the Covenant, which was veiled in the Holy of Holies in the temple, behind a heavy shroud in the Tabernacle of King David (1 Kings 8:10-11).
- **Water:** In this energetic state, we work with the divine spirit of God that internally flows like living water throughout our body. It washes and cleanses our heart and mind, and transforms our spirit like an illuminating river of new life (John 7:38). This special living water is not only responsible for spiritually awakening our eternal soul, but it additional-



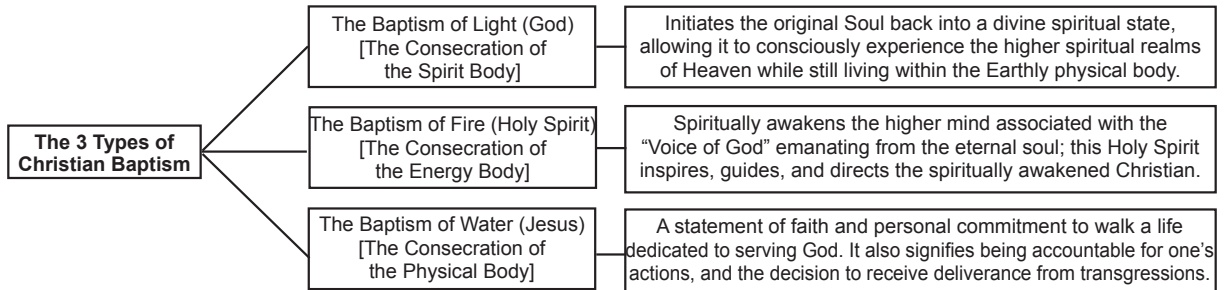


Figure 1.114. The three types of Baptism associated with esoteric Christian mysticism and the Holy Trinity.

ly allows us to experience the effects of God's great mercy and wonderful grace flowing throughout our lives.

Jesus refers to the holy spirit of God as the living water, and in John 4:14 he does not say that he is the living water, instead he states to the woman at the well that he could give her this special water of life, and once she received it, she would never be thirsty again.

- **Ice (Solid Matter):** In this state, we physically embody our spiritual work by following the examples of Jesus of Nazareth, whose teachings changed the essence of ancient Judaism, which is founded in obeying and living in accordance to the Mosaic Laws given in the Old Testament scriptures. Through Jesus' personal examples and sacrifices, we are shown a way to transform the divine light of our eternal soul into a higher spiritual resonance, and obtain and embody the radiant Garment of Light – once we understand that the kingdom of heaven is within us.

After Jesus had completed what Moses had begun, the Apostle Paul then redid and added to Jesus' original teachings, creating a new religion: "Pauline Christianity" - which later became the Roman Catholic Church. This teaching included new ways of thinking that were acceptable to many of the pagans, including the doctrine of the Holy Trinity. As Christians, we realize and acknowledge that our particular belief in the Holy Trinity has instilled within us a higher plane of soul identity, connecting our higher mind with that of our higher consciousness. This soul-spirit unity can only manifest when the analytical intellectual mind is quieted, so that the mind of Christ may awaken and manifest its true nature within us. Once awakened, this spiritual mind of Christ, which is internally connected with the radiant light of our eternal soul, as well as with the divine spirit of God, begins to positively influence our inner nature.

In studying this doctrine, if a person mentally carves up and dissects the words of God looking for special definitions associated with "dos and don'ts," they can often miss the meaning and experience of a true spiritual life, which will often cause them to lose the important opportunity they have been given to spiritually grow. This is why in the Bible it states in 2 Corinthians 3:6, *for the letter [of the Law] kills – but the Spirit [of the Law] gives life.* Therefore concerning the doctrine of the Holy Trinity, many times Christian theologians will debate aimlessly and endlessly on how God can be "One" and "Three" at the same time; however the deeper meanings of these ancient mysteries can come only through experience. This experience is developed by spiritually living within God's kingdom of heaven, and not simply through analytical reasoning.

As Christians, it is only through physically embodying Jesus' sacred teachings within our personal lives that we can actively progress into a deeper spiritual state of being. Only then can a person understand and experience how God's radiant light can manifest itself in infinite form, and still maintain its powerful illuminating emanations without any limitation.

There are always three levels of comprehension associated with spiritual teaching, especially within those contained within our religion. As an example of this, I will describe for you the three important levels of baptism that are recognized by various Christian mystics as being an essential part of our spiritual transformation process (Figure 1.114).

From ancient times to the present, the act of baptism was considered to be a spiritual initiation into the sacred gateway through which the divine nature of Christ could be manifested (see *Hidden Teachings Vol. 2*, Chapter 18, pages 154-161). Baptism is an essential act of spiritual transformation needed to energetically alter a person's body, mind, and spirit. The three important levels surrounding this type of mystical action and its spiritual association with the Holy Trinity are described as follows:

- **The Baptism of Water (Jesus):** This baptism is considered to be the "Consecration of the Physical Body." This purification ritual is used as a conscious statement of faith, and a personal commitment to lead a life dedicated to serving God. It also signifies a desire to be accountable for all of our actions, and the decision to receive spiritual deliverance from all transgressions. The Baptism of Water represents a personal dedication and commitment to awaken the individual's spiritual consciousness so they might hear the higher calling of their eternal soul.
- **The Baptism of Fire (The Holy Spirit):** This baptism is considered to be the "Consecration of the Energy Body." It is a special spiritual anointing that divinely awakens an individual's higher mind to the voice of God emanating from within their eternal soul. As a divine Comforter (John 14:26), the Holy Spirit inspires, guides, and directs the life of each spiritually awakened person.

In ancient times, the Baptism of Fire was used to awaken the individual's spiritual connection to their eternal soul; which immediately awakened the Christ Consciousness already existent within the core self, and placed it first and foremost within their heart and mind.

Because the Holy Spirit of God resides within the kingdom of heaven, in order to receive the Baptism of Fire each individual must consciously pray and ask God for this divine connection. This is often done in the church through the laying on of hands from one "spirit-filled" Christian to another. Jesus of Nazareth explained in the Gospel of

Luke 11:9-10 and 13, *For everyone who asks receives; and he who seeks, finds; and he who knocks, it shall be opened to him... So if you... know how to give good gifts unto your children, how much more will your Heavenly Father give the Holy Spirit to them that ask him?*

- **The Baptism of Light (God):** This baptism is considered to be the “Consecration of the Spirit Body.” In ancient times, this powerful transformation process was considered to be the true spiritual embodiment of obtaining God’s divine light, which externally manifested as a radiant Garment of Light, or as the Resurrected Body. However, because this special Body of Light was believed to originate from the final transformation process of the eternal soul’s true spiritual self, it was sometimes known as “The Baptism of the Sacrament of the Higher Rebirth.”

The Baptism of Light brings forth the Perfection of Light, and is considered to be the baptism that illuminates the body from the top of the head downward. This powerful radiant light enables God’s divine light to transform our eternal soul back into its original spiritual state before its physical manifestation as a human soul. This is why it is said that the energetic influence of the Baptism of Light effects every element of our body, and will transpose and transform all of our body’s cells, down to our original DNA.

Because the Baptism of Light initiates an individual’s eternal soul into an upward progression through the higher spiritual realms, it also allows the Christian to consciously free themselves from their previous attachments to the lower realms of earthly existence.

In reading this, hopefully you will begin to understand that this is one of the main reasons why in ancient Christian mystical teachings, the Baptism of Water was only considered to be the beginning part of a person’s spiritual journey. In fact, the higher Baptism of Fire and Baptism of Light both do much more than simply awaken those who were spiritually asleep and allow them to enter into a higher ministry. They additionally transform the very elements of creation existing within an individual’s life force, so that he or she may more easily progress from a lower state of matter into a higher spiritually elevated state of light.

This sacred teaching was and still is an essential part of every Christian’s spiritual transformation process; and it was also believed to be an essential part of their spiritual purification. In this way, “the former things were no longer be called to mind,” because the old thought patterns had been purified by the holy presence of God’s divine radiant light (Isaiah 43:18-19).

Whether or not you believe in the doctrine of the Holy Trinity as an important aspect of the Christian religion, the observable reality is that the combination of all three of these energetic forces have an extremely powerful positive influence in helping a person to spiritually grow as a child of light. For example, you have God the Creator — who exists as a powerful never-ending celestial force of divine light. Next you have Jesus the Christ — who physically lived as a man and existed as a hero of the scriptures and as the embodiment of the Word of God. Finally you have the Holy Spirit — who spiritually awakens, comforts, and guides our eternal soul through this earthly realm, assisting us in establishing and maintaining a strong spiritual connection with both Jesus our mentor and God the Creator.

## WHO OR WHAT IS THE HOLY SPIRIT?

For most Christians the Holy Spirit (or Holy Ghost) is the third person mentioned in the doctrine of the Holy Trinity. Some theologians identify the Holy Spirit with the “Breath of God” mentioned in ancient Jewish scripture as the “Shekinah,” which is also associated with such terms as the “Indwelling Spirit of God,” the “Radiant Spirit of Yahweh,” and the “True Spirit of Wisdom.”

Originally the term “Shekinah” meant “Presence of God.” However because it is a feminine grammatical word, the Jewish mystical Kabbalists turned it into the feminine creative force of God, separate from the masculine aspect of God — which was often taken as blasphemous — because the “Oneness of God” is considered to be the cornerstone of the Jewish religion (Deuteronomy 6:4).

In Old Testament Hebrew, the Holy Spirit is also presented as “Ruach Hakodesh.” In Judaism, this term is sometimes defined as “Divine Inspiration,” and refers to the inspiration through which an attuned individual will perceive and channel the Divine through action, writing, or speech. It is through this divine interaction that the recipient attains some degree of prophetic knowledge, and is able to convey it to others.

In Genesis 2:7 it states, *And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.* To Jewish mystical Kabbalists “the breath of life” refers to the Ruach Hakodesh — the Holy Spirit.

In the New Testament however, the Holy Spirit is often identified with being “the Spirit of Christ” or “the Spirit of Truth.” In fact the Acts of the Apostles in the New Testament is often called “the Book of the Holy Spirit” or “the Acts of the Holy Spirit” because of all the dynamic manifestations that occurred right after Jesus’ disciples received the filling of the Holy Spirit during the time of Pentecost (Acts: Chapter 2). Additionally, within the Book of Acts, there are over fifty-five references of the “Holy Spirit.” So what exactly is the Holy Spirit?

Many years ago, I was taught to think of the Holy Spirit as being God’s sacred awakening Breath of Life, which is internally conjoined with the radiant light of my eternal soul, and is located deep within the spiritual core of my heart. This divine energy is responsible for awakening and energetically animating my true spirit (i.e., the divine thoughts and feelings of my spiritual heart and mind), and providing clairvoyant and intuitive insights to my conscious mind.

In essence, the Holy Spirit is a vital part of our Christian faith, responsible for manifesting specific supernatural occurrences in the life of every true believer, as well as within the church itself. Because a true believer is born of spirit, the Holy Spirit not only acts as an important comforter which guides and directs a person to live a righteous, sanctified life, but it also reveals to them certain hidden interpretations of ancient scriptures, and intercedes and supports them during times of difficult trials and tribulations.

In the New Testament, the fruit of the Holy Spirit is said to include the essential manifestations of such things such as unconditional love, joy, peace, forbearance, kindness, goodness, faithfulness, meekness, and self-control.

Likewise, the special gifts of the Holy Spirit are said to include the spiritual manifestations of specific things such as wisdom, understanding, counsel (right judgment), knowl-



Figure 1.115. The Holy Spirit is often symbolically represented as a white dove descending from the heavens.

edge, fortitude (courage), piety (reverence), and the fear of the Lord (defined as the wonder and awe of God).

Another great benefit of the Holy Spirit, is it empowers the believer to consciously act on God's behalf by manifesting various signs, wonders, and miracles just like Jesus of Nazareth. Common examples of these divine powers associated with the Holy Spirit include prophetic visions and dreams, speaking in tongues, curing the sick, and casting out evil spirits and demons.

The Holy Spirit is not an actual person separate from God the Creator; instead it exists as a divine aspect of God's eternal being, used as a powerful creative energetic force to accomplish his will and positively influence our personal spiritual lives.

In many Christian churches, the Holy Spirit is represented as a radiant white dove descending from the heavens (Figure 1.115), or a divine flame of holy fire flickering above the heads of the disciples (Figure 1.116). This is done to establish a more intimate visual relationship with this creative awakening force. If you think about our survival based acquired personality (which was originally developed in order to satisfy the roles assigned to us by family and society) versus the original spiritual mind of our eternal soul, then the Holy Spirit would be the awakening force associated with our eternal soul, which is responsible for reminding us that we are a divine extension of God via his breath of life.

Jesus proclaimed that the greatest sin is blasphemy against the Holy Spirit (Matthew 12:31). To express such a lack of gratitude and such disrespect for God's powerful awakening force (which is a gift), blocks the Holy Spirit's ability to awaken the soul to the true understanding of who and what that soul truly is. Without this important spiritual understanding, it is difficult for the eternal soul to find inner-peace. This is because its spiritual connection has been consciously severed from the divine influence originating from the kingdom of heaven.

The Baptism of the Holy Spirit (Baptism of Fire) works strictly with the power of Christ to overcome the deceptive counterfeiting spirit of the world, and helps in separating the body, mind, and spirit from this powerful negative influence.

The Holy Spirit also works inner-dimensionally to spiritually open the secret doors and hidden gates that act as sacred



Figure 1.116. The Holy Spirit is also symbolically represented as a "flame of fire" flickering above the heads of the disciples.

thresholds of the realm of the spirit. This is accomplished by providing the eternal soul with the power to overcome its current limitations, developed from years of consistently receiving negative imprinting. The ability to prevail over such negative imprinting, frees the eternal soul to embrace a higher spiritual light existing within the various sacred realms of God's kingdom of heaven.

Many supernatural gifts come from God to his children as they awaken to an experiential understanding of the Holy Spirit. Here are nine examples of such gifts, which reveal the transformational powers of the kingdom of God on earth.

1. The ability to comprehend divine wisdom.
2. The ability to share divine knowledge and instruction.
3. Prophetic teaching.
4. The discernment of inspired teachings; and the comprehending of the divine intelligence that secretly exists within the sacred scriptures.
5. Speaking in Tongues; used to unite the three bodies with other levels of divine intelligence for spiritual teaching.
6. The interpretation of Speaking in Tongues; used to comprehend the different levels of divine knowledge contained within this method of spiritual teaching.
7. The power of healing ourselves and others
8. Revealing the eternal soul's original purpose in life.
9. Performing various miraculous works; associated with continuously living within the kingdom of heaven.

There are five additional gifts associated with a person who has fully activated their radiant Body of Light. These five highly advanced spiritual abilities are viewed as being the deeper manifestations of God's Holy Spirit, and include the following:

1. The understandings of the inner workings of the Universe.
2. The ability to perform resurrections of the dead.
3. Speaking in angelic languages.
4. Working directly with angelic teachers and healers of light while still existing within the earthly realm.
5. Experiencing the mysteries of the Kingdom on Heaven while living here on earth. In other words, the supernatural manifestations of our eternal soul are able to be consciously experienced within our three bodies, and externally utilized within the physical world around us.



## CHAPTER 24. UNDERSTANDING THE HOLY BIBLE

When mentioning the phrase “Holy Scriptures,” the first thing that often comes to a Christian’s mind is the belief that the Bible is the sanctioned word of God, and that the divine truth written within its pages were passed down throughout the various generations by the Church Fathers.

Unlike any other book ever written, the Holy Bible (meaning Sacred Books), is a compilation of ancient writings that cover a span of about 1,400 years, and include some forty different writers. Within its pages are many separate books; yet they are all collectively considered to be one book. The interesting thing about this, is that the time period recorded during those 1,400 years actually covers some 4,000 years of oral history; all surrounding God’s divine revelation of himself to and through the realm of man. This is why to Christians the Holy Bible is considered to be the primary history of God’s involvement with mankind.

The stories that are in the Bible evolved slowly, and existed for centuries even before the creation of any formalized religion, and were handed down from generation to generation through oral transmission. Some of the oldest records of the stories that were later collected as part of the Old Testament were found on thousands of small Egyptian and Sumerian cylinder seals that depicted the creation stories. These early artifacts and artworks (some dated as early as 2500 B.C.) established the basis for the Garden of Eden stories at least a thousand years before it appeared in Hebrew mythology.

Historically there are two major divisions of the Holy Bible: the Old Testament and the New Testament. The oldest existing Old and New Testament manuscripts of the Greek Bible are the early 4th century Codex Vaticanus and Codex Sinaiticus versions, as well as the 5th century Codex Alexandrinus version (Figure 1.117). The oldest copy of a complete Latin (Vulgate) Bible is the Codex Amiatinus, dating from the 8th century A.D.; and the oldest copy in Hebrew and Aramaic of the Tanakh (Old Testament) is the Masoretic Text dating from the 7th to 10th century A.D.

The Old and New Testament books of the Bible are traditionally organized as follows:

- 1. The Old Testament (Original Covenant):** The term “Old Testament” refers to an “Original Covenant” established between God and the Jewish people. There are three main versions of the Old Testament Bible:
  - **The Protestant Old Testament:** This version contains thirty-nine books, which were inherited from Judaism. Both Jews and Christians alike share these books as holy scripture.
  - **The Hebrew Old Testament:** This version contains twenty-four of the same books included in the Protestant Old Testament. However the various books of the Hebrew Bible, which in the Jewish language is called the “Tanakh,” is counted and arranged differently, according to the Torah, Prophets, and Writings.
  - **The Roman Catholic/Greek Orthodox Old Testament:** The Roman Catholic Old Testament contains forty-six books, while the Eastern Orthodox Old Testament contains fifty-one books. These twelve to fifteen extra “Apocrypha” books and parts of books are based on the Alexandrian Septuagint (LXX) and early Greek translations of Jewish scriptures, which include more books than the Hebrew Bible. The Protestant reformers however later

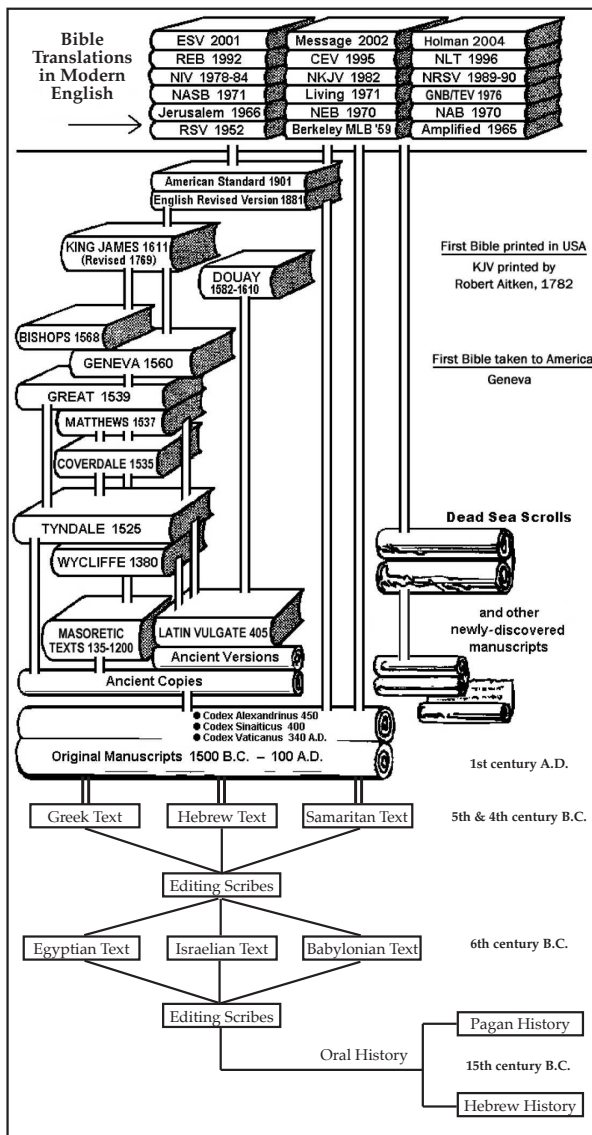


Figure 1.117. The ancient history of the Holy Bible.

removed these books from their Bible, because they were not listed in the Hebrew Bible.

- 2. The New Testament (New Covenant):** The term “New Testament” refers to a “New Covenant” established between God and all those who believe in Jesus Christ. There are now twenty-seven books unique to the Christian religion in the New Testament, which both Protestant and Catholic churches utilize. However, at one time the list of New Testament scriptures included some of the following books and epistles:

- **The Gospels:** This includes the Gospel of Matthew, the Gospel of Mark, the Gospel of Luke, and the Gospel of John. However, the list of Christian Gospels at one time also included the Jewish Christian Gospels (i.e., the Gospel of the Ebionites, the Gospel of the Hebrews, and the Gospel of the Nazarenes), as well as the Gnostic Christian

Gospels (the Gospel of Thomas, the Gospel of Philip, the Gospel of Mary, and the Gospel of Truth).

- **Apostolic History:** Which contains the Acts of the Apostles. However, some early New Testament Bible scriptures also included the “Acts of Paul and Thecla.” In fact, the “Acts of Paul and Thecla,” the “Epistle of the Corinthians to Paul,” and “the Third Epistle to the Corinthians” are all portions of the greater 160 A.D. “Acts of Paul” narrative, which was at one time one of the major works and earliest pseudepigrapha (non-canonical) series originating from the New Testament Apocrypha – also known as the “Apocryphal Acts.” Although the Acts of Paul were part of a New Testament canon found in the Codex Claromontanus, they have only survived in fragments.
- **Pauline Epistles:** This includes the Epistle to the Romans, 1 Corinthians, 2 Corinthians, (some early traditions included a “3 Corinthians,” also known as “The Epistle of the Corinthians to Paul”), Galatians, Ephesians, Philippians, Colossians, (some early traditions included “Epistle to the Laodiceans”), 1 Thessalonians, 2 Thessalonians, 1 Timothy, 2 Timothy, Titus, Philemon and Hebrews.
- **General Epistles (also called the Catholic Epistles):** This includes the Epistle of James, First Epistle of Peter, Second Epistle of Peter, First Epistle of John, Second Epistle of John, Third Epistle of John, and the Epistle of Jude.
- **Apocalypse:** This includes the book of Revelation. However, in the 2nd century it also included “The Apocalypse of Peter” (also known as “The Revelation of Peter”).
- **Apostolic Fathers and Church Orders:** This includes the books of 1 Clement, 2 Clement, the Shepherd of Hermas, the Epistle of Barnabas, The Teaching of the Twelve Apostles (also known as “Didache”); as well as the books of Sinodos (Ser`atä Seyon, Te`ezaz, Gessew, and Abtelis), Book of the Covenant 1, Book of the Covenant 2, Ethiopic Clement, and Ethiopic Didascalia.

[Note: There are many biblical canons existing throughout the world today, especially in the different Christian religions. The word “canon” is derived from a Greek word meaning “rule” or “measuring stick.” Hence in a religious community, a canon is regarded as a list of sacred scriptures (writings and / or texts) that collectively contain the authoritative teachings of that particular faith and spiritual practice; and establish its standard of doctrine and moral code. For example, it is from a special “biblical canon” or “canon of scripture” that doctrinal laws, principles, and other church criterion are officially established.]

#### DIFFERENT CHURCHES – DIFFERENT BIBLES

In the history of the formation of the Holy Bible, before the late 4th century, each city-church had its own local “biblical canon,” which they believed were special books of authoritative scripture. These local canons differed from city-church to city-church throughout the Roman Empire.

Some of these local canons included both Old Testament and New Testament books, which are currently excluded from our present Bible (such as 1 Clement to the Corinthians, the Epistle of Barnabas, the Book of Enoch, etc.). The reason that each city-church had different canons is because often each congregation had different forms of worship (Liturgies). For example, the type of worship performed in the city-church of Rome was

different from the form of worship conducted in the city-church of Corinth, or done in the city-church of Ephesus, Antioch, or Jerusalem. This included the times of worship recognized during the yearly Liturgical calendar, with different city-churches celebrating different local feast days on any given date.

In the late 3rd century the controversy over “Arianism” arose within the Christian church and persisted throughout most of the 4th century. The doctrine of Arianism is defined as the disbelief in the Trinity, and the belief that Jesus Christ is the Son of God who was begotten by God the Father at a certain point in time. However, he is distinct from the Father and is therefore subordinate to the Father. This belief tore the Church apart, pitting common believers, priests, monks, bishops, emperors, and members of Rome’s imperial family against one another.

This great dissension created an enormous problem, since you had different bishops (Arian vs. Catholic) quoting from scriptures originating from different sets of books in defense of either Arianism or Catholic Trinitarianism. Needless to say, this complicated and prolonged the controversy, and made the belief in Arianism much harder to overthrow.

By the year 382 A.D., when the “Arian Heresy” was finally defeated, Pope Saint Damasus of Rome was determined that such a thing would never happen again. Therefore, he initiated the formation of a universal canon of scripture, which all Christian city-churches would hold in common. This he believed would eliminate any book or scripture which implied any of the Arian teachings, or any other beliefs condemned as heresies by the Roman Catholic church.

Pope Damasus began by first promoting a biblical canon which was a synthesis of the canon of the city-church of Rome and that of the city-church of Alexandria – the two leading city-churches of the Catholic church. He then turned this proposed canon over to the bishops of North Africa for analysis and debate.

Later, at both the councils of Hippo (393 A.D.) and at Carthage (397 A.D.), the North African bishops worked out the final canon of both the Old and New Testaments for the Catholic Church, and submitted it to Rome for final ratification. Although it is not known exactly when this final acceptance was given, we do know however that by 405 A.D., Pope St. Innocent I was promoting a canon of the bible throughout the Western Church, which was voted upon during the third council of Carthage in 397 A.D.

During that time, Rome sent its approval and acceptance of the Carthaginian canon to Alexandria, to be disseminated throughout the various churches of the East. However, although Alexandria accepted the Carthaginian canon, there was a major problem in the other Eastern regions of Antioch, which represented the other half of the Eastern Churches. The church of Antioch was being torn apart by internal strife, with two (and sometimes three) Catholic bishops all claiming to be the rightful “Patriarch of Antioch.” Because of this division, the canon of Carthage was never initially implemented or effectively accepted throughout the region of Antioch. Since the city of Constantinople (the Eastern imperial capital) was the dependent of Antioch, Constantinople never initially implemented the canon of Carthage either. Because of this, well into the 8th century Byzantine and Antiochian church fathers, such as St. John Damascene, still recognized such books like 1 Clement to the Corinthians or the Book of Enoch as being Christian canonical works.

This was later rectified at the Byzantine Council of Trullo (692 A.D.) and the Ecumenical Council of Nicaea II (787 A.D.), when the church of Constantinople and the church of Antioch (along with Rome and Alexandria) recognized as binding, the canons of the Council of Carthage (originally agreed upon in 397 A.D.).

Yet, in terms of belief and practice, the Antiochian (and thus Byzantine) parts of the Eastern Orthodox Church continued to use pre-Carthaginian books in their local biblical canons. It is for this reason that certain books such as the 3 Maccabees, 4 Maccabees, and Esdras were always read in the church of Antioch. The fact that the council of Carthage excluded these books (because they contain some problematic material) was ignored. It is because of this neglect of the Carthaginian biblical canon that modern Eastern Orthodoxy (i.e., churches coming out of the Antiochian Liturgical tradition) include such books in their published Bible today.

#### **A TIMELINE OF THE NEW TESTAMENT SCRIPTURES**

As the church entered the 4th century, there was no such thing as one universal Bible. The following timeline is a brief recounting of the initial growth and formation of the New Testament Bible.

- **51-125 A.D.:** The books that would later make up the New Testament were being written, copied, and passed around.
- **140 A.D.:** Marcion of Sinope, was the son of a Bishop in Pontus. Being a prosperous Christian businessman in Rome, Marcion began teaching that there were two Gods: the lower world creator and ruler named “Yahweh,” who is the cruel God of the Old Testament – and a higher transcendent God named “Abba,” who is the kind, loving father of the New Testament. In order to support his teachings Marcion eliminated the Old Testament scriptures and published his own list of New Testament books.

After omitting one third of the Gospel of Luke and editing the remaining texts, rejecting several of the Epistles, and then keeping the four Gospels plus ten of the letters of Saint Paul, Marcion’s “New Testament” was the first to be compiled. Marcion’s work became a catalyst for the early Catholic church to speed up its process of developing an official New Testament canon, by forcing them to choose a core of biblical books that supported their approved teachings.

- **200 A.D.:** A completed and widely accepted biblical canon has not yet been determined. According to one list, the “Muratorian Canon,” compiled in Rome around 170 A.D., the New Testament consists of the Four Gospels; The Book of Acts; 13 letters of Paul (the Book of Hebrews is not included at this time); the Epistles 1 John, 2 John, and Jude; and also the Apocalypse of Peter (also known as “the Revelation of Peter”). Each city-church region has its own biblical canon, which consisted of a list of Christian books and epistles that are approved for reading during prayer and worship services.
- **367 A.D.:** The earliest extant list of the books of the New Testament is introduced in exactly the same number and order in which we presently have them today, written by Athanasius, Bishop of Alexandria, in his Thirty Ninth Festal Letter of 367 A.D. However, at this time, the belief of Arianism starts to grow and its followers introduce different Christian writings and books of holy scripture to support their beliefs.

- **382 A.D.:** In the Council of Rome, Pope Damasus begins defining the acceptable books that will be collectively used as a universal canon for all Christian city-churches. The twenty-seven New Testament books are now listed in their present number and order.

Additionally, in 382 Saint Jerome is commissioned by Pope Damasus I to revise the *Vetus Latina* (“Old Latin”) Gospels then in use by the Roman Catholic Church. Jerome, on his own initiative, extended this work of revision and translation to include most of the Books of the Bible, and once published, the new version was widely adopted and eventually eclipsed the *Vetus Latina*.

- **393 A.D.:** The Council of Hippo (Synod of Hippo), is hosted in Hippo Regius in Northern Africa, during which a biblical canon is proposed by Bishop Athanasius. For the first time, a council of bishops listed and approved a Christian biblical canon that corresponds to the modern Roman Catholic canon.
- **397 A.D.:** The Council of Carthage refined the biblical canon for the Western Christian Church, sending it back to Pope Innocent for ratification. In the East, the canonical process was hampered by a number of internal divisions, especially in the regions of Antioch, which at that time represented half of the Eastern Christian Churches.
- **787 A.D.:** The Second Council of Nicaea adopts the canon of Carthage. At this point, both the Latin Western and the Greek/Byzantine Eastern churches have the same biblical canon. However, the non-Greek, Monophysite, and Nestorian churches of the East (i.e., the Copts, the Ethiopians, the Syrians, the Armenians, the Syro-Malankars, the Chaldeans, and the Malabars) were still left out of this decision. Nevertheless, these remaining churches eventually came together in Florence, and agreed to use the canon of Carthage in 1442.
- **1207-1228:** The books of the Bible are divided into chapters in the early 1220’s by the English Cardinal and Archbishop of Canterbury Stephen Langton.
- **1382-1395:** Dr. John Wycliffe, a Protestant Seminary Professor at Oxford University in England, advocates for the translation of the Holy Bible into English. Wycliffe believed that studying the Bible was more important than simply listening to it being read by the clergy.

During Wycliffe’s time, the Bibles in the church were written in Latin and were also used as a law-code, which dominated civil law, giving extreme power to the church and religious leaders who knew Latin.

Although Wycliffe completes a New Testament translation directly from the Latin Vulgate into Middle English in the year 1382, his English Bible was not completed until 1384, with additional updated versions being done by assistant John Purvey and others in 1388 and 1395.

At that time, it was very expensive and time consuming to create a physical Bible—each one had to be handwritten to create a long lasting beautiful work of art. Therefore only a few hand written copies of Dr. Wycliffe’s English Bible were actually produced.

Because of the ongoing political conflict existing at that time between the Roman Catholic Christians and the Protestant Christians, all of these English copies were quickly banned by the Roman Catholic Church.



Although later versions of Wycliffe's English Bible translations circulated widely in the later Middle Ages, it had very little influence on the first English biblical translations of the Reformation era, such as the English translations produced by William Tyndale and Miles Coverdale. This was because Dr. Wycliffe's English Bible had been translated from the Latin Vulgate, rather than from the original Greek and Hebrew texts.

- **1431-1449:** At the Council of Florence, the entire church recognized the twenty-seven New Testament books, and confirmed the same Roman Catholic Canon of the Bible which Pope Damasus I had published a thousand years earlier. By 1439, all orthodox branches of the Roman Catholic church were legally bound to observe the use of this Bible. This is one hundred years before the Reformation.
- **1522-1534:** German Professor of Theology, priest, and a seminal figure in the Protestant Reformation Martin Luther publishes his German translation of the New Testament in 1522. He and his collaborators additionally complete the translation of the Old Testament in 1534, when the entire Bible was published in German. He continued to work on refining the translation until the end of his life in 1546.

In his translation of the Bible from Greek into German, Martin Luther removed four New Testament books (Hebrews, James, Jude, and Revelation) and placed them in an appendix saying they were less than canonical.

- **1545-1563:** At the Council of Trent, the Catholic church reaffirmed once and for all the twenty-seven books contained within the New Testament. The council also confirmed the inclusion of the "Deuterocanonical books" (also known as the "Apocrypha books") which had been a part of the Bible canon since the early Church, and was originally confirmed at the Council of Rome, the Synod of Hippo, the Councils of Carthage, and the Council of Florence. This provided the first conclusive official proclamation and decree, placed into effect by the Roman Catholic church, surrounding the Christian biblical canon.
- Between 1546-1551, the French printer Robert I. Estienne divide the Bible into standard numbered verses - which allowed it to be cited by book, chapter, and verse.
- **1611:** The King James Bible, which will become the authorized English translation of the Christian Bible for the Church of England, is completed in 1611. The books of the King James Version include the 39 books of the Old Testament, an intertestamental section containing 14 books of the Apocrypha and the 27 books of the New Testament.

### THE APOCRYPHA (HIDDEN THINGS)

The word "Apocrypha" ("Hidden") is a term first coined by the 5th-century biblical scholar Saint Jerome, who was the second most voluminous writer in ancient Latin Christianity after Augustine of Hippo. Saint Jerome used the term to describe certain books that were received by the church as part of the Greek version of the Old Testament (Septuagint), but were not included in the Hebrew Bible. These writings included some twelve to fifteen books (and parts of books) that were found within the Greek Orthodox and Roman Catholic Old Testament writings.

Although the term Apocrypha had been in use since the 5th century, it was in Martin Luther's German translation of the Bible in 1534 that the Apocrypha was first published as a separate intertestamental section. In common with most scripture transla-

tions of that period, the New Testament writings are translated from Greek, the Old Testament are translated from Hebrew and Aramaic, and the Apocrypha are translated from Greek and Latin.

The books of the Apocrypha were written in the period 300 B.C. to New Testament times, and include the following:

- The missing ending of the Book of Esther (from Chapter 10:4 through Chapter 16:24).
- Missing chapters in the Book of Daniel, including: "The Prayer of Azariah and the Song of the Three Holy Children" (Chapter 3:24-90); "Susannah and the Elders" (Chapter #13); and "The Idol Bel and the Dragon" (Chapter #14).
- The Prayer of Manasseh (which was originally located at the end of 2nd Chronicles).
- The Book of Baruch — plus The Epistle of Jeremiah (which was placed inside Chapter six of the Book of Baruch).
- The Wisdom of Solomon ("The Book of Wisdom").
- The Book of Ecclesiasticus (also known as "The Wisdom of Sirach" and "the Book of the All-Virtuous Wisdom of Yeshua ben Sira").
- 1 Esdras (Vulgate 3 Esdras)
- 2 Esdras (Vulgate 4 Esdras)
- 1 Maccabees
- 2 Maccabees
- 3 Maccabees
- 4 Maccabees
- The Book of Tobit (Tobias)
- The Book of Judith

The Roman Catholic and Orthodox Christians include all the Apocrypha writings in their biblical canon, except for the two books of Esdras and the Prayer of Manasseh. However, because these writings are considered to be "Deuterocanonical" (belonging to the "second canon") written primarily in the time between the completion of the Old Testament and the creation of the New Testament, Protestant Christians tended to ignore them.

Over the years, these books were moved to a separate section of the Bible, and were eventually removed completely from the Protestant Bible. The reasons the Protestant Church excluded these writing are as follows:

1. The early church fathers only accepted the thirty-nine books of the Old Testament. The only exception was the early North African Christian theologian and philosopher Augustine of Hippo (400 A.D.), who included the books of the Apocrypha between the books of the Old and New Testaments. However, at that time he did acknowledge that these books were not fully authoritative.
  2. The books of the Apocrypha were not officially recognized as part of the church canon until the Council of Trent (1546 A.D.), and then only by the Roman Catholic church.
  3. There are two hundred and fifty quotes from Old Testament books in the New Testament, but none originated from the Apocrypha. In fact, all Old Testament books are quoted except for the books of Esther, Ecclesiastes, and the Song of Solomon.
- It should be noted that in modern times, the Apocrypha writings are now starting to be included in certain newer versions of the Protestant Bible, often placed in a separate section between the Old and New Testaments (for example in the Oxford Bible), or included as a part of an "Appendix" placed after the New Testament.

In the history of the formation of the Holy Bible and its many books of sacred scriptures, we must consider the fact that in the 4th century A.D. different churches produced lists of texts that sometimes contained 39, 46, 51, and 54-book canons of the Old Testament – in addition to the numerous books that were often placed within the New Testament.

When asking ourselves what were the specific reasons for adding or removing any of these books, the simple truth is the list of books that are included within these different biblical canons, and how they were edited and presented to the world, depended on the choices made by each religious community and its leaders. For example, the Jewish believers have the Tanakh (the Hebrew Scriptures), the Catholic Christians have a different canonic list than do the Orthodox or Protestant Christians, and there are different gospels and sacred books used by the Coptic Christian Churches.

The point being, the Bible's content, no matter whose Bible you are reading, is different from community to community; and the contents of which specific books are acceptable and which writings are not, have been decided by – you guessed it – the leading elders of that religious community.

#### **WHAT ARE NON-CANONICAL WRITINGS?**

The early writings of Christianity are divided into two main categories: canonical works and non-canonical works. Many of the non-canonical writings include several early Christian documents that are not found in the New Testament Bible today (see page 146-147).

A list of writings and books that were meant to be placed in the New Testament canon was compiled at the Council of Rome in 382 A.D. Yet the contents of this list differs slightly with what is found in the Bible today.

During the 2nd and 3rd centuries, when many Christian documents were being written and circulated throughout the Roman Empire, Christians did not have a sense of which of these writings were canonical and which were non-canonical. This was because there was no New Testament canon officially recognized by the newly forming Christian church. It is therefore inaccurate to consider certain texts like the Gospels of Matthew, Mark, Luke, and John canonical during the 2nd and 3rd century time period.

To give another example, although Paul's letters were circulating in the 2nd and 3rd centuries—often presented as a packet of letters—yet at this time, none of these writings were considered to be canonical. You might think that the category of “non-canonical writings” would simply refer to any Christian letters or texts that were written before the Orthodox Church New Testament canon was officially recognized and authoritatively formalized during the Council of Trullan of 692 (often called the Quinisext Council). However, this is not exactly true.

Although the category of early church writings is actually quite old, it wasn't until after the development of its formal biblical canon at the Second Council of Nicaea (787 A.D.) that a particular bias in biblical scholarship began to surface among Christians. For example, many began to believe that only the Christian documents that made it into the New Testament were considered valuable, while the other writings were suddenly considered to be of no consequence; some of these texts were even labeled as “blasphemous.”

Modern commentators on the Bible however recognize that the ancient Christian documents not a part of the New Testament canon still have a great deal to teach us. This is

especially true when studying how the early Christians understood and put into practice Jesus of Nazareth's core spiritual teachings, and how it effected their lives.

#### **DIFFERENT CATEGORIES OF NON-CANONICAL WRITINGS**

Non-canonical writings fall into several different categories. For example, there are important letters that the early Christians exchanged, inspirational gospels, sermons, heart felt prayers, poetry, and psalms, as well as different books covering the final apocalypse of the world. Also in these ancient writings are different books that describe many of the miracles that were performed by the Apostles. We also have Revelatory Texts (such as “The Pistis Sophia,” and “The Secret Book of John”) in which Jesus disclosed secret knowledge to his disciples concerning important spiritual transformation practices. All of these fascinating writings however, are now considered to be non-canonical.

Some of the more famous New Testament non-canonical writings include texts like The Gospel of James, The Gospel of Mary Magdalene, The Gospel of Judas, The Letters of Ignatius of Antioch, The First Epistle of Clement to the Corinthians, The Apocryphal Acts of the Apostles, and The Pistis Sophia. According to Associate Professor Nicola Denzey Lewis of the Department of Religious Studies at Brown University, there were in fact hundreds of such writings available during the early Christian time period. Many were hugely popular, and were considered to be important sacred texts. We know this because some of these texts exist in multiple translations, or in multiple ancient copies. Some of them, like The Letters of Ignatius of Antioch and The First Epistle of Clement to the Corinthians (written some time between 70 A.D. and 140 A.D.), were at one time even considered to be “canonical texts” in certain Christian denominations.

Modern Christianity is indeed diverse, with so many denominations having ancient origins as well as their own distinctive canons of scripture. For example, the Syriac Christian Bible (known as the “Peshitta”) used by Syrian Orthodox Christians originally lacked several of the writings contained within the western New Testament canons. These missing books included: The Second Epistle of John, The Third Epistle of John, Jude, The Second Epistle of Peter, and Revelation. And yet on the other hand, the ancient Ethiopian Orthodox Church has an extensive canon of scripture, with as many as eighty-one separate books in their Bible.

In the ancient world, sometimes certain texts would move between canonical and non-canonical status. For example, there are a number of early Christian writings—including the Epistle of Barnabas, the Shepherd of Hermas, and Paul's Epistle to the Laodiceans—that were canonical at some point in antiquity, yet today they are considered to be non-canonical. Even the last book in the New Testament provides an example of this type of scripture value-shifting: wherein the Book of Revelation was at one time rejected by many of the Eastern Orthodox Churches; its name is even absent from early biblical canon lists (including the Syriac Christian Peshitta, and the Armenian Orthodox Church New Testament Bible). Yet today, the Book of Revelation is an accepted canonical writing in virtually all modern eastern and western Christian denominations.

Even though several early texts did not make it into the biblical canon, these ancient Christian writings can still be influential to a believer. For example, if you read any non-canonical text, you will probably find a common belief that ex-

isted in early Christianity: that of the importance of earnestly seeking to obtain a deeper spiritual connection with God.

### WHAT ARE PSEUDEPIGRAPHA WRITINGS?

The word “Pseudepigrapha” means “false title,” and is used to describe religious books, letters, and writings whose claimed author is not the text’s true author. Oftentimes the author to whom the work is falsely attributed is a famous figure of the past.

**1. Old Testament Pseudepigrapha Texts.** In Old Testament biblical studies, the term Pseudepigrapha refers to a collection of Jewish religious texts that were written sometime between 300 B.C. to 300 A.D. These ancient books are considered by Protestant Christians to be different from the “Deuterocanonical” (Catholic and Orthodox) or “Apocrypha” (Protestant) Old Testament books.

Included in this list are books that appear in early copies of the Septuagint (the Greek translation of the Old Testament from the original Hebrew), as well as the Vulgate Bible (the first translation of the Old Testament into Latin directly from the Hebrew Tanakh), yet are not listed in the Old Testament Hebrew Bible or in the Old Testament Protestant Bibles.

Some examples of the Old Testament books that are labeled by biblical scholars as being pseudepigrapha, and were determined to not be written by the titled author, are:

- 3 Maccabees
- 4 Maccabees
- Assumption of Moses (The Testament of Moses)
- Ethiopic Book of Enoch (1st Book of Enoch)
- Slavonic Book of Enoch (2nd Book of Enoch)
- Book of Jubilees (The Lesser Genesis)
- 3 Baruch (The Greek Apocalypse of Baruch)
- Letter of Aristeas (The Letter to Philocrates)
- Life of Adam and Eve (The Apocalypse of Moses)
- Ascension of Isaiah
- Psalms of Solomon
- Sibylline Oracles
- 2 Baruch
- Testaments of the 12 Patriarchs
- Book of Biblical Antiquities (The Pseudo-Philo)

**2. New Testament Pseudepigrapha Texts.** In New Testament biblical studies, the term pseudepigrapha refers to Christian religious works that were believed by scholars to be written sometime during and after the life of Jesus of Nazareth. These six books (letters) carry the name of the Apostle Paul as their author, however they have had their authorship questioned by several biblical scholars. The disputed books include:

- The Epistle to the Ephesians
- The Epistle to the Colossians
- The Second Epistle to the Thessalonians
- The First Epistle to Timothy
- The Second Epistle to Timothy
- The Epistle to Titus

Of these six books, the first three Epistles are sometimes referred to as “Deutero-Pauline letters” – meaning “Secondary letters of Paul.” Although they internally claim to have been written by Paul, several modern writers dispute that assertion. The other three books (Timothy, 2 Timothy, and

Titus) are known as the “Pastoral Epistles,” and are regarded as being pseudepigrapha by only a small minority of biblical scholars. The vast majority of biblical scholars consider these three books to have been written by Paul the Apostle.

The “Gospel of Peter” and the attribution to Paul of the “Epistle to the Laodiceans” are both examples of pseudepigrapha that were not included in the New Testament canon. They are often referred to as New Testament Apocrypha (writings or reports that are not considered to be genuine).

Further examples of New Testament pseudepigrapha include the “Gospel of Barnabas,” as well as the Coptic Gnostic Gospel composed in the 2nd century known as the “Gospel of Judas” – which is about a supposed revelation that Jesus gave to Judas Iscariot. The book consists of 16 chapters which are about Jesus’ secret teachings of spiritual matters and ancient cosmology. The author of the Gospel states that God is essentially a “luminous cloud of light” who exists in an imperishable realm. Because this gospel contains ideas that contradicted those circulating in the early Catholic Church, it was not accepted into the New Testament biblical canon.

### THE NEW TESTAMENT AND THE GOSPELS

The final compilation of the various Old and New Testament books was not done at the First Council of Nicaea (in 325 A.D.). Instead, the church leaders did not finish editing the Holy Bible and deciding which of the scriptures were acceptable and which were not until the Council of Trent, which was held between 1545 and 1563. A.D. After that meeting, the Catholic Church announced that the question concerning the accepted books of the Bible was now officially closed. This occurred over a thousand years after the First Council of Nicaea.

As for the New Testament “Gospels” (meaning “Good News”), each was submitted as being an accurate account of the life, death, and resurrection of Jesus of Nazareth. Although the most widely known Gospels are the books of Matthew, Mark, Luke, and John (Figure 1.118), the term Gospel can also be used in reference to both the Jewish Christian Gospels (i.e., the Gospel of the Ebionites, the Gospel of the Hebrews, and the Gospel of the Nazarenes), as well as the Gnostic Christian Gospels (the Gospel of Thomas, the Gospel of Philip, the Gospel of Mary, and the Gospel of Truth).

Many biblical scholars believe that it was not until many years after Jesus’ death that the four Gospels that open the New Testament were put into writing; and currently there exists no documented evidence that these writings actually came from the four Apostles, Matthew, Mark, Luke, and John – or anyone else for that matter who had actually seen or spent time with Jesus of Nazareth when he was alive on this earth.

Although the oldest surviving Christian texts came from the Apostle Paul and are not the four Gospels, Paul had never seen the earthly Jesus of Nazareth, only the divinely transformed Jesus. More importantly, there is nothing in any of Paul’s letters that even hints at the existence of any of the four Gospels, or even suggests any need for having such a thing.

Even today we still have dozens of Bible translations, with many biblical scholars still arguing over the meaning and proper translations of specific words and phrases.

Many times students who take a college-level Bible Course for the first time, find it surprising and often devastating to learn we do not actually know definitively who wrote most of the books of the New Testament.





Figure 1.118. The Four Gospel Apostles: Saint Matthew, Saint Mark, Saint Luke, and Saint John.

According to Bible scholar Bart Ehrman, as well as several other modern Christian theologians, the four canonized Gospels were actually written anonymously, and later ascribed to various authors who did not write them. In fact, none of these writers claimed to be an eyewitness; and although specific names were attached to the titles of the Gospels (i.e., “The Gospel According to Matthew”), the truth of the matter is these titles were later additions to these texts, which were provided by different editors and scribes.

The reality that the titles are not original to the Gospels themselves should be clear after some reflection. For example, whoever wrote Matthew did not call it “The Gospel According to Matthew.” The person(s) who gave it that title did so in the 2nd century A.D., and were informing the reader who, in their opinion, wrote this work (in ancient times authors never titled their books “According to Me”).

The Gospels were also written completely in the third person about what “they” (i.e., Jesus and his disciples) were doing, and never about what “we” (Jesus and the rest of us) were doing. Even when the Gospel of Matthew begins to narrate the event of Matthew himself being called to become a disciple of Jesus (Matthew 9:9-13), it talks about “he” or “Matthew” and not about “I.”

When the first three Gospels—Matthew, Mark, and Luke—are compared, it is unmistakable that the accounts are very similar to one another in content and expression. As a result, Matthew, Mark, and Luke are referred to as the “Synoptic Gospels.” The word “synoptic” basically means

“to see together with a common view.” All of the parables of Christ are found in the Synoptic Gospels, however the Gospel of John contains no parables at all.

The similarities among the Synoptic Gospels have led some to wonder if the Gospel authors had a common source, another written account of Christ’s birth, life, ministry, death, and resurrection from which they obtained the material for their Gospels. The question of how to explain the similarities and differences among the Synoptic Gospels is called the “Synoptic Problem.”

According to Dr. Ian Bond in his online article: *Who Wrote the Synoptic Gospels?*, “76% of the Gospel of Mark is reproduced almost word-for-word in both Matthew and Luke. An additional 18% of Mark is reproduced in Matthew but not in Luke, and a further 3% of Mark is in Luke but not in Matthew. This means that 97% of Mark is reproduced in Matthew and / or Luke. Only 3% of Mark’s material is unique to Mark and not found in Matthew or Luke.”

“Matthew contains 600 of Mark’s 661 verses. Luke contains 320 of Mark’s 661 verses. Of the 55 verses of Mark which Matthew does not reproduce, Luke reproduces 31; therefore there are only 24 verses in all of Mark not reproduced somewhere in Matthew or Luke.”

The following chart (Figure 1.119) shows that 23% of Luke is word-for-word identical to 25% of Matthew (approximately 220 verses), however this material is unique to these gospels and not found in Mark but originate from a second source. This suggests another literary source independent of Mark

was used by Matthew and Luke in constructing these two gospels. This hypothetical source biblical scholars call “Document Q” (from the German “Quelle,” or “Source”).

The problem with this theory, is that there is no hard evidence of any such “Q” document. No portion or fragment of a “Q” document has ever been discovered, and none of the early church fathers ever mentioned any Gospel “source” in their writings – biblically, theologically, or historically. However, the fact that no Q manuscripts exist today does not necessarily mean there was never such a thing. Many early Christian texts no longer exist, and we only know they did from their citation or mention in other surviving texts.

The following is a short summary of the construction of four New Testament Gospels. These books are called the “Gospels” because they chronicle the good news of Jesus’ life, death, and resurrection—which is the basis of Christian teaching:

- **The Gospel of Mark:** Was written sometime between 68-73 A.D., and the majority of modern biblical scholars believe that it was the first Gospel composed and the oldest written. It, along with other material originating from a manuscript of collected sayings of Jesus known as “Document Q” was used in the writing of the Gospels of Matthew and Luke.

The Gospel of Mark is the shortest and most direct of the Gospels. Mark was written for a Roman audience. Most scholars believe that the Gospel of Mark was possibly composed in Rome, and written by an anonymous, second-generation Christian shortly after the fall of Jerusalem and the destruction of the Second Temple in year 70 A.D. It is speculated that the book of Mark may be a collection of reminiscences of Jesus as told by Saint Peter to his friend and scribe John Mark. Saint Mark the Evangelist died on April 25, 68 A.D.

- **The Gospel of Matthew:** A part of the Gospel of Matthew was most likely written at Antioch, and another part in Roman Syria (or in Northern Palestine).

The Gospel of Matthew was written for a Jewish audience. It is extremely diligent, thorough, and very attentive in its attempt to connect and root Jesus’ words, actions, and prophecies to the Jewish holy scriptures that Christians call the Old Testament. Additionally, its author’s use of the phrase “the kingdom of heaven” is unique (32 times) and is not found anywhere else in the Bible.

Most biblical scholars generally agree that the Gospel of Matthew was composed sometime between 80 and 100 A.D., and the author was probably a Jewish Christian, writing for other Jewish Christians. Saint Matthew died in 74 A.D.

- **The Gospel of Luke:** Most biblical scholars agree that the Gospel of Luke was written in a large city West of Palestine, and many believe the author was originally from Greece or Western Asia Minor. As is the case with all of the Gospels, it is unknown exactly when the Gospel of Luke was written. However, many biblical scholars have proposed sometime between 85-95 A.D.

The Gospel of Luke was written for a broader Gentile (non-Jewish) audience, and places a definite emphasis on Jesus’ acts of compassion toward Gentiles and Samaritans. The book is also centered on Jesus’ personal growth and development.

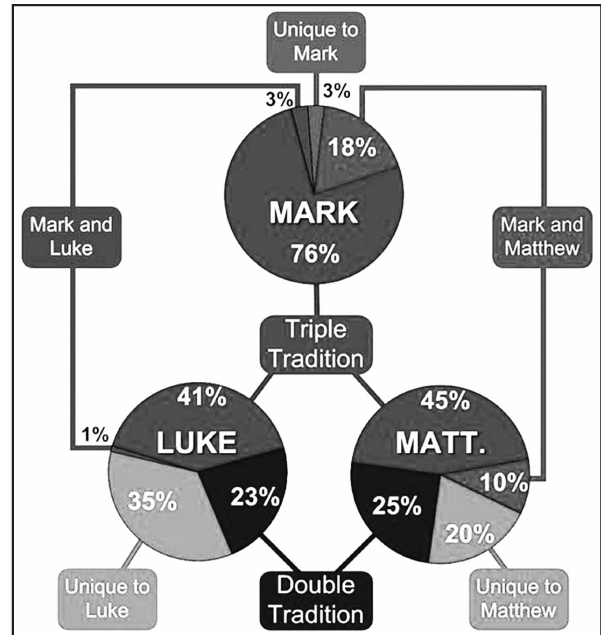


Figure 1.119. The percentage of scriptures from the gospel of Mark, that were added to the gospels of Luke and Matthew.

It is generally agreed upon that the Gospel of Luke and the Acts of the Apostles were both written by the same author. Saint Luke died in 84 A.D.

- **The Gospel of John:** Most biblical scholars date the Gospel of John sometime between 80–110 A.D., and believe that it was written in two different stages. It was most likely composed in the city of Ephesus, although other possibilities include Antioch, Northern Syria, Palestine, and Alexandria.

The Gospel of John is different than the other Gospels, and takes place mostly in Jerusalem. This Gospel does not talk about Jesus’ birth, and says little about his preaching in Galilee, which most likely occupied the greatest part of his preaching ministry. Saint John the Evangelist died in 98 A.D.

#### THE FOUR GOSPEL ANIMAL ICONS

For many centuries the four Evangelists Mathew, Mark, Luke, and John have been represented within the church by the use of symbolic icons portrayed in the image of four living creatures. However these symbols are actually older than Christianity, and appear in the Old Testament, in the first chapter of The Book of the Prophet Ezekiel (Ezekiel 1:4-10).

According to the scriptures, the hand of the Lord came upon Ezekiel, and in this vision he described the figure of four living creatures that came out of the middle of the flaming whirlwind: “Each of the four had the face of a human being, and on the right side each had the face of a lion, and on the left the face of an ox; each also had the face of an eagle.”

In Ezekiel’s vision, he is describing the angelic image of the powerful Four Faced Cherubim (Figure 1. 120), who are responsible for defending the Throne of God and for guarding the way to the Tree of Life. The symbology of this vision and the mystical teachings associated with it, are also found in ancient Merkabah Literature. Merkabah Mysticism (Chariot



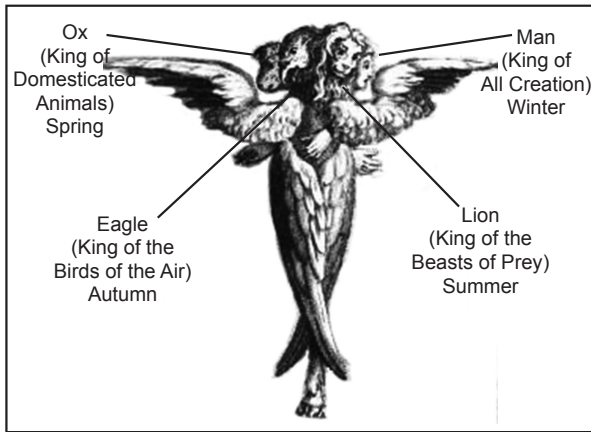


Figure 1.120. The Cherubim are the “Four Faced Ones.” These angels have the face of a man, an ox, a lion, and an eagle; they have four paired wings that are covered with eyes, have a lion’s body, and the feet of an ox.

Mysticism) is a school of Jewish occultism that describes the visions of certain men of God who in their mystical meditations ascended to the Heavenly Palaces and the Throne of the Almighty. Although the main collection of the written texts of the Merkabah literature was composed in Israel in 200–700 B.C., the ancient school of Jewish Mysticism that this original teaching is associated with can only be traced as far back as 100 B.C.

For certain Christians the iconic representation of these four creatures is understood as a revelation of the inner nature of a human being. For example, the ox symbolizes the body, and is associated with strength and bulk. The lion symbolizes the emotions, and is associated with pride and the desire to dominate. The man symbolizes the mind, and is associated with knowledge and reason. The eagle symbolizes the spirit, and is associated with the ascending transpersonal aspect of the human soul.

Within this special spiritual template, the Throne of God positioned above these four Cherubim (described in Ezekiel 1:26-28), is sometimes associated with the complete spiritual transformation of the eternal soul of man; which can only be accomplished through subjugating and mastering the inner four animal natures of our being.

Astrologers recognize these symbols as the four fixed signs of the ancient Hebrew Zodiac. In this chart there is Taurus the Bull (Spring), Leo the Lion (Summer), and Aquarius the Water Bearer (Winter), who is portrayed as a young man (Figure 1.121). Although Scorpio the Scorpion (Autumn) is traditionally seen as the fourth celestial icon, according to Isaac Myer’s *Qabbalah: The Philosophical Writings of Avicebron*, several Eastern astrologers say that the symbol of Scorpio is also symbolized by an Eagle.

The twelve signs of the zodiac are sometimes associated with twelve fundamental human natures, which are believed by many mystics to encompass the entire range of human experience and expression. Because of this, the four Gospel animal icons are sometimes said to represent four fixed signs in ancient astrology, which are believed to be the four anchoring points of the twelve signs of the zodiac and the four seasons, and serve as a symbolic abbreviation for them all.



Figure 1.121. The “12 Ancient Hebrew Astrological Zodiac, discovered in a 6th-century synagogue at Beit Alpha, Israel.

It is also speculated that in ancient times these four Gospel Animal Icons may have originally been seen as representing the highest forms of the different types of animals of creation. For example (Figure 1.122):

- **The Image of the Man** used to represent Saint Matthew, was believed to symbolize the “King of Creation;” simply because Man was created in the image of God.

In this sacred symbology, Matthew the Evangelist (the assumed author of the first Gospel) is indicated by the illustrated icon of a Winged Man; and corresponds to Aquarius and Winter.

Because Matthew’s Gospel starts with Joseph’s Genealogy, beginning with Abraham, it symbolically represents Jesus’ incarnation, and the human nature of Christ. Therefore this icon image signifies that all souls are destined to redeem their salvation with God.

- **The Image of the Lion** used to represent Saint Mark, was believed to symbolize the “King of Beasts of Prey” (all meat eating animals).

In this sacred symbology, Mark the Evangelist (the assumed author of the second Gospel) is indicated by the illustrated icon of a Winged Lion (used to represent courage and royal sovereignty; and corresponds to Leo and Summer).

Because the Gospel of Mark opens with the bold mission of John the Baptist’s voice “crying in the wilderness” for people to repent, this image signifies that all Christians should be courageous on their path of salvation.

- **The Image of the Ox** used to represent Saint Luke, is believed to symbolize the “King of Domesticated Animals” (all grass eating animals).

In this sacred symbology, Luke the Evangelist (the assumed author of the third Gospel) is indicated by the illustrated icon of a Winged Ox or Bull (used to represent strength, service, and sacrifice - as well as the atonement





Figure 1.122. The Four Apostle Icons: Matthew (Winged-Man), Mark (Winged-Lion), Luke (Winged-Ox), and John (Eagle).

for sins by presenting blood offerings), and corresponds to Taurus and Spring.

The Gospel of Luke begins with the duties of Zacharias in the Temple, and presents Jesus' sacrifice in his passion to share his truth, even to the point of crucifixion. The Ox therefore signifies that Christians should be prepared to sacrifice themselves when following the spiritual teachings of Christ.

- **The Image of the Eagle** used to represent Saint John, is believed to symbolize the "King of the Birds of the Air." In this sacred symbology, John the Evangelist (the assumed author of the fourth Gospel) is represented by an Eagle. As the Eagle soars upward towards the most elevated regions of the sky, he lifts his spirit to the highest of heavens, and brings back to earth the revelation of the Divine, and God's sacred mysteries. The Eagle icon also corresponds to Scorpio and Autumn.

The Gospel of John begins with an overview of Jesus as the "Logos" ("Word") and goes on to describe many personal things about Jesus' life that are not found in the other three Gospels. Therefore it represents Jesus' ascension, and Christ's divine nature. This symbolizes that Christians should look towards eternity with confidence, as they soar upward towards their highest spiritual goal of obtaining a divine union with God.

These Four Gospels are not eyewitness accounts. Instead they were written 35 to 65 years after Jesus' death as a collection of separate oral stories that were taken from various Christian communities. Jesus died around 30 A.D.; and the Gospels of Saint Matthew, Mark, and Luke date from about 68 to 100 A.D., and all have certain sources and themes in common. The Gospel of John however, was composed around 80 to 110 A.D., and is different in its written structure.

Therefore when we read about Jesus in each of the Gospels, what we are actually getting is not "History" but "Memory." Memory that was shaped by time, and influenced by doctrines that emphasized distinctive theological points of view from those who possessed personal agendas.

Remember there are always two sides to every argument. In order to understand what really happened to a person, place, or thing, it is essential to hear both sides of the story, and then to verify all of the facts.

We know for a fact that not only did the ancient Christians write the New Testament texts of the Bible, but that they also became strong enough to gain the attention and national support of the Roman Empire some 300 years later under

Emperor Constantine, who formed the first state approved universal Christian organization. With this influential government power as an important means of support, the Roman Catholic Church was able to successfully suppress the works of anyone who did not agree with the newly established state-church doctrines.

#### THE PURGING AND RESHAPING OF ANCIENT TEXTS

In 326 A.D. the Emperor Constantine ordered any and all books written by "Heretics" (defined as "any person holding an opinion different from what is generally accepted by the church") to be hunted down and destroyed. After that, Constantine issued certain decrees stating that all of the pagan works about Jesus of Nazareth should also be destroyed. In fact he referred to the destruction of some of these important texts in an official edict written and historically documented in 333 A.D. This official purging was intentionally done by Constantine and his successors to eradicate all works that were contradictory to the formal doctrines and teachings of the newly established Roman State Church.

#### WHAT DOES THIS MEAN CONCERNING THE GOSPELS

So let's now address all of this interesting information, and see if we can put it into its proper place within our Christian walk. Sometime between 61 A.D. and 65 A.D., the Apostle Paul wrote in 2 Timothy 3:16: *All Scripture is God-breathed and profitable for instruction, for conviction, for correction, and for training in righteousness.* If you believe this statement to be true, then you also understand that it does not really matter whether or not Matthew, Mark, Luke, or John actually wrote the four Gospels. The sacred books presented in the Holy Bible were all God-breathed, and provide a way for all people to grow spiritually through each author's unique insights and special understanding of God's divine teaching.

In life, the "word" of any sacred teaching does not really become "living" until a person's heart, mind, and soul actually embodies it, and externally manifests its divine transforming nature. And if we believe this statement to be true, then we also understand that other sacred scriptures can also be studied and used by Christians in order to spiritually grow.

Christianity is not alone in using the term "Holy Scripture" in order to honor and revere its sacred book. For example, Judaism holds the teachings of the Tanakh (the Hebrew Bible which is called the Old Testament by Christians) and the Talmud (which means "Study") which refers to two collections of rabbinical commentaries on the Torah (i.e., the Five Books of Moses which begin the Bible) as sacred scriptures, Islam holds the Quran and the Hadith as sacred scriptures, Buddhism holds the Diamond Sutra and the Heart Sutra as sa-

cred scriptures, the Daoists hold the Daodejing and Daozang as sacred scriptures, and Hinduism holds the Vedas and the Bhagavad Gita as sacred scriptures.

In contemporary English, the term "Scripture" (meaning "a Writing") describes any religious text that is deemed to be sacred or central to a certain religious tradition. Concerning its primary use, all religious texts are used to evoke a deeper connection with God, convey spiritual truths, promote mystical experiences, foster communal identity, and to guide individual and communal spiritual practice.

Many religions and spiritual movements believe that their sacred texts are divinely or supernaturally revealed or inspired. In fact, all monotheistic (belief in one God) faiths believe that their sacred texts are the "Word of God," and view their special writings to be of divine revelation.

If indeed *All Scripture is God-breathed and profitable for instruction, for conviction, for correction, and for training in righteousness* (2 Timothy 3:16), then we as Christians need to get down to the brass tacks of understanding these ancient teachings. We have three primary choices of interpretation:

1. First, because the New Testament did not exist when Paul the Apostle (who was a Jewish Pharisee) was stating "all scripture," he was actually only referring to the Hebrew Bible, in other words the founding religious documents of the children of Israel (Figure 1.123).

Timothy H. Lim, Professor of Hebrew Bible & Second Temple Judaism at the School of Divinity, University of Edinburgh, identifies the Old Testament as "a collection of authoritative texts of apparently divine origin that went through a human process of writing and editing." He states that it is not a magical book, nor was it literally written by God and passed to mankind. By about the 5th century B.C. Jews saw the five books of the Torah ("Teaching") as having authoritative status; by the 2nd century B.C. the Nevi'im (Prophets) had a similar status; beyond that, the Jewish scriptures were fluid, with different groups seeing authority in different books.

In 2 Timothy 2:15, this is the true context that Paul was referring to when he wrote, *Study to show yourself approved unto God, a workman that has nothing to be ashamed of, correctly explaining the word of truth.*

2. Second, believe that the statement *All Scripture* applies to "all" sacred scripture, past, present, and future; which also includes the writings of the New Testament of the Christian Bible, the Muslim's Quran and Hadith, the Buddhist's Diamond and Heart Sutra, the Daoist's Daodejing and Daozang, and the Hindu's Vedas and Bhagavad Gita, etc.
3. As a third choice, you may choose to only accept what was originally written within the Christian Old and New Testament Bible as your main source of spiritual sustenance. And to be honest, there is nothing wrong with this approach. However — which Christian Bible version will you choose? For example, the Protestant Christian Bible has 66 sacred books, the Roman Catholic Christian Bible has 73 sacred books, and the Eastern Orthodox Christian Bible has 78 sacred books.

What makes matters even more confusing is the fact that although translations of the Latin Vulgate Bible have dominated Western Christianity since the Middle Ages, the Bible has additionally been translated into English



Figure 1.123. The "Tanakh" or "Mikra" ("What is Read") is the Hebrew Bible, separated into three main divisions: the Torah (Teaching), the Nevi'im (Prophets), and the Ketuvim (Writings).

from the ancient biblical languages of Hebrew, Aramaic, and Greek. In addition to this, there are also three types of bible translations available: Literal Word-For Word Translations, Dynamic Equivalent (Thought for Thought) Translations, and Free-Style (Paraphrase) Translations (Figure 1.124).

To date, there are over 108 different translations of the complete Christian Bible, all of them claiming to be the correct version. In addition to these, there are six other translations of the Old Testament and thirty-two other translations of the New Testament.

Because various groups of Jews and Christians differ on the content of the Bible, each believing that the other is an "incomplete translation," we now have access to over 146 different versions of the Bible. The problem in studying only one version, is that after a time an individual can sometimes adapt a single minded approach to studying spirituality; which often limits their understanding of other important observations and approaches toward discovering enlightenment (remember the "Six Blind Men and the Elephant" story on page 17). If you unyieldingly adopt the attitude that the sacred scriptures that you have been studying are the "only true words of God," and miss the deeper spiritual teachings which are designed to free you from having such an attitude, you then reveal yourself to the world as currently being closed to a deeper spiritual growth. Often this type of narrow-minded resistance can originate from beliefs that were created from past negative experiences and low self-esteem, or even mental illness.

Our refusal to spiritually grow and emotionally mature as children of God is an insult to our Christian faith, and to the teachings of Jesus Christ. Remember, the primary goal for studying any sacred scripture is to assist a person in their spiritual evolution, and to help them grow more radiant as a child of God. Although any religion can function as a good starting place to learn the basics, if you do not evolve beyond this important point of essential foundation training, your spirit will begin to stagnate. Religious dogmas and clerical

Word-For-Word Bible Versions	Thought-For-Thought Bible Versions	Paraphrase Bible Versions
<p>The Literal Word-For-Word Translation attempts to keep the exact words and phrases of the original text. It translates each Hebrew or Greek word into a corresponding English word. However, some people consider this translation much harder to understand; especially when it comes to certain figures of speech that are no longer used in our modern culture. Examples of Literal Translation Bibles include the following:</p> <ul style="list-style-type: none"> <li>• New American Standard Bible</li> <li>• New American Standard Updated</li> <li>• Amplified Bible</li> <li>• English Standard Version</li> <li>• Revised Standard Version</li> <li>• King James Version</li> <li>• New King James Version</li> </ul>	<p>The Dynamic Equivalent (Thought-For-Thought ) Translation attempts to keep a constant historical pattern with regard to accurate history and facts, but updates the writing style and grammar to express the meaning of each sentence or paragraph from the original language in simple up-to-date English, without being tied to translating every word. Examples of Dynamic Equivalent Bible Translations include the following:</p> <ul style="list-style-type: none"> <li>• Holman Christian Standard Bible</li> <li>• New Revised Standard Version</li> <li>• New American Bible</li> <li>• New Jerusalem Bible</li> <li>• New International Version</li> <li>• Today's New International Version</li> <li>• New Century Version</li> <li>• New Living Translation</li> </ul>	<p>Free-Style (Paraphrase) Translation attempts to keep the ideas from the original text without being constrained by the original words or language. It seeks to eliminate historical distance by conveying simple, easy-to-understand language through "poetic license," leaving great room for personal interpretation and thought-provoking spiritual ideas. Examples of Free-Style Bible Translations include the following:</p> <ul style="list-style-type: none"> <li>• New International Reader's Version</li> <li>• Good News Translation</li> <li>• Good News Bible</li> <li>• Contemporary English Version</li> <li>• The Voice</li> <li>• The Living Bible</li> <li>• The Message</li> </ul>

Figure 1.124. There are many types of bible translations: Word-For-Word, Thought-For-Thought, and Paraphrase versions.

formulations eventually can all too often become a refuge, especially to those who have forgotten how to seek the pathway of divine truth within themselves.

The true purpose of any religion is to bring people closer to God. Therefore if any ancient text offers a new approach on certain spiritual teachings that are familiar to you, then instead of denouncing it, why not simply accept what it says with gratitude. The important thing here is that these differently worded statements be supportive of the same beliefs that you have come to understand, through the leading and guiding of God's Holy Spirit.

This is why, as a child of God, you are free to drink clear water from other wells, knowing that it is the divine nature of your walk with Jesus the Christ which will awaken these sacred teachings within your heart and mind, and allow you to spiritually mature. Because true spiritual sustenance comes from the same divine source, by eating and assimilating the various transforming foods provided by other enlightened masters, your personal spiritual growth will increase, expand, and flourish, even though these teachings come from different religious cultures. This is indeed a truly valuable and extremely priceless gift.

Take for example certain Buddhist teachings. Traditionally the disciples of Buddha were taught that all life is suffering, which initially occurs because people often want more or something better than what they currently have. If people can accept and be grateful for what they currently have, and for what God has provided them, and stop wanting more, they will become content and happy in life. Sound familiar? It is written that Jesus said very much the same thing in Matthew 6: 31-34.

The Buddha (Awakened One) taught that if a person's spiritual practice does not bring them great joy, gratitude, and inner-peace, then something is wrong; and that it reveals they are currently lacking a correct view of their situation, as well as proper motivation. In such a case, they may have allowed some form of distraction to rob them of their God given birthright to live a joyous life, and have allowed their spiritual heart and mind to descend into one of the Six Realms of Suffering. Think of these Six Realms of Suffering as an ancient diagnostic form of spiritual psychology; wherein each realm reveals a hidden toxic emotional state that a person is currently focusing on,

instead of joyfully walking with God. These Six Realms of Suffering can simply be described as follows:

- **The Hell Realm:** This is the realm of anger, self-righteous fundamentalists, and hate-filled victims.
- **The Hungry Ghost Realm:** This is the realm of neediness, chronic self-pity, and ceaseless cravings.
- **The Animal Realm:** This is the realm of over-protection, and endless boundaries. It is internally constructed from fear, and maintained by ignorance.
- **The Human Realm:** This is the realm of competition and self-indulgent justification.
- **The Demigod (Titan) Realm:** This is the realm of jealousy, and envious self-defensiveness.
- **The God Realm:** This is the realm of entitlement, and intoxicating self-infatuation.

I remember a famous 2016 interview, where the 14th Dalai Lama of Tibet (Lhamo Dondrub) was talking with the current (2018) Pope of the Roman Catholic Church, Pope Francis. During this special interview, the Dalai Lama looked at the Pope and said, *We don't want to convert people to Buddhism, that would be foolish. Instead, if someone is interested in studying the teachings of the Buddha, and this unique information suddenly helps to make them into a better man or woman of God in their particular faith, then we are truly happy, as this is the primary goal of all of our teachings.*

When I read this particular article, I was truly impressed with the great wisdom and profound spiritual understanding and maturity of the 14th Dalai Lama, and sincerely believe that people should share the same religious conviction as this great spiritual master. By choosing to adopt this simple yet profound spiritual state of mind, any man or woman of God can be used as a healing vessel to positively influence the life and spiritual growth of other like-minded individuals.

The hidden teachings concealed within sacred scriptures are not connected to or associated with common knowledge. Instead they contain profound spiritual insight and wisdom designed to inspire and uplift any true child of God. However, these great spiritual teachings are only revealed in the hearts and minds of those individuals who truly seek to understand the higher mysteries of God; and who also understand that God's divine grace and infinite power are actually open to anyone who will call upon the sacred sanctity of His holy name.



One important point that Assistant Pastor Steve often encouraged me to remember was that “fundamental people tend to fight and divide — while spiritual people tend to nurture and support.” He explained that for the most part, all Christian churches love the same Creator God; it’s just that certain people don’t like the way that other people worship this divine deity. Because they believe that their way is the only way, they often fight and condemn each other to “Hell” over this simple matter. Sounds silly huh?!

One of the most important things that I have come to truly understand from studying ancient Buddhist teachings, is that “what you are” as a spirit of divine light is creative, intelligent, and perceptive. When “what you are” and “who you are” are both in spiritual alignment with God’s divine will, your eternal soul awakens, and your spiritual self becomes enlightened.

However, when our survival-based personality begins to identify with “who we are” as opposed to “what we are,” the ego begins to energetically feed our false identity; and manifests one or more of the previously mentioned Six Realm Buddhist psychology patterns into existence. This often happens because whenever you over-identify with any type of emotion, you automatically attract the same kind of emotional energy towards you. The more that you identify with these toxic programmed identities and the trophies (internal stories) that you keep in order to support these old energetic patterns, the harder it becomes to let go of these false identities.

When seeking to heal from any of these old toxic states, remember the energy of “what was,” may be destroyed by concentrating on “what’s next?” If you can destroy the internal ego that maintains the old story that causes you to react with anger and fear, then you can free yourself from the energetic shackles that keep you connected to the old emotional “ghosts” of your past.

Because this enlightening Buddhist teaching (“what was - is destroyed by what’s next”) supports our Christian beliefs (“Forgetting the past and looking forward to what lies ahead,” Philippians 3:13), it becomes extremely useful as an important tool through which to spiritually evolve. This understanding allows us to recognize this type of emotionally fallen state, and consciously choose to forgive and reclaim our original joy. For Christians this is essential, *for the joy of the Lord is our strength* (Nehemiah 8:10); and, as the Old Testament states, *you shall go out with joy, and be led forth with peace* (Isaiah 55:12).

## FINDING PEACE IN A TURBULENT SITUATION

So far we have covered simple observations surrounding the origin of our Christian religion, and what occurred during the First Council of Nicaea. We have additionally covered certain teachings surrounding the deification of Jesus of Nazareth, the doctrine of the Holy Trinity, and the writing of the Holy Bible as God’s spoken word.

If you currently look on the “Web” (i.e., the Internet), you will be able to uncover all sorts of information surrounding these topics, and the various assorted theories and beliefs associated with these ancient teachings. Much of this information is posted on *Wikipedia (The Free Encyclopedia)*, as well as numerous web sites found on Google.

Some of this information and knowledge is really uplifting and encouraging, while other information is simply

heart breaking. So, let’s stop for a moment and take a look at what we have discovered, and how to integrate all of this information into our personal spiritual walk.

First, there is a big difference between spiritual practitioners who do the work and experience miraculous transformations within their lives, and those individuals who are academic scholars, who study the work in order to try and grasp its historic significance. Both approaches have their value and place in life, and can be either extremely supportive and helpful to build up your spiritual walk, or can also act as great stumbling blocks to your personal faith and beliefs, depending on what or where you place your trust. This is especially true when certain teachings have been cloaked in suppositions and assumptions; or certain facts have been misrepresented and their true meanings have been grossly taken out of context. One example of this is any church’s assertion that it alone possesses the exclusive rights to dispense God’s grace on earth. This “*Extra Ecclesiam Nulla Salus*” (“outside the church there is no salvation”) doctrine in considered by many bible scholars to be one of the bizarre yet most successful scare tactics that the ancient Christian church used in order to keep its converts.

Because man almost always shifts knowledge to his advantage (because of the hidden agendas in their heart) it all comes down to truly trusting who is interpreting what was said and why. So that you may understand this key point, I will share with you an incident that happened to me many years ago.

One of my senior students was traveling back East from San Francisco, California, to teach a seminar on Chinese Energetic medicine. During his flight out, he sat next to a senior advisor of the U.S. Office of Research and Statistics. Because this person was currently the Head of the Data and Statistics Division in Washington D.C., my student expressed his excitement about what he believed to be an extremely fascinating occupation; and how he was truly envious of this man’s job.

At that point, his traveling partner looked at him, smiled, and stated that my student could choose any topic, and he would provide the research that irrefutably proves or disproves his statement. He further explained that he had access to so many records of researched information, examinations, and knowledge, that this intelligence could be used to establish the truth and validity of anything he wanted, simply by providing overwhelming evidence to prove that his opinion was correct. Because this information can be used to either establish the authenticity of something or to discredit it, his department does not allow civilians to have access to any of their extensive information files.

This bold statement completely shocked my student; and when he returned back from teaching his week-long seminar, we discussed this interesting yet somewhat upsetting encounter.

I explained to my student that all creation originates from spiritual energy that is manifested through faith; which is externally supported by the projected energy of a person’s beliefs, his directed aim, and focused mind. With this as a basis for energetic manifestation, anything is possible. All that is required is the strong belief and unyielding conviction in what you choose to accept as true. If this belief is strong enough, a powerfully directed faith and complete trust in something can actually cause both your heart and mind to generate enough spiritual energy to bring about what you think about. This is one of the reasons why a person is often cautioned to never believe

in something simply because they have heard it, or because it is rumored to be true by certain spiritual elders or teachers from a specific scientific school of study. Instead, they are encouraged to first observe and then analyze everything. Then, if they find that some special knowledge or sacred teaching agrees with their heart and mind, and illuminates their innermost spirit, they are encouraged to accept it, train and develop it, and embody its teachings for the benefit of themselves and others.

For example, because of my relationship with God, I have had the great honor of being able to personally bear witness to many supernatural miracles, all occurring in the name of Jesus Christ, and for the complete glory of God the Father.

When any of these supernatural miracles occurred, there was “NEVER” an issue of if I believed in the deification of Jesus, the virgin birth, the doctrine of the Holy Trinity, or the writing of the Holy Bible as God’s spoken word. Instead, all that was needed to receive divine guidance and miraculous assistance was to simply humble myself and ask God for his loving help and support. In many situations, I would often remember what the word of God speaking through his prophet Jeremiah said, *Call to Me, and I will answer you, and I will tell you great and hidden things, which you do not know* (Jeremiah 33:3).

In my mind, because of our agreement, God has the right to lead and direct my life in the manner that He chooses. Because of this I have learned to welcome his will, and trust in the leading of his Holy Spirit. In this way, when I pray for certain things, it is a natural part of my relationship with God to receive them so that many will benefit. Which is why I feel very comfortable coming to God with my personal needs and concerns, because my life mission is focused on His divine service.

#### THE DIVINE INFLUENCE OF GOD’S SPIRITUAL LIGHT

Many of the thoughts that enter into our minds are not necessarily from ourselves, but are thought projections originating from the earthly realm in which we live (see *Hidden Teachings Vol. 2, Chapter 5*). This is why it is up to us to discern and detect which of these thoughts originate from the upper spiritual realm, and which ideas originate from the lower earthly realm. You may now ask, exactly what are the influences of the upper spiritual realm?

The answer is that the presence of the divine light in our spiritual lives leads to an increased compassion for others, unconditional love, inner-peace, and feelings of great joy, as well as an inner wisdom of knowing what is the correct thing for us to say or do. Therefore if we are to follow someone in our spiritual walk, it is not enough for that person to only have a strong faith in God and quote holy scripture. They must also emanate the divine presence of the spiritual light of God. In this way, we also gain the needed inspiration to continue our spiritual growth.

No matter how much divine light a person has developed, the opposition (i.e., forces of darkness active within the world) will often attempt to neutralize it, and try to energetically bind-up and trap the spiritual evolution of the person’s eternal soul. These types of spiritual traps exist for all of us; and is the main reason why Jesus himself had to pass through three main temptations in order to prove his ability to maintain his spiritual light.

It is only after these various tests have been successfully overcome that a greater light and stronger spiritual power of God can truly be embodied. Just as the various religious rulers of this earth and various spirit entities existing within the lower



Figure 1.125. Many times hurtful sacrilegious actions occur because religious people often become competitive with each other instead of being loving towards one-another; like the founders of these great spiritual traditions originally advocated. (Inspired by Rob Rogers insightful editorial cartoon: Religious Crusades)

heavenly realms plotted to take away Jesus’ divine power, so too will various people of the earth resent your movement away from ignorance and darkness towards the true wisdom of God. The sad thing is, sometimes these individuals can exist as priests and senior members of different church organizations.

Many times hurtful, sacrilegious actions which are blasphemous, irreverent, and disrespectful occur because certain religious people become competitive with each other (even with people within their own faith), instead of showing love and respect towards one another. This is truly disappointing, because the primary founders of many of the great spiritual traditions advocated that their disciples show love and respect towards everyone (Figure 1.125). This is why in John 13:34-35, Jesus is quoted as saying, *A new commandment I give to you, that you love one another; just as I have loved you, you also are to love one another. By this shall all people know that you are my disciples, if you have love for one another.*

Instead of being preoccupied with “soul trafficking,” (i.e., the superficial winning over of people to a specific faith or religion), let us instead be living examples of true men and women of God, and always be ready to help people grow in their own spiritual walks, no matter what their preferred religion. By teaching them through our own loving actions how the sacred words of God have spiritually transformed our lives, we become a spiritual sanctuary for all faiths.

This quest to “do the right thing,” is one reason why it is essential to create the spirit body’s radiant Garment of Light and feed this spiritual light through prayer and the reading of holy scripture. This spiritual fuel acts as a daily renewal and spiritual cleansing for the soul. Without this important spiritual cultivation, the negative energetic influences of the external world begin to penetrate and affect our everyday thinking and actions. Once this occurs, the dark turbid thoughts start to drain the body’s life force, causing it to become weak and tired. The mind then becomes sleepy and lethargic, and the special intuitions of the spirit begin to close down.

Because all scripture is given to inspire the heart and uplift the soul, choose wisely where you decide to spiritually feed and quench the hunger and longing of your soul.

## CHAPTER 25. WHAT IS DIVINE ENERGY?

All matter is constructed out of atoms – which are made up of electrons that orbit a nucleus. The largest part of any atom is empty space. This empty space acts like an invisible force field, emitting waves of electrical energy.

All energy that is stored within matter is contained in the form of energetic pools of vibration; which either speed up or slow down in order to create a person, place, or thing's physical shape and form. Because this energy is manifested through God's divine mind, it is imprinted within all minerals, plants, insects, fish, animals, and humans that exist on this earthly realm. Vibrating within these different energetic pools, are electro-magnetic currents that internally flow like rivers and streams throughout each physical structure.

Since ancient times, the Gnostic Christians and Jewish Mystics have been aware of this flow of life force energy; and have sometimes referred to it as the holy Breath of God, which they believed was responsible for animating all life.

All life force has mass, similar to the way that smoke or vapor have mass and subtle energetic density. In fact, many ancient civilizations were aware of this life force energy, and in China there is an ancient saying that states, "Human life comes into being because life force energy is amassed; once this life force energy begins to scatter and disperse, the person dies."

### MATTER, ENERGY, AND SPIRIT

When contemplating the physical body and the energy that influences the health of the tissues, imagine your body's life force as the energetic medium or bridge that actively exists between matter (i.e., the tissues of your body) and spirit (the internal thoughts and emotions that move the energy currently flowing within your body's tissues).

The vibrational patterns of energy are revealed in three primary levels of manifestation:

- **Physically as Matter:** At this level, energy manifests through the physical structure and energetic matrix (medium) of a person, place, or item's external form and shape. These arrangements may be observed within the esoteric patterns of Sacred Geometry.
- **Energetically as Resonant Vibration:** At this level, energy manifests through heat, sound, light (color), electricity, and magnetic fields resonating within the physical medium of a person, place, or object.
- **Spiritually as Divine Mind:** At this level, energy manifests through subtle vibrations which contain special "messages" (i.e., memories, thoughts, ideas, and feelings). Some Christian mystics teach that the subtle vibrations of these messages can extend throughout infinite space, and may often flow to and from the radiant Throne of God.

By observing, studying, and training to influence as well as utilize these life force patterns, a person can eventually awaken to a deeper awareness of the cosmic order established on earth through the divine mind. They will in time learn to activate and control these energetic influences, and to understand the deeper spiritual manifestations originating from any person, place, or thing.

### THE FIVE REALMS OF DIVINE ENERGY

The divine nature of an energetic field is considered mysterious by most modern scientists, even though according to

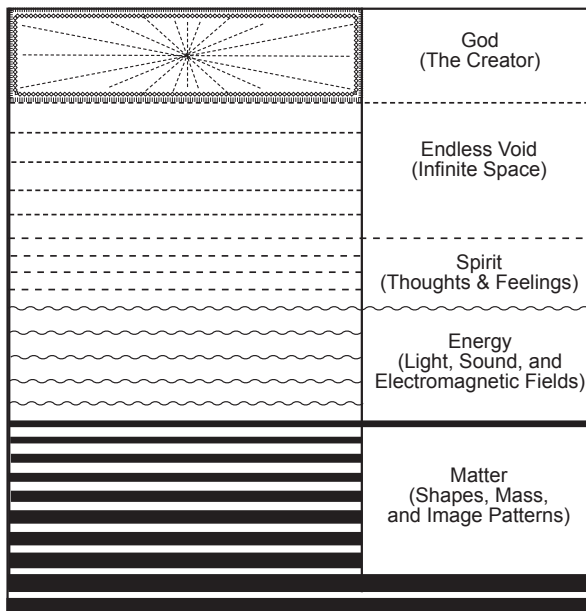


Figure 1.126. The Divine Nature of an energetic field is still considered mysterious by most modern scientists.

modern physics, energetic fields are more fundamental than matter. For example, energy fields cannot be explained in terms of matter; rather, matter is explained in terms of the energy fields (Figure 1.126).

On earth, the various transformations associated with life force energy can be studied in terms of five main realms: mineral, plant, animal, human, and divine. Within each of these realms energy can manifest as light, sound, and electromagnetic fields, as well as in specific shapes and image patterns. All are governed and systematically interact with the divine mind of God the Creator, and as such it is God who is responsible for influencing and maintaining the internal structure of the kingdoms of each of these five realms.

With each increase in vibrational frequency, there is a corresponding increase in complexity, consciousness, and level of awareness. There is an ancient Chinese saying that explains this nicely, "Consciousness sleeps within minerals, dreams within plants, begins to stir within animals, and is awakened within man."

The Five Realms or manifestations of matter and energy are described as follows (Figure 1.127):

1. **The Realm of Minerals:** This is the lowest, densest, and slowest form of energetic vibration. Mineral particles divide, disintegrate, and eventually combine with the elements of wind (air) and water to form the earth's soil. Every particle in the soil retains its original primordial energy as it continuously interacts with the energy and consciousness of the divine.
2. **The Realm of Plants:** The energetic properties of the mineral realm are absorbed by the plant realm, where they are refined and organized into a more powerful energetic medium. Thus the plant realm is considered the next higher form of energetic vibration. All of the earth's vegetation (trees, bushes, flowers, herbs, plants,



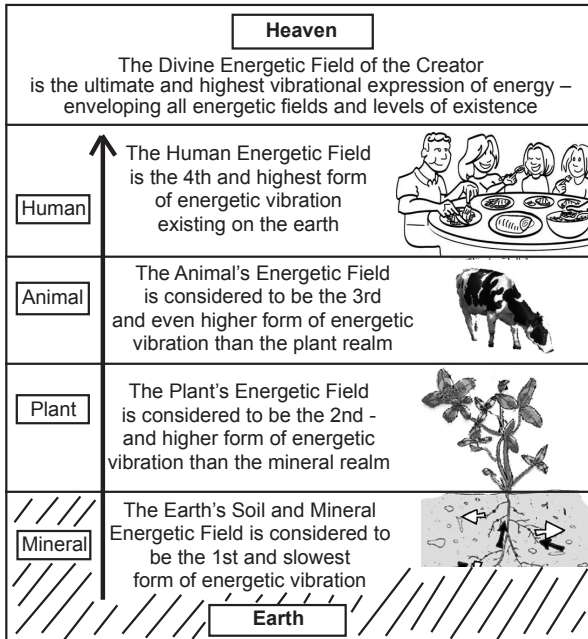


Figure 1.127. The five realm manifestations of matter and energy.

etc.) absorb life force energy from the minerals' energetic field, increasing and multiplying the plant's energetic potential. Therefore, the plant's energetic field is considered the next level of ascension in energetic evolution towards the divine energetic field.

3. **The Realm of Animals:** The energetic properties of both the mineral realm and plant realm are next absorbed by the animal realm, where they are refined and organized into a more powerful energetic medium. Thus the animal realm is considered the next higher form of life force energy. As the animal consumes and absorbs energy from the plant's energetic field, it further increases and multiplies its own energetic potential, bringing it one step closer towards the divine energetic field. In this form of spiritual manifestation, the energetic field of the animal realm is now combined with the energetic medium of both the plant realm and mineral realm.
4. **The Realm of Man:** The energetic properties of the mineral, plant, and animal realms are absorbed by the human realm, where they are refined and organized into an even more powerful energetic medium. Because humans consume and absorb energy from all three preceding realms (mineral, plant, and animal), their energetic potential is further increased and multiplied. This brings the energy potential of humans one step closer towards the divine energetic field. This is considered the second highest form of energetic vibration and life force energy. Humans are unique in that, through diet, prayer, and meditation, they can intentionally refine and enhance their own energetic potential.
5. **The Realm of the Divine:** This is the highest vibrational expression of energy known. As it envelops and becomes active within the human body, it further increases and

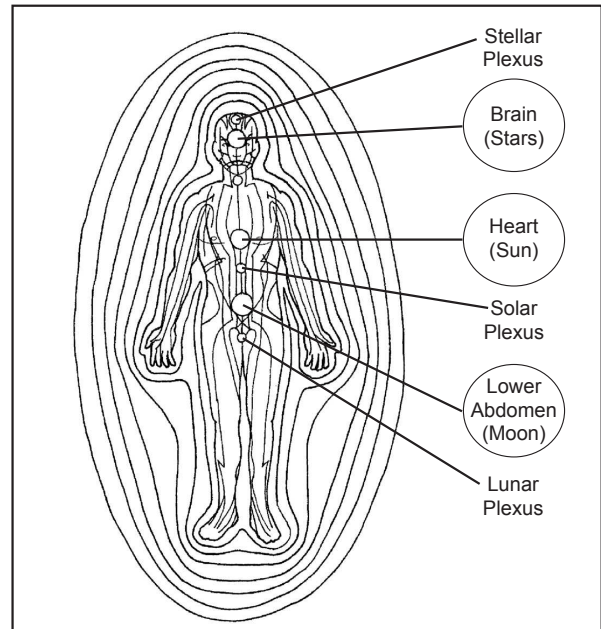


Figure 1.128. In ancient Christian Alchemy, the locations of the brain, heart, and lower abdomen energetically correspond to the radiant celestial energies of the Sun, Moon, and Stars.

multiplies the body's energetic potential, allowing mankind to attain divine consciousness.

All of these energetic fields originate from one source, and thus contain the vibrational resonance of the divine mind and God's life force energy. Knowing this, the ancient Christian mystics believed that it was possible to enhance the nutritional value of what they ate by adapting an attitude of deep respect for the plants and animals that gave their life force energies for their personal consumption. Which is why praying over and blessing the food, as well as preparing it with a loving attitude, allows for a better consumption of not only the vitamins and minerals contained therein, but also an easier absorption of the higher vibrations of the divine energy inherent within these foods.

Once you have become awakened to this divine energetic field impregnated within all of matter, you can begin to experience the subtle energy fields existing within the vibrational resonance of all minerals, plants, animals, and human beings. This increased awareness of the divine life force energy also strengthens your body's internal as well as external awareness. This helps you to feel the external energetic influences currently affecting your body, mind, and spirit. This knowledge can in turn deepen the conscious and unconscious connections existing within all the subtle energetic fields resonating between your mind and body, and the various mineral, plant, animal, human, and divine kingdoms.

This understanding was believed to be so important that by working from their wisdom of the relationships of divine energy fields, ancient Christian mystics saw correspondences existing between different areas of the human body and the heavenly celestial trinity of the sun, moon, and stars (Figure 1.128).

## CHAPTER 26. UNDERSTANDING DIVINE LAW

All life and all of creation exists and functions according to God's Divine Laws. So let us take a closer look at what some of these Divine Laws consist of.

### THE LAW OF ONE

The first Divine Law states that "The Lord God is One," which expresses the belief that the divine force impregnating and supporting all manifested matter originates from the one true source of all creation — the radiant Breath (Spirit) of God. In fact, the opening of the "Shema" ("Saying") from the Hebrew Bible, which is the central teaching in ancient and modern Judaism, states: *Hear, O Israel: The Lord our God, the Lord is One* (Deuteronomy 6:4). In Mark 12:28-29, Jesus claimed that this ancient scripture was the most important of all the Commandments.

The spelling of God's name "YHVH," is a composite form of the Hebrew verb "to be." Thus in its past, present, and future forms it means that God's name actually refers to "Is, Was, and Will Be." That is to say, God is timeless and infinite. By understanding that God is beyond time and space, it frees us from the limited notion of thinking of God as the Old Man in the Sky (Figure 1.129).

On a deeper level, the insight into "God is One – and that all is connected to God" reminds us that when we are in conflict with the environment or with other religions, people, and nations, we are actually in conflict with a projected aspect of our own divine self.

The saying "God is One" is not about a number. Instead, it refers to the universe where there is nothing but God, who is the eternal force that animates everything, and exists at the center of all space and time. Rabbi Azriel of Gerona, one of the great teachers of Kabbalah in 13th century Spain explained this understanding well when he wrote: "We know that everything visible and perceivable to human contemplation is limited; and that everything that is limited is finite, and everything that is finite is therefore insignificant. Conversely, we understand that which is not limited is called 'Eyn Sof' ('Without End'), and is absolutely undifferentiated in a complete and changeless Unity; therefore if God is truly without limit, then nothing exists outside of God. And since God is both exalted and hidden, God is the essence of all that is concealed and revealed."

### THE LAW OF THREE

The second Divine Law is known as "The Law of Three," which states everything that exists is a result of Passive, Active, and Neutralizing energetic forces converging at the same point at exactly the same time.

The names used to describe these three energetic states, express the unique role that each of them play in the creative manifestations that come from the mind of God. The Passive Force is defined as "the static energetic condition," manifested for example as "Space." The Active Force is defined as "the dynamic energetic condition," manifested in this example as "Time." The Neutralizing Force acts as "the energetic stabilizer," and in our example is the "Still Point" that exists between the Active and Passive forces. This action ensures the maintained equilibrium of all seen and unseen created manifestations (Figure 1.130).

These three forces (Active, Passive, and Neutralizing) mirror the three conditions through which the entire Universe was conceived. It is said that the Law of Three originated from the esoteric oral traditions of the Eastern Orthodox Christian church. One method used to teach these three important



Figure 1.129. God is beyond time and space, which frees us from the limited notion of thinking of God as "the old man in the sky."

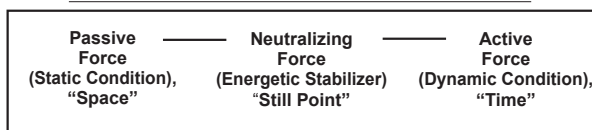


Figure 1.130. The second Divine Law of Creation is known as "The Law of Three," and is associated with Passive, Active, and Neutralizing forces.

concepts was through the idea of making bread; the reason why this comparison was used, was because in order to make bread, you need to have flour, fire, and water.

Flour represents the Passive force; fire represents the Active energetic force; and the water represents the Neutralizing force. If you think about it, the Passive Force represents all of the possibilities of creating a certain energetic state or phenomenon. The Active Force therefore appears as the awakening power or Realizer; while the Neutralizing Force acts as the regulator or Harmonizer of the energetic actions occurring between the two existing forces. All three forces must be properly applied in a harmonizing manner, at the precise time of their created manifestation.

In this example, even with good flour the bread can still turn out badly or inedible, especially if too much or too little water is added, or if the fire is too strong or too weak. Therefore the Active force (fire) and Neutralizing force (water) must be regulated in accordance with the Passive force (flour).

The substance which serves as an energetic representative for one specific type of force (e.g., the Passive Force), may in other situations act as a different type of energetic force (Active or Neutralizing). Therefore in the context of Passive, Active, and Neutralizing forces, we are specifically referring to the energetic action of the manifested substance.

To better understand The Law of Three, it is essential to search for and uncover as many examples as you can to comprehend how these forces express the creative manifestation of all life, through the divine mind and breath (spirit) of God. This allows your heart and mind to gain a deeper understanding of Jesus of Nazareth's sacred teachings. The Law of Three is a practical spiritual tool. Its influence not only extends to cosmology and metaphysics, but can also be applied towards solving problems, affecting political outcomes, and navigating through various personal impasses.

In the previous example of making bread, by understanding the Law of Three, you can open your Bible to John 6:48-51, and read Jesus' words: *I am the bread of life. Your forefathers ate manna in the wilderness, and yet they died. But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread that came down from heaven. If a man eats of this bread, he will live forever. This bread is my flesh, which I give for the life of the world.* After reading this passage, you begin to understand the deeper spiritual meanings hidden within the "Bread of Life" statement that Jesus was referring to. By comprehending the spiritual actions associated with the Passive (Receiving - flour), Neutralizing (Transforming - water), and Active (Eating - fire) energetic forces that were involved in his life, you can see how each of these actions combine in order to spiritually manifest his divine transformation.

You will additionally awaken to the understanding that Jesus was also speaking of the higher spiritual manifestation of his transformed radiant Body of Light as the Bread of Life. This sacred vehicle of divine power is the essence of Christ himself, spiritually connected to God the Father, the original source of all creation. Which is why in church during the act of receiving the Holy Eucharist, when the altar bread is broken into two divisions, it represents the primordial division of the One Eternal God becoming Two (matter and spirit); and portrays the energetic manifestation of the Passive (God the Creator), the Active (Holy Spirit), manifesting within the Neutralizing force (the Eternal Soul).

During the church service, after ingesting the powerfully charged spiritual forces contained in this broken Bread of Life, the transforming energy is radiated outward, influencing the body, breath, and mind of all who are open to receive what the Spirit of God has to offer.

In comprehending this, you will then understand a deeper esoteric teaching associated with the Holy Trinity (Figure 1.131), in which God is considered to be the one true creative power; and the three creative forces (Active, Passive, and Neutralizing) are all said to energetically reside united within Him.

According to one of my teachers, this was the way that the doctrine of the Holy Trinity was introduced in certain Gnostic Christian monasteries. This is why the Baptism of Water (the spiritual transformation of the physical body) and the Baptism of Fire (the spiritual transformation of the heart and mind) are both considered essential when establishing a strong spiritual life as a Christian (the moldable "Flour").

These three energetic combinations (body, heart, and mind) allowed the early Christians to understand and experience that they were the living representatives of God's Bread of Life on earth; and helped them to stand strong as true followers of Jesus Christ, who were actively filled with God's Holy Spirit.

### THE SEVEN SACRED LAWS OF CREATION

According to the Old Testament the number seven is identified with something being completed or divine perfection, wherein a holy mandate is manifested and fulfilled. In fact, in ancient Egypt the number seven was considered to be a "God Number," and is why the Pharaoh usually ordered things in groups of multiples of seven.

The first mention of the number seven in the bible is the seven days of creation mentioned in the book of Genesis. This understanding became the template used for the seven day week, which according to *The Seven Day Circle: The History and Meaning*

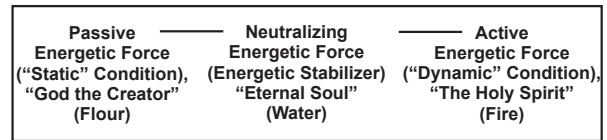


Figure 1.131. The "Holy Trinity" is understood as the "Law of 3" manifesting as God the Creators' Passive, Active, and Neutralizing Forces.

of the Week by Eviatar Zerubavel, was first practiced in ancient Judaism during the Babylon captivity in the 6th century B.C.

In mystical traditions, the number seven was also associated with the seven luminaries (planets), the seven heavens, the seven colors in the rainbow, the seven metals of antiquity, the seven seas, and the seven continents. In understanding the important significance of the number seven, let us now go deeper in our study of Divine Law, and explore the energetic patterns manifested through the Seven Sacred Laws of Creation.

In order to better understand the Law of One and the Law of Three, the ancient Egyptian Coptic Gnostic Christians added to these teachings the "Seven Sacred Laws of Creation," which are still studied today in several esoteric schools of thought. The Seven Sacred Laws of Creation are described as follows:

1. **The Law of Creative Mind:** The first principle states that "All is Mind," and that everything in the Universe is a manifestation of the Divine Mind that created it. Therefore all things are subject to the laws of Creation. In other words the universe as a whole, with all of its enormous parts and subtle intricacies, exists within the expansive Mind of God; this is the same Mind in which each of us live, move, and have our being.
 

Because we are also created in the same energetic pattern of the Almighty, and retain his sacred creative breath of life, in the same fashion our own mind has the potential to bring about what we think about. Thus everything that happens within the physical, energetic, and spiritual realms are all a result of a mental state that gave birth to its manifestation. Simply put, for something to exist within any of the three realms, a thought first had to form, which then gave birth to its manifested reality. This first principle explains the true nature of spirit, energy, and matter, as well as how and why all three of these are subordinate to the mastery of the Mind of God.
2. **The Law of Correspondence:** The second principle expresses the idea that there is always a correspondence that exists between the phenomena of manifested matter, energy, and spirit and the various planes of our being, evident within our life. This is depicted in the ancients' saying, "As below, so above; as below, so above – as within, so without, as without, so within." This important Law reveals that there is a natural physical, energetic, and spiritual harmony that seeks to manifest itself within the world of creation.

The early Gnostic Christians considered this principle of Correspondence to be one of the most important mental instruments by which man was able to pry aside the obstacles that hide the "Unknown" from their view. It enabled them to intelligently "reverse-engineer" all of creation, and reason from the "known to the unknown." By studying the various levels of manifested creation, they were able to understand the divine template that maintained the totality of all created things in worldly existence.



3. **The Law of Vibration:** The third principle expresses the idea that everything within the universe vibrates, and is in motion. Because nothing ever really rests, everything moves within subtle or profound energetic circles. This principle explains that the differences that exist between the various manifestations of matter, energy, and spirit are all the result of diverse frequency vibrations.

Because of these vibrational patterns, the more evolved and spiritually elevated a person is, the higher their rate of vibration will be. It is believed that God the Creator exists at an infinite level of vibration, almost to the point of being at rest. With this understanding in mind, it is also said that there are millions upon millions of varying vibrational degrees existing between the highest level of God and the lowest energies existing within His universal creation.

All mental transmutation occurs through the practical application of the principle of Vibration. In other words, in order to change one's mental state a person should first change their internal vibration. An individual may accomplish this through a conscious effort of their directed will, by deliberately fixing their attention on embodying a more desirable spiritual state, which sets in motion a new vibrational pattern.

4. **The Law of Polarity:** The fourth principle embodies the idea that everything is dual, and has two opposite poles. In other words, all things have two sides, or two aspects to their being. Opposites, such as like and unlike, are identical in nature, yet different in degree, and manifested in two extremes.

Because everything therefore actually "is" and "is not" at the same time, all truths are but half-truths. Thus it is only when both of these extremes meet that all contradictions may be reconciled. The Still Point that exists between any two polarities is where all true creation begins.

The principle of Polarization is often practiced as a type of "Mental Alchemy," wherein feelings of hate are reversed and transformed into feelings of love; or thoughts of "evil" are changed into thoughts of "good" through an understanding of the Seven Sacred Laws of Creation.

5. **The Law of Rhythm:** The fifth principle expresses the idea that within every created thing there is an explicit manifested pulse. This energetic rhythm ripples within and without, into and away from the manifested creation. For example, there is always a reaction responding to an action; a retreat responding to an advance; a sinking to a rising; and a contraction to any expansion.

There is also a rhythm that exists between every pair of polar opposites, which is closely related to the previous principle of Polarity. Therefore it can be said that the understanding of the principle of Rhythm will enable a transition to occur from one pole to the other, especially in individuals who seek self-mastery. However, this spiritual transition is hindered in individuals where the poles are thought to exist as extreme opposites.

6. **The Law of Cause and Effect:** The sixth principle states that "there is a cause for every effect – and an effect for every cause." In other words, there is no such thing as "chance." The word "chance" is merely a term used to indicate the fact that the cause of the manifested phenomena has not yet been recognized or perceived.

The goal of understanding this spiritual principle is to be able to rise above the ordinary plane of cause and effect, and become the one who causes instead of being at the receiving end of the effect. A person who has mastered this principle is able to rise above any old inherited patterns that at one time dominated their mood, personality characteristics, and spontaneous survival based patterns.

7. **The Law of Gender:** The seventh principle states that gender is manifested in different ways on all planes of existence (the physical, mental, and spiritual). This does not relate explicitly to the commonly understood notion of sexual differences, but rather focuses on the idea of generating, creating, or producing something.

For example, everything and everybody contains both male and female elements within their energetic manifestation. Every male has some female element active within his body; and every female has some male element active within her body.

One such feminine element is the ability to receive. Sometimes this energy is experienced through receiving impressions, which then manifest as generating new thoughts, concepts, and ideas, as well as giving birth to images within the imagination.

On the other hand, the masculine principle is observed in giving out active expressions, which works with the will and desire in order to manifest.

It is said there always must be a balance between these two forces in order to live a harmonious life. Without the feminine energy, the masculine is apt to act without restraint, order, or reason, resulting in chaos. Without the masculine energy, the feminine is apt to constantly reflect yet fail to actually do anything, resulting in stagnation. However, with both the masculine and feminine energies working in conjunction with each other, one gains the thoughtful actions that breed success; this is how the masculine and feminine fulfill each other.

#### THE LAW OF THE SEVEN

The next principle in our exploration of Divine Law, is the "Law of the Seven." This important law is said to be the basis for the seven musical note patterns studied in the Law of Octaves, which will be discussed later.

The primary principle of the Law of Seven centers on the study of all types of energetic movement inherent within all planes of existence, and reveals hidden patterns existing within the various stages of God's wonderful creation.

The Law of Seven does not apply to the creation or existence of different things and phenomena in "Space" (the Passive energetic force); instead it is applied to their specific evolution and process of change manifested within "Time" (the Active energetic force).

The standard explanation used for teaching the Law of Seven is divided into two-parts. The first part states that "all things in nature, and everything within the universe, resonate at their own unique vibration." This principle is actually an extension of the previously mentioned Third Sacred Law of Creation: the Law of Vibration.

The second part states that "nothing manifested within the physical realm continues forever in a direct line – instead, everything must eventually deviate at definite intervals." In other words, once a movement is set into motion, it will eventually

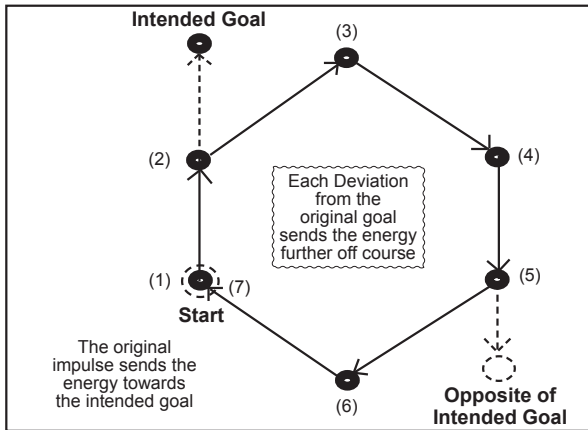


Figure 1.132. "The Law of 7" states that every action generated within the Universe naturally unfolds in Cycles.

undergo a slight deviation from its original course – and at a certain moment in time, change its original course towards a new direction. While progressing on this new direction, the item in motion will yet undergo another slight deviation; and at a certain moment, again change its course towards a different direction.

If the initial impulse is strong enough, then after progressing through its sixth deviation, the momentum will eventually return the item back to where it originally started, creating a hexagon pattern of circular motion. This is why, under the influence of the Law of Seven, every action generated within the Universe (both positive and negative) will naturally unfold in this type of energetic cycle (Figure 1.132).

The Law of Seven plays an extremely important role in the creation of all natural events. In fact, if there were no Law of Seven, everything would continue to progress without any form of deviation. For example, once it started to rain, it would continue to pour freely without stopping, and create great floods that would cover the earth. Or, if an earthquake began to occur, the ground would continue to shake indefinitely. However, because of the Law of Seven, after a certain period of outgoing energetic activity the rain stops, and the earthquake ceases.

All action is associated with some component of Time. It is said that "Time" itself was created outside the Garden of Eden, right after the Fall of Man (see Chapter 10, pages 77-79). This action caused God's original plan of Creation to alter; and His divine energy deviated from flowing in the straight line of its original design towards a new progression, manifesting universally as a "Great Cycle." This "Circle of Life" encompasses all the other subordinate cycles existing within creation.

Within the human realm, the energetic inertia created within the spiraling pattern of the Law of Seven does not usually stop in the first cycle, but will continue to progress through various consecutive cycles until the original force of its initial impulse is exhausted. Because of this, understanding the Law of Seven makes it possible to save and revive any movement which is losing its inertia and speed. This can be accomplished by suddenly boosting the energy flowing within the cycle with additional supplementary impulses, which will further support its original momentum (Figure 1.133).

This is why the first laws of spiritual transformation pertain to the "Law of Change," which states: "Everything is in the process of becoming something else." This important

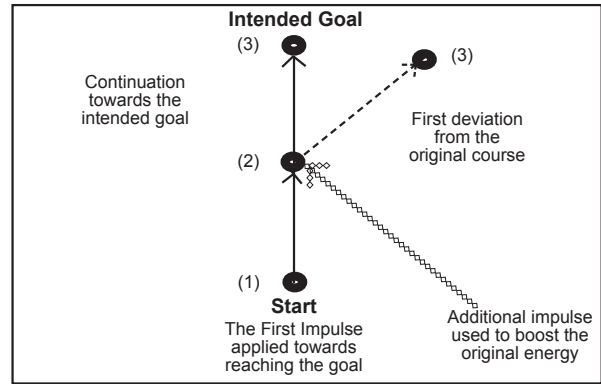


Figure 1.133. It is possible to save and revive any movement which is losing its inertia and speed, by suddenly boosting the energy flowing within the cycle with additional "supplementary impulses" to further support its original energetic movement.

spiritual Law is often accompanied by the "Law of Cause and Effect" as well as the "Law of Synchronization" which initially states, "You bring about what you think about."

When studying the Law of Seven, we are often taught to observe the spiritual patterns which occur because of the "Law of Recurring Cycles" (a person repeating the same old pattern), and the "Law of Progressive Cycles" (a person progressing towards or away from their intended goal).

This is why there are no true coincidences in life, and that everything happens for a reason. For example, often during a person's life, sudden accidents or tragedies are purposely introduced by the spirit realm in order to assist the person in leaving a stuck or stagnant situation. Often unknown to the person (until much later), this event was set in motion so that their eternal soul can continue on its spiritual growth and evolution, and progress towards a goal of spiritual transcendence.

#### UNDERSTANDING THE LAW OF OCTAVES

The next principle in our exploration of Divine Law, is the "Law of Octaves." I was first introduced to this material through the work of Boris Mouravieff, who was a professor at the University of Geneva, and founded the Center for Esoteric Christian Studies in 1961. Professor Mouravieff's three books, *Gnosis Book One: Exoteric Cycle*, *Gnosis Book Two: Mesoteric Cycle*, and *Gnosis Book Three: Esoteric Cycle* are said to be the documented study of the inner traditions of the Eastern Orthodox Church, and contain the mystical teachings of one of the oldest Christian religious institutions in the world.

The Law of Octaves is an esoteric spiritual law that focuses on the energetic interaction existing between "Effort" (work) and Time, and how this influences the completion of a projected goal. In this example, each Octave begins with an intention, and ends with a completion (or end-result).

This esoteric teaching is based on the understanding that all energy has a frequency, just like musical notes. Therefore within the human body, the cosmic order of the Law of Octaves corresponds to the Seven Rays of God's creation, and to several celestial (planetary) influences and terrestrial (mineral, plant, and animal) associations.

For the sake of simplicity, I will define the Law of Octaves in the following ascending musical tone pattern, with the resonant energy progressing from the lower realms of creation

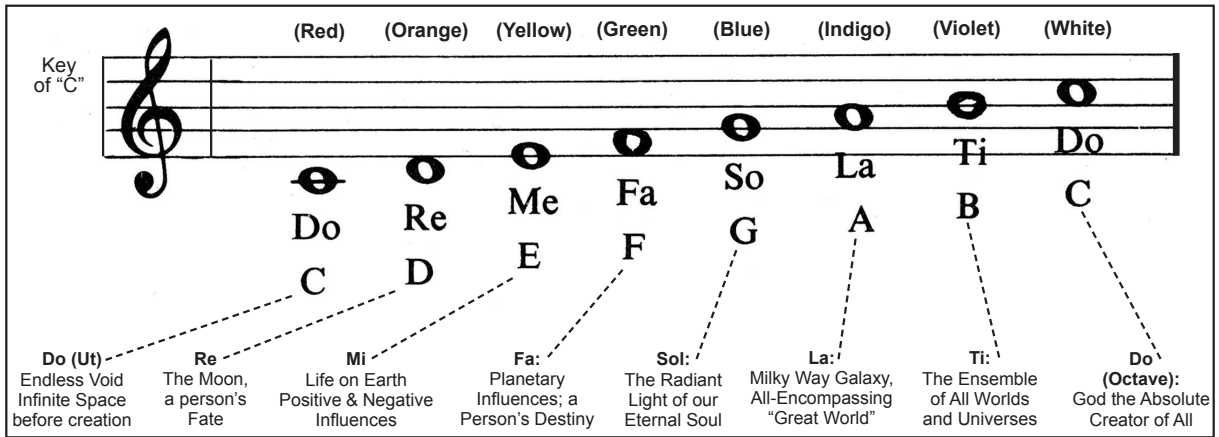


Figure 1.134. The seven notes/pitches and their corresponding associations.

(within the earth), towards the upper realms of spiritual manifestation and influence within the heavens (Figure 1.134).

In the Coptic Gnostic tradition, the Law of Octaves consists of seven distinct notes or stages. These notes begin with Do and then proceed up the scale as Re, Mi, Fa, Sol, La, Ti to a new octave higher "Do," which starts a new cycle and higher octave progression (Figure 1.135). Each of these notes represent distinct stages of Time, and have their own unique qualities of corresponding energy. Once we understand these laws of time and manifestation, we can work more successfully with the energy of Time.

- **Do (Ut):** This beginning note corresponds to the Endless Void and infinite space that existed before creation. As the first note, it represents the initial intention of the divine mind, and includes the specific idea or goal that was originally chosen and decided upon as a consciously focused determination and projected thought-form. This beginning energy also connects us to the potential completion of this initial goal, which sets forth a specific pattern of Time that extends far into the future.

The "Do" of a musical scale defines the pitches of the rest of the notes contained within that scale. Because energy follows thought, it is extremely useful to visualize the intended goal and to understand the specific steps required for its completion before the process begins. Because thought creates pattern and directs energy, this sets into action energies outside of ourselves, that will initially help us to achieve the projected intention that was originally visualized.

When visualization is used, an agreement is naturally set in motion by the spirit (heart and mind), which allows success to more easily occur. Because thought visualizations have a profound influence on the patterning of energy and occur before any manifestation happens, it is wise to use this important application with a focused attention during the "Do (Ut)" stage.

Within the human body, the Do (Ut) sound corresponds to the lower perineum (uterus), the Lunar Plexus, and the potential for creation. It is also associated with the color red, and the sound of the musical note C.

- **Re:** The second note of an ascending scale corresponds to the Moon, and the pre-life manifestations existing within all of creation. The pre-life manifestations represent the beginning of our actual effort in actively doing something,

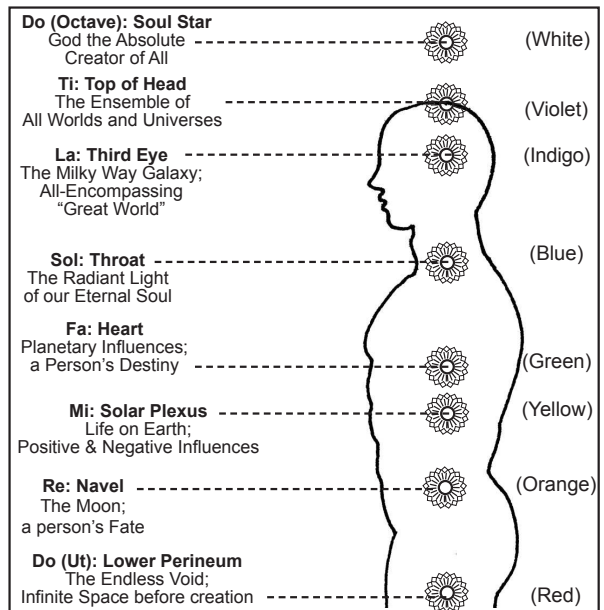


Figure 1.135. The seven notes/ pitches and the human body.

with the focus placed on getting into a creative rhythm with the work at hand. It is here that our focused intention moves into an actual mental commitment with the internal desire to create and see its manifestation.

Within the human body, the "Re" sound corresponds to the physical center of the navel and the lower abdominal area. It is also associated with the color orange, and the musical note D. In ancient times, it was additionally attributed to the direct influence of a person's fate.

- **Mi:** This third note corresponds to the Life on Earth, under the influence of both positive and negative energetic manifestations. It also represents the state of awakened physical, mental, and emotional awareness and the time when the energy of our consciousness comes into the work.

Within the human body, the "Mi" sound corresponds to the center of the diaphragm, and the Solar Plexus. It is also associated with the color yellow, and the sound of the musical note E.



Before we can reach the following “Fa” sound and progressively move up through the last three notes, we must first pass through a transitional impasse known as the “Mi-Fa Interval.” This important interval requires a renewed energetic impulse of intention (refer back to the Figure 1.132 and Figure 1. 133) in order to complete it and continue on. In other words, at this interval we need to re-awaken our original aim, and reaffirm our commitment to the possibility of completion. Without this renewed effort, and the conscious reawakening and reaffirmation of our commitment, the final completion of the Octave will usually fail. This is because the energy of our original intention and commitment will weaken and dry up or fizzle out before reaching its completion. Therefore, at this point in time, the focused intention and commitment towards completing the work needs to be consciously renewed.

- **Fa:** This fourth note corresponds to the planetary influences on Earth life. Because “Fa” is the middle note in the progression of the octave, it is often the point at which we have already renewed our intention and commitment to the work, and have allowed our higher spiritual energies to enter into and direct the outcome of the work. In other words, it is here that we come into a sense of connected relationship with the work at hand, whereby both the worker and the work mutually merge into one harmonious unit. At this point, we experience a sense of love and inner-harmony with what we are doing. The new transformations of energy awakened within ourselves and our work combine with the now incoming energies of the higher notes (Sol, La, and Ti).

Once you reach the Fa note, there are two polarizing modes of Time at work within the Octave. One is a “Forward Time” flowing from beginning to end, which requires our effort to move forward. The second is “Reverse Time” coming from the future (or the intended goal), which we need to allow and receive into our lives as we proceed towards completion.

With the first three notes (Do, Re, Mi) we experienced Time moving forward, and that we need to be energetically active within it. However in the final three notes (Sol, La, and Ti), we experience Time moving towards us in reverse, from the future back into the present. This is why the note “Fa” is considered to be a point of energetic balance, where the two modes of Time (past and future) meet with equal intensity. Therefore with this special note, we experience a balance of both Active and Receptive energy at the same time.

Within the human body, the “Fa” sound corresponds to the heart. It is also associated with the color green, and the sound of the musical note F. In ancient times “Fa” was additionally attributed to the direct influence of our destiny, which was often revealed through the study of ancient Astrology. Interestingly, in ancient Astrology the structure of all matter was also subject to the principle of Equilibrium (i.e., the forward reaction proceeds at the same rate as the reverse reaction; this results in a state of balance or a stable situation where opposing forces cancel each other out and where no changes are occurring). Therefore any person, place, or thing’s destiny is

proportional to the internal vibrations that are currently animating the item of study.

- **Sol:** This fifth note corresponds to the Sun and the radiant light of our eternal soul. In this elevated stage, we receive and comprehend higher wisdom, spiritual understanding, and the divine principles for living a purposeful life. It is also considered to be the stage of receptive intuition, when we can intuitively realize the higher truths and spiritual laws that govern “the Work.” It also corresponds to our Solar System, which consists of our Sun, and its orbiting planets (including the Earth), along with numerous moons, asteroids, and comets.

Within the human body, the “Sol” sound corresponds to the throat area. It is also associated with the color blue, and the sound of the musical note G.

- **La:** This sixth note corresponds to our Milky Way Galaxy, and our all-encompassing great world (with its 200 – 400 billion stars). This is the stage where higher divine energies are assimilated into our being, and our spiritually awakened mind ascends to new levels of divine love and oneness with God. At this stage, there seems to be no effort needed to do the work and complete it, for the work itself seems to carry us forward, and even pulls us toward its completion.

Within the human body, the “La” sound corresponds to the center of the forehead and Third Eye area. It is also associated with the color indigo, and the sound of the musical note A.

- **Ti:** This seventh note corresponds to the Starry Skies, and the ensemble of all worlds and Universes (i.e., all of the billions of Galaxies). The “Ti” sound is considered to be the note of completion, and its energetic quality is one of complete gratefulness. At this level, we are aware of a higher power at work within and around us, helping us to complete the work. This divine power can now manifest through us because of our commitment, perseverance, and willingness-to-serve.

In the human body, the “Ti” sound corresponds to the top of the head and Stellar Plexus area (refer back to Figure 1.128, page 161). It is also associated with the color violet, and the sound of the musical note B.

Before we reach the next higher octave note “Do,” we have to pass through a second transitional impasse known as “the Ti-Do Interval.” Until we can consciously accept and gratefully release all the attachments to the experiences encountered within the first seven notes, we cannot really move to the next higher octave. Any lingering thoughts or feelings about completing the work (e.g., obsessing over whether it was correct or done properly) prevents the energy of the Octave from entering its final state of completion.

- **Do (High Octave):** This Higher Octave note corresponds to God, the creator of heaven and earth and the Absolute Manifestation of All. It also energetically represents the blissful spiritual stage of being.

Within the human body, the Higher “Do” sound corresponds to the Soul Star Point located about six inches to a foot above the head in the First Heavenly Transpersonal Point. It is also associated with the white light color, and the higher octave C musical note.

The beginning Do (Ut) note, the “Ut” stands for uterus, and symbolizes the Door of Birth based on the study of the physical body. However, the “Ti” sound introduced seven notes later, represents the Door of the Second Birth, based according to the spirit body, without which “man cannot see God.” In this progressive pattern, the octave of ascending regeneration symbolizes the eternal soul’s quest of progressing from its physical birth on earth (i.e., after it occupied human tissue), to its awakened spiritual birth in the kingdom of heaven (its comprehension of who and what it is as a child of God).

For you to progress in your spiritual growth, it is essential to sense, perceive, and know the Law of Three which governs all of creation, and then apply the Law of Seven to consciously support your focused aim and intention. In this manner you can initiate a forward progression leading to a fusing of the spiritual light of your eternal soul with the most radiant spirit of God.

The more you consciously focus on life as an observer, the more your rate of sensory perception increases, and the more an observed moment of Time will appear to slow down. In a similar fashion, the weaker your perception the faster the flow of Time will seem to be.

There are four ways to understand the interior and exterior worlds of an individual, all of which are based on a study of their:

- Philosophy (what they think),
- Religion (what they believe),
- Science (the facts that support these beliefs),
- Art (how they express this belief).

It is through such study and observation that the group consciousness of a civilization may be explored. In this manner the unique expressions of each culture’s intellectual and spiritual evolutionary patterns may be understood.

However, before consciously observing life in this manner, a person must first relax their body and release all of the acquired thoughts and judgments existing in their heart and mind. This open state of mind can allow the observer to see, hear, and experience a person, place, or thing from the innate perceptions of their eternal soul, and not from any of the opinions of their acquired personality.

One way to gain this open spiritual state of observation is by stopping for a moment, exhaling, and relaxing your body. Then by focusing your mind on the expansion and contraction of your body during each breath, your spirit naturally opens its intuitive perceptions to feel and experience what is happening. This breath regulation technique helps to effectively relax the body, breath, and mind, and has been practiced by Christian mystics throughout the ages in order to open their hearts and minds, increase their perceptions, and allow them to receive what the spirit world is trying to communicate to them.

To understand how this works, always remember that breath is characterized as an important part of our eternal soul’s organic life force. According to the Bible, what made “Man” special was not that he was formed of the dust of the Earth — but instead because God ‘breathed’ into his nostrils the Breath of Life; so that he became a living soul (Genesis 2:7).

## THE SEVEN OCTAVES AND THE FOUR GOSPELS

One teacher of Gnostic Christianity explained that the Four Gospels are collectively considered to be “a book sealed by seven seals.” He also mentioned that these four books must be studied in seven consecutive stages in order to understand their hidden spiritual truths. These seven stages represent progressing through the previously mentioned seven notes of an octave, and then embodying their important spiritual transformations in order to receive the higher enlightenment of the upper heavenly realm.

He also shared the idea that although the secret teachings of Jesus of Nazareth were believed to be hidden within these four texts, this divine wisdom would only be revealed to those individuals who continue to hunger and thirst after righteousness, and who consistently, over time, studied these four sacred books.

He then mentioned that these Four Gospels represent the hidden supernatural teachings associated with the second group of heavenly angelic counselors, known as the Four Faced Cherubim. The heavenly responsibility and spiritual design of these Cherubim (composed of the four faces of an Ox, Lion, Man, and Eagle) is to guard the Throne of God, and to protect and guard the way to the Tree of Life in the Garden of Eden. The four faces of these powerful heavenly counselors are said to be revealed within the Four Gospels according to the following correspondences (see Chapter 24, page 153-155, and Figure 1.120 through Figure 1.122):

- **The Gospel of Luke:** is energetically represented by the Winged Ox or Bull, and is sometimes spiritually addressed as The First Man.
- **The Gospel of Mark:** is energetically represented by the Winged Lion, and is sometimes spiritually addressed as The Second Man.
- **The Gospel of Matthew:** is energetically represented by the Winged Man, and is sometimes spiritually addressed as The Third Man.
- **The Gospel of John:** is energetically represented by the Eagle, and is sometimes spiritually addressed as The Fourth Man.

After all four Gospels have been studied in their entirety, from beginning (Matthew) to end (John) seven times over, the reader is provided with a new key of understanding, which is revealed to them through God’s Holy Spirit.

This deeper insight into the word of God will help the reader unlock the door barring their next stage of soul development. This deeper understanding will in turn assist them in embodying the sacred teachings hidden within the next level of their own spiritual evolution as a Christian and child of God. In other words, by following a progressive path of ascension, the eternal soul is assisted in going through its conscious spiritual birth, death, and transformation into a more profound awakened and functioning Christ-conscious state as a servant of God.

While existing on the earth, each new level of compassion that the eternal soul awakens to, allows it to be born-again with a higher level of spiritual comprehension, which changes its acquired personality and alters its previous value system. This allows the individual to reach out and experience life at a more joyful level of unconditional love and greater appreciation.

## CHAPTER 27. THE CHRISTIAN TREE OF LIFE

Although the Tree of Life is often associated with the ancient Jewish Kabbalah, there are actually two main versions of this esoteric set of mystical beliefs: the Jewish Kabbalah, and the Christian Kabbalah. These two systems are described as follows:

### THE JEWISH KABBALAH

The Kabbalah was originally developed as an esoteric map of creation. According to one of the greatest modern scholars of the Kabbalah Gershom Scholem, its origins were the result of ancient Gnostic influence upon Judaism in the centuries immediately before and after Christ. Because this esoteric teaching was originally designed for the early Jewish mystics, it contains many hidden explanations of the Torah, the first five books of the Bible: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

Throughout the centuries, the esoteric teachings contained within the Jewish Kabbalah have essentially remained secret and only handed down from master to disciple. In fact, the word “Kabbalah” itself translates as “to receive,” and is indicative of the master-disciple relationship required to learn this unique method of spiritual study.

The early history of the Jewish Kabbalah is often shrouded in mystery. The following are but three examples of many legends that are associated with this ancient teaching:

- One legend states that the Archangel Raziel (“Secrets of God”), who is the “keeper of secrets” and the “angel of mysteries,” taught the Kabbalah to Adam after he was banished from the Garden of Eden.
- Another legend states that when Moses came down from Mount Sinai with the original Ten Commandments, one of these tablets had the Kabbalah Tree of Life inscribed on it. However, when Moses observed the children of Israel worshipping a golden calf, he decided they were unworthy to receive this higher spiritual law, and destroyed the tablets. Right after that, Moses again climbed Mount Sinai, and when he returned, he only carried with him a simple legal code that could be used to govern these rebellious people.

It is said that after that incident, the mystical secrets of the Kabbalah were only passed down from Moses to his brother Aaron, who at that time was the high priest of Israel. From that time forward the Kabbalah was reserved only for the priesthood of Israel; and that each priest was required to learn, study, and obey the Laws of Moses before he qualified to receive the sacred teachings of the Kabbalah.

- Another legend states that Abraham was the first master of the Kabbalah, and the original author of the *Sepher Yetzirah* (*Book of Creation*), which is one of three classic texts of the Kabbalah. The other texts being the *Zohar* (*Splendor or Radiance*) and the *Sefer Ha-Bahir* (*The Book of the Brilliance*). What many people do not know is that Abraham, the patriarch of the three main Abrahamic religions (Judaism, Christianity, and Islam), spent most of his life traveling throughout the Middle East, Mesopotamia, Egypt, and what is now Israel. In his introduction to the *Sepher Yetzirah*, Rabbi Aryeh Kaplan states that Abraham was reputed to be one of the greatest mystics and astrologers of his age; and was apparently an authority on the mystical and occult secrets of both Egypt as well as Mesopotamia.

The study of the Jewish Kabbalah begins by focusing on the understanding of the Upper World, the heavenly realm existing above the earth. This realm is often associated with the angelic realm, as well as star and planetary deities. Later the emphasis shifted to include the study of the Lower World, the realm existing below the earth, often associated with the mineral, plant, and animal realms.

What makes the Jewish Kabbalah difficult to study is that there are many different schools, systems, and versions; all originating from a body of knowledge that is composed of several different traditions collectively building and expanding for more than 5,000 years.

### THE CHRISTIAN KABBALAH

Similar to Christianity, in the beginning the Hebrew Kabbalah was strictly a Jewish metaphysical system created by and for Jewish rabbis (religious teachers). However, by the 15th century, the Kabbalah was overtly introduced into the Christian tradition, and it has remained a part of esoteric Christianity ever since.

The Christian Kabbalah is easier to comprehend than the Jewish Kabbalah, and is often considered to be extremely shamanic in its spiritual approach to understanding the Upper World (above the earth), Middle World (the earth itself) and Lower World (below the earth).

The Christian Kabbalah focuses on spiritual transformation through an orderly and well constructed approach. It uses one basic diagram called the “Tree of Life” with which to observe and study the entire system of creation and spiritual evolution. In this unique approach, everything within the universe and within the earth itself has a specific place and function according to God’s divine plan.

Beginning from its study of the various realms of the earth, the goal of the Christian Kabbalah is to move a student upward, towards the most illuminated state of divine awakening.

In 1516 A.D., a Latin translation of Rabbi Joseph ben Abraham Gikatilla’s previously written 1290 manuscript titled *Sefer ha-Orah* (*Gates of Light*) was printed. It quickly circulated among the population under the title *Portae Lucis* (*Portal of Light*). Shortly after its publication a group of angry Dominican priests tried to convince Pope Leo X to confiscate and burn all of these books (Figure 1.136). However in 1517 A.D. the Christian mystic Johann Reuchlin used this important book as a foundation for his own book, *De Arte Cabalistica* (*On the Art of the Kabbalah*) to convince the Pope of the true value of this ancient Hebrew teaching, and the little book was saved.

At that time, it is said that Reuchlin was acutely aware that the practitioners of the Jewish Kabbalah performed their religion with a complete devotional love of God, rather than a fear of God. It was also said that Reuchlin firmly believed that the Jewish Kabbalah contained extremely important Christian doctrine. For example, he believed that in the age prior to the time of Moses, God was known by a three-letter name (YHV). Later when God began to work with Moses, he revealed his four-letter name (YHVH).

During that time, certain Renaissance Christian occultists came up with the idea of deriving the Hebrew name of Jesus by adding the Hebrew letter Shin to the middle of the four-letter name of God (YHVH). This resulted in the five-letter name (YHShVH), which is the Hebrew spelling of what many of these Christians believed was Jesus’ true name: which sounded something like “Yahshuah.” This pentagrammaton (or five-let-





According to American Orthodox Rabbi Aryeh Kaplan in his excellent book, *Meditation and Kabbalah*, there are three important names of God, each one positioned above the other and organized as follows: The name Adonai (My Lord) is on the bottom of the Tree of Life (#10 Sephiroth - Malkhut); The name YHVH (Yahweh) is located in the middle of the Tree of Life (#6 Sephiroth - Tiphareth); and the name Ehyeh (I AM) is positioned on the top of the Tree of Life (#1 Sephiroth - Kether).

It is from the holy name of Ehyeh (I AM) that all substance emanates, which comes directly from the infinite source of God the Creator (Ein Sof). This radiant energy then proceeds through a series of steps until it reaches YHVH (Yahweh). From the name YHVH all spiritual channels flow and the subtle vibrational flux is transmitted to the name Adonai (My Lord). Which is why the holy name Adonai is considered to be the storehouse which contains all of the King of Heaven's holy blessings, distributed throughout all creation in order to nourish and sustain all life.

### THE TEACHINGS OF THE CHRISTIAN KABBALAH

When studying the Christian Kabbalah, a student will notice that the entire structure of the universe, and all existence itself, is manifested out of "emptiness." First there is "Nothing" ("Ein"), then there is the "Endless Void," with "No End and No Limit" (Ein Sof); and finally there is "Infinite Light" (Ohr Ein Sof), which is the radiant light that existed prior to all of creation (Genesis 1:1-3).

The term "Ein" describes the ultimate limitless nothing that existed before there was time and space. This spiritual state is often defined as the infinite state of God prior to his self-manifestation within the subtle creation of the spirit realm. And certainly before the creation of the physical universe.

The Kabbalah Master Azriel ben Menahem first used the term Ein Sof during the early 13th century, and taught that God can have no desire, thought, word, or action. In other words, as a nameless being God exists as "Nothing" (Ein) that can be grasped, and is therefore "Without Limitation" (Ein Sof). Simply put, the true awareness of God transcends all human understanding so completely, that it is practically non-existent.

In the Christian Kabbalah, the true origin of the infinite light that is associated with each person's Divine Self was said to be dissolved within the infinite space of the Ein Sof, prior to the eternal soul's manifestation into the physical body as a human soul. Therefore the first stage of spiritual transformation is said to be that of "being born." It is only after a person withdraws himself from the external world and enters into "empty space" can such a spiritual rebirth take place.

The merging into the ultimate spiritual state of Ein Sof is meant to be experienced. Defining it with words is at best only a way to prepare the spiritual seeker for his or her forthcoming journey. Ein Sof actually cannot be accurately described using words. This is because this sacred state of being exists as a quiet "Still Point" – which is where there is neither time nor space, life or death, positive or negative, nor heaven or earth. Experiencing this type of "infinite nothingness" is a profound mystical occurrence, which goes beyond any verbal expressions of the mind. This is why in the Jewish Kabbalah tradition Ein Sof is said to be the "Holiest of Holies," and the true source of all creation where one may reach the highest heights of their spiritual evolution.

According to *Jewish and Christian Mysticism: An Introduction*, by Dan and Lavinia Cohn-Sherbok, when the rabbis discussed the hidden meanings of creation in the Book of Genesis, the most important text describing this mystical study was *The Book of Creation (Sefer Yetsirah)*. According to this special cosmological text (written in the 2nd or 3rd century), God created the universe by using 32 mysterious paths consisting of the 22 sacred letters of the Hebrew alphabet, together with the ten Sephiroth, which act as gates of light that contain ten primordial numbers, emanations, and powers associated with the various attributes of God.

According to the *Sefer Yetsirah*, when using these 22 sacred letters, "The Almighty drew them, hewed them, combined them, weighed them, and interchanged them; and through them produced the whole of creation and everything that was destined to come into being."

The *Sefer Yetsirah* further asserts that these sacred letters played an important role in the creation of the entire cosmos, and states, "By means of the twenty-two letters, by giving them a form and shape, by mixing them and combining them in different ways, God made the soul of all that which has been created, and all of that which will be. It is upon these same letters that the Holy One has founded his most high and Holy Name."

It is because of this ancient teaching, that the Sephiroth are believed to be the ten special attributes or "Emanations" through which the Infinite (Ein Sof) reveals itself, and continuously creates the physical realm of matter. These Emanations also represent the chain-like energetic descent of the spiritual worlds that exist between the Almighty God and his divine creation.

Each of these ten different worlds express themselves in a special type of interconnected creative unity, yet each one operates independently of the others, which is a result of each Emanations proximity to or distance from God's divine Throne of Creation. Additionally, each of these unique realms are also associated with a singular or divine form of consciousness, which is energetically reflected into the world through the mental and emotional characteristics or attitudes of the human soul.

The theosophical teachings contained within the Christian Kabbalah focus on defining each of the ten Sephiroth and their particular manifestations and functional roles. Each of these spiritual realms embodies a special creative stage that God continually uses in order to go from his Divine Self – to the creation of the physical world; the physical realm being the last link created in the chain-like descent into the realm of matter.

Each of the Ten Emanations is a divine projection that was born out of Nothingness (Ein Sof) in order to manifest creation. Which is why if any of these Emanations cease, then all of creation would also cease to exist.

Think of the Sephiroth as the containers or vessels used for housing the various energies emanating out of the infinite space of the Ein Sof. In a sense, they are ten different energetic dimensions. As we proceed from the first to the tenth energetic dimension, each of the containers become more dense, until the world of matter is finally reached with the tenth Sephiroth. However the original source of this energy still remains unchanged and is changeless.



Kabbalah Master Eric Steven Yudelove described this transition perfectly in his book, *The Tao & The Tree of Life*, when he wrote: "Picture a lit candle. Before this candle are to be hung ten handkerchiefs. If you were to look through the first handkerchief, the flame of the candle would be veiled but the light passing through the handkerchief would be evident. As the second, third, fourth, etc., handkerchief were placed before the candle, the light passing through the handkerchief becomes dimmer and dimmer until upon reaching the tenth handkerchief the residual glow might be dim or not visible at all. Yet, the candle itself continues to burn with the same intensity. It is only the veils before it that appear to dim its light. As you pass through the veils towards the source, the light becomes brighter and brighter."

### THE 1ST EMANATION KETHER (CROWN)

According to the *Sefer Yetzirah (The Book of Creation)*, God's creation of the world was brought about through the manipulation of the 22 Hebrew alphabet letters and the ten Emanations (Sephiroth). Each of these Emanations progresses from the infinite space of Ein Sof (i.e., the Endless Void), expressing themselves in a special type of interconnected creative unity. The first radiant emanation of the Sephiroth is called "Kether" which means "Crown" and is understood as representing the Crown of God the King (Figure 1.137).

In the Kabbalah, Kether is the uppermost Emanation of the Tree of Life. It is expressed as a place of unity, where no opposites exist. This important Sephiroth is considered to be so sublime, that in the *Zohar*, the chief text of the Jewish Kabbalah, Kether is called "the most hidden of all hidden things," and is considered to be completely incomprehensible to any normal man.

This Crown Emanation is described by Jewish mystics as the spiritual manifestation of absolute compassion. In the 16th century Rabbi Moses ben Jacob Cordovero described it in his book *The Palm Tree of Devorah*, as being the true source of the "Thirteen Attributes of Mercy."

In spiritual alchemy, the Crown (Kether) Emanation refers to things that are above the mind; and because it also represents the will and desire to bring the creative world into being. Kether is associated with the divine union with God for the completion of the Great Work.

According to Arthur Green's *Guide to the Zohar*, this first Emanation represents the primal stirrings of God's divine intent manifesting within the infinite space of Ein Sof; and expresses the innate desire of the eternal soul to awaken and come to life. However, although this first Emanation contains the potential for manifesting its energetic content, it still contains no true content within itself, and therefore is called "The Hidden Light," and "The Air (breath or spirit) that cannot be grasped."

The Name of God associated with Kether is "Ehyeh-Asher-Ehyeh" ("I Am That I Am"). The Archangel that is said to preside over its radiant Emanation is Metatron (Figure 1.138), and the order of angels that are said to reside within its upper spiritual realm are the Four Faced Cherubim.

### THE 2ND CHOKMAH (WISDOM) AND 3RD BINAH (UNDERSTANDING) EMANATIONS

The next Emanation is Chokmah (Wisdom), which may be conceived as the energy to create. This radiant energy is also associated with the Illuminating Intelligence, the Wisdom Mind of the Divine Father, as well as the Divine Vision of God.

From the creative energy of Chokmah (#2) the second of the Sephiroth, comes Binah (#3) the third of the Sephiroth,

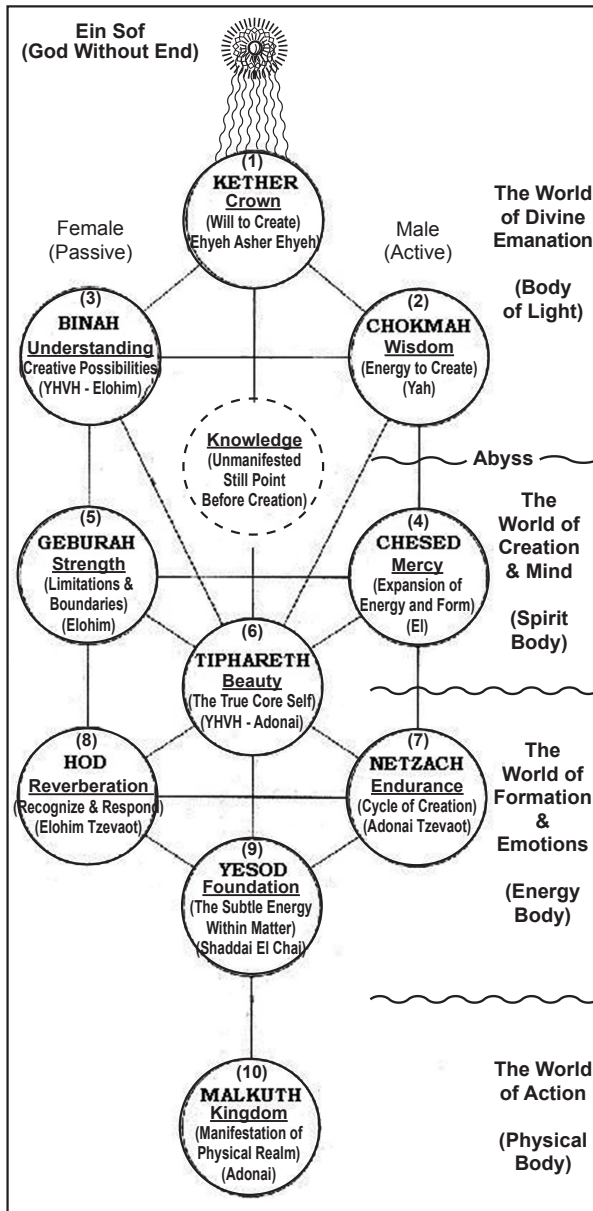


Figure 1.137. Each of the 10 Emanations spiritually progress from the infinite space of "Ein Sof" downward, expressing themselves in ten different energetic dimensions.

which is the understanding of all of the inherent qualities of creation and the possibilities it allows and excludes. It is sometimes referred to as the "Intuitive Understanding Heart of the Divine." Because all of creation emanates through their sacred energetic forces, these three Upper Emanations (Kether, Chokmah, and Binah) are all together considered to be the most powerful active spiritual forces in the Universe (Figure 1.139).

These three forces existed prior to the creation of the physical universe. Yet the entire universe and all that is contained within it is simply a manifestation of the energetic interactions of these three spiritual states. Because of this, the masters of the Jewish Kabbalah called these three elemental forces the "Upper



Countenance of God” (the “Upper Face of God”). In this observation, John J. Parsons explains in his Emanation Cosmology article entitled *Sustaining Creation*, the first Emanation Kether is seen as the Upper Countenance and Face of God, while the Heavenly Father Chokmah (Wisdom) and Heavenly Mother Binah (Understanding) are both considered to be the Yin and Yang extensions and radiant manifestations of the Eternal God.

According to Jewish Kabbalah teachings, the creation of the universe was carried out by sacred sounds spoken according to specific letters of the Hebrew alphabet. Each of these symbols represented different vibrating sound patterns, which became powerful commands that sprung forth from the Throne of God, and were therefore responsible for the manifestation of all creation. Because each letter represented a different type of information, each Hebrew letter was consequently considered to be holy and most sacred.

The Three Mother Hebrew letters associated with the first three Emanations are Aleph, Mem, and Shin. According to *the Jewish Encyclopedia*, these first three letters are not only the “Three Mothers” from which the other letters of the Hebrew alphabet are formed, but they are also symbolic figures for the three primordial elements which underlie all existence.

Within the physical body, the Three Mother Letters represent the head, the chest, and the lower abdomen. The head represents the Fire Element, the energy of heaven, and the Hebrew letter Shin. The lower abdomen represents the Water Element, the energy of earth and the Hebrew letter Mem. The chest represents the Air Element and the energy of Man (located in between heaven and earth), and the Hebrew letter Aleph.

The sacred sound of the letter Shin hisses, and sounds like “Shhh.” Although the Shhh sound represents fire and heat, its letter also corresponds to the radiant heat and light experienced within the center of the head (heaven). It is additionally associated with the energetic form of the entire physical body.

The sacred sound of the letter Aleph is “Ahhh,” and is associated with the life force of the breath, and the energy body. Although the Ahhh sound represents Air, it is energetically neutral, and corresponds to the center of the chest (man).

The sacred sound of the letter Mem hums, sounding like “Aumm,” and is associated with the spirit body. The Aumm sound is also associated with water and cold. It additionally corresponds to the lower abdomen (earth).

While training with these sacred sounds, people often experience heat in the head, coldness in the lower abdomen, and a neutral temperature in their chest. When the three are combined together, the descending sound “Shhh-Ahhh-Aumm” creates a profound inner-sound, which acts as an energetic doorway into the spirit realm.

Within the *Sefer Yetzirah (Book of Creation)*, in addition to the Three Mother Letters (Aleph, Mem, and Shin) there are also Seven Double Letters (Beth, Gimel, Daleth, Kaph, Peh, Resh, Tau), which signify the contradictory energetic patterns in the universe (i.e., forces which serve two mutually opposed ends). These Seven Double Letters are described as follows:

- **Beth:** God caused the Hebrew letter “Beth” to rule over life, and fastened a radiant crown to it. Next God combined these special energies together and through this fusion formed the planet Saturn within the heavens; which is associated with the first day of the week (Sunday), and the right eye of the human body.



Figure 1.138. The guardian that presides over the “Kether” (the “Crown”) Emanation is the powerful Archangel Metatron.

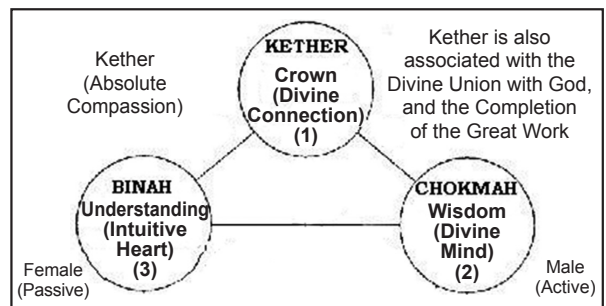


Figure 1.139. The Three Upper Emanations (Kether, Chokmah, and Binah) are considered to be the most powerful spiritual forces created within the Universe.

- **Gimel:** God caused the Hebrew letter “Gimel” to rule over peace, and fastened a radiant crown to it. Next God combined these special energies together and through this fusion formed the planet Jupiter within the heavens; which is associated with the second day of the week (Monday), and the left eye of the human body.
- **Daleth:** God caused the Hebrew letter “Daleth” to rule over wisdom, and fastened a radiant crown to it. Next God combined these special energies together and through this fusion formed the planet Mars within the heavens; which is associated with the third day of the week (Tuesday), and the right ear of the human body.
- **Kaph:** God caused the Hebrew letter “Kaph” to rule over wealth, and fastened a radiant crown to it. Next God combined these special energies together and through this fusion formed the Sun within the heavens; which is associated with the fourth day of the week (Wednesday), and the left ear of the human body.
- **Peh:** God caused the Hebrew letter “Peh” to rule over gracefulness, and fastened a radiant crown to it. Next God combined these special energies together and through this fusion formed the planet Venus within the heavens; which is associated with the fifth day of the week (Thursday), and the right nostril of the human body.

- **Resh:** God caused the Hebrew letter “Resh” to rule over seed, and fastened a radiant crown to it. Next God combined these special energies together and through this fusion formed the planet Mercury within the heavens; which is associated with the sixth day of the week (Friday), and the left nostril of the human body.
- **Tau:** God caused the Hebrew letter “Tau” to rule over dominions, and fastened a radiant crown to it. Next God combined these special energies together and through this fusion formed the Moon within the heavens; which is associated with the Sabbath day (Saturday), and the mouth of the human body.

There are additionally Twelve Simple Letters (Heh, Vav, Zain, Cheth, Teth, Yod, Lamed, Nun, Samekh, Ayin, Tzaddi, Qoph) which correspond to human activities, and manifest as sight, hearing, smell, speech, desire for food, sexual desire, movement, anger, joy, thought, sleep, and work.

These Twelve Simple Letters are also symbolic of the twelve zodiac signs, the twelve months of the year, and the twelve limbs of the body. In this manner, the human body, the world, and time are all linked together through the process of creation via the Hebrew alphabet (Figure 1.140). This important correspondence is why many Hebrew Kabbalah masters tend to focus on the spiritual aspect of transmuting the sacred letters, and combining them in various ways in order to produce divine names used for creating and manifesting.

Both Jewish and Christian Kabbalah masters saw the underlying structure of the universe in terms of energies, forces, and elements; and therefore used the sacred letters and esoteric symbols of the Tree of Life to give a deeper spiritual structure to their religious systems.

#### THE 4TH THROUGH 9TH SEPHIROTH EMANATIONS

The next step in the creation process was the development of the fourth through ninth Emanations on the Tree of Life. These six Emanations are often combined together and taken as a complete group; often referred to as the “Lesser Countenance of God,” or “Lower Face of God.”

Between the Upper Three Emanations and the Lower Six Emanations, there is an energetic “Abyss” where the unique unmanifested Still Point known as Daath (Knowledge) is found. This great Abyss is not considered to be a true Emanation, but instead exists as an energetic separation residing between the upper divine emanations (which are believed to exist beyond normal human understanding) and the lower emanation manifestations.

These Six Lower Emanations are energetic forces that need to be in balance with each other in order to establish the spiritual equilibrium required to enter into the Upper Countenance of God. For example, the fourth Emanation Chesed (#4) (Mercy and Energetic Expansion) must be balanced with the fifth Emanation Geburah (#5) (Judgment, Limitations, and Boundaries) (Figure 1.141).

Balancing the fourth Emanation Chesed (#4) with the fifth Emanation Geburah (#5) is the sixth Emanation Tiphareth (#6) (Beauty and Grace). Tiphareth is where all of the lower divine forces are in perfect spiritual balance. Within the Christian Kabbalah, to achieve the elevated state of Tiphareth Consciousness is to achieve spiritual enlightenment. It is said that this is the true realm of the holy sages, associated with

Hebrew Number Values			
א	Aleph - 1	ל	Lamed - 30
ב	Beth - 2	מ	Mem - 40
ג	Gimel - 3	נ	Nun - 50
ד	Daleth - 4	ס	Samekh - 60
ה	Heh - 5	ע	Ayin - 70
ו	Vav - 6	פ	Peh - 80
ז	Zain - 7	צ	Tzaddi - 90
ח	Cheth - 8	ק	Qoph - 100
ט	Teth - 9	ר	Resh - 200
י	Yod - 10	ש	Shin - 300
כ	Kaph - 20	ת	Tau - 400

Figure 1.140. The Hebrew Alphabet.

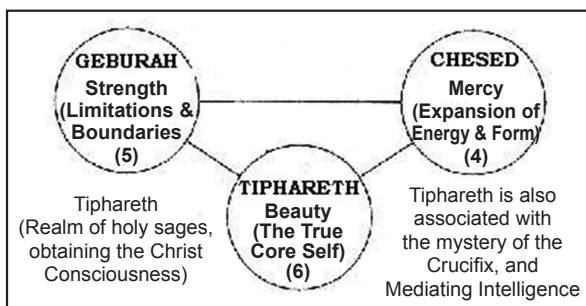


Figure 1.141. In the Tree of Life, the 4th Emanation “Chesed” (Compassion and Mercy) must be balanced with the 5th Emanation “Geburah” (Power and Judgment).

the mystery of the crucifix as well as mediating intelligence; both relating to the heart. Which is why Tiphareth is often referred to as obtaining the Christ Consciousness.

The sixth Emanation Tiphareth (#6) (Beauty) brings a harmonious balance to the seventh Emanation Netzach (#7) (Endurance and the energetic cycles of nature) and the eighth Emanation Hod (#8) (Reverberation and the perception to recognize and respond). Netzach represents the divine force filling creation, and is used for describing feelings and emotions. Hod represents the concept of form and structure, and is used for describing the logic and rationality of the intellect (Figure 1.142).

Also balancing the seventh Emanation Netzach (#7) and the eighth Emanation Hod (#8) from below is the ninth Emanation Yesod (#9) (the subtle foundation of the Ego Identity). This energy from below is additionally used to bring harmony to the interacting power of Emotion and Logic (Figure 1.143).

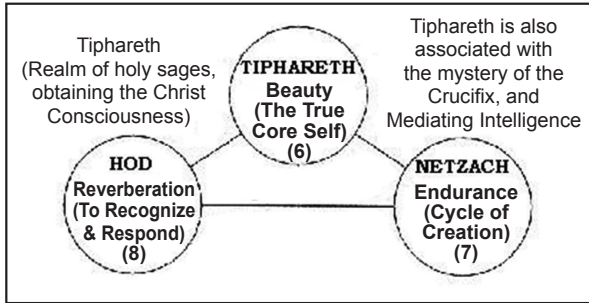


Figure 1.142. From above, the 7th Emanation "Netzach" is balanced with the 8th Emanation "Hod" through "Tiphareth" (6).

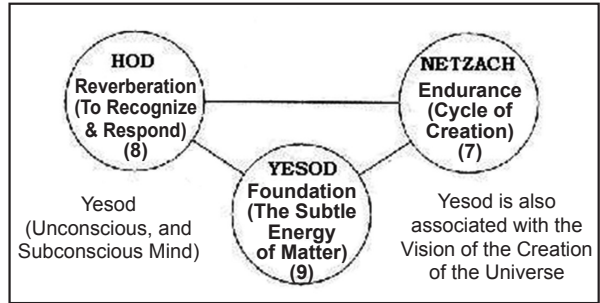


Figure 1.143. From below, the 7th Emanation "Netzach" is balanced with the 8th Emanation "Hod" through "Yesod" (9).

The ninth Emanation Yesod (#9) represents the concept of something existing below the surface, as the true foundation of something. It is usually seen as the archetype of the unconscious, as well as the subconscious thinking that exists below the surface of someone's awareness. Yesod is associated with the vision of the creation of the universe, and additionally represents the force of sexuality within the universe.

The tenth Emanation is Malkuth (#10) (Kingdom) and represents the human body, the physical realm, and the world of matter, as well as the gate of the Garden of Eden (Figure 1.144).

**THE TREE OF LIFE HAND SEAL PATTERN**

The following Tree of Life Hand Seal patterns are part of Rabbi Joseph ben Solomon Taitazak's esoteric Chiromancy teachings, and were used when performing different Kabbalistic prayers and meditations. During the 16th century, Rabbi Taitazak was regarded as one of the greatest Talmudists of his time. He was also one of the most mysterious masters of the ancient Kabbalah, as well as one of the leading rabbinical figures in both Jerusalem and Damascus. In his writings he not only discusses such esoteric topics as Magic Squares, but also eludes to some of the highest and most concealed concepts of the mystical Kabbalah and its use of sacred amulets.

- **The Tree of Life Meditation Hand Seal:** In this special Hand Seal, the left thumb is placed on each of the Ten Sephiroth positions during meditation. The thumb position changes according to the specific Sephiroth being focused on (Figure 1.145).
- **The Middle Pillar Meditation Hand Seal:** This special Hand Seal is associated with the Middle Pillar Meditation. During the meditation, the left thumb is placed on each of the Sephiroth positions associated with the Middle Pillar of the Tree of Life. As the thumb presses each gate, the person will repeat the sacred prayer associated with opening and spiritually receiving its radiant energy (Figure 1.146).

**THE MIDDLE PILLAR MEDITATION**

Once a student of the Christian Kabbalah understands the spiritual pathways of the Tree of Life, the next goal is to travel the path from Malkuth (#10) back towards Kether (#1) and spiritually reunite the radiant light of their eternal soul with the illuminating spirit of God. This spiritual journey will require overcoming great challenges and enduring many trials, which are required in order to pass through the various veils that protect the proceeding Emanations from becoming contaminated by lower realm interactions.

Each successful journey will free the traveler from the shackles that bind their spirit (heart and mind) to the previous

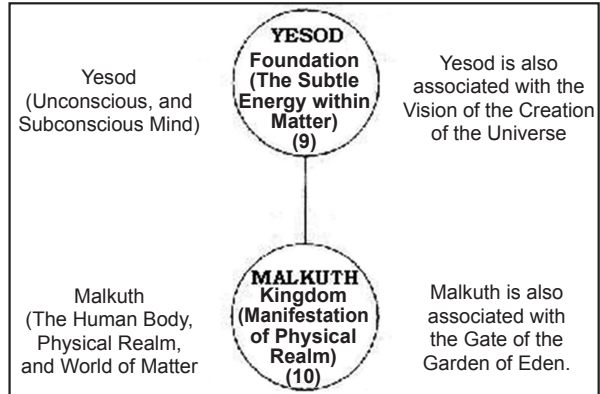


Figure 1.144. Below the 9th Emanation "Yesod" is the 10th and final Emanation "Malkuth," which is associated with the Earth.

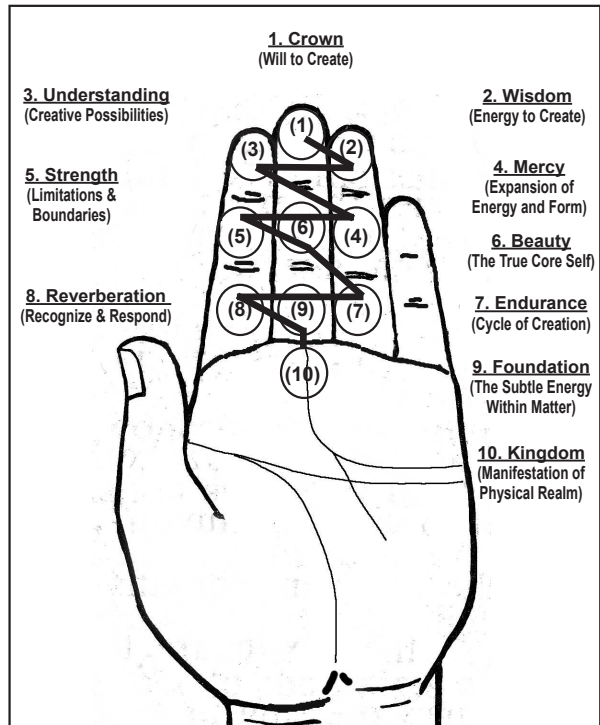


Figure 1.145. The Tree of Life Meditation hand seal pattern.



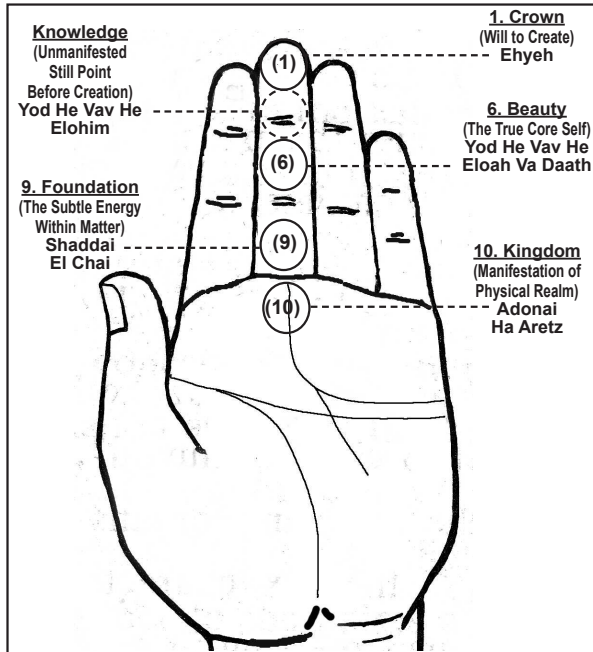


Figure 1.146. The Middle Pillar Meditation hand seal pattern.

level, and will allow them to transform and evolve to higher levels of spiritual consciousness. These different born-again experiences are required for all human souls that seek to move from the darkness into the light, and who strive to live in the kingdom of heaven while here on earth.

The higher the traveler climbs the Tree of Life, the more spiritual and mystical the person's life will become. Because each stage requires the traveler to balance and master different mental, emotional, and spiritual aspects of their life, the journey can sometimes become overwhelming. In order to help the traveler overcome the darker side of their nature, the following meditation was developed to increase and bring more spiritual light into their life in times of trouble.

### THE RINGS OF LIGHT MEDITATION

The following meditation requires you to visualize the channel of light located in the middle of your body, and focus on moving divine light through the five center Emanations.

The Middle Pillar connects the four main Emanations that run down the center of the body (Kether, Tiphareth, Yesod, and Malkuth) along with Daath (the Abyss that separates the three upper divine Emanations from the seven lower Sephiroth).

What makes this meditation special, is that it is not only designed to further illuminate the practitioners spiritual life, but it also helps to awaken, stimulate, and energize these important Emanation centers through the use of special Hebrew prayers (Figure 1.147).

- 1. The Preparation:** Begin by sitting upright, towards the edge of a comfortable chair, with your spine straight, and the feet extended flat on the ground, a little wider than your hips.
  - Next, cleanse and purify the space where you are about to perform the meditation by performing the Pulling Down the Heavens; and then the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26).

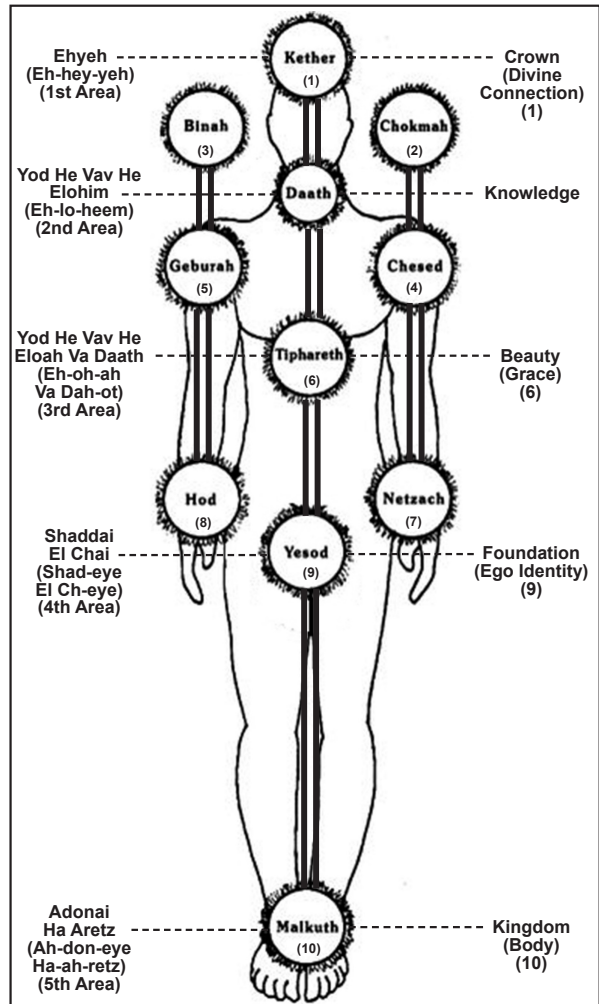


Figure 1.147. Focus on the Middle Pillar of the Tree of Life.

- Now inhale through the nose, and visualize drawing divine energy into your body from the Throne of God, located within the Highest Heavens. Feel this bright radiant energy immediately flow through the top of your head, then pause for a moment.
- 2. The Kether Emanation Point:** Next begin to visualize a brilliant ball of white light, glowing at the Kether Emanation point, located at the top of your head. As you continue to concentrate on this area, with each breath feel it glow and radiate its internal light even brighter and stronger than before.
- Now press the tip of your left thumb onto the tip of your left middle finger (see Figure 1.146), and begin to vibrate this special Emanation point by repeating the following Hebrew Name of God: "Ehyeh" ("I Am"), pronounced "Eh-hey-yeh." Sound each syllable slowly and rhythmically, focusing on the radiant glory of God. Eventually all of these sounds will be repeated sub-vocally, so that no actual external sound is heard, and only the internal vibration of these sacred words are felt resonating from deep within this Emanation point.

3. **The Daath (Abys) Point:** After several minutes, visualize a column of divine light shooting down from the center of the Kether Emanation point and entering into the lower throat area. Next begin to visualize a brilliant ball of white light, glowing at the center of the Daath (Abys) point.
  - Now press the tip of your left thumb onto the first upper crease of your left middle finger (see Figure 1.146), and begin to vibrate this second area by repeating the following Hebrew prayer: “Yod Heh Vav Heh Elohim” (pronounced “El-lo-heem”), meaning “the Lord God,” and sound each syllable slowly and rhythmically, focusing on the radiant glory of God.
4. **The Tiphareth Emanation Point:** After several minutes, visualize a column of divine light shooting down from the center of the Daath area and entering into the center of your chest. Next begin to visualize a brilliant ball of white light, glowing at the center of the Tiphareth Emanation point.
  - Now press the tip of your left thumb onto the center of the middle pad of your left middle finger (see Figure 1.146), and begin to vibrate this third area by repeating the following Hebrew prayer: “Yod Heh Vav Heh Eloah Va Daath” (pronounced “El-oh-ah Va Dad-ot”), meaning “God Manifest.” This Name of God represents “stillness in the midst of motion,” and “silence at the center of sound.” It is the central point from which all of creation spins. Therefore sound each syllable slowly and rhythmically, focusing on the radiant glory of God.
5. **The Yesod Emanation Point:** After several minutes, visualize a column of divine light shooting down from the center of the Tiphareth Emanation point and entering into the center of your genitals. Next begin to visualize a brilliant ball of white light, glowing at the center of the Yesod Emanation point.
  - Now press the tip of your left thumb onto the center of the bottom pad of your left middle finger (see Figure 1.146), and begin to vibrate this fourth area by repeating the following Hebrew prayer: “Shaddai El Chai” (pronounced “Shad-eye El Ch-eye,” meaning “the Mighty Living God.”)
6. **The Malkuth Emanation Point:** After several minutes, visualize a column of divine light shooting down from the center of the Yesod Emanation point and entering into the center of your feet. Next visualize a brilliant ball of white light glowing at the center of the Malkuth Emanation point.
  - Now press the tip of your left thumb onto the base of your left middle finger (see Figure 1.146), and begin to vibrate this fifth area by repeating the following Hebrew prayer: “Adonai ha-Aretz” (pronounced “Ah-don-eye Ha-ah-retz,” meaning “Lord of Earth.”)
7. **Pulsing Rings of Light:** Next place your thumb onto the tip of your middle finger and focus your attention on the pulsating energy existing within these five radiant forms of light. Beginning from the bottom of the feet, imagine, visualize, and feel powerful pulsating rings of white light flowing up and down your body; moving from the Malkuth Emanation point to the Kether Emanation point (Figure 1.148).

Once you begin to feel and experience your entire body vibrating, focus your attention on increasing the vibra-

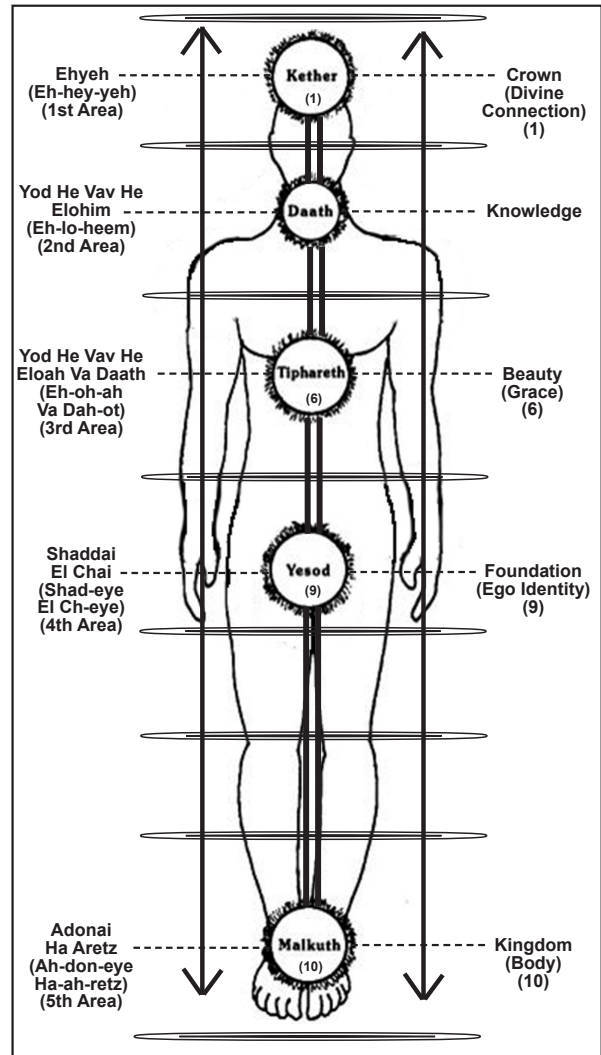


Figure 1.148. Focus on the Middle Pillar, and visualize ascending from Malkuth (10th) to Kether (1) via the center core channel.

tional flow. In ancient times, a student would escalate their body's vibration until eventually their spirit body would suddenly pop out of its physical shell. After several minutes, end the meditation and sit quietly.

#### THE KABBALAH AND CREATION

Most biblical scholars believe that there are two creation stories contained within the first few chapters of Genesis. The first creation story begins at Genesis Chapter 1 and ends at Genesis Chapter 2:4; which states, “These are the generations of the heavens and of the earth when they were created.”

The second creation story begins immediately afterwards (in the middle of the verse), and starts with, “in the day that the Lord God made the earth and the heavens...”

The consensus among most biblical scholars is that the Torah is not a unified work from a single author (traditionally believed to be Moses), but instead comes from different sources combined over many centuries by many hands. According to this theory, the first creation story comes from a Priestly

(P) source; where the Creator is named “Elohim.” The second creation story is said to come from what is called the Yahwist (J) source, where the Creator is named JHVH. Christians often pronounce this as “Yahweh” or “Jehovah.” Jews out of respect for this Name traditionally do not pronounce it, but in prayer substitute “Adonai” which can be translated as “Lord” or “My Master.”

These observations help to explain why many Old Testament scholars believe the Book of Genesis originated from two different sources. If you study the Priestly account of the first creation story in Hebrew, you will note that it uses the word “bara” a great deal, which means “to create.” However, the Yahwist account of the second creation story in Hebrew does not use the word “bara;” instead it uses the Hebrew verb “yatzar,” which means “to form.” For example, in Genesis 2:19, it is written, “and out of the ground the Lord God formed every beast of the field, and every fowl of the air.”

For a Kabbalistic mystic, the two words (bara and yatzar) are extremely significant, because they represent two different states of reality. In the Kabbalah, there are traditionally four levels of reality, referred to as the “Four Worlds.” These Four Worlds represent the different spiritual realms of creation.

The concept of “Worlds” in this particular way of seeing things denotes the emanation of creative life force originating from God (Ein Sof — God Without End), described as follows:

- **The Physical Realm:** The first realm is known as the Physical World, and is experienced through the five senses. It is also referred to as the realm of “Assiyah,” which is derived from the verb “asah” meaning “to make.” Therefore the realm of Assiyah is the realm of the physical body, which pertains to the known universe and the tangible realm of matter. It is said that science is only known at this lower level, and cannot study or even comprehend the other three higher levels of reality.
- **The Energetic Realm:** The next higher level is known as “Yetzirah,” and pertains to the World of Formation. This includes the realm of thoughts, images, and concepts. It is the realm of the psyche through which we may perceive things without the use of our five senses. This is accomplished by using the intuitive perceptive awareness of our “mind’s eye,” which is often accomplished consciously through our imagination, and unconsciously through our dreams.
- **The Spirit Realm:** The third level is known as “Beriah,” which is defined as the World of Creation. This is the realm of the primordial spirit of our eternal soul. It is also considered to be the realm of the angels and archangels, depending on which Kabbalistic school you are studying. All human beings have access to this higher level of communication within themselves and with God through intense spiritual practice. Which is why Jesus of Nazareth so often stressed that, “the kingdom of God is within you.”
- **The Divine Realm:** The fourth level is known as the realm of “Atzilut,” which is from the Hebrew word “atzal” meaning “to stand near.” It describes the holy realm that “stands near” the Divine. This sacred realm is located within the divine spark of our eternal soul, which is also a part of the living God. Because God is traditionally

described as the “most hidden of all hidden,” this is understood to be God prior to his self-manifestation in the production of any spiritual or physical realm. Therefore the fourth level is considered to be the life transforming state of radiant bliss that is only experienced after an individual has made a profound connection with the divine radiant power of the living God.

When studying the Creation Story in Genesis from a Kabbalistic perspective, we can now understand how both the first and second versions of creation mutually support each other. For example:

- **Physical Body (Matter):** Assiyah (Making); Earth Element; the realm of action and doing; color red.
- **Energy Body (Energy):** Yetzirah (Formation); Water Element; the realm of the Angels, and unconscious forms and images of the mind; color purple.
- **Spirit Body (Spirit):** Beriah (Creation); Fire Element; the realm of the Thrones (24 Elders of Heaven) and possibilities of spiritual creation; color blue.
- **Body of Light (Divine):** Atzilut (Near God); Air, Breath and Logos (Word); the realm of divine emanations that extend into manifestation; the Sephiroth (gates of light); color white.

Once you understand this progression, you can see why the ancient scribes constructed the book of Genesis in the specific manner in which they did. The first account uses the word “bara,” which also comes from the same root as “Beriah,” the spiritual realm of creation. The second account uses the verb “yatzar” (to form) and is associated with the energetic realm of creation — expressed as “Yetzirah” (Formation). The physical realm of creation (Assiyah) is not mentioned until the very end.

The Book of Genesis is extremely mystical in that the story of Creation itself illustrates the progression from general to specific. For example, the seven days of Creation are associated with the seven lower Sephiroth Emanations and seven specific character qualities, described as follows:

- **1st Day of Creation:** Light and Darkness — Chesed (#4) Compassion, Mercy, and Kindness — Sunday (Beth).
- **2nd Day of Creation:** Sky, Clouds, Oceans — Geburah (#5) Power, Judgment, and Discipline — Monday (Gimel).
- **3rd Day of Creation:** Land, Trees, Herbs — Tiphareth (#6) Beauty, Grace, and Splendor — Tuesday (Daleth).
- **4th Day of Creation:** Sun, Moon, and Stars — Netzach (#7) Victory and Endurance — Wednesday (Kaph).
- **5th Day of Creation:** Sea Creatures and Birds — Hod (#8) Glory, Honor, and Gratitude — Thursday (Peh).
- **6th Day of Creation:** Land Animals, Insects, and Man — Yesod (#9) Righteousness and the Foundation of the Ego Identity — Friday (Resh).
- **7th Day of Creation:** The Shabbat — The Day of Rest — Malkuth (#10) “Kingdom” — Saturday (Tau). “And the heaven and the earth were finished, and all the host of them. And on the seventh day God finished his work which He had made” (Genesis 2:1-2). The Light coming from the three upper Sephiroth now fill the lower six Sephiroth with God’s Divine Presence.





Figure 1.149. Jesus of Nazareth was an incredible faith healer.

## CHAPTER 28. WHAT IS DIVINE HEALING

Any person who can do miraculous works is often thought to be spiritually gifted with some form of supernatural power. If their miracles are beneficial to others, then the person is often considered to be a holy individual and their powers are thought to be divinely inspired. In such cases, even after their death, many of the special healings associated with this person's ministry are remembered and valued by others as an important part of God's holy power at work within the earthly kingdom of man.

In the same way, many of Jesus of Nazareth's miracles produced great astonishment in the hearts and minds of those who watched him heal (Figure 1.149). Because all marveled at these incredible abilities, as well as how quickly he could exorcise demonic spirits from possessed victims, his fame spread throughout all of ancient Judea.

This dynamic reputation however also generated suspicion and fear in the hearts and minds of the Roman political leadership of the State, as well as the Scribes, Sadducees, and Pharisees of the Jewish religion. This latter group (who were Jesus' main critics) were not known for creating any miraculous wonders. Instead they were known as "interpreters" of God's holy will within the Laws of Moses in the Hebrew Bible. None of these scholarly teachers ever embodied God's divine healing power, or were known as a miracle worker. So where did the supernatural healing power of Jesus come from?

### JESUS AS A FAITH HEALER

During that time in ancient Judea, miracle workers would now and then appear and minister to the children of Israel as prophets of God. These special individuals were often seen as the living embodiment of God's divine authority on earth, and were honored among the people as being representatives of God's miraculous power and divine mercy.

In his own ministry, Jesus of Nazareth often worked as a Faith Healer; and his divine power, to some extent, depended on the faith, trust, and belief of his patient's in him as a living representative of God's healing power on earth. The fact that Jesus recognized the importance of each patient's faith is indicated in his repeated statements, *Your faith has made you whole...* (Mark 5:34, Luke 8:48, Luke 17:19, Luke 18:42).

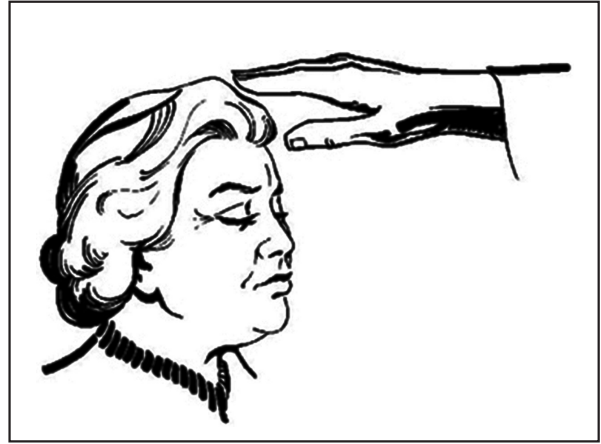


Figure 1.150. Christians are called to anoint the sick with oil and pray over the afflicted so that they may be healed (James 5:14-15)

A Faith Healer cannot heal when he finds no faith. This was the primary reason why Jesus could not perform many miracles in his own hometown (Mark 6:5-6). The biblical text reads: *He could not perform any miracles there, except lay his hands on a few sick people and heal them. And he was amazed at their lack of faith...* Therefore divine healing is actually faith healing. This ritualistic practice requires the use of faith, prayer, and the "laying on of hands" (Figure 1.150).

Within the Christian church, the doctrine of healing originated with Jesus' teaching given in Mark 16:17-18, which states: *And these miraculous signs will accompany those who believe. In my name [Jesus or Yeshua], they will cast out demons; and they will speak with new tongues. They will handle snakes, and if they should drink any deadly poison, it will not hurt them; and if they place their hands on the sick, they shall be healed.*

Remember that the church of Christ is not supposed to be a museum for saints. Instead it is supposed to act as a hospital for the sick, with Jesus as the divine physician.

Within the Christian church today, there are many claims attributed to God's divine intervention, often brought about by the special healing ministries of certain evangelists. There have been miraculous healings of such illnesses as AIDS, anemia, arthritis, blindness, cancer, deafness, defective speech, developmental disorders, multiple sclerosis, skin rashes, total body paralysis, and other various injuries. These manifestations of divine healing can also originate from special prayer groups, a visit to a sacred religious shrine, or simply come about through a strong personal belief in God. Many Christians believe that the healing of any disease or a disability can be brought about through the supernatural healing power of God's Holy Spirit – provided that the individual's faith is strong enough, and the healing is in accordance with God's divine will.

In my many years of working with various healers and masters of esoteric spirituality, I have met and trained with several powerful mystics. One particular group consisted of three Pentecostal preachers who had been personally called to a special healing ministry. These three Christian men would travel from church to church within the United States praying over and healing the sick and the afflicted.

When I spoke with these three great healers, they explained that all of them had extensively studied Jesus' healing ministry, and each independently realized that there was a consistent pattern that repeated itself in all of his healings. As they set out to test their theories in various church congregations, they soon discovered there were five unique stages required for healing a person's body, mind, and spirit. These five stages included: having the faith to be healed, forgiving yourself and others, praying and asking for the healing, taking responsibility for having the faith to heal, and going in peace and sinning no more.

They additionally explained that the reason they purposefully work in a small group of three, is because in Matthew 18:19, it is written: *Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by my Father in heaven.* Therefore they believed that this combined Prayer of Agreement was extremely powerful and especially essential when focusing on someone's healing.

The five stages of Jesus of Nazareth's Healing Ministry were described to me as follows (Figure 1.151):

- **Stage #1 — Having The Faith to be Healed:** Jesus often first asked the sick person or their personal representative if they had the faith to be healed (Matthew 9:28-30). This was important, for in the book of Hebrews 11:6 it states *Without faith man cannot please God; for he who comes near to God must believe that He [God] exists, and that He is a rewarder of those who seek after Him.*

The act of faith is based on having a complete trust or confidence in someone or something – such as in a divine healing. Thus the wisdom that is required to apply this type of faith must be based on good judgment, and in having knowledge as well as hope.

Both Faith and Wisdom are divine virtues, which internally exist as part of the creative spark that radiates from deep within our soul. Once these two dynamic forces are combined, they naturally give birth to a new spiritual seed of consciousness – which in turn can produce miraculous results. This is well demonstrated in the New Testament (Acts 14: 8-11) when the Apostle Paul met a cripple who had been lame from the time of his birth, and had never walked. After listening to Paul preach the gospel, Paul looked intently at the crippled man and saw that he had the faith to be healed. So Paul approached the man and in a loud voice proclaimed, "In the name of our Lord Jesus Christ, stand upright on your feet." And the man jumped to his feet and immediately started walking.

Without a proper balance of these two divine virtues however, an improper state of mind is often created – wherein Wisdom is accepted and acted upon to the exclusion of Faith, or Faith is allowed to blindly lead without Wisdom.

Simply put, believing in something hard enough, long enough, or strongly enough, will not necessarily make it happen; or even prompt a healing to suddenly manifest. Instead, there must be a combination of both Faith and Wisdom surrounding the desired result - accompanied with divine will, which directs the outcome of the act.

In a faith healing, the dark energy of a person's diseased state, and the radiant healing energy that is required to stop the progression of the disease, are both parts of an eternal

soul's spiritual journey here on the earth. For example, if a person is dominated by such negative and unhealthy emotional states such as anger, resentment, and skepticism, then such negative thoughts can adversely influence a healer's ability to heal that person. This is why whenever a true faith healing is performed, it is important that non-believers and skeptics are not present to interfere with the healer's prayers and projected healing spiritual energies.

A non-believer can naturally create powerful negative thought-forms, that can interfere with and inhibit the healer's energetic treatments. On the other hand, individuals with a supportive frame of mind can help create a powerful healing field, which can be used to enhance and assist someone in their healing practice. To illustrate this fact, I will share with you an incident that took place at a local Santa Cruz Bible College in the late 1980's.

One morning, a friend of mine was practicing his preaching technique in an auditorium filled with 250 young seminary students. Each student in the class was being observed by the Elder responsible for teaching the course, who was grading their sermons on presentation, delivery, and content. Suddenly, the back door of the auditorium swung open, and a young Hispanic woman carrying a small baby boy entered into the room.

As she walked down the aisle towards the stage, she was crying and pleading for help. She reached the stage and told my friend (who was currently speaking), that God had spoken to her in a dream, and had told her if she came to this particular Bible College that morning and asked for help, that He (God) would immediately heal her child of his serious diseased condition.

My friend was both startled and alarmed. Not knowing what to do or how to handle such a situation as this, he quickly turned to the Elder who was monitoring his lecture.

The Elder, seasoned in dealing with this type of situation, calmly approached the young woman and asked her to repeat her statement. After hearing her story for a second time, he informed the distraught mother that, while God had not spoken to him directly about the situation, he would nevertheless be obedient to whatever God had initially spoken to her in her dream concerning the health and healing of her young child.

The Elder then looked up towards the remaining 249 seminary students, and loudly spoke the following to the young men and women who were currently sitting in the auditorium watching the entire encounter, "If anyone here does not believe that God can and will immediately heal this child, please get up and leave now." Within a few minutes, only three seminary students were left sitting inside the auditorium.

The Elder then called the three remaining students to join him and my friend on stage. Then all five men stood together and began to pray for the healing of the small baby. Miraculously, the young child was instantly healed (a follow-up visit confirmed this fact).

Right after their prayer, the now smiling young mother thanked the five men and quickly left with her child.

My friend was perplexed by the entire event, and turned to the Elder and asked how it was that he knew exactly what to do.

The Elder answered, “You have to understand that even Jesus, whom I consider to be the greatest healer of all times, could not perform healing in his own hometown because of everyone’s disbelief. Here in this auditorium, it would have been five of us who had faith in God’s healing ability through Jesus Christ, versus 246 individuals who were skeptical and full of doubt. Therefore it is better to have a few people with strong unwavering faith, than to have many individuals filled with doubt or no faith at all.”

- **Stage #2 — Forgiving Yourself and Others:** During the Second Stage of Healing, Jesus informed the sick person that their sins were forgiven.

Sometimes a disease is understood to be an energetic gift from the spirit realm, used to help an individual wake up and re-evaluate their current life situation and personal priorities. Consequently, in certain cases an illness has taken root inside a person’s body due to the suppression of negative emotions. Often these toxic emotions are generated from certain painful memories associated with unforgiveness.

In the New Testament (James 5:14-15) it states: *Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the Name of the Lord [Yahweh]. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.*

One of the three Pentecostal preachers mentioned that in their healing ministry, almost everyone that they prayed over had been healed. However, whenever they discovered that someone’s condition had not improved after the prayer revival had concluded, they asked to meet privately with this individual the following week. During this private meeting, they would ask the individual if there was anyone whom they had not forgiven. Inevitably, the individual would still have someone in their lives towards whom they were still harboring deep-seated resentment. Once the individual could identify that person and consciously choose to truly forgive them, many times their diseased condition would spontaneously vanish, and a miraculous healing would take place. This is one reason why before treating and healing any diseased individual, Jesus would almost always inform the sick person that their sins were forgiven (Matthew 9:2-7).

It is for this reason that whenever I was treating patients in my own clinic, I would always follow the same pattern for each of the healing sessions. For example, each time that I treated a patient and they were lying supine on the treatment table, I would first imagine spiritually connecting to the divine healing power of God, and visualize this radiant healing energy filling my entire body.

Next I would place my hands above the patient and sub-audibly whisper to their spirit, “You are washed in the blood of Christ, and all of your sins are forgiven in Jesus’ Name.”

Right after that, I would rake both of my hands over the patient’s external energy field, and imagine pulling dark energy from out of their body. Then I would visualize disposing this turbid energy deep into the center of the earth.

Once I felt their three bodies (physical body, energy body, and spirit body) had been effectively cleansed, I

would again place my hands above the patient and quietly whisper, “Be filled with the Holy Spirit of God; know and understand that God truly loves you, and remember why you originally came back into this realm.”

Right after the healing session, I would then spend time with my patient processing their feelings; discussing what they had experienced and what had transpired during the treatment.

I would always perform this same type of divine cleansing and purification process for each and every patient that I treated. With this method, I continued to have excellent results, especially with all of my cancer patients.

The feelings of pain that a person experiences are expressions used by the body to convey the information that something is wrong. Whether it is the result of a physical or emotional assault, the end result is always the same — pain.

Sometimes an individual will justify their pain, and choose to not heal from the original emotional wounding because of certain perceived benefits. In the clinic, this is known as the “Secondary Gain of the Disease,” and refers to the detrimental patterns that are either subconsciously or consciously used by a patient to sabotage their healing process. In other words, the diseased state is used by the patient in order to receive the attention for which they are desperately craving. The following is an example of this type of unhealthy state of mind.

While working in the clinic, a man who had prostate cancer came to me for treatments. Several of his friends were doctors of western medicine, and all of them had suggested different treatment modalities that could be used to treat his condition. He then explained that because each of these cancer treatments could be problematic in the long run, he decided to first explore an alternative treatment approach to healing his prostate cancer.

I started treating him using Medical Qigong Therapy once a week. I also taught him special prescription exercises that targeted his prostate cancer, which he was required to practice twice a day.

Within a few weeks, his PSA (Prostate-Specific Antigen) blood count had drastically dropped, showing that his prostate cancer was in remission and his body was rapidly healing. This completely shocked my patient, and without me knowing it, he then stopped performing his homework prescription exercises. Within a few more weeks, because he was no longer performing the required prescription exercises, his PSA count again began to rise. A month later, he came to my clinic and started yelling at me, upset because his PSA count had now risen through the roof.

While my patient was busy venting his frustration over the situation, I energetically read him to understand exactly what had happened, and why the treatments had suddenly stopped working.

I quickly understood that in this particular case my patient’s cancer condition was also energetically associated with his recent divorce, and he was covertly seeking to regain the attention of both his ex-wife and his two sons. Because of this suppressed desire, he had chosen to hold onto his prostate cancer by no longer doing the healing



exercises that I had specifically given him. This is an example of the “Secondary Gain of the Disease,” where the patient purposefully sabotages their healing in exchange for a perceived secondary value.

To make a long story short - I asked the patient why he had stopped practicing the homework prescription exercises. Startled by my question, the patient became nervous and looked at the ground, and said nothing. So I continued.

I asked him if he truly believed that he deserved to be healed. Immediately the patient hung his head, sighed, and shook his head. He then explained that these treatments gained him the attention and support of his estranged family. Which is why once he received the report from his oncologist that these treatments were working, he immediately stopped doing the exercises.

I looked at my patient and sympathetically explained that I understood his predicament, however given this current situation I saw no way that I could continue to treat him. Because he had learned to sabotage the treatments, it would serve him better to seek out a priest or psychotherapist to resolve any personal issues that might drive him to sabotage his health and healing process. After he has learned how to forgive himself and his situation, only then could he come back and see me for further treatments.

About a month or so later, he called and booked another appointment. When he arrived, he informed me that through counseling he had experienced a spiritual awakening, and would now like to continue his treatments. We again started treatments and within four weeks of beginning this second series of Medical Qigong Therapy, his prostate cancer went into complete remission.

In this particular case, the patient’s true healing began right after he could forgive himself, his wife, and the different circumstances surrounding the divorce. Once this type of sincere forgiveness was maintained, the patient could see outside of himself, and appreciate the lessons that he had learned during his marriage, and live a healthy life based on the need to be there for his two children.

- **Stage #3 — Praying and Asking For the Healing:** During the Third Stage of Healing, Jesus would pray to God for the sick person’s recovery and the person was healed – if not immediately, then within the hour. Jesus commissioned his disciples, as an important part of their personal ministry, to go and likewise heal the masses. For example, in Luke 9:1-2 it is written: *Then he called his twelve disciples together and gave them power and authority over all demons and to cure diseases. And he sent them to preach the kingdom of God and to heal the sick.*

In Luke 9:6, it additionally says: *So they departed and went through the towns, preaching the gospel [i.e., the good news of God’s kingdom of heaven] and healing everywhere.* In understanding this, it comes to reason that if you are indeed a disciple of Jesus the Christ, not only in word but also in deed, then his divine commission to his disciples to go and heal others also applies to you as well.

In Luke 10:9 it is written that Jesus told his disciples: *Heal the sick who are there and say to them, the kingdom of*

*God has come near to you.* In studying this scripture, we once again read that Jesus did not simply encourage his disciples to preach about the kingdom of God, but that he also authorized them to heal the sick.

In order to effectively accomplish this task, you must not only have the faith to believe that God can and will do what you ask in Jesus’ name, but you must additionally learn how to effectively master the energetic skill of Faith Projection.

In modern times, the act of Faith Projection is often accomplished through the repetition of positive auto-suggestions or self-healing affirmations used to redirect the patient’s troubled heart and mind, and uplift their spirit to a more powerful, influential spiritual state. These positive healing affirmations can either be spoken or said silently:

- By the healer to the patient.
- By the patient to himself or herself.
- By both the healer and the patient.

For thousands of years, positive affirmations were spoken and applied in church healing sessions; and were often used to reverse the destructive affects of negative thoughts and beliefs bombarding the hearts and minds of the men and women of the congregation. This negative state of mind was initially created from all of their various interactions with the people of the “world” (i.e., the people outside their own particular faith).

In this type of “therapy by suggestion,” the healer projects the radiant power of God’s divine light along with loud audible statements into the patient’s receptive body, mind, and spirit, and quickly sets into motion the internal healing process. This type of healing is accomplished through loud speaking and focused intention, in which the powerfully projected energy of the healer is dynamically applied to remove old negative thought-patterns, and to re-establish a new healthy energetic pattern within the patient’s three bodies (i.e., their physical body, energy body, and spirit body).

In a Faith Projection, the healer’s mental attitude and healing intention is consciously used to spiritually overshadow and positively influence the patient’s three bodies via the healer’s strongly projected words, attitude, tone, and demeanor. As the healer begins to audibly and telepathically pour thought intention into the receptive mind of the patient, a strong positive current of uplifting, strengthening, and healing thought and belief is created.

The fusion of both minds (the healers and the patients) is then directed towards a common purpose and goal: that of producing a powerful conscious and subconscious pattern of healing within the patient’s tissues. This new healing pattern is used to override any previous negative thinking patterns that allowed the current diseased state to take root in the patient’s body.

The healing technique of Faith Projection is often combined with prayers and/or whispered biblical scriptures, and is considered to be the embodiment of both psychosomatic and spiritual healing. When applied, this approach requires the healer to speak special scriptures or pronounce bold healing statements towards the patient in a dynamic rhythmic pattern, which initiates a powerful internal organ system healing response.

The symbiotic relationship developed between the healer and patient is similar to the faith healing practices still used by Pentecostal Christian groups. In this type of faith healing, the stronger the healer's and patient's faith, virtue, and righteous intention, the more powerful the healing will be.

For Faith Projection to work, the patient must have a strong faith and belief in the ability of the healer and their spiritual connection to God. The patient must additionally feel safe and secure within the healing environment. For both healer and patient, the stronger their faith, the greater is the potential for the healing.

Both affirmation and desire create the motivating energy that furthers the healing process. In this type of "Be Healed Now!" approach, the healer's focused intention and projected unwavering belief and conviction will many times cause within the patient a release from the disease's original holding-pattern. A new healing pattern is set into motion by shocking the patient's pre-existing negative belief system into a new and healthier one.

It is also important to remember that the energetic field surrounding the body is strongly affected by positive emotions that support the healing process, or by negative emotions, such as doubt, suspicion, and disbelief, which internally destroy the healing process.

- **Stage #4 — Taking Responsibility For Having The Faith to Heal:** During the Fourth Stage of Healing, Jesus reminded the person that it was their own faith that was originally responsible for healing their body and making it well. Throughout the New Testament's four gospels, you will read over and over again about Jesus constantly saying to many that he healed, or to some advocate of the sick, "Your faith has made you whole."

The following are passages from the New Testament Scripture where Jesus said that the person's faith (or a household member's faith) was responsible for the healing:

- The Centurion's Son (Matthew 8:5-13).
- The Paralytic (Matthew 9:2-8, and Luke 5:17-26).
- The Woman with the Issue of Blood (Matthew 9:20-22, Mark 5:25-34, and Luke 8:43-48).
- Two Blind Men (Matthew 9:27-30).
- The Canaanite Woman (Matthew 15:22-28).
- Blind Bartimaeus (Mark 10:46-52, and Luke 18:35-43).
- The Ten Lepers (Luke 17:12-19).

Another word for faith is "trust." In the seven previously mentioned examples, because these individuals trusted and believed in the healing power of God through Jesus, they were all able to open their hearts and minds and receive the incredible healing power by way of their faith.

Although there are many individuals in the church who, when prayed for, believe that it is the pastor's faith that is responsible for having them become healed, this is not at all what Jesus originally taught concerning healing. Jesus of Nazareth never said, "My" faith has made you whole. In fact, in the seven previous cases listed he told the healed individuals, "Your" faith has made you whole. Thus it was up to the individual who is receiving the divine healing to personally open their heart and mind

to the spirit of God, believe and accept the healing, and then allow the miraculous transformation to occur.

It is also important to remember that in the Bible, it does not say that Jesus Christ "refused" to do many mighty works in his hometown, Nazareth. Instead it says that Jesus "could not" perform them in his hometown, specifically because of everyone's personal disbelief (Mark 6:1-6).

Even today in Christian churches, unbelieving members of the congregations often point their fingers at a preacher when no miracles or supernatural wonders occur. Although it is true that a pastor must possess a strong faith in order to accomplish such supernatural manifestations, even if he has this ability not much will happen if the congregation is full of people who covertly skeptical, embody hostility, and maintain unbelieving attitudes. This is one reason why special healing services are often held after the main service is completed, and such skeptical individuals have left the church.

If Jesus himself could not perform healing where there was such disdain and unbelief, neither can any Christian man or woman, simply because, "the servant is not greater than their master" (John 13:16).

A positive and receptive attitude is always mandatory for all healing, and that is why it is written, *Whosoever will, let him take the water of life freely* (Revelation 22:17).

- **Stage #5 — Go In Peace and Sin No More:** During the Fifth Stage of Healing, Jesus encouraged the previously sick person to go in peace and be free from their suffering. And in order to maintain this healing process, he would often add, "Go and sin no more."

In other words, once they understood that it was their faith that had made them whole (spiritually, mentally, and physically), it was then that Jesus encouraged them to let go of all of their mental and emotional attachments to the old stories that had created this diseased state in the first place, and to become free of all of their old toxic energetic patterns.

This new beginning allows the old destructive patterns to gently melt away from their life, and helps them to reclaim their natural healing birthright as children of God. Because all energetic patterns are internally rooted within specific types of creative or destructive thoughts and energetic manifestations, it is paramount to understand that the true metaphysical properties of divine healing are created from within each person's heart and mind.

#### AN EXAMPLE OF A DIVINE MIRACLE IN THE CLINIC

Because of the success I was having in my clinic treating cancer patients, one of my students who is an acupuncturist asked if I would treat her father. He was diagnosed with a stage four liver cancer that had metastasized throughout his body. His western doctor, an oncologist, had told him that nothing more could be done for him, and that he would most likely die within two weeks. As a last resort, my student and her mother decided to bring her father to my clinic to have me treat him.

At that time, I treated all of my patients in my studio located in the back of my house in Pacific Grove, Ca. After entering into the studio, I placed my student's father onto the treatment table, and made sure that he was comfortable.

My student and her mother asked if they could stay and watch the treatment. Because I consider these healing session to be a part of my calling as a Christian healer, I explained that if they wanted to stay, they both would have to sit against the wall and remain in prayer and ask God to lead and direct the outcome of the treatment.

Both women agreed, and sat down in the chairs located next to the wall. They then began to pray, and I immediately started to perform the Three Divine Prayer Invocations (see Chapter 1, pages 23 through 26), with which I always perform in order to create a sacred healing space before a treatment begins.

As I started to purge her father's body of toxic energy, I could actually feel the wonderful energetic sensations of their prayers filling the entire treatment room. Within minutes, the energetic color of the room, which is usually golden during a treatment, was suddenly transformed into an opalescent multicolored radiant light. I remember observing this sudden shift in energetic color, and immediately understanding that an incredible miracle was taking place.

During the treatment, the patient had quickly fallen asleep and was snoring rather loudly. Since I had already purged his internal organs and tissues of toxic energy, I began the process of emitting divine light into his body and mentally stating, "You are washed in the Blood of Christ — your sins are now cleansed — and your spirit is renewed in the radiant power of the Holy Spirit of God." This was inaudibly whispered over the patient's body to energetically illuminate and transform his body, mind, and spirit with the healing power of God.

Throughout the treatment I felt the powerful transforming light of God pulsing throughout my body and being sent into my patient. I also felt that I was swimming within the loving radiant mist of the heart-felt prayers of both the women. I remember thinking how fortunate I was to be allowed to be part of this wonderful healing experience.

When I completed the treatment, I energetically sealed the patient's body and quietly sat next to the two women who were still praying. After a few minutes, both ladies ended their prayers and the three of us continued to sit there in a silent state of reflective solitude for several more minutes.

Two weeks after the treatment, my acupuncture student called to inform me that she and her mother had just taken her father to the local hospital, where all of the doctors were now bewildered and confused because they could not find any trace of cancer inside his body. Her father's cancer had not gone into remission, instead it had completely disappeared; and more than that, there were no traces whatsoever that it had ever existed within his body. The doctors were so baffled by this sudden reversal that they didn't know what to do, so they categorized it as an extreme case of "spontaneous remission."

Although we will never know why God miraculously heals someone in the specific manner that he chooses, we always give thanks to Him for his profound mercy and love. Which is why in the clinic we have a saying,

**"Doctor's Treat — God Heals."**

#### **DIVINE HEALING DURING MISSIONARY WORK**

In the Medical Qigong Clinic that I ran for over thirty years, I would see many divine miracles when treating pa-



Figure 1.151. Her mission was to tour the small islands of Fiji and provide blankets, bibles, and assistance to any person who was currently hurting, needy, and/or impoverished.

tients. Because I specialized in oncology, many of these cases involved the treatment and sudden spontaneous remission of cancer.

It is the memories of these supernatural miracles that remain captured in our hearts and minds as wonderful gifts from God. However, because these experiences often defy all reason and logical explanation, sometimes these incredible encounters drift from our minds - only to resurface again to remind us that God is indeed real, and his incredible design for our lives is truly unfathomable.

With this in mind, I would like to share with you the following experience that occurred to my younger sister, Gina, when she was in her early twenties. Through my father's compassionate support, she was able to be a part of an evangelical interdenominational Christian, missionary organization known as Y.W.A.M. (Youth With A Mission). These important missions offered life transforming experiences for many young Christian adults, including my sister. The memories of what she experienced have followed her for the rest of her life. Although I explained this story in greater detail in my autobiography (*A Master's Journey: Secret Memoirs of a Warrior, Healer, & Mystic*), included here is an abridged version of what transpired on her mission.

When my sister Gina began to train with Y.W.A.M., her group was stationed on a large ship named the "Anastasis" (which is Greek for "to rise again," or "resurrection"). At that time, her group was being assigned to several Small Boat Missions, with one man and one woman being appointed as a team for each boat.

Their mission was to tour the small islands of Fiji, and provide blankets, bibles, and any necessary assistance to the needy and impoverished people living on any of those islands (Figure 1.151).

My sister explained that while on the ship she had developed ill feelings towards one of the Christian brothers named



Ron, who was also part of the mission team. Ron had come from a very prominent family, and was extremely proud and arrogant. He had told several people that he did not understand why he was there with them, because he believed that God had personally called him to preach to the wealthy and affluent and not to the impoverished.

As fate would have it, both my sister and Ron were paired together as a team. As they began to go from island to island, everything seemed fine. However on one island, they came across an old beggar who had elephantiasis on his left leg. The old man was sitting in a chair and leaning next to an old broken-down hut, asking for money or food.

Ron looked at my sister and said that he received a message from God telling him that he was to heal the leg of this old beggar. So they approached the old man and asked if he would allow them to pray for his healing. After receiving his consent, my sister and Ron both prayed that God would have mercy and heal the old beggar's leg.

After praying for a divine healing, they left the beggar believing that the miracle would soon happen, and continued going from hut to hut, delivering blankets and bibles to any of the impoverished islanders that they could find.

Two weeks later, Ron and my sister returned to all of the islands that they had visited, to follow-up and check on all of the people whom they had previously interacted with.

However, when they reached the island where the old beggar with elephantiasis was living, he was still sitting there, leaning next to the old broken-down hut, with his left leg still infected with elephantiasis – nothing at all had changed.

Surprised by what they saw, Ron looked at my sister and told her that he was certain it had been God's voice that came to him and told him this man's leg would be healed.

So they again approached the old beggar, and once again asked him if they could pray for him so that he could be healed. Again the beggar agreed, and they placed their hands on his shoulders and prayed for a second time.

However this time when they finished praying, Ron told my sister they needed to get a bucket, go to the beach and fill it with sea water, and return back to where the sick old man was sitting.

Once they obtained the bucket of sea water, they brought it back to where the old beggar was sitting, and Ron again prayed for divine guidance concerning the old beggar's healing.

Within a few minutes, Ron's body slumped over, and he looked distraught. When my sister asked him what was wrong, in great despair he explained that God wanted him to take off his expensive Lacoste shirt, and wash the beggar's entire leg with it.

At this point in the story my sister explained that the old beggar's leg was really, really gross looking, and was oozing all kinds of different colored fluids (Figure 1.152).

However, right after saying that, Ron humbled his heart and quieted his spirit. He took off his shirt, dipped it inside the plastic bucket of sea water, and began to pray as he started to wash the old beggar's diseased leg.

Suddenly the leg with elephantiasis was healed, and within seconds looked like the other healthy leg.

The old beggar immediately burst into tears, and both Ron and my sister began crying as well. That day, God performed three incredible healings:



Figure 1.152. The old beggar was sitting in a chair and leaning against a broken down hut; his left leg was completely consumed with Elephantiasis, and it was oozing different colored fluids.

First, He healed the old beggar's diseased leg, which had been that way for over thirty years.

Second, He healed Ron's heart, who no longer only wanted to preach to the rich and socially powerful, but now wanted to serve wherever he was led and directed by the spirit of God.

And third he healed my sister's heart of all the animosity that she felt toward Ron. She now realized that Ron actually looked like an old boyfriend that had rejected her, and all this time, she had been subconsciously projecting all of her unhealed feelings of betrayal, rejection, and pain onto Ron. She now saw Ron's true heart, and immediately understood that he really was a wonderful man of God.

After my sister finished sharing her story, I asked her why it is that we rarely hear about such miracles and things like this happening here in America?

She looked at me, shook her head and sadly answered, "It's because people do not need God Jerry. Now they place all of their trust in their doctors and their money. Most of these small island people in Fiji are extremely poor, and all that they have is their faith in God. You have to understand that this story is but a small fraction of the many incredible healing miracles that I have personally witnessed while serving God on these Y.W.A.M. Missions."

Divine healing involves the manifestation of a powerful supernatural act, which suddenly resolves certain physical, emotional, and spiritual problems. Such healings are viewed as God working through the divine agency of his holy spirit.

The Bible is filled with many promises and accounts regarding the health and healing of God's children. From King

David in the Old Testament, who acknowledges in Psalm 103:3 that it is God, "Who forgives us of all evil actions, and heals all of our diseases;" to Jesus of Nazareth in the New Testament, who ministered to the sick, doing miracles and healing all who came to him who were sick and afflicted (Matthew 4:23).

As children of light, God's holy spirit is available to heal everyone, both Christian and non-Christian alike. Although many fundamentalist Christians struggle with this important spiritual truth, nevertheless, if they would stop for a moment and ask themselves this basic question, "Who did Jesus of Nazareth heal 2,000 years ago?" The answer will reveal the simple truth that Jesus did not heal "Christians." Instead he healed those who had little or no understanding of the spiritual things of God, yet at that time had developed great faith in his ability to heal them.

It was this type of faith, combined with Jesus' great compassion and mercy, that helped to bring about the miraculous healings and spiritual transformations we read about in the holy bible.

#### **DIVINE HEALING AND MODERN CHRISTIAN MYSTICS**

In the mid-1990s I was intrigued by the miraculous healing work being performed by a Christian mystic known as "the Magus of Strovolos," or "Daskalos" (meaning "teacher") who lived in Cyprus, Greece (Figure 1.153). There were three books written about this great spiritual master by Professor Kyriacos C. Markides, who had studied and documented the extraordinary world of this modern Christian healer. Professor Markides had met with Daskalos (Stylianos Atteshlis) in the late 1970's and early 1980's and had personally witnessed many of the miraculous events that he documented in his books, one of which I will soon be sharing with you.

As a Christian mystic, Daskalos had organized and developed an outreach ministry known as the "Researchers of Truth," which combines certain Christian beliefs with shamanic practices and later mystical Christianity. This special organization was supported through his association with a charismatic elder and friend Archbishop Makarios III, who was regarded by Greek Cypriots as the Father of the Nation, and Father Maximos, who was the Cypriot Bishop Metropolitan Athanasios of Limassol. Father Maximos was also a former monk from the Eastern Orthodox Monastery at Mount Athos, and a close disciple of the great 20th century Greek Saint Paisios of Mount Athos, who was famous for his prophecies and intuitive spiritual counsel.

I was not only intrigued by Daskalos because of his incredible healing abilities, but also because this Christian mystic's teachings and beliefs were almost identical to mine. Thus I believed that I had finally found a kindred spirit with whom I could share my various experiences and obtain spiritual support as a man of God.

After reading all three of his books, I asked a student of mine from Greece named Thomas to contact this great master and his organization on my behalf, with the hope of setting up an interview and being able to personally train with this renowned Christian mystic.

After the meeting had been set, the following week I was starting to buy my tickets to travel to Cyprus when the phone rang. It was my student Thomas, who had called to inform me



Figure 1.153. The Magus of Strovolos Daskalos (Teacher) Stylianos Atteshlis of Cyprus, Greece.

that the great master had become sick. So I postponed my trip, and sadly several months later the great master passed away.

In the following witnessed and documented incident that I will be sharing with you, Daskalos miraculously heals a middle age Cyprus woman named Mrs. Katina, who had been suffering from a diseased spine for many years. The woman, in her fifties, was paralyzed. After several doctors in Cyprus and famous specialists in Israel had attempted treatment, she was informed that there was nothing more they could do for her. Because her case was considered to be incurable, she was advised to go home and learn to live with the pain.

After Daskalos arrived at her house, he entered the room where Mrs. Katina was convalescing in her bed. Before treating the patient, he asked the two women who were assisting her to remove her shirt and sit her upright on the edge of the bed. He then sat next to her and felt her spine.

After diagnosing her condition, Daskalos informed the two women and Professor Markide who was witnessing the event that the patient's entire spine was out of place and there was a lot of space and movement between each vertebra. Therefore, he was going to have to make all of the bones in her spine soft and malleable so that he could restructure the spine and place each of the vertebrae back into their proper place - after that, he would then re-solidify the spine.

When Daskalos started to treat Mrs. Katina, he softly began to stroke all of the disjointed vertebrae and dematerialized her spinal structure. Within a few more minutes of gentle stroking, his treatment ended. Although the entire procedure had only taken about 20 to 25 minutes, after softly touching, stroking her back, and praying, Daskalos had managed to completely dissolve and rebuilt her entire spine.

Immediately after the treatment, Mrs. Katina was able to get out of bed where she had been lying for the past six months. To everyone's amazement, after each of her vertebrae had been realigned into their proper position, she was even able to exercise.

What is so special about this healing, is that the patient visited her radiologist that same day in order to confirm her new condition to her husband and their friends. The x-rays that were taken a week earlier had clearly shown a damaged spine. However, to the great surprise of her doctors, the new x-rays revealed a perfectly healthy, normal spine.

Later on that day, her astonished husband and many relatives celebrated the miracle and a great feast was held, which lasted into the early hours of the following morning.

Out of curiosity, Professor Markide performed a follow-up visit a week later in order to verify that Mrs. Katina was indeed healed. She was found to be in excellent health, without any trace of her former ailment. He later wrote that it was hard to imagine that this woman could not even sit up in bed prior to Daskalos' arrival.

After that episode and many others that he had personally witnessed, Professor Markide had no doubt that Daskalos possessed unusual healing abilities and psychic gifts, which could not be explained by any type of auto-suggestion, and went far beyond any conventional medical or psychological theories.

### AN HONEST OVERVIEW OF HEALING

Often people ask, "Can faith and medicine be integrated?" The answer is "yes." For the most part, many of the major world religions believe in some sort of supernatural healing – founded in faith. For example, Islam uses "Ruqya" (incantations) to cure disease by countering black magic and casting out "Jinn" (i.e., "Elemental spirits" - see *Hidden Teachings Vol. 2*, Chapter 11, page 99-102). Tibetan Buddhists employ "Sowa-Rigpa," which includes elements of ancient Indian Buddhist medicine, herbs, mantras, talismans, and meditation exercises. The Chinese practice "Medical Qigong Therapy," which includes elements of ancient Daoist and Buddhist medicine, herbs, mantras, talismans, and meditation exercises. Most Christian religious healing practices are based on Faith Healing, and include elements of ancient Jewish, Gnostic, Greek, and Roman healing practices, the use of herbs (special anointing oils and holy water), mantras (recited scriptures), talismans (using the sign of the cross), and meditation exercises (repeating healing prayers, often found in the Psalms of the Old Testament).

Everything considered, there are a wide variety of techniques still incorporated in most religious healing practices, many of them originating from ancient religions and shaman based faith healing.

What is constant among all of these different approaches towards divine healing, is the necessity of ritual (a series of actions performed according to a prescribed order). For example, many of these healing practices require the priest/physician to pray to a divine power in order to request that a celestial deity be dispatched for assistance, or that the healer be granted access to some form of divine healing force.

However, one of the biggest barriers in receiving divine healing is the incorrect idea that your personal healing is com-

pletely up to God – which is then subject to whether God is in a good-mood (healing), or if he is in a bad-mood (no healing).

In many cases, an individual's personal healing process can begin right after they take responsibility for setting this energetic pattern into motion. This is based on the belief that our body's healing process is a manifestation of the intimate relationship that exists between our eternal soul and its connection with our personal spiritual life, which is why many biblical scholars believe that the process of healing is actually experienced through someone overcoming some form of trial.

From a realistic overview however, sometimes individuals with great faith are not healed, while others with only a moderate amount of faith are. Yet the reverse is also true as well, and many times the people who are healed are extremely religious and outwardly righteous. Still, there are times when certain of these healed individuals are not particularly close to God at all. So what exactly is the true key needed to unlock and understand the mystery of obtaining a divine healing?

Everything considered, a healing often occurs as a testimony to God's great compassion and mercy distributed among his children.

Although certain religions see illness as being some form of punishment, most often an illness is simply the manifested result of natural causes, brought about by "secret sins" that allowed suppressed anger or guilt to covertly eat away at the heart and mind of an individual, until their body could no longer take it, and their immune system surrendered their cells and tissues to disease formation.

However, other times a sickness can occur to one person in order to influence all of the people that are involved. For example, a sickness occurs to someone's wife in order to awaken her husband, as well as both of their families so that they can all learn compassion. Or a sickness occurs to a child so that both parents change their priorities and stop squandering their lives on frivolous pursuits, and move their hearts and minds in a direction more focused on spiritual transformation.

When a serious sickness occurs, the various members of the family and their close friends are given the opportunity to join together and face challenges that they never expected to encounter. It also provides them with a way to spiritually grow, and allows their hearts and minds to experience new awakenings. Because of this "bigger-picture," in the clinic we always ask permission from God to treat the patient before we begin any type of healing work.

Some healings are indeed miraculous and instantaneous, while others may be delayed, sometimes for many years. Now and then God will choose to extend the life of a sick person so that important lessons may indeed be learned, yet other times he may choose to quickly bring that person home.

The truth of the matter is the Bible does not differentiate sickness from any other trial that can befall any of his children. Even in these difficult situations, as it is written in Romans 8:28, *all things work together for good to them that love God, and are called according to his purpose.*



## CHAPTER 29. HAVING A HEALING MINISTRY

From the center core of our eternal soul there is a divine connection that links our body's intuitive perceptions to all the creative forces existing in the universe. Because divine healing is often rooted in this sacred spiritual inner-connection, it is through faith, belief, and understanding that both the healer and their patient accept God's will for the final outcome of the treatment.

As the healer surrenders his or her will to God's Will, their eternal soul re-connects its spiritual energy back to the original source of God's creative force. This allows God's Holy Spirit to freely flow through the healer's body, like "Living Water" (John 7:37-39), which pours through, transforms, and heals a receptive person's body, mind, and spirit.

In the Christian church, a divine healing is considered to be any supernatural act, which results in the immediate restoration of a person's physical, mental, emotional, and spiritual health. In the New Testament, approximately 20% of the Four Gospels is devoted to Jesus' healing ministry. For example, in Matthew 4:23, it states at the start of his ministry, *Jesus traveled throughout Galilee, teaching in their synagogues and preaching the good news of the Kingdom; and healing every kind of disease and sickness among the people.*

In the later part of his ministry, Jesus sent his twelve disciples out to preach the Good News (Gospel) of the kingdom of heaven. At that time he gave them the spiritual authority over all demons, and additionally empowered them with the ability to heal the sick (Luke 9:1-2).

After Jesus' resurrection and ascension, his disciples continued healing many people (Acts 5:12-16). Throughout the entire New Testament book, The Acts of the Apostles, it is recorded that a number of healings were performed by Peter, John, and Paul (Acts 19:12; and Acts 28:8-9).

During a Faith Healing, the healer first awakens and animates the divine light of their own eternal soul through prayer. Then they expand their transformed and glorified spirit body outward to envelop the patient's three bodies – and become one with this person. Once the patient is physically, mentally, and spiritually open to receive the healing, they experience the restorative transformation according to their degree of faith. This is why Jesus continually stated after each healing, "Your faith has made you well."

Today divine healing may come through various approaches, such as direct intervention by God in response to personal or group prayer, or even through the use of Western and Eastern Medicine.

In the Christian church it has been traditionally taught that "God is the Great Physician," and that all physical, mental, emotional, and spiritual healing belong to Him. In Matthew 10:8, Jesus says to his disciples: *Heal the sick, cleanse the lepers, raise the dead, cast out devils; freely ye have received, freely give.* And at the end of the Gospel of Mark 16:17-18, it makes it clear that, "wonders will follow those who believe," and that all believers have the divine authority, in Jesus' name, to "lay hands on the sick, and they will be healed."

With this understanding in mind, the following are but a few examples of treatments that I have personally used in my clinic to set into motion a divine healing state which helped my patient's heart and mind to accept their healing.

Even though the patient is being prayed over, sometimes additional "tools" must be used to boost the strength of the

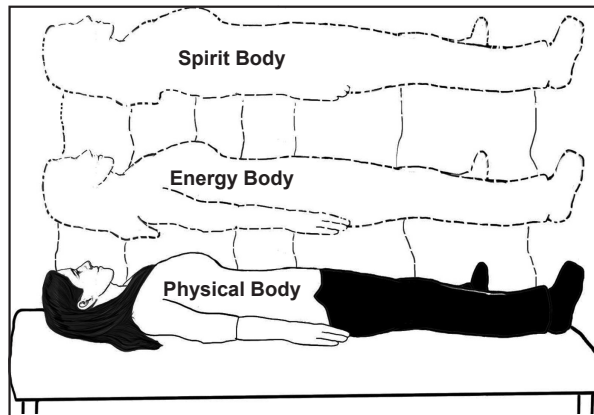


Figure 1.154. Separate the energy body from the physical body; then separate the spirit body from the energy body.

patient's faith. In such cases, certain spiritual vehicles such as Anointing Oil, Holy Water, and Prayer Cloths can also be used.

In other cases, Western Medicine or Eastern Medicine can additionally be used as essential tools to help build the patient's faith and belief in the healing process.

These different approaches are often introduced to help build a stronger support and belief in the idea that the patient deserves to be healed. Once these methods have been applied, oftentimes the patient's heart and mind will accept the clinical approach, and trust that the method being used will achieve the desired goal of healing their body, mind, and spirit.

Remember that we are all only temporarily living in this physical realm. Therefore when it is our time to go, no form of medical treatment will prevent our eternal soul from returning back home to its original spiritual domain. This is why a healing is considered to be such a divine gift; as it overrides the energetic damage that is often self-induced through personal unforgiveness, and the suppression of such negative emotions as anger, rage, grief, shame, guilt, fear, and sorrow.

### HEALING THE THREE BODIES

There were times when I was performing a healing session, I would energetically separate the patient's three bodies to more effectively treat their internal diseased condition (Figure 1.154). This clinical approach is as follows:

- **Preparation:** Begin by performing the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26). After performing the Third Invocation, focus your attention on gathering the radiant healing light of God inside your lower abdomen.

This is done by visualizing a radiant cord of light descending from the heavens, entering through the top of your head, and gathering inside your lower abdomen. Feel this divine light energizing your physical body, energy body, and spirit body. Continue doing this, and hold this image until you are certain that all of your three bodies are completely full of God's radiant light.

1. **Purification:** Next, rake both of your hands over the patient's body, and visualize purging and removing all types of toxic energy from their external energy fields.
2. **Separating The Energy Body From the Physical Body:** Go to the right side of the treatment table, and visualize emitting divine energy into the patient's physical body.

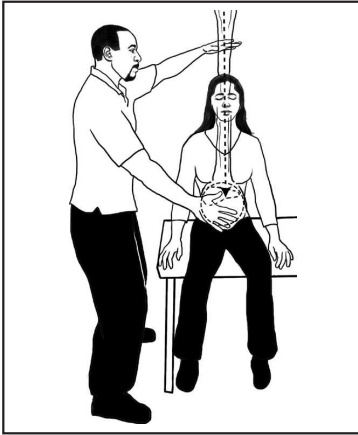


Figure 1.155. Energize the patient using the radiant light of the Divine Waterfall.

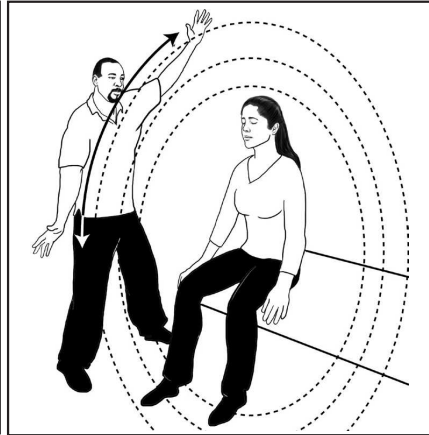


Figure 1.156. End the treatment by emitting radiant light into the patient's Three Bodies.

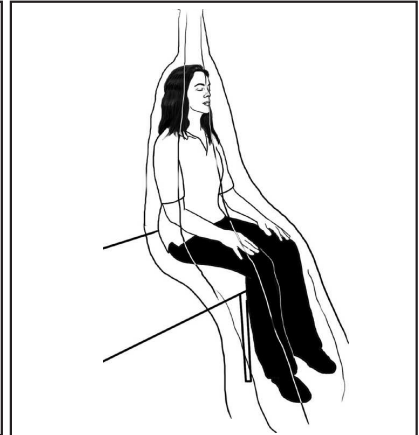


Figure 1.157. Visualize the Divine Waterfall cleansing and rebuilding your Three Bodies.

Then extend your hands towards the patient and emit energy. Imagine enveloping their entire physical body, and visualize lifting the patient's energy body out of their physical body to a height of about three feet above their physical body.

3. **Separating The Spirit Body From the Energy Body:** Next, visualize emitting divine energy into the patient's energy body. Completely envelop their entire energy body. Then visualize embracing and lifting the patient's spirit body up and away from their energy body. Slowly raise your hands upwards and imagine placing their spirit body about three feet above their energy body.
4. **Treating the Three Bodies:** You will now begin to treat the patient's three bodies on three separate levels (i.e., the physical realm, energetic realm, and spiritual realm). As you perform this type of healing, you may contact and elicit the help of the patient's overseeing guardian angels who sometimes also act as divine healers. When asked, these important helpers will assist you by targeting specific areas in the patient's three separated bodies that currently need addressing.
5. **Ending the Treatment:** To end the treatment, return the patient's spirit body back inside their energy body; then return the energy body back inside their physical body. Right after that, envelop and seal the patient's three bodies with divine light, and end the treatment.

#### THE DIVINE WATERFALL TREATMENT

Another great healing application is the Divine Waterfall treatment, described as follows:

- **Preparation:** Begin by performing the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26). After performing the Third Invocation, focus your attention on connecting with God, and gathering his divine radiant light into your lower abdomen.
- Imagine and feel this divine light energizing your physical body, energy body, and spirit body, and hold this image until you feel that all three bodies are completely full of God's radiant light.
1. **Purification:** Next, rake both of your hands over the patient's body as you visualize purging and removing all types of toxic energy from their external energy fields.

2. **The Divine Waterfall:** Once the patient's three bodies have been effectively purged, reach up towards the heavens and imagine connecting with the Throne of God.

Next, visualize pulling a powerful radiant cord of divine healing light down from the heavens, through the center of the patient's body; and energetically root this divine light into their lower abdomen (Figure 1.155).

In this special application, your right hand should be placed over the patient's lower abdomen, and your left palm should be positioned over the top of the patient's head.

Next visualize God's healing light flowing like living water into all of the patient's internal organs and tissues.

3. **Ending the Treatment:** After several minutes end the Divine Waterfall Treatment by enveloping and sealing the patient's three bodies in a powerful energetic cocoon, constructed out of God's healing light (Figure 1.156).

#### THE DIVINE WATERFALL MEDITATION

Begin this healing meditation by sitting in a chair, and then perform the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26).

After performing the Third Invocation, focus your mind on feeling the radiant healing light of God rushing down from the heavens and flowing over and through your three bodies like a powerful cascading waterfall.

As this illuminating water touches and radiates the inside and outside of your body, visualize it cleaning, purifying, and rebuilding all of your body's tissues, internal organs, and external energy fields (Figure 1.157).

Imagine and feel this divine light also energizing your physical body, energy body, and spirit body. Maintain this image until you feel all three bodies completely overflow with God's healing light. This special meditation should be practiced several times a day, for about 36 breaths each sitting.

Roughly half of all the healings that Jesus of Nazareth performed in the Gospel of Matthew were supernatural deliverances from evil spirits. In many of these cases, certain spirits had caused blindness, deafness, and other physical infirmities. Therefore if you are trying to heal a patient in the previous manner and this method does not seem to be working, it is advisable to refer to *The Hidden Teachings of Christian Mysticism (Vol. 2): Psychic Influences and Spiritual Protection*.

## WORKING WITH MULTIDIMENSIONAL ENERGIES

When having a healing ministry, a Christian mystic will often encounter patients suffering from various types of diseased conditions, with different symptoms ranging from normal to strange physical, mental, and emotional dysfunctions. These diverse conditions manifest because each human body has an ongoing relationship with the multidimensional energies flowing within the physical, energetic, and spirit realms.

An individual's interactions with these different realms can be infinitely complex and sometimes frightening, especially if a person has not prepared themselves to experience such encounters. For example, such influences can include unexpected encounters with the ghostly apparitions of disembodied souls, or observing different types of spirit entities.

Once a person has reached a high state of intuitive sensitivity, their spirit (heart and mind) is able to transcend the conscious external perceptions of their five senses, and perceive as well as interact with the subtle energies of the spirit realm. This ability to see other spirits, celestial guides, and earthbound ghosts is actually considered to be a normal part of any mystical tradition, and is often received as a natural part of a healer's energetic observations.

During a healing session, the presence of these subtle energetic forms can sometimes be seen or felt for brief moments in time. Most often they are usually observed as hovering lights or dark shadows perceived through one's peripheral vision. If for any reason this ethereal energy stabilizes, becomes present and interacts with the person, this reciprocal action is considered to be a visitation and supernatural encounter.

A healer understands that there are many unseen spiritual forces that affect our lives in both positive and negative ways, and these subtle forces can have a profound influence on our physical, energetic, and spirit bodies. Although many people choose not to acknowledge these supernatural influences (especially the forces of darkness), their personal denial of such things does not free them from having an encounter with these different entities existing within the spirit realm.

### CLOSING THE ENERGETIC PORTAL AFTER A HEALING

Each time a Christian prays and prepares to perform a healing session, he or she naturally opens an energetic portal into the spirit realm. Their focused body, mind, and spirit creates an energetic pathway that bridges the delicate gap that exists between the physical world and the spirit world (Figure 1.158). Once this energetic portal is opened, the healer often experiences a heightened state of enlightened perception, deeper intuitive wisdom, and often clearer clairvoyant sight. At this point, they present themselves to the heavenly court and ask for permission and divine guidance in assisting a patient in their healing process. Remember, the motto of any good healer is, "doctors treat - God heals."

Think of the treatment room as a holy space, energetically equivalent to the sacred sanctuary of a church, and the treatment table spiritually equivalent to the altar table.

The external ambiance of the treatment room is a direct representation of the healer's internal spiritual-self, and represents their spirit (heart and mind) being reflected externally within the physical realm. This is why each healing space will have a different energetic "flavor" and radiant ambiance, developed according to the healer's personal spiritual practice and evolution.



Figure 1.158. When performing a healing session, a Christian mystic will first connect with the Divine and then open an energetic portal into the spirit realm before the treatment begins.

After the treatment is completed, the angelic guides and spirits who helped assisted the healer are then acknowledged, thanked, and asked to depart. Next, the energetic portal connecting the healing space with the spirit realm is closed.

If for any reason the healer does not close and seal the energetic doorway, and the portal between the physical and spiritual dimensions is left open, then serious problems can arise. This would be like opening the front door of your house, leaving it wide open, and then walking away to go on a vacation for two weeks.

Because of our energetic matrix, all living beings can provide a source of sustenance (food and shelter) to all spirit entities. As a rule, once a spirit entity moves into the physical dimension they cannot stay very long unless they absorb energy from living organic beings (human or animals). Depending on the situation, sometimes these energetic interactions can lead to a form of psychic attack, resulting in various types of physical, mental, and/or emotional disruptions occurring in a person's everyday life (see *Hidden Teachings Vol. 2*, Chapters 3 and 4).

When I was first introduced to treating patients with Chinese energetic medicine, I was continually cautioned by my teacher about cleaning the treatment room. He especially emphasized not throwing the patient's discharged turbid energy in the corners of the room and leaving "energetic food" for the darker spirits who would come and feed off of these toxic energies.

Energy has a frequency, just like musical notes, and those frequencies resonate with the world around us and attract other objects and beings with similar frequencies. This principle can be illustrated by a tuning fork that is struck in a room full of other tuning forks. All of the other tuning forks that are tuned to the same frequency will simultaneously ring with the fork that was struck, even if they're on the other side of the room. Simply put, "like attracts like."

Because of all the toxic energies being discharged from the patient's three bodies (physical body, energy body, and spirit body), in order to prevent attracting shadow spirits it is imperative that the healer purify their body, mind, and spirit before each treatment, and then take the initiative to pray and close the energetic portal after the healing session has concluded.



## CHAPTER 30. HOLY ANOINTING OIL

Since ancient times, Holy Anointing Oil has been used in Christian healings. According to the New Testament Epistle of James 5:13-14, *Is any among you afflicted? Let him pray. Is any merry? Let him sing Psalms. Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord.*

According to ancient legend, the practice of the “laying on of hands” used in healing the sick and for receiving the Baptism of the Holy Spirit was a specific church rite done by the original Apostles. However, as the ancient church expanded and the number of Christian believers increased, it became physically impossible for the original Apostles to wander throughout all of the different countries and numerous cities in order to perform the laying on of hands ritual on all of those who needed to receive the Baptism of the Holy Spirit, or who were currently sick. It is said that this was the reason why the ancient church first established the use of Holy Anointing Oil as an alternative to having an Apostle be there in person to perform the laying on of hands ritual.

### THE CONSTRUCTION OF THE HOLY ANOINTING OIL

It is said that it was the Apostles who had kept the fragrant oils that were first placed on the body of Jesus Christ during his burial. These special oils were originally brought by the women who had specifically prepared their herbal mixture to anoint Christ’s body for his burial.

According to ancient legend, this ointment was constructed from special herbs and spices that was provided by the Pharisee Nicodemus, Mary Magdalene, Mary the Mother of James, and Mary’s sister Salome; and was first brought to the tomb just before Jesus had resurrected (Mark 16:1, Luke 23:55-56, Luke 24:1, and John 19:39-40).

The Apostles added certain other herbs and spices to these fragrant oils, and combined them together with pure olive oil. The mixture then was collectively prayed over inside the “Upper Room” (a place located in King David’s Tomb Compound in Jerusalem, traditionally held to be the site of the Last Supper) – and the church’s first Holy Anointing Oil was created.

This exceptional anointing oil was then distributed throughout the Christian churches, to be specifically used for special anointings, healings, and exorcisms.

The Apostles then decided that their successors (i.e., the Church Bishops) must continue making the Holy Anointing Oil by incorporating the original oil with a new Holy Anointing Oil mixture made according to formulations found in the Old Testament.

The consecrated energy contained within the Holy Anointing Oil has been passed down over millennia to future generations of Christians. Today, certain churches still use it for their priest ordination rituals, and to activate the sanctified tools that will be used when performing an exorcism. Some Christian churches will place several drops inside the blessed baptismal water, while others will use the Holy Anointing Oil in the consecration of new churches, place it on new church altars, and use it for dedicating all of their sacred altar tools.

In the Bible, the symbolic importance of using the Holy Anointing Oil is extremely ancient. Its original construction and activation ritual use can be found in the Old Testament, where it was traditionally used in Moses’ time by the High



Figure 1.159. Myrrh Oil



Figure 1.160. Sweet Cinnamon Leaf Oil

Priest when performing the sanctification of various articles contained within the Holy Tabernacle (Exodus 30:26-29). This continued in the Holy Temples of Jerusalem until the destruction of the last one, “Herod’s Temple,” in 70 AD.

According to Old Testament teachings, certain spices and oils were chosen by God in order to assist people in energetically balancing their heart and mind, as well as to align their eternal soul with the creative forces of the Almighty. Other spices and oils were chosen because they were effective in generating a sense of personal safety, and for creating a sense of spiritual elevation, allowing the receiver to energetically rise above the physical world of decay.

Anointing someone or something with holy oil caused the anointed person or object to become “Most Holy” (Exodus 30:29). Although the anointing oil was originally used exclusively for consecrating God’s holy priests and tabernacle articles, later its use was extended to include anointing God’s holy prophets and his chosen kings.

According to Old Testament teachings, this holy oil was strictly forbidden to be placed on any “outsider” (a Gentile) or on the body of any “common person” (someone who was not an anointed priest, prophet, or chosen king). Additionally, the Israelites were also forbidden to duplicate any of the anointing oil for personal use.

The Holy Anointing Oil formula described in Exodus 30:22-25 was made up of the following herbal ingredients. However, the exact percentages of the dried herbs that were used in the construction of this ancient formula has been modified here, and changed into condensed oils for easier construction:

- 1-part Myrrh Oil (Figure 1.159).
- 1/2-part Sweet Cinnamon Leaf Oil (Figure 1.160).
- 1/2-part Kaneh Bosm Oil (Calamus Oil) (Figure 1.161).
- 1-part Cassia Oil (Figure 1.162).
- 7-parts Olive Oil (Figure 1.163).



Figure 1.161. Calamus Oil



Figure 1.162. Cassia Oil

This special formula creates a highly fragrant oil. It was originally adapted from the Jewish Holy Anointing Oil of the Tanakh, attributed to Moses, and is also a close modern approximation of the oil based formula described by Abramelin the Mage (the Jewish mystic who originated from Worms, Germany in the late 1300's).

Although this oil-based formula is a slight variation of the original dried herb based biblical recipe, the main stabilizing ingredient of the formula is contained within the energetic property of the olive oil itself. To the children of Israel, olive oil is said to symbolically represent the Wisdom of God, and the physical manifestation of the Word of God. All of which is held as being the divine energetic principle and spiritual manifestation of God's creative power. Which is why to the ancient Israelites, there was no other oil containing more symbolic meaning than olive oil. In fact, this exceptional oil was originally used as an emollient (to soothe the skin and face), a fuel (for keeping their lamps lit at night), as well as an important source of food – and for many other purposes as well. Which was why scented olive oil was chosen to be the foundational base of the Holy Anointing Oil used by the ancient Israelites.

#### CREATING HOLY ANOINTING OIL

To create Holy Anointing Oil, you first combine the previously mentioned oils in a glass container; and then transform them into a powerful anointing, healing, and banishing exorcism oil by performing the following ritual:

##### 1. OPENING THE RITUAL

In order to begin, say the following prayer:

“Bless the Lord, O my Soul,  
and all that is within me,  
Bless his most Holy Name.  
Bless the Lord, O my Soul,  
and forget not all his great benefits!”

“For he forgives all of our iniquities,  
and heals all of our diseases.  
He has redeemed our life from destruction;  
and has crowned us with  
His loving kindness and tender mercies!”

“He satisfies our mouth with good things,  
so that our strength is renewed.  
For he knows our fragile frame,  
and remembers that we are simply dust!”



Figure 1.163. Olive Oil

“As for man, his days are as grass of the fields;  
and as a flower of the field,  
so he flourishes but for a small time.  
Although the wind passes over it,  
yet in a little while it is gone,  
and the places of its residents,  
will know it no more.”

“But the mercy of the Lord  
is from everlasting to everlasting,  
and shines down upon those  
who respect and honor Him.”

“And to those who keep his covenant,  
and remember to follow his commandments,  
his righteousness even extends  
down to their children's children.”

“The Lord hath prepared his mighty throne  
within the Heavens;  
and his powerful Kingdom rules over all.  
Therefore bless the Lord, you his angels,  
who excel in divine strength,  
and who follow his righteous commandments,  
hearkening unto the voice of his powerful word.”

“Bless the Lord, all ye hosts;  
and wonderful ministers of God,  
who happily perform his great pleasure.  
Bless the Lord, for all his wonderful works;  
And for all of the places of his powerful Dominion!  
Bless the Lord, O my soul.”

## 2. CONSECRATING THE OILS

To purify the oil, say the following Consecration Incantation over the container of mixed oils:

“I Exorcise and Purify this oil of God  
by the sacred healing power of the Holy Spirit,  
through the divine authority of Jesus Christ my Lord.”  
(Make the Sign of the Cross “+”)

“I command that all hidden deceptions  
of the enemy be removed,  
and all impurities and uncleanness  
now be cast out and forever removed  
from this living substance,  
in the name of Jesus Christ.”  
(Make the Sign of the Cross “+”).

“I now commission this oil  
to be a living vessel  
of God’s most Righteous Purity;  
so that it may immediately transform,  
heal, an exorcise all impurities and uncleanness  
hidden within the world of matter, energy, and spirit.”

“And I invoke this Divine righteous state  
in the name of God the Most High,  
whose divine power rules forever and ever, and for all ages;  
and through Jesus Christ my Lord. Amen and Amen.”  
(Make the Sign of the Cross “+”)

## 3. CREATING AND DEDICATING THE HOLY OIL

Next, visualize a cord of divine light extending from the Throne of God into the container of oil and say the following:

“I mix this holy oil and sacred prayers together  
in the name of the Father (make the Sign of the Cross “+”),  
and of the Son (make the Sign of the Cross “+”),  
and of the Holy Spirit” (make the Sign of the Cross “+”).

“Our power comes from  
the indestructible name of our Lord God.  
Who’s powerful word  
created both the heavens and the earth.”

“As I place this sacred word of power into this purified oil,  
I cast out any remaining negative Thought-Forms  
and malevolent Spiritual Influences,  
that may seek to inhibit or hinder  
the sacred work of the Most High God.”

“Because this holy oil is now God’s righteous creation;  
it is through His divine authority that it has been given  
the incredible power to cast out all evil spirits,  
and remove every malevolent demon  
from every person, place, or thing.”

“It is through the most holy name of God the Father,  
(make the Sign of the Cross “+”)  
and through the sacred name of Jesus Christ His son,  
(make the Sign of the Cross “+”)  
and through the transforming power of the Holy Spirit;  
(make the Sign of the Cross “+”)  
that this Divine Authority is spiritually given,  
energetically activated, and forever completed.  
As it is said, so shall it now be done!”

“As a sacred tool of the Living God,  
this radiant holy oil is now empowered  
to overcome and drive out all power of the enemy;

and to root out and banish the enemy himself,  
along with any and all of his deceptive fallen angels.  
I claim this now, through the divine power  
of our Lord Jesus Christ,  
who is coming to judge both the living and the dead,  
and transform the world by his most radiant fire.  
Amen and Amen.”

## 4. THE CONCLUSION

Once you’ve combined the divinely radiant energy of God together with your dedication prayer and holy oil, the ritual is concluded with a final prayer; repeated as follows:

“Oh God — Most High,  
who for the salvation of the human race,  
has built his greatest mysteries  
upon this sacred substance;  
In your kindness, hear our prayers  
and pour down the radiant power of your  
eternal blessing into this element of Holy Oil,  
prepared by your most gracious servant.”

“May this your creation, be a vessel of Divine Grace,  
to dispel demons and sicknesses;  
so that everything that it is sprinkled on,  
in the homes and buildings of the faithful,  
be effectively used to remove all unclean and harmful things.”  
(Make the Sign of the Cross “+”)

“Let no pestilent spirit,  
and no corrupting energy,  
remain within those places;  
and may all the hidden schemes of the enemy of God  
be immediately dispelled and replaced  
with God’s most radiant light.”  
(Make the Sign of the Cross “+”)

“Let whatever might trouble  
the safety and peace of those who live here,  
be immediately put to flight by your Divine Power  
contained within this most Holy Oil;  
so that even an individuals health  
be made secure against all demonic attacks,  
and their safety quickly obtained  
through the calling of your most Holy Name.  
Through the Lord Jesus Christ we pray. Amen and Amen.”  
(Make the Sign of the Cross “+”)

## USING HOLY ANOINTING OIL

Because this divine tool has now been ritually cleansed and spiritually empowered with the eternal light of God, the Holy Anointing Oil is extremely effective in removing all types of diseased conditions caused from toxic energetic thought-forms, especially those created from suppressed emotions such as guilt, shame, anger, jealousy and sorrow; and thus provides a way for a person to heal their body, mind and spirit.

Its use can dramatically increase the effectiveness of all Christian healing prayers and exorcism rituals. In fact when specifically used as a countermeasure, the Holy Anointing Oil can effectively ward off even the most powerful negative influences. Because of its ability to quickly purify and cleanse, the Holy Anointing Oil is sometimes used in exorcism rituals to reclaim the eternal soul currently trapped inside the possessed body; this application is done just before removing any malevolent ghost, evil spirit, or demonic entity.



## CHAPTER 31. HOLY WATER

Throughout the ages Christians have used various spiritual tools to cleanse, sanctify, and protect the various people, places, and things of its church congregations. These special tools include holy water, anointing oil, sacred ash, prayer cloths, banishing incense, and sacred icons such as holy crosses. Of all these special instruments, holy water has been the most often used spiritual tool.

The ancient symbolic importance of water and its applications can be found in the Old Testament, where it was used both privately and liturgically for performing purification rituals. Water was considered to be a sign of God's creative power (Genesis 1:2-9), a spiritual metaphor for Yahweh as the divine source of life (Isaiah 55:1-2), and was additionally held to be a special agent of divine healing (2 Kings 5:10).

In the New Testament, the element of water takes on even greater significance in its connection with Jesus Christ, who identified himself with the "Living Water" (John 7:37-39). Because of this important statement, for Christians the Baptism in water was declared as necessary for personal salvation, as Jesus himself had stated, *Unless a man be born of water and the Spirit, he cannot enter the kingdom of God* (John 3:5).

There are many scriptural references to the profound spiritual cleansing and purification abilities of water. For the most part, the Christian church associates the use of water with forgiveness from sin, being born-again spiritually (i.e., being filled with "Living Water"), and entering into a personal covenant with God through Holy Water Baptism.

The use of Holy Water in early Christianity was recorded in such documents as the Apostolic Constitutions, which can be dated back to 375 to 380 A.D. where the use of Holy Water is attributed to the Apostle Matthew. It is therefore conceivable that in ancient Christianity water was used for cleansing and purification purposes, similar in application to ancient Jewish Law.

In many cases, the water that was originally used for the Sacrament of Baptism was outside, flowing water, often from a nearby ocean or river. The energy contained within this type of moving water is quite different from the small baptistery pools often seen today in most Roman Catholic churches.

### CREATING HOLY WATER

When banishing and exorcising evil ghosts, malevolent spirits, and demonic entities and preventing them from returning, it is said there is nothing more powerful than the use of Holy Water. An encounter with Holy Water is a traumatic experience for an evil spirit; so much so that after encountering it they seldom return back to the person, place, or object they had been haunting with their malevolent presence.

To create Holy Water for the purposes of cleansing, purification and exorcism, you are required to first have crystallized sea salt placed inside a clean bowl.

You are also required to have purified water that has been placed inside a secondary clean glass container.

You will first consecrate and purify the sea salt in order to create Holy Salt. After that, you can consecrate and purify the purified water in order to create Holy Water.

Next you combine both of these ingredients and then consecrate and dedicate the newly constructed energetic tool for divine purposes. What follows is one ritual explaining how to do that:

## 1. OPENING THE RITUAL

To begin the ritual, and sanctify the altar space, say aloud the following opening prayer:

"Bless the Lord, O my soul: and all that is within me,  
Bless his most Holy Name.  
Bless the Lord, O my soul,  
and forget not all his great benefits!  
For he forgives all of our iniquities;  
and heals all of our diseases;  
He has redeemed our life from destruction;  
And has crowned us with  
His loving kindness and tender mercy!  
He satisfies our mouth with good things;  
so that our strength is renewed.  
For he knows our fragile frame;  
and remembers that we are but dust!"

"As for man, his days are as grass of the fields;  
and as a flower of the field,  
so he flourishes but for a small time.  
Although the wind passes over it,  
yet in a little while it is gone;  
and the places of its residents,  
will know it no more."

"But the mercy of the Lord  
is from everlasting to everlasting;  
And shines down upon those  
who respect and honor Him.  
And to those who keep his covenant,  
and remember to follow his commandments,  
his righteousness even extends  
down to their children's children."

"The Lord hath prepared his mighty throne  
within the Heavens;  
and his powerful Kingdom rules over all.  
Therefore bless the Lord, you his angels,  
who excel in divine strength,  
and who follow his righteous commandments,  
hearkening unto the voice of his powerful word."

"Bless the Lord, all ye hosts;  
and wonderful Ministers of God,  
who happily perform for his great pleasure.  
Bless the Lord, for all his wonderful works;  
And for all of the places of his powerful dominion!  
Bless the Lord, O my Soul."

## 2. MAKING AND CONSECRATING HOLY SALT

To make Holy Salt, which is often used in performing exorcisms, begin by placing sea salt in a clean bowl, and place the bowl on the altar table. Then extend your right hand over the salt and say aloud the following consecration prayer:

"May the blessing of the Almighty Creator,  
fill and impregnate this salt;  
and let all malignant and hindering energy  
be forever cast out of its divine form!  
And from this moment on,  
let it only radiate the sacred light of our eternal God."

"May you now be a purified salt;  
a means of health for those who believe,  
and a healing medicine for the body and soul  
for all who make use of you."

“May all evil spirits, foul ghosts,  
and all malicious and cunning entities,  
be driven far away from the place where you are sprinkled.”

“And let every unclean spirit  
be immediately Bound and Banished  
by the indestructible power of Jesus the Christ;  
who is coming to judge both the living and the dead;  
and will transform this world by his most radiant fire.  
Amen and Amen.”

### 3. MAKING AND CONSECRATING THE WATER

Then, in order to purify the water, place the water container onto the altar table, extend your right hand over the water, and say aloud the following consecration prayer:

“I Exorcise and Purify this Water of God,  
by the sacred healing power of the Holy Spirit;  
through the divine authority of Jesus Christ my Lord.”

“I command that all hidden deceptions  
of the enemy be now removed,  
and all impurities and uncleanness  
now be cast-out and forever removed  
from this living substance,  
in the name of Jesus Christ.”

“I commission this water  
to now be a living vessel  
of God’s most righteous purity;  
so that it may immediately transform,  
heal, an exorcise all impurities and uncleanness  
hidden within the world of matter, energy, and spirit.”

“I now invoke this divine righteous state  
in the name of the Lord God Most High,  
whose divine power rules  
forever and ever, and for all ages;  
and through Jesus Christ my Lord.  
Amen and Amen.”

### 4. MAKING AND DEDICATING THE HOLY WATER

Next, while sprinkling a few teaspoons of the Holy Salt into the purified water, say aloud the following dedication prayer:

“I mix this Holy Salt and Sacred Water together  
in the name of the Father (make the Sign of the Cross “+”),  
and of the Son (make the Sign of the Cross “+”),  
and of the Holy Spirit” (make the Sign of the Cross “+”).

“Our power comes from the indestructible name  
of the Lord God Most High,  
Who’s powerful word created both the heavens and the earth.”

“As I place this Sacred Salt into this Purified Water,  
I cast out any remaining negative Thought-Forms  
and malevolent spiritual influences,  
that may seek to inhibit or hinder  
the sacred work of our Almighty Creator,  
the Lord God Most High.”

“Because this Holy Water is now God’s righteous creation;  
it is through His divine authority that it has been given  
the incredible power to cast-out all evil spirits,  
and remove every malevolent demon  
from every person, place, or thing.”

### THE HIDDEN TEACHINGS OF CHRISTIAN MYSTICISM (VOL. 1)

“It is through the most holy name of God the Father,  
and through the sacred name of Jesus Christ His son,  
and through the transforming power of the Holy Spirit  
that this divined authority is spiritually given,  
energetically activated, and forever completed.  
As it is said, so shall it now be done!”

“As a sacred tool of the living God,  
this radiant Holy Water is now empowered  
to overcome and drive out all power of the enemy;  
and to root out and banish the enemy himself,  
along with any and all of his deceptive fallen angels.”

“I claim this now, through the divine power  
of our Lord and Savior Jesus Christ,  
who is coming to judge both the living and the dead,  
and transform the world by his most radiant fire.  
Amen and Amen.”

### 5. ENDING THE RITUAL

Once you have dissolved the teaspoons of the Holy Salt inside the Holy Water, the ritual is concluded with a closing prayer; which is said aloud as follows:

“Oh God — Most High,  
who for the salvation of the human race,  
has built his greatest mysteries  
upon this sacred substance;  
in your kindness, hear our prayers  
and pour down the radiant power of your eternal blessing  
into this Holy Water, prepared by many purifications.”

“May this your creation, be a vessel of your Divine Grace,  
to dispel all demons and sicknesses;  
so that everything that it is sprinkled on,  
in the homes and buildings of the faithful,  
be effectively used to remove all unclean and harmful things.”

“Let no pestilent spirit, and no corrupting energy,  
remain within those places;  
and may all the hidden schemes of the enemy of God  
be immediately dispelled and replaced  
with God’s most radiant light.”

“Let whatever might trouble  
the safety and peace of those who live here,  
be immediately put to flight by your divine power  
contained within this most Holy Water;  
so that even an individual’s health  
be made secure against all attacks,  
and their safety be quickly obtained  
through the calling of your most holy name.  
And through the Lord Jesus Christ we pray.  
Amen and Amen.”

### USING HOLY WATER

Because it has been ritually cleaned and energetically empowered with the eternal light of God, the Holy Water is extremely effective in removing all types of ghosts, spirits, and demonic entities, and dynamically increasing the effectiveness of all Christian healing prayers.

When used for protection or as a countermeasure to evil, Holy Water can ward off even the most powerful negative influences by spraying it over people, places (temple areas, altar areas, rooms, houses, etc.), and things (altar tables, altar tools, etc.). This enables the person to energetically cleanse those items that have been contaminated or believed to be spiritually unclean.

## CHAPTER 32. PRAYER CLOTHS

During the 1990's, a good deal of clinical research was conducted on many of the Medical Qigong techniques being practiced at most Traditional Chinese Medicine Hospitals in The People's Republic of China. One interesting research project focused on validating the popular practice of emitting energy and saying prayers into special healing cloths (Figure 1.164), and then placing them on patients in the hospital, or sending the cloths to distant patients. This was done to initiate a healing within the patient's body. This healing practice is similar to the healing prayer cloths used today in many Pentecostal churches.

The research discovered that once these energetically imprinted prayer cloths were placed on the heads of the hospital patients, the individuals healed much faster than patients who were not given the healing cloths. Such an healing affect was also found to take place in clinical cases where the patients were living in other parts of the country.

It was also discovered that these special prayer cloths could be used to assist certain patients in recovering more quickly after undergoing surgery.

In research conducted by Fabien Maman L.Ac. healing energy and audible prayer was emitted into cotton balls. The cotton balls were then photographed using Kirlian photography. The results of Maman's research, as shown in the following set of photographs (Figure 1.165), revealed that the projected healing energy and audible prayer impregnated the cotton balls with a bright radiant energy. This helped researchers understand the energetic imprinting effect of the prayer cloths.

### THE CONSTRUCTION OF THE PRAYER CLOTH

The healing energy that is prayed into a prayer cloth will last indefinitely. However, the most important component of this type of energetic healing is the patient's personal faith and belief in the transformative healing effect of the cloth. In order to create a prayer cloth, follow these steps:

- **Preparation:** Start by performing the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26). Then focus your attention on gathering the radiant healing light of God inside your lower abdomen. This is done by visualizing a radiant cord of light descending from the heavens, entering through the top of your head, and gathering its healing energy inside your lower abdomen. Feel this divine light energizing your physical body, energy body, and spirit body. Continue to hold this image until you are certain that all of your three bodies are completely full of God's radiant healing light.
- **Purifying the Prayer Cloth:** Next, hold the prayer cloth in your left hand, and feel its soft malleable material. Then rake your right hand above the cloth and imagine that you are purging and removing any and all types of toxic energy that may be contained within the cloth's material.
- **Imprinting the Prayer Cloth:** Now focus your mind on the bright healing light stored within your lower abdomen. Visualize and feel this radiant energy of God's healing power rising up from the center of your torso, into your heart center. Combine this energy with a personal healing prayer for the patient, and visualize this radiant energy flowing up your chest, down your right arm, and out the center of your right hand into the prayer cloth.

Visualize this bright radiant energy imprinting the cloth with Divine healing power, and feel the cloth's energetic

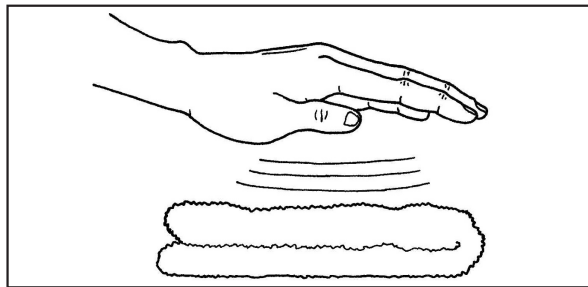
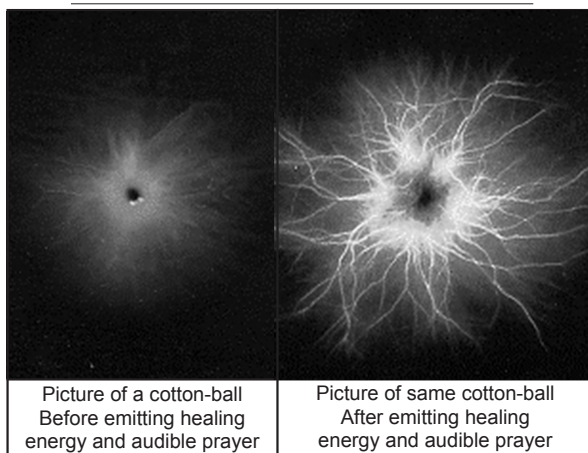


Figure 1.164. Emitting Healing Energy into a Prayer Cloth.



Picture of a cotton-ball  
Before emitting healing  
energy and audible prayer

Picture of same cotton-ball  
After emitting healing  
energy and audible prayer

Figure 1.165. The before and after images of a cotton boll that has been impregnated with emitted healing energy and prayer.

field being completely saturated with the illuminating essence of this spoken prayer.

As you speak the words of blessing and encouragement during this process, feel the spiritual vibrations of these healing sounds leave your body and visualize them penetrating every square inch of the prayer cloth's fabric.

Imagine and feel the radiant light and healing message being imprinted into the three levels of the healing cloth (physical, energetic, and spiritual). This will help the projected healing energy make a stronger, more dynamic imprinting, and facilitate a more powerful rooting of your spoken words inside the prayer cloth. Which will in turn produce a deeper penetration and influence of the healing energy when it is released into the patient's three bodies.

Continue to keep your hands placed over the prayer cloth until you feel an energetic shift, and internally know that the cloth's physical, energetic and spiritual fields have been sufficiently imprinted, charged, and activated.

- **Energetically Sealing the Prayer Cloth:** Next, reach your right hand up above your head and imagine pulling a radiant cord of divine light down from the heavens. Visualize this powerful light circling and enveloping the cloth and sealing the healing prayers inside the physical, energetic, and spiritual fields of the prayer cloth.
- **Using the Prayer Cloth:** Now place the prayer cloth on the patient's physical body. Once they receive the cloth, its energetic message and healing treatment will immediately begin to positively affect their three bodies (their physical body, energy body, and spirit body).



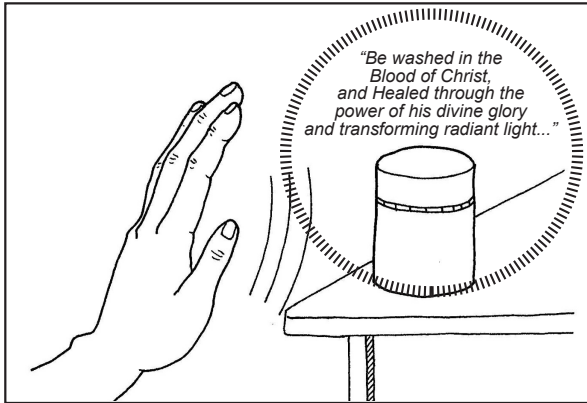


Figure 1.166. Praying and emitting energy into Liquid.

### PRAYING OVER LIQUID COMPONENTS

Water is an excellent repository for electromagnetic energy, and it absorbs vibrations better than any other substance. Because of this, various forms of liquid can be prayed over and energetically imprinted with special healing prayers, and effectively used for treating the sick (Figure 1.166). This is similar in healing application to the prayer cloth. Once this special healing water is ingested, the energetic components of this imprinted liquid quickly penetrate the three bodies of the person who drinks it, positively influencing their physical body, energy body, and spirit body.

This energized healing liquid contains the healer's heart felt prayers and personal blessings, which have been audibly spoken and then exhaled and intentionally blown into the container of water. In certain cases, this infused holy water is directly swallowed by the patient and also sprinkled onto the patient's bed as part of their energetic healing.

Infusing a prayer inside water, or even into other forms of liquid can be practiced anywhere, at anytime. For example, when visiting friends or family members who are currently convalescing in a hospital bed, I always encouraged my students to pray over and energize the patient's I.V. fluids (Figure 1.167). This will help to energize and further heal the recovering person's three bodies.

### HEALING WATER AND HOLY TALISMAN PATTERNS

Any spoken healing prayer or sacred talisman (holy symbol) prayerfully drawn over a person's body is an extremely powerful clinical tool. These sacred words and holy patterns are powerful energetic "contracts" created between the treating doctor/priest, the spirit of God, and the receptive patient. This type of contract is particularly associated with the spiritual faith of each person involved in the healing.

In ancient times, the heart-to-heart faith of a person's word was originally sufficient to bind any transaction. However, following a period of degeneration, people eventually had to rely on swearing oral oaths in order to bind an agreement. As this type of trust ultimately deteriorated, eventually people had to write and sign physical contracts, with each party retaining an identical half as proof of the agreement. This is why healing talismans are first written out and then burned. The smoke is sent to heaven as part of the spiritual contract, while the ashes are retained on earth as the physical active part of the agreement.

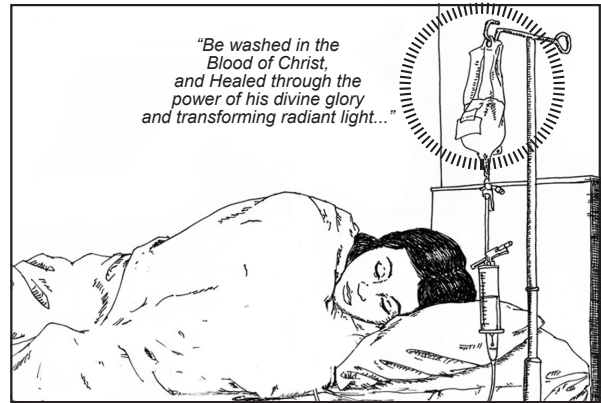


Figure 1.167. Praying and energizing a patient's I.V. Fluids.

When properly constructed, any type or portion of a healing talisman (even its ashes) placed on a prayer cloth or in a healing liquid will contain the concentrated force of the healer's focused prayer intention (i.e., their thoughts, beliefs, plan, and desires); as well as the healer's cultivated spiritual powers (the virtuous spiritual energies manifested from their heart and mind). All of these energies are combined and fused together with the supernatural powers of the invoked holy spirit of God, who is responsible for overseeing the healing powers of the written and spoken prayers.

Once created, these healing talismans become an important form of prayer therapy. They often require a high level of spiritual cultivation to energetically construct, activate, and set into motion their sacred healing powers. In 1993, while I was interning at the Xiyuan Hospital in Beijing China, the head of the Medical Qigong Wing, Professor Wang explained that in ancient times talismanic healing water was popularized by the first Celestial Master Zhang Daoling. It is recorded in China's *Book of History*, that this great Daoist master used the confession of sins, water baptism, and the use of special healing talismans and prayer water to heal tens of thousands of diseased individuals.

I was also told that in ancient China, the imperial physicians understood that an energized healing paper (talisman) could be ritually prayed over and then burned in order to dispatch the prayers towards heaven. Next the ashes were placed with special herbs in water and heated to create a healing tea that was used to treat the sick.

Professor Wang further explained that in the modern Medical Qigong clinic, the Shao Hui Tun Fu ("swallow ashes charm") consisted of speaking special healing prayers and religious incantations over energized water. This approach to healing is often used to treat patients suffering from clinical depression and other forms of Shen Disturbance (i.e., an upset heart and mind). In this type of treatment, a sacred symbol and a prayer are written on a small piece of yellow talisman paper. The paper is then burned and its ashes mixed with prayed over water, which is then swallowed by the patient.

I was then told that throughout China in many different Daoist and Buddhist monasteries, the same type of preparation of talismanic water is often used to either heal the sick or to bring about a specific good-luck blessing to a person and their family.

## CHAPTER 33. SACRED SYMBOLOGY, DIVINE SEALS, AND HOLY SIGILS

A sacred symbol is an image or pattern specifically designed to communicate spiritual ideas, impressions, and messages. Although the eternal soul and the physical body both use the eyes to perceive life, the eyes of the body simply see the colors, shapes, sizes, and patterns of things; whereas the eyes of the soul observe the sacred meanings and divine messages hidden in these various symbolic patterns.

In any religion, the sacred symbol of a divine seal or esoteric image is viewed as containing the intimate energetic expression of its original designer. Each pattern is therefore used to communicate the deep seated relationship existing between the creator of the pattern, and the person being influenced by its design. In other words, because the creator of this seal pattern is human, they become a conduit for the spiritual force they represent, and therefore communicate the supernatural force responsible for empowering the symbol.

The esoteric pattern of any sacred symbol, and the associated words used to describe it, belong to the physical world; and is thus used to stimulate and invoke a response within the body, mind, and spirit of the observer. Such symbolic patterns are intentionally created to reach out, touch, and influence the deepest levels of a person's subconscious mind, and stimulate as well as influence their eternal soul.

Every sacred symbol has some form of spiritual truth contained in its energetic pattern. Therefore it retains in itself a divine wisdom which is rooted in spiritual facts (or laws) that exist far beyond our physical senses. When prayed over or meditated upon, these spiritual patterns open, and offer a person the key to unlock and decipher the symbol's deepest hidden meanings.

This is why when studying the esoteric symbology of the Christian religion, the hidden meanings contained within each sacred pattern must be revealed to the individual's eternal soul by the Holy Spirit of God. Without this divine revelation, the individual's intellectual mind will continue to analyze the expressed words, patterns, and icon images, but he or she will only gain a partial understanding of its divine truth.

This is especially so if the person's eternal soul is disconnected from the higher spiritual state of divine wisdom that underlines the true meaning of these sacred patterns or symbols. Therefore the measure to which these sacred symbols are understood and experienced, greatly depends on the level of spiritually awakened consciousness the individual has acquired.

Each person's understanding of the patterns of the sacred symbol will not change its original meaning or its potential. This energy will remain the same in the upper heavenly realms, no matter what level of comprehension is applied to it. In other words, if the meaning and definition of a sacred symbol does not go beyond a person's intellectual level of comprehension, they will only grasp a limited understanding of the esoteric pattern. Because of this lack of spiritual embodiment, they will not undergo a profound transformation in their being. This is due to them being disconnected from the true source of the symbol's original spiritual creation. If the person advances in their study without divine revelation, nothing will change in their body, mind, and spirit, and their internal nature will remain as it was before their introduction to the sacred symbol.

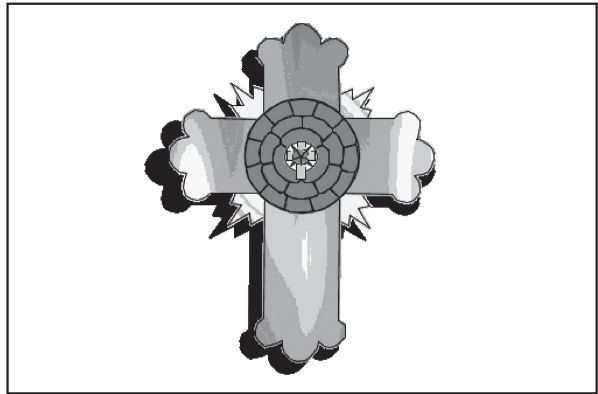


Figure 1.168. The esoteric patterns of the Rosy Cross.

However, if their understanding of the sacred symbol is the result of a divine revelation given by God's Holy Spirit, then a new spiritual awakening will emerge and the individual's perspective on life will suddenly change. This deeper spiritual insight allows the person's eternal soul to expand its spiritual consciousness, allowing the individual to evolve and progress further on their spiritual path.

In order to be fruitful during this delicate time of spiritual awakening, the individual's new understanding must be founded in faith, and pursued with an attitude of confidence based on divine wisdom. Any type of skeptical attitude or disbelief will close the door to receiving any spiritual revelation hidden in the sacred symbol. This is what is meant by, *If you do not believe, neither will you understand* (1 Corinthians 2:24).

### THE ESOTERIC HISTORY OF THE ROSE DIAGRAM

The "Rosy Cross" (also called Rose Croix and Rose Cross) is an esoteric symbol traditionally associated with a Christian mystic named Christian Rosenkruz, who was both an alchemist and a Kabbalah master, and is also said to be the founder of the Rosicrucian Order, which was steadfastly Protestant.

The pattern of the Rosy Cross varies, however it is sometimes depicted as the image of a cross with a circular three level rose located at its center. This sacred pattern has been used by certain Christian mystics to create divine seals and sacred sigils with which to contact angelic beings (Figure 1.168).

The Rosicrucian Order is said to have been founded between the 13th and 14th centuries, and was established as an invisible college of Christian mystic sages by Christian Rosenkruz himself, who was a highly evolved master who encouraged a direct exploration of the secrets of nature.

However, certain groups originating from "The Ancient and Mystical Order Rosae Crucis" suggest that the pattern of the center Rose Diagram and its ancient teachings predates Christianity. According to this version, the Rosicrucian Order was created in the year 46 A.D., when an Alexandrian Gnostic sage named Ormus and his six followers were converted by one of Jesus' twelve disciples, Saint Mark. From this conversion, the Rosicrucian Order was born by fusing together teachings from early Christianity along with ancient Egyptian mysticism. By this account, rather than being its founder Christian Rosenkruz was initiated into and became a Grand Master of an already existing mystical Order. In this particular version, the Rosy Cross has its roots embedded in





awakened presence with their spiritually awakened consciousness gives birth to the true process of transcendence. Although the awakened spirit (heart and mind) is sometimes conceived as an individual aspect of the eternal soul, they are no more separate from each other than a wave is separate from the ocean. This is because at the spiritual core of each individual is their true radiant essence, which is additionally coupled with their thoughts and emotions, each being an integral aspect of the eternal soul by way of its connection with the body and mind. This understanding comes with the intuitive awareness of how this subtle body, mind, and soul interaction outlines the path towards spiritual transformation; which in turn gives birth to a complete realization of our full potential as children of light.

Each of these center three petals are also associated with the process of a specific baptism of spiritual power; with the lower-self energetically rooted in the transformations of the body and breath; and the higher-self unified with the transformed spiritual mind of the eternal soul. For a Christian, this path towards spiritual attainment requires a progression which follows three special steps expressed in the esoteric teachings of the Holy Trinity, and hidden in the three innermost petal correspondences of the Rose Diagram (Figure 1.170):

- **The Physical Body (Jesus the Son):** This first realm corresponds to matter and form; the Baptism of Water; the divine seal pattern, shape, and design; the First Veil – the mystical connections of Time and Space & Life and Death; as well as the inner sound of one thousand canaries singing (the “Shhhhh” sound).
- **The Energy Body (the Holy Spirit):** This second realm corresponds to energy and breath; the Baptism of Fire; the divine seal name (i.e., its sound and energetic correspondence); the Second Veil – the heart and mind previously separated from God, now returns back to its original awakened state; as well as the inner sound of rushing water (the “Ahhhhh” sound).
- **The Spirit Body (Father God):** This third realm corresponds to the eternal soul; the Baptism of Light; the divine seal’s radiant manifestation; The 3rd Veil, wherein the physical realm that was once separated from the spirit realm now becomes One with God; and the Inner-Sound of vibrating radiant light (the “Whoomm” Sound).

With the body and mind purified and transformed, the eternal soul now has direct access to higher and even more profound states of spiritual awakenings. Once these higher spiritual states of awareness are experienced within a person’s body, energy, and mind, their eternal soul becomes further awakened, and is freed to express the special evolution processes that were originally established by God as a part of the soul’s divine design to commune with the Creator.

In ancient times, the understanding of these three transformation principles was used to assist a Christian mystic in comprehending the various esoteric patterns that existed behind their initial creation as a human, and helped them to understand the true reason for their birth and existence. Simply put, our physical body, intuitive energy, and awakened spirit are all under the influence of our eternal soul. Therefore all interactions with life helps to provide us with an opportunity to listen to the subtle calling and spiritual influence of

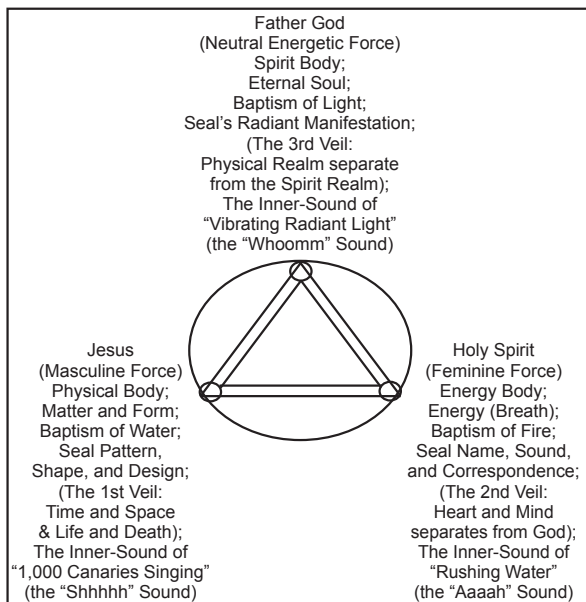


Figure 1.170. The three Innermost Petal Correspondences.

our divine essence, allowing us to expand, grow, and evolve into the children of light we have been called to be. When the Christian mystic finally begins to see, understand, and experience each of these three energetic principles, their entire world begins to unveil and reveal the mysterious. Certain patterns now start to emerge from out of situations that were previously thought to be chaotic and haphazard experiences.

Within creation, three important principles (matter, energy, and spirit) act as a universal language through which the most subtle life-force energies of the Divine Mind may speak to our innate spirit. Because these delicate manifestations are contained within all of nature, it is through the interaction and understanding of their subtle vibrational resonances that we are able to tap into a higher celestial order and comprehend the way that things were originally created. It is from this spiritual state that we experience how these influences were designed to positively affect our physical body, our innate spirit (i.e., the feelings of our heart and thoughts of our mind) and our eternal soul.

- **Our Physical Body:** In the human body, our cells, tissues, organs, and internal organ systems all retain the thoughts and feelings of our innate spirit. These various mental and emotional expressions and personal beliefs are then crystallized and manifested through different levels of vibration and density inside the physical vehicle of our human body.
- **Our Innate Spirit:** In the human body, our innate spirit is often defined as the emotional expressions of our heart and the various thoughts and beliefs of our mind. Therefore our “spirit” is often described as being the internal force responsible for animating our body’s life force energy, and giving the body movement. Because our spirit works as a energetic mediator between the inner world and the outer world, it is responsible for expressing the eternal soul’s divine essence into the physical world.
- **Our Eternal Soul:** Within the human body, our eternal

soul functions as a personal expression and manifestation of God's radiant life force and divine consciousness. One Coptic Gnostic Christian mystic defined the eternal soul as being "our personal individuality, responsible for expressing the true nature of our divine essence; manifested as the radiant flame of our divine awareness."

**THE SEVEN MIDDLE PETALS**

The middle petals of the Rose Diagram contain seven sections, which represent energetic manifestations occurring within the three bodies (the physical body, energy body, and spirit body), which correspond to the physical realm, energetic realm, and spirit realm (Figure 1.171).

The interactions between the energetic manifestations of these seven sections and how they express themselves within each person, both function on an internal as well as an external level. To obtain a better understanding of the spiritual transformations associated with these seven patterns, the second section of the middle Rose Diagram pattern (refer back to Figure 1.169, page 199) is often divided into the following correspondences and relationships:

- **The Physical Body and the Terrestrial Energies of the Seven Churches (Human Chakras):** These spiraling energies are associated with the body's seven chakra points (Figure 1.172). These special collection points are located at the lower perineum, navel, center of the solar plexus, center of the chest, base of the throat, center of the forehead, and top of the head, and are sometimes known as the Seven Churches (for more information about this teaching, please see Chapter 36, pages 236-242).
- **The Energy Body and the Sacred Rays of the Seven Lamps:** This includes the radiant powers of the divine energetic sounds and colors emanating from the Seven Lamps of the Seven Churches (Revelations 4:5), and corresponds to the seven radiant colors associated with all of creation (red, orange, yellow, green, blue, indigo, and violet). In earlier times, these energetic fields were represented in the Christian church by seven sacred stones that were placed on the main altar space, used to increase the spiritual power of the priest's projected energy during church services. The seven rays and their associated seven sacred altar stones are described as follows

**Red Light — Red Ruby:** Because this colored stone represents the radiant light of the "tongues of fire" that were seen above the disciples heads during Pentecost, it is used to represent the powerful transforming light of God's Holy Spirit, as well as the sacred covering of the blood of Christ. In application, the powerful force of its radiant influence manifests as the spiritual courage and strength that suddenly enters a Christian during times of great peril. This color is considered to be bold, expansive, and inspirational. This type of red is a combination of the pure crimson red or the rose colored red of love, fused together with the deep scarlet color of courage.

**Orange Light — Orange Jasper:** This colored stone is used to bring about feelings of self-confidence, determination, spiritual optimism, and the visual expression of ideas.

**Yellow Light — Golden Topaz:** This golden yellow colored stone represents God's divine love emanating towards mankind, like the radiant rays of sunlight on a clear summer morning. Therefore it is used to stimulate, revitalize, and

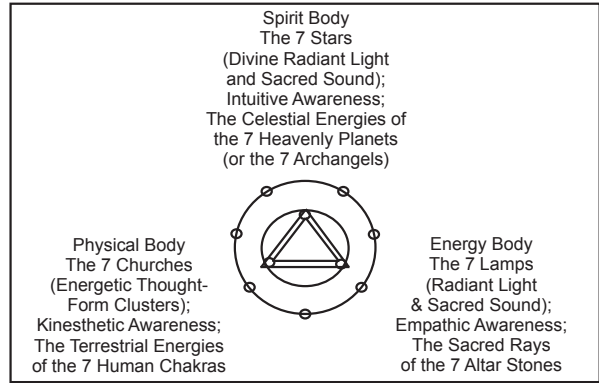


Figure 1.171. The seven Middle Petals Correspondences.

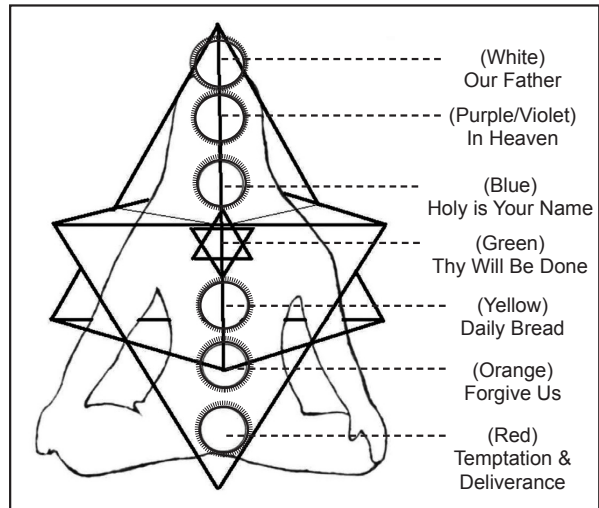


Figure 1.172. The Lord's Prayer Meditation.

positively influence the heart and mind (spirit). This bright color also assists in the creation of optimistic thoughts, generating happiness, and a balanced outlook on life.

**Green Light — Green Emerald:** This colored stone was often used to represent a balance of energetic forces. It is said to be effective in calmly directing compassion, sympathy, and loving kindness to all people, places and animals.

**Blue Light — Blue Sapphire:** Because this colored stone was energetically soothing, blue was therefore used to calm different types of anxiety; and to manifest spiritual devotion, serenity, inner-peace, and divine hope.

**Purple/Violet Light — Deep Amethyst:** The energy of this colored stone is intensely rapid, piercing, and cleansing. It quickly stimulates the higher manifestations of divine inspiration and artistic creativity. The radiant color is a combination of the blue color of spiritual devotion and the red color of perfected love.

Since ancient times, purple/violet light has been utilized to bring about deep introspection; and was associated with mystical intuition, psychic abilities, and enlightenment. This is because its radiant light influences the energy body and spirit body, which tends to make a person an excellent channel of God's divine power. It is

for this reason that the piercing and cleansing power of violet is often used in exorcisms, holy anointings, sacred consecrations, and sacred healings.

Additionally, the purple/violet color is often used when presenting offerings of repentance and remorseful supplication; such as when offering the Sacrament of Absolution, and during times of dying or at funerals.

**Clear White Light — Diamond:** Bright white light represents a purity of body, mind, and spirit. It is used to shower the people in the congregation with God's radiant blessings. The bright white color is additionally said to manifest the properties of God's divine joy, and the full and perfect outpouring of His greatest exultation.

- **The Spirit Body and the Radiant Powers of the Seven Stars:** The seven middle petals of the Rose Diagram also correspond to the hidden spiritual powers of the Seven Stars. The Seven Stars are the seven radiant center-core areas of each chakra, and are located deep inside the body, on its center core channel of light (which flows from the top of the head to the base of the perineum).

These seven core areas are often said to be associated with the seven archangels (Michael, Gabriel, Raphael, Uriel, Chamuel, Jophiel, and Zadkiel; see Figure 1.173), who are additionally known to represent the Seven Spirits of God that stand before the Throne of God. Because this analogy is also used to describe the seven radiant stars (planets) that influence the illuminating light of the eternal soul on Earth, the Seven Stars of the spirit body are also said to correspond to the positive and negative influences of these celestial energies, described as follows:

**Sun:** Positive (health, vitality, creativity, leadership, and friendship); Negative (pride, arrogance and bigotry).

**Moon:** Positive (clairvoyance, psychic dreams, astral travel, and fertility); Negative (sloth, and delusion).

**Mars:** Positive (strength, determination, and dedication); Negative (anger, violence, and destruction).

**Mercury:** Positive (intellectual communication, creativity, writing, and science); Negative (envy, dishonesty, and deception).

**Jupiter:** Positive (abundance, money, and growth); Negative (gluttony, greed, and wastefulness).

**Venus:** Positive (love, pleasure, art and music, beauty, and luxury); Negative (lust, lechery, coldness and isolation).

**Saturn:** Positive (secret knowledge, discipline, overcoming obstacles and limitations); Negative (greed and oppression).

### THE TWELVE OUTSIDE PETALS

The outside petals of the Rose Diagram contain twelve sections (Figure 1.174), each representing a physical, energetic, and spiritual manifestation that can be associated with God's personal covenant with Abraham, and later with his grandson Jacob. This collective energy was expressed through the twelve heavenly constellations, the twelve tribes of Israel, the twelve sacred stones on the high priest's breastplate (the Breastplate of Judgment), and the twelve main disciples of Jesus of Nazareth.

The number twelve is mentioned 187 times in the Holy Bible, and is often used to represent completion, perfection, and authority. In fact, this special number is mentioned twenty-two times in the Book of Revelation alone, often in reference to the "New Jerusalem." For example, the New Jerusalem that



Figure 1.173. The Seven Archangels symbolically represent the Seven Spirits that stand before the Throne of God.

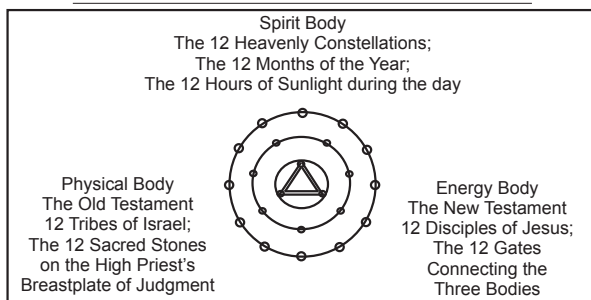


Figure 1.174. The twelve Outer Petals Correspondences.

will descend out of heaven, with 12 gates made of pearl; each gate is named after one of the 12 Tribes of Israel, and will be governed by 12 different overseeing angels.

The subtle interactions that exist among these twelve energetic manifestations, also express themselves within the three levels of each person's physical body, intuitive mind and spirit – both internally as well as externally. In order to obtain a deeper comprehension of the spiritual transformations associated with these patterns, the outside twelve petal section is divided into the following energetic correspondences and associated relationships:

- **The Physical Body — and the The Twelve Tribes of Israel:**

The twelve outside petals of the Rose Diagram correspond to the twelve tribes of Israel from the Old Testament, which are: Reuben, Simeon, Levi, Judah, Dan, Naphtali, Gad, Asher, Issachar, Zebulun, Joseph, and Benjamin (Figure 1.175).

This pattern additionally corresponds to the twelve sacred stones placed on the high priest's breastplate (the Breastplate of Judgment), which includes: the deep blood-red jasper; greenish-yellow chrysolite, green onyx; greenish-blue malachite, deep ocean-blue lapis lazuli, white diamond; golden amber, black agate, purple ame-



thyst; dark olive-green serpentine, leek-green beryl, and the orange-yellow zircon (Figure 1.176).

- **The Energy Body — and the Twelve Disciples of Jesus:** The twelve outside petals of the Rose Diagram also correspond to the twelve disciples of Jesus, described in the New Testament as: Simon Peter, Andrew, James the son of Zebedee, John, Philip, Bartholomew, Thomas, Matthew, James the son of Alphaeus, Thaddaeus, Simon the Zealot, and Judas Iscariot - who was replaced by Matthias (Figure 1.177).
- **The Spirit Body — and the Twelve Heavenly Zodiac Constellations:** The twelve outside petals of the Rose Diagram additionally represent the twelve different patterns contained within the ancient Hebrew astrological zodiac known as the Mazzaroth (Figure 1.178). These twelve patterns are described as being:

Constellation - Hebrew Name - Month - Governing Angel

Aries —	Ṭaleh -	Nisan —	Machidiel
Taurus —	Shor -	Iyar —	Asmodel
Gemini —	Teomim -	Sivan —	Ambriel
Cancer —	Sarṭon -	Tammuz —	Muriel
Leo —	Ari -	Av —	Verchiel
Virgo —	Betulah -	Elul —	Hamaliel
Libra —	Moznayim -	Tishrei —	Zuriel
Scorpio —	Akrab -	Cheshvan —	Barbiel
Sagittarius —	Qasshat -	Kislev —	Adnachiël
Capricorn —	Gedi -	Tevet —	Hanael
Aquarius —	D'li -	Shevat —	Cambiel
Pisces —	Dagim -	Adar —	Barchiel

**THE COMBINED TWENTY-TWO PETALS**

When you combine the 3-inner petals, 7-middle petals, and 12-outer petals together, you form the 22-petals of the Rose Diagram, which corresponds to not only the ancient Hebrew alphabet, but also to the 22-paths of the Jewish mystical Kabbalah and the Tree of Life (Figure 1.179). For a basic introduction to the Christian Kabbalah Tree of Life teaching, please refer back to Chapter 27, pages 169-178.

- **The 22-Paths On The Tree of Life:** The Tree of Life is an intrinsic part of the esoteric teachings of the Kabbalah; and in mystical application it can be used to unveil a person’s destiny. For example, the 22-Paths represent the “royal roads” that lead from one archetypal energy center to another. In order to be successful in life when navigating any of these pathways, an individual is required to harmonious blend and balance the energetic forces contained in the two spheres of influence that the road they are on currently unites. For example, expressing the energy of Power & Judgment (5) without having Compassion & Mercy (4) often manifests as Cruelty. Likewise expressing the energy of Compassion & Mercy (4) without having Power & Judgment (5) manifests as Weakness.

Think of the Tree of Life as a representation of an individual’s spiritual walk outlined with 22-paths; which was a medieval Jewish visual representation of an individual’s personal journey required to return back to God. By beginning the progression from the bottom (10), and moving towards the top (1), each person would ultimately cover a multitude of physical, mental, emotional, and spiritual transformations.

Twelve of these paths correspond to the twelve zodiac signs (see Figure 1.178), the remaining ten represent the

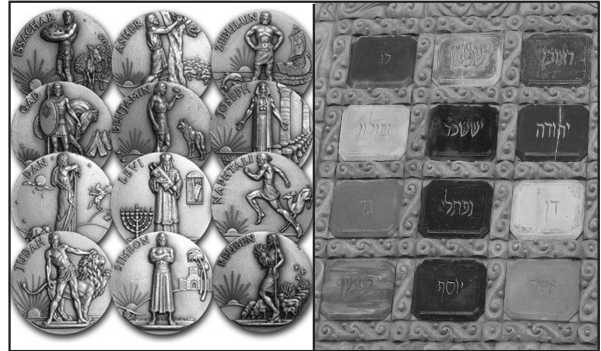


Figure 1.175. The ancient 12 Tribes of Israel.

Figure 1.176. The High Priest's 12 Sacred Stones.

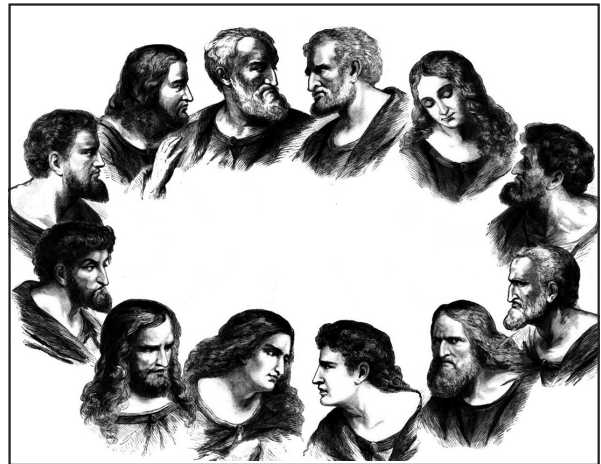


Figure 1.177. The twelve disciples of Jesus of Nazareth.



Figure 1.178. The “12 Ancient Hebrew Astrological Zodiac, discovered in a 6th-century synagogue at Beit Alpha, Israel.

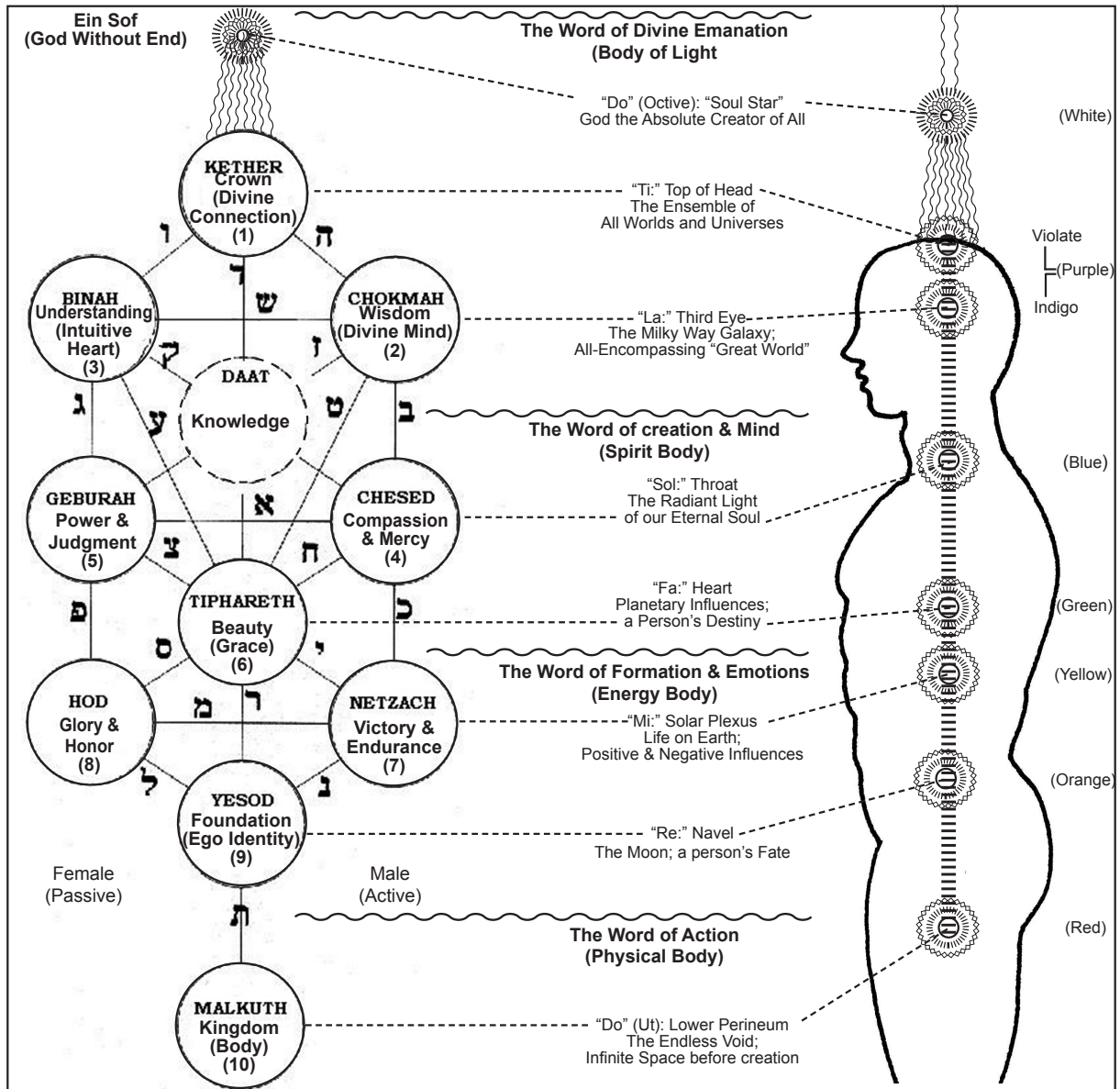


Figure 1.179. When you combine the 3-inner, 7-middle, and 12-outer petals together, you form the 22-Petals of the Rose Diagram; which not only corresponds to the ancient Hebrew alphabet, but also to the 22-paths manifested within the "Tree of Life," and the divine primordial ideas and patterns from which the visible and invisible worlds were created and manifested.

heavenly bodies that travel through these signs. Thus each aspect of creation has a moment of birth, and a time when it was first manifested and energetically formed. That moment in time can be traced on the Tree of Life, which has two distinct paths: the Path of Destiny (which corresponds to one's spiritual mission in life), and the Natal Path (which describes one's personal characteristics, personality traits, and the specific tools most available to you in this lifetime). The Natal Path reflects the driving force vital to your ultimate success. One metaphor that might help you to understand the difference between these two paths is to consider the Destiny Path to be your profession and the Natal Path to be the specific ways you

go about pursuing success in this chosen field. For example, if you are a teacher, then teaching is considered to be your Destiny Path. The kind of teacher you are, where and who you teach, the subject, and the methods you employ, are all reflections of your Natal Path.

- **The 22-Letters of the Hebrew Alphabet:** The Hebrew word for "Letter" is "ot," which can also be translated as meaning "sign" or "wonder." Thus each letter of the Hebrew alphabet is said to be a divine power, that represents a hidden creative force in the universe (Figure 1.180).

Even in ancient times, the Jewish mystics believed that the entire cosmos was created from the original 22 consonants of the Hebrew alphabet. It was therefore said that



ו	ה	ד	ג	ב	א
waw	hey	dalet	gimel	bet	aleph
ל	כך	י	ט	ח	ז
lamed	kaph	yod	tet	het	zayin
פך	ע	ס	נן	מם	
peh	ayin	samekh	nun	mem	
ת	ש	ר	ק	צץ	
taw	shin	resh	qoph	tsade	

Figure 1.180. The 22 Letters of the Hebrew Alphabet.

from these important foundational letters God formed “substance out of chaos,” and brought “existence out of non-existence.” In other words, the entire Universe was originally created and energetically sustained by God’s divine spoken words of power. The logic of this belief is that as in the opening of the Bible (Genesis 1:1-31) God created light, the firmament, the waters, the earth, vegetation and all else by saying “Let there be....”

So in what language did God speak? For the ancient rabbis there could be only one answer: Hebrew of course. Therefore God used the Hebrew letters as the tools to create everything. Because these divine sounds brought all of creation into existence, God’s words composed of Hebrew letters still echo throughout all of creation, sustaining, and maintaining its functions and purpose.

According to one ancient legend, God taught the alphabet along with the sacred esoteric patterns associated with each letter’s energetic value to Adam, which is still contained within the radiant spirit (Breath of God) located within our souls. Because God’s divine presence was manifested in the Garden of Eden, every facet of the mineral, plant, and animal kingdoms was seen as wonderful manifestation of God’s divine creation. This is why in Genesis 2:19-20, God asked Adam to specifically name all of the animals (Figure 1.181).

In the spoken word, thousands of thoughts are distilled into a few sounds. Therefore Adam was required to first perceive the spiritual components of the creative spirit that brought every animal into being, and then name each animal in conjunction with its spiritual configuration. This is why the ancient Jewish mystics believed that all created things are directly affected by their original Hebrew name, as well as by the energetically structured components manifested in the sacred letters of these names. Different combinations of these sacred letters represent different combinations of divine powers, all of which result in the ever-changing diversity of all creation.



Figure 1.181. Adam named each creature that God created.

### NAMING NAMES DURING CREATION

In the world today much of the knowledge and teaching of the deeper aspects of the spirit realm has been lost. For the most part, we are only left with simple traces and fragments of these sacred teachings, many of which are contained within the ancient myths and stories of different cultures. Like the ancient libraries that were burned down or destroyed, we have lost the knowledge of the “Names of Creation,” and the true spiritual power in the act of naming. In the darkness of this forgetting, and the dimming of this important spiritual light, we forfeit and lose our eternal soul’s birthright to an essential spiritual connection to God. It is within the core of our being that we carry the original imprinted memory of this most sacred teaching, which originated when Adam first walked in the Garden of Eden – when the heart and mind of man was one with God.

We all need to return to this ancient knowledge of knowing and embracing these powerful truths still imprinted deep in our eternal soul. To bring this imprinted wisdom out from the innermost depths of our eternal soul and back through the different veils of creation into conscious life, we need to quiet our busy hearts and minds, and meditatively learn to trust in the subtle guidance of the Holy Spirit.

### NAMING NAMES IN THE GARDEN OF EDEN

There is an ancient legend, which states that long ago the Lords of Light, who were the masters of the inner-dimensions, worked together with man to energetically awaken the world. This was the time of “Naming” – when all of creation was summoned before Adam in the Garden of Eden for the first time, and named according to their physical, energetic, and spiritual manifestations. Through the power of these names, all of creation came alive to its higher purpose. Everything was given a name: each flower, tree, animal, bird, and insect became a part of the great spiritual consciousness of its true divine nature and design, existing in the vast web of creation. This type of “knowing without knowing” is different from the conscious knowing as we have come to understand today. Instead it is an instinctual inner knowing that is part of the innate spirit of each life form, and through it, the entire world came alive.



These sacred names of creation were used to form a strong relationship between man and the created world. The names of animals evoked their spiritual power, the names of plants revealed their healing properties, the names of rivers and mountains insured that the energy of the world would be kept in harmony and maintain its energetic balance. It is said that man's understanding and knowledge of the power and the purpose of the earth awakened its innate life force energy, and is what allowed him to have dominion over all of creation.

Through this great interaction, the soul of man and the soul of the earth were both bound together according to God's great plan. This was the time when God walked in the Garden of Eden, before the great "Fall of Man" (Genesis 2:19-20). It is sometimes said that God taught Adam the various names of his creation, and that this was the beginning of the original covenant that existed between man and creation. All we know for sure is that so much was given to man at this time, and that God had so many ways through which to love and care for his creation. It is often said that at that time, it was man's open heart and his innocent consciousness that provided the spiritual vehicle for him to manifest his abundance in life.

It was during this primordial time, that the power of the word and the names of creation brought spiritual light and consciousness into God's vast creation. This was the time of spiritual awakening for the earth – when the created world knew its true purpose as a divine expression of God's eternal love.

This world of innocent wonderment is quite different from the world of modern man, which is now filled by never-ending desires and projections of fear, anger, lust, and greed. Trapped in an endless cycle of memories, the soul of man internally cries out to return back to its beginning relationship with God.

Because this great spiritual bond was never really severed, the spiritual mystery and subtle powers contained within the names of creation are still alive today. Yet their energy often remains hidden from sight, interwoven between the spirit world and radiant light of God and the physical world of His manifested creation. Within this sacred knowledge is also the ancient wisdom of the archetypal world, and a deeper understanding of the energetic patterns that exist in all of life.

To gain access to this subtle spiritual connection and experience the real names of God's creation within the core of our soul, we need to first reconnect with the spirit of the living God. Once we awaken to the sacred unity with God that exists at the core of our soul, all life itself awakens, and we no longer feel separate from all of creation.

The quickest way to align ourselves with any person, place or thing is to recognize their true nature. As matter becomes aligned with its true nature, it begins to vibrate at a higher frequency and produces both light and sound. This light and sound is one of the main ways that all life heals itself. Because this healing energy is deeply embedded in the spiritual power of names, each of us carries this primordial knowledge deep inside our consciousness, even if our hearts and minds have somehow become disconnected from it. Internally it exists as a spiritual recognition of the deeper mystery, wonderment, and innate beauty of life – a dynamic blueprint of how life truly is. Knowing the true purpose of this created world of names is part of our divine heritage; it exists as an important part of our eternal soul and our spiritual past, which is needed to bring harmony to our present and allow for a joyful future.

## USING THE ROSE DIAGRAM PATTERN

The Rose Diagram is both an esoteric representation of the twenty-two letters of the Hebrew Alphabet, as well as a map of the past, present, and future covenants and mystical states of creation that were established by God throughout the different realms of manifestation. Once activated, the energetic patterns created within the Rose Diagram can be used to contact powerful overseeing angels, who are responsible for watching over and governing the ever-changing energies flowing throughout the heavens and the earth.

The radiant light of God exists deep within the center core of our earthly shell. Our eternal soul shines this same spiritual light throughout our three bodies, and has the power to imprint this same radiant light within all of our external actions. It is through understanding this, and from a place of deep respect for God's divine authority, that we as children of God become qualified to use the Rose Diagram to construct the sacred sigils that may be used for invoking the celestial powers of the higher angelic realms.

Each line drawn within the three level patterns of the sacred Rose Diagram must pass through and interconnect the twelve outer petal correspondences with the seven middle petal correspondences, as well as with the three innermost petal correspondences. This three stage energetic inner linking allows the person to gather and combine the celestial powers of the diagram's associated twelve astrological constellations, seven heavenly planets, and the radiant manifestation of the etched seals spiritual light, together with the terrestrial powers associated with the twelve sacred stones of the High Priest's breastplate of judgment, the seven human chakras of the human body, and the radiant manifestation of the etched seals spiritual sounds (i.e., its divine name). As the spiritual energies of a person's three bodies combine in order to externally speak and create a sacred pattern, the Rose Diagram itself acts as an internal mixing bowl that the eternal soul may use to open hidden portals of divine energy. Once these radiant pools are unlocked the sacred energy released can spiritually create as well as influence external manifestation.

When using the Rose Diagram to construct any sacred sigil pattern, it is important that the Christian mystic understand a few things:

- When writing the sacred name of any of God's angels or archangels in Hebrew, it is essential to understand that the Hebrew language is written from the right to the left.
- Second, because these sacred angelic names were originally spoken and written in Hebrew, their pronunciations are slightly different from our English speaking sound patterns. However, in order to be successful in constructing the esoteric patterns of these sacred name pronunciations on the Rose Diagram, as long as your heart and mind is pure, it will create the spiritual bridge that allows it to work (refer back to the story of the Catholic Bishop and the three old hermits on the island in Chapter 5, pages 57-59).
- Third, when starting to perform this type of invocational practice, it is often advisable to first contact one of God's radiant angels of light before trying to make contact with one of the more powerful overseeing archangels (you will need an experienced teacher to help guide you through this). However, because most modern Christians tend to be more familiar with the four main archangels, I will begin there.

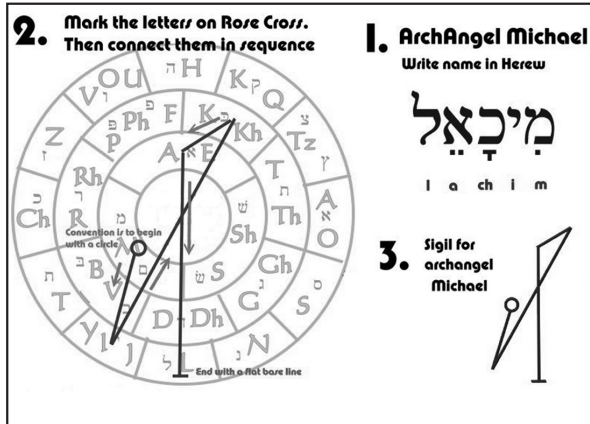


Figure 1.182. Using the Rose Diagram to draw the Hebrew name of Archangel Michael in sacred sigil pattern (He is the Guardian of the South - Element Fire - and Angel of Justice, Strength, and Protection).

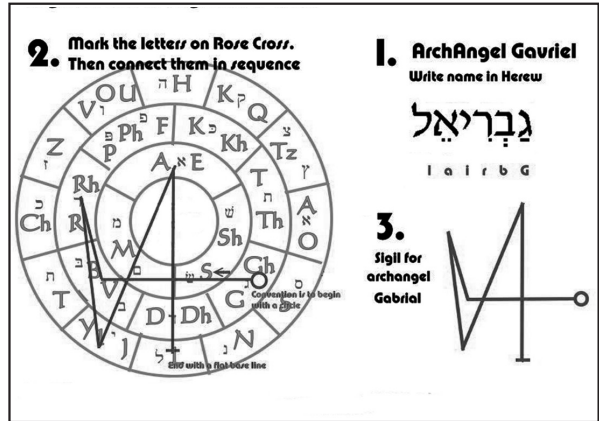


Figure 1.183. Using the Rose Diagram to draw the Hebrew name of Archangel Gabriel in sacred sigil pattern (He is the Guardian of the West - Element Water - and Angel of Resurrection, Mercy, and Peace).

When using the Rose Diagram to make sacred sigil patterns, after performing the proper purification prayers and dedication rituals, the Christian is required to draw out the specific Hebrew letters of the archangel's name; and to position its correct pronunciation over the wheel (Figure 1.182-185).

I often advise my students to first construct the Rose Diagram, and use it as their foundational template. Then place a lighter piece of paper over the template, and begin to draw the archangels energetic name pattern. This same type of energetic patterning can also be used when constructing the sacred seal pattern of your Most Secret Name (see Chapter 2, page 34).

When constructing the name, always begin drawing a circle around the first Hebrew letter (i.e., placing a small "o" over the primary creative letter); then trace over each of the remaining sacred letters to complete the archangel's name.

Once you have finished drawing the archangel's name, then draw a small line under the last Hebrew letter ( ) in order to complete the construction of a sacred sigil pattern.

Depending on which name and pronunciation you choose to use, you may end up drawing a completely different sigil pattern from other more standard versions of the same angel's name (there can be variant forms of pronunciation, such as European [Ashkenazi] and Middle Eastern [Sephardic], both ways may be thought of as correct). This is why before attempting to contact any type of angel or archangel, it is essential that the Christian first learn a proper Hebrew pronunciation of the name, envision its radiant form, and then establish a physical, mental and spiritual relationship with its divine heavenly essence.

Remember as Christians, the angelic entities that we often work with have ancient Semitic origins. Many of these Semitic roots have ancient Babylonian, Sumerian, and Hittite sources; and additionally include Aramaic and Persian roots as well. Because of the many languages involved, different pronunciations and tone inflections have sometimes extended into the pronunciation of certain modern Hebrew and Arabic words and names.

Although there is an ancient belief that states "To know a person, place, or thing's true name gives you power over

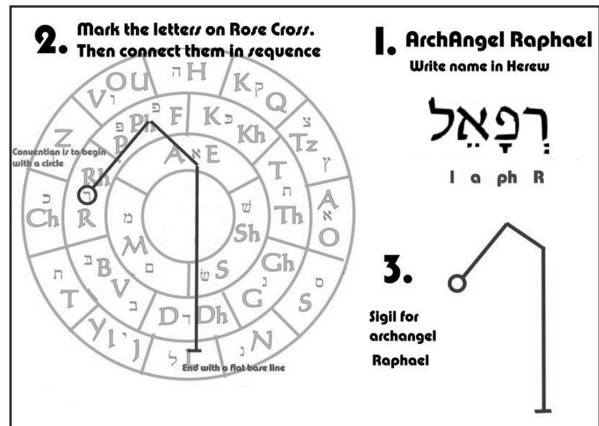


Figure 1.184. Using the Rose Diagram to draw the Hebrew name of Archangel Raphael in sacred sigil pattern (He is the Guardian of the East - Element Air - and Angel of Healing, Love, and Joy).

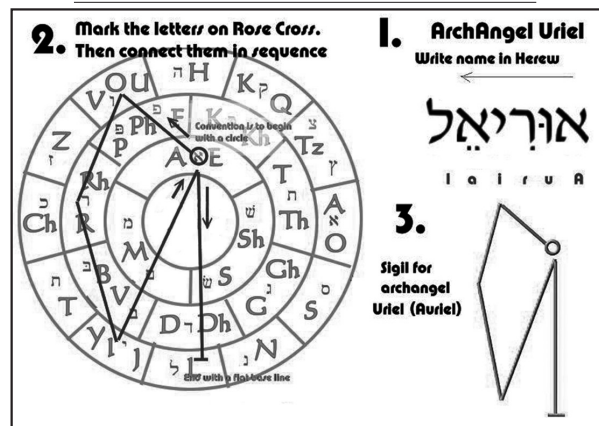


Figure 1.185. Using the Rose Diagram to draw the Hebrew name of Archangel Uriel in sacred sigil pattern (He is the Guardian of the North - Element Earth - and Angel of Nature, Visions, and Instruction).

it," pronouncing an angel's Semitic name correctly does not simply grant access or control over these extremely powerful spirit entities. Instead, your body, mind, and spirit must be energetically fused with the spiritual vibration of the angelic entity, the sacred sounds of its true name, the ability to visualize its energetic form, and its unique celestial patterns in order to invoke its celestial help and divine counsel.

I have heard many stories surrounding several powerful sages from different spiritual traditions who developed incredible supernatural powers by repeating their teacher's specific instructions surrounding sacred prayers. However when high masters from their spiritual traditions interviewed several of these powerful sages, they were surprised to discover that oftentimes some of the specific words used during their divine prayers were incorrect according to orthodox teachings. The amazing thing was, when any of these different religious scholars tried to correct these powerful mystics and encouraged them to pronounce the correct words properly according to orthodox tradition, the supernatural experiences that were originally manifested by these special men and women of God immediately disappeared.

Because these children of light had placed so much faith, trust, and belief in the unique way that they performed their prayers, and had repeatedly recited these words of power with a sincere heart, mind, and spirit focused on their service to God, they had all developed powerful external manifestations of these supernatural powers which were all spiritually rooted deep within each of these individual's personal faith, belief, and trust in their teacher's divine teachings.

In the same manner, although the heavenly angels and archangels are traditionally viewed as celestial beings containing radiant energetic power, they are also intelligent, benevolent, and will indeed communicate with human beings when specifically directed by the divine light radiating from deep within an individual's eternal soul. Because they understand our weaknesses and misconceptions, they also understand that there will be mistranslated names and pronunciations. Therefore if you mispronounce their sacred name, but in your heart and mind are sincerely asking for that angel's help, they will kindly respond; or some older brother or sister in the spirit realm will be dispatched in order to assist you.

One last thing about working with angels and asking for their assistance. According to the New Testament, it is important to always test the spirits, as it is written in 1 John 4:1-2: *Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. By this you will know the spirit of God: Every spirit that confesses that Jesus Christ has come in the flesh, and is from God.*

The reason I mention this here, is because there are many willing demonic spirits that can suddenly step in and assume the role of the angelic being that you had originally expected to be working with – which can often end quite horribly. For example, you would be surprised to learn how many people have told me they were personally contacted by "Michael the Archangel," and believed they were special because Michael was telling them they were "the chosen one." These same individuals would eventually return back to me several months later desperately asking for my help, because after a few months of being together, their "Michael the Archangel" would not leave them alone and was now tormenting them.

In all truth, the spirit entity who was calling itself Michael the Archangel was often an earthbound ghost. These spirits love to gossip and mislead anyone who is naive and gullible enough to rely solely on their council. In the meantime, these same spirits use the victim's energy as a consistent source of food. This is why, over time, these victims eventually lose touch with reality, become mentally unstable, and often go insane.

### **COUNTERING EVIL SPIRITS USING DIVINE SEALS**

Surrounding the energetic field of every living thing is a bioluminescent glow, caused by a natural discharge of life force energy. One of the primary reasons why the external energy field of an individual's body may sometimes either attract or repel a particular type of spirit, is that both earthbound ghosts and spirit entities can see and read these special energetic fields (i.e., their auras). Understanding this will help you to appreciate what I am going to teach you next.

One countermeasure often used by Christian exorcists to ward-off malevolent spirits or to heal a person of spirit oppression is to place the image of a sacred sigil (or the sigil itself) on a person's physical body. This practice was considered to be extremely effective, especially if the holy symbol was deeply rooted in the sacred mythology of the individual's personal religion.

Eventually, these important seals were used in the Roman Catholic church to empower such exorcism tools as sacred crosses, holy water, exorcism salt, rosaries (prayer beads), as well as the spirit-binding rope, which was often needed in order to restrain a demon possessed victim.

In ancient times, certain types of divine seals were often placed over the door-posts and windows of homes to protect Christian families and their animals from vindictive malevolent ghosts and rogue spirit entities that in the past had been previously exorcised from the house.

### **YOUR AUTHORITY TO USE DIVINE SEALS**

When beginning to work with any type of divine seal or sacred sigil, it is possible to sometimes misunderstand exactly what their esoteric energetic patterns are, and how to effectively use them in divine service.

After a divine seal or sacred sigil has been visualized within the mind, spiritually activated through prayer, and empowered with God's authority to heal the body or banish evil, it is then set into motion by either physically drawing its esoteric pattern on a solid object (e.g., paper, wood, wax, etc.), or in the air over a person, place, or thing.

Because it maintains its own imprinted spiritual consciousness, the divine seal or sacred sigil consequently exists as small energetic fragments of the original divine powers that it represents. In other words, these special seals and sacred sigils become small energetic beings in their own right, and actively retain the protective radiant light and spiritual power previously imprinted into their unique designs and patterns.

Every Christian has been called to a healing and exorcism ministry by Jesus of Nazareth (Matthew 10:8, Mark 6:7, Luke 9:1); we have also been ordained by the spirit of God for this divine purpose. Our oath of dedication to this purpose and our consecration as a child of God authorized to complete this goal occurred when we accepted Jesus Christ into our hearts and promised to serve him as his faithful disciples.



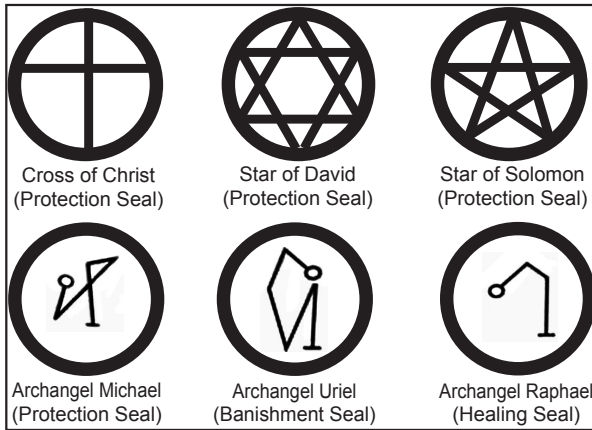


Figure 1.186. Examples of divine seals that can be drawn over or on top of the patient's skin for protection or healing.

As Christians, we belong to an ancient and powerful spiritual lineage, dedicated to the service of all humanity. Therefore we answer directly to the upper celestial courts for all of our actions, and are also overseen and protected by the divine counselors and holy guardians of this sacred lineage. As enlightened spirits, these older brothers and sisters continually watch over and protect us. They additionally provide us with the divine council and the heavenly authority needed in order to use the holy seals and sacred sigils of our Christian faith. It is through the divine authority of this powerful lineage that each Christian on earth acts as an official representative of Jesus of Nazareth's personal spiritual power, and has the right and authority to use God's heavenly powers on earth.

As a Christian, by accepting the spiritual calling to be of service to God and humanity, we also understand that it is through this divine authority that each child of light is empowered to remove sickness as well as eradicate the various types of psychic attacks that a malevolent ghost or evil spirit will sometimes use when haunting a home or tormenting a victim.

With this divine authority, each Christian is able to effectively represent an embodiment of God's divine power. This same radiant spiritual power is contained in the vibrational influence created from the holy words and sacred image patterns of these divine seals. It is through two spiritual powers (the holy words and divine seals) that all of the "demonic particles" that currently exist as small fragments of a composite demonic being (described later) are placed under God's divine authority, and energetically bound and/or dispersed.

As an example, if the negative energy of a demonic spirit has begun to oppress a person, animal, or certain location, it can be effectively countered through the use of drawing and imprinting the item or area with a divine seal. Once a believer begins to draw and manifest the radiant energy contained in one of the divine seals associated with one of God's powerful archangels (Figure 1.186), it is similar in energetic application to using a small fragment of that divine being's incredible supernatural power in order to combat the negative energy. This is why when the esoteric patterns of a divine seal is correctly constructed and used, it provides the believer with a powerful tool that enables him or her to access the celestial powers of that angelic being through prayer; which is done by divine commission through the name of Jesus Christ.

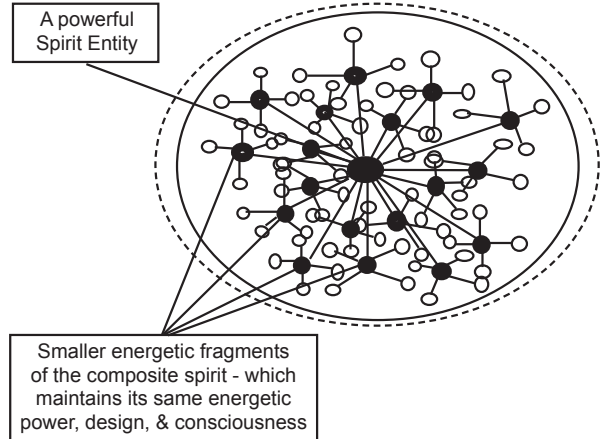


Figure 1.187. All angels, demons, and humans are "composite beings." Composed of a powerful energetic cluster, created, developed, and sustained through God's Divine Mind.

Divine seals are never to be used casually; and when a person constructs such a seal, they are not allowed to talk about it with others. Instead, they are encouraged to remain in a solemn spiritual state of mind, reciting holy scripture, or meditating on some form of divine prayer. The reason why this is so important, is that if divine seals are used carelessly and without respect, they will begin to lose their spiritual power. This occurs because the energetic connection existing between the spirit (heart and mind) of the person using the seal and God's divine authority has been compromised by the individual's personal lack of value and their disrespect.

When using these sacred seal patterns, it is primarily through a person's faith, trust, and unwavering belief that the evolution and gradual unfolding of their energetic influence manifests into a visible and tangible reality. Under the given conditions of time and circumstance, each sacred sigil drawn by a believer will quickly influence various phases of energetic transformation, depending on the specific type of sacred symbol drawn, its special energetic function, and which divine authority was chosen as the official power backing the person's focused intention.

The manifested energy of a Christian's divine seals and sacred sigils have the potential for becoming powerful spiritual tools; with each image and sacred pattern having a different meaning and particular application, as well as influencing various levels of thought and experience. This is why, while still retaining its original character image, a divine seal or sacred sigil can be used to impart diverse meanings onto alternate planes of existence, and assume different functions according to whether it is related to human life, to the energies that flow within nature, or to various states of spiritual aggression (such as encountering extremely violent, brutal, and wildly savage people possessed by malevolent spirits).

#### **DIVINE SEALS, SACRED SIGILS, & COMPOSITE BEINGS**

One important teaching that Christians should understand before attempting to heal someone or remove any type of malevolent spirit, is that all gods and deities, angels and devils, as well as all humans are "composite beings" (Figure 1.187). In other words, they are all composed of powerful energetic clusters, created and molded by God's divine con-

sciousness. Which is why if so inclined, any god, deity, angel, devil, or human (i.e. a person who is extremely advanced in their spiritual evolution) may at anytime “replicate” their energetic form. Each replication is constructed of multiple thought-forms and energetic particles, that can be further splintered into multiple replications of the same thing like an energetic clone. Although uncommon, this advanced type of manifestation is actually a supernatural ability sometimes demonstrated by spiritual masters who originate from different religious traditions, including Christianity.

The reason why I am mentioning this unique phenomenon, is because in certain demonic possession cases, the victims are actually being tormented by a composite demonic invasion. In other words, only an energetic splinter or fraction of a powerful demonic entity is actively working within the body of the victimized host. In these special cases, the use of divine seals and sacred sigils works great when energetically binding and removing these specific types of parasitic spirit entities. The theories behind this type of spiritual application are described as follows:

- Removing A Composite Being Using A Divine Seal Pattern:** If the victim is suffering from ill health caused by spirit oppression or psychic attacks, a Christian healer can choose to bind and remove the evil influence by energetically imprinting a special charm with a sacred sigil and protection prayers – ones that are specifically selected according to the patient’s personal needs (refer back to Figure 1.186). Because the spiritual power contained within an energetically imprinted seal pattern has the ability to both protect and heal, such esoteric patterns have been used over the centuries in churches, placed in homes, worn as protection charms on people’s bodies, and placed in areas where there are domestic animals and /or livestock.

For a Christian to use a divine seal in conjunction with their prayers in order to heal the sick and afflicted from a spirit induced disease which manifested as epilepsy or certain chronic digestive disorders, it is best to draw the esoteric seal over the person (often the solar plexus area) and envision it being imprinted deep inside their three bodies. Right after that, the seal pattern should be energetically activated by placing both hands over where the image was physically drawn; then pray and dedicate its divine healing power to God – in the name of Jesus Christ.

Because the sacred seal has been specifically dedicated for a certain energetic function, its divinely imprinted powers will now begin to heal and protect the person, and guard their three bodies in times of great adversity. This protection will additionally help to prevent various types of spiritual assault or psychic attacks from occurring, especially when a Christian is performing their ministry and interacting with people in the public arena.

During any healing or exorcism, when a Christian chooses to work with one of the holy angels as their personal guardian, they must first establish a relationship with this divine being. This means, they must first know the angel’s true name and their special seal pattern in order to bring the divine being from the spiritual realm into our physical realm. Then once manifested, the supernatural powers of the angelic being may be borrowed by the Christian and used in their healing applications, or in their exorcism of malevolent beings.

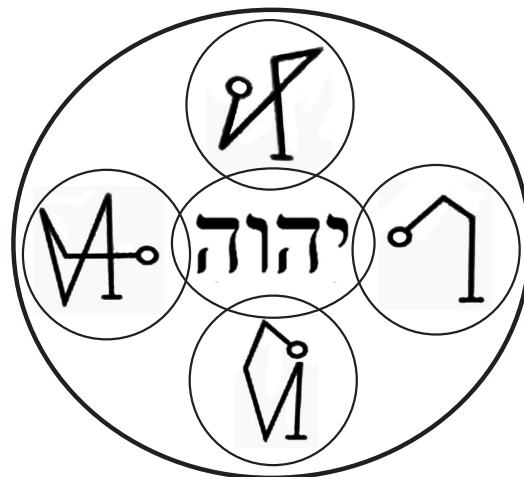


Figure 1.188. An example of a sacred sigil that can be drawn on top of the patient’s skin in blue ink and used for protection or for healing.

Sometimes the Christian may even choose to imprint a divine spark of the angelic being’s sacred power into some type of holy object, which may be carried with them as a type of composite form of the angel’s supernatural powers. Examples of this type of energetic imprinting include sacred things such as holy crosses, prayer beads, and other spiritual tools that are used to heal the body or quickly banish and remove malevolent earthbound ghosts and certain energetic parasites whenever these holy items are brought inside a room.

When a Christian is working with a divine seal or sacred sigil, the energy used to manifest its spiritual power will naturally be taken from the believer’s own personal life force – this is what is used as the basis for these healings or purification applications. In other words, this life force energy will provide the root spiritual power needed in order to maintain the divine seal’s supernatural healing and /or protective effect. It is the believer’s personal life force energy received from God through Jesus Christ that is responsible for spiritually sponsoring the manifestation of the angelic being’s supernatural powers within the physical realm, as well as for supporting the personal healing process of the suffering victim.

- Removing A Composite Beings Using A Sacred Sigil Talisman:** If the victim is suffering from ill health caused from spirit oppression created by a composite being, and possibly from several other minor demons (i.e., enslaved souls existing as earthbound ghosts), the Christian may choose to heal the person by binding and removing these evil influences through physically drawing a sacred sigil on the host’s physical body with Holy Anointing Oil (see Chapter 30, pages 191-193) or Holy Water (see Chapter 31, pages 194-195).

Unlike a divine seal, a sacred sigil is an esoteric talisman constructed out of several divine seals. In fact, the sacred sigil pattern may be abstract, pictorial, or even semi-abstract in its energetic design (Figure 1.188).

What makes a sacred sigil so special, is that its unique pattern can be constructed out of several esoteric symbols,

divine seal patterns, and sacred geometric forms (see Chapter 43, page 321-322).

Each pattern that is created inside the sacred sigil has a specific meaning and application, and is strategically arranged in order to drive and direct its manifested spiritual energy towards a specific purpose of healing the body or banishing the presence of evil spiritual forces.

As previously mentioned, the sacred seal of a guardian angel is a powerful energetic tool that may be used as a spiritual doorway into the heavenly realm. It is here, from this special spiritual portal, that an angelic being's supernatural powers may be called forth and invoked through prayer, to be used in order to positively influence the physical realm.

The spiritual energy contained within that angel's divine symbol is considered to be a small energetic fragment of the celestial being that was invited into the physical realm through invocational prayer. Which is why a sacred sigil is often used to energetically connect a Christian mystic with the various supernatural powers of celestial deities (angels and archangels) existing within the heavenly realms.

Throughout history, secret training books known as "Grimoires" were created by mystics which contained such esoteric seals and sacred sigils. Some of these powerful sigils were said to have even been used by leading spiritual figures such as King Solomon to summon and invoke the assistance of powerful spirit entities, elementals, and angels.

One of the reasons that sacred sigils are considered to be so effective is that these holy patterns are thought to be visually equivalent to the true names of the spirit entities that they are invoking. Therefore when several sigils are used in concert they now offer a way for the believer to call and address several powerful angelic beings at once (see *Hidden Teachings Vol. 2*, Chapter 16).

A sacred sigil pattern is a method by which the words of divine power contained within a believer's focused prayer can be energetically condensed and reduced to an abstract design. The form of this sacred pattern is then energetically charged with the focused intention and will of its creator, and then impregnated with a source of divine authority and spiritual power (e.g., "In the name of God, Most High," or "In the name of Jesus Christ").

In application, sacred sigil patterns are used in every spiritual practice on earth, and are most often applied when offering prayers for a specific person, place, or thing. After these prayers are spoken, the item is then energetically sealed with God's radiant light in order to sustain and maintain the now imprinted prayer. An example of this type of sealing application is seen when a priest makes the sign of the cross after saying a special healing prayer over a convalescing person.

Sacred sigils can also be used to create Thought-Form Entities (see *Hidden Teachings Vol. 2*, Chapter 5, pages 48-49), which are occasionally used by shamans, healers, mystics, and priests for special healing, protection, and banishing practices.

A sacred sigil may be constructed and imprinted inside any type of energetic medium. This includes being created, formed, and fashioned from the different physical materials originating from the earth (metal, stone, clay, wood, and wax); energetically constructed through var-

ious colored light and sound wave patterns imprinted within different elemental substances such as water, fire, or wind; or mentally constructed within the limitless regions of infinite space.

Traditionally the composition of a sacred sigil requires the person to draw several divine seals in conjunction with using different altar tools (i.e., white purification candles, incense, holy water, and a consecrated ink brush and paper). The entire construction will additionally include speaking various prayers and sacred scriptures associated with its specific design and function (e.g., to heal or protect); and finally sealing the sigil with the divine power and spiritual authority of God through Jesus Christ.

- **Removing A Demonic Entity — Summon a Divine Angel:** If the victim is suffering from ill health caused from a full-blown demonic possession, with the terrifying manifestations of the evil spirit's supernatural powers active in the suffering host's body, then the exorcist must choose to spiritually bind and energetically remove the evil spirit. This is accomplished by first performing an exorcism ritual, and requesting the assistance of one or more powerful angels to restrain, bind, and remove the demonic entity from the victim's physical body, as well as from their home (see *Hidden Teachings Vol. 2*, Chapters 20 through 24).

In such cases, it is important to remember that you are dealing with a powerful evil spirit, therefore extreme caution should be used. At this time, it is also essential that the source of your exorcistic power always be rooted in the sacred name of God Almighty, through the spiritual authority of Jesus Christ – the founder of your spiritual lineage as a Christian.

#### CHRISTIAN SEALS AND THE DIVINE PRIESTHOOD

As Christians, we are spiritually marked with a special divine seal in our external energy field by the Spirit of God (i.e., the 1st Heavenly Transpersonal Point or "Soul Star;" see Chapter 2, Note #2, page 38). In Ephesians 1:13-14, it states, *You were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance.*

Not only are divine seals and sacred sigils used to provide special protection, they are also used to mark each member of the Christian church as belonging to God. This is why in 2 Corinthians 1:21-22, Paul the Apostle wrote: *Now it is God who makes both us and you stand firm in Christ. He has anointed us, set his seal of ownership upon us; and has placed his Spirit in our hearts as a deposit, guaranteeing what is yet to come.*

The radiant light of this special spiritual mark is actually placed within each child of God's "Soul Star" (see Chapter 11, Note #1, page 88); and it is purposely kept there so that the angelic guardians, guides, and teachers in the spirit realm that belong to our Christian lineage know who we are, and understand how to assist us.

One of my teachers once explained that it was because they did not possess this special spiritual marking, that in the New Testament when the seven sons of the Chief Priest Sceva tried to exorcise a demon possessed man saying, *In the name of the Jesus whom Paul preaches, I command you to come out*, the enraged demon answered them in contempt saying, *Jesus I know, and Paul I know about, but who are you?* Right after saying this, the possessed man immediately jumped up and attacked all of them. During this violent encounter, the possessed man



overpowered all seven men and attacked them so fiercely, that he viciously beat their bodies and ripped all of their clothes; which resulted in having all seven of the Chief Priest's sons run out of the man's house, naked, bruised, and bleeding (Acts 19: 13-16).

I was also told that as a means of guaranteeing his promises to those who have received Jesus Christ into their hearts, God has spiritually sealed each one of us in Him through the Holy Spirit, which is manifested through this special seal. Therefore every Christian believer is given the same Holy Spirit of God that also dwelled within Jesus of Nazareth, as well as within his close disciples after the Day of Pentecost. This was done to spiritually awaken our hearts and minds, and activate all of our innate spiritual gifts.

As Christians, this spiritual transformation is said to occur the moment we surrender our various suspicions and disbeliefs, and accept and trust in Jesus of Nazareth as being the "Christ" (Messiah or Anointed One). Right after Jesus was crucified and resurrected, the Lord God no longer sent any more anointed prophets to the children of Israel. Instead, he is now sending you and I out into the world to fulfill the calling, share the good news that the Kingdom of God is within you, and return His people back into fellowship with Him.

The spiritual marking of the divine seal confirms our priesthood under Jesus Christ, and is a sacred form of holy consecration used to separate the disciples of Jesus from those of other spiritual practices. Because each religious system has their own spiritual lineage seal, along with their own heavenly guardians and counselors, each person's seal remains in their energy field acting as a radiant beacon of their particular spiritual lineage. This is why mystics from other religions, as well as spirit entities and clairvoyant seers can often observe these divine seal patterns radiating within the Soul Star area of each Christian man or woman of God (Figure 1.189).

This divine seal is similar in effect to a policeman's badge, which informs all onlookers that this individual is personally authorized by the powers of the state to enforce the law. Additionally, because of the difficult nature of the job, if you attack a police officer, you will receive the full punishment of the law, and severe retribution from the entire Judicial System. Remember, the mark of this divine seal is required so that the guardians, healers, teachers, and guides of our Christian tradition can recognize and assist us in our spiritual growth. However, similar to an internal affairs department, which is a division of the law enforcement agency that investigates incidents of possible law-breaking and misconduct attributed to police officers, the Celestial Court closely monitors the actions of each and every Christian, and distributes awards and disciplinary actions accordingly.

Similar to the construction of a sacred sigil (divine talisman), a Christian's divine seal is energetically formed out of the spiritual components of sacred sound patterns, holy words of power, and various colors of radiant light that are attached to the eternal soul. This light brightly radiates in the spirit realm when a believer is walking as a true child of God. One teacher explained that this is what Jesus meant when he stated in Matthew 5:14, *You are the light of the world; a city on a hill can not be hidden.*

This holy seal can also be constructed out of various supernatural energies existing in different spiritual dimensions. All of which is dependent upon how old the reincarnated soul is, their specific mission in life, and the current lessons that

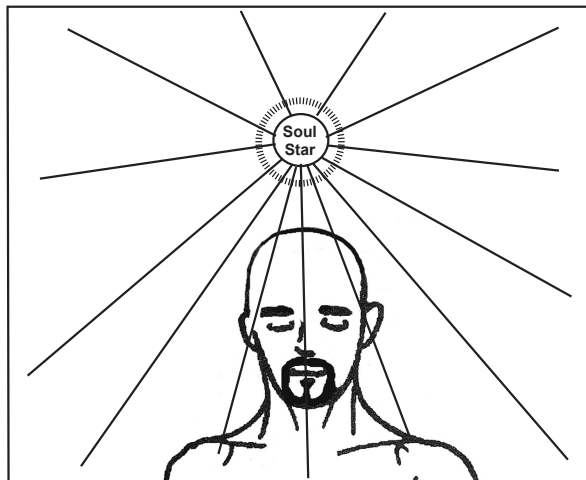


Figure 1.189. The Christian's personal spiritual seal is energetically constructed out of various components of sacred sound patterns and spiritual light; specifically placed within the area of our 1st Heavenly Transpersonal Point or Soul Star area.

they are to learn while living on the earth. This expansive spiritual manifestation of energy and light grants the divine seal a profound level of influence in the person's life.

Such spiritual energy is also automatically transferred and imprinted onto each divine seal and sacred sigil that we physically draw, create, and activate within the earthly realm. This sacred imprinting also goes into the spirit body of all of our Christian friends whom we fellowship with, as well as the different people whom we pray over for divine healing, or for those whom we share the sacred scriptures with, even if only temporarily.

In ancient times, Christian elders were known to consciously use these divine seals to mark and secure the personal safety of their new converts. This was accomplished by laying hands on the head of the new convert, then praying to God and asking Him to direct this person's path and spiritually guide them in receiving the sacred teachings and divine wisdom of Jesus Christ.

The imprinting of a sacred seal happens automatically whenever a new convert becomes "saved" (spiritually awakened and committed to spiritual growth and transformation) and begins their journey towards enlightenment. Its radiant light is spiritually fed each time they earnestly seek to serve God, and strive to understand the sacred teachings contained within the kingdom of heaven.

When a person enters into any type of formal spiritual training, and seeks to become an ordained priest of that sacred tradition, they are additionally imprinted in their energy field with each of their teacher's personal seals. These divine seals collectively remain within that person's energy field as a subconscious notice to all who interact with this individual, relaying the message that the person belongs to and is cared for by a specific spiritual lineage, and that they are currently under the protection of the various guardians of that particular system.

The reason for this spiritual branding, is to allow the angelic guardians and divine teachers of that specific lineage to recognize, guide, teach, and protect these future apostles – because as priests, these individuals are tasked with the spe-

cial calling of promoting the sacred teachings of this ancient system of spiritual transformation. Without this special seal and divine covering, the individual is considered to be an outsider by the spiritual guides and teachers, and is only allowed to comprehend the lowest levels of spiritual instruction.

It is said that the spiritual consecration of the divine seal actually marks a new disciple's eternal soul, and connects it into a stream of spiritual consciousness that becomes an inseparable part of the individual. Once the disciple is woven into a stream of spiritual consciousness, their personal talents and intuitive abilities are suddenly added into the energetic pool that supports the ministry. This is done in order to positively effect and change the spiritual maturation of the consciousness created by this spiritual commitment. Therefore whenever that particular spiritual pool is about to energetically shift and change to a higher level, the disciple will quickly become an open vessel for that upgraded change to occur within their own body, mind, and spirit.

Unlike an initiation, the serious commitment of a spiritual consecration experienced through a priest ordination is passed down through all of the individual's reincarnated lives. With each new life, the individual becomes aware of the gentle guidance that softly pulls on their heart and mind to follow the will of God. And, the moment their spiritual awakening occurs, the individual's destiny is immediately reconnected to the internal virtues contained within their eternal soul. Once this occurs, everything in their life surrounding their desire to serve God will suddenly shift, and immediately seem to speed up as it now becomes a main priority of their life's existence.

Additionally, there are certain rules and codes of conduct that a spiritually consecrated person is expected to uphold and maintain. Any deviation from these high moral standards will tend to be dealt with quickly.

The benefits of the spiritual consecration are many. For example, the individual becomes a part of a huge collective consciousness, and is able to reach out and connect to all of the other people working within that spiritual lineage. He or she is then able to draw upon these older brothers and sisters' knowledge, insight, wisdom, strength, and esoteric skills.

However, if the disciple ever quits, leaves, or is thrown out of the spiritual lineage, usually the spiritual power of the divine seal is automatically disconnected, and immediately shuts down. Once this happens there is an energetic shift within the ex-disciple, and the mantle of spiritual influence that previously guided and protected them is no longer active and working.

At this point, the former disciple usually loses interest in the previous teachings of that spiritual lineage, and eventually moves on with his or her life towards other goals. Once this occurs, the spiritual consecration and the supernatural abilities associated with the divine seal quickly becomes dormant. If the spiritual authority and divine powers related to this lineage seal continues to be unused in this life, it can sometimes re-emerge and be reactivated later on during another incarnation, depending on the person's spiritual calling.

People tend to carry several of these divine seals within their Soul Star from lifetime to lifetime (see Figure 1.189); often waiting for the spiritual veil to be removed so that they can "see again." Sometimes when reawakened and energetically activated, the individual may often remember or naturally embody the previous trainings associated with their original spiritual teachings.

Additionally, because of freewill, permission can be given to an individual who is a well-trained psychic or mystic to have a protective divine seal removed from a person's Soul Star point. The action of removing the divine seal from the person's energy field, immediately separates that individual from its associated spiritual lineage, and disconnects them from the various guardians and teachers of that particular sect. Once this happens, the individual loses their personal connection with their teacher and his or her connected spiritual lineage.

A practitioner of occult magic may be able to construct and insert their own seal into someone's energetic field; especially if the victim does not believe in God and does not belong to any type of spiritual lineage. Because these individuals are not under the divine protection of a particular lineage, their hearts and minds tend to become easily overshadowed, which can adversely affect the victim's body, mind, and spirit, making them more vulnerable to superimposed negative seals.

#### **THE PROTECTIVE POWER OF RELIGIOUS AMULETS**

The spirit world and the physical world are not separate, but are both constructed and governed by the conscious energy of God's holy mind. Therefore all things that exist, and the various actions that occur within the physical world, can be influenced by the spiritual law of cause and effect, which is governed by the divine mind.

It is for this reason that the sacred patterns of certain religious amulets can be prayed over by different men and women of God, and energetically fused with special spiritual powers. This process has been repeated since ancient times in order to increase a Christian mystic's personal power; as well as add additional spiritual force to a specific idea, conscious action, or purposely created object such as protective amulets. In fact, this application is one of the main reasons why powerful sigil patterns and divine words of power were often combined and energetically imprinted together into sacred religious relics; and later used in Christian exorcisms to either summon and interrogate, or bind, remove and banish malevolent ghosts and demonic spirits.

An amulet is actually an object whose energetic shape, composition, and function is designed to be the powerful focal point of its creator's directed mental and spiritual forces. The specific designs and patterns of a sacred amulet and the influence that it has over certain types of spirit entities is made even more effective by invoking God's divine power. Such important imprinting allows the amulet to act as an energetic channel of God's heavenly power and divine influence here on earth.

Once empowered with "the effectual fervent prayers of a righteous man," the amulet becomes an extremely effective spiritual tool, which can be used for healing as well as for warding-off many types of psychic attacks (Figure 1.190).

Because these spiritual tools have been energetically imprinted and empowered through sacred rituals that have transformed them into channels of divine power, one of the main functions of a sacred amulet is to work as a powerful reminder of the continual presence of the divine powers that have been imprinted within them. Which is why in times of trouble, many people believe that an amulet of a specific saint will help them.

Since ancient times, special rituals have been used in order to bring a Christian mystic into spiritual alignment with a higher



Figure 1.190. Once imprinted with prayer, a Religious Amulet can become a powerful spiritual tool that can be used for healing the body and mind, as well as for divine protection.

power that can offer a stronger and more effective form of protection against various types of malevolent dangers. Although these important amulet activation rituals are performed with the specific goal of gaining a certain type of divine protective power, what actually makes the amulet powerful is the individual's relationship with it. For example, the more value that a person places in the materials used in the formal construction of the sacred amulet, and the importance that they place in the esoteric patterns and symbolic image depicted, as well as the great reverence and fear placed in the divine power that was invoked in order to activate and enforce it, the more energetically effective the spiritual tool will be for that person (this applies to both the creator of the amulet and the one who wears it).

#### THE STAR OF DAVID AND PENTAGRAM OF SOLOMON

According to Kabbalistic mysticism, the Shield of David (or Star of David) acts as a powerful protective amulet that was energetically derived from a higher shield composed of the sacred names of God, arranged in a special pattern according to the ancient Laws of Moses (Figure 1.191). From a distance, because this energetic pattern looked as if it were composed of intricate stars within stars, the combined Sacred Geometry of it formed a powerful energetic force field which functioned like a supernatural multi-universal shield of angelic protection. It is said that the ancient model of King David's Star Shield was constructed as a microcosmic representation of the way that God's radiant light works within the higher dimensions of existence, allowing each name inscribed to act as the subtle binding-force responsible for maintaining the energetic patterns of that specific creation.

Sacred names act like musical notes that correspond to the resonant vibrations of the highest creative levels of God's

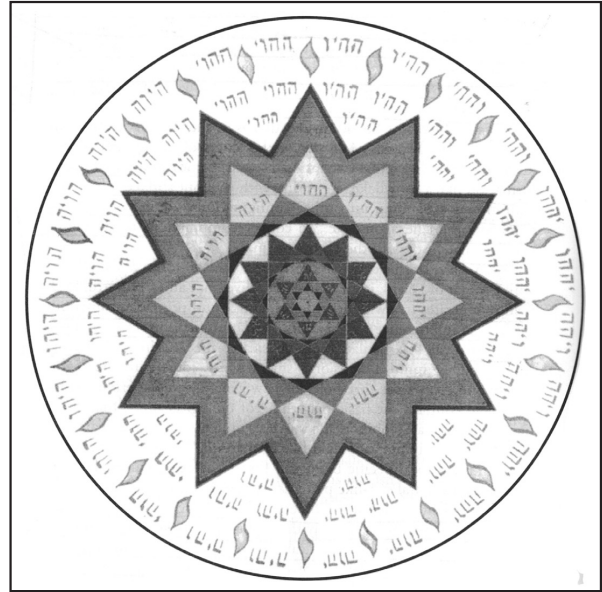


Figure 1.191. According to the Kabbalah, the Shield of David was a powerful amulet energetically derived from a "higher shield;" composed of the sacred names of God, and arranged in a special connecting pattern according to the ancient laws of Moses.

divine mind. Therefore they can be used to bring forth a powerful energetic state of purification, healing, or protection.

The sacred energetic patterns of a person, place, or item's name can be internally visualized and externally manifested by the use of certain breathing techniques. These techniques will help an individual directly experience the sacred knowledge and ancient wisdom originating from the upper heavenly realms concerning the energetic creation and spiritual function of any person, place, or item existing within the earthly realm. This is one of the main reasons why the ancient teachings about the use and manifestation of the spiritual power of sacred names have always been considered most secret, and have been purposely kept away from public knowledge.

When performed correctly, the repeating of God's sacred name can create powerful spiritual vibrations that can allow an individual to experience the three sacred veils of light (see Chapter 10, pages 78-79). With repeated exposure, an individual will eventually experience a spiritual transformation that will lead to an energetic regeneration of their three bodies. This spiritual transformation process is accomplished by repeating the holy words (vibrations), embodying their divine sounds (frequencies), and visualizing the structural thought-form patterns associated with their Sacred Geometry.

When all three are manifested and harmonized, it will not only cause a profound spiritual rebirth to occur within a person's heart and mind, but will additionally generate a shift within the physical, energetic, and spiritual realms of their entire life. This is why the study of Language, Mythology, and Sacred Geometry (see Chapter 43, pages 320-322), as well as the conscious construction of divine seals and their esoteric spiritual patterns are so important to Christian mystics.

In understanding this, it is fascinating to mention here that certain Christian brothers and sisters who were minister-



ing in Africa as well as South America have effectively used specially constructed amulet shields of protection. These special amulets contained the sacred name of God written in Hebrew letters, and arranged in specific patterns. Because of their deep belief, faith, and trust in the effectiveness of these divine patterns, many of these Christians experienced spontaneous miracles during their missionary work.

With this in mind, let's explore two of the most popular Christian amulet patterns, the Star of David, and the Star of Solomon, described as follows:

- **The Six Pointed Star of David:** Biblical scholars believe that the original Star of David pattern (also called the Shield of David), was actually the way King David signed his name, and therefore served as his personalized signature. Its pattern is composed of two triangular Hebrew letters written on top of each other, with one of the letters turned upside down. With this image, the hexagram pattern is a uniquely clever way that King David wrote the first and last initials of his own name.

However, according to several Kabbalah mystics, the six pointed star observed in the pattern of the Shield of David symbolized that "YHVH" (Yahweh) rules over the entire universe, and protects the Children of Israel throughout the six directions of space (i.e., the Front—North, Back—South, Right—East, Left—West, Up—Heaven, and Down—Earth). In other words, the Star of David is used to represent symbolically the mysteriously profound and unfathomable dimensions of the spirit realm, wherein God is placed at the center of all creation; while the six outer points represented the expansive energies of the Almighty Creator, extending throughout the six directions of infinite space.

Additional symbology associated with these two interlocking triangle patterns represent the reciprocal relationships existing between the creative powers of heaven, the sun, fire, and male; and the receptive powers of the earth, the moon, water, and female. The center of the interlocking triangles also symbolically represents the Sabbath (i.e., the Day of God in ancient Judaism), surrounded by the six days of creation.

Although the six pointed Star of David was probably never worn by King David himself into battle, it is said to have been utilized much later by his descendants. For example, it is believed that the Macabees (the leaders of a Jewish rebel army that took control of Judea and ruled from 164 B.C. to 63 B.C.) adorned their battle gear with the Star of David pattern. And during the Bar Kochba Rebellion against the Roman Empire, which occurred from 132-136 A.D., the Jewish troops equipped themselves with special shields in the shape of two overlapping triangles to signify that "it was God Almighty (El Shaddai) who shielded them in war."

- **The Seal of Solomon (#1):** There is a controversy as to the design of the actual Seal of Solomon used to control demons and other evil spirits. Therefore I will present a summary of the conflicting ideas and allow the reader to decide for themselves which energetic pattern seems more effective.

According to the Israel Ministry of Foreign Affairs website, in Europe, the pentagram is usually known as King Solomon's Seal, while the hexagram is known as the Star of David. Although it is often assumed that this was always the case, research suggests that both pentagram

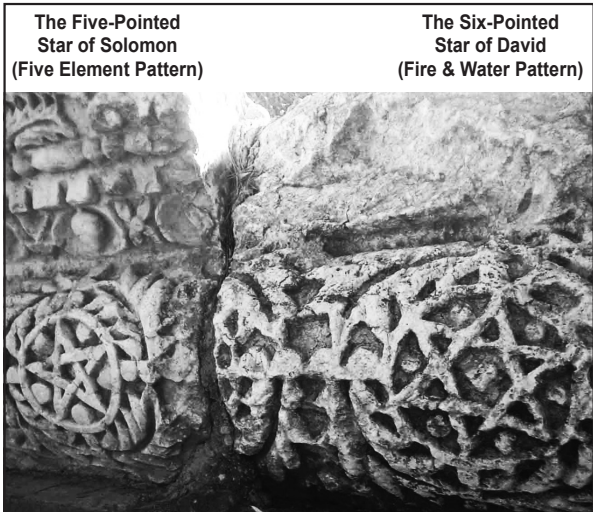


Figure 1.192. In the 1st Version: The Six-Pointed "Star of David," and the "Five Pointed Seal of Solomon" are both carved next to each other on the arch of the ruined Natsarim synagogue in the Gaza Strip, where Jesus ministered along the shores of Galilee.

and hexagram motifs were used by different religions, and that the clearest meaning of the hexagram is associated with magical techniques to ward off evil forces.

In support of this ancient belief, the images of both the five pointed Seal of Solomon and the six pointed Star of David were both carved next to each other on the arch of the ruined Natsarim Synagogue, located in the Gaza Strip. It is said that this was one of the ancient synagogues where Jesus of Nazareth ministered along the shores of Galilee (Figure 1.192).

What is fascinating about this timeworn synagogue, is that this old partially erect structure stands behind the ancient remains of the home of the parents of Saint Peter. It is also the location of an old training center, which was at one time an Orthodox Jewish school.

This location provides some evidence that the ancient fishing community where Jesus of Nazareth recruited disciples was not necessarily an area of poor fisherman. Instead it seems to have been where an economically flourishing fishing community existed. It is also said that the businessmen of this fishing community later donated some of their profits to construct the prestigious building that housed the "School of Yeshua." This alone suggests that the hexagram Star of David and the pentagram of Solomon were both considered to be divinely sacred, and actively utilized during the time of Jesus Christ.

With this type of five pointed pentagram, the top of the star is positioned up towards the heavens, and encased in a circle. This upward point of the star represents the spirit of man being directed towards God, while the other four points represent the Elements of energetic power that influence and support all of creation. These four Elements include: Earth – which represents the energetic force of the solid state of matter; Water – the energetic medium used to fuse all the other elements; Fire – the energetic manifestation of heat and light vibrating at different frequencies; and Air – the energy of all pervading motion,

which is responsible for creating internal movement and keeping everything alive. These four energetic elements contribute to the formation of created life, and so are an integral part of each and every one of us.

Today the five pointed pentagram is widely known as the Seal of Solomon, although it is unclear if King Solomon actually named it that. However, there does seem to be a strong consensus that he used this powerful symbol in ancient times to control demonic spirits and fallen angels. Although according to historical legend, the five pointed pentagram was known to have predated King Solomon in its ancient magical application, and it was widely utilized in several ancient religions during his days.

One final note. Professor Gershom Scholem, a noted scholar of Kabbalistic mystic writings, studied the protective function of the hexagram and its entry into Judaism from Islamic tradition. In a series of articles on the Star of David and its history, Scholem made the following claims:

**First:** The hexagram is a universal symbol, whose Jewish associations developed gradually.

**Second:** Several Jewish and Christian examples of the hexagram and other decorative motifs have existed since ancient times, and were later observed in Islamic art.

In the 13th century, the hexagram motif passed from copies of the Bible, which had been transcribed in Islamic countries, to Hebrew manuscripts in Germany and Spain. In Spain, the hexagram was known as King Solomon's Seal by the Jews until the 13th century. From the 13th until the 15th century, both names (Star of David and King Solomon's Seal) were used simultaneously. It was only later that the term Star of David gradually became associated with the hexagram in the Ashkenazi Jewish communities, and the King Solomon's Seal became identified with the pentagram.

**Third:** Both the hexagram and the pentagram appear first on magical "mezuzot" amulets (Jewish door-post charm scrolls), then later on various talismans in ancient literature. The magic drawings of the hexagram and the pentagram were known as seals, in keeping with the idea that a person stamps himself with these magical signs in order to protect himself from harmful spirits.

- **The Seal of Solomon (# 2):** In this second version, according to legend King Solomon supposedly took the intersecting six pointed Star of David pattern that he inherited from his royal father, and managed to improve on its energetic design by having the two opposite triangles appear as if they were interwoven within one another. This allowed the two-dimensional Star of David to then become the three-dimensional Seal of Solomon. This more complex three-dimensional hexagram pattern, with its interwoven triangles, then became the official insignia for the King of Israel, and was used as King Solomon's personal seal (Figure 1.193).

This new mystical symbology still maintained the two interlaced triangles of the Star of David, which symbolized the interconnected heaven-earth, sun-moon, fire-water, male-female patterns. However, these images were no longer stationary, but instead were energetically moving — similar to the never-ending circular motion depicted in the yin and yang patterns created by the ancient Chinese.

This special six pointed star pattern (often drawn with one triangle darker than the other), was said to be energetically

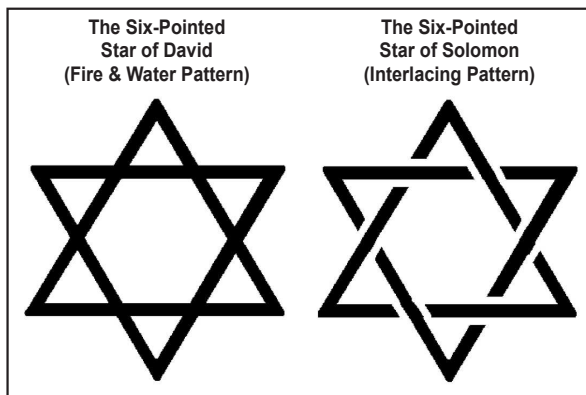


Figure 1.193. In the 2nd version: The "Star of David" is depicted in the image of a 2-dimensional overlapping (intersecting) triangles; while the Seal of Solomon" is depicted in the image of a 3-dimensional interwoven (interlaced) triangles.

ically alive. It also represented the symbolic union of the internal radiant light of the eternal soul existing within the ever-changing external shell of a living human body.

Although this new shape is similar to the original six pointed hexagram pattern associated with the Star of David, it was distinguished by way of its spiritual application. For example, the new moving design served as a visual talisman, providing spiritual protection and energetic control against the various forces of evil. Not only was the powerful energy created by the new seal thought to ward off demonic entities and other evil spirits, it was also said to energetically trap, contain, and control them.

In order to understand how this worked, look at the image located on the right side of Figure 1.193. Notice how the seal's interlaced lines have an hypnotic, maze-like appearance to them, with the created energy going back and forth, above and behind each other, in a ceaseless, never-ending pattern. This infinite sense of complexity was said to cause disorientation and utter confusion in any demonic spirit who dared to look directly at the sacred symbol. This esoteric pattern is believed to be so effective, that for over two thousand years both Christian and Jewish mystics have placed their trust in the exorcistic powers of this ancient seal, believing it to effectively provide divine protection from dark and malevolent forces.

When drawing this special pattern, this six pointed star was sometimes inscribed in the center of either a circle or a hexagram. However, there are also several other variations of constructing this ancient symbol; and apart from its association with ancient Judaism, it is often used as a magical symbol or sacred talisman in various non-Christian circles as well. For example, some individuals suggest that the new version of the Solomon Seal is an evil symbol, because one can find its use among different occult practitioners for placing curses and hexes on someone. However, the energy created from a specific seal or sigil pattern is simply amplified power, manifested according to the original design of the person who made it. Anything may be used for good or evil purposes depending on who the person is who created it, and exactly what their original intention was at the time of its initial construction.

## CHAPTER 34. USING DIVINE SEALS AND SACRED SIGILS TO HEAL DISEASED STATES

A divine seal or sacred sigil is a center of energetic force and spiritual power that acts as a vital seed of true creative potential and transformation. When used by a Christian in a healing or exorcism, its creative manifestations are traditionally accepted within the spirit realm as a powerful statement of the person's unquestionable faith concerning a specific action.

Divine seals and sacred sigils are alive with the spiritual power to energetically influence both the external world and the subtle inner-worlds of existence. Which is why the powerful messages and dynamic spiritual force contained within these divine image patterns take place in an instant, traveling deeper into an individual's three bodies than any projected thoughts or feelings.

Because these symbolic patterns are multidimensional in their spiritual application, they act as archetypal images which arise from the deepest parts of an individual's psyche, and are attached to a myriad of spiritual associations and various energetic correspondences. Therefore the more a Christian aligns her or himself with the energetic forces associated with these divine seals and sacred sigils, the more powerfully effective they will be.

In modern times, Christian healers have rediscovered the importance of applying divine seals and sacred sigils to heal different diseased conditions. For example, certain types of demonic parasitic attachments can be energetically broken and removed from a person's body by drawing a circle of blue ink infused with divine light onto the patient's skin.

This circle of divine light is placed on the lower chest, where the diaphragm is located, and a sacred seal pattern is then drawn in the center of this round ring of radiating spiritual power (Figure 1.194). The following is but one example of such an application.

### EXAMPLES OF USING THIS DIVINE HEALING METHOD

The following story is from my personal life, and first appeared in my autobiography *A Master's Journey, Secret Memoirs of a Warrior, Healer, & Mystic*. This incident occurred towards the end of 2006, when I took my three daughters on a vacation to see and experience the various wonders of Europe.

From the very start of the trip, my middle daughter began suffering from digestive problems, which grew progressively worse as our journey continued. I remember when I first saw her at the airport, I noticed that she had several energetic parasites attached to her body's external energy field, which looked like dark shadowy blotches.

By the end of the first week she was hardly eating. Her face looked extremely sick and pale, and she was moving very slowly. Because my oldest daughter was concerned for her younger sister's condition, she pulled me aside and mentioned that if I did not treat her sister, we would most likely have to send her home. Because her condition was progressively getting worse each day, this was now becoming serious.

I understood that my oldest daughter's observations were indeed correct, so after dinner, I invited my middle daughter to come to my room so that I might treat her for the digestive problems she was currently experiencing. At that time I chose not to tell her about the energetic parasites that were attached to her body and feeding off of her life force energies, or the specific reasons why they were there.

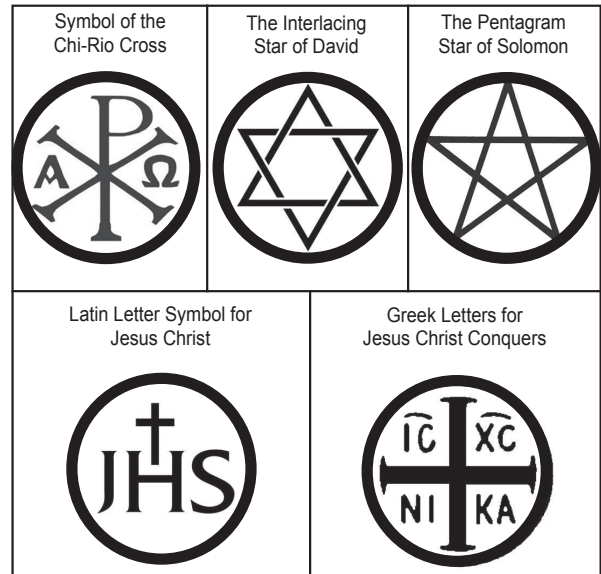


Figure 1.194. Examples of divine seals that can be drawn on top of the patient's skin in blue ink – for protection or healing.

Instead, I simply explained that I was going to draw a special talisman onto the center of her solar plexus area with a blue ink pen; which would immediately remove the various symptoms troubling her digestive system and help her to quickly heal. I had learned this special blue ink pen exorcism technique from a close friend of mine who is an Australian mystic, as well as a professional exorcist.

After performing the Three Divine Prayer Invocations (see Chapter 1, pages 23 through 26) and connecting my three bodies with the radiant light of God, I began to emit divine energy over my daughter's body and started to purge the energy fields of her three bodies. I then drew a special healing talisman on her solar plexus area. Because she is a Christian, I used a sacred image that would be spiritually meaningful to both her heart and mind. This divine talisman was specifically designed to purify her three bodies (see Chapter 36, pages 228-230), and remove all the energetic parasites that had taken residence within her tissues, especially in her digestive system.

After I prayed over her and completed the image, my daughter immediately began having dry-heave convulsions. Because I anticipated her having this type of physical reaction, I had previously placed a waste bucket near the edge of the bed.

As she continued to experience strong dry-heave convulsions, I remained by her side and held a sacred space for her to heal. So that she would quickly heal, I additionally connected a divine cord of light from the throne of God directly into her solar plexus area. I continued to pray over her body, energy, and spirit, as I sent divine light into her internal core for several minutes.

This healing action allowed her the additional time she needed to go through the necessary energetic unwinding process. The energetic unwinding process often manifests as strong spasmodic jerks and violent shaking; frequently observed in deep emotional/spiritual healings.



After the spasmodic jerking and violent shaking stopped, I proceeded to remove and disperse all the deeper energetic parasites that had attached themselves to her energy body, and her spirit body. This was accomplished by emitting divine light into her body and extending it into the intervening spaces that exist between her physical cells and energetic fields, and then illuminating and rebuilding both her energy body and spirit body with divine radiant light.

After the treatment, we talked a little, and then I walked my middle daughter back to her room which was located across the hall. Both of her sisters were waiting for her, and took good care of her until the following morning.

By the next morning, my daughter was completely healed. Not only had the color returned to her face and body, but she was extremely hungry, and ordered and devoured all kinds of food during breakfast.

Because this healing application is extremely easy to perform, I will describe it for you now.

#### **THE TREATMENT APPLICATION**

Before drawing a divine seal or sacred sigil on an individual's skin, first clean the patient's skin area with soap and water in order to remove all oils and dead skin.

- **Preparation:** Have the patient lay supine (on their spine); and stand a few feet away from them and perform the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26).

After performing the third invocation, focus your attention on gathering the radiant light of God inside your lower abdomen. Imagine and feel the divine light energizing your physical body, energy body, and spirit body, and hold this image until you feel all three bodies completely full of God's radiant light.

1. **Purification:** Next, rake both of your hands over the top of the patient's body, and visualize purging and removing all types of toxic energy from their external energy fields.
2. **Draw the Circle:** Then use a blue ball-point pen or blue Sharpie pen to clearly draw a sacred circle around the center of the patient's diaphragm.
3. **Draw the Divine Seal:** Next, clearly draw a divine seal or sacred sigil pattern inside the center of the blue circle. Any religious icon that has a special spiritual and emotional connection with the patient will do. However, in order for this method to be effective, it is imperative that you completely respect this sacred seal or sigil pattern. The energetic pattern that you draw on their body must have a personal connection for both you and the patient to the divine healing powers of God. This will consciously and subconsciously influence the deep seated energies contained within the patient's body, mind and spirit.

This is where the personal beliefs of the Christian must transcend all religious dogmas that dominate the various worldly cultures. A true servant of God must value each person as they are, including the different spiritual pathways they may sometimes choose in order to get closer to God.

4. **End the Treatment:** After praying and drawing the divine seal or sacred sigil, leave this imprinted pattern on the patient's skin, and visualize God's radiant light rippling through their three bodies. Maintain this visualization until you feel all of the energetic parasites that were at-

tached to the patient's body are now disconnected from their tissues and dissolved back into infinite space. This will usually occur, depending on the patient, in a very short time period of time.

In special cases where the patient's home or work area requires them to interact with toxic people who are currently living their lives as internal havens for these types of dark energetic parasites, the risk of recontamination may be strong. Therefore it is advisable to have the patient keep the sacred pattern on their skin for several days. In severe cases, several weeks may be required. In this case, since washing and everyday wear causes the image to erode, it probably will be necessary to reapply the blue ink as often as needed to maintain the integrity of the divine seal. Generally, this is determined on an individual basis.

#### **SIDE EFFECTS OF THE TREATMENT**

During the first healing treatment, immediate side effects may take place. The most common are nausea, stomach pain, and vomiting, along with sudden feelings of anxiety and fear. In most cases these symptoms will occur immediately. However in certain cases, such symptoms may manifest slowly, becoming stronger and more dynamically aggressive as time passes.

Although stronger side effects are rare, in certain cases severe nausea, vomiting, and even diarrhea may sometimes be experienced within thirty seconds of applying the blue-ink pattern on the center of the patient's diaphragm.

If after an hour, the patient cannot handle the side effects of the treatment, and the blue ink seal or sigil pattern is washed off, all of the symptoms will usually disappear within a few minutes. However, this is a powerful indication that the current diseased condition the patient is suffering from is indeed induced by malevolent spirit forces.

Extreme caution should always be used when applying this type of healing treatment to young children. This is because they are prone to quickly experience moderate to severe side-effects more frequently than adults.

#### **USING DIVINE SEALS AND SACRED SIGILS TO TREAT SPIRIT OPPRESSION AND DEMONIC POSSESSION**

In addition to healing the sick from spirit induced diseases, throughout history divine seals and sacred sigils have been used to protect sacred temples and homes, as well as to remove certain forms of spirit oppression and demonic possession.

Because the use of divine seals and sacred sigils is still as effective today as it was in ancient times, I would like to share the following treatment application. This method is extremely effective in removing the powerful energetic parasites often associated with various types of spirit oppression; as well as lower forms of possession where a ghost or spirit entity (both less powerful than a demon or a fallen angel) is inhabiting a victim's body.

If you have been working with an individual who is currently suffering from any serious form of oppression or possession and every approach that you have tried has not worked and is considered to be outside the jurisdiction of western medicine and clinical psychology, then you might want to prayerfully try the following treatment protocol.

- **Preparation:** Begin by performing the Three Divine Invocations (see Chapter 1, pages 23-26). After performing

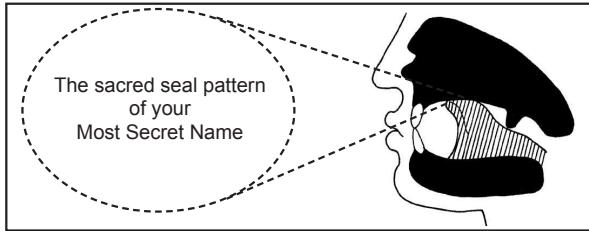


Figure 1.195. Use the tip of your tongue, and draw the sacred seal pattern of your Most Secret Name on your upper palate.

the Third Invocation, focus your attention on gathering divine light into your lower abdomen.

Imagine and feel the divine light energizing all three bodies (i.e., your physical body, energy body, and spirit body), and maintain this image until you feel this divine light overflow and radiate into the external environment.

- **Most Secret Name Seal:** Next, close and roll your eyes upward towards the heavens. Then, with the tip of your tongue, draw your Most Secret Name seal pattern (see Chapter 2, page 34) onto the center of your upper pallet (Figure 1.195).

In many ancient mystical traditions, the tongue is used in this manner to connect the subtle spiritual energies of the meditating person's heart and mind with the radiant spiritual energies of the individual's eternal soul.

- **The Light of God:** Now inhale through your nose, and visualize the radiant light of God flowing down from heaven, rushing through the top of your head into your body. Imagine and visualize combining this divine energy with the spiritual power of your Most Secret Name seal pattern previously drawn on the upper pallet.
  - **Saliva:** While still inhaling, imagine the divine light flowing through your nose and awakening the spiritual energy of your Most Secret Name seal pattern creating energized saliva. Then swallow the saliva and visualize its sacred spiritual power descending into the lower area of your chest, and collecting inside the center of your diaphragm.
  - **Most Secret Name:** Next imagine and feel the "Great Luminous Pearl" which contains your Most Secret Name, begin to rise out of the energetic field of the lower abdomen, and ascend through the center of your body to your diaphragm.
  - **Eternal Soul:** Once this radiant energy reaches the center of the diaphragm, its powerful spiritual light immediately fuses with the divine light of your eternal soul, and the combine light illuminates all of your body's tissues.
  - **Words of Power:** Now begin to focus on the specific words of power contained within the dedication and activation prayer that you will soon be speaking as you draw the blue ink pattern on the outside of the patient's skin.
- Because these specific sounds will be spoken when drawing the divine seal or sacred sigil pattern, it is important that all of these words be internally experienced as being spiritually alive, and energetically vibrating when you speak and draw this holy pattern.
- **Combine the Five Energies:** Once the radiant powers of these five energies have all been combined inside the

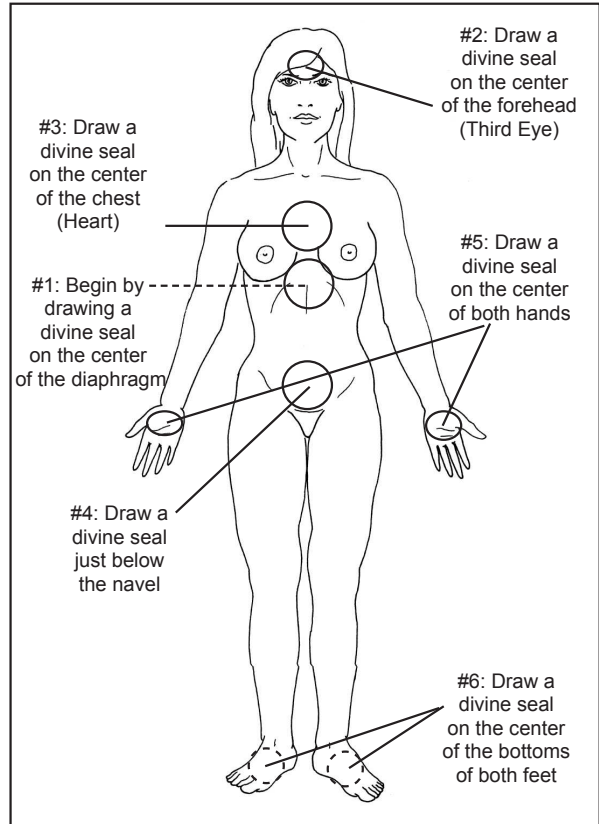


Figure 1.196. After rooting God's divine radiant light, draw seven holy seals patterns over the patient's skin in blue ink.

center of your diaphragm (i.e., the energies of your Most Secret Name seal pattern, the radiant light of God from heaven, the spiritual light of your Most Secret Name, the divine light of your eternal soul, and the words of power contained within your heart felt prayer, used to construct and activate the divine seal), then pick up the blue ink pen and dedicate it to God's divine service. Ask permission to treat this person and then focus your intention on creating and drawing an exorcistic seal that will quickly remove and banish all malevolent and evil influences from this individual's body.

- **Draw The Diaphragm Sacred Circle (#1):** Right after that, begin to draw a sacred circle around the center of the patient's diaphragm; and immediately exhale your divine breath over these newly sanctified tissues, in order to energetically root God's spiritual power into their three bodies.

As you do this, visualize a powerful radiant mist flowing out of your mouth, and penetrating throughout the patient's physical, energetic, and spirit body.

- **Drawing the Seven Circles:** After the diaphragm circle is drawn, focus on drawing sacred circle in five other areas (eight places total). After each circle is drawn, you are to fill each of them with a divine seal or sacred sigil according to the following five pattern locations (Figure 1.196):

**Third Eye Circle (#2):** Draw a sacred blue ink circle over the center of the patient's forehead (Third Eye area); and fill it with a divine seal pattern to claim God's divine authority over the patient's thoughts.

**Heart Circle (#3):** Draw a sacred blue ink circle over the center of the patient's chest (heart center area); and fill it with a divine seal pattern to claim God's divine authority over the patient's emotions.

**Lower Abdomen Circle (#4):** Draw a sacred blue ink circle over the center of the patient's lower abdomen (below the navel); and fill it with a divine seal pattern to claim God's divine authority over the patient's digestive and reproductive system.

**Center of Palms Circle (#5):** Draw a sacred blue ink circle over the center of both the patient's palms, and fill them with divine seal patterns to claim God's divine authority over all of the patient's actions.

**Center of Feet Circle (#6):** Draw a sacred blue ink circle over the center of the bottom (soles) of the patient's feet; and fill them with divine seal patterns to claim God's divine authority over all of the patient's movements.

These eight specific areas are used to release the energetic hold that a spirit entity has over the patient's body, mind, and spirit. Because of its powerful purifying and cleansing action, the radiant power of these eight divine seals will often cause a spirit entity to immediately flee and vacate the patient's three bodies.

Once these eight areas of the patient's physical body have been effectively covered with these eight divine seals, stand over them and repeat the following exorcism prayer and imagine the words penetrating deep into the patient's three bodies:

"We ask that God Almighty  
Creator of all creations  
immediately dispatch his mighty angels  
to come to this body, and remove all evil spirits!"

"Save this tormented soul,  
and bring them back from this world of pain."

"I see the heavenly gate of God open,  
and all his mighty angels rushing towards this body.  
I now bind and exorcise  
all evil influences from this body – in Jesus' name!"

"I now bind and exorcise all demons, spirits, and ghosts,  
and all curses and spells from this body – in Jesus' name!"

"I now bind and exorcise all malevolent thought-forms,  
magical spirits and parasites from this body – in Jesus' name!"

"With this divine prayer, I now cast upon these vile spirits  
divine chains and magical shackles!"

"And I immediately cast them from here  
into the Judgment Court of the Underworld– in Jesus' name;  
where they shall trouble this child of God no more! - Amen."

- **Ending the Treatment:** After the spirit entity has been removed from the patient's body, the healer should immediately seal the patient's three bodies in order to protect them from any further psychic assault.

This is done by placing your hands over the patient's body and visualizing a powerful river of divine light flowing down from the throne of God and completely saturating the three bodies of the patient. While maintaining this image, say the following:

"I wash you in the Blood of Christ,  
Your sins are now forgiven.  
I wash you in the Blood of Christ,  
Your eternal soul is forever redeemed.  
I wash you in the Blood of Christ,  
Go and sin no more."

When drawing a sacred sigil on the physical body of a patient, it is important that you use a protective symbol that is specific to the patient's personal spiritual walk and religious beliefs. You do not need to be of the same race, color, or religious belief of your patient; however for this method to work it is imperative you completely honor a sacred sigil that has a strong spiritual significance to the patient. If however the patient does not have a personal spiritual connection with God, and is not living their life as a child of light (which is often the case with those suffering from spirit oppression and / or possession), then you are free to use your own discretion as to which seal is appropriate.

In certain cases that deal with powerful demonic entities, it is important for the Christian mystic to spend a minimum of three days in prayer and fasting before performing the exorcism. These types of malevolent spirits and other powerful forms of spirit entities (such as certain nature spirits and elementals) are often accompanied by different supernatural manifestations, such as strange sounds, smells, and hallucination.

There are many cases where those who are responsible for committing horrendous crimes reported that they were told to perform such violent acts by voices in their head (i.e., Albert Fish, David Berkowitz [Son of Sam], Ed Gein, Jeffrey Dahmer, Richard Chase, Jared Lee Loughner, and Esteban Santiago). Although sometimes diagnosed as schizophrenia, these disturbing sounds and ghostly voices are often heard during the pre-sleep period of the night, and become more intense and more frequent during a psychic attack.

It should be noted however, that contrary to common belief, most people with schizophrenia do not spend each day committing or plotting violent acts; and with treatment, many of their unbalanced mental symptoms can be eased or completely eradicated.

In cases of spirit oppression, oftentimes these voices will change their volume (from whispers to shouting) and other strange sounds may be heard externally, such as furniture being moved around, knocking and tapping on doors, walls and ceilings, growling, as well as voices muttering.

Smelling strange odors is also common during these types of paranormal activities; often manifesting like a mixture of rotting meat, feces, and cat urine. The stronger the smell the more powerful the manifestation. According to ancient teachings that focus on the study of such manifested spirits, the ghosts of individuals who have drowned in water have a rancid smell, like a wet goat; while those individuals who have died on shore will smell like burnt wood or paper.



### THE SECRET METHOD USED FOR ACTIVATING THE SPIRITUAL POWER OF A DIVINE SEAL PATTERN

When a Christian mystic prayerfully draws a divine seal pattern or sacred sigil pattern in the air over a person, place, or thing (such as over a healing charm or protection amulet), its energetic influence can have a profound effect within the various realms of creation; especially if it is energetically constructed with focused intention and devout spiritual conviction.

Although the ability to spiritually bless, heal, or protect a person, place, or item sounds wonderful, the actual methods used for creating this type of divine state requires dedication, strong commitment, and hard work. A divine seal or sacred sigil pattern is externally manifested into the physical realm as a visual symbol, as well as an internal prayer. This is required to energetically activate its spiritual power and divine influence. Therefore in order for any divine seal or sacred sigil pattern to be effective, you need to first have both methods (i.e., the constructed visual symbol and its associated internal prayer) actively developed and spiritually strong so that they have a powerful influence over matter, energy, and spirit.

Take for example the sign of the cross (“+”), which is made in the air over the church congregation every Sunday morning service by both Roman Catholic and modern Orthodox Christian priests. Although this important four direction invocational pattern is essentially used by the priest to grant and bestow a special blessing to the various church members, what many people do not know is that according to certain ancient teachings, in order to energetically activate the spiritual power manifested through this sacred sign of the cross, the priest was originally required to perform a special activation ritual every night for twenty-eight days (a full lunar cycle), without missing a single day.

The esoteric symbology and sacred activation teachings associated with the practice of making the sign of the cross will tend to vary, depending on which of the many Christian religious sects you are currently training under. However, one unique example of spiritually activating this popular four point pattern was taught to me as follows:

- First, choose an auspicious time to energetically imprint the sacred sign of the cross pattern. It is important that this practice time be available each day, in order to establish a consistent routine.
- Find a safe, quiet place from which to practice, so that you can perform this activation ritual without any disturbances or interruptions that might break your concentration.
- Next, sit down, face the East (the direction of the rising sun), light an incense stick, and dedicate this sacred activation practice to God’s highest glory.
- Close your eyes, imagine and visualize the sacred pattern of the cross glowing and hovering several feet in front of your forehead (Third Eye). Then open your eyes, and with your right hand begin to trace its four direction pattern in the air, while slowly repeating the following:

“In the name of the Father  
(make the sign of the Cross “+”)  
The Almighty Creator,”

“In the name of the Son  
(make the sign of the Cross “+”)  
Jesus Christ our Lord and Master,”

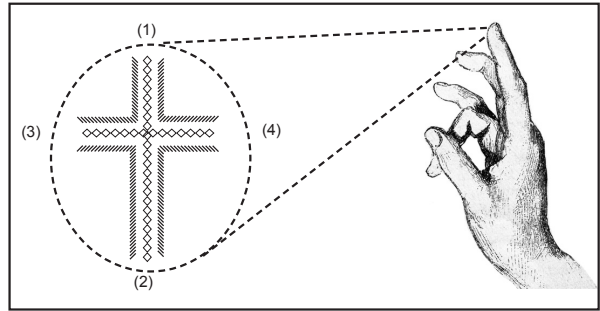


Figure 1.197. Using the right hand draw the radiant image of a cross in the air, and visualize it glowing directly in front of you.

“In the name of the Holy Spirit  
(make the sign of the Cross “+”)  
our Divine Advocate and Spiritual Helper.”

It is important that you take your time when speaking the prayer incantation and drawing the four direction invocational pattern in the air (Figure 1.197).

Do not stop tracing and chanting this entire activation invocation until the incense stick has completely burned out.

- Eventually, over the course of the next few weeks, you will observe the orange glowing ember of the incense stick start to grow, and begin twisting like a vine. It will continue to grow until the sacred symbol of the cross eventually appears in front of your eyes, floating in the air, and glowing like a bright hot branding iron.
- After you observe this unique visual phenomenon, then within four or five more nights, the glowing symbol will suddenly shoot out in all directions, expanding outward, until it becomes enormous in size.

After this visual manifestation occurs, the spiritual energy of the sacred cross symbol and the prayer incantation have energetically fused as one, and have now become consciously and subconsciously programmed deep inside your body, mind, and spirit.

The sacred cross symbol is now activated, and can be quite effective when drawn in the air over any person, place, or thing, while audibly or inaudibly repeating the previous activation prayer incantation.

Once the sacred cross pattern has been spiritually activated in this manner, you may also choose to imprint the divine energy into certain substances such as air (incense smoke, clouds, or breath vapor), water (saliva, drinking water, baptismal water, bath water, etc.), or earth (rocks, soil, or incense ash).

This type of energetic imprinting can sometimes be used in order to affect several people at once, and its dynamic healing power tends to have a life transforming effect even when seeking to influence a large group of people – such as a Sunday morning church congregation.

After the pattern of the cross has been energetically created and activated in this manner, and has been internally programmed deep within your body, mind, and spirit, you must practice and use this sacred pattern at least once a month. Otherwise, you will lose your ability to spiritually manifest the dynamic effects of the cross pattern; and once that happens, you will simply be tracing your fingers in the air.

## CONTEMPLATIVE MEDITATION USED TO INCREASE THE SPIRITUAL EFFECT OF A SACRED SEAL PATTERN

Since ancient times Christian mystics have used the following contemplative meditation to increase their physical, mental, and spiritual connection with sacred icons and holy images. This special meditation helps to further embellish and increase the icon's sacred meaning and spiritual associations within your heart and mind. It will additionally help to move you past only having an intellectual understanding of the item's sacred geometry, and progress deeper into its spiritual symbology.

Before starting this meditation practice, it is helpful to fasten a picture of the sacred icon or the image that you wish to contemplate onto the wall at eye level, and then sit a few feet away from it. This will allow you to comfortably gaze into the symbol without your mind becoming distracted (Figure 1.198).

If you do this exercise properly, you may have a sense of being spiritually awakened to a deeper understanding of the esoteric knowledge and divine wisdom contained within this sacred image. Once this happens, the spiritual knowledge that was originally invested in the construction of this sacred symbol has entered into your subconscious mind, and has now established a powerful symbolic association with your three bodies. This deeper level of symbolic influence will allow you to take the spiritual energy created from drawing and utilizing the sacred symbol to an even greater and more powerful level of manifestation.

- **The Preparation:** The meditation practice is begun while sitting upright, on the edge of a chair. Your eyes should be closed, and the tip of your tongue should be lightly placed on the roof of your mouth, directly behind your upper teeth.
- Both of your hands should be resting comfortably on your lap, with the tips of the thumbs touching.
- Next, raise your hands up towards the heavens and perform the Three Divine Prayer Invocations (as previously described in Chapter 1, pages 23 through 26).

This important preparation provides a way for your body, mind, and spirit to relax within the sacred sanctuary that you have now created.

- Now bring your attention to your breath, and let your mind settle into calmness. As your chattering mind begins to quiet, slowly become aware of your body sitting inside the room.
- Next, relax and extend your spirit, so that you feel, sense, and become consciously aware of all of your body's tissues. Then perceive and experience your three bodies as being whole and complete.
- Each time you inhale feel your body's tissues expand. Each time you exhale, feel all of your tissues contract.
- Now place your attention on your heartbeat, and feel its gentle rhythm pulsating through your body.
- Next shift your attention to any thoughts that might still be flowing within your mind. Impartially observe these things come and go, however do not become preoccupied with them.

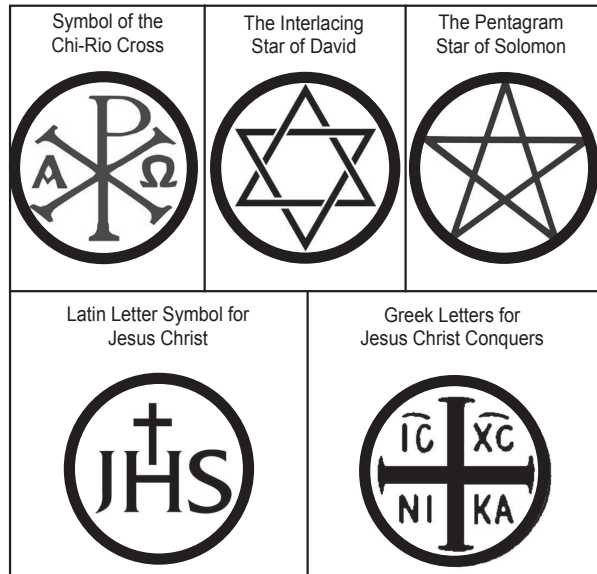


Figure 1.198. Examples of divine seals that can be drawn on top of the patient's skin in blue ink – for protection or healing.

- Now relax and release all of these distractions, and totally focus your mind. Imagine, visualize, and feel your spirit gently falling into the center of the sacred image that you have previously chosen to meditate on.
- As you look at the sacred image, you will intuitively know that it has certain esoteric symbolic meanings, that you have learned in the past. For example, you may have read about what this special symbolic pattern means, or have observed it being used in a certain spiritual context.

At this point in the meditation, it is important to notice this level of programmed experience, and yet not to become confined by these limited interpretations. Instead keep returning your attention to the image and allow your heart and mind to simply experience the object as if you were exploring something for the first time.

- As you continue to observe and contemplate the sacred image, previous associations and meanings about the image that you have had will begin to surface and then slowly fall away in your mind.

Allow your mind to continue in this manner until eventually all that is left is you and the sacred symbol.

- At this point in your contemplative meditation, close your eyes.
- With your eyes closed, visualize the sacred symbol with your minds eye, and keep doing this until the sacred pattern of the image slowly fades away.

Continue by imagining, visualizing, and sensing that you and the sacred image before you have become one thing, reflecting yours and its true unified existence as part of the mind and spirit of God.

- Then after a few minutes, slowly end the meditation.

## CHAPTER 35. RITUAL USED TO FORGIVE AND RELEASE

It is often been said that with true forgiveness comes new hope for the future, as well as peace of heart and mind. However the process of forgiving someone is actually an on-going procedure, which has many levels and different stages associated within it. This is because the act of true repentance is not simply saying “I’m sorry;” but is instead defined as “the ability to bring about a conscious change surrounding a prior action that has initially caused someone to experience feelings of sorrow, anger, resentment, hostility, and bitterness.”

The real problem associated with forgiving someone is that, more often than not, the “pardon” and complete absolution of the person who caused the past hurts takes place in the head, and not in the heart. Often this type of intellectual act is based on the wrong assumption that any mental effort alone can convince someone’s wounded heart to release its feelings of hurt, betrayal, and rejection.

The main reason that a person does not often quickly heal from such deep emotional wounding, is that deep feelings of disappointment, hurt, or betrayal are really not that susceptible to cold calculated logic.

Every time you have an emotional attachment to a person, place, or thing, you create energetic cords that connect your three bodies (physical body, energy body, and spirit body) to that particular object. The stronger the emotions — the stronger the energetic cords become.

These energetic cords are constructed out of various thoughts, feelings, and beliefs and are kept alive through their specific attachments to the old memories that are associated with that particular person, place, or thing. Each energetic cord therefore represents a specific mental and emotional attachment that you are currently holding on to, which often depletes and robs your body of life force energy.

The stronger the mental and emotional attachment, the more powerful its energetic pull becomes. Which is why, if you do not want to become a disembodied soul existing as an earthbound ghost trapped within the physical realm, then it is essential to learn how to truly forgive and remove these unprocessed emotional and mental attachments.

One of the best examples of this type of unresolved energetic attachment existing after death, is graphically represented in the ghost of Jacob Marley, depicted in Charles Dickens *A Christmas Carol* (Figure 1.199). Marley’s chains, described by Dickens as “captive, bound and double-ironed,” were unknowingly forged by himself in life as a result of his greed and selfishness. In the spirit realm, words are used to either bind or release energy onto an individual’s three bodies. If left unresolved, the individual’s energy body and spirit body retain the attached energetic cords connected to their experiences. It is through the act of forgiveness that we choose to not waste any more of our life force energy identifying with and dwelling on the things that have happened in our past. It also frees us from obsessing over things that we can never change, and releases the energetic cords attached to all of these old experiences.

True forgiveness is defined as the stopping, renouncing, and ceasing of resentment, indignation, or anger as a result of a perceived offense, disagreement, or mistake. This includes refusing to demand or even expect that any form of punishment or restitution will take place for any past actions. The



Figure 1.199. The shackled ghost of Jacob Marley (depicted in Charles Dickens *A Christmas Carol*).

Oxford English Dictionary defines the word forgiveness as: “to grant free pardon and to give up all claim on account of an offence or debt.”

The act of forgiveness is not an agreement with or an approval of whatever happened to you in your life. Nor is it an invitation for any type of violation or misbehavior to be repeated. Instead, forgiveness is a spiritual act that brings you back into the living moment, and allows you to experience life from the perspective of your eternal soul’s true self. This liberating state allows you to rise to higher levels of spiritual awareness, and experience each and every moment as a divine revelation.

In order to truly forgive, you must first become accountable for your decision of consciously choosing to release all attachments associated to the person, place, or thing that you believe has hurt you. Once you can release that past history, you can then begin to grow mentally and emotionally free from these energetic attachments, and begin to spiritually reclaim your life.

In Matthew 6:14-15 Jesus states, *For if you forgive people their wrongdoing, your Heavenly Father will also forgive you as well. However if you refuse to forgive others, neither will your Heavenly Father forgive you of your own sins.*

Now you may ask, “Why does Jesus of Nazareth make such an issue of forgiveness?” So let’s address that now. First, forgiveness reflects God’s divine character. When we forgive someone, we reflect the Father’s divine love being manifested here on earth. Therefore forgiveness gives us the opportunity to extend to others what God has extended to us.

Second, the act of forgiveness releases us from carrying around energetic cords that are rooted in past stories which give birth to feelings of resentment and bitterness. Which is why people who refuse to forgive, often end up hurting themselves. For example, bitter people are actually no fun to be around; they tend to have ulcers, high blood pressure, and are restless sleepers. They also tend to see the negative in every situation, because the majority of their life is contaminated with feelings of resentment and anger.

The act of forgiveness creates the ability to release the energetic cords that are attached to these painful old stories.



It also aids in freeing the individual of the chronic energetic draining that occurs when they are energetically stuck and obsessing over past experiences.

In true forgiveness, the real releasing of an old story's trapped energy takes place after each experience has been internally processed through five different levels of energetic release. If the anger and pain are extreme, it is best to perform the Pulling Out The Pain Meditation (see Chapter 14 pages 98-100), before performing the following Forgiveness Ritual:

- **First — Forgive Yourself:** This first level is about choosing to release all of your mental and emotional attachments to any personal guilt and blame that is connected to an old story experienced from your past. In this stage, the individual chooses to stop accusing themselves for any and all previous actions surrounding this old memory and simply accepts the fact that it happened, and now understands that it is time to move on. I do this myself by saying to myself, "Okay — it really happened — what's next?"

Whether it was you or someone else who initiated the situation, what matters here is that you are still connected to the old story. This active mental and emotional connection can still cloud your actions and most likely is still affecting your observation of people and events, which gets in the way of your spiritual walk. Therefore forgive yourself for whatever you may or may not have done, and accept your decision to release any self-blame.

- **Second — Forgive the Situation:** Next, release any and all attachments to the circumstances of what happened, along with any possible feelings of guilt or blame that may have been generated by it. In some situations you were simply at the wrong place at the wrong time, and if you had never gone there the event would most likely have happened to someone else. Therefore forgive and release all of your attachments to anything and everything that could have triggered the painful situation.
- **Third — Forgive the Perpetrator:** Now, release any and all feelings of anger, guilt, and blame that exist towards the individual who you believe hurt you. You may have to realize that it was not personal, and that the perpetrator was actually emotionally handicapped, and unable to respond to you or anyone else in a healthy way. Therefore if you had not been in that previous position, but instead someone else was, the same thing would have happened to them.
- **Fourth — Forgive God:** Next, release any and all attachments to feelings or accusations of blame placed towards God for the things that happened surrounding this incident. It is important to consciously choose to forgive God in this way, because many of us have a tendency to blame Him for any and all of our problems and pity ourselves as being victims to a power we are helpless to confront. The sad thing is, when maintaining this immature state of mind the individual will not spiritually grow because they are being excessively self-absorbed in their own personal unhappiness.
- **Fifth — Have Gratitude For The Lessons That You Learned:** Once an individual can totally forgive all aspects of a harmful old story that they have been holding on to, they will free themselves from the trauma that surrounds it, and gain true gratitude that the experience happened because of the knowledge, wisdom, and the valuable lessons that were learned. This state of being spiritually

awakened will then help to transform the dark spiritual energy that surrounded the old memory (which also attracts evils spirits who energetically feed off of this toxic energetic stuff) into a new bright radiant spiritual energy that will help transform one's life. The important lessons learned from this five step forgiveness ritual process can also be used to help others progress in their own spiritual walks; especially when these energetically transformed stories are shared in an edifying, uplifting manner.

Forgiveness cleanses and helps purify the soul, allowing it to spiritually operate through the divine virtues of faith, grace, and wisdom. Within the human world, wisdom must be energized by faith and coupled with compassion. Only then can those who live in ignorance be transformed into the sacred realms of divine existence, and live within the kingdom of God.

Our ability to assist in the forgiveness process can ultimately bring liberation and spiritual freedom to those who are currently trapped in emotional bondage and restricted to the various passions of their carnal nature. In order to assist them in this healing process, I encourage all of my friends, students, and patients to perform the following ritual used to forgive and release.

I find this ritual to be extremely effective, especially when someone takes responsibility for their past attitudes and actions through seeking forgiveness. After that, they are to make amends by "settling the debt" by offering some form of restitution.

When performing the following Forgiveness Ritual, the prayer must be spoken for each and every upsetting memory of what had happened in your past. Because this is not a type of "forgive me for everything" prayer, you must be specific and consciously accountable for each and every action.

Because this transformational process sometimes takes several months to complete, I often encourage the person to make a list of names of people who did or did not do certain things which resulted in them feeling hurt, betrayed, rejected, or abandoned, and begin the healing process with each individual on the list. It is also important for the person to perform this special forgiveness ritual whenever old memories and "emotional ghosts" from the past suddenly surface and begin to haunt their present state of mind.

Don't be surprised if over time you must repeat certain names several times. Remember true forgiveness is a five-stage process, that requires an honest observation of your past hurts and pains.

I remember talking to an extremely embittered elderly woman at church one day. Her husband had run off with his secretary several years ago, and although she had rebuilt her life, she was still angry and had definitely lost her joy.

Because this situation had occurred ten years ago, I gently encouraged the elderly woman to forgive her husband, learn the important lessons associated with this painful memory, and consciously choose to live her life in the present and not in the past. After I had finished saying all this, the elderly woman looked at me, snarled, and shouted, "Oh I've forgiven him all right — but when he stands in front of God in the Day of Judgment — He will BURN IN HELL for what he did to ME!!!"

Because her heart was closed, I could not share with her that actually it was she who was currently “living in hell” and that all of her bitterness over something that had happened many years ago had not only stolen the joy out of her life, but her decision to hold on to this old memory had additionally prevented her from moving on and truly enjoying a life filled with gratitude, great joy, and unconditional love. She seemed to have forgotten that “the kingdom of heaven is within.”

Seeing that she was so stuck and obsessively attached to this pain in her past, all I could say to her was that she had every right to be angry — and yet — she had every right to consciously choose to release her attachments to this old story and to move on with her life.

Since “like attracts like,” her projected wounding and great anger attracted other embittered people to her, who also felt betrayed by their previous mates. Consequently, their emotional support group within the church contained several embittered people who, like her, continued to feed the fire of hatred for all unjust experiences that had occurred to them in the past.

Because it is actually you who is responsible for bringing true value into your life, and it is also you who brings about what you think about, all of these angry people were stuck, both mentally and emotionally, within a hell-like existence. They were obsessed and angry over being “right,” yet they still refused to release any painful memories and move on, so that their own spirit (heart and mind) could finally heal and find peace.

In understanding this, if you are now choosing to take responsibility for cleaning up all of the negative energy from your past in the hope of having a productive, loving future, then let us begin the forgiveness ritual.

**1. The Preparation:** First, take a shower, purify your body, then go to your prayer room. If you do not have a prayer room or a dedicated prayer space, then choose somewhere that you can have an hour of uninterrupted privacy.

Begin by performing the Three Divine Prayer Invocations (see Chapter 1, pages 23–26). After performing the Third Invocation, visualize gathering God’s divine light into your lower abdomen.

Next, imagine and feel this divine light energizing your physical body, energy body, and spirit body; and hold this image until you feel all three bodies completely fill and overflow with God’s radiant light.

**2. The Consecration and Dedication of the Altar Space:** Next, say the following prayer to connect your spirit and eternal soul with God’s divine will, and purify as well as dedicate the holy space of your prayer room. In this prayer, you are stating that you are now choosing to serve as God’s holy vessel for the highest good by dedicating this time to “reveal, heal, and begin again.” Therefore in choosing to invoke God’s divine presence for overseeing this spiritual transformation process, understand that this dedication is specifically addressed to your highest power; as well as the angelic spirits of the Christian lineage you are currently serving (be it Roman Catholic, Protestant, Orthodox, etc.).

**“I invoke the divine presence  
of God’s most holy light;  
That it surround and protect me now,  
with His invincible might.**

**I dedicate this Healing Ritual,  
to the glory of the Most Divine;  
So that all may truly forgive and forget,  
and heal their place in time.**

**To begin this work — and start the rite,  
I create a circle — of God’s divine light.  
To keep us safe — from all distraction,  
while we performed — this sacred action.**

**I ask that all — my spirit teachers,  
divine guardians — and celestial healers,  
be with me now — to help me complete  
this sacred work — as our spirits meet.**

**I create the circle — pure and bright,  
embrace the source — of all that’s right.  
God’s light now shines — for all to see it,  
I start this ritual now — So Be It.”**

**3. The Announcement:** Next, say the following Announcement of Intent, which describes the specific purpose for the healing ritual. At this time, two chairs are sometimes positioned facing each other inside the sacred circle. You sit on one chair, and the summoned spirit body of the person with whom you will be working with is seated on the other chair, located directly opposite from you.

**“I ask that this healing work be done today  
between myself and           (the person’s name)          .**

**I ask that the heavenly guardians  
now escort his (or her) spirit  
into this sacred healing space.**

**And allow both of our spirits to participate  
in this sacred healing ritual;  
dedicated to confessing, forgiving,  
releasing, and revoking  
all of our past actions and sins.”**

**4. The Act of Contrition:** Now is the time to speak the things that you have always wanted to say, and to get all of these feelings off your chest. Be as honest and thorough as you can, and leave nothing uncovered. Confess everything, all of your feelings, judgments, angers, fears, and disappointments.

Once you have gotten everything off of your chest, and have nothing more to say, release all of your attachments, energetic and emotional, to this person, and set them free to live their life according to God’s own plan. Once you have done this, repeat the following statement of repentance:

**“I pray that all who are responsible  
for our spiritual evolution,  
Our heavenly guides and teachers,  
guardians and protectors, and all people involved  
forgive us for what happened between us.**

**I now forgive You —  
for what happened between us,  
I now forgive Me —  
for what happened between us;  
and I now forgive All —  
for what happened between us.”**

**5. The Statement of Release and Transformation:** Next, say the following prayer asking God to send one of His heavenly guardians to come and sever any and all energetic cords that are still attached between your three bodies, and the individual with whom you had the problems. This energetic cutting and permanent separating of this energetic cord is accomplished by repeating the following statement and prayer:

**“In the name of Jesus Christ  
I now ask that God the Most High,  
allow the sword of truth to be lifted up  
and strike like Lightning!**

**Completely severing, disconnecting,  
and removing any and all  
spiritual and energetic attachments  
that still exist between us  
in all realms of existence;  
so that this will be a permanent healing.”**

Now clap your hands once to acknowledge the energetic cords now have been severed between your body and the body of the person whom you are currently processing your past with. Right after that, use your right hand to make a cutting gesture like a sword, chopping from the left side of your head down towards the right side of the floor to further dramatize that severance.

After you have performed that action, pause for a moment, and imagine any energy associated with the other person has been lifted off of your three bodies and has now ascended upward into the heavens, towards God Almighty. As this energy gets closer to the radiant power of the Most High, it becomes purified, and immediately returns back to the other person’s spirit body.

After you have imagined and visualized this divine purification happening, repeat the following statement:

**“May all the things — that I gave to you,  
Be lifted from you — complete and through.  
Through all the lifetimes — we have shared,  
In every realm — your soul was bared.**

**May this energy be lifted — and returned to me,  
As divine light — radiant and free.  
As it returns — my mind will see it,  
and allow my spirit to heal — So Be It.”**

Next, imagine your life force energy being lifted away from the other person’s spirit body, and quickly ascending upward into the heavens, towards the Most High God. As your energy gets closer to the radiant power of God Almighty, it suddenly becomes purified, and is immediately returned back to your three bodies.

After you have visualized this divine purification happening, repeat the following statement:

**“May all the things — you gave to me,  
Be lifted from me now — most graciously.  
Through all the lifetimes — we have shared,  
In every realm — my soul was bared.**

**May it now be returned — to you as light,  
divine and sacred — pure and bright.  
As it returns — your soul receives it,  
With gratitude and love — we end — So Be It.**

**I release you from each — and every vow,  
agreements, contracts — then and now.  
What was known — and unknown too,  
that no longer serves — the highest you.**

**I revoke and dissolve — all vows I made,  
agreements and oaths — to you are paid.  
What was known and unknown — or perceived to be,  
that no longer serves — the highest me.**

**I revoke all magic — spells and charms,  
all thought-forms that — would do you harm.  
Be forever — gone from sight,  
resolved, dissolved — in God’s pure light.**

**All magic that — you aimed at me,  
forever dissolved — So Let It Be;  
be forever — gone from sight,  
Resolved, dissolved — in God’s pure light.”**

**6. The Statement of Closure:** After repeating this statement, use your right hand to make a cutting gesture like a sword, and visualize chopping from the left side of your head, down towards the right side of the floor. As you do this action imagine and visualize cutting and removing any final energetic cords that still may be attached between you and the individual.

Right after that, repeat the following Statement of Closure in a strong, serious voice:

**“By the power of God — the Most Divine,  
By the heavenly guardians — of space and time,  
the powers of — the Purest Three,  
support our spirits — to be free.**

**Forever silence — that which was wrong.  
Bind and remove it — Be Now Gone!  
Our bodies, families — work and life,  
forever freed — from this old pain and strife.**

**The past forever — locked and sealed,  
all involved — will now be Healed.  
This sacred work — is closed and done,  
the spirit’s healed — and now moves on.**

**By the power — of the Holy Three,  
I am given this — authority.  
To close all doorways — in time and space,  
and begin anew — from this sacred place.**

**May all removed energy — dark and blight,  
be now replaced — with love and light.  
May anger, hurt — and pain revealed,  
from this day forward — be now healed.**

**May the Holy Spirit — of the most Divine,  
protect and keep you — throughout all time,  
Be wrapped and sealed — in Jesus’ grace,  
and forever held — in his loving embrace.**

**Purified through — the highest light,  
the power and authority — of God’s holy might.  
All the guardians and teachers — of the One,  
support this closure — Be Now Done.”**



**I now return it — back as light,  
embrace the source — of all that's right.  
God's light now shines — for all to see it,  
I end this ritual now — in Jesus Name — So Be It."**

After repeating these words, again use your right hand to make a cutting gesture like a sword, and visualize chopping from the left side of your head, down towards the right side of the floor.

Right after that, relax your breath and allow God's radiant light to settle throughout your three bodies, releasing and spiritually transforming any energy resonating within your physical body, energy body, and spirit body.

- 7. Returning the Person's Spirit:** Once you feel a divine peace has settled into your heart and mind, it is important to thank the person's spirit for their participation in this healing ritual. It is additionally important to also thank all of the heavenly guardians and divine teachers who were responsible for bringing the individual's spirit body into the sacred healing space, and for overseeing this important time of spiritual healing. In order to do just that, repeat the following "Returning Spirit" prayer, spoken as follows:

**"I thank you (person's name), for coming today,  
to this sacred healing — in God's way.  
May your spirit — return back to life,  
washed and cleansed — from pain and strife.**

**Now go in peace — no more dismayed,  
the lessons are learned — and debts have been paid.  
Forever freed — by the Most Divine,  
we start anew — in space and time.**

**May God's love and light — forever be,  
the guiding light — that keeps us free."**

**8. Starting Again:** Thank the heavenly guardians and divine teachers who were responsible for returning the individual's spirit body back into their physical body, and then if necessary proceed to the next person on your list of people that you feel have harmed or hurt you, and that you feel resentment towards. Start with the Announcement of Intent (#3) which describes the specific purpose of the healing ritual and continue through the remaining steps of the forgiveness ritual: The Act of Contrition (#4), The Statement of Release and Transformation (#5), The Statement of Closure (#6) and the Returning the Person's Spirit stage (#7).

- 9. Ending the Healing Ritual:** After completion of the processing of the names on your list, to end the healing ritual repeat the following closing prayer:

**"I thank you all — who came today,  
who helped assist me — in God's way.  
This sacred work — in here is done,  
in unity — we worked as one.**

**All who guide me — on my path,  
and protect me from — demonic wrath;  
who give me rest — and comfort me,  
with the safety of — the Highest Three.**

**Teachers, guides — protectors all,  
assist each person — hear their call.  
God's light belongs — to them as heirs,  
may they receive — what's truly theirs.**

**To complete this work — and end the rite,  
I dissolve the circle — made of light.  
That kept us safe — from all distraction,  
while we performed — this sacred action.**

After performing all of the steps mentioned in this ritual for forgiving and releasing, you will need some personal time to rest and allow the new healing energy to settle within your three bodies. This quiescent time is required to heal and rebuild your body, mind and spirit, and is essential for beginning again.

#### **ACCOUNTABILITY, FORGIVENESS, AND RESTORATION**

It is often said that if you want to get closer to God, you have to get closer now. The reason for saying this is because after you die and your eternal soul has left this earthly realm, the ability for you to truly embody, show, and express God's radiant love, forgiveness, and great compassion towards others is now over.

As Christians and followers of the teachings of Jesus of Nazareth, our salvation is not built on simply speaking such words as "I believe" or "I'm sorry," but is based on the actual embodiment of his sacred teachings expressed through righteous actions. Therefore as children of God, it is important that the radiant spiritual light of our eternal soul reflect the divine compassion of both Jesus of Nazareth and God the Most High; and that this elevated spiritual state be energetically active and functioning within our three bodies.

This important internal connection to the higher spiritual realms enables us to remain in the divine light-stream of God's higher consciousness. Which also enables us to remain as part of the spiritual family of God's divine church, through Jesus Christ our Lord. All of these life transforming spiritual connections and their associations, are actually established and maintained through our faith, belief, and actions.

With faith comes the manifestation of both love and forgiveness. After forgiveness, comes the acceptance of the esoteric mysteries that are associated with our faith; as well as the specific teachings related to the purification and divine sanctification of our body, mind, and spirit.

Within this process, comes the restoration or reformation of our body, mind, and spirit into a glorified Body of Light which is associated with our personal spiritual walk as Christians. This entire process is accomplished through both faith and works. This is why in James 2:17-18, it states: "So you see, faith by itself isn't enough. Unless it produces good deeds, it is dead and useless. Now someone may argue, 'Some people have faith; others have good deeds.' But I say, 'How can you show me your faith if you don't have good deeds? I will show you my faith by my good deeds.'"

In understanding this, once you have forgiven someone (or have yourself been forgiven), it is essential from that moment on that you perform specific acts of compassion which both express and validate your new change of heart and mind. Otherwise you are simply spouting empty words, which deep inside yourself, you know to be untrue.

The higher realms of God are not simply made up of powerful angelic entities, but also contain older brothers and sisters who have at one time walked the earth as servants of the living God, just as it is with you and me. In their lives these men and women maintained the highest values and demonstrated the greatest virtues of divine love and compassion that a child of light could manifest. All of which was energetically rooted in their personal faith, wisdom, and dedicated actions.

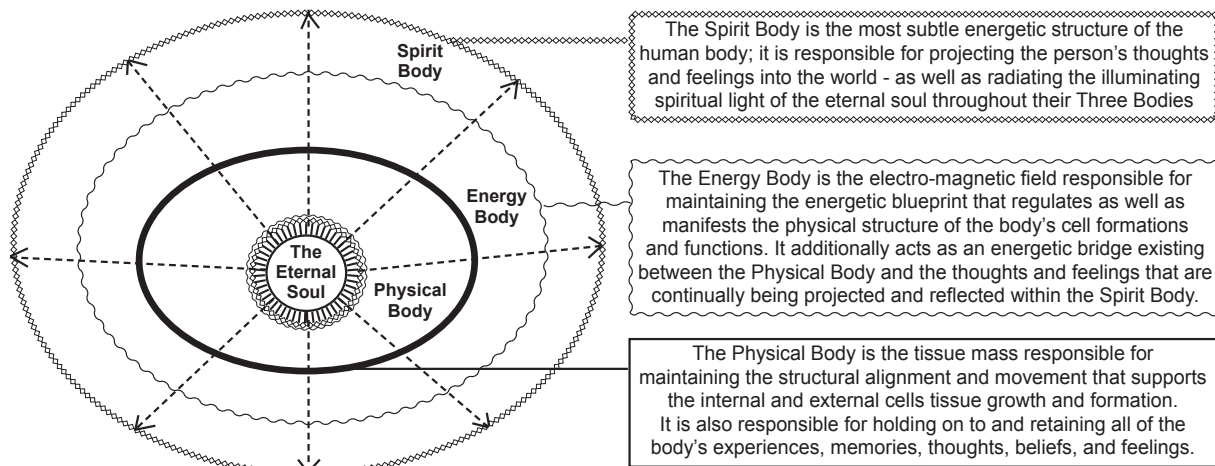


Figure 1.200. The eternal soul is enveloped within a spirit body, energetic body, and physical body. These unique manifestations of spirit (thoughts and feelings), energy, and matter represent the eternal souls special methods of interacting with the human world.

## CHAPTER 36. UNDERSTANDING THE 3 BODIES

In esoteric Christian mysticism it is taught that when an eternal soul becomes a human soul, it is enveloped inside a spirit body, sustained by an energetic body, and expressed through a physical body. These manifestations of spirit, energy, and matter are called the “Three Bodies” and represent the earthly vehicles used by the eternal soul for interacting with the human world (Figure 1.200).

It is essential to have a clear understanding of the subtle energetic matrix that creates and maintains each of our three bodies. This is because all of the meditations surrounding the spiritual transformation process have as their goal the aligning and utilizing of the energetic fields of the three bodies with the radiant manifestation of our eternal soul's divine light.

These three bodies are interlinked, and constantly influencing the energetic fields of one another. By becoming aware of their subtle energetic fields, and learning how to respond to each of these three bodies, an individual will be able to form a deeper connection with the various dimensions currently existing within the physical, energetic, and spiritual realms associated with all life.

While we were still in our mother's womb and our bodily tissues were forming, our eternal soul was initially enveloped within the radiant luminous orb of our spirit body. At that time, our energy body was simultaneously being constructed and uniquely molded within the subtle matrix of the spirit body, which was directed by the eternal soul. During this delicate time of internal tissue formation, the physical body is continually being molded within the subtle energetic matrix of both the energy body and the spirit body.

Although this physical and energetic transformational process occurs during the body's initial gestation period, it will also continue after conception – up until the time of our body's physical death. However, following birth the external influences placed on the individual will additionally affect the patterns of the development of his or her physical, energetic, and spiritual body formations. This continual molding process occurs through consistent interactions with parents, siblings, other people, the person's culture, and specific religious influences.

All of the three bodies have substance, yet they simultaneously exist at different levels of vibration. This important energetic interaction allows the eternal soul to live within the lower levels of creation, yet simultaneously interact with the higher realms of divine existence.

Each eternal soul currently living within a human body was not created at the time of its physical birth. Instead, because it exists as a radiant part of God's eternal light, each soul actually exists as a divine spark of the Creator's radiant presence; and has therefore existed since the beginning of time.

Although there are new souls living within the human realm, what is actually new about these eternal souls is their physical relationship and interactions with other people also living here on the earth. For the most part, each birth is actually a rebirth for many of the older souls who have already existed for some time, and will continue to reincarnate in order to spiritually grow and evolve as radiant lights of the living God. The human body simply serves as an alchemical medium for the spiritual transformation of the eternal soul. It is through this external vehicle that the eternal soul radiates its spiritual light and expresses that aspect of its divine self.

As we continue to grow and change while living here in these lower realms of creation, the eternal soul maintains its internal stability by constantly providing the spiritual encouragement required for overcoming various hardships. It is through overcoming these different challenges that a person is able to cleanse, purify, and transform their Three (spirit, energy, and physical) Bodies.

### THE PHYSICAL BODY AND THE PHYSICAL WORLD

The physical body is associated with the energies of solid matter, and corresponds to the lower abdomen. Because this energy exists as a tangible essence, it can best be understood as being a morphogenic field of energy that continuously creates and sustains the body's physical form. It is therefore considered to exist at a lower vibrational frequency level within the human energetic matrix.

The physical body is sometimes perceived as energy that has slowed down and congealed into dense pools of matter, form, and substance, and is thus subject to the Laws of Three Dimensionality (i.e., it can only occupy one position in space).

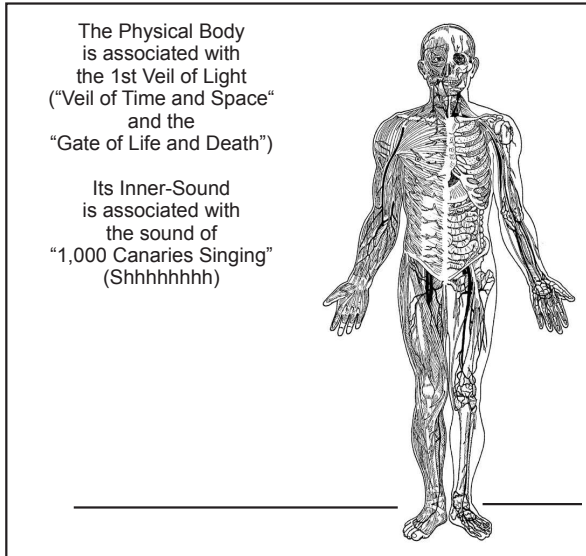


Figure 1.201. The "Physical" Body.

Consequently the physical body only appears to be solid because it vibrates on the same frequency as matter.

The physical body naturally perceives all its experiences through the five senses (hearing, seeing, feeling, tasting, and touching); which naturally engage when encountering various external influences related to different people, places, things, and events. Because this type of perception is one of the lowest energetic planes of interaction, individuals who orient themselves throughout life through only their five physical senses often cannot detect the spirit realm, which is beyond the realm of matter. Because every particle, atom, and cell of the physical body has its own unique energetic and spiritual counterpart, in order to rise above this lower realm of perceptive understanding, an individual must become awakened to the subtle energetic fields resonating in their energy body, as well as in their spirit body.

It is through the physical body that each person expresses their own personal thoughts and beliefs, which is reflected within their spirit body. This also manifests through the various energetic patterns that continually animate the vibrational resonance of their body's internal organs and tissues (sustained through the initial support of the energy body).

In Christian mysticism, the physical body is associated with the 1st Veil (Figure 1.201): the veil of time and space, and the gate of life and death. Its inner-sound is that of "One Thousand Canaries Singing" (the "Shhhhh" sound). Although the physical body is associated with the physical earth and the realm of form, the physical earth also has within its energetic matrix an energetic earth (i.e., the subtle energetic blueprint associated with the physical form of the planet), as well as a spiritual earth (the creative thoughts of the divine mind that exists as the creative intention of the spiritual realm of the earth).

#### THE ENERGY BODY AND THE ENERGETIC WORLD

The energy body is related to the body's life force energy, and the emotions of the heart. Within the human body, the life force energy maintains the quality and vital functional

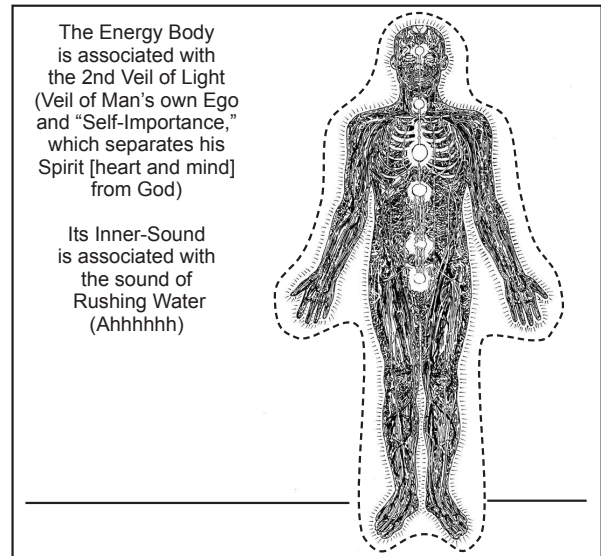


Figure 1.202. The "Energy" Body.

aspects of the body's tangible essence, and serves as a special energetic womb that is formed within and enveloped around its physical tissues.

The energy body creates, supports, and sustains all of the physical body's internal and external energetic fields, and is responsible for activating and maintaining the body's organs, tissues, and electromagnetic channel system. Because it distributes vitality throughout the tissues by energetic transference, the energy body is said to exist at the middle vibrational level of human energetic frequency.

The vibrational field of the energy body also contains and reflects the energy of each individual's spirit (i.e., their thoughts, feelings, ideas, and beliefs), which continually interacts with the internal and external vibrational fields of the body's physical tissues. Therefore it is through the energy body that an individual expresses and manifests the energetic cause and affect of their thoughts, feelings, passions, and desires.

In Christian mysticism, the energy body is associated with the 2nd Veil (Figure 1.202): the "veil of man's ego and self-importance" which separates the heart and mind from God. Its inner-sound is that of rushing water (i.e., the "Ahhhhh" sound).

Because the energy body is composed of various frequencies and subtle energetic pulses resonating within the matrix of the physical body's internal and external fields, it is therefore considered to exist on a polarized plane simultaneously housing the energetic forces of both light and darkness. Because this energetic field exists on a hidden level of experience, it is said to have "form but no substance," and "substance but no form," existing as vibrating colors of light, and pulsating sounds. All of these electromagnetic fields are said to be rooted and governed by the emotions of the heart.

The energy body reflects the various internal conditions of the physical body. Therefore someone possessing clairvoyant sight is often able to observe the smallest physical shifts and changes occurring within the physical body's tissues, as these



internal energetic conditions are constantly being projected onto the energy body.

The energy body is associated with the energetic world, which is considered to be a type of physical world existing as an accelerated energetic state. In other words, the energetic world is considered to be a second world that coexists at a higher level of vibration than that of the material world. This energetic world cannot exist by itself, as its energetic field lives and exists as an infinite malleable substance. Therefore the ever-changing dimension of the energetic world is constantly shifting, being shaped and continually transformed by thoughts and intentions.

Everything that exists in the energetic world must have within itself a spiritual aspect, because energetic matter or substance cannot obtain shape or color unless it acquires it from the projected thoughts and intentions of the spirit (heart and mind). These projected thoughts and intentions are continually being released into the energetic world via the spirit world. Think of the energetic world acting like a mirror, which simply reflects and produces new shapes and forms according to the specific thought patterns that are continually being introduced into its energetic matrix.

Therefore the energetic can be conceived of being as a mirror upon which everything in the physical world and spirit realms are mutually reflected. In the same manner, both the physical world and the energetic world also act as mirrors that reflect what is currently transpiring within the spirit world.

Every cell and particle of the body feels and perceives both the energetic world and spirit world. Therefore when someone is consciously awakened to these realms, they are able to absorb the thoughts and feelings of others without the need for language. Such communication takes place directly from cell-to-cell (body) and mind-to-mind (spirit). This natural energetic attunement is often observed in couples who, after many years, still remain completely open and receptive to each other.

#### THE SPIRIT BODY AND THE SPIRIT WORLD

The spirit body is associated with the mind, the spirit (thoughts and feelings), and the psyche, which maintains and directs the body's life force energy. This is why the spirit body is considered to exist at a higher vibrational frequency within the human energetic matrix.

The spirit body is also associated with the intuitive awareness and perceptive consciousness that exists throughout the three bodies, and is not merely limited to the internal functions of the brain. In fact, the spirit body is said to influence us through manifesting projected thoughts, desires, and dreams.

In Christian mysticism, the spirit body is associated with the 3rd Veil (Figure 1.203): the veil that separates the physical realm of creation from the spirit realm. Its inner-sound is that of vibrating radiant light (i.e., the "Whoummm" sound).

It is through the spirit body that each person expresses their internal thoughts and intentions, which animate the body's life force energy and tissues. Therefore the spirit body's subtle energetic field is said to be governed by the spirit (i.e., the thoughts of the mind and emotions of the heart) and deeply rooted in the center core of the chest/heart area.

There are two main aspects to the spirit body: the lower aspect has shape and form related to thoughts and feelings; while the higher aspect (existing as bright radiant light) is formless.

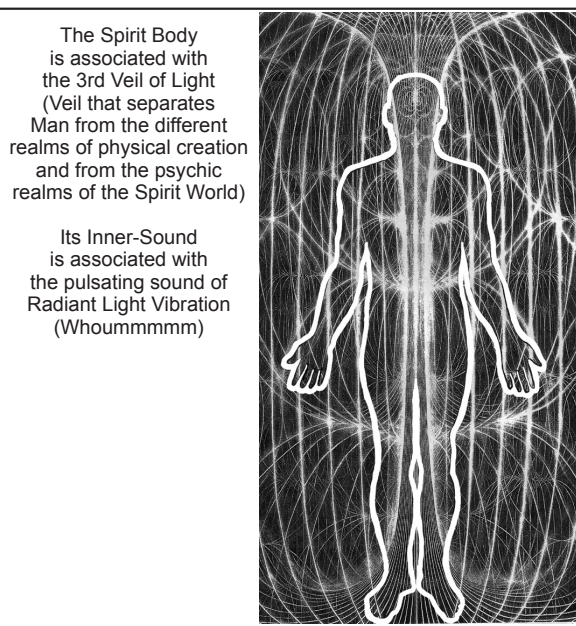


Figure 1.203. The "Spirit" Body.

The spirit body is associated with the spirit world, which is sometimes known as the realm of formlessness. In other words, the energetic manifestations that occur in the lower realm of the spirit world are defined by their energetic shape and form; whereas the higher spirit realms have shape (to a lesser degree), but are not limited to the confines of designed forms. Therefore, the spirit realm is considered to be a world of unexpressed forms (i.e., a world of projected thought-forms and ideas).

#### OVERVIEW OF THE THREE WORLDS

The ancient Christian comprehension of the ever-changing transformations occurring within the physical, energetic and spiritual worlds is evident in their understanding of the Three Heavens, the Three Earths, and the Three Human Bodies, and this is what laid the foundation for their spiritual transformation training. In this understanding, all life is said to exist as a spiritual component of the eternal Breath of God, which divinely brought about all of creation.

In certain Gnostic Christian traditions, each child of God was thought to understand that the holy transformations occurring within all creation followed divine laws, which governed the various realms and influenced their different manifestations. These important manifestations continually gave birth to and followed the cycles of life and death; and existed within the three realms of matter, energy, and spirit.

In understanding and working with the energetic and spiritual powers of the three bodies, always remember that you are composed of a physical body, an energy body, and a spirit body. To better comprehend this, imagine that you are a jar of water (physical body) that exists inside a bigger jar of water (energy body), which is contained inside an even bigger jar of water (spirit body), that resides inside a vast ocean (infinite space). Once you become aware of and are able to open the last jar (i.e., the spirit body), you are on your way to true enlightenment and conscious spiritual freedom (Figure 1.204).

### WHAT ARE MULTIPLE DIMENSIONS AND REALMS?

In most spiritual practices, practitioners often speak of their eternal soul living inside a multidimensional body, which additionally exists inside a multidimensional realm. For those who are new to this way of thinking, there is often the puzzling question of what exactly are these people talking about? And what are multiple dimensions?

When listening to people talk about such esoteric topics as, “third dimensional reality,” and “ascending into fifth dimensional consciousness,” or even “raising your vibration,” it can sound like we are exploring the plot to a science fiction movie. Even for a seasoned spiritual practitioner, trying to describe seemingly intangible worlds in words that make sense to any person with no prior knowledge of such topics can be quite difficult.

To better understand how dimensions work and what it means to be living in the third, fourth, or fifth dimension, we must think of a dimension as a point of perception rather than an actual place to travel to. Although it is quite possible to be experiencing multiple dimensions of consciousness simultaneously, without a proper understanding of what these dimensions are, oftentimes a person will misinterpret what they are experiencing. Therefore to clarify the meanings of these “dimensional” terminologies, and to explain certain teachings about them, I will begin by reviewing the first three dimensions from a standard western perspective. Once this is established, I will then introduce you to the third, fourth, and fifth dimensions from a mystical Christian perspective, and expound on their esoteric meanings.

For centuries, scientists have envisioned our universe as being three-dimensional. These first three dimensions are easy for any layperson to visualize, and are described as follows:

- **The First Dimension (Length):** This dimension is often depicted in physics as a straight line, with no other characteristics. It is sometimes described as a measured distance, or expressed as the longest dimension of an object measured from end to end. Therefore “length” is considered to be the most extended dimension of a person (such as the length of a person’s nose, their eyebrows or ears, etc.), place (such as the length of a land mass, or a river, etc.), or an object (the length of a desk, a shelf, etc.).
- **The Second Dimension (Height):** The height is the measure of vertical distance, either how tall something or someone is, or how high the position is – such as the height of a building, or mountain peak. When height is added to the first dimension (length), it produces a two-dimensional object, observed as a flat surface. A photograph or even a television screen is an example of a two-dimensional flat surface.
- **The Third Dimension (Depth):** The distance from the nearest to the farthest point of something (i.e., from the front to the back) is its depth. When depth is added to length (the 1st Dimension) and height (the 2nd Dimension), it produces a 3rd Dimension, which allows the viewed object to have volume.

Traditionally this is considered to be the end of the dimensions that are physically perceptible by human beings. Generally speaking, all dimensions beyond the third are considered to be theoretical.

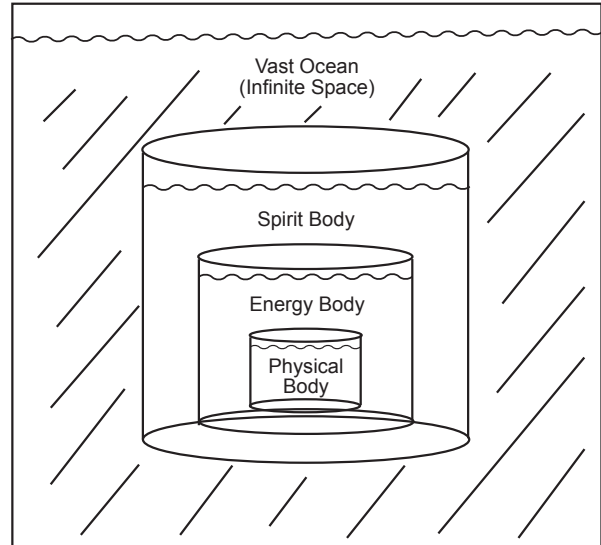


Figure 1.204. Jars of water floating inside an endless ocean.

When you progress deeper into this topic, you begin to understand that from a mystic’s perspective dimensions are not really places or locations; instead they are levels of conscious awareness that exist at a certain level of energetic frequency. In fact, there are indeed other dimensions, with the fourth and fifth dimensions existing at a higher vibrational realm than the ones we are normally exposed to.

Dimensions are different facets of what we perceive to be reality. We are immediately aware of the three dimensions that surround us on a daily basis – those that define the length, width, and depth of all physical objects in our world.

Beyond these three visible dimensions, many scientists believe that there are many more. For example, the Superstring theory postulates that the universe exists in at least ten different dimensions; and that these different aspects are what govern the universe, the fundamental forces of nature, and all the elementary particles contained within.

To a mystic, the 3rd Dimension is not simply about the things you see, such as a table, a tree, or the various people, places, and items noted existing within the earth. These are all “form,” and things that exist in form are still present in the 4th Dimension (i.e., the position in time, occupied by a three-dimensional object), and to some degree in the 5th Dimension (the energetic “shadow” or divine blueprint of the three-dimensional object). Therefore to mystics, the fourth and fifth dimensions are simply more light-filled realities, which are not as energetically dense as are the lower three dimensions.

Normally our world is thought of as a three dimensional reality that runs on beliefs, rules, and limitations that are extremely limited and restricted in their ability. For example, we are taught to believe that the human body is solid and that it cannot merge with another person, or walk through walls. Everything is subject to gravity, physical objects cannot disappear, and we cannot read

another person's mind. Because there is also a strong belief in duality, in other words that things exist not as different aspects of one thing, but rather as things in diametric opposition to each other, judgment and fear tend to spread quickly throughout all of society.

Because we have been living in this three dimensional perspective for most of our lives, most people assume that this is the only reality available to us. Not realizing that this way of thinking is an extremely limited way of experiencing life, many people accept these observations and beliefs as their only reality.

Anyone who has experienced the energetic awareness of one of the higher dimensions will naturally "awaken" and experience a shift in consciousness. This experience will continue to influence that person's perceptions, even after they've reached these higher spiritual dimensions.

Because each dimension vibrates at a higher rate than the one below it, in each higher dimension there exists a clearer, wider perspective of reality, one that represents a greater level of perception, insight, and knowing. Which is why in the higher dimensions we experience more energetic freedom, greater spiritual power, and more opportunity to create our own reality.

In almost every mystical tradition, it is taught that in order for a higher dimension to be available to any individual, they must first vibrate in accordance to its established elevated resonance. However, in order to shift from one level of consciousness to the next higher level, an individual's old patterns and habits must first be surrendered, energetically transformed, and then spiritually elevated.

This spiritual growth and transformation is necessary for allowing them to remain in this higher dimension. If the person's consciousness cannot maintain this elevated way of experiencing life, old habits will resurface and cause them to be pulled back into their old way of thinking and behavior, and they will lose these higher perceptions. Trying to force someone who is rooted in a three dimensional perspective to see the world from a fifth dimensional perspective will not work until that person is energetically aligned to a frequency in which a fifth dimensional perspective seems obvious rather than obscure.

- **The Fourth Dimension (Time):** The 4th Dimension is the realm of time which governs the properties of all known matter at any given point. Along with the other three dimensions, knowing an object's position in time is essential to plotting its position in the universe.

Although time is a temporal dimension, it is one way to measure physical change. Because this type of temporal dimension is difficult for people to visualize, let's use the example of a living room chair. Visualize your favorite chair sitting stationary in the living room throughout the course of the day. At various points in time the space above the chair will be occupied by only air, other times by a person or perhaps by other things. In the same manner, the 4th Dimension of time is like observing the energetic interactions occurring on your favorite chair. In other words, it simply reveals what has transpired in that small portion of three-dimensional reality. This dimension is therefore the energetic bridge that separates the 3rd Dimension from the 5th Dimension.

Many of us have had mystical experiences within the 4th Dimension without realizing it. For example, we can know that we are experiencing the 4th Dimension when we have moments of spiritual awakening, such as when all time seems to stop, and suddenly we experience a profound spiritual opening. Other times it can happen when we are simply feeling clear and quiet inside, yet somehow experience a deep connection to what is presently occurring within and around us. During this time of spiritual awakening, everything feels lighter, and there is a profound sense of divine revelation.

In the 4th Dimension, time is no longer linear, and there is an ongoing sense of being in the present with no interest or even awareness of the past or future. At this stage of perception we often discover that time is malleable, in other words it actually can be stretched, or even condensed.

Additionally, in the 4th Dimension, manifestations occur at a much faster interval, and often what we think about will quickly occur.

- **The Fifth Dimension (Divine Mind):** In recent years, many scientists, philosophers, and mystics have hypothesized that additional dimensions exist, especially the 5th Dimension. However, there is still no formally agreed upon definition for this higher dimension, as modern scientists still do not yet fully understand it.

Although the imaginations of philosophers and theologians have been captivated by the possibility of a 5th Dimension, the simple truth of the matter is that every idea of an undefined, unexplainable force acting on the physical world seems to be proof of the existence of a higher power such as God.

Many interpretations of this unexplainable force have been given. Some individuals suggest that the 5th Dimension is the divine consciousness of the Creator God himself, and often refer to it as being the subtlest layer of all creation, one where our physical world is actively embraced by the eternal. To others, the 5th Dimension is the subtle energetic "web" of God's divine consciousness that links together all matter, energy, and spirit.

When operating within the 5th Dimension all manifestation is instantaneous – as in whenever you think about something it instantly takes place. Also when operating within the 5th Dimension, people may communicate through telepathy and have the ability to read each other's thoughts and feelings.

The experience of time is radically different within the 5th Dimension. Because there is no distinction between past, present, or future, some people describe it as "everything happening at once."

In the 5th Dimension, along with any higher dimensions, is where deeper possibilities come into play. For example in Superstring theory, physicists suggest that within the 5th and 6th Dimensions there is the possibility of the existence of other worlds. This certainly relates to what Jesus said in John 14:2, *In my Father's house are many mansions*. It is said if we could see into the 5th Dimension, we would observe a world slightly different from our own, and that possibly could give us a means of measuring the similarity and differences that exist between our own world and other ones.



## THE BODY, ENERGY, AND MIND MEDITATION

In working with our three bodies, there is nothing more powerful than thought, which tends to alter and change the energetic movement flowing within and surrounding these bodies. With this in mind, it is the skill of visualization that is the primary method through which thoughts can be gathered together, collectively harnessed, and utilized for creative manifestation. Through visualization we can create and shape the internal and external energetic patterns of our body, energy, and spirit.

It is through this type of observation that we are able to expand our conscious awareness to endless heights. In fact, the more aware we become of the world which surrounds us now, the more conscious we will be in the worlds beyond.

The initial goal of performing the following Body, Energy, and Mind Meditation is to acquire mastery over the various energetic states of your physical body, energy body, and spirit body; this will help you to increase your kinesthetic, empathetic, and intuitive awareness and perception skills.

The Body, Energy and Mind Meditation is described as follows:

1. **The Preparation:** In a quiet room, perform the Three Divine Invocations (see Chapter 1; pages 23 through 26); then find a safe place, and sit comfortably on the floor.
2. **Your Body is Mind:** From a sitting meditation posture, close your eyes and place your attention on feeling and experiencing the concept that “all is Mind,” and that your physical body exists as an external manifestation of your mind.
  - All that there is — is Mind. There is no body except for your thoughts about it. The concept that you have a body, and your sense of having a body is only a product of various cognitive understandings related to your mind.
  - Notice that without your mind, in a very real sense, you would not know that you had a body.

You know that you have a body because of your thoughts about your body. So in reality, your body is only one area of the thoughts and ideas in your mind.

  - Everything is mind. Sitting, meditating, thinking, feeling, all of this is mind.

The concept of existence is all mind. Therefore experience your body as your mind.

  - Realize that the mind is the foundational root of pattern and form; and that all things contained within the physical world are created and formed by the mind.
  - Now realize that this ocean of mind is vast and infinite. Therefore, all is mind.
3. **Your Mind is Body:** Now bring your attention to feel and experience your mind as your body.
  - All that there is — is body. Your mind is simply a function of your body. Your experiences in the mind, are but the experiences of the body.
  - What else is the mind but the sum-total of all the sensations that the body experiences.
  - What are all of your thoughts about, but the relationships surrounding your body.
  - What is your mind, but a point of view relating to your body.
  - Your mind is nothing but body. If you had no body, you would have no mind.
  - Therefore, experience your mind as your body.

4. **Energy is Mind and Body:** Now place your attention on experiencing the concept that “all is Energy,” and that your energy is your mind.

- Everything that you call mind — all of your thoughts, ideas, beliefs, and feelings — is actually energy.
- Energy manifests in every thought process; therefore a thought is simply energetic life force movement.
- Energy is also body. The only reason that you know that you have a body is because your energy touches it, fills it, and gives it life.
  - Energy gives you the experience of and contact with, both your body and your mind.
  - Energy allows you to know your body.
  - Energy is mind, creates mind, and creates body.
  - Your feelings and your sense of body are energy, therefore everything is simply energy.
  - Experience your mind and your body as energy.
  - Realize that energy is the foundational root of your mind; and that this special form of energy may be transformed into an infinite number of patterns and forms, both substantial and insubstantial.
  - Also realize that the energy within you, through which you direct all actions, is but one aspect of the infinite forms of life force energy, from which the entire universe is filled.
5. **Body, Mind, and Energy All Fuse into One Energetic Form:** Now place your attention on experiencing the concept that your mind is your body, and your body is your mind.
- Your energy is your mind, and your mind is your energy.
  - Your body is your energy and your energy is your body.
  - Your mind is your body, and your body is your energy.
  - Begin to blend all of these concepts together and experience them dissolving into one harmonization of body, mind, and energy. There is no separation, only one union, one harmonization.
  - Realize that under all of the various patterns, forms, and names of the physical world, there is to be found only one divine life force energy which is part of your original soul, and radiates from your inner-core.
  - Realize that through this powerful energetic connection, you are a part of all things and all life, both substantial and insubstantial.
  - Realize that you live within this great ocean of Divine Energy and Divine Mind.
  - Therefore do not confuse patterns and forms with the energetic and spiritual principles behind them.
  - Remove the veil and see that all mineral, plant, animal, and human life forms are but one aspect of the Divine Energetic Mind that created them.
  - Although you are now sitting upon the earth performing this meditation, you are actually simultaneously connected to all parts of the universe. Therefore awaken now to this understanding as an important part of your divine inheritance, and realize that you are a child of God who contains the infinite light and Divine Mind of all creation.
6. **The Ending:** After several minutes, allow your heart and mind to return back to a normal state of conscious relaxation. Focus on your breath, and feel all of your thoughts and feelings sink into your lower abdomen.

## THE TANGIBLE AND INTANGIBLE MEDITATION

To control the formless nature of our spirit, and consciously discipline the unbridled emotions of the heart and never-ending thoughts of the mind, many Christian mystics were taught how to direct their focused concentration on to certain mental images. These special image trainings require the meditator to apply their focused, fixed concentration onto a stationary object. For example, often these special images centered on such things such as the rising or setting of the sun, the center of a cross hanging against a wall, or the stable wick that was currently rooting a flickering candle flame.

Such training allowed the Christian mystics to develop stronger mental self-control, permitting them to firmly hold, mold, and shape their mind's active, elusive nature.

These special meditations were also introduced to expand the person's conscious perceptions, and to further awaken their innate spiritual intuitions, which in many cases had been asleep inside the individual since their early childhood.

With this understanding in mind, the purpose and goal of practicing the following Tangible and Intangible Meditation, is to allow the Christian a way to increase their perceptive intuitions and sensitivity of the various realms. Once this meditation has been mastered, it additionally prepares the individual for experiencing more advanced states of spiritual knowledge and divine wisdom.

The Tangible and Intangible Meditation is described as follows:

- 1. The Preparation:** In a quiet room, perform the Three Divine Invocations (see Chapter 1; pages 23 through 26); then find a safe place, and sit comfortably on the floor.
- 2. The Realm Of Intangible Things:** From a sitting meditation posture, close your eyes and place your attention on experiencing that which is intangible. Intangible things are things that cannot be perceived or examined through physical contact. Instead they are considered to be concepts and ideas. In other words, intangible things are something that you do not sense with your body, but rather with your mind. Because they are unable to be touched or grasped, they do not have a physical presence and include such things as:
  - Thoughts
  - Emotions
  - Space
  - Air
  - Light
  - Sound
  - Time
  - Energy
  - Love
  - Intelligence
  - Spirits
  - Beliefs
  - Memories
  - Attitudes
  - Opinions
  - Fragrances
  - Colors
  - Dreams
  - Faith
  - Hope

Take a moment to relax and clear your mind, and experience the realm of intangible things. Stay with this for several minutes in order to enhance your abilities in comprehending this energetic state.

- 3. The Realm Of Tangible Things:** Next, place your attention on that which is tangible. Tangible things are those things that can be perceived or examined through physical contact. Tangible things can be discernibly touched and palpitated, they include such things as:

- The tissues of your physical body.
- The clothing that you are wearing.
- The jewelry on your body.
- The floor where you are sitting.
- The walls of the meditation room.
- The ceiling of the meditation room.

It is important to relax and take the time to experience the realm of tangible things for several minutes, to enhance your comprehension of this energetic state.

- 4. Experiencing The Intangible as Tangible:** Now imagine, feel, and experience all the things you hold as being intangible as being tangible. For example:
  - Thoughts and emotions generate energy, which you can perceive and feel as strong or weak energetic fields.
  - The viscosity of space can possess a specific type of density according to environmental influences, which can also be felt.
  - Light produces heat, and sound produces vibrational resonance which can also be felt and experienced.

It is important to relax and take the time to imagine, feel, and experience the things that you previously held and believed to be intangible, as now being tangible.

- 5. Experiencing The Tangible as Intangible:** Now imagine, feel, and experience all the things that you hold as being tangible as being intangible. For example:

What you once perceived as being tangible, such as the floor, walls, and ceiling of the meditation room, are in fact fields of highly charged particles of energy, moving at different frequencies and levels of vibration in order to compose the appearance of matter. Therefore matter is actually non-existent.

- Although the floor is believed to be tangible, you can relax and feel through the floor into the earth, and experience the coolness of the ground underneath the floor.
- Although the walls are believed to be tangible, you can actually feel through the walls and experience the current weather condition existing outside the meditation room.
- Although your body is believed to be tangible, you can actually feel through your external tissues to experience the energetic resonance of the internal organs of someone sitting next to you, or some type of furniture located inside the meditation room.

It is important to relax and take the time to imagine, feel, and experience these things that you previously held and believed to be tangible as now being intangible.

- 6. The Tangible and Intangible Fuse into One Energetic Form:** Now combine and blend all of the things you once held as being tangible and intangible into a total harmonious balance of true energetic form.

Because both can be experienced as different variations of energy, they are therefore considered to both simultaneously be tangible and intangible.

It is important to relax and take the time to imagine, feel, and experience the tangible and intangible as simply being altered states of energy.

### THE THREE DIVINE STATES OF THE THREE BODIES

Esoteric wisdom has fascinated mankind for many thousands of years because of its great potential to liberate as well as empower his inner-nature. This innate curiosity and desire to discover and uncover the hidden wisdom contained within the supernatural realm, often entices and incites him to seek after many mystical forms of esoteric teachings. However, many times this inquisitive search can come to a sudden halt; especially if the seeker lacks the true qualifications required to cross through the spiritual veil that separates this special knowledge from the physical realm. However as children of God, this need not be the case.

When our eternal soul descends from the upper spirit realm into the lower physical realm and is born into this life as a human soul, it exists as a small radiant form of God's powerful spiritual light. During this special descent and rebirth, the divine structure of the eternal soul is altered through God's transforming light and divine will, so that the soul may now adjust to its new environment. This entire transformation process allows the eternal soul to experience new beginnings within the physical world.

The longer our eternal soul exists in the lower realm of matter, the more its newly acquired personality (soul-extension) becomes susceptible to being overshadowed by the various influences originating from the surrounding cultures, religions, and political powers that currently govern and affect our lives. This is especially true if an individual has not been spiritually awakened and has never been taught how to discipline and control the obsessive wants and desires of their acquired personality. The disciplining of these various compulsions has to be accomplished by our consciously choosing to reconnect our hearts and minds with the divine light of our eternal souls, and through following a spiritual walk based on divine service.

Because our eternal soul exists as a divine spark of the Almighty's Divine Monad (see Chapter 37, pages 247-248), part of our spiritual evolution is based on consciously choosing to do the right thing, and consciously returning our mind and heart back to a true spiritual relationship with God.

As we go about living our life here on earth, and as our physical body continues to grow and mature, the cells and tissues of our body reflect what is happening within our spirit body. In fact, our physical body simply mirrors the hidden thoughts of our mind and the secret emotions of our heart, which are both energetic manifestations of our spirit body. This is what is meant by the statement "you bring about what you think about."

Each of our three bodies display its own unique energetic interpretation of what has been happening to us on a physical, mental, and emotional level. This process is continuously filtered through seven important energy centers which influence the health and wellbeing of our physical body, energy body, and spirit body.

What I found truly fascinating was the way the sacred teaching about this transformational process was intentionally hidden within the ancient Christian church. One of the Coptic Gnostic mystics that I met explained that because of the many years of gross misunderstandings, as well as the horrendous persecutions surrounding this ancient teaching, different members of their church developed special terminologies that were secretly used to disguise this esoteric knowledge. In this way they could openly pass along this sacred wisdom

to everyone without revealing to any of the uninitiated the deeper spiritual meaning of this important information.

The intentional hiding of this type of spiritual transformation information has been occurring within the Christian church at least since it became a state run religious organization. For example, in 1958 Morton Smith a professor of ancient history at Columbia University was researching manuscripts at Mar Saba, a great Eastern Orthodox monastery near Jerusalem. While he was perusing through an ancient volume he found a hand copied letter from one of the earliest and greatest Church Fathers, Clement of Alexandria (150-215 A.D.). In this letter Clement mentioned that in addition to the Gospel of Mark, there was another "secret gospel," which the Apostle Mark had written in Alexandria "for the use of those being perfected, which would lead the hearers into the innermost sanctuary of that truth hidden by the seven [veils]."

Clement's letter quotes a passage from this secret gospel which tells the story of a young man, who like Lazarus, was also raised from the dead. Six days after this young man's resurrection, he came to Jesus "wearing a linen cloth over his naked body" (the traditional garment attire used at that time for special initiation rituals). Jesus spent the entire night with the young man, teaching him the mystery of the kingdom of God. What exactly this mystery was we actually do not know, as the ancient text breaks off in mid-page.

After extensive research, Professor Smith came to the conclusion that the story in Clement's letter was not a later addition, but was actually part of a secret gospel that was withheld from the general public and only reserved for those who had originally received the inner-teachings of the esoteric knowledge of the Christian mysteries.

Professor Smith further concluded that there was additional knowledge that was not written down even within the secret gospel, but was only imparted by word of mouth to those who were deemed worthy.

It seems that at that time in the ancient Roman Empire, the spiritual teachings held by the first Christian disciples may have originally been closer to that of a secret occult society than to that of a religion. In fact, secrecy was a major theme in all of the Gospels, with Jesus teaching in parables and refusing to explain their meaning except to his disciples. Even when he healed a person, oftentimes he insisted that they tell no one about it.

Another startling piece of evidence that supports this observation can be found in the Gospel of Thomas. Fragments of this ancient Gospel in the original Greek were found in the 19th century, however the complete text was only discovered in a Coptic translation as part of a collection of scriptures that were discovered in Nag Hammadi, Egypt, in 1945.

The Gospel of Thomas is extremely short and simple, yet many biblical scholars believe it to be quite ancient, possibly older than the four canonical Gospels, and much closer to the time of Christ himself. In the Gospel of Thomas, Jesus does not perform miracles, claim to be the long awaited Messiah, or even rescue people from their sins. Instead he mentions a secret knowledge that can confer spiritual liberation on the practitioner, and states in the opening verse, "Whoever finds the interpretation of these sayings shall not experience death."

At one point in the Gospel of Thomas, Jesus takes Thomas aside to impart secret teachings to him. When he returns, the



other Apostles ask him what Jesus had taught him. At this point, Thomas looked at the other disciples and stated, *If I tell you one of the things which he told me, you will pick up stones and throw them at me; and a fire will come out of these stones and burn you up* (Thomas 13).

In reading Thomas' interesting response to his fellow disciples, one starts to wonder what other teachings may have been left out of our Christian tradition. Take for example the teachings of the Seven Churches, the Seven Golden Lampstands, and the Seven Stars mentioned in Revelations 1: 11-20. I was told that the esoteric information associated with these ancient teachings were at one time only introduced to senior elders of the Christian church, and taught as follows:

- **The Seven Churches (Physical Body):** There are seven energy centers located in the physical body which certain ancient Gnostic Christians called the "Seven Churches." These seven small spiraling disks of energy were originally seen as being special places located on the front of the body, where the energies of similar thought-forms gathered and collected. This was identical in fashion to the Christian church itself, where people of similar beliefs and cultural backgrounds often gather together and fellowship in separate social cliques within the church's congregations.

In modern times, these same seven energetic centers are commonly known as the "seven chakras," and pertain to the different energy centers located on a person's energy body. For example, the first one is located at the base of the spine; and the seventh one is located at the crown of the head.

Although each of these energy centers is associated with identifiable human functions, they are not independent of each other. Therefore as within any energy system, whatever happens to one of these energy centers also affects the others.

- **The Seven Golden Lampstands (Energy Body):** When the bright colorful energies of these Seven Churches (i.e., seven energy centers) were observed shining in the external field of a believer's energy body, the radiant lights were sometimes referred to as being the "Seven Golden Lampstands of the Seven Churches." These small colorful flames of light and energy continuously revealed the hidden state of each man or woman's physical health, emotional temperament, and the current spiritual evolution of their eternal soul.

It is interesting to note that in Exodus 25:31, God gives detailed instructions concerning the Golden Lampstand, and how it is to be placed in his Tabernacle, the earthly dwelling place of God. As a precious metal, the gold of the Lampstand was often spoken of in terms of being tested by fire. The Bible often compares the refining of gold to the refining of Christ's church (1 Peter 1:7). It is taught that out of this special refining process will come the true Children of God.

The Tabernacle Lampstand (the Menorah) was originally fashioned in the image of a tree. The base and center of the shaft represented the solid foundation of the trunk of the tree; which had three branches extending outward towards the right and left sides.

Located on the top center and the six extending branches of the lampstand were small oil cups, carved to symbolically represent an open almond flower. In ancient

Jordan, the almond tree was the first tree to blossom and bear fruit in the springtime; therefore each of these seven almond flowers represent a new life and divine radiant power. They are also associated with the seven energy centers responsible for reflecting the sacred light of God, which radiates from each person's eternal soul.

The lampstand was traditionally located inside the holy place of the Tabernacle (outside the Holy-of-Holies), where it was to shine its holy light day and night, and positively influence all who approached and entered into this sacred area. This was one of the reasons why Jesus of Nazareth called his church the light of the world (Matthew 5:14-16), and encouraged all people to live a godly life, so that their holy light could be seen by all.

- **The Seven Stars (Spirit Body):** When the radiant light of these seven energy centers (i.e., the Seven Churches) are clairvoyantly observed shining within the center core of a Christian's body, they are sometimes known as the "Seven Stars of the Seven Churches," or "the Seven Angels who watch over the Seven Golden Lampstands of the Seven Churches."

These seven special stars represent the core spiritual levels of our divine connection to our eternal soul. Think of them as being smaller stars that exist inside the spirit body as extensions of the divine spark of our eternal soul. Because these seven stars are all connected to your current reincarnated life's work and experience, these special radiant lights are considered to be the true signature of the spiritual essence of each person; which exists outside of time, space, and each physical incarnation.

Each of the seven star centers is a powerful spiritual portal. In the past, a Christian elder might be instructed in how—through prayer, meditation, and fasting—to enter through each of these spiritual gates so that they might obtain the radiant body of light of the infinite Divine.

#### **AN OVERVIEW OF THE SEVEN CHURCHES TEACHING**

Many Christians try to understand the true meaning of Jesus of Nazareth's statement, *I will give you the keys to the kingdom of heaven* (Matthew 16:17—19). One biblical scholar, Ronald M. Barker in his book *Revelation* writes that the sacred wisdom identified with this remark was originally associated with the esoteric Coptic Gnostic Christian teachings surrounding the Seven Churches, the Seven Golden Lampstands, and the Seven Stars mentioned in Revelations 1: 11-20; and that this information was spiritually connected to the mystical construction of the radiant Body of Light. Although this was originally an important part of the ancient church's teachings, its doctrine was eventually removed and hidden due to religious persecutions.

According to this ancient Gnostic teaching, these keys to the kingdom of heaven unlock certain energetic doorways that awaken and manifest certain heavenly powers within the earthly realm. If this is indeed true, it is important to discover where these sacred doors are located, as well as understand where each of these spiritual portals lead us once these special gateways have been unlocked.

In investigating this further, it is important to also understand that a "key" is a special tool specifically designed to lock as well as unlock a particular door or entryway. Although Jesus of Nazareth did promise to give us the keys to the king-

dom of heaven, he additionally stated that unless someone is born again, they will not see the kingdom of heaven (St. John 3:3-6). Therefore even if you have been given the right keys, according to Jesus, *unless you are born of spirit and not of flesh, you cannot enter into the kingdom of God.*

In order to understand what is required to unlock, open, and enter into the kingdom of God, let us take a closer look at this sacred teaching.

Although the ancient Coptic Gnostic Christians taught that the kingdom of God that the Apostle John was referring to in St. John 3:3-6 actually exists within each of us as important energy centers, before we attempt to pass through any of these special portals, or even try to open any of the spiritual veils that cover them, we must first know where they are located and what their specific functions are.

I was taught that within each of our three bodies, these seven sacred gates act as seven centers of consciousness and self-realization, which can sometimes obstruct or adversely influence our Christian walk. This can often occur simply because, “thoughts create emotions, and emotions create thoughts.” Which is why if you have become energetically stuck and mentally crystallized around a certain emotional experience or specific thought-form pattern, your acquired personality will begin to manifest itself based on this particular thought-form pattern. Once this occurs, a person will often become blinded to these repetitive destructive patterns. Which is one reason why it is often a good idea to know exactly who is currently attending your close circle of friends, and to what extent the people that you are presently interacting with are influencing your spiritual walk.

Always remember that you are exchanging life force energy each time you engage in conversation with someone. Therefore whenever you interact with a member of the church congregation, and when attending any type of social event, different thought-forms are being energetically passed back and forth. This energy will either positively or negatively effect the life force flowing within your body, and especially within these seven energetic gates.

The reason why this energetic influence is important is that the seven areas on the human body that are specifically associated with the Seven Gates of the Seven Churches, correspond to specific internal organ systems. These body organs and their associated internal systems are naturally influenced by both the positive as well as the negative thought-forms that any church congregation will be filled with.

The Seven Gates of the Seven Churches located within a person’s body are often found to be in an impaired or dysfunctional working order. Before attempting to spiritually awaken and energetically open any of these gates, they first must be purified and cleansed of any and all dysfunctional aspects and energetic imbalances. This essential cleansing and releasing process allows the dormant energetic potential within each of the seven gates to naturally manifest; and additionally allows for the gradual integration of this energetic potential to become active within the life and consciousness of each person.

Each of the seven gates act as an energetic storehouse that contains both positive and negative “karma.” In other words, these specific spiritual patterns are associated with each person’s personal “sowing and reaping,” and will surface during

their spiritual awakening process. Therefore each gate must be cleansed and their negative energies released so that the divine light radiating from their eternal soul fully manifests.

As each of the seven energy centers awaken, and the body naturally releases the negative emotions and detrimental thought patterns that were stuffed inside that area, sometimes the individual will enter into spiritual crises. This must be consciously dealt with in order to fully heal those areas, as well as manifest the full potential of the positive spiritual patterns that are also associated with that specific area of the body.

Each of the seven doors allows the person to experience a different aspect of the kingdom of God within their lives, while still living within the earthly realm. Although each of these seven doors may be accumulating or releasing karma simultaneously, spiritual growth and evolution can only be measured by the process of properly ascending the ladder of the chakras (i.e., progressing from the 1st to the 7th); and through cleansing, balancing, and integrating the spiritual potential of each area into your life, before proceeding on to the next one.

The reason why this structured progression is so important is that if an awakening happens too quickly, it can sometimes cause a sudden release of suppressed emotional experiences and latent energetic abilities to immediately flood throughout the individual’s body, which may be too intense for certain people to handle. For this reason, the 6th Chakra Gate (Third Eye area) is often studied, and then awakened first. This enables the individual to maintain an overall sense of clarity and internal balance; and it better prepares them for the energetic and emotional experiences that they will undergo during the cleansing and powerful spiritual awakening process that will soon transpire.

Each of the seven energy centers can be described according to the following patterns (Figure 1.205):

- **The First Spiritual Door (Lower Perineum):** This energetic door is located at the base of the lower perineum. It is associated with the legs, as well as the excretory system, which removes waste from the body.

This first energy door also governs much of the life force energy associated with the reproductive organs, and additionally supplies energy to the spinal column, adrenal glands, testicles, ovaries, and kidneys via the coccygeal plexus, and the prostatic or utero-vaginal plexus.

This spiritual door relates to the emotions of fear, security, and survival based instincts. For example, in the presence of danger or in any emergency situation, this lower gate will immediately open and suddenly release stored survival-based knowledge and information, and quickly provide the energy needed to ensure survival.

This first gate also corresponds to tribal (cultural) power, group acceptance, and the grounding and rooting of the body’s life force energy.

**Pathological Manifestations:** The first of three major “psychic knots” is located within this first spiritual door; therefore this area requires deeper insight and discipline in order to work through this energetic blockage.

According to ancient teaching, this first psychic knot energetically binds the eternal soul to the lower realms of existence through its mental and emotional attachments focused on physical survival, the desire for procreation, and the fear of death.

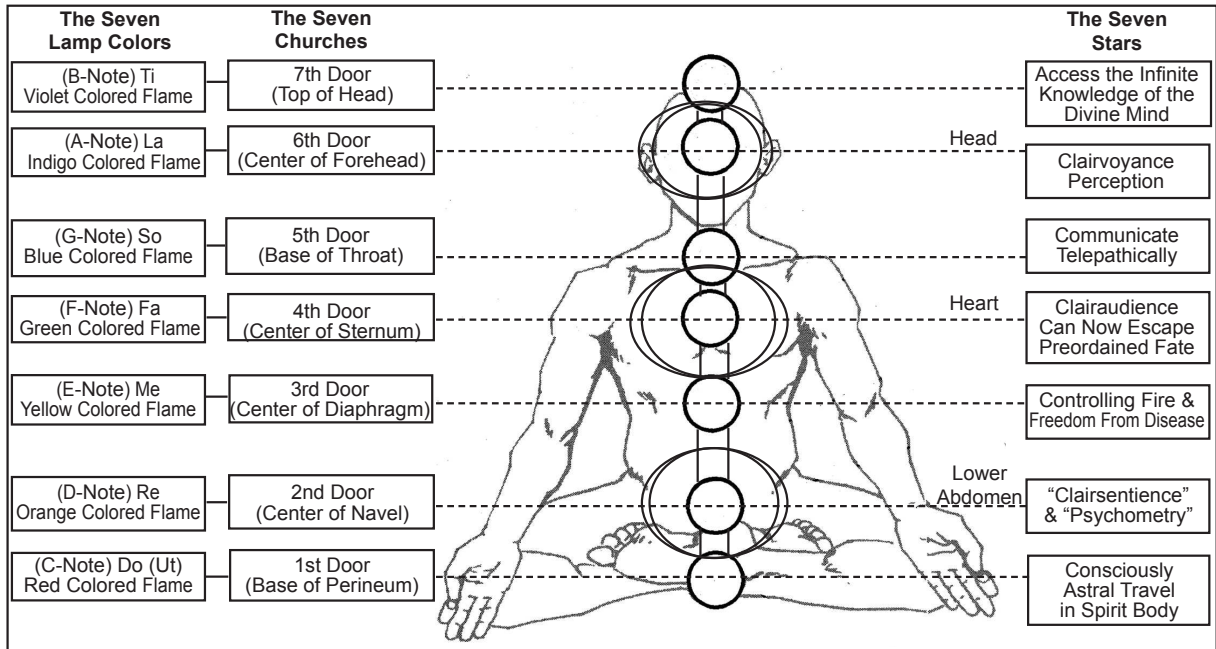


Figure 1.205. The body's interconnected energetic system: The center core pole of divine light houses the eternal soul, and the seven spiritual doors of the seven churches, which externally manifests through seven lamps, and are governed by the seven stars.

To release any creative energies that are internally locked within this first spiritual door, the three attachments to survival, procreation, and fear of death must first be overcome through discipline, deeper spiritual insight, and surrendering your body (actions), mind (thoughts), and spirit (emotions) to God's divine will for your life. This can be accomplished by working compassionately with yourself in order to achieve personal spiritual transformation.

In working through this first spiritual door, a person will mentally and emotionally descend into the most primitive levels of their survival-based consciousness, and must learn how to fully experience, understand, and integrate these feelings into their current life. In its unbalanced state, the first spiritual door often creates patterns of chronic fear and victimization, where the person feels they are at the mercy of various external influences, and are unable to stand on their own two feet.

**Energetic Awakening:** When energetically opened, this first door releases powerful spiritually energy that supports the person's understanding of how to take care of themselves, while at the same time respecting and caring for the specific needs of others. One way of verifying that this first door has been opened and that this spiritual awakening has occurred, is that the person now shows more appreciation for others, and has a deeper respect for all life.

When this first of seven spiritual doors entering into the kingdom of heaven is energetically awakened and spiritually activated, the person is often subject to extreme surges of life force energy, resulting in an increase in perceptive awareness, and feelings of great joy. Additionally, some individuals often report the spiritual sensation of floating on clouds, as the body is now running energy at

higher frequencies; which in turn causes the spirit body to expand and sometimes leave their physical body.

When this first spiritual door is fully awakened, the person will begin to manifest strong feelings of being connected to all of nature, as well as to the energy flowing within the earth. According to ancient teachings, the control over the first spiritual door will enable the manifestation of certain psychic experiences and spiritual powers such as the ability to make the body as light as air for levitation and spirit travel (astral projection).

- **The Second Spiritual Door (Navel):** This energetic door is located at the center of the navel, and is connected to the life force energy associated with the reproductive organs, sexuality, and sensuality. This area is also associated with the prostatic and utero-vaginal nerve plexuses, as well as the sacral plexus and the kidneys. Therefore when this area is in balance, its entire energetic center radiates a healthy sense of sexuality.

The second spiritual door is one of the most important energy centers associated with the body's empathic perception, which is the ability to feel the emotions and physical pains of others as intensely or more than their own. Instinctual sexual attraction, as well as the ability to sense and perceive dangerous people, places, and situations are but a few examples of this level of empathic perception.

This second spiritual door also governs the unconscious mind and the subterranean movement of the body's spiritual energy. Because it is often considered to be the main storehouse area of the body's karma, it is often said to be responsible for releasing various mental impressions, including those images associated with and accumulated from various pastlife experiences.



When functioning properly, the second spiritual door allows a person to accept and experience, in a healthy and natural way, the formation of relationships which are free of emotional neediness or the sexual blurring of boundaries that is called enmeshment.

**Pathological Manifestations:** When the life force energy in this second spiritual door is in an unbalanced state, it manifests as uncontrolled empathy, which often reveals itself as an inability to differentiate between one's feelings about themselves and their projected feelings about others. This confusion often limits the individual's natural empathic perceptions. Once this occurs, the energetic surge of unconsciously repressed sexuality may suddenly give rise to overwhelming or disturbing sexual dreams, desires, or fantasies. Sometimes the feelings of inner-emptiness and a lack of self-worth may drive a person into unhealthy situations such as codependent relationships.

**Energetic Awakening:** When the second spiritual door is awakened and spiritually activated, the person may feel the sudden release of strong sexual desires and erotic fantasies, and may experience powerful waves of orgasm flowing through their body. At this time, the person may undergo an identity crisis, especially when facing the roots of these surging sexual desires.

When this type of situation occurs, women will often experience an extremely heightened desire or emotional obsession to have a child.

Additionally, during this time the person's relationship with their mate will suddenly be re-evaluated; and because everything is now revealed in a strange new light, things may temporarily become extremely chaotic.

When this second of seven spiritual doors entering into the kingdom of heaven is energetically awakened and spiritually activated, the person begins to experience the psychic ability of clairvoyance, where he or she gains the ability of feeling and understanding the past, present, or future physical and emotional states of others.

Also manifesting within certain people during this time of spiritual awakening is the psychic ability of "psychometry," in other words being able to touch an object and know its history. The skill of psychometry allows the empath to receive impressions from different objects, and they are often able to receive information from simply touching inanimate things such as jewelry, photographs and clothing. Such impressions can be perceived as images, sounds, smells, tastes, and emotions.

- **The Third Spiritual Door (Center of Diaphragm):** This energetic door is located at the center of the solar plexus and is associated with all the organs of the digestive system. This special area supplies life force energy to the liver, gall bladder, stomach, pancreas, spleen, solar plexus, adrenal glands, as well as the nervous system.

The third spiritual door is an extremely important energy center, because it is the place where the energy of inhalation meets with the energy of exhalation. If a person is able to unify these two energies during quiet meditation (known as "finding the Still Point"), the movement of time will suddenly stop, and the center of space will energetically dissolve and spiritually open.

Once this type of spiritual awakening occurs, the supercharged energy will suddenly gather within the third spiritual door, and a radiant ball of light will manifest and drop down the center of the body into the first spiritual door. When this energetic phenomena happens, the illuminating life force energy will enter the base of the spinal column and travel up the back into the brain, causing the person to see a bright radiant ball of light. This special phenomena is said to energetically introduce the person to their first stage of true enlightenment. This is why when it is awakened, the third spiritual door has the appearance of a bright radiant sun.

In fact, similar to the way that the sun shines its light on all of the planets, when the third spiritual door is awakened, it radiates energy throughout the cellular structures of the physical body, and supplies power to the vast network of energetic channels existing within the energy body.

At this point in time the person will experience an abundant amount of physical energy, emotional stability, a strong metabolism and constitution, as well as the ability to work efficiently and complete difficult tasks.

**Pathological Manifestations:** The third spiritual door is one of the most important energy centers associated with issues of responsibility, self-esteem, and personal honor; as well as the fear of rejection and suppressed grief and anger. When the third spiritual door is out of balance, its life force energy looks like a dying fire or a pile of smoldering embers; and may physically manifest in such symptoms as poor health, depression, lack of motivation in life, and an inability to work or follow through. This is why in its unawakened state, the third spiritual door slowly burns and destroys the life essence energy of the body, and over time will inevitably cause physical decay, disease, and eventually death.

Sometimes when the third spiritual door begins to awaken and energetically open, feelings of power and waves of anger, rage, fear, greed, jealousy, judgment, or criticism can suddenly be released. Because this area of the body is also associated with the desire for personal power and the ability to manifest one's own ideas, sometimes the desire to destroy is also experienced.

**Energetic Awakening:** When the third spiritual door is awakened, the person is often able to greatly (or indefinitely) extend their life span. This is because when this energy center is purified, the person's body becomes bright, spiritually radiant, and disease free, and their consciousness no longer falls back into lower states of mental thinking and emotional expression. This opened state of awareness helps them to more easily comprehend, envision, embody, and manifest their greater spiritual potential.

When this third of seven spiritual doors entering into the kingdom of heaven is energetically awakened and spiritually activated, the person will develop a deeper understanding of their body's physical framework, as well as its energetic system. Certain psychic paranormal powers that may appear with this type of awakening are the ability to gather and create or destroy and disperse life force energy; the ability to control the various elements of

creation; the ability to obtain freedom from disease; and the sudden acquisition of hidden treasures.

- **The Fourth Spiritual Door (Center of the Chest):** This energetic door is located at the center of the sternum, and is associated with the pulmonary and cardiac plexus. The fourth spiritual door supplies life force energy to the heart, lungs, circulatory system, thymus gland, vagus nerve, diaphragm, and upper back.

The energy of the fourth spiritual door manifests as a natural balance and harmony in relationships; this expresses itself in a person's life as manifested creativity, unconditional love, great compassion, empathy, clairsentience, and intuition. This area is also responsible for supplying the special inspiration associated with the creative sciences and fine arts such as painting, dance, music, poetry, etc.

**Pathological Manifestations:** The second psychic knot is located within the fourth spiritual door. Energy that is trapped in this area often keeps a person separated from their social surroundings.

When the fourth spiritual door is out of balance, it can manifest as the inability to feel love for oneself, which then causes a person to display conditional love and insincere human charity, both of which reflect selfishness and personal attachment.

In this type of stagnant energy, there often develops an emotional bondage or codependent need to be externally validated; which is the result of an inherent lack of self-love and acceptance. Until this psychic knot is released, the person's thoughts are generally enmeshed in patterns of emotional dependency, including the fear of being negatively judged by others.

During this time of spiritual transformation, it is important to be in a strong, supportive, social environment, with true friends and to avoid unhealthy worldly relationships. This is because at this extremely vulnerable stage of spiritual transformation, it is very easy for the person to quickly become adversely influenced by emotionally negative individuals.

When the fourth energy center opens and a person becomes aware of being attached to and influenced by their acquired personal ego, the resulting awareness and sudden understanding of this psychological problem can be both physically and emotionally painful. During this time, the person may experience chest pain or a feeling of a heavy weight on the chest, as well as an irregular heartbeat, and may suddenly and expectantly break into fits of crying.

**Energetic Awakening:** When the fourth spiritual door is awakened and activated, the person begins to experience and embody God's boundless love. Because this area is also associated with the "Thread of Life," it is during this spiritual awakening that their energy fields are purified on a higher level, and their spirit becomes aligned and blended with the most elevated spiritual intentions of their eternal soul (see Chapter 37, pages 261-266).

With the awakening of the fourth spiritual door there appears a profound sense of peace and emotional ease. The person's voice becomes subtle, enchanting, and imbued with spiritual power and emotional influence. Due to this higher spiritual development noticed in both

the person's voice and their external energy field, they often become very attractive and beautiful to others, and discover that they are now able to quickly influence as well as inspire others.

When this fourth of seven spiritual doors entering into the kingdom of heaven is energetically awakened and spiritually activated, the person acquires a deeper state of spiritual development in which their ability to heal others is greatly increased, and their sense of touch grows extremely sensitive. In this state of spiritual awakening the person is able to focus their heart and mind with a deeper transcendent concentration, which allows them to effortlessly enter into higher states of meditation, and enables them to hear the subtle voices and sounds that originate from other realms.

Additionally, the eternal soul's divine observer begins to quickly surface and overview all situations. At this time a clear understanding and acceptance of the various things that were once perceived as being either good or bad starts to shift, and a more mature understanding is developed concerning the spiritual nature of the universe.

- **The Fifth Spiritual Door (Base of Throat):** This energetic door is located at the base and center of the throat. It is associated with the life force energy flowing to the ears, mouth, throat, vocal chords, pharyngeal plexus, thyroid and parathyroid glands, neck vertebrae, lungs, and alimentary canal (i.e., the digestive tube that travels from the mouth to the anus).

The "Thread of Creativity" is rooted in this area of the throat. This cord of light is unique in that it is specifically created and constructed by each individual according to their own personal experiences; and internally exists as a special energetic bridge, which resonates between the brain and the heart. This is why when a person meditates on the fifth spiritual door, their mind becomes open and expansive, like vast infinite space. The ability to communicate telepathically initially begins here, and is then refined within the sixth spiritual door. In fact, the fifth spiritual door together with the sixth spiritual door governs the development of intellectual discrimination. Therefore truth and untruth both relate to the fifth spiritual door.

In its positive form the energy of this gate manifests as self-expression, and the ability to communicate one's own truth to others clearly, honestly and directly. This energy center is associated with sound vibration, personal will, divine will, and divine communication. It is considered to be the center for psychic hearing (clairaudience), and is also the source of the person's inner-voice (i.e., listening to the still, quiet voice and divine guidance of the Holy Spirit of God, connected to your eternal soul).

This spiritual door is also considered to be the main center for creativity, and when it is energetically balanced a person will feel creative enthusiasm and a genuine interest in life.

The fifth spiritual door additionally corresponds to infinite space via the released sound of the voice. It is said that this sacred space exists in between space, and is the energetic blueprint from which all the various elements of creation were gathered in order to create and sustain all life.

The fifth spiritual door, along with the sixth spiritual door, rules and regulates the intuitive mind. This can be conceptualized as being the perfect balance between the acquired perceptions of the analytical mind, and the inherent, spontaneous perceptions of the intuitive mind. It is this form of harmonized mind that initiates and invokes psychic development.

**Pathological Manifestations:** When the fifth spiritual door is out of balance a person may find it difficult to communicate their feelings. This is sometimes due to the suppression of such violent emotions as anger and rage; which can give way to clinical depression or feelings of great despair. At this time the person may feel a lack of creativity, or a mysterious block in their creativity can suddenly occur, which prevents their true innovative feelings from fully manifesting. At such times as this the person's analytical mind may also become cloudy and dull.

**Energetic Awakening:** When the fifth spiritual door is energetically awakened, a person is often able to have deeper experiences surrounding their understanding of the vastness of the infinite space, and because of this, their hearing may suddenly become extremely sharp. This increased auditory perception is experienced primarily through the subtle intuitions of the mind, as well as through their physical ears.

When this fifth of seven spiritual doors entering into the kingdom of heaven is energetically awakened and spiritually activated, the person experiences a deeper comprehensive knowledge of the reasons why certain things have occurred in their past and present; as well as what will soon transpire in their own future. In fact, the ability to have control over the fifth spiritual door will often manifest as the ability to quickly hypnotize and overshadow someone's mind, the ability to look into (beyond and before) time, and the ability to dissolve the mind into the vastness of infinite space and perceive its true history.

- **The Sixth Spiritual Door (Center of Forehead):** This energetic door is located at the Third Eye, and is the energetic control center for the entire body. It supplies the life force energy to the lower brain, ears, nose, eyes, and nervous system; and also governs the carotid plexus, the pituitary gland, and the hypothalamus (which controls the endocrine system).

The sixth spiritual door is the main spiritual gate of the mind, and is both an intellectual as well as intuitive center. It is the access point into the center of the brain where the spiritual awareness of the conscious mind is illuminated through quiescent meditation. This allows the egocentric self to be transcended, and the true spiritual self contained within the eternal soul to surface and have a dominating influence in the person's life.

Because the sixth spiritual door is associated with both the Third Eye (Figure 1.206) and the "Thread of Consciousness," its energetic nature corresponds to radiant light and clairvoyant observation. Therefore this area is associated with psychic intuition (i.e., intuitively "knowing without knowing"), and the ability to see the energy fields (or auras) of people, places, and things.

This special area is additionally responsible for allowing a person to observe different energetic projections, and experience various forms of mental telepathy.

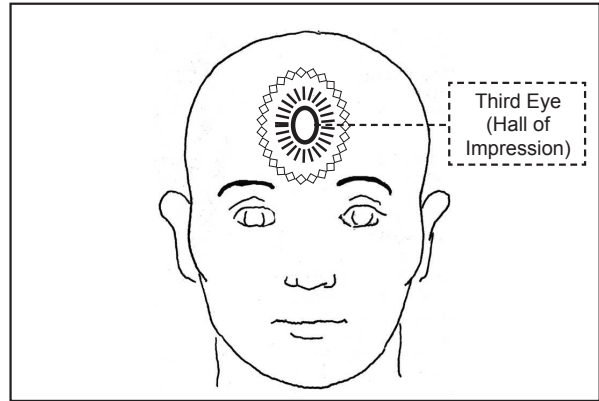


Figure 1.206. The Sixth Spiritual Door corresponds to the area of the Third Eye (Hall of Impression).

**Pathological Manifestations:** The third psychic knot is located in the sixth spiritual door and energetically separates the person's acquired self from their true divine identity. This knot will block a person's spiritual evolution until their emotional attachments to the dualities of life (such as seeking and avoiding pleasure or pain, life or death, etc.) have all been released and transcended.

An imbalanced sixth spiritual door may additionally manifest as over-intellectualization, or even psychic arrogance. Blockages in the sixth spiritual door are often reflected by very hardened personal belief structures about the nature of God, as well as that of creation. The person may develop such extreme opinions and points of view that they become blinded by these opinions, and are unable to release or even see beyond them. When this happens, the person will often have a tendency to rationalize and theorize their way through life, rather than directly engage in having life experiences beyond their perceived personal comfort zone.

Most often these stagnant and inaccurate interpretations of people, places, and events, as well as the projections of their own personal fears, are often thrown onto others as a form of desperate avoidance in an attempt to escape accountability. This often gives birth to recurring nightmares and delusional fantasies which may further disconnect the person from living in the real world.

**Energetic Awakening:** The process of spiritually awakening the sixth spiritual door involves the burning and purification of the fog of ignorance that clouds the mind.

Each of the lower five spiritual doors are related to a physical sense; whereas the sixth spiritual door is specifically associated with the intuitive sense of the mind itself.

In an unawakened person, the mind gathers and organizes information based only on the five senses; however, when the individual's sixth spiritual door is developed and awakened, they will have access to knowledge beyond sensory input. Such spiritual knowledge is non-local, being independent of time and space itself. Which is why it is said that one important aspect of awakening the sixth spiritual door is the ability to have immediate access to true spiritual perception; as well as the subsequent interception of one's own karma. The principle of



“karma” has always been acknowledged in the Christian tradition, often through the metaphor of “sowing and reaping” (Galatians 6:7-8).

When this sixth of seven spiritual doors entering into the kingdom of heaven is energetically awakened and spiritually activated, the person experiences a deeper manifestation of clairvoyant power and refined telepathy. This allows the person to see beyond duality, and affect reality directly from the energetic foundation of creation. With these faculties in place, the person is now able to visit other realms of existence, and to consciously navigate through a wide spectrum of God’s vast creation.

- **The Seventh Spiritual Door (Top of Head):** This energetic door is located at the top of the head and is associated with the cerebral cortex. It also supplies the life force energy to the pineal gland, as well as to the upper brain.

This energy center is associated with spiritual knowledge, divine understanding and intuition, as well as elevated states of spiritual ecstasy and divine bliss. In fact, it is here that the seventh spiritual door is thought to be the primary gateway to the divine, or the actual door to the kingdom of God.

While the other gates are considered to be important energetic transformers that connect to and reflect the directed energy contained within the body’s eternal soul, it is the seventh spiritual door that regulates the eternal soul’s spiritual energy by controlling the amount and flow of divine light that currently flows from the eternal soul into the three bodies.

When the seventh spiritual door is in balance, the person will experience a strong and continuous connection with God, manifesting as a powerful spiritual sanctuary, an unwavering faith, and a profound inner peace.

**Pathological Manifestations:** When the seventh spiritual door is blocked or closed a person may feel useless or believe they have no meaningful sense of purpose or direction in life. This is often associated with such symptoms such as confusion, apathy, alienation, boredom, depression, or varying states of internal confusion.

**Energetic Awakening:** It is said that when the seventh spiritual door begins to spiritually open, it will feel like a golden flower located on the top of the head suddenly blossoming. This bright radiant sensation will be accompanied by a dazzling light, and a strong powerful feeling of having a true connection with God.

When this seventh spiritual door entering into the kingdom of heaven is energetically awakened and spiritually activated, the person enters into and experiences a deeper spiritual transformation, where they will transcend everyday human experiences and enter into the various heavenly realms, and gain access to the infinite knowledge that exists beyond all time and space.

#### **AN OVERVIEW OF THE 7 GOLDEN LAMPS TEACHING**

In The Book of Revelation 4:5, Saint John states, *And out of the Throne came flashes of lightning, and voices, and thunderings. And there were Seven Lamps of Fire burning before the Throne, which are the Seven Spirits of God.* In interpreting this ancient scripture, many Coptic Christians believed that the Seven Spirits of God are actually the seven divine attributes or holy expressions of God’s true spirit. In other words, these seven

spirits of God are actually divine agents of God’s most radiant sound and holy illuminations.

Each of the previously mentioned seven gates energetically respond to specific colors and sounds which will cause an energetic shift to occur in the three bodies. This is why the seven notes that correspond to the specific color spectrum of each spiritual door are also associated with the different lamps of the seven churches. The seven notes, seven colors, and seven spiritual doors are all described as follows (Figure 1.207):

- **Do - Ut (C — Note); Red Colored Flame; Lower Perineum; the First Spiritual Door:** The first spiritual light is associated with “the desire to live.”

Because its associated spiritual door corresponds to energetic grounding and survival based security, the divine principle associated with this spiritual light pertains to the Christian’s ability to simplify their life, as well as the desire to compassionately take care of themselves and others.

- **Re (D — Note); Orange Colored Flame; Navel; the Second Spiritual Door:** The second spiritual light is associated with “the desire to feel.”

Because its associated spiritual door corresponds to relationships and emotional connections (sexuality and intimacy), the divine principle associated with this spiritual light pertains to the giving and receiving; and the Christian’s ability to choose a mate, reproduce, and settle down.

- **Me (E — Note); Yellow Colored Flame; Center of Diaphragm; the Third Spiritual Door:** The third spiritual light is associated with “the desire to think.”

Because its associated spiritual door corresponds to energetic vitality and will power, the divine principle associated with this spiritual light pertains to the Christian’s ability to maintain their self-control and inner-strength.

- **Fa (F — Note); Green Colored Flame; Center of Sternum; the Fourth Spiritual Door:** The fourth spiritual light is associated with “the desire to love.”

Because its associated spiritual door corresponds to harmony, balance, compassion, and connection, the divine principle associated with this spiritual light pertains to the Christian’s ability to share, and their capacity to forgive.

- **So (G — Note); Blue Colored Flame; Base of Throat; the Fifth Spiritual Door:** The fifth spiritual light is associated with “the desire to express.”

Because its associated spiritual door corresponds to communication and healing, the divine principle associated with this spiritual light pertains to the Christian’s ability to provide insightful influence and intelligent advice to those in need.

- **La (A — Note); Indigo Colored Flame; Center of Forehead; the Sixth Spiritual Door:** The sixth spiritual light is associated with “the desire to see.”

Because its associated spiritual door corresponds to clairvoyant perception, intuition, and understanding, the divine principle associated with this spiritual light pertains to the Christian’s ability to look beyond the obvious patterns, and insightfully observe the true condition and hidden resolution contained within the current situation.

- **Ti (B — Note); Violet Colored Flame; Top of Head; the Seventh Spiritual Door:** The seventh spiritual light is associated with “the desire to be.”

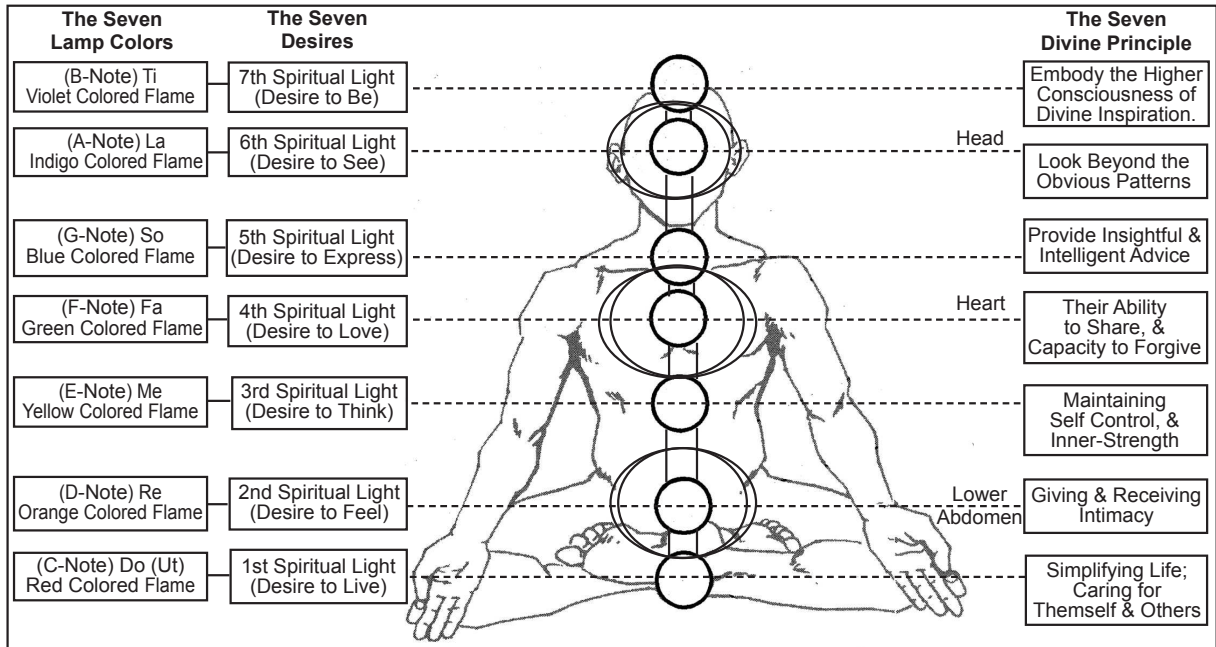


Figure 1.207. The seven notes are said to energetically correspond to seven colors; which are associated with the seven lamps of the seven churches, and the seven spiritual doors governed by the seven stars.

Because its associated spiritual door corresponds to enlightenment and spiritual transcendence, the divine principle associated with this spiritual light pertains to the Christian's ability to embody the higher consciousness associated with divine inspiration.

#### AN OVERVIEW OF THE SEVEN STARS TEACHING

When the areas of the seven lamps are located within the spirit body; these subtle energetic areas are sometimes known as the Seven Stars of the Seven Churches (Figure 1.208). These important seven stars are responsible for spiritually overseeing the hidden treasures contained within the radiant center-core of these seven sacred areas. Which is why they are sometimes known as the "Seven Angels who watch over the Seven Lamps of the Seven Churches."

The Bible frequently uses the term "star" as a symbolic metaphor used to portray a divine angelic being. For example, in the Book of Revelation (12:4, & 7), it describes, *the dragon (Satan) whose tail drew a third of the stars of heaven; and threw them all down into the earth.* Remember that in ancient times the angels of God were often called the "Sons of God." This was not only because they carry his divine light and are with the Almighty in heaven, but also because they faithfully serve God as a good son would serve his father.

All through the book of Revelation, Jesus instructed the Apostle John to "write the things which you have seen to the Angel of the Church." Therefore we understand that in important times of spiritual transformation, the message of the Lord is not given directly to the church itself, but is instead directed to the angel who oversees the energies of the church. This overseeing spirit is then responsible for using a wide variety of applications and surrounding influences in order to help spiritually stimulate the church and awaken their congregations.



Figure 1.208. The Seven Stars (Angels) of the Seven Churches.

When the seven churches listed in the Book of Revelation are studied on a level of basic academic comprehension, you will notice that they represent seven different levels of spiritual relationship with God, described as follows:

- **The Church of Ephesus:** Represents a "backsliding church," which speaks of a Christian who does hard work, yet has somehow forsaken their first love and the true reason why they originally became involved in doing spiritual work.
- **The Church of Smyrna:** Represents a "steadfast church," which speaks of a Christian who suffers persecution and poverty, yet still maintains great joy, love, and gratitude in their heart and mind for their spiritual walk.
- **The Church of Pergamum:** Represents a "licentious church," which speaks of a Christian who follows after false and deceptive teachings, and is engaged in ritualized love-feast practices in order to feed their carnal desires.
- **The Church of Thyatira:** Represents a "lax, immoral church," which speaks of a Christian who tolerates idol-

atry (i.e., defined as “the extreme admiration, worship, and reverence for a specific person, place, or thing placed before their relationship with God”); and whose heart and mind has become lazy in their spiritual walk.

- **The Church of Sardis:** Represents a “dead church,” which speaks of a Christian who is spiritually unproductive in both their words and deeds; and their personal relationship with God is no longer functioning, because their spiritual light has become extinguished.
- **The Church of Philadelphia:** Represents a “true and holy church,” which speaks of a Christian who embodies Jesus of Nazareth’s holy teachings and life transforming living words, and produces much spiritual fruit for the kingdom of God.
- **The Church of Laodicea:** Represents a “lukewarm church,” which speaks of a Christian who is spiritually poor (producing little spiritual growth), blind (unable to see God’s direction), and naked (lacking the radiant Body of Light, associated with true spiritual transformation).

Aside from the Church of Smyrna and the Church of Philadelphia, the other five churches all represent various Christians who started off fine, but were eventually overcome by the hidden challenges and deceptive obstacles of life. Which is why in a spiritual walk, each person must continuously strive to overcome these various obstacles in order to prevent themselves from falling into this type of destructive state of mind. Only when the radiant light of each of these seven churches finally illuminate their holy power, can profound life transformation be possible throughout the world.

When the seven churches listed in the Book of Revelation are studied on an elevated level of advance spiritual comprehension, you will notice that these seven areas are attributed to the seven inner-core lights that create and maintain the seven energy centers of the human body. These seven inner-core lights exist within the spirit body as soul-extensions, emanating from our eternal soul. If you visualize all seven of them as being smaller stars that internally exist on a vertical line inside the center core of the body, and reside as soul-extensions of the divine spark of our eternal soul, it is much easier to follow this way of thinking.

Because these seven stars are all connected to your eternal soul, and each of these special radiant lights are considered to be the true signature of each persons spiritual essence, then each of the seven stars of the seven churches additionally represent each person’s core cultivated virtues associated with the divine principles of God’s true light.

#### **THE SEVEN DEADLY SINS AND THE SEVEN CHAKRAS**

The Seven Deadly Sins are specific transgressions which can be fatal to a person’s spiritual progress and evolution. This classification originated with the desert fathers, especially the fourth-century monk Evagrius Ponticus, who identified seven or eight evil thoughts or spirits that one needed to overcome as children of God. Evagrius’ pupil, a Christian monk named “John Cassian the Roman” brought the classification to Europe, where it became fundamental to Catholic confessional practices as evident in penitential manuals.

In 590 A.D. Pope Gregory I revised this list and formed the more common descriptions we use today: pride, greed, lust, envy, gluttony, wrath, and sloth. This list represented the

seven psychological flaws that could offset a Christian man or woman’s spiritual progress.

During its introduction, Pope Gregory had additionally compiled a list of the seven virtues that could be used to counter these destructive states, which were identified as: chastity, temperance, charity, diligence, patience, kindness, and humility. It is said that these contrary virtues were originally derived from the *Psychomachia* (*Battle for the Soul*), an epic poem written by Prudentius in the 5th century A.D., and that practicing these virtues was allegedly required in order to protect one’s self against the temptation of performing any of the Seven Deadly Sins.

Several scriptures in the Bible do validate the morality of such concepts. However, nowhere in the Bible are they recorded as a list, or are they specifically referred to as being the “Seven Deadly Sins,” or as being the “Seven Virtues.”

There is however a slightly different list containing “abominations unto the Lord,” which can be found in the Book of Proverbs 6:16–19, that states: *There are six things which the Lord hates; yea, the seventh is an abomination unto Him: haughty eyes, a lying tongue, and hands that shed innocent blood. A heart that deviseth wicked imaginations, feet that are swift in running to mischief, a false witness who speaks lies, and he who soweth discord among brethren.*

Each of the Seven Deadly Sins are considered to be a personal vice which has its spiritual root connected deep in the obsessive desire of wanting to have and obtain more. The cure for these “sins” is the gift of a new heart that acts in accordance to the divine love and spiritual law of God. This new heart can only come from God. In Ezekiel 36:26-27, it says, *I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put my spirit within you and cause you to walk in my statutes, and you will keep my judgments and do them.*

You may now ask, “how do the Seven Deadly Sins pertain to the seven chakras?” Chakras are often described as being an energetic portal because they act like small generators of spiritual energy that bridge the connection between the physical realm and the spirit realm. Although there are many chakras located within the human body, the previously mentioned seven main chakras are said to specifically influence our physical, mental, emotional, and spiritual nature.

The number seven is not simply a random number, instead it refers to an ancient esoteric view of the universe. In this pattern, the earth is seen as the center (from the perspective of the soul), surrounded by seven planetary spheres (the Sun, Mercury, Mars, Saturn, Moon, Venus, and Jupiter). Eastern philosophers believed that each time the eternal soul began an incarnation, it had to pass through the celestial energies of each of these planetary spheres, which in turn imbued it with certain negative characteristics. For example, Venus with lust, Mars with wrath, Jupiter with gluttony, etc. These energies were correlated with the Seven Deadly Sins of later Christianity. By the time the soul reached the earth, it was energetically attached to some of the qualities that determine its acquired ego personality – hence the study of early Christian Greco-Roman Astrology.

For the Gnostic Christians, the bondage of the world consisted not of external political and social control, or even certain natural limitations that were established through one’s physical birth. Instead such bondage was caused by the spiritual rulers



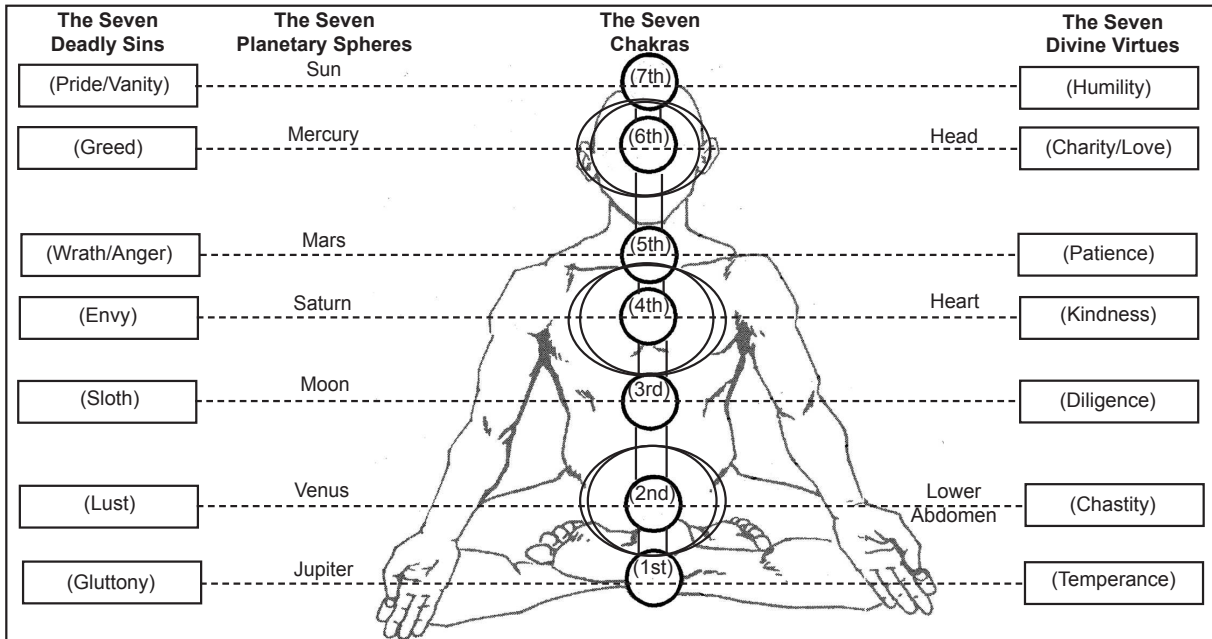


Figure 1.209. The seven deadly sins (vices), seven planets, seven chakras, and the seven divine virtues.

of these seven planetary spheres. These powerful angelic beings were not servants of the true God; instead they were the celestial gatekeepers of the different dimensions of the spirit realm.

To the ancient Gnostic Christians, to be spiritually liberated meant that the spiritual seeker had conquered the affects of each sphere's dark dominion. This transformation occurred not in the world, but instead within oneself: *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms* (Ephesians 6:12).

Many Christian sages have noted unique correspondences that the seven deadly sins and the seven spiritual virtues have with each of the seven chakras. In this concept, think of the word "sin" not simply as something "bad," but as more of an energetic condition that manifests itself as a spiritual imbalance in our lives, as well as within our bodies. For example, nobody is ever judged as being evil because they have the flu or suddenly broke an arm. However, we cannot ignore the fact that those are the signs of someone who displays ill health. In the same manner, "sin" in this context manifests an energetic imbalance within the spirit as well as within the physical body. Therefore, if left alone this imbalance can accumulate and create further internal discord. If continued to be left unchecked, this negative influence can eventually grow until it manifests as a negative reality in its owner's body, which expresses itself in their conscious and unconscious mind.

Similar to the body's internal organs, each of the seven chakras can either become strong or weak depending on how the chakra is treated and cared for. Because each chakra influences as well as governs our emotional and mental state as it relates to the body and spirit, they also contribute to how we create a vibrational match with the external things that we experience in our daily lives. Remember, our thoughts alone do not manifest reality. Instead it is the energy generated by emotional availability and the focused direction of that energy that creates this reality.

As one spiritual master once stated "You are not here to learn how to manifest. You are always manifesting. You are here to learn how to consciously get your manifestations under control."

The seven chakras, seven deadly sins (vices), and their spiritually opposite seven divine virtues are described as follows (Figure 1.209):

- **The 7th Chakra — Crown (Top of Head):** This energetic area is located at the top of the head and represents the connection to the higher self. It is responsible for receiving spiritual insight, inspiration, and guidance.

The energetic action that damages this chakra is pride. Also known as vanity, pride is defined as the excessive view of one's self without regard to others, and is often called "the sin from which all others arise."

Pride is often expressed through ignoring, deflecting, and resisting higher guidance because of arrogance, and an attachment to personal preferences and conditioning which creates an inability to expand one's spiritual perspective, and impairs a person's connection to the spirit of God.

The virtue that energetically balances this chakra is humility. The act of humility cures pride by removing one's ego and boastfulness, thereby allowing the attitude of service to flourish. By accepting and embracing the opportunity for spiritual growth, our heart and mind becomes open to new information and direction from the spirit of God. This allows our spirit (heart and mind) to thrive.

- **The 6th Chakra — Third Eye (Center of Forehead):** This energetic area is located at the center of the forehead, and represents the true perceptive insight of the mind.

The action that damages this chakra is greed. Greed is defined as the intense and selfish desire for something, especially wealth and power. This excessive desire is also known as covetousness, and often causes an individual to ignore the realm of the spiritual, which impairs their eternal soul's connection to God.

The virtue that energetically balances this chakra is charity. Charity (or love) cures the condition of greed by putting first the desire to serve and help others above that of storing up personal treasures for one's self.

In this realm, we all must learn that status and material wealth are not a true measure of value. Instead, charity in the form of divine service and gift giving are true expressions of love, and provide the soul with a greater sense of understanding and fulfillment.

- **The 5th Chakra — Throat:** This energetic area is located at the base of the throat and represents communication and comprehension. It manifests the ability to articulate and express oneself in words.

The energetic action that damages this chakra is wrath. Wrath is defined as the uncontrollable feelings of anger and hate directed towards another person, place, or thing. This outwardly destructive behavior, manifested through words and actions, creates destructive emotional shifts that consume the spiritual light of your eternal soul's previously cultivated virtues.

The virtue that energetically balances this chakra is patience. Patience cures wrath by allowing the emotional energy of your heart to settle, which then provides your mind with the opportunity to take the proper time to understand the specific needs and desires of others before acting or speaking.

Whereas the energy of anger quickly attacks, blinds, and consumes, the energy of patience expands and heightens the senses, which allows a person to see more opportunities within a given situation. This in turn allows for a faster delivery of more effective solutions that can be applied towards various problems and obstacles.

- **The 4th Chakra — Center of Chest:** This energetic area is located at the middle of the sternum, and is associated with the emotions of the heart, self love, and the spiritual unity of both the higher and lower energies in the physical body.

The energetic action that damages this chakra is envy. Envy is defined as the resentful desire for another person's personality characteristics, social status, or abilities; which often manifests towards that person as a lack of empathy and a resentment of their personal happiness.

The virtue that energetically balances this chakra is kindness (compassion). Kindness cures envy by consciously placing the desire to help others above the need to take their place. To be able to empathetically feel another and have love for their happiness is the ultimate joy. In this respect, a person's love and happiness becomes your love and happiness.

- **The 3rd Chakra — Solar Plexus:** This energetic area is located at the center of the diaphragm, just above the navel, and is the energy center of courage, willpower, and adaptability. It is also the strength behind our energy as it is being projected into creative manifestation.

The energetic action that damages this chakra is sloth. Sloth is defined as excessive laziness or the failure to act and utilize one's innate talents. It is also the conscious avoidance of physical as well as spiritual work. This undisciplined and unimaginative state of heart and mind often leads to the denial of personal responsibility.

The virtue that energetically balances this chakra is diligence. Diligence cures slothfulness by placing the best interest of others above the life of ease and relaxation. Diligence is not only manifested commitment, but it is also the ability to honor one's experience even if a situation is disheartening due to the obstacles or problems that need solving.

- **The 2nd Chakra — Navel:** This energetic area is located at the center of the navel, and is associated with nurturing, family, sexuality, and intimacy. It is also our spiritual connection to our ancestors and family lineage (both genetically and spiritually), and relates to our life purpose.

The energetic action that damages this chakra is lust. Lust is often defined as an uncontrollable and unrestrained passion or longing, especially of sexual desires and the pleasures of the body.

Lust itself is more about an attachment to a desire and the need for emotional release. This is commonly seen as a poor control over impulses, with obsessive dependency and high drama. This type of energy can often manifest as a habit of getting lost in the addictive pursuit of thrill seeking, which often gambles with the lives of other people.

The virtue that energetically balances this chakra is chastity. Chastity (or self-control) conquers lust by consciously controlling passion and leveraging that energy for the good of others. Chastity is often seen as a consistent ongoing self denial or "virgin-hood" which is actually a concept drawn from the either/or duality of a "sin versus virtue" system of Christianity. Chastity however is not about a lifestyle or a life long commitment of any kind. Instead, chastity originally referred to using restraint to cleanse and clear the body. In its true essence, chastity is actually defined as making the conscious choice to periodically fast and purify oneself.

Although restraint is important to build up healthy habits, whether it is manifested as a relationship with food, sex, or even technology, the spiritual grace of chastity teaches us about the need to periodically withdraw from habitual and compulsive behavioral patterns, and to consciously center and reprogram our reward centers to realign us with the spirit of God.

- **The 1st Chakra — Perineum:** This energetic area is located at the base of the perineum, and is associated with our basic primal survival instincts of security, personal safety, and physical, mental and emotional groundedness.

The energetic action that damages this chakra is gluttony. Gluttony is defined as an excessive desire to consume more than one needs. This negative state is often caused by a lack of basic survival skills which manifest in such behavioral patterns as overindulgence in food and drink, and in the hoarding of physical things.

The virtue that energetically balances this chakra is temperance. Temperance cures gluttony by consciously implanting the desire to use proper judgment. Therefore temperance is all about moderation and self-restraint. This is not to be confused with self-denial. Instead temperance is the understanding and maintaining of conscious control over the base emotions that prompt us to take excessive action and to fearfully behave from a place of feeling wounded and defenseless.

## CHAPTER 37. THE ETERNAL SOUL

The ancient concept of worshipping God as a “Divine Monad Deity” who is the true creator of the eternal soul can be very confusing to many Christians. Although much has been written about this subject, a true understanding of the Monad as the ultimate source of all, including the fullness of God oftentimes remains a mystery, especially to the general public. This is primarily due to gross misunderstandings surrounding this ancient teaching, as well as certain fears generated from religious dogma that prevent many people from looking deeper into the subject.

The term “Monad” comes from the Greek word “monas” which means “unity.” It was first used by the ancient Greek philosopher Pythagoras of Samos, (570 – 495 B.C.), who in the 6th century B.C. was the founder of the Pythagoreanism, the religious and philosophical school and brotherhood (Figure 1.210). This movement was based on esoteric teachings that were influenced by and rooted in both mathematics and mysticism. Many of these ancient teachings had a marked influence on both Aristotle and Plato; and through them, eventually affected all of Western Philosophy.

The expression Monad (one unit) was often used to explain the existence of a central consciousness, that established the true foundations of all creation. In essence, it is the divine immortal root of our eternal soul’s spiritual spark. It was from this understanding that the concept of our inherited divinity was derived, and from which the teaching surrounding our need for a spiritual path that leads to self-realization and self-awareness was established.

In relationship to God, the understanding is that the Divine Monad is composed of a singular energetic substance: pure radiant light. It is therefore whole unto itself, and cannot be divided into separate beings with different natures, except for that of its original divine light nature.

Because the Divine Monad is also considered to be eternal, it holds an immense series of self manifestations, which extend throughout time, expanding into every living being, and existing at diverse levels of consciousness. Simply put, the radiant light of the divine spark that exists as the central part of our eternal souls, exist as one of the many energetic cells that form the divine body of God. This is similar in the way that the multitude of Christians existing throughout the world collectively form the church of God, and the body of Christ.

Because of this awareness, the ancient Gnostic Christians retained the esoteric concept of a Monad system of divinity as an important part of their spiritual training, especially surrounding an understanding of the original creation of the eternal soul. In fact, the mystical teaching and awareness that all souls are simply divine fragments of the first divine being, is actually contained in many ancient systems that focus their teachings on spiritual transformation.

For example, in certain ancient Gnostic Christian traditions God was often defined as being “a Divine Monad that has existed before the beginning of time.” This all-powerful God ruled supreme, and existed as the one, absolute, indescribable creator of all creations. This is why in the Lord’s Prayer, when we speak of “Our Father who art in Heaven,” we are actually referring to the Creator God who exists throughout all time as our most holy Divine Monad. And when Jesus of Nazareth said “the kingdom of heaven is within you,” he



Figure 1.210. The Greek philosopher Pythagoras of Samos.

was actually referring to this sacred connection, which currently exists within each and every one of us.

Because God is the “One True Beginning,” he is honored as the highest source of divine power existing within the uppermost realms of radiant light. The same divine aspect of God additionally exists within the various extended emanations of his radiant being – which also live within the eternal souls of all his created children as illuminating sparks, radiating as divine extensions of his most holy light.

In certain Gnostic Christian teachings, the Highest God created lesser gods when he breathed his radiant spirit into man. Therefore the first radiant being (Adam) lived as a divine extension or soul-extension of God’s most radiant power, and was originally capable of living his life as a divine spark of God’s most radiant holy light (i.e., before The Fall). In this understanding, the eternal soul is considered to be a divine spark or fragment of the spiritual light that originated from the highest divine source. Therefore every incarnated being on this planet today has originated from the one true Divine Monad of the Creator God, and has the potential to awaken to this unique connection through spiritual transformation.

If you think about it, there are billions of eternal souls currently living on the planet today, and each one is considered to be a small fragment of the original Divine Monad that created all life. Therefore each person’s eternal soul is directly connected with God the Creator.

In this teaching, the eternal soul is the intermediary that exists between the Creator God’s Divine Monad and each human’s temporarily acquired personality (soul extension), which manifests on earth as a person’s survival based ego. The eternal soul is therefore the spiritual essence of a human, which energetically distinguishes itself from every living form because of its original connection to God and its natural spiritual consciousness.



The eternal soul is the divine conscious element that inhabits our physical body. It is neither matter nor spirit. Instead the eternal soul exists as a powerful radiant force of divine light, that is often associated with the inner chambers of a person's spiritual heart.

This radiant essence exists within each person on the planet. The children of God in every spiritual or religious tradition seek to connect with its holy transforming spiritual power through prayer and quiescent meditation. Each divine encounter awakens a person's consciousness to new beginnings; and their heart and mind becomes born again to new thoughts and actions which positively influence and affect their body, speech, and mind.

This special act of spiritual transformation allows each person's eternal soul the potential of evolving to higher levels of divine awareness and radiant manifestation. This was what the Apostle Paul was speaking about in 2 Corinthians 3:18, when he wrote: *So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.*

### THE 12 SOUL-EXTENSIONS OF THE DIVINE MONAD

According to Gnostic Christian teachings, the Divine Monad of the Creator God originally emanated twelve powerful soul extensions from his heavenly throne. These divine emanations exist as holy subdivisions of the original Divine Monad. This special division resulted in a multiplication of divine expressions, through which the diversity of different creative manifestations exist.

Each of these holy subdivisions have twelve additional subdivisions, that create 144 soul extensions that are associated with the primary Divine Monad of the Creator God (Figure 1.211). Each of these subdivisions in turn create 144 soul extensions, which continue to divide and replicate itself throughout all eternity. This unique process of division allows these multiple soul extensions to expand into different levels of human consciousness, which provides a way for each individual to spiritually evolve. This was one reason why God was so pleased by the creation of man (Adam) after he breathed his holy spirit and radiant light into the clay to form his image and likeness. Right after that, God then commissioned all of the angels to be of service for man's spiritual evolution, which is said to have started the great rebellion in heaven, led by Satan (see *Hidden Teachings Vol. 2, Chapter 17, pages 148-149*).

In seeking to replicate his Heavenly Father's same celestial pattern, Jesus of Nazareth gathered unto himself twelve additional subdivisions of his divine power, which physically manifested into the world as his twelve main disciples.

It is therefore taught that our eternal soul is one of twelve projections of the original soul extension that created it; which in turn is additionally one of twelve extensions of the original soul extension that created it, leading all the way back to the original Divine Monad. This esoteric theory is used to explain Revelations 14:1, where the Apostle John wrote: *Then I looked, and there before me was the Lamb, standing on Mount Zion, and with him 144,000 who had His Name and his Father's Name written on their foreheads.* Meaning that Jesus' spiritual lineage extended as far back as 1,000 Monads.

Because we all originated from such a great divine lineage always dividing itself into twelve additional subdivisions, it

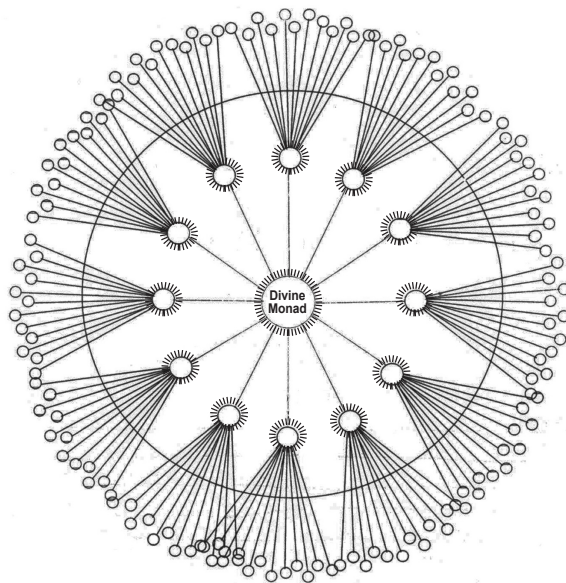


Figure 1.211. The 12 Soul-Extensions of the Divine Monad.

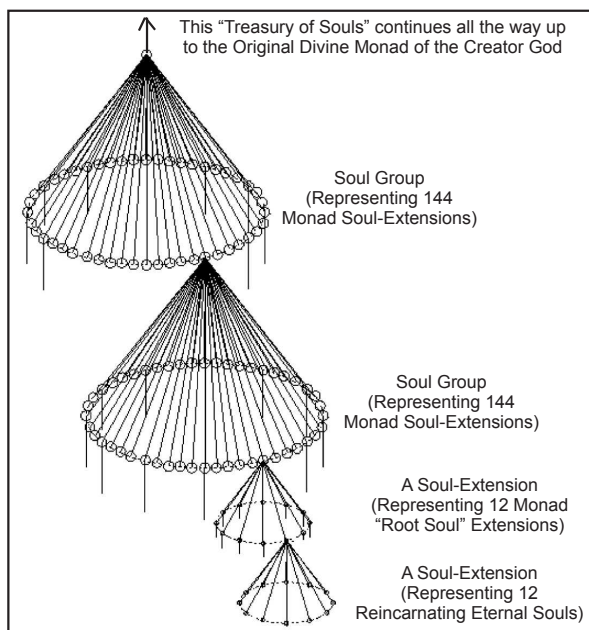


Figure 1.212. Different subdivisions of Monad Soul-Extensions.

is sometimes said that each of us has a spiritual family comprised of eleven other soul extensions also originating from our primary soul extension (Figure 1.212). It is also taught that not all of these soul extensions are necessarily incarnated on earth. Instead, as a result of our multidimensional nature, these soul extensions may be anywhere within this universe, spiritually training with angelic teachers and older spiritual brothers and sisters in preparation for their next incarnation. Because these twelve soul extensions constantly and collectively share spiritual knowledge and experience with each other, for the most part they are to be considered our divinely created "family of light."

### THE SOUL'S TEMPORARILY ACQUIRED PERSONALITY

The temporary acquired personality is an energetic extension of the eternal soul (or soul extension) that contentiously interacts with the people, places, and things of the earth. With each incarnation, the radiant light of the eternal soul is enveloped within either a male or female tissue-covering, and is influenced by the acquired thoughts and feelings obtained from parents, siblings, society, culture, and religion (Figure 1.213).

This ever-changing external personality is the vehicle that the eternal soul is currently using to create different challenges and states of energetic manifestation during its current incarnation here on earth. Therefore this external aspect of the eternal soul is not the divine spiritual state originally associated with the most holy Divine Monad. Instead it is seen as the current temporary personality that represents a small fragmented extension of the eternal soul into the physical world. This temporary personality is continually being influenced by its surrounding environment, and must constantly make decisions which determine its spiritual growth.

The true spiritual state of the higher self, which is originally associated with the divine spark of God's radiant light and exists within the body as the eternal soul, is often experienced through deep prayer, quiescent meditation, and sometimes during the chanting of holy songs or sacred scriptures. The ability to touch the spiritual energy of the eternal soul can often create a powerful state of blissful inner peace, great joy, and unconditional love. This is why certain meditations such as the ones placed in the beginning of this book and the Most Secret Name training are so essential for the spiritual growth and development of any Christian. This life-transforming training helps a person to move past the needs and wants of their acquired personality, in order to reconnect with the true spiritual light of their eternal soul – which is beyond dogma and archaic fundamental religious teachings.

Even though this divine state of heart and mind is associated with all types of spiritual awakenings, it is actually beyond description, as it reflects the true radiant spirit of the eternal soul itself. This is what the Apostle Paul was speaking of in Philippians 4:7, when he wrote: “the peace of God, which passeth all understanding.”

The ancient Gnostic Christian used the esoteric properties of the “Body” (via its physical form and sensations), the “Breath” (through its energy and production of spoken thought-words), and the “Mind” (by way of its creative imagination and images) in order to initiate deeper physical, energetic, and spiritual transformations. These levels of spiritual awakening were essential in order to free their three bodies from the chains of lower based thoughts and negative emotions that are constantly attached to each person's acquired-personality.

When performing this type of transforming spiritual alchemy, when a person awakens to the energetic sensations associated with their physical body, they also become aware of the subtle energetic patterns of their energy body. Then, when they work with the subtle energetic patterns of their energy body, they additionally become aware of the subtle perceptions and intuitions of their spirit body.

Finally, when they begin to work with the subtle perceptions and intuitions of their spirit body, they then become aware of their eternal soul, as well as the divine mind that resides in their body and in all of creation, and is responsible for manifesting and sustaining all existence.

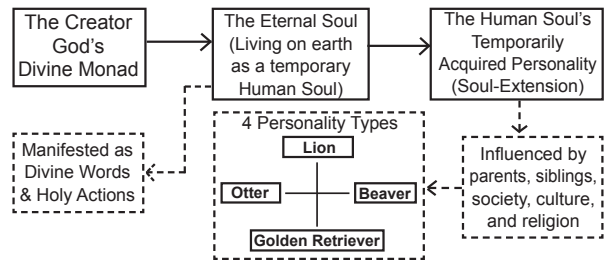


Figure 1.213. Our Eternal Soul is an “intermediator,” that currently exists as a divine spark of God's radiant light.

Each of us originally is (and still are) a creative, intelligent, and perceptive eternal spirit of light. However after our personality starts to identify with the externally suggested patterns of “who we are” as opposed to “what we are,” we begin to create and energetically feed this externally imprinted false identity. This acquired personality, which is no more than a transitory ego, then begins to manifest various toxic states within the person, and externally acts out this false identity within the surrounding environment.

This usually happens when a person over-identifies with an intense emotion that they feel. When this takes place, they automatically attract the same kind of energy towards themselves. The more that they identify with these programmed identities, and the thought-based stories that they keep in order to support these old habitual patterns, the harder it is to free themselves from these emotionally created prisons.

When choosing to spiritually grow and progress to the next higher level in our eternal soul's spiritual evolution, it is important to remember that the energy of “what was” is often destroyed by the energy of “what's next?”

If a person can destroy the internal demon that maintains the old story and causes them to react out of anger and/or fear, they can free themselves from the energetic shackles that are connected to the emotional ghosts of their own personal past.

These “old ghosts” constantly seek to haunt each person's present state of mind by consistently bringing up unhealed events surrounding different people and painful situations. Oftentimes these situations have at their core certain events associated with unforgiveness.

According to ancient Coptic Gnostic Christian teachings, all of our virtues (i.e., compassion, truthfulness, honesty, etc.) are composed of subtle spiritual substances that energetically feed and sustain the divine nature of our eternal soul. Because the radiant light of our spirit body is also created from our spiritual mind, whenever we become emotional and violently express any type of destructive negative action or speech, or internally obsess over some unhealed experience, we energetically consume our cultivated spiritual energy. Each time we consume this radiant spiritual light, we are sabotaging and inhibiting our spiritual transformation process.

In other words, each time we complain, criticize, or condemn, we begin to consume the energy of our cultivated virtues. This is because when we become emotionally upset, our consciousness energetically implodes, and we lose our lucid spiritual perceptions. Once we are no longer spiritually awake, our survival-based acquired spirit (i.e., the ego-based heart and mind of our soul extension) quickly reverts back to its old programmed patterns.

## THE DEVELOPMENT OF THE ACQUIRED PERSONALITY

Because most esoteric studies start precisely with the study of the content, structure, and functioning of the “Personality,” lets investigate this further. Beginning at a very young age, most individuals are subjected to some form of physical, mental, and/or emotional trauma and pain. These multidimensional woundings often affect an individual’s center core and initiate what is called a “coping response.” This reaction happens due to the suppressed feelings of rejection, betrayal, and abandonment. The normal reaction to such negative emotions are feelings that range from intense sorrow, grief and fear, to complete frustration, anger, and rage.

As an individual physically, mentally, and emotionally matures, in order to survive in society they develop external “masks.” Because these masks represent the soul extension’s acquired personality, which was developed in order to survive, as the child continues to grow older the illusions of these masks demand more internal energy to sustain their external image. The energetic feeding of these different masks drains the vital life force energy from the body’s growing tissues, and additionally weakens the immune system. Because this acquired defense system is fortified by powerful energetic patterning, these thoughts, actions, and beliefs will continue to sustain the individual’s mask until they can find a safe place from which to heal and re-pattern these chronically imprinted habits.

In order to re-pattern these toxic beliefs, an individual must become aware of their initial programming process. They then must acknowledge the specific reasons why these painful stories were important enough to hold on to, even to the detriment of their body, mind, and spirit.

In the early 1990’s, the assistant pastor of my church explained how energetic patterning originates within all humans. He then shared the following progression, which can be applied to all people, regardless of their sex, race, culture, or religion:

- For the most part everyone initially begins the same, and is born with a “clean slate” so to speak. Each person is endowed with a natural born curiosity and an inquisitiveness about their new surroundings, and the vibrant colors, sounds, and smells that are experienced in this wonderful new life.

At first, everything is exciting for the newborn child, whose spiritually open heart and mind often experiences a great wonderment for all that it sees.

- The baby continues to grow physically, mentally, and emotionally. It begins to crawl and move about its environment seeking to explore its new world (Figure 1.214). Often it is during these explorations that a child will encounter their first experiences of fear and self-hate, which internally closes down their spirit.

For example, once a baby has crawled towards the kitchen cabinet, opened the doors and observed the various colored house cleaners, and reaches out to touch any of the bottles – as parent sees the child he or she immediately shouts “No!” As this sharp sound penetrates deep into the young child’s core, the projected energetic pulse violently shakes, shocks, and startles the child.

As the energy from the parent’s penetrating voice pierces the child’s internal core, it disrupts the child’s innate spirit, and imprints within their young mind this new experience, as well as the governing parent’s initial reaction.

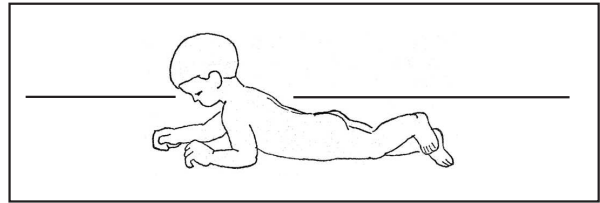


Figure 1.214. The baby begins to crawl about, seeking to explore his strange new environment.

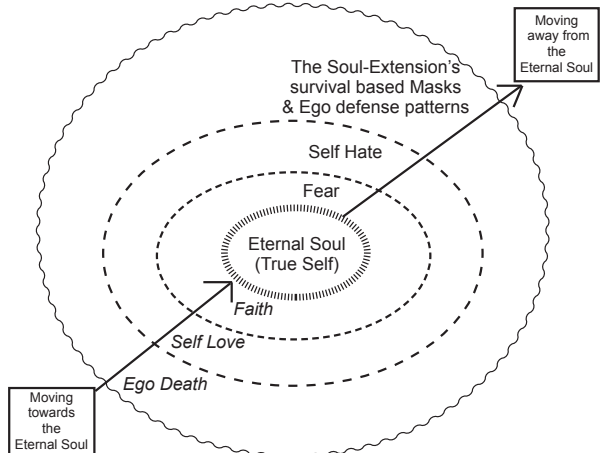


Figure 1.215. The True Self is masked by different layers of energetically charged emotional patterns and defensive beliefs; which externally manifest as different types of personalities.

- After shouting at the child, the next action is to physically pick the child up and quickly remove them from the dangerous house cleaners. The continued application of “No – don’t do that!” and “No – do this!” eventually creates an internal self-hate for being labeled “bad” and causing a great dissatisfaction with the parents.

These imprinting patterns will continue throughout the child’s life, progressively being reinforced by the family, church, and society until an acceptable behavior pattern is finally produced. Once the child knows which patterns are acceptable and which are not, the result is the development of the soul extension’s survival based external masks.

As the child continues to manifest the various learned patterns of these external masks, they continue to be reinforced, accepted, and valued; and the self-hate that supports these patterns grows deeper into survival based behaviors. Many times because these habitual patterns are reinforced through “good vs bad” labeling, the internal beliefs associated with these masks tend to be further reinforced and supported through religious and cultural beliefs. This “support” in turn helps to further establish and maintain the individual’s masks and defense mechanism patterns.

- Eventually, the true self of the eternal soul is overshadowed by the masks and personalities of its acquired soul extension. All of which has been created through different layers of energetically charged emotional patterns and defensive belief systems (Figure 1.215).



## THE FOUR MAIN PERSONALITY TYPES

As a person's ego-based acquired personality continues to grow, it eventually develops emotional temperaments and distinctive identity traits which manifest as their external mask to the outside world. One unique method of recognizing these personality traits originates from Dr. Gary Smalley and Dr. John Trent. In this simple yet effective diagnostic system, an individual is categorized according to one of four animal characteristics.

These personality descriptions are easy to understand and are extremely effective, especially when used to communicate with different people on a daily basis. Although each individual has all four of these personality traits embedded in their distinctive styles of social interaction, one or sometimes two of these patterns will tend to dominate throughout an individual's life. This is why it is often important to not only note a person's primary character type, but also their secondary character type as well.

The four personality types are: Aggressive (Lion), Popular (Otter), Peaceful (Golden Retriever), and Perfectionist (Beaver). Each of these personalities are described as follows:

- **The Lion (Confident and Aggressive):** The Lion Personality Type is someone who is confident, aggressive, and dominant (Figure 1.216). Because their personal security comes from being noticed as "the boss," they tend to quickly take control and enjoy being in charge of any situation. Because of this personality quirk, they are often extremely impulsive and demanding.

Additionally, because a Lion is competitive by nature, they are most often strong-willed, headstrong, pushy, overbearing, and often cocky and unyielding.

Although they are natural born leaders, Lions can be extremely argumentative, cold and insensitive, domineering, unemotional, unforgiving, and cruel. Therefore when dealing with a Lion, it is important to always be competent, and whenever possible, support their goals and objectives.

A Lion loves to argue, which is why if you disagree with a Lion always argue from the facts and not from your personal feelings. It is also important to be precise, disciplined, well organized, and to always focus on the main goal and the final results.

Because they don't like being told what to do, when approaching someone with a Lion personality, it is best to provide them with choices. For example, if you tell a Lion what to do, they will often find fault in what you are saying, or subconsciously try to sabotage you and the assigned task. This is because a Lion believes that they know better than anyone else.

Because a Lion personality likes to take over and take charge, it is best to give them choices and allow them to organize their own effective work schedule. In this way the Lion feels that they are in control and will tell you what works best for them, and will confidently perform the work at the specific time that they have chosen. By providing them with these options, and including pertinent information on what the finished product does, and why it is so important to have it done by a specific time, it gives a Lion the freedom to aggressively take immediate action.

When teaching this type of aggressive personality, you will notice that in any classroom setting a student who is



Figure 1.216. The Lion Personality Type (Confident, Aggressive, and Dominant).

a Lion will continually challenge the teacher for control of the class. When this happens, never attack a Lion's personal character, or present him or her with a "my way or the highway" scenario.

Because a Lion is internally driven by goal orientation and completing tasks, they simply want a teacher to be extremely efficient and to the point. Therefore the best way to handle a Lion is to first acknowledge their skill and approach to the challenge, and then place them in charge of some small tasks that contributes to the class gaining a deeper understanding of the current information being taught.

Next, immediately assign other students to work under the authority of the Lion in order to assist in the project. Then right after the presentation, publicly acknowledge the value of the Lion's additional input and help. In this manner, the Lion is placed under control through their own desire and need to receive personal acknowledgment and recognition.

In ancient China, this is the same method that certain Emperors used to control several of the wild Mongol Tribes that surrounded the outskirts of their borders. For example, first the Emperor evaluated the most powerful tribes, and focused on the ones that represented the greatest threats to the kingdom in the future.

Next the Emperor sent special envoys with gifts to these tribes and presented the Mongol Clan Leaders with elevated titles which acknowledged their sovereign rule over certain areas outside of China.

If the offered gifts and official title were accepted, then overnight a Mongol Clan Leader became the Emperor of the land in which he ruled, and his family immediately received the title of "royalty." The moment this occurred, the Clan Leader's personality would often, if not immediately, transform and change because he and his family, as well as his entire lineage (i.e., ancestors) had all been elevated to the status of royalty.

Right after that, all negative designs towards the Emperor of China immediately ceased, and the focus of the new royal family was now placed on obtaining additional control over other surrounding Mongol territories. Usually what happened next was the Mongol leader was required to pay a small tax to help support the Chinese Empire.



Figure 1.217. The Otter Personality Type (Popular, Fun-Loving, and Friendly).

- **The Otter (Popular and Fun Loving):** The Otter Personality Type is someone who is outgoing, influential, responsive, warm, friendly, talkative, and enthusiastic. Because their personal security comes from being the center of attention, they enjoy being popular, and are often seen as the class clown (Figure 1.217).

The Otter is also a fun loving motivator and an inspirational visionary who often daydreams. Because they are fast thinking and spontaneous, they crave stimulation, and are frequently drawn to things that they consider fascinating. However, because an Otter enjoys popularity, they tend to exaggerate, and often blow things out of proportion in order to gather more attention.

An Otter always avoids being alone; and is resistant to any form of negativism, rejection, or arguing. Because an Otter is highly energetic and spontaneous, they often tend to become impatient and attack when placed under pressure. Therefore when dealing with an Otter, it is important to always provide them with information in a step by step simple method. This is because, an Otter will become easily overwhelmed and irritated by too many facts, too much logic, boring tasks, and repeating the same old routine.

In order to get attention, an Otter loves to show off. Although they are extremely creative and group orientated, they often lack the initiative to follow through on what they have started. Because they are fun loving, when approaching an Otter personality it works best to inform them that “this project is going to be fun.”

Remember that an Otter loves to talk, especially about themselves. They also tend to be captivated by something that will enhance their social status, increase their talent, originality, and uniqueness. Therefore, it is important to tell an Otter that what they are about to participate in will be fun and life transforming, and that these special projects will provide exciting new possibilities for them to experience once it has been completed. In this way, because an Otter wants to feel that they are special, they will continue to work on the project even in times where they start to get bored.

When teaching this type of fun loving personality, you will notice that in any classroom setting a student who



Figure 1.218. The Golden Retriever Personality Type (Easy-Going, Supportive, and Peaceful).

is an Otter will often disrupt the class in order to get attention. When this happens, never publicly criticize an Otter’s personal character. Instead, ask to see them after class in order to determine their specific needs. Then, when talking to the Otter, try not to argue or deal with the details surrounding the incident. Instead listen to their feelings surrounding what happened.

As they speak, truly be interested in what they find valuable, and then support their personal dreams, feelings and opinions. Always be sociable, and never hurry the discussion. At the end of the conversation it is important they always feel that they have been given a chance to verbalize their own emotions.

- **The Golden Retriever (Supportive and Peaceful):** The Golden Retriever Personality is someone who is diplomatic, easy-going, peaceful, sympathetic, and supportive. Because their own personal security comes from being the main support system of the needy, they always enjoy helping people and assisting others in need (Figure 1.218).

A Golden Retriever is usually quiet, objective, and non-demanding. Due of their ability to establish close and honest relationships, they tend to make loyal friendships for life. However, because a Golden Retriever’s feelings are easily hurt, they will often avoid these kind of people: those who display pushy and aggressive behavior; those who are confrontational and easily disrupt the status quo; and those who tend to be emotionally insincere.

A Golden Retriever is easy to be around simply because they are extremely cooperative and pleasant in nature. Therefore they tend to avoid all conflict or sudden unplanned changes that appear to be too risky or confusing.

Of all the four personality types, the Golden Retriever is the most adaptable, thoughtful, nurturing, and tolerant. Because they truly have a healer’s heart, they are often taken advantage of by the more dominant and aggressive personality types.

Because they do not mind being told what to do, when approaching a Golden Retriever personality it works best to simply provide them with a consistent routine to follow. For example, if you tell a Golden Retriever what to do, because they readily enjoy following your instructions, all

that you need is to provide them with positive reassurances surrounding the performance of their work. And when you compliment a Golden Retriever, also explain to them specific information about how they have positively affected the project and benefited all of those involved.

When teaching this type of easy-going personality, you will notice that in any classroom setting a student who is a Golden Retriever is truly a blessing to be with.

Because they are eager to learn and follow directions, when speaking to a Golden Retriever always be non-threatening and sincere. It is important to always show a personal interest in any of their ideas, as well as to support their feelings surrounding the project. Remember to be easy-going yourself, and assure them that you are proud of their progress.

Additionally, unlike the Otter and Lion personality, a Golden Retriever does not like to be put on the spot.

- **The Beaver (Perfectionist and Analytical):** The Beaver Personality Type is someone who is quite analytical, self-disciplined, industrious, and a organized perfectionist. Their personal security comes from being prepared, and then creating the most perfect item imaginable. Because they always prepare in advance, they tend to be goal-oriented, and are often self-sacrificing in order to accomplish a specific task (Figure 1.219).

Because a Beaver desires to be accurate and extremely precise in everything that they do, they often require detailed evidence and additional information in order to support how they can logically justify investing their time and effort in a new project. This is especially true when asking a Beaver to follow anything that is suddenly introduced into their life as a new pattern.

In order to succeed, a Beaver requires systematic plans that are structured and organized, including charts and graphs. Therefore they tend to become irritated by people they perceive to not know what they are talking about, or have a lack of attention to detail.

Like an oversensitive artist, a Beaver often tends to be moody, controlled and rigid, self-centered, arrogant, touchy, unsociable, and often critical of themselves and others. Because they need specific facts and figures, when dealing with a Beaver personality it is best to provide them with consistent and accurate information.

If you are going to introduce a Beaver to a new project, you must be completely thorough in your directions and explanations. You must also be willing and able to demonstrate what you mean through action rather than words. It is important to be exact and organized. Also be prepared to answer any and all questions they might have about why, and the advantages of what you are asking them to do. Then give the Beaver the time to verify if your words and suggested actions are true, accurate, and effective.

When teaching this type of perfectionist and analytical type of personality, you will notice that in a classroom setting a student who is a Beaver will ask countless questions. This is because they are inquisitive by nature, and often desire to see the project from different angles. Sometimes however, some of these questions will be blunt and to the point, especially if the student suspects that incomplete or inaccurate information is being taught.



Figure 1.219. The Beaver Personality Type (Perfectionist, Calculating, and Analytical).

Although the student's questions may be answered later in the lecture, because the Beaver has a need to know now, they often lack the patience and self-control to wait. Therefore instead of criticizing them for their need to know, it is best to ask that all of their questions be reserved until after the lecture. Then assure them that at that time you will answer any questions pertaining to the subject that is being taught.

#### MAINTAINING THE MASK AND ACQUIRED PERSONALITY

As a person matures into adulthood, for the sake of survival they often consciously and subconsciously enact certain behaviors and beliefs that support, maintain, and increase their acquired personality's created mask. This automatically creates a feedback loop, which causes their survival based behaviors and beliefs to further increase. This endless cycle overshadows the perceptions and spiritual insights of the person's eternal soul, which is continually being ignored and outshined by the person's internal defense patterns.

In my clinic, I have noted that the formation of a diseased condition within the human body is often the result of an internal conflict existing between their acquired personality and their eternal soul. Which is why each time one of the old emotionally charged stories begins to resurface and enter into a person's conscious mind, that person is offered the opportunity to emotionally heal from this past trauma. This healing can be accomplished through the releasing of all of the various mental and emotional attachments associated with these past experiences. However in order to accomplish this, a conscious decision must first be made to either hold on to the old story and its associated emotional patterns, or to release its energetic influences entirely and spiritually grow.

When beginning this type of healing process, the person must peel the emotional onion of their soul extension (acquired personality), and proceed back through the various emotional rings that were responsible for constructing and supporting the development of their external masks. As these various defense mechanisms fall away, the individual will begin to find themselves becoming vulnerable to feelings of self-hate and fear, which must be dealt with in order to access their eternal soul's true self (refer back to page 250, Figure 1.215).



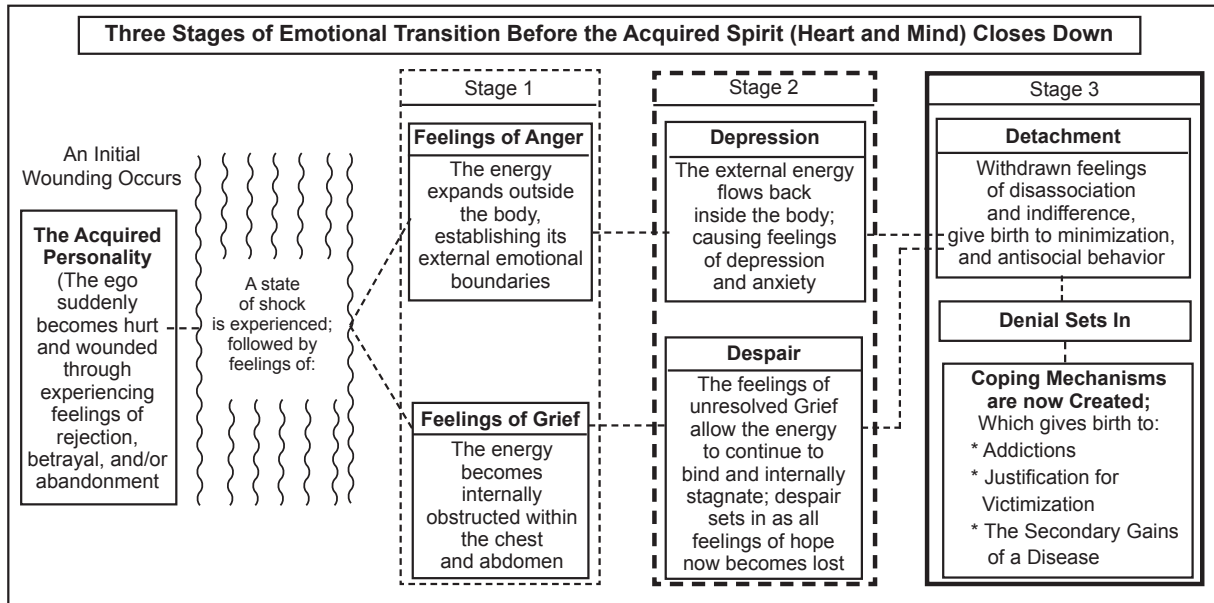


Figure 1.220. There are three transitional stages that occur when the acquired personality (Ego) is wounded, just before the person's denial system is engaged. Once these stages are experienced, the body's coping defense mechanisms immediately take over.

- In order to access the spiritual energy of the eternal soul, a person must first identify and release all of the mental and emotional attachments associated with these external masks, and abandon the different beliefs that surround its current identity – which has often taken on a life of its own.
- Next the person must address the painful thoughts and feelings that continue to resurface and are associated with their personal feelings of self-hate. The opposite of self-hate is self love, which is often created through experiencing a loving and encouraging support system (such as those obtained through church fellowship); and through continually repeating positive affirmations and reciting holy scriptures, which are used to counter any negative thought-forms that haunt the mind.
- After that, the person will move to uncovering their suppressed fears surrounding life and death and the fear of dying. At this time, it is important for the Christian to remember that the opposite of fear is faith. Therefore this type of spiritual faith is to be created and strengthened by holding on to a deeper trust, belief, and confidence in their relationship with God, and his radiant holy spirit which continually resides within their eternal soul. In this core experience, the person knows and understands that their human soul's connection and relationship with God is indeed eternal, and accepts this spiritual truth as a profound and quintessential fact.

As the deep trust and heart-felt emotions associated with this belief become realized, its spiritual depth and profound insight are reaffirmed through the loving support of the person's true friends (see Chapter 16, page 104-105). This conscious awareness enables the person to spiritually awaken even further and regain their inner-peace, great joy, and appreciation for life. Through this transformation, the Christian can now consciously embrace the spiritual passions of their true self.

#### WOUNDING AND CLOSING THE SPIRIT

After being born, the acquired personality (i.e., soul extension) develops as the main external expression of a person's "spirit" (i.e., the emotions of their heart and thoughts of their mind). There are in fact two different natures associated with each person's spirit. For simplicity sake, let's divide them into light and dark aspects of the heart and mind.

The light nature of the spirit is related to the radiant spiritual influences of the eternal soul, and its innate pre-birth heavenly state (i.e., the kingdom of God within you). This elevated spiritual state, sometimes known as the "true self," expresses its divine influence by way of the five main virtues of compassion, inner-peace, honesty, integrity, and wisdom.

The dark nature of the spirit is associated with the acquired influences that created the survival based ego masks and personalities, which were developed after being born. This lower spiritual state of heart and mind, sometimes known as the "ego," expresses its dark influence by way of the five main emotions of anger, anxiety, worry, grief, and fear.

If a person's acquired spirit (ego) becomes wounded because they feel attacked or taken for granted, their body's respiration immediately changes, and their thoughts and feeling shift. This causes their heart and mind to defensively block the influences of the surrounding environment. Depending on the individual, this entire process can occur within seconds.

Once the spirit shuts down, the individual disassociates from life. Although they still think and function, and all of their reflexes are still intact, they stop expressing their heart-felt feelings. The reason this abnormal disassociated state occurs is that any individual whose spirit has closed cannot make emotional attachments. Instead, they live in an emotionally lifeless state, existing as a walking corpse.

Every time someone's spirit is wounded after experiencing an initial shock, the individual will go through three main transitional stages of emotional isolation, just before

their spirit (heart and mind) closes and their denial system takes over the actions of their body, mind, and spirit. These three stages are universal, and occur to all people regardless of their religion, race, or nationality (Figure 1.220):

### THE FIRST STAGE: ANGER AND GRIEF

Once an individual has become hurt (i.e., physically or emotionally), their natural survival based instinct takes over. Immediately the body's life force energy responds, causing both internal and external reactions to counter the feelings of being attacked.

The first emotional response gives birth to the sudden feelings of hurt and shock – followed by anger, and grief. This progression is a natural reaction to the feelings of being rejected, betrayed, and/or abandoned.

Three emotional states demonstrate the body, mind, and spirit's natural protest against feeling insignificant, excluded, and disempowered. These stages include: anger and grief, depression and despair, and detachment and denial. Which is why when an individual's acquired spirit (ego) becomes wounded, the first stage of "Closing the Spirit" is manifested through the reactions of anger and grief.

1. **The Reaction of Anger:** When an individual's acquired spirit feels hurt (i.e., their heart and mind), his or her innate heavenly virtues of kindness and compassion shut down, as their body's life force immediately expands outward in order to establish an energetic boundary. This violent energetic reaction provides the individual with a way to process and release their past feelings of anger and rage, which are currently stored in the body's tissues.

Although the forceful energy of anger is quickly projected outward in order to support the emotional boundary system, if a person has problems emotionally and mentally expressing themselves, this same energy can implode, creating an unhealthy state of self-hate.

2. **The Reaction of Grief (Sadness):** When an individual's acquired spirit feels hurt (i.e., their heart and mind), if their protective reaction of anger is not effective in establishing a solid physical and emotional boundary, and the person is not being heard, honored, and/or valued, his or her energetic field can suddenly recoil inwardly.

Once this happens, the individual's innate heavenly virtues of integrity and honor become affected; and the emotions of grief and sorrow are released in a sublimated attempt to acknowledge the individual's personal worth. At this point in time, the life force energy further envelops, and protects the wounded person's spirit in an attempt to prevent any further damage from taking place.

### THE SECOND STAGE: DEPRESSION AND DESPAIR

If the individual continues to feel victimized, and begins to lose hope in resolving the hurtful situation, their spirit (heart and mind) most likely will enter into the next stage associated with "Closing the Spirit." In this case, the energy of their unresolved anger and grief is transformed into that of depression and despair, described as follows:

1. **The Reaction of Depression:** Because the projected energy of anger no longer serves as an effective boundary system, this life force energy returns back inside the body, and its unresolved emotional charge becomes internally suppressed, and begins to stagnate. This in-

ternal stagnation transforms the suppressed emotions of anger into depression. Which is why in standard western psychological belief, most patients who are diagnosed with clinical depression are believed to have created this internal condition due to long-term suppressed anger.

2. **The Reaction of Despair:** When the individual's expressed feelings of grief and sorrow no longer serve as an effective internal self-support system, the body's life force energy eventually becomes obstructed and ultimately stagnates. This type of internal stagnation transforms the suppressed emotions of grief and sorrow into despair, and the person feels helpless and empty inside, and loses all hope in resolving the situation.

As the second stage feelings of depression and despair increase, the person will eventually become physically, mentally, and emotionally exhausted. After awhile some people will even surrender to feeling that they are unfulfilled and insignificant, and may start to believe that they no longer have any control over their life.

### THE THIRD STAGE: INDIFFERENCE & DETACHMENT

In the third and final stage of "Closing the Spirit," the person's feelings of depression and despair transform into indifference, as their spirit (heart and mind) now emotionally detaches from life (e.g., "I don't care" - "It doesn't matter").

When the individual's spirit completely closes down, their heart and mind disconnect from their personal values in life. This is a survival based reaction, done in order to escape reality and avoid pain.

In this final stage, the person will often feel emotionally detached from most people and from their surrounding environment, thus creating further alienation. The individual will now wander around feeling dead to the world – completely isolated inside, internally unfulfilled, and constantly feeling all alone.

This condition is sometimes known as a depersonalization disorder. The creation of this psychological state involves persistent, recurring episodes of emotional detachment characterized by a feeling of disconnection from the divine spiritual awareness of one's true self connected to their eternal soul. In this particular state of spiritual shock, the person may feel as if they are living in a dream state or inside a movie. Because their acquired spirit is now devoid of all ego-based feelings, and they are additionally disconnected from the radiant spiritual influences of the eternal soul, they now tend to respond to many situations in life like a robot.

The person may experience the sensation of being an outside observer to their own mental processes and their physical body. Psychiatrists call this mental condition "depersonalization disorder." This disassociated feeling is often accompanied by "sensory anesthesia," where the person now experiences a lack of emotional response, or a lack of control over their actions, including their speech.

Approximately 50% of the world's population may have at one time experienced a single, brief episode of depersonalization, usually precipitated by some form of severe stress. In fact, approximately one-third of individuals who are exposed to life threatening danger also incur a brief episode of depersonalization.

Sometimes episodes of depersonalization may be accompanied by visual distortions, where people appear as unfamiliar or even mechanical. Other common symptoms include: anxiety or depression, obsessions, somatic concerns, and time distortion.

### COMING OUT OF DENIAL

A true spiritual walk is extremely challenging. It involves coming out of denial by taking an honest look at your life, and being accountable for all of your actions. This involves dedication, commitment, and hard work.

As this self-evaluation process deepens, many people begin to experience depression and despair, followed by the emotions of anger and grief. During this delicate time in their emotional unwinding, there is often a great likelihood that a person will experience a condition known as “Transference” – and begin to misplace the focus of their attention (either positive or negative) onto the people who are closest to them. Many times a mate or some family member will be blamed for all of the hurt and pain the individual is now experiencing.

When this emotional transference is taking place, it is important for the person who is the target for the transference to understand that the hurting person’s spirit (heart and mind) is currently unstable, and to not take their wild accusations personally. Instead, acknowledge the fact that the person is internally hurting and in great pain; and then compassionately ask them to recall the earliest time in their lives that they remember experiencing these emotions, and then quickly direct them towards the root cause or causes of these feelings.

Through initiating this important redirecting application, you will be able to divert the person’s displaced emotions, and be able to properly assist them in accessing the suppressed emotional experiences of the original trauma. This will enable you to help the person initiate a true spiritual (heart and mind) healing.

Because the first stage of any spiritual healing involves helping the person to come out of denial, there are special exercises and meditations specifically designed to help them release these pent-up negative emotions. Certain of these exercises have been previously introduced in Chapter 14 and Chapter 15.

In the beginning, this type of spiritual transition can sometimes be very painful, especially if the person has never before embarked on such a life-transforming endeavor. I usually tell people that this type of spiritual transition is similar to having an arm frozen for quite some time, and then suddenly choosing to have it thawed out:

- Imagine your arm is inside a large barrel of salt water filled with chopped ice, and left there to freeze (Figure 1.221).
- The first thing the body would feel is shock, followed by pain. As the feelings slowly begin to leave, the pain begins to diminish, and the arm becomes numb.
- As the mind shifts its attention away from the feelings in the arm, it begins to establish a denial system. It then continues to ignore, minimize, and suppress the body’s feeling surrounding the arm’s external condition, and now tolerates the hostile environment in which the arm has been placed.
- When first removing your arm from the freezing ice water, the tissues are still numb. However after a while, as the numbness begins to wear off and the feelings begin to return to that particular area of the body, pain is suddenly experienced once again (Figure 1.222).

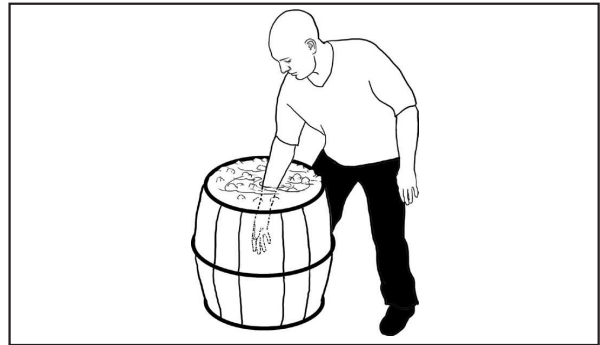


Figure 1.221. Imagine your arm being placed inside a large barrel of salt water filled with chopped ice, and left there to freeze.



Figure 1.222. Once the numbness wears off, and the feelings return, great pain is suddenly experienced.

Because the body is no longer in shock, it now feels and experiences the pain and all of the memories associated with the tissues of the once frozen arm.

In the same manner, while growing up all of us were subjected to trauma on many different levels. Through an instinctive ability, we learned to adapt and become numb to our true feelings in order to survive. When we begin to awaken we are suddenly thrust into great shock, followed by pain, as we begin to face the true source and cause of our personal traumas and emotional histories.

The feeling of pain is a way by which the body immediately communicates its specific needs to the spirit (heart and mind). However, in cases of chronic pain, a person learns how to divert their conscious awareness away from the area of pain, often by initiating various distracting thoughts and emotions. Although this helps the person to cope with the pain, it also interferes with their healing process.

Once a person reduces their conscious awareness of the body’s painful area, the body-mind connection becomes blocked, and slows or prevents the tissues from healing. Therefore the initial awakening and clarification of the internal story regarding the body’s external tissue disturbance can not only cause an increase in pain, but also an activation of the body’s healing processes. This is why the spiritual act of coming out of mental and emotional denial is so important.



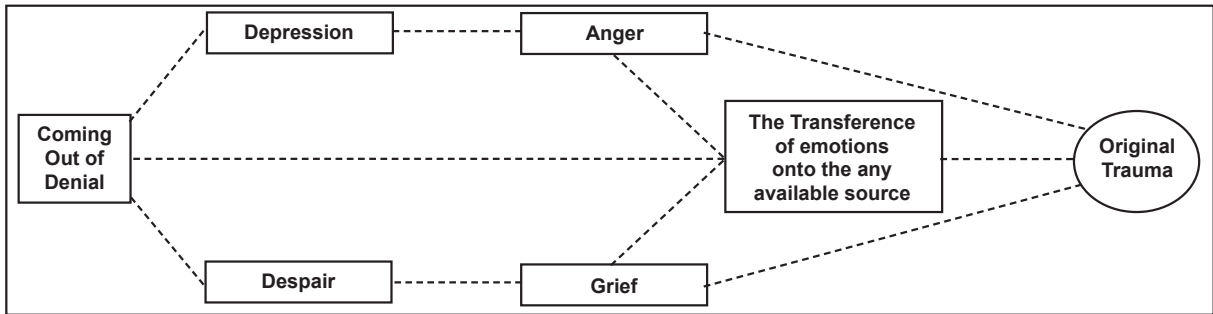


Figure 1.223. After coming out of denial, an individual will begin to experience depression and despair, followed by the emotions of anger and grief. At this point, there is a great likelihood that the person will experience transference, and begin to place all of the blame for the hurt and pain that they are currently experiencing onto the person who is assisting them in their healing.

### HEALING THE WOUNDED SPIRIT

The first stage of healing a person's wounded spirit (heart and mind) is sometimes known as "Soul Retrieval" in different religions and spiritual traditions. This teaching is specifically designed to spiritually awaken each person's internal connection to their eternal soul and the illuminating light of God's divine Holy Spirit, which is currently radiating deep inside their body, existing as the true "kingdom of heaven."

This spiritual awakening can often be accomplished by first emotionally supporting someone who is hurting, and providing them with a sacred sanctuary through which they can receive hope and encouragement. The essential offering of encouragement helps provide the person with the much needed strength to exchange the negative energy of their old stories into a more positive outlook on life, and additionally helps them to restore new meaning to their life.

Once someone has closed and shut down their spirit, it cannot be reopened again through argument or by the use of logic. Instead, you must use a gentle, soft tone of voice, expressing compassion and a high regard for the wounded individual as being a valued human being.

While talking to the wounded person, they must continually feel honored and sincerely valued in order for them to feel safe enough to release the suppressed hurtful thoughts and negative emotions that currently imprison their heart and mind. This emotional sensitivity is truly important, and was exactly what Jesus actually meant when he said in Matthew 25:36, *I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.*

As you provide the wounded individual with statements of praise, honor, and gratitude, the words that you choose must be carefully selected and gradually applied. This is because some individuals may be unable to immediately accept a higher concept of themselves. In such cases, because of their current low personal esteem, too much praise may cause the wounded person to feel that they are being mocked or lied to. Remember, true emotional healing happens when the person's wounded spirit is engaged by effectively stimulating their positive inner-emotions, and not through intellectual reasoning.

Once the person's spirit begins to open, there is a slow increase in their hopes and expectations in life. This is accomplished by offering them the gift of a sincere relationship built on complete honesty, support, and spiritual truth rooted in God's unconditional love.

Sometimes during this healing stage, I quietly visualize enveloping the wounded person with an energy bubble filled with God's divine love and light. I then silently speak (within my mind alone) different positive affirmations in order to impregnate their surrounding life force energy with God's radiant love. In this way, the person's wounded spirit (heart and mind) feels safe enough to re-engage its true feelings; which slowly returns their subtle awareness back towards the divine thoughts and emotions associated with their spirit, and reestablishes their eternal soul's original relationship with God the Creator.

Because instilling this type of spiritual hope and encouragement increases your energetic influence over the wounded individual, their spirit will begin to open, which is when we start the true Soul Retrieval training applications. During this part of the healing session, I often "time travel" with the wounded person, and become their emotional support as they re-experience certain painful memories of their life. The primary goal being to encounter the precise moment in which the person's wounded spirit closed down, and they began to disconnect from certain people and places.

The choice to consciously remember the hurtful thoughts and re-experience the painful emotions, as well as return their disassociated spirit back into their physical body, must all come from the individual's personal desire to retrieve, transform, and utilize the energies of these original experiences for healing. No matter how painful the process, the person must be ready to re-experience and transform the energy of these various feelings into a positive force through which to spiritually triumph (Figure 1.223).

During this time, it is also important that the person's internal observer be present while they are retrieving the various painful memories. The observer refers to the person's ability to suspend their judgmental attitudes, and actually observe the painful events with compassion (as if it were happening to a friend to whom loving support can be given). This observation allows the wounded person to experience true healing with the help of a compassionate companion (themselves).

Tears often emerge as the suppressed memories of the original traumas are released from the person's body and mind, and they are reconnected with their conscious spirit. Many people notice that after having these life transforming experiences, that their dreams change significantly, becoming more vivid and colorful. Additionally, the individual's personal living environment as well as their close relationships also tend to dramatically change.

### THE BODY'S THREE CORE-CHANNELS

Internally connected to the eternal soul's true self are three important core-channels of divine energy which flow vertically within the human body. Each of these energetic cords are spiritually connected to and responsible for influencing the eternal soul's spiritual evolution.

Each of these three vertical columns are full of brilliant white light that exists as pulsating energetic vibrations, and are responsible for rooting and sustaining the spiritual energy of the eternal soul inside the human body. In certain mystical teachings, it is said that within the center "river of light" are located the Seven Stars of the Seven Churches, which manifest inside the spirit body, and are responsible for creating its illuminating spiritual light.

The energetic pathway of each of these three important core-channels flow from the top of the head, through the center of the body, and physically terminate at the base of the perineum. Because the divine energy of the eternal soul resides within this special area, a great stillness can be experienced when a person meditates and places their heart and mind into the center of this divine river of light.

Throughout history many mystics have trained in order to place the focus of their breathing inside the energetic pulse that flows within this center core channel. The main goal being to spiritually arrive at the Still Point which exists in the pause that occurs between the inhalation and after the exhalation when one breathes. During meditation, within this Still Point time stops and space suddenly opens, allowing the mystic to spiritually dissolve his or her mind into the infinite space of God's eternal light.

In 1993 when I was interning as a doctor of Chinese Energetic Medicine at the Xi Yuan Hospital in Beijing, China, one of my fellow doctors explained that the center core channel (known as the Taiji Pole) is a holy place; one that practically defies all description. Similar to an aquarium built to house fish gathered from the sea, the center core channel is a spiritual container that houses the radiant light of each person's eternal soul.

The doctor further explained that the body's Taiji Pole is revered as one of the most sacred places because it contains the original essence of the True Spirit, which is devoid of all ego masks and defense mechanisms. When the body's internal and external energetic wave patterns become synchronized through prayer or meditation, a rhythmic pulsation occurs within the body's Taiji Pole. As this energetic pulse of sound and light begins to vibrate deep within the center core of a person's body, it also begins to resonate outside their body as well, expanding into infinite space. For a mystic, this sacred energetic pulse may be used in meditation to fuse with the luminescent pulse and light of our Creator.

As a born again Christian, after listening to this fellow doctor share this spiritual teaching with me, I had a profound awakening that completely transformed my life. This information helped me understand my eternal soul's natural spiritual state, and how to consciously connect with it – which was quite different from any of the Christian doctrinal teachings that I had previously received in my life. Being raised in a Christian household, my religious life was primarily focused on the "dos and don'ts" of Christian theology, which meant whenever I felt that "I was doing right" I was also actually feeding my ego-based acquired personality.

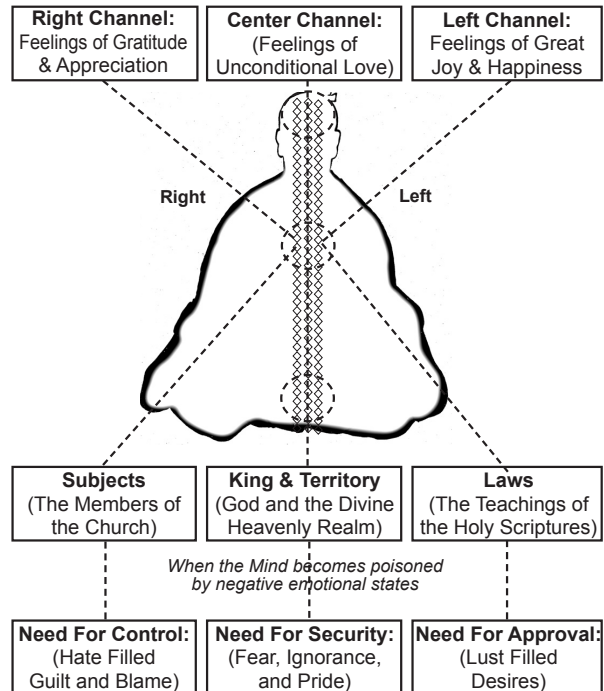


Figure 1.224. The body's three Core-Channels.

Being now introduced to a way through which to achieve spiritual transcendence, I was curious to learn more. When returning to the United States, the Assistant Pastor Steve expounded on this important information, which allowed me to experience life from an entirely different Christian perspective.

In comprehending the hidden wisdom contained within this teaching, I came to understand why Jesus of Nazareth so strongly advocated embodying the divine spiritual state of unconditional love – which is associated with the spiritual energy contained within the center core channel. In order to help you understand this sacred teaching, I will review some of the esoteric "kingdom of heaven" teaching previously introduced in Chapter 7, and then elaborate on this teaching so that you may understand how it relates to the subject at hand.

The spiritual energy resonating within the center core of our body can be divided into three important internal channels: The Center Core Channel, The Right Channel, and the Left Channel. Each of these special channels differ in energetic function and spiritual manifestation. For example, when we are awakened to our connection to the transforming power of God's divine will, then the original radiant light of God's Holy Spirit becomes manifested within our eternal soul. When this special light of God energetically manifests inside our body, we experience deep illuminating states of divine bliss.

The natural manifestation of this type of divine energy is attributed to the following three stages of spiritual awareness, expressed towards yourself and others (Figure 1.224):

- **Center Channel:** Feelings of unconditional love
- **Left Channel:** Feelings of great joy and happiness
- **Right Channel:** Feelings of great gratitude and appreciation

This blissful experience is considered to be the true spiritual nature of our eternal soul, and is also considered to be the original spiritual state of our True Self. Therefore when you are feeling and expressing unconditional love, great joy and happiness, and great gratitude and appreciation for all life, it is said that you are existing in the true spiritual state of an awakened child of God. This divine state of heart and mind is how you are supposed to live your life and not according to any of the darker emotional patterns associated with your ego's acquired personality.

If you are currently not experiencing this divine loving state, then this true expression of your eternal soul can still be awakened and re-activated. This can be accomplished through the valued guidance and interaction of three important spiritual treasures: a spiritual teacher, holy scriptures and sacred teachings, and a spiritual community with which you can fellowship with.

- **A Spiritual Teacher (The Center Channel):** Your personal spiritual teacher should be the embodiment of unconditional love and divine wisdom. Therefore finding a good spiritual teacher whom you can trust, respect, and follow is important. In this context, the word "love" is defined as wanting to see something thrive (develop and flourish).

However, by not trusting or allowing a spiritual teacher to become a source of unconditional support in their life, a person will begin to develop a need for security that will subconsciously give birth to feelings of fear, ignorance, and pride. This is why the ancient saying states: "Who-soever honors his teacher – honors himself; and whoever dishonors his teacher – dishonors himself."

- **Sacred Teachings (The Left Channel):** The spiritual knowledge and divine wisdom received after reading and listening to the sacred scriptures should bring you feelings of great joy and happiness.

Without these important feelings, a person will begin to develop a need for approval, which gives birth to "lust filled desires." In this context, "lust" is defined as looking for something outside of yourself (i.e., the radiant spirit of your eternal soul) to fulfill your needs. This occurs when we act or do not act on our own behalf because of fear.

- **A Spiritual Community (Right Channel):** Being in fellowship with the various members of the church congregation should bring you feelings of gratitude and appreciation for all of their sacrifices and sincere desires in helping you to follow the teachings of Christ as well as to serve God.

Without these important feelings, a person will subconsciously begin to develop an internal need for control, which gives birth to a condition of "hate filled guilt and blame." In guilt, you will hate yourself for your problems; in blame, you will hate others for your problems.

### BLOCKAGES WITHIN THE 3 CORE-CHANNELS

Sometimes your spirit can become upset over disturbing images and certain experiences that tend to internally "loop" and continually replay their distressing stories inside your heart and mind. When this type of toxic pattern is allowed to exist for extended periods of time, these unsettling stories form into what is known as an "Energetic Knot."

Whenever there is an energetic knot located in one of the three core channels, there will be negative attitudes

manifesting within a person's spirit (heart and mind). Such toxic manifestations are often observed within the Christian church as follows:

- **An Energetic Blockage in the Core Channel:** The person will like the teaching and the other members of the church congregation, but will not like the pastor.
- **An Energetic Blockage in the Left Channel:** The person will like the teaching and the pastor, but will not study the scriptures or produce any of the "Fruits of the Spirit."
- **An Energetic Blockage in the Right Channel:** The person will like the teaching and the pastor, but will not like the members of the church congregation.

Any of these three energetic knots will emotionally send a Christian brother or sister into spiritual mayhem. And if not quickly addressed, this toxic spiritual state will eventually begin to psychologically manifest in certain detrimental carnal attitudes, often reflecting one of the "Six Realms of Suffering" mentioned in Chapter 24, page 157:

- **The Hell Realm:** This is the realm of anger.
- **The Hungry Ghost Realm:** This is the realm of neediness.
- **The Animal Realm:** This is the realm of over-protection.
- **The Human Realm:** This is the realm of competition.
- **The Demigod (Titan) Realm:** This is the realm of jealousy.
- **The God Realm:** This is the realm of entitlement.

### REMOVE BLOCKAGES IN THE THREE CORE-CHANNELS

The following are nine questions often used to free the heart and mind of these energetic knots; and are specifically applied to elicit spiritual freedom from this condition.

- **An Energetic Knot in the Core Channel:** In order to remove an energetic blockage located in the center core channel, ask the following questions:
  - (1) What is the insecurity about this?
  - (2) Whose are these feelings and sensations?
  - (3) Who could let them go?
- **An Energetic Knot in the Left Channel:** In order to remove an energetic blockage located in the left channel, ask the following questions:
  - (4) Is there anything here in terms of approval or disapproval?
  - (5) Is there anything I need to prove or disapprove?
  - (6) Would you belong to a special club because of this (the Lonely Hearts Club, the Unforgivable Club, etc.)?
- **An Energetic Knot in the Right Channel:** In order to remove an energetic blockage located in the right channel, ask the following questions:
  - (7) Do you feel out of control, controlled by others, or the need to fight for control?
  - (8) What if this was to never change; what if it gets worse?
  - (9) What if you completely lost your capacity to have this experience?

If after asking and answering these nine questions you still feel energetically trapped and spiritually bound to any old experience, then ask yourself the following two questions:

- (A) What about my approach is blinding me?
- (B) What am I taking for granted?



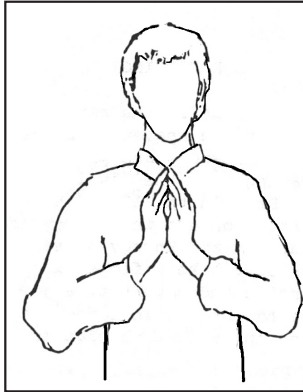


Figure 1.225. Hands form the “prayer” hand position.

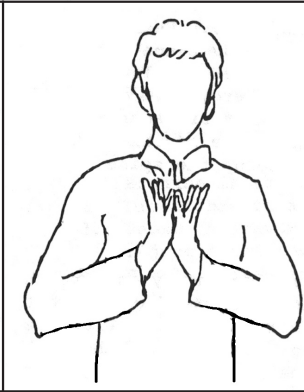


Figure 1.226. Hands form the “open rose” hand position.



Figure 1.227. Hands separate and raise towards Heaven in order to offer praise, gratitude, and honor to God.

### REMOVING BLOCKAGES IN THE HEART EXERCISE

The following meditation can be performed right after the previous exercise. This cleansing may also be practiced several times a day in order to clean and release any internal tensions that may have accumulated while experiencing the everyday stresses of life.

Whenever a person strives to grow spiritually and live a life according God’s divine plan, now and then their three body’s energy system can become internally blocked by suppressing certain thoughts and feelings. These suppressed ideas and emotions have a way of clogging up the spiritual plumbing of our body’s psychic system. Which then closes down our innate ability to open our heart and mind to what the spirit of God has to say about our current mission in life.

In order to reverse this internal stagnation process, the following Tension-Releasing exercise may be practiced daily to provide the three bodies (physical body, energy body, and spirit body) with the essential energetic and spiritual cleaning that it needs. Because this cleansing exercise is like taking an internal shower, it is highly recommended that you practice it just before performing any deep prayer or seated meditation. You can also perform this simple cleansing exercise prior to going to sleep at night. This is done to dissolve any tension experienced during the day, and remove it from the dream realm.

- **Preparation:** Begin by relaxing and sitting upright on the edge of a comfortable chair. Keep your spine straight and your feet extended flat on the ground wider than your hips. Relax both of your arms, and allow them to hang by the sides of your body with the fingers of each hand separated and pointing down towards the earth.

Next, clean and purify the meditation space by performing the Pulling Down the Heavens; and the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26).

- **Cleansing the Third Eye:** Now inhale through the nose, and visualize drawing divine energy from the heavens into your body. Feel this bright radiant energy flow through your nose and fill your entire head. Imagine, visualize, and feel this radiant energy expanding outward towards your forehead, and washing over your Third Eye area.
- **Cleansing the Throat:** Next inhale again, and follow the breath into your throat; feel your entire throat chakra area softly glowing, expanding, and relaxing.

- **Cleansing the Heart:** Now inhale again and follow the breath into the center of your chest. Feel your entire heart chakra softly glowing, expanding, and relaxing. Pause for a moment, and place the focus of your mind on the center of your chest and heart area. As you do this, internally say the following prayer (the greater the sincerity — the stronger the result): “I consciously choose to surrender all negative psychic tension.”

Now softly hold your breath for as long as it feels comfortable, and feel this radiant energy expand outward and break up all congestion trapped within your three bodies.

- **Exhale:** Next exhale, and as you release your breath imagine, visualize, and feel all of the negative tension flowing down your arms and out your hands and entering deep into the earth.

Right after that, shake your hands and again repeat the exercise. Continue for about 15 minutes, or until you feel clean, happy, and energetically lighter.

- **Ending the Exercise:** Once you feel internally cleansed and happy, cup both of your hands together at the center of your chest, right in front of the heart chakra area, with all your fingers pointing up towards the heavens (Figure 1.225).

Next, inhale through the nose and visualize breathing into the center of the heart chakra area. Hold your breath in this area and feel the energies of love and compassion well up from deep within your eternal soul.

As this radiant energy begins to expand outward, keep the base of your palms together, yet allow your fingertips to separate like the petals of a rose opening and blooming (Figure 1.226). This action expresses the expansiveness of God’s overflowing love as it moves from your eternal soul through your heart towards all living things.

Next, raise your hands up towards the heavens, and then separate your palms towards the sides of your body so that they end positioned by the sides of your head in a praise and worship posture (Figure 1.227).

Now feel all of the love, gratitude, and appreciation that your heart can experience, and offer it up to God as an offering of praise and worship to the Almighty Creator.

After presenting these praise offerings, slowly exhale and allow your hands to come to rest comfortably on your lap. Right after that, quietly rest in the profound eternal peace of God’s most radiant presence.

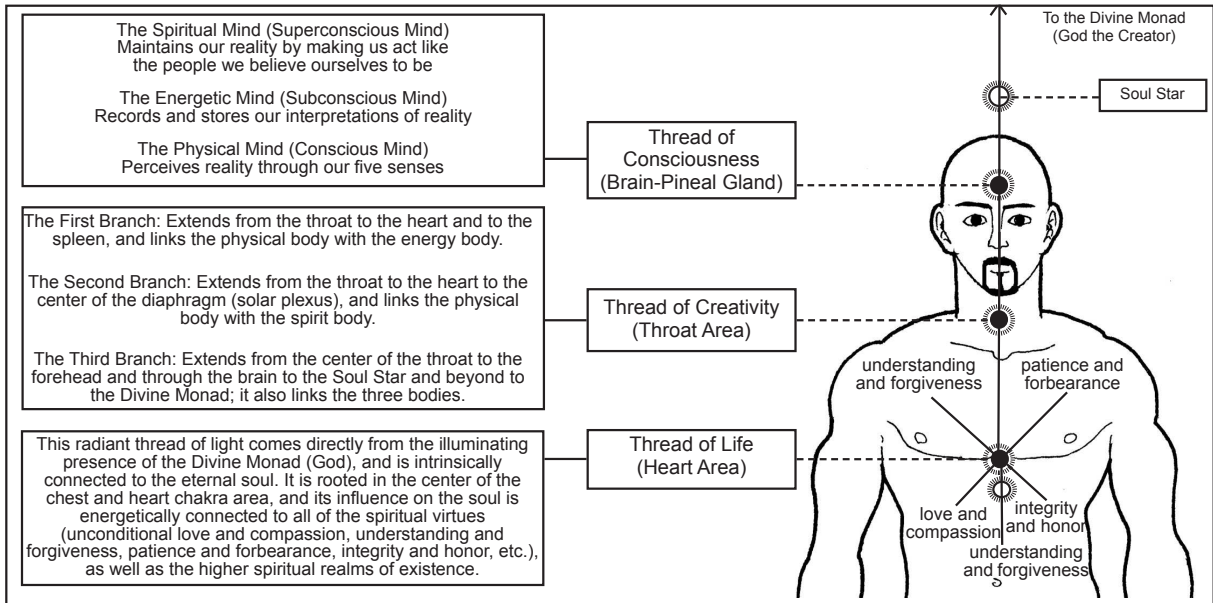


Figure 1.228. The three energetic centers of the “Bridge of Light” are located in the areas of your heart, throat, and head, and correspond to three radiant threads and the three bodies. When these three areas are fused together into one harmonious cord of radiant light, they can be extended through the center of the body into the highest heavens, to open a spiritual gateway for the soul.

## UNDERSTANDING THE BRIDGE OF LIGHT

In life, the search for “the sacred” is often present in many different forms. For example, we can observe it in our heart felt attractions to the various wonders of nature, as well as the profound marvels discovered in the infinite universe. It is also seen in our fascination with ancient architecture and historical sites. We can even witness it in the profound beauty created by many of the great artists throughout history, and in the awe inspiring experience we often feel when gazing at the ancient cathedrals and temples that were at one time created to honor the Divine.

Indeed, there are countless examples of mankind’s search for the sacred. Yet in a deeper sense, the path to the sacred is an inner rather than outer quest. It is the path that leads to the eternal soul, which resides deep within the hidden recesses of our consciousness. Which is why to many spiritual masters, it is the soul that is the rightful recipient of the title, “the sacred.” For that which is sacred is also eternal.

Often people believe that a spiritual path is related to the things they do and the directional choices that they make in life. Yet from an esoteric perspective, this belief is based on a simple misunderstanding. The path to God is not necessarily a journey based upon doing, but rather on being. Which is why in many mystical traditions it is often said, “to find the path – one must become the path.”

When traveling upon this inner path, there is always a bridge that must be crossed in order to get to the other side. In ancient Gnostic Christian mystical teachings, this special bridge was sometimes known as the Bridge of Light. Because reference to this energetic structure has been previously made in Chapter 1 (page 25) and Chapter 2 (page 38), it is important to now take the time to dive deeper into the spiritual understanding of what this phrase exactly means.

In Eastern philosophy, the Bridge of Light is the name given to the energetic bridge that connects the lower everyday

consciousness (i.e., our acquired survival based thoughts and feelings) with the higher mind (the spiritual consciousness of the soul). Through this unique pathway, an individual is able to realize the true potential of the soul’s ability to express unconditional love, awaken to profound inspirations, as well as perceive and experience divine wisdom.

In order for the eternal soul to attain spiritual enlightenment, it is essential to first remove any obstructed flow of energy that inhibits this transformation process. Often the reason why a beginner has difficulty contacting the spiritual energy contained within their higher self is because there is a wide gap in the conscious understanding that exists between their relationship with God — their eternal soul — and their acquired personality. These two main gaps (between God and their eternal soul – and the eternal soul and their acquired personality) must first be bridged before there can be an effective and harmonious flow of energy moving between these different energetic fields.

Once this bridging is established between the person’s soul and their acquired personality, a progression can be made towards the building of the more advanced bridge that exists between the spiritually awakened and transformed soul-infused personality and the radiant light reflected from the divine presence of God (the Divine Monad).

In the human body, the three energetic centers of the Bridge of Light are located in the areas of our head, throat, and heart, and correspond to our three bodies (i.e., the physical, energetic, and spirit bodies). Once these three areas are fused together into one harmonious cord of light and extended through the center of the body into the highest heavens, a spiritual gateway is then opened to the soul (Figure 1.228).

It should be kept in mind that the building of the Bridge of Light is merely a symbolic representation used to simplify the deeper understandings of a profound spiritual concept.

Therefore it is not an actual channel that exists between the soul and the acquired personality, or a special state of awareness that exists between the soul-infused personality and the divine radiance of God. Instead, it is a living thought-form that exists as a spiritual state intentionally created by the believer in order to form a deeper connection with their spiritual core.

In his article *The Bridge of Light*, the author Aart Jurriaanse explains that this sacred bridge serves to link the radiant light of God as the originating source of divine will, unconditional love, and intuitive intelligence, with a person's eternal soul and acquired personality. Because this connection synthesizes them into one vibrant whole, it provides the person with a useful tool that can be applied towards the direct spiritual link existing between the Logos (Word) and humanity (see Chapter 41, pages 303-304).

In his article, *Antahkarana: The Bridge to the Sacred*, esoteric philosophy instructor William Meader explains, "the Bridge of Light makes possible the realization of divine wisdom and guidance that transcends the rational thinking processes of the lower-self (personality). It gives inspirational insight into things that the personality cannot fathom on its own. As such, it is the medium used by the soul to communicate its love and purpose into the human mind. However, this spiritual bridge does not exist naturally within the human psyche. Instead it must be built over time through various spiritual disciplines."

A basic understanding of the Bridge of Light is quite useful to anyone who has experienced a spiritual awakening and chooses to consciously develop the spiritual dimensions of their life. There are three fundamental parts (substructures) to the Bridge of Light, sometimes called "threads." Each of these radiant threads are used as an energetic river by the soul, and are stimulated in order to influence a person's life in a particular way. Think of the Bridge of Light as three main components of an energetically patterned wave frequency, which is connected to the three bodies and at the same time simultaneously envelops the conscious mind, the subconscious mind, and the superconscious mind (i.e., the divine mind associated with the eternal soul). When all three are combined together, a Bridge of Light forms which acts as an energetic bridge that exists between the three processes of the mind, and manifests as three separate but intertwining energetic threads. These three threads are known as the Thread of Life, the Thread of Consciousness, and the Thread of Creativity, described as follows.

1. **The Thread of Life (Heart Chakra Area):** This radiant thread of light comes directly from the illuminating presence of God – the Divine Monad (see pages 247-248), and is intrinsically connected to the eternal soul (Figure 1.229). Within the three bodies, this radiant spiritual energy is rooted deep within the center of the chest and heart chakra area. Its influence on the soul is energetically connected to all of the spiritual virtues (unconditional love and compassion, understanding and forgiveness, patience and forbearance, integrity and honor, etc.), as well as the higher spiritual realms of existence. This radiant strand of light is often considered to be the "stem of life" by many mystics, and believed to be the "silver cord" that is attached from each person's heart center to their spirit body, sometimes observed when a person is spirit traveling outside their physical body.

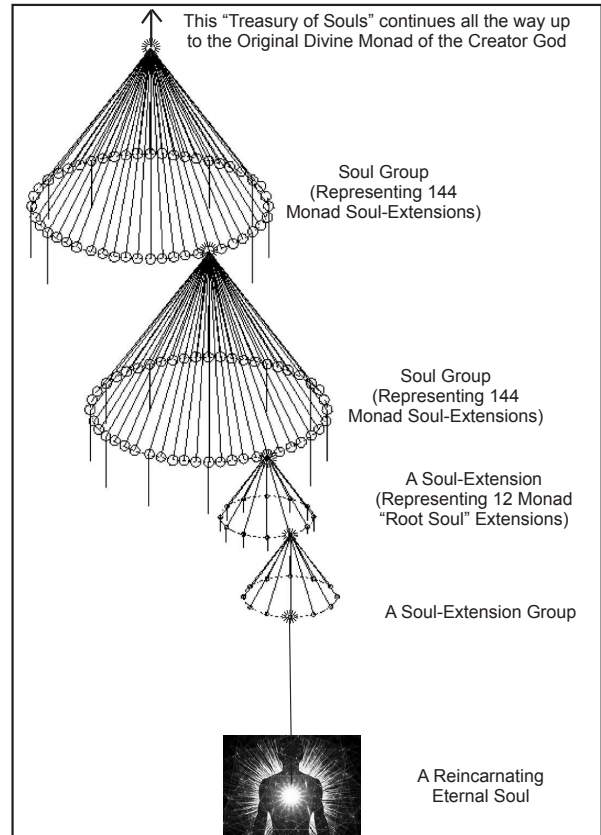


Figure 1.229. The different subdivisions of Divine Monad's soul-extensions extend from the spirit realm and connect with the Thread of Life.

The radiant spiritual energy of the Thread of Life also extends from a person's eternal soul to their acquired personality (refer back to pages 250-254). Because it anchors itself in the heart chakra area, it is responsible for the downward movement of the spiritual force flowing from the heavens into the physical body, and is often experienced as sudden inspirations or divine revelations.

The Thread of Life helps to create the spiritual energy that animates and sustains the physical body's tissues and its outer form. For example, the beating of the heart and the rhythm of the lung respiration are ultimately governed by the subtle life force that comes from the soul via the Thread of Life. Given its essential nature to hold onto and maintain life, this radiant thread is considered to be the most important in terms of physical survival. In fact, it is the only substructure in the Bridge of Light that is not in need of further construction, as it naturally exists as a part of the energetic function of physical life.

2. **The Thread of Consciousness (Center of the Brain):** This radiant thread also comes directly from the eternal soul. However, because it is rooted in the center of the brain and embodies portions of the consciousness, it is considered to be the "seat of consciousness," and is associated with the higher psycho-intellectual energies of the body. These three perceptive energies, sometimes referred to as "the three minds," are defined as follows:



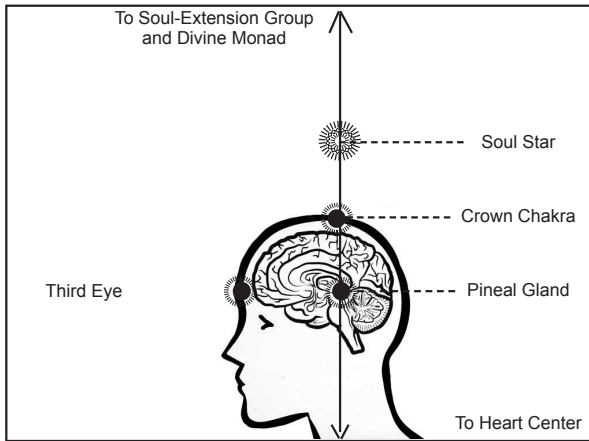


Figure 1.230. The Thread of Consciousness.

- The Physical Mind (Conscious Mind), perceives reality through our body's five senses.
- The Energetic Mind (Subconscious Mind), records and stores our interpretations of reality.
- The Spiritual Mind (Superconscious Mind), maintains our reality by making us act like the people we believe ourselves to be.

The energetic forces of the Thread of Consciousness naturally move upward, and flow away from the world of matter and manifested phenomena to the world of subjective realities, spiritual insight, and divine wisdom. Many spiritual masters consider this upward movement to be the true path of the soul's return to the Divine.

Although the Thread of Consciousness also extends from the eternal soul to the mind of the acquired personality, this spiritual energy is additionally connected to the Soul Star point located about six inches above the head (see Chapter 11, page 88. Note #1). Thus the energy of the Thread of Consciousness also fuses with the Soul Star energy that flows into the body via the crown chakra area, located above the top of the head (Figure 1.230).

Within the human body, the energy of The Thread of Consciousness is specifically rooted in the region of the pineal gland. Through stimulating this area, an individual begins to awaken to the divine wisdom contained within their eternal soul, and this radiant influence begins to subtly reshape the person's thoughts and feelings. Unlike the Thread of Life, access to this radiant thread must be continually built. This is accomplished through the spiritual practice of meditation, being of service, and transformative thinking. When the first energetic strands of this radiant thread are awakened, it indicates that an individual has begun to walk their spiritual path, and can now consciously develop and transform their entire life.

3. **The Thread of Creativity (Throat Chakra Area):** This radiant thread is energetically rooted in the base of the throat, and is unique in that it is specifically created and constructed by each person's personal wants, needs, and desires. Thus it internally exists as a special energetic bridge resonating between the heart and the mind, and is associated with the highest spiritual frequencies (Figure 1.231).

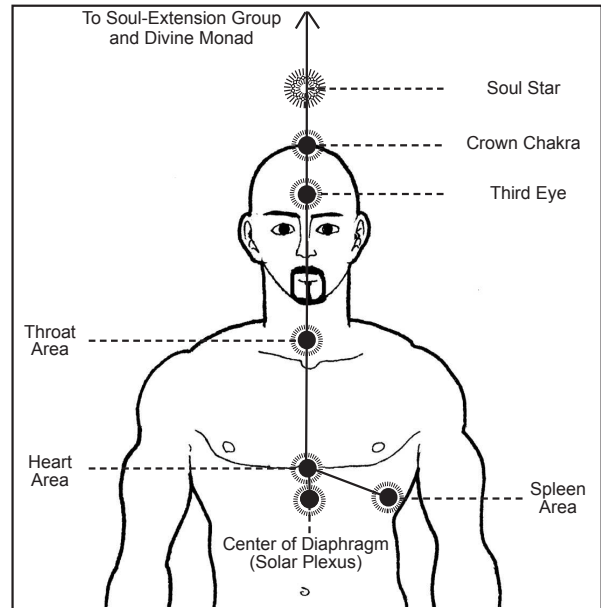


Figure 1.231. The Thread of Creativity.

Essentially, a person's creative impulses travel along this internal thread, which eventually roots itself in the throat chakra area. This energetically corresponds to our inner-voice, which facilitates creative thought and expression, and enhances our inner-hearing, sometimes referred to as "hearing the sounds of heaven."

Within the human body, the Thread of Creativity begins to form after the Thread of Consciousness has been internally constructed. However, its utilization (by the soul) is minimal until the procreative passions of the lower-based self have been restrained and controlled. This suggests that much of the creative energy contained within a person's lower sacral chakra (which is often referred to as the "seat of emotions," and manifests as the need for power and control) must be spiritually transformed and lifted up to the throat chakra area before the Thread of Creativity manifests its complete spiritual power. Once the soul is able to fully utilize this radiant thread, its spiritual energy will naturally inspire a person with innovative ideas that can change, uplift, and transform their heart and mind.

The Thread of Creativity is energetically molded by each individual's own personal understanding of his or her spiritual quest (i.e., why they are here). Therefore, it is also considered to be an energetic extension or synthesis of both the Thread of Life and the Thread of Consciousness.

The Thread of Creativity is in itself made up of three main energetic branches. These three branches, or additional energetic threads, intertwine as one unified Thread of Creativity and are traditionally explained as follows:

- **The First Branch:** This branch of the Thread of Creativity extends from the center of the throat to the center of the physical heart (i.e., the energy of the soul, and the thoughts and emotions that form the person's spirit), and then to the area of the spleen, which is also considered to

be the internal connection that links together the physical body with the energy body. This energy is also associated with focused concentration and directed intention. Which is why this particular branch is internally activated and energized through deep prayer and consistent meditation.

As the energy of this first branch expands away from the physical body, it surrounds and connects to the first external field that exists about an inch away from the skin.

- **The Second Branch:** This branch of the Thread of Creativity extends from the center of the throat to the center of the heart (the energy of the thoughts and emotions that form the spirit) and then to the center diaphragm (i.e., the solar plexus area). From there it eventually expands like a mist and connects to the subtle energy of the spirit body. The energy of this particular branch intertwines with the energy of the first branch and internally responds to any sudden shift in emotion.

As the energy of the second branch expands away from the physical body, it surrounds and connects to the second external field that extends about three feet away from the body.

- **The Third Branch:** This branch of the Thread of Creativity extends from the center of the throat to the center of the brain, and then divides itself into two additional branches. One branch extends to the center of the forehead (Third Eye), and the other branch ascends through the top of the head via the crown chakra area, connects with the Soul Star point, and then continues beyond to the Divine Monad. The energy of this particular branch is responsible for connecting the physical body to the energy body to the spirit body, and is associated with deep insights and spiritual transformations.

As the energy of the third branch expands away from the physical body, it surrounds and connects to the third external field that extends several feet away from the body.

The purpose for training the three branches of the Thread of Creativity is to spiritually awaken, reconnect, and energetically increase a person's internal awareness of their soul and its divine origin. Once all three branches have been activated, energized, and spiritually cultivated, the next goal is to align and integrate the spiritualized energies of the Thread of Life and the Thread of Consciousness with the three energies of the Thread of Creativity.

### CONSTRUCTING THE BRIDGE OF LIGHT

Because the Thread of Life is connected to the eternal soul, the integration of these three threads allows an individual to obtain a stronger connection to their inherent spiritual perceptions, intuitions, and powers, which often lie dormant within their core self. The spiritual awakening of these abilities allows an individual to consciously access their true inner-voice (i.e., the voice of the soul), and receive important information and spiritual guidance directly from the Divine.

Once the three threads that compose the Bridge of Light have been internally connected and fused into one harmonious cord, this radiant energy is then extended upward through the individual's center core into the celestial realm. This energetic extension will immediately open a spiritual gateway that will enable the individual to have access to the pure spiritual realms of heaven. This type of advanced spir-

itual state is traditionally embodied when performing any type of divine healing, creating a protective energetic field, performing an exorcism, or speaking prayers of praise and worship to God, the Father of Light.

When constructing the lower part of the Bridge of Light, which exists between the acquired personality and the eternal soul, the first task is to awaken to the three bodies integration with the body, breath, and mind, as well as the three bodies functional relationship with the acquired personality. This awareness must be maintained in order to establish a solid foundation for the Bridge of Light, and to form a clear channel of communication between the eternal soul and the acquired personality. The clarity with which the spiritual energy is visualized and the extent to which it is effectively served, will depend on the efficiency by which the Bridge of Light was constructed. For example, during the early stages of spiritual development, the building of the three cords of light usually takes place automatically during the time of a person's spiritual awakening, when their body, mind, and spirit became born again (see Chapter 9, pages 74-76). However, in the later stages, especially when bridging the higher cords of light that connect the personality to their soul star, a full awareness and stronger determination is required to progress further in spiritual development (see Chapter 8, pages 72-73).

There are three disciplines that are traditionally used to facilitate the construction and refinement of the Bridge of Light: consistent meditation, selfless service, and the development of a new mind. Described as follows:

- **Consistent Meditation:** The first discipline required is the adoption of a consistent meditative practice. Though the benefits of meditation are many, its contribution to the building of the Bridge of Light is often tragically overlooked. The function of meditation is to draw the self away from its acquired personality encasement. This involves a detachment from the physical, emotional, and mental aspects of the personality in order to sense the soul residing behind it. This awakened awareness allows an individual who has transcended their acquired personality to experience the soul directly.

Begin this practice with a four-count meditation focused on your center core, and visualize the Bridge of Light glowing with divine light. For the next 30 minutes, inhale for four heartbeats, hold your breath for four heartbeats, exhale for four heartbeats, then pause for four heartbeats.

After the meditation ends, a radiant strand of subtle spiritual substance is carried from your soul to the acquired personality. This radiant strand will then become a part of the bridge. In this way, each meditation time has the power to strengthen the Bridge of Light by adding filaments of spiritual light to it. This allows the Bridge of Light to be continually built each time you enter into deep prayer.

- **Selfless Service:** The second technique that supports the construction of the Bridge of Light is selfless service. When a person begins to feel compelled to make an uplifting contribution towards others, it indicates that the individual is thinking beyond their own personal needs. Such a person begins to resonate to a higher form of love—a love that is widely inclusive yet impersonal. This indicates to the soul that the personality is changing, and transforming from a survival based individual to someone who is beginning to

demonstrate a willingness to let go of their independent tendencies in order to be guided by unselfish motivations. This selfless demonstration begins to create a magnetic rapport between the soul and the acquired personality. When this energetic connection is strong enough, it causes the acquired personality to see beyond itself and experience the joy of divine service. By doing so, its internal connection to the Bridge of Light is developed further. The compassion of the soul's loving state adds the needed ingredient required to further build and sustain the Bridge of Light.

- **A New Mind:** The third process needed to complete the Bridge of Light is the development of a spiritual mind. The reason this is so important is that the soul is spiritually established and further strengthened in the ethereal realm of consciousness and energetic existence. As such, divine wisdom and abstract thinking makes it possible to see the broader truths that underlie external events. The deeper principles that govern life and circumstance are now seen from a whole new perspective, with a more profound spiritual understanding that was previously overlooked.

In order to develop the intuitive insight of the spiritual mind, a person must sometimes begin to study different approaches and spiritual understandings in order to obtain a deeper comprehension of life circumstances. This is why Jesus often used parables in his teachings. For most people, when the deeper understandings of these thought-pictures became a part of their day-to-day perceptions, a new ability to comprehend and evaluate the challenges of life emerged. At this point, divine wisdom then takes the place of their worldly knowledge as the governing force of their life, for divine wisdom is rooted in spiritual understanding.

### RETAINING OUR SOUL'S IDENTITY

As previously mentioned in the beginning of this chapter (pages 247-248), each human soul is considered to exist as a divine spark—which has been separated from the one true Holy Monad (God), and sent to earth to undergo different experiences designed to help it spiritually evolve and mature. After being spiritually enriched through what it has overcome and gained, each wandering soul returns back to its place of origin and experiences a mystical union with the Father of Light.

In the course of this spiritual evolution, each soul becomes aware of the fact that its radiant energy forms an intrinsic and sentient part of a more comprehensive entity. As the soul's development continues to awaken during successive incarnations, it slowly begins to understand the intention and divine purpose of its existence, and consciously begins to identify itself with that greater design. This spiritual adaptation and energetic merging with the greater rhythm of creation allows the soul to experience enhanced and progressive spiritual enrichment without detracting itself from its own self-awareness.

You may ask, how does one know if their Bridge of Light has already been built? To answer this question it must first be stated that a fully constructed Bridge of Light is only found in a person who has reached the state of complete enlightenment. However, for those who are consciously working on their own spiritual development, it can be safely stated that the Bridge of Light is partially constructed. Because this is the case for many children of light, there will always be recognizable signs and spiritual manifestations. For example, the evidence of the Bridge of Light can be revealed through an examination of our

current perceptions of life and everyday circumstance, which reveals a person's perceptions of unity versus diversity. When the Bridge of Light is beginning to awaken and function, an individual will start to see that underlying the diversity of life there is a divine field of unity. This perception will have a greater relevance when you consider the various diversities of people, cultures, religions, and social ideologies currently existing within the world today.

In order to better understand this, first realize that the soul is governed by the principle of unity, while the acquired personality is governed by the principle of separateness. The soul seeks to condition the mind of the acquired personality with the realization that beneath the apparent separateness of things is a profound oneness. The Bridge of Light is the conduit through which this communication is conveyed. When at least one radiant cord of the Bridge of Light is awakened, the spiritual perception of this underlying unity will begin to emerge. Which is why when consciously constructed, the Bridge of Light provides direct communication between the soul and acquired personality without becoming emotional and mentally distorted.

Always remember, the soul is not governed by personality driven activity, but instead by an urge for it to be its authentic-self, filled with unconditional love, guided by divine wisdom, and directed by a higher life purpose. In all truth, a person's spiritual walk is an inner journey that leads the soul down a path to transformation. Thus its outer activity is simply a demonstration of the divine wisdom that this spiritual journey has allowed it to embody and externally reveal. In other words, our outer life of doing is a presentation of our state of consciousness. Which is why as a person spiritually evolves, it becomes increasingly evident that the external manifestations of their unconditional love and heart felt compassion are merely an effect of the eternal soul awakening to its true self, and functioning within the physical realm.

### ENHANCING THE BRIDGE OF LIGHT CONNECTION

Once a positive frequency has been built and energetically fused with the higher spiritual fields through meditation, the Bridge of Light can then be extended out of the three bodies to flow upward, through the crown chakra, in order to reinforce its connection to the Soul Star. When a person with clairvoyant vision sees this special energetic connection, it resembles a stream or "bridge" of tiny filaments of light emanating from the top of the sage's head. Although this radiant light is sometimes seen as being bright white in color, other times it can appear to be multicolored, like a rainbow.

Simply being a spiritual person who is kind and loving, who prays and meditates, will not allow us to obtain the Bridge of Light. Although in these instances, one aspect of our Thread of Consciousness and the energetic cord that connects our acquired personality to our eternal soul and the Divine Monad may be developed, the activity of our Thread of Creativity will still remain underdeveloped. Because the Thread of Creativity is a part of the Bridge of Light that needs to be consciously worked on from within, the first step in developing this creative process is to know that the Thread of Creativity actively exists. Additionally, although the energetic frequencies of the Thread of Consciousness naturally descends into the three bodies from the Great Monad (God), the consciously functioning Bridge of Light must be built from within, and extended upward rather than downward in order to reconnect with this divine energy.



One mandatory component needed to construct the Bridge of Light, requires a certain level of increased spirituality and divine awareness within the builder. The individual must also integrate all of the positive attributes of their virtues into their daily lives (e.g., unconditional love and compassion, understanding and forgiveness, patience and forbearance, integrity and honor, etc.). At the same time, they must additionally strive to continually release the negative energies associated with the lower base emotions of anger, hate, rage, and fear, as well as all ego based judgments manifested through criticizing, complaining, and condemning. Because these negative energies are often deeply rooted within our three bodies, it is important that we learn to transform these negative spiritual states each time they start to creep back into our hearts and minds.

One teacher explained that the energy involved in the process of internally building and completing the Bridge of Light, also harmonizes the subtle frequencies resonating within the body's seven chakra centers. Because all of the subtle energy fields contained within our body's internal systems are interconnected and interrelate, there is a strong connection that exists between the Bridge of Light and the body's chakra system, especially the upper five chakras (see Chapter 36, pages 236-243).

In ancient Coptic teachings, the act of building the Bridge of Light was used as a mystical gateway through which to anchor God's higher spiritual energies inside our three bodies. Thus any person who wished to anchor the spiritual energies of the Divine Monad inside their body's seven chakras, would begin this process by first internally building their Bridge of Light.

One meditation used to enhance the Bridge of Light's internal connection to the three bodies was originally introduced to you as "the Heart of Compassion and Spirit of God Meditation" (see Chapter 11, pages 86-88). In building on this previous meditation, the following exercise can be used in order to further awaken the Bridge of Light's internal connection with your seven chakra gates. This meditation can also be used to access the inter-dimensional realities of the spirit realm, and is a small step towards remembering our true purpose and spiritual journey on this planet.

- **Preparation:** After performing the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26), sit in a quiet space and begin the following meditation.
- **Rooting Heaven Within Earth:** Lift both of your hands above your head and visualize bringing a radiant cord of divine light down from the heavens, into the center core of your body. As you visualize this light descending through the middle of your body, imagine it extending out your perineum and penetrating deep into the central core of the planet, rooting itself inside the radiant core of the earth.

Once this heavenly light is securely anchored inside the center of the earth, relax your three bodies and imagine them aligning their vibrational frequencies with the energetic resonance of the planet.

Next visualize bringing a radiant red, orange, and gold-yellow light up from the center of the earth, through the center of your body. As this radiant energy reaches each chakra area, visualize it stopping and illuminating that particular region. Imagine and feel each of the seven chakras radiate this earth energy (Figure 1.232).

- **Energizing the Three Threads:** Once this radiant earth energy reaches the heart chakra area, visualize the light

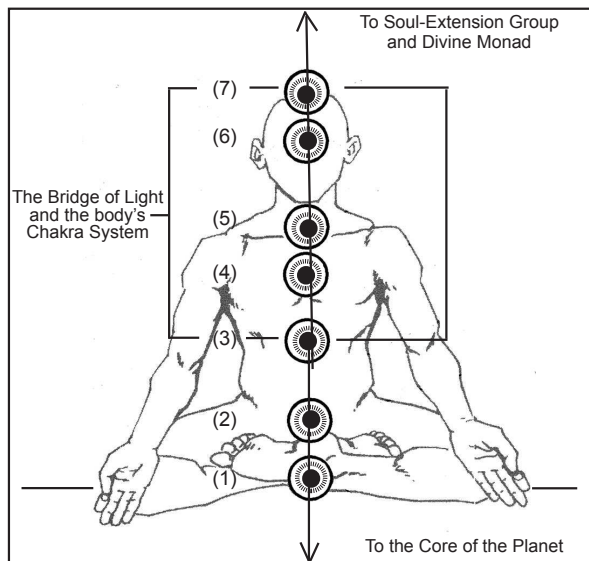


Figure 1.232. Feel each chakra radiate the earth energy.

intertwining with the Threads of Life, and slowly bring this radiant cord up to the throat chakra.

Next visualize this radiant light intertwining with the Thread of Creativity, and feel the energies internally fuse.

Then bring these intertwining cords to the center of your head, to your pineal gland, and feel their branches extending to the third eye area and to the top of the head (Crown chakra area). Visualize the radiant cord energetically fusing together the Thread of Creativity and the Thread of Consciousness, intertwining and uniting them as one.

During this energetic fusion, visualize extending this radiant cord out the top of your head, through the Soul Star point and beyond, returning it back to the Divine Monad, the source of your eternal soul's creation.

- **Rooting the Bridge of Light Within Heaven:** As you visualize this cord of light shooting up into the heavens, imagine this energy blasting deep into space like a powerful rocket. Inside your mind, follow this radiant light as far as you can, and then ask your overseeing soul guide to connect and fuse this energetic cord with the Divine Monad, the original source of your eternal soul's creation.

Next surrender your heart and mind, and focus on creating a constant outpouring of divine energy flowing from your soul, through the Bridge of Light, towards the heavens. At the same time, simultaneously bring down the heavenly light originating from your connection with the Divine Monad into your soul. The energy flow being created within your heart center represents an inflow and outflow connected to the in-breath and out-breath of creation.

At this stage you must be very still and quiet in order to experience a spiritual awakening. At this time, many Christian mystics will consciously experience a direct connection to the holy presence of the sacred "I am" spiritual energy associated with the Divine Monad.

- **Ending the Meditation:** After several minutes end the meditation by visualizing the energy sinking through the center of your body, and coming to rest inside your lower abdomen.

## CHAPTER 38. THE 3 DEATHS OF THE 3 BODIES

To briefly summarize the last chapter, immediately after being born the reincarnated soul is enveloped in the three bodies, which act as its earthly vehicle used to interact with the people, places, and things existing in the physical realm (refer back to Chapter 36, pages 228-230). The multi-level vehicle of the three bodies is not only responsible for transporting the eternal soul, but also its newly developed ego based acquired personality. This “soul extension” began its development after birth, and contains all the thoughts, memories, and feelings associated with the person’s past experiences. The different thoughts, emotions, beliefs, and patterns of these experiences were all created and maintained through the various influences of the person’s family, society, friends, culture, and religion.

Because each eternal soul is enveloped within three bodies, every person will inevitably experience three deaths when their life here on earth ends. These three deaths are described as follows:

- **Death of the Physical Body:** There are three main causes of physical death: aging, disease, and trauma. The term “death” usually refers to the separation of the spirit body from the physical body, which in this context is known as the “first death.” The first death refers to when the silver cord which energetically connects the soul to the physical body is severed, and the eternal soul is forever freed from the physical body (Ecclesiastes 12:6).

After the eternal soul has separated from the physical body, the person will feel that they are now separated from what was once their current life, and that they are presently living in a dream state. One of my teachers used to say that the experience of being alive is similar to that of a sixty to eighty year projection of the spirit body into the physical realm. When the time has come to return back to the spirit realm, the individual will discard their physical body along with its energetic frame. As the various elements responsible for holding the energy body together disperse and dissolve, the physical body will begin to decay and decompose.

- **The Death of the Energy Body:** After the spirit body has separated from the physical body, the energy body is then discarded, freeing the spirit body and eternal soul from the lower physical realm – this is known as the “second death.” It is during this second death that the disembodied soul must release all of its energetic and emotional attachments to the people, places, or things that were significant to them during this specific incarnation. Otherwise the soul will continue to exist in the physical realm as a disembodied soul, which is often described as an earthbound ghost trapped within the lower energetic fields (see *Hidden Teachings Vol. 2, Chapter 8*).

The “shell” of the energy body will eventually dissolve into the various energetic fields of the lower physical realm. At this stage, the individual’s spirit body and their eternal soul will enter into a state of rest and conscious spiritual instruction.

- **The Death of the Spirit Body:** After many lifetimes of reincarnation and continual spiritual growth and evolution, the eternal soul will eventually experience what is known as the “third death” where it will finally shed the vessel of its spirit body (which is considered to be more of an energetic “casing” rather than an actual “body”).

This third and final death is considered by many Christian mystics to be the “last death.” It is taught that this final transformation only happens after many incarnations, which are necessary for the eternal soul to refine and purify its radiant spiritual essence. Only after this radiant refinement has transpired will the spiritual state of the eternal soul be so highly evolved that it will no longer require the transporting vehicle of a spirit body.

### THE PROCESS OF DYING

During the death of the physical body, an individual will usually progress through several stages. According to ancient texts, what an individual will actually experience as they die is described as follows:

- **Separation and Sinking:** During the first stage of dying, an individual will feel weakness, followed by a sinking sensation. Next, as both the energy body and spirit body begin to shrink and internally draw together, the individual will feel as if they are starting to melt.

During this stage, all external shapes and forms will become indistinguishable. As the energy of the person’s spirit withdraws from the eyes, their vision begins to blur, and everything becomes unclear as if they are looking at the world from underneath water.

- **Loss of External Sensory Perceptions:** During the second stage of dying the person will experience physical numbness, a general loss of external sensory sensation, and the withdrawing and drying up of all emotional and intellectual vitality. All external sights and sounds fade from the person’s senses, and they experience themselves being surrounded and enveloped by a whirling vaporous mist. This dense white fog envelops the person like a soft flowing cloud.
- **Coldness:** Soon after experiencing the whirling vaporous sensation, the person will experience cold, as their external energy fields progressively draw inward towards the core of their body. At this stage in dying, the person’s thoughts become dim, and they are no longer aware of what is happening to their physical body. Their breathing also weakens, and sense of smell fades away. The whirling vaporous sensation is now replaced with the sensation of being surrounded by bright, radiant, sparks of light.
- **Physical Death:** Next, the person stops breathing altogether. Their tongue seems to be thickening, and they can no longer sense taste. All skin sensations and sense of touch have now gone. Their heartbeat has stopped, blood circulation and electric activity in the brain has ceased, and their brain waves have flat-lined.

At this stage, the person is clinically dead, but still will retain some form of spiritual consciousness. Although the chatter of thoughts have dimmed and there is a loss of sensory perception of the physical world, the person retains an awareness of a vast sky, illuminated first by moonlight, then by bright-orange sunlight. Both of these visual perceptions are illusions. They are the person’s respective interpretations of the energy descending from their head, and the energy ascending from their lower abdomen. Both of these energies will then fuse with the eternal soul located within the heart area. As the energies merge, they envelop the person’s eternal soul, and create the “Great Luminous Pearl.” At this point in the death process, they will lose consciousness altogether, and their eternal soul will return to the radiant light of God.

## FACING THE DEATH OF A LOVED ONE

Everybody knows that someday their parents, their mate, their children, and their friends will one day pass – it's inevitable. Although we can prepare our minds for this final transition, we can never truly prepare our hearts.

All human beings are created from the energies of both heaven and earth, and so their three bodies are subject to the natural transitions that occur in nature, and death is an essential aspect and completion of these energetic transitions.

As Christians, we are taught that the death of our physical body does not mean the death of our eternal soul. Instead it is only the energetic process of the separation of our soul from its earthly vehicle.

Normally with each incarnation, an individual will make a number of attachments during their stay here on earth; this is why religions and various spiritual traditions each have their own rite of passage surrounding the death of the physical body. These rituals are used to assist the person who has just passed over to finally release any remaining attachments to certain people, places, and things existing within the earthly realm.

Often the fear of death causes people to feel a loss of control in their lives. However, by consciously facing and accepting this fear, our spirit (heart and mind) is allowed to regain a sense of control. Once an individual accepts that it is the end of their "tour," they often begin to release all the attachments associated with this life.

The various stages of grief and mourning that accompany death and dying are universal; they are experienced by everyone in all cultures and nationalities. The mourning process naturally occurs in response to the death or ending of any meaningful relationship – whether it is with your own physical body, a specific partner, a close friend, a meaningful job, or even a loving pet.

However, people grieve differently. In their bereavement, each person will often spend different lengths of time with varying levels of intensity working through their sense of pain and loss. Some people will wear their feelings on their sleeve and be outwardly emotional. Others will experience their grief more internally, and may often not even cry. Because of these different behavior patterns, it is important not to judge how a person experiences their grief, as each person will express it differently.

According to Dr. Elisabeth Kubler Ross, there are five stages of dying that facilitate closure. These five stages are: 1. shock, numbness, and disbelief; 2. anger and rage; 3. bargaining; 4. depression, grief, and despair; and 5. acceptance.

These different stages can occur at any given time (e.g., going from denial to acceptance, and back to bargaining, etc.), or sometimes going back and forth within a few minutes. Because each of these five stages do not necessarily occur in any specific order, people may move between stages before achieving a peaceful acceptance of death.

1. **Shock, Numbness, and Disbelief:** This stage occurs when an individual is faced with the fact that someone they love has just died, or their own death is soon approaching. Because of personal internal filters, oftentimes the mind will generalize, rationalize, delete, or distort this information in order to make it acceptable to the person's belief system.

When the initial feelings of shock and numbness start to disappear, most people will begin to experience disbelief because they can not or will not accept the fact their life or someone else's life will soon be ending.

However, some people will bypass this stage altogether, and feel great relief upon learning of their own impending death. These individuals often look forward to the cessation of pain, and to spiritually rejoining those who were at one time close to them in this life, but who now are dead.

As previously mentioned, if a person feels that they have achieved their goals in life, and in addition have obtained a high degree of maturation and spiritual evolution for their eternal soul, then at the time of their physical death they often experience feelings of great euphoria, profound joy, and inner peace.

- **Denial and Isolation:** This is the first semi-conscious choice people often make after being diagnosed with a terminal illness, or when hearing about the death of a cherished loved one. This is a normal defensive reaction used to rationalize overwhelming emotions. Because this reaction is used to buffer the shock caused from feelings of loss, people often tend to quickly block out the information in order to hide from the facts. This is a normal, temporary response, used to carry a person through the first wave of emotional pain.

A person's disbelief allows them to establish their own denial system. This denial system functions as an emotional shield used to protect their spirit (heart and mind), as they inevitably emerge from the shock. The feelings of denial and isolation further allow a person diagnosed with a terminal illness the time to gather additional information concerning the prognosis of their diseased condition (hoping that the original diagnosis was incorrect), or to deal with the sudden loss of a cherished loved one.

2. **Anger and Rage:** As the masking effects of a person's denial and isolation begin to break down, the reality of the painful information reemerges, often appearing as anger, rage, envy, and resentment. The anger usually arises because the person viewed their terminal prognosis as an injustice, and therefore lashed out at any inanimate object, complete stranger, friend, family, or even God. In the case of someone grieving about a dying loved one, sometimes they will verbally attack the very same dying loved one. It can even be as irrational as the person verbally attacking someone who has recently died. They may logically know that the person is not to be blamed; emotionally however, they may resent the person for causing them pain or for leaving them. They then might feel guilty for being angry, which often makes them feel even more enraged.
3. **Bargaining:** A typical reaction to feelings of helplessness and vulnerability is the need to regain control. This may show itself as the person attempting to make a deal with God, often by offering counter-proposals in the hope of changing or altering the course of events, or to postpone the inevitable. All this is done to protect themselves from the painful truth that there is no escaping this reality.
4. **Depression, Grief, and Despair:** These next set of feelings manifest once the dying person loses all hope, and starts to feel a deep sense of loss. Still resisting the outcome, the person sinks into feelings of depression, sometimes



lingering for quite some time before their death. There are two types of depression associated with this specific type of mourning, described as follows:

- **Regretful Depression:** This type of depression is caused by feelings of guilt and shame, arising from not having lived life to its fullest, or realizing that they have wasted their life.

If a person does not experience a spiritual awakening and return back to their original reincarnation program, then at the time of their death, they will often experience an instinctive feeling of failure, and a dissatisfaction about their life. This is because they intuitively know that they have unproductively wasted away their life in this current incarnation.

During the dying process, some people regret having given in to certain fears, and having held on to past hurts (both real and imaginary) for so long that these old sorrows and conflicts were never resolved. The person may also regret not pursuing their dreams and aspirations, and believe that many lifelong fantasies, ambitions, goals, and opportunities for enjoyment were missed or abandoned. People with this type of emotional depression often seek to voice their regrets. At this time, many desire to let go of the old feelings of bitterness and animosity that are still attached to these old painful stories, and consciously choose to open up to a spiritual healing rather than a physical healing.

In this type of depression, both sadness and regret predominate, and the person often grieves about the loss of time that could have been spent with others. This phase may be eased by gentle clarification and loving reassurance, informing them that all things work together for the highest good (Romans 8:28).

- **Preparatory Depression:** This type of emotional depression is not caused by having regrets, but instead by mourning the loss of projected future experiences. These people tend to become quiet and reflective as they review the process of losing everything and everyone that they love.

This type of depression is more subtle, and in a sense, perhaps more private. It is considered to be a quiet preparation of separating the eternal soul from its various attachments to the physical realm, and to bid farewell to all of their loved ones (see *Ritual to Forgive and Release*, Chapter 35, pages 223-227).

5. **Acceptance:** This is considered to be the final stage before death. Having nowhere else to go, the individual now evaluates what was learned in this lifetime. They are now able to express their feelings of envy for the living and the healthy, as well as their anger at those who do not have to face their same fate so soon.

In this stage, the individual accepts the inevitability of their death. Their feelings of depression give way to a time of emotional and mental peace, just before the spiritual journey home. At this time, the person has faced and overviewed their current life's work, fears, and feelings; and now has developed a new outlook on life and are prepared for the spiritual transition brought about by the death of their physical body.

Reaching this final stage is a gift not afforded to everyone, for many times a death may be sudden and unexpected. However, in conditions where a time of preparation is given, the unique opportunity to make peace with as many individuals as a person can is warranted. This final phase is marked by withdrawal and a time of calm inner reflection.

### FACING THE DEATH PROCESS

Death must always be approached with a reverent respect and honor, because it is an essential part of our spiritual transformation. When someone is dying, it is important to accept the higher order of God's divine will for the person who is about to pass, and never harbor any type of "win or lose" attitude.

While experiencing the dying process, no matter what stage a person is currently in they will almost always maintain some glimmer of hope. Although they may claim otherwise, even to the very last moment before their final passing many secretly hope for an extension of a few more years. Therefore it is important to be accepting and supportive to that person, all the way to their inevitable end. Spend quality time with them so that they can have an opportunity to process any personal fears, sorrows, or regrets. By continually listening to the person and allowing them to release any fears they may have, you will provide the person with support, acceptance, and encouragement. This will allow them to die in peace, and with dignity.

In our modern western society, the denial of death often establishes a strong emotional foundation for the acquired ego, and supports the survival of the society as a whole. In traditional eastern society however, the acknowledgment of death is one of the basic values that govern the lives of people on both an individual and social level. In other words, the idea of death is not viewed as the negation of life, but rather, the negation of the acquired ego. Because the awareness of death is considered to be the awareness of the doorway to new beginnings, the process of dying may be utilized to carry the individual beyond the boundaries of their own ego fears.

The acquired ego is so centered on its own survival that it has no way of dealing with the concept of its own death. However, each individual's eternal soul has an intrinsic knowledge of its true destiny and its relationship with the radiant spirit of God. This intrinsic wisdom allows the person to deal directly with the mysteries of life, and interact with what is called "the unknown" without any interference from the panicked confusions of the rational mind.

For children of the living God, death is considered as merely a change of residence for a person's eternal soul. Therefore the ailing physical body may be viewed as "a house with rotting walls." Once the decaying physical body becomes unusable, it is best for the eternal soul to abandon and discard it, and start looking for another residence from which to begin again.

Because the eternal soul is immortal, it will exist forever in accordance with God's divine will. This is why in most spiritual practices, people are often taught to be unattached to the different manifestations occurring within the physical realm, and to accept and embrace death as an important part of the natural process of existence.

## REEVALUATING OUR PRIORITIES

Most spiritual philosophies promote the value of eliminating personal ambitions and the vain desires of seeking after wealth, fame, and power. This is because there is an intrinsic energetic relationship that exists between our desires and our thoughts. Simply put, one serves as the motivating force for the other. Although we are natural perceivers, because of our acquired ego we often become so energetically tied to our thoughts that we do not perceive our natural energetic and spiritual capacities. Remember, “thinking” is not “perceiving.”

Because our thoughts are what energetically make up our basic nature, they provide the substance of our acquired ego. Therefore stopping our internal dialogue allows us to leave the confines of the ego, and free ourselves from our own imprisoning personal histories – which naturally bind and sustain the thoughts and feelings to our ego. This suspension of thoughts and feelings opens the door to spiritual perceptions, and allows for profound intuitions and divine inspirations to take place.

Right after that, the concepts of life and death are exposed for what they truly are, nothing more than a mental veil that has been obstructing our spiritual perceptions of the truth. To lift this veil of thought and see the world through the eyes of God’s holy spirit represents true spiritual power and freedom. The dissolution of the acquired ego opens the door to the spiritual transformation of our eternal soul.

### THE BABY CHICK STORY

The process of death is similar to that of a baby chick that is about to be hatched. Although it has existed within its shell for all its formative life, as the chick develops it slowly outgrows its place of existence. Eventually it becomes harshly compressed within the security of its own shell.

Even though the baby chick is confined within the safety of its protective shell, at the same time it has also been producing waste. Because this waste has additionally been stored within the shell, this hazardous substance has now become toxic to the little chick’s life.

As the little chick exhausts itself trying to get free from what has now become its own prison, it seemingly faces death. However, in a frantic effort to free itself from this toxic environment, the chick’s struggle for survival causes it to break out of its shell.

As the little chick cracks its surrounding shell wall, an intense light appears, followed by a whole new world that reveals itself in great wonderment. The baby chick is now born into a new realm of existence, with room to grow and experience a new type of freedom (Figure 1.233).

### SPIRITUAL UNDERSTANDING OF DEATH

When the eternal soul separates from the physical body, the body immediately dies and its tissues begin to decompose. Once this begins, everything that once supported the body’s physical structure starts to dry-up and decay. Over time, the physical body eventually transforms back into the various elements of the earth and returns to dust. As it is written in Ecclesiastes 3:20, “All are from the dust, and to dust all return.”

The life force energies that use to support the body’s internal organs and tissues leave the decaying tissues in the form of a vaporous gas. As this energy escapes into the en-

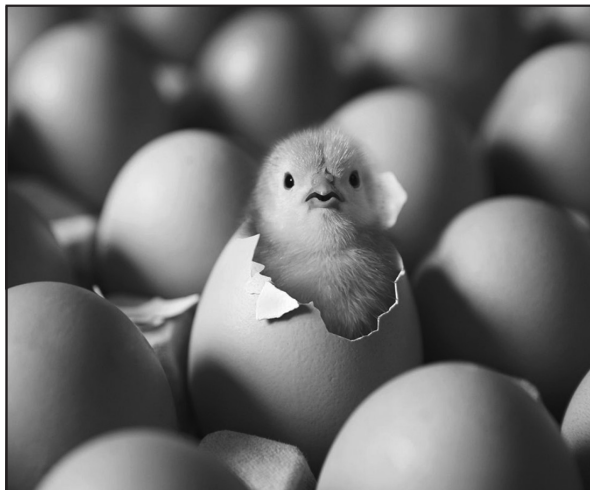


Figure 1.233. The little chick breaks out of its shell.

vironment, it again becomes a part of the energy that at one time was inhaled into our body and used as fuel to sustain and support the tissues of our earthly vehicle.

As the dissolution of the physical body is taking place, unless an observer of this process has specifically been prepared to witness this transition, they most likely will become terrified. This is especially true if they are watching the dying process of someone they have personally known and have emotionally bonded with.

However, even after experiencing a painfully debilitating illness for several years, the final process of dying usually is quite painless. After death, the departed soul will feel lighter and freer than it felt in this life. Even if the person’s physical body was permanently crippled or severely wounded, their spirit body form will not experience any pain, structural abnormalities, or physical defects.

Because our spirit body is essentially a combination of our conscious and unconscious mind, dying is most often equivalent to dreaming, or slipping into a deep restful sleep. In fact, each night while we sleep our spirit body separates from our physical body in this same manner. While in this special state, we feel no discomfort or physical pain.

The physical body is not an “entity,” but instead a conglomeration of various cells acting as a material vehicle for different forms of energy which animate and vitalize it. Therefore when the eternal soul leaves the physical body, the energetic and spiritual fields that were responsible for governing the functional aspects of the body’s tissues are also removed. The unifying forces responsible for maintaining the body’s internal structures and external power are reversed, and the tissues naturally begin to decompose. This process returns the life force energies back to their pre-existing nature, before the body began to gather, store, and use them.

Teaching a person who has a terminal condition to practice deep meditation can often help them to cleanse their innermost being, thereby preparing them for the spiritual transformation surrounding the death of their body, and the forthcoming journey of their eternal soul.

As previously mentioned, the dissolution of the physical body is considered to be the first death. Then as the person

experiences their second death (where the energy body is discarded and the spirit body and eternal soul are freed), all of their lifetime experiences are energetically assimilated into their spirit body, which is later reviewed by a Council of Elders during a time of reflective evaluation (Hebrews 9:27). Right after this evaluation, the eternal soul will either rest, or prepare itself for its next incarnation (see Chapter 39, page 281-284).

In certain spiritual traditions, it is believed that people who have suffered traumatic life experiences would be allowed a time of peace and blissful rest. Others who are ready to reincarnate however, would immediately begin a new cycle, and start their descent back into the physical world.

#### **HELPING A DYING PERSON TO CROSSOVER**

If the person is still conscious when you reach their bedside, you may choose to actively assist them in the final stages of their eternal soul's journey of crossing-over from life into death. During this transition, it is important to make this event as calm, peaceful, and spiritual as possible for the dying person.

In ancient times, the compassionate act of helping a dying person crossover from the physical realm to the spirit realm was considered to be one of the most profound spiritual experiences that an enlightened believer could participate in. This was because at the exact time of someone's passing, the third spiritual veil opens (see Chapter 10, page 78, Figure 1.50). At this time a clairvoyant person is allowed to gaze into the spirit realm, as angelic beings of light often arrive in order to escort the eternal soul back to its true residence.

When preparing someone for experiencing this important spiritual transition, both the believer and the person who is in the process of releasing all of their attachments to the physical realm are encouraged to pray and meditate together.

At this time, the believer is also encouraged to maintain a calm, compassionate, and peaceful state of mind, especially while being in the presence of the dying person. This sober attitude will have a positive effect on the individual, allowing them to more easily embrace the dying process.

Since this is the last opportunity for direct communication, it is important for the person who is about to die to speak honestly and directly with their family and friends, expressing any unresolved feelings and seeking closure. If at all possible, any grievances or misunderstandings should also be resolved at this time.

In order to dispel any fear, anyone present in the room should not be afraid to openly discuss the imminence of the person's oncoming death. If anyone in the room becomes emotionally upset or begins to cry it will alter any peaceful ambiance in the room which will disturb the person's dying process. If such a disturbance occurs, the disruptive individuals should be quickly yet gently removed from the room.

During this time, the individual's favorite scriptures, parables, and spiritual stories may be read out loud, and contemplated upon. Additionally, their favorite music for relaxation may be softly played in the background. These tools will help elevate the people in the room to a higher frame of spiritual consciousness, and allow them to be more receptive to what is transpiring.

Any rite of passage marks the transition from one phase of life to another. Although this term is sometimes used to describe the turbulent transition that occurs when a child grows from adolescence to adulthood, it additionally refers to any of life's main transitions, such as birth and beginnings, initiations, and endings (such as a death).

In the Christian religion, "The Last Rites" is a type of rite of passage that specifically focuses on offering someone their last prayers via the services of a minister or priest. This is offered just before the person's eternal soul vacates its earthly vehicle and enters into the spirit realm. In many religions, these important rites are often administered to those who are awaiting execution, or who are mortally injured or terminally ill.

The rituals of the Last Rites bring peace of heart and mind to the dying person, by providing them with an absolution of sins, which is an integral part of the Sacrament of Penance. This ritual involves saying comforting words that emotionally and mentally heal – and by placing sacred Anointing Oil on their body (see Chapter 30, pages 191-193) in preparation for their final journey.

When available, the priest may also administer the final Eucharist (the Body and Blood of Christ). This ritual is often known as "Viaticum" (meaning "provision for a journey") when performed during someone's last rites.

The Roman Catholic tradition of giving the Viaticum to the dying person is said to ensure that instead of dying alone, the person dies with Christ. When performing the last communion ritual, the bread and wine is given in the usual way, with the final words:

"May the Lord Jesus Christ protect you,  
and lead you now to eternal life."

The following prayer is offered by the priest after the person has confessed all their sins:

"God, the Father of Mercies,  
through the death and resurrection of his Son  
has reconciled the world to himself,  
and sent the Holy Spirit among us  
for the forgiveness of all sins;"

"Through the ministry of the Church,  
may God give you pardon and peace."

"I absolve you from all your sins  
in the name of the Father,  
(Make the sign of the cross "+"),  
and of the Son,  
(Make the sign of the cross "+"),  
and of the Holy Spirit,  
(Make the sign of the cross "+") Amen."

Each religious tradition has its own specific beliefs and customs associated with helping someone to crossover. It is therefore important for the Christian to become familiar with the individual's specific spiritual needs before initiating any rite of passage. If the terminally ill person is unconscious when the Christian brother or sister reaches their room, they may choose to perform the following rite of passage.



1. **Cleansing and Purifying The Room:** After performing the Pulling Down the Heavens (see Chapter 1, pages 23 through 26) imagine connecting with the Throne of God, and perform the Three Divine Prayer Invocations as follows:
  - **The First Divine Prayer Invocation:** “Lord God, please fill me with your Holy Spirit and divine healing power. Increase my power, faith, and wisdom, and use them as your divine tools for this important time of transition.”
  - **The Second Divine Prayer Invocation:** “Please fill this room with your holy presence, and allow your divine glory to shine through me into this room in order to sanctify (say the person’s name) for this important time of passage.”
  - **The Third Divine Prayer Invocation:** “I lift (say the person’s name) before your holy presence that they be placed before your throne of mercy. I ask that you heal any and all wounds, and free them from any chains of despair, agony, shame, and remorse. Please purify and cleanse their heart, mind, and spirit. Embrace them and accept their spirit into your loving arms. I ask this in Jesus’ holy name — Amen.”
2. **Cleanse and Purify The Person’s Body:** Next, go to the person and purge their three bodies by gently sweeping your outstretched hands over them from their head to their feet. Imagine and visualize removing all dark energy and any pathogens that may still be attached to their body.
3. **Connecting Their Eternal Soul to God:** Now reach your right hand towards the heavens and visualize pulling a cord of divine light flowing from the Throne of God, and connect this radiant light through the top of the person’s head to the center core of their body.

Visualize this radiant cord of light connecting to the center of their chest, and imagine it energetically holding and supporting the person’s eternal soul.

Imagine that the person’s eternal soul is spiritually fusing with this cord of divine light flowing down from heaven, fusing together and uniting into one powerful harmonious radiant light.

Next, visualize this divine cord of light extending from the person’s eternal soul, through the top of their head into the various realms of heaven. Extend this cord of light deep into the specific soul cluster from where it originated. (The term “soul cluster” is used to describe the original place that each soul is based in the heavens according to their specific level of spiritual evolution.)

4. **Granting The Eternal Soul Permission to Leave:** After reconnecting the energy of the person’s eternal soul with their original soul cluster, softly whisper into their right ear the following three statements:
  - “You are loved”
  - “You will be missed”
  - “We will be fine without you”
5. **Leading and Guiding The Eternal Soul:** Next, raise the spiritual energy inside the room by taking time to lift your spirit (heart and mind); this is done through offering heart felt praise and worship to glorify God.
 

Right after that, focus on leading the person’s eternal soul out their physical body through the radiant cord of divine light. Visualize drawing the soul up through

the top of the person’s head, and feel it travel through the various heavenly realms and back into their original soul cluster.

Once the person’s eternal soul has left their physical body, you may end the crossover ritual. During this time of passage, as the eternal soul permanently leaves the body, there will be a powerful energetic shift felt inside the room. Sometimes there is an immediate glow or flash of light, followed by a calm, pleasant feeling of inner peace and radiant love.

#### **OBSERVING THE ETERNAL SOUL DEPART**

If you are personally assisting your own father or mother in their final stage of passing, there is a special technique that you may perform to observe the spiritual process of their crossing over. This same technique can also be used when attempting to observe a departed earthbound soul (i.e., a ghost), after it has vacated its physical body:

- **Father (Male):** When personally assisting your father in the final act of crossing over, visualize a bright white radiant drop of energy forming deep inside the center of your brain.

Next picture this bright radiant drop falling into the center of your heart. As the white drop descends, exhale and softly whisper the “Hreem” sound, while focusing on the center of your heart radiating loving kindness and compassion. As you do this, imagine illuminating the entire room with the most powerful spiritual light of God.

Now intensify your mental focus and visualize seeing through your third eye (the center of your forehead), so that you start to observe your father’s spirit and begin to communicate with him.

- **Mother (Female):** When personally assisting your mother in the final act of crossing over, visualize a bright red radiant drop of energy, forming deep inside the center of your lower abdomen.

Next picture this bright radiant drop rising into the center of your heart. As the red drop ascends, exhale and softly whisper the “Shreem” sound, while focusing on the center of your heart radiating glory, honor, and praise. As you do this, imagine illuminating the entire room with the most powerful spiritual light of God.

Now intensify your mental focus and visualize seeing through your third eye (the center of your forehead), so that you start to observe your mother’s spirit and begin to communicate with her.

#### **RELEASING ATTACHMENTS TO THE DEPARTED SOUL**

I was taught that each time I begin to miss someone who has left this physical realm, I should imagine them floating in a hot air balloon above me, and see them smiling, waving at me, and being happy. As I imagine this, I am to thank them for the role that they played in my life (like an actor), and thank them for all the various lessons that they taught me and the wisdom that they helped me develop, and wish them well in their next life.

Any time I feel a loss for a particular loved one, I am to think of it as a heavy sandbag hitting me on the head. At that point, I am to imagine simply removing the sandbag and continue to release and uplift the memory of that person by offering them love.

It is important to give the departed person as many good wishes and blessings as you can, in order to send them off with a grand farewell. The radiant energy of these projected blessings will help to raise the departed soul's spiritual energy.

In contrast, when you mourn and grieve over a departed soul, the projected energy tends to hold their spirit earthbound. The reason why this happens is because the energetic cords that are still attached to the people we've developed a relationship with throughout our lives, often act like powerful energetic shackles during the time of the person's death. This is especially true when you obsess over and refuse to release the emotional and mental attachments you have towards the departed loved one.

Therefore when an individual's body dies and their eternal soul passes from the physical realm into the spirit realm, we should strive to assist them in their departure from this lower dimension into the upper spiritual realms by celebrating their life. This is accomplished by focusing on whatever we can remember that was good about them, and then feeling the love and gratitude we have for this individual, and not sorrow or remorse.

The energetic connection that we have with the people that we've come to know is not limited to the physical dimension. This special energetic connection continues to exist throughout all time and space. This is why, even after thousands of years after the life of Jesus of Nazareth, we can still feel his radiant presence and experience his wonderful grace. Therefore whenever a Christian participates in a funeral or wake, it is important that they open their heart and radiate loving thoughts and feelings of honor and respect from the divine light of their eternal soul towards the departed individual.

At this time, offer the departed soul the best feelings of gratitude and thankful intentions that you can muster. The reason why this is so important, is because at this specific point in time, the newly departed soul is gathering the radiant energy of these projected prayers and blessings as a type of spiritual food, which will be used in their next incarnated life as a part of their eternal soul's spiritual foundation.

The sad thing is, because many people misunderstand the important spiritual process of death and rebirth, oftentimes a person will leave this earthly realm without enough radiant blessings or good thoughts and intentions which should have been given them in order to positively influence their next incarnation. This is why King Solomon once stated in Ecclesiastes 6:3: *A man might have a hundred children and live to be very old. But if he finds no satisfaction in life, and doesn't even get a decent burial, it would have been better for him to be born dead.*

Because in death all that we do is pass from one type of energetic existence into another, usually what happens in many societies is that the friends and family of the newly deceased individual will often unknowingly starve the departed soul. This occurs by not offering gratitude, appreciation, and love to the departed loved one.

What often happens instead, is that people tend to use another person's death as a way of expressing and releasing the pent-up emotions of their own personal needs, wants, and intentions. All of which displays a true lack of humanity, and an internal fear of living a life of accountability. In other words, if we don't know how to truly honor, respect, and treat the newly departed spirit of the dead, how can we actually

find a way to truly demonstrate living a life on earth as an awakened child of God.

When someone's eternal soul leaves the physical realm, it has a chance to come back in a better way, and to do a better job in its next incarnation. Therefore we have no right to energetically rob them of their natural inheritance as radiant sparks of God's eternal light. However, it is said that this lack of showing loving concern sometimes happens as a form of unconscious vengeance, and is often noted when certain parents die, and their children refuse to honor their life or their passing. In this manner the children unconsciously starve the people who originally bore them into this world when they depart by not giving them the proper praise, honor, and respect that is due to them.

In ancient times it was believed that this lack of spiritual nourishment created a continual vendetta from the dead to the living, and from the living to the dead. This is one of the reasons why the practice of ancestor worship has existed in certain cultures for thousands of years. Originally ancestor worship was a way of bringing life force energy to the departed in order to complete the cycle of life; and to provide a way of receiving blessings for the children of these departed ones.

People then and now honor their departed relatives by visiting their gravesites and placing flowers on their graves, and/or presenting offerings of fruit and incense, and other types of sweet things. The idea here is to continuously pour a sweet richness into the life force of the human spirit who has departed. In ancient times, this practice was said to not only help ease the transition of life to death, but it also supported the recycling process of bringing someone back to earth in order to further spiritually evolve as a human soul.

Because numerous cultures no longer support this ancient practice, many individuals have lost the spiritual understanding of this important death and rebirth cycle. However, as Christians we can perpetuate this type of spiritual offering and nourishment of a departed soul by physically lighting candles, burning incense, and offering them prayers of praise, respect, and honor. In this way, we can fulfill our responsibility to those who have given us life, and have departed from the physical realm.

It is important for us to honor our spiritual and religious foundations, families, and cultural backgrounds, as all of these influences have allowed us to evolve and spiritually grow into what we are today. This is manifested through our emotional maturity, and allows us to properly express ourselves as children of God. This is demonstrated through our great appreciation, great gratitude, and the unconditional love we express towards the departed. This type of respect and honoring allows us to progress as spiritually awakened individuals. The only way to retain this type of spiritual sweetness, is to consciously apply layers of gratitude and appreciation into our life. The radiant life force energy created from maintaining this grateful spirit will then become energetically stored within our internal being, and later be eventually used for our spiritual growth.

Each death offers the departed person's soul a chance to gain freedom from the old habitual patterns that prevented them from fully perceiving the spiritual realities that surrounded them, and were inside of them. Each rebirth allows them a chance to develop stronger virtues and cultivate a more radiant spiritual integrity, which helps to move them towards their next stage of spiritual evolution.

## CHAPTER 39. THE QUESTION OF REINCARNATION IN THE CHURCH

The word “Reincarnation” is derived from Latin and means “entering the flesh again.” Although Christianity officially rejects the doctrine of reincarnation, many Christians privately recognize it as an important part of their personal spiritual beliefs. According to data released by the 2009 survey of *Pew Forum on Religion and Public Life*, not only did a quarter of Americans believe in reincarnation, but at least 24 percent of American Christians expressed a belief in reincarnation.

During the time of Jesus many Jewish people were said to have accepted this ancient belief and particular teaching as an important part of their personal spiritual life. In fact, although reincarnation is commonly represented in the West as being an exclusively Hindu or Buddhist belief, it also was a doctrine held in Hasidic Judaism, and was often known as “gilgul” or “ha’atakah” by Jewish mystics. The concept of reincarnation and the teachings surrounding the cycle and transmigration of souls eventually appeared in Christian theology. So how did this happen?

It was during the period from 250 A.D. to 553 A.D. that a great controversy arose within the Christian church concerning one of their greatest theologians Origen Adamantius. Although today Origen is regarded as a Church Father, he was never made a saint by the Roman Catholic Church.

Origen Adamantius of Alexandria was one of the greatest biblical scholars of the early Christian church, having written commentaries on most of the books of the Bible; he also was a firm believer in reincarnation (Figure 1.234).

According to church history, Origen was originally ordained as a priest in Palestine, and was devoted to scriptural authority. Although he is not the originator of the idea of a biblical canon, Origen certainly provided the philosophical and literary-interpretative knowledge that became the foundation for such work. He was an extremely intelligent theologian, educated in both classical and philosophical studies, and a prolific writer, who wrote over 6,000 works concerning the Christian religion. In fact, his ideas were inspired by Philo of Alexandria, a Jewish philosopher who lived around the time of Christ and gave detailed explanations of the Torah in an allegorical fashion.

The object of Origen’s commentaries was to give a critical explanation or interpretation of a text based on revealing hidden spiritual truths that existed within that text. Origen rigidly adhered to sacred scripture, making no statement without citing some scriptural basis. To him the holy scriptures were divinely inspired. This was proved both by the fulfillment of prophecy, and by the immediate spiritual impression the holy scriptures made on those who read them.

Because Origen had written, “The Soul has neither beginning nor end. They come into this world strengthened by the victories or weakened by the defeats of their previous lives;” and had also presented scripture in order to support this belief, these teachings were never specifically rejected by the church. Instead it was other doctrinal teachings that caused some of his writings to be eventually declared as heresy.

The truth is, in the beginning the doctrine of reincarnation was never explicitly disputed by the Catholic church, although some Christian theologians have claimed that it was rejected either by the First Council of Nicaea or the Second

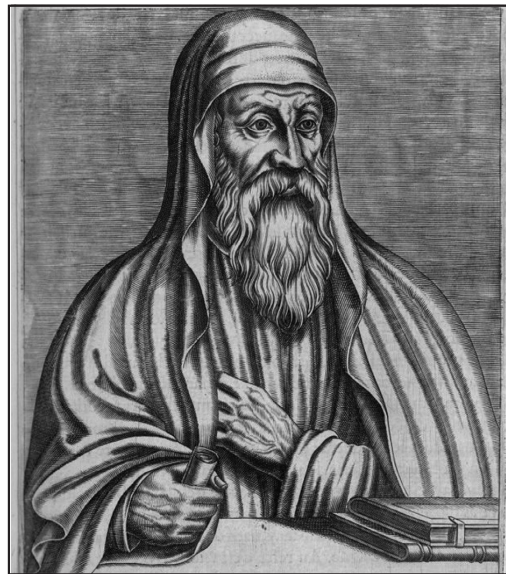


Figure 1.234. One of the greatest theologians and biblical scholars of the early Christian church was Origen Adamantius of Alexandria – who was a firm believer in reincarnation.

Council of Constantinople, according to Richard Smoley in his book *Forbidden Faith*, this is not true.

Centuries after the initial formation of the Roman Catholic Church, the doctrine of reincarnation had become so widespread among Christians that the Roman Emperor Justinian the 1st (482 – 565 A.D.) took specific action that led to its official banishment in the mid-6th century A.D.

The official church decree used to remove the doctrine of reincarnation was accomplished by a Roman Emperor. At that time, the church was more of a state run institution as well as an avenue of spirituality. Therefore it is speculated that the belief in reincarnation probably was not in the best interest of a Roman Emperor who demanded total obedience from his subjects. For if indeed the people were allowed to believe in reincarnation, then “Eternal Punishment” really would not be the final judgment for a soul who disregarded the divine orders of the Christian Emperor. Therefore it was because of the efforts of Emperor Justinian the 1st and many others like him, that reincarnation never became part of official Christian theology, other than to be rejected as being a false teaching.

According to Richard Smoley, in his book *Inner Christianity: A Guide to the Esoteric Tradition*, the Christian church’s eventual reluctance to accepting the doctrine of reincarnation seems to be inspired by three main motivations:

1. The religious authorities believed the “fear of hell” to be an effective form of social control.
2. A person could become fascinated or obsessed by glimpses of their past life, or even take a sinful pride in them. Additionally, an individual might be tempted to put off performing certain spiritual works until their next incarnation.
3. Reincarnation is not regarded as a desirable outcome for the afterlife; offering salvation as a means to obtaining a personal progression to a higher spiritual plane was much easier.



## EXTENSIVE RESEARCH INTO REINCARNATION

Two prominent pioneers who spent many years of their life researching reincarnation include Professor Ian Stevenson and Dr. Michael Newton.

Professor Ian Stevenson was a doctor of psychiatry who worked for the University of Virginia School of Medicine for 50 years. He became internationally recognized for his research into reincarnation by discovering evidence suggesting that memories and physical injuries can be transferred from one lifetime to another. Doctor Stevenson traveled extensively over a period of 40 years, investigating 3,000 cases of children around the world who recalled having past lives. His meticulous research presented strong evidence that such children had unusual abilities, illnesses, phobias, or obsessions which could not be explained by their environment or heredity.

What struck Professor Stevenson as fascinating, were the common patterns that emerged from these accounts; the fact that children started recounting these stories between the ages of two and five, yet seemed to have forgotten them by the age of eight or nine; as well as the frequent references of having died a violent death, and the apparently clear recollections of the mode of death.

Between 1960 and 2003, Professor Stevenson wrote 16 books and published numerous articles on his research. Until recently, all these human oddities have been a mystery to conventional psychiatrists - as the parents could not be blamed for their children's strange behavior in any of these cases. However extensive research into reincarnation is now shedding new light on the subject. In the past, most doctors blamed such peculiarities on a lack or a surplus of certain hormones, however they are now beginning to rethink this old archaic medical belief.

The second pioneer acknowledged for his extensive research into reincarnation is Dr. Michael Newton. Dr. Newton was a clinical hypnotherapist, who spent 35 years documenting over 7,000 case studies of life-between-life. These case studies are mentioned in his two best-selling books *Journey of Souls* and *Destiny of Souls*. In his research, Doctor Newton used hypnotic age regression techniques in order to take his patients back to their time in the spirit world before their reincarnation.

Although he was at first skeptical of such things, after a careful cross-examination of hundreds of his patients case studies, a consistent pattern continued to emerge; and he finally realized that he had uncovered an unchanging pattern existing within each and every patient. In his book *Destiny of Souls*, Dr. Newton explained that it did not matter if the person was an atheist, deeply religious, or believed in any philosophical persuasion in between - nor did it matter what specific culture they were originally raised in - once the person was in the proper superconscious state of hypnosis, they all were consistent in their after-life reports. Through this, he discovered consistent patterns that verified that our eternal soul reincarnates several times in order to spiritually evolve.

Although he started off as an atheist, it was because of this consistent pattern that he eventually began to believe in the Divine, and the subtle energetic workings of the spirit world. This undeniable revelation inspired him to become a "Spiritual Regressionist," and dedicate the rest of his life to working as a hypnotherapist who specializes in life-after-death healing.

Doctor Newton discovered that each eternal soul, before descending to earth, is able to comprehend the right combination of challenges, lessons, and rewards that will be suitable for its own spiritual growth and maturation during its next tour. Then during its reincarnation, each soul will only enter into those special areas in life that it has initially prepared itself for encountering. This is why one group of souls will evolve at a certain level of spiritual awakening, while another group of souls will evolve at an entirely different level. Although both groups of souls will naturally seek out the divine wisdom needed to spiritually grow in these lower realms, because their initial vibrational patterns are different, each group will continue to exist on different levels of spiritual evolution during their personal walks as men and women of divine light.

With this in mind, we can now understand that since each person is endowed with free will according to God's divine design, each individual must also shoulder the responsibility for that free will. In other words, with each reincarnation a soul must take full responsibility for all of their past actions from previous lives, as it states in Galatians 6:7, "whatsoever a man soweth - so shall he reap."

The following is a brief description of several reincarnation discoveries, uncovered by Dr. Michael Newton's extensive research into the eternal soul's past-life and pre-birth orientation patterns, before it enters into this earthly realm.

### UNDERSTANDING PAST-LIVES AND REINCARNATION

The spiritual awakening of one's reincarnation occurs when a person realizes that they exist as something other than their present ego-based personality. This usually happens in three stages:

- First, they begin to feel that they have lived on earth before.
- Second, they begin to see images, often when meditating or in the form of dreams, that are associated with their past life.
- Third, they consciously relive certain experiences of their past life.

Often a person's exploration into their past lives can be fueled by curiosity, pride, vanity, or even used for emotional escape. However, it also can be used for gathering deeper insights and important knowledge of the process of personal spiritual transformation. For example, when studied for the purpose of spiritual evolution, an individual's past lives can be explored to discover why it is that they keep returning back to the physical realm, and are not yet allowed to remain and work within the celestial realm with the ascended masters. In other words, there should be a focus placed on what lessons needed to be learned and acted upon in this current life of theirs, so they can finally be with God for eternity after they die.

This understanding allows an individual to be more spiritually accountable for all of their actions. It also allows them to consciously face their karma, and to learn the important lessons associated with reaping what they have previously sown. It additionally allows them to take into account all the virtuous attributes that they have developed, and also to take a hard look at the specific traits that they have not developed.

Because we are a living summary of all of our past life experiences, it is important to remember and recognize the information that was conveyed to our soul during its last "Rest and Spiritual Instruction" period (Figure 1.235). This important time period occurs in-between the person's last death and his or her next rebirth.

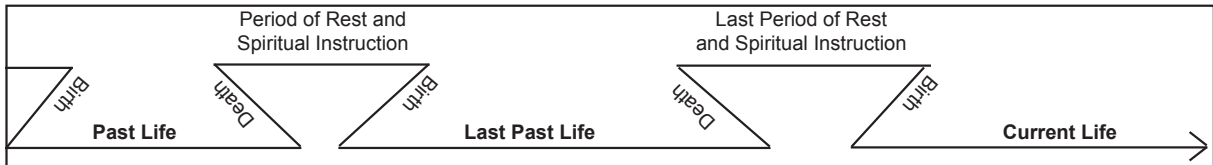


Figure 1.235. The recollection of one's past-life memories can further promote self-exploration and inner-knowledge; which can additionally be used to assist an individual in developing a higher spiritual evolution.

If this rebirth happens too quickly, the reincarnated soul will tend to carry over some of the physical, emotional, and mental patterns of their last incarnation. For example, certain moles or birthmarks may often appear on the present body in correspondence to the person's past life death (usually located in places corresponding to fatal wounds).

Additionally, in rare occasions people who are consciously traveling in their spirit body ("astral projecting") can remember their previous life. With this recalled memory, certain individuals may suddenly retain and embody some of the previous skills and talents that they had spent a lifetime mastering in their previous life. For example, one of my teachers has a colleague who, during one of his out-of-body projections remembered in his previous life that he was an accomplished Spanish flamenco guitarist. Upon returning back to his physical body he picked up his roommate's guitar and immediately started playing flamenco guitar like an accomplished master. This startled everyone, because up to that point in time my teacher's colleague had never played guitar, nor was he musically talented.

Memory structures our identity, and is the foundation of our consciousness. Which is why our past and current selves, as well as our emotions and experiences, are all linked together because of memory. In fact, it has long been known that different areas of the body and brain have different functions when it comes to storing memory. For example, the kidneys and hippocampus are associated with short-term memory; while the heart and prefrontal cortex are associated with long-term memory. Because the spirit body envelops all of the physical body's tissue cells simultaneously, once an individual stimulates its subtle energetic function, it collectively affects the body's entire structure.

### THE REINCARNATION PROCESS

Each time the eternal soul enters the physical realm via birth, it allows the individual a chance to interact with various people, places, and things, and acquire more experience, awareness, and spiritual lucidity. The culmination of all of these experiences is collectively applied to the individual's own personal spiritual evolution. For example, let us say that during his or her previous incarnation, the individual obtained 1,000 "Levels of Conscious Soul-Awareness" (LCSA). However, in this present incarnation, they now have the potential to increase that awareness to 1,005 LCSA. Each reincarnation allows the eternal soul's level of conscious soul-awareness to "awaken," grow, and increase, until the soul reaches a higher level of spiritual awareness and maturity.

From a Christian mystic's perspective, the purpose of reincarnation is not only for personal spiritual growth and maturation, but also for the healing and transformation of others. In fact, in most spiritual traditions assisting and contributing to the improvement of other people, places, and things is understood to be a natural expression of an individual's spiritual maturity.

The physical realm is considered to be a perfect place to experience spiritual transformation. It enables the person to re-experience, process, and release such powerfully charged emotions as anger, rage, grief, sorrow, etc., through the energetic medium of their three bodies; which can then be transformed and/or dispersed at a rate conducive to each person's ability to handle new challenges. This individual rate of transformation and change allows each person's healing to occur according to their own free will. It also allows a person the time to make conscious decisions and spiritually refine their actions and intentions because of these experiences.

Within the physical realm each person is allowed to grow spiritually at an exponential rate. This is primarily important because each person has the potential to be able to interact with other individuals existing at various levels of spiritual evolution (i.e. meeting and interacting with individuals ranging from serial killers to living saints). However, when this incarnation period is over and the eternal soul has vacated its physical body, the resonant level of each individual's spiritual evolution automatically separates them and prevents this unique opportunity from happening. In other words, after the physical body has been discarded, the energetic resonance of a serial killer will have a lower form of vibration, which will naturally separate them from individuals who have maintained a higher energetic form of spiritual resonance. In the same manner, the energetic resonance of a living saint will have a higher form of vibration that will naturally separate them from individuals who have maintained a normal energetic form of spiritual resonance.

The cause and effect of all actions and reactions experienced in each person's life extends into their next incarnation. Because every action sends ripples echoing outward into the individual's future, once a person has completed an action they will receive the effect (i.e., the "karma") of that action, even if it occurs many years later. These patterns of actions and reactions are the consequence of the relationships that we have created throughout all of our past lives.

### PLANNING THE REINCARNATION PROGRAM

The reincarnation program addresses the reasons why an eternal soul is born as a man or woman, why it is raised in a specific country, culture, and race, and why it must encounter certain types of influences and challenges during this lifetime. I was taught that each eternal soul plans their reincarnation program with a small group of other souls, along with several personal soul guides who act as helpers. These older spiritual brothers and sisters have agreed to oversee the earthly life of the eternal soul, and provide it with inspiration and advice during times of great challenge, which are bound to happen throughout its entire incarnation. Remember, the primary goal of reincarnation is the personal growth and spiritual evolution of the eternal soul.

The eternal soul, along with its soul guides, are overseen by an Elder. The Elder customizes the reincarnating soul's program in order to assist it in growing to its next level of spiritual maturity. Each reincarnation is a huge investment of spiritual life force and is designed to cost the reincarnating soul some level of personal sacrifice. Nevertheless the entire program must neither be too easy nor too difficult.

During each eternal soul's Intermission Period (the time existing between its last death and its next rebirth) special courses are given to it in the celestial realm, so that the individual may successfully complete the tasks that they will face in their new lifetime. For example, learning to be more compassionate. This is why one of the opportunities that may present itself to the eternal soul during its new life on earth, is to consciously return to some of these celestial classes in order to help it remember this important previous training. This often occurs at night during an individual's dreams, or during special times of conscious out of the body spirit travel.

The spiritual learning acquired during these special courses are some of the best out-of-body experiences available to a reincarnated soul. When attending these celestial schools, a person may ask their soul guides questions about their current lifetime, and the reasons why certain things happened. This allows the person to fill in the gaps and brings a deeper understanding and value to this current incarnation.

I will now share the following two stories that provide examples for the reader to better comprehend the reincarnation program. The first story is about someone planning their reincarnation program; and the second is about someone remembering their relationship with God before they reincarnated into the physical realm.

In 2005, one of the participants in my five day "Introduction to Daoist Mysticism" seminar named Doug was also one of my Medical Qigong graduates, who was additionally an acupuncturist. He had traveled from Texas to take the seminar, with the goal of furthering his education in Chinese Energetic Medicine. Doug had been an extremely successful corporate lawyer, but became tired of that kind of life and wanted to pursue something he believed to be more spiritual in nature.

He eventually decided to become an acupuncturist, and was currently making a living as a doctor of Traditional Chinese Medicine. After several years of running a successful clinic, Doug decided to expand his knowledge of Chinese Energetic Medicine and began to attend my Master of Medical Qigong Therapy courses.

During that time, he also decided to attend my five day Introduction to Daoist Mysticism course. When Doug arrived home after the seminar, his wife asked him how it went? He looked at his wife, slowly shook his head and answered, "I don't know about this guy honey. He keeps talking about how important it is to be connected with the radiant light of God; and that all of our protection against malevolent ghosts and evil spirits is specifically associated with our relationship with God. But I'm not even sure that I believe in God."

Doug's five year old son, who had been listening to his father's conversation, suddenly interrupted him and started screaming, "How can you say such a thing! We were just there! You, me, and mom — we were just there — with God!! How can you say that you don't believe in God!! We all agreed that you would come down first, then Mom; and then I would be

born as your son. We were just there dad — how could you forget! I can't believe that you forgot! We were just there, all of us — together with God!"

At this point, my student's son began mournfully crying, and loudly sobbing in deep despair. Although both of his parents were in shock, they quickly went to their grieving son's side in order to try and console him.

Right after that incident, Doug called me, and you could tell by his voice that he was quite upset. His son had never acted in such a manner. Because it was completely out of character, and such a dramatic reaction, Doug was emotionally upset and mentally confused.

As we spoke, Doug explained that he did not believe in reincarnation, and yet he could not discount his five year old son's powerful reaction. I explained to Doug that his son had just left the celestial realm five years ago, whereas he and his wife had left some forty to fifty years ago. Yet according to his son, who had been residing in the celestial realm with God up to just a few years ago, all of them "were just there."

I then explained to Doug that last week, after receiving a Medical Qigong Treatment, one of my female patients Susan and I were discussing the value of remembering why you reincarnated back to the physical realm, and the importance of valuing your spiritual walk. While sharing this information with her, I additionally mentioned how little children can naturally communicate with each other telepathically, from spirit body to spirit body. This was primarily due to the fact that the suture creases located within the anterior fontanelle bones of their brains are still physically open. This open space within the skull allows the young children to retain much of their spirit body's intuitive perceptions, especially between the ages of one to two. Because of this, the memory associated with their past life and the time in-between their next reincarnation, is often retained until five years of age.

My patient Susan smiled and explained that had I mentioned this perspective on infant communication several months ago, she would have thought that I was crazy. However a few weeks ago her best friend had called her emotionally upset, and told her the following story, which at that time had completely shocked and confused her friend's entire family.

It seemed that Susan's best friend had two small children, a three year old and a nine month old. After the new baby was born, she and her husband had placed a baby monitor inside the crib as a precaution, just in case anything ever went wrong.

While both parents were lying in their bedroom one afternoon, her best friend heard the three year old talking to the nine month old baby. Not understanding what the three year old was doing in the baby's room, her husband quickly turned up the volume on the baby monitor in order to hear what was being said.

After he turned up the volume, both the husband and wife heard the three year old say to the nine month old, "Can you tell me again about God, I'm beginning to forget." This completely shocked both parents, who were neither religious nor believed in God. Not knowing how to process this experience, my patient's best friend immediately called her for emotional support.

After repeating my patient Susan's story, I then spoke to my student Doug and said, "Just because you do not believe in such things does not make them untrue, and simply ignoring these experiences does not make them go away. By refusing



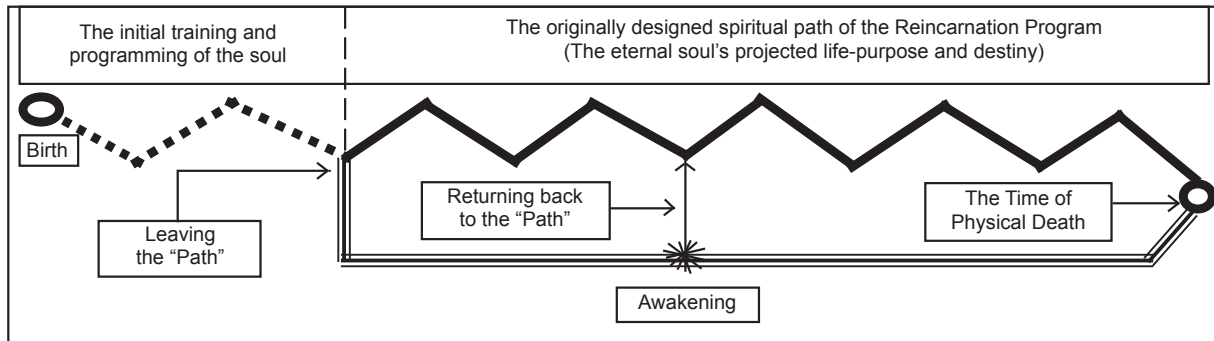


Figure 1.236. The sudden understanding and desire to return back to the original spiritual program is known as an “Awakening.”

to see, you do not become a better person, it only makes you consciously ignorant and willingly blind.”

I then informed my student Doug that I could sympathize with him; as it has taken me years to come to terms with the various supernatural experiences that I have had in my own life, and have finally learned to accept them. However, all that happens after having such experiences is that you gain and continue to build a stronger belief in the presence of God, and learn how to trust and be grateful for the help and support that the spirit realm provides to us.

#### CHOOSING YOUR PARENTS

When planning the reincarnation program, all souls will choose their own parents. Therefore all their personal family experiences are simply part of the training needed for their spiritual evolution. Because of this, the first formative years of childhood are considered to be the groundwork of every eternal soul’s reincarnation program.

A young child is at the mercy and personal dictates of their dominant parents and siblings. While growing up, each child must temporarily submit themselves to the various experiences and influences of their parents’ culture, social status, and environment – including genetic, psychological, and spiritual influences that are passed down from both parents. These influences also include various pressures to conform to commonplace social attitudes, such as how one is to lead their life, whom they should interact with, and on who or what they should or should not believe in, including certain spiritual and religious beliefs.

All of this information is used in order to either assist or to challenge the reincarnated soul in its quest for spiritual evolution. Which is why it is important to understand how an individual is currently applying the lessons that they had previously learned in their childhood.

All of these experiences were originally presented as an agreed upon investment by the overseeing Elders and guides for the eternal soul’s personal spiritual growth and maturation. Thus many of the traumatic incidents that occurred when we were young children were intentionally created so that the memories of them could be used to empower us later on in life. To better understand this, there are certain questions that a person should ask themselves about this important childhood training, such as:

- Which of the traumas that I experienced helped me to evolve spiritually?
- How have I used these experiences for helping others to evolve spiritually?

#### UNDERSTANDING DOMINATING PATTERNS

Sometimes during a reincarnation, a person will become trapped by the old programmed patterns that were introduced to them by their society, culture, family, organizations, churches, etc. These programmed patterns, commonly known as the “Cultural Trance,” can cause a person’s spirit (heart and mind) to habitually act and react like a mindless robot, especially if the specific traumas and surrounding environment in which they were raised was quite severe.

During an incarnation, sometimes an unhealthy type of obsession can develop which prevents a person from evolving and spiritually maturing during their life. Usually when this type of thing occurs, the individual will begin to project their unhealed wounding and obsessive feelings onto any close or convenient person, place, or thing.

These obsessive feelings can become so powerful that they can sometimes cause a person to stray away from their spiritual path, and eventually abandon their eternal soul’s chosen life purpose. Once this type of “back-sliding” happens, the individual generally progresses through life living from one distraction to another, in an attempt to keep their spiritually wounded heart and mind away from their eternal soul’s original journey. Despite this attempt at trying to avoid returning back to their original reincarnation program, the overseeing soul guides responsible for assisting the incarnated soul will make every effort to help the lost and hurting individual return back to their previously agreed upon quest.

Whenever a person’s acquired ego (or “soul-extension”) becomes emotionally stuck and mentally trapped in this type of stagnant repetitive pattern, sometimes disruptive incidents, such as a sudden tragedy, accidents, disease, or the death of a loved one may be intentionally introduced into their life. This “wake-up” call is a way of reminding them of the frailty of their temporary existence as a living being, and to shock them into awakening spiritually (See Chapter 26, The Law of Seven, on pages 164-165). The reawakened eternal soul is then encouraged to “redeem the time,” and return to the original reincarnation program designed for this particular lifetime (Figure 1.236).

Different traumas and diseases are sometimes used to redirect a person’s misguided attentions, and to help realign their spiritual focus. Once this much needed type of spiritual awakening happens, the eternal soul’s understanding and desire to return back to its original program is reinstated, and again set into motion.

If a “lost” person does not experience a spiritual awakening and return to their original reincarnation program, then

at the time of their death, the person will often experience a feeling of failure and a dissatisfaction about their life. At this time they will intuitively know that they have wasted away many years of this life, and have been unproductive in their last incarnation here on earth.

However, if the individual does accomplish their goals of obtaining spiritual growth, they will also experience the increased radiance and deeper compassion associated with spiritual maturation. Then, at the time of their physical death, the increased spiritual evolution of their eternal soul will often manifest as feelings of great euphoria, profound joy, and internal peace.

It is essential to undergo cycles of life, death, and rebirth in order to keep ourselves from mentally and emotionally crystallizing around certain negative belief structures; or even from becoming disillusioned by the self-imposed limitations of our acquired personality's ego. This is why Jesus of Nazareth's teachings about being born again are so important, along with being willing to see, change, and transform one's own detrimental thoughts and habits.

### HIDING IN THE PAST

Instead of doing the work, sometimes an individual will hold on to certain projections of their past-incarnations in order to fantasize about what they use to be. In this type of situation the individual avoids seeing the spiritual poverty of their present life by retreating into the illusions of their past. Other people pursuing a spiritual life can also indulge in similar types of spiritual distraction by addictively utilizing astrology, palmistry, or numerology in an attempt to try and determine their current life's spiritual path and future direction.

It is not that these types of approach are wrong, as these esoteric methods are simply different metaphysical tools used to uncover various spiritual understandings. Instead what can become an issue is when a person twists the information they receive into various distorted fantasies, so that they wind up only energetically feeding and glamorizing the things of their past or the projections of their future, instead of living their life in the present moment. This is especially true when this type of thing is done to justify a person's refusal to take responsibility for their actions, or when their feelings of entitlement prevent them from investing the much needed time and effort required to maintain their spiritual light as a child of God.

### SOUL DIVISION

Each time we reincarnate, we never bring 100% of our soul consciousness with us into human form. If we were to do such a thing, this elevated energetic state would literally blow out the various circuits of the human brain. If we did not divide our soul's spiritual energy, we would also experience a higher level of memory retention within the human body. Therefore a "soul division" is used to prevent the soul's radiant energy from totally subjugating the human body, energy, and mind.

It is not the volume of energy that gives potency to the soul, instead it is the quality of vibrational power representing a soul's experience and wisdom. For example, a highly advanced soul will often bring no more than 25% of its total capacity to earth. This resonating luminous energy is extremely refined and vigorous, and is of great use even in smaller quantities. The average, less confident soul however, will often choose to bring from 50 to 75% of its soul's capacity to earth.

Every soul has a specific energy field pattern that reflects the immortal blueprint of its character, regardless of the num-

ber of its divided parts. When this spiritual energy is combined with the acquired personality of the physical brain, a higher density field is produced, which reacts to the outside world in an infinite number of ways. This is why our physical well-being, senses, and emotions are all tied to our spiritual mind.

After the soul reincarnates, all of its encounters with physical and emotional trauma drain its energetic reserves. Thus in life, a person can lose priceless shards of positive energy to people whom they either surrender it to voluntarily, or who have it drained out of them through a person's negativity (see *Hidden Teachings Vol. 2*, Chapter 6, pages 61-62).

### SOUL AMNESIA

Every reincarnating soul undergoes a state of "amnesia" during each rebirth. This loss of previous life memory allows the soul to enter into the testing area without having the answers for the tasks they were sent here to accomplish. This type of amnesia also helps relieve the soul of the old baggage obtained from its past life failures, allowing it to approach each new challenge with more confidence. On a conscious level, because each soul identity undergoes this type of built-in state of amnesia, it aids in the energetic emerging of the visiting soul with the newly formed human brain and its associated three bodies.

After birth, this energetic fusion with the soul allows for the development of a three connected mind-consciousness. The first outer layer is represented by the conscious mind, which is the source of critical analytical reasoning. The second layer represents the subconscious mind, which is the internal storage area of all our memories, and every event that happened to us in this life and all former lives. The third and innermost core layer of our being represents the superconscious mind, which is the highest center of our true self, and where we exist as a radiant expression of the divine. The superconscious mind houses the true identity of our internal soul. This is augmented by the subconscious mind, which contains the memories of the many previous identities that were at one time an important part of our former incarnations on earth.

### CRITICAL FACTORS IN THE REINCARNATION PROGRAM

Most spiritual traditions agree that we are here for spiritual growth and maturation, as well as to assist and significantly influence others. However, now and then critical factors can occur that will affect an eternal soul's reincarnation program. For example, if a future mentor who was supposed to help set into motion an important spiritual transformational experience in a person's life suddenly dies (for example due to a suicide or accidental death), then certain life-lessons will be unexpectedly altered and decisive opportunities can become lost. Which is why during such critical times, special allowances or supernatural intervention can occur to assist the individual in successfully passing through these critical times of spiritual transition. All of this is set into motion in order to support the eternal soul's original reincarnation program.

If a person does not understand their reincarnation program (i.e., the reasons why their eternal soul was born as a man or woman, why it was raised in a specific country, culture, and race, and why it must encounter certain types of influences and challenges during this lifetime), or even know that they have such a program, the following two techniques can be used to help them identify and hopefully awaken them to this important information:

The Color Classification of an Eternal Soul's Spiritual Development Level - Due to the Reincarnation Process											
	Level #1: Beginning Level Soul		Level #2: Lower Intermediate Level Soul		Level #3: Intermediate Level Soul		Level #4: Upper Intermediate (Junior) Level Soul		Level #5: Advanced (Senior) Level Soul		Level #6: Highly Advanced (Master) Soul
	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
<b>The Eternal Soul's Primary Inner-Core Color Transformation</b>	Bright White Color	Off-White and Gray ----- Grayish Color with shades of Pink	White with Reddish Pink Color	Light Orange-Yellow with shades of White	Bright Yellow Color	Deep Golden Yellow ----- Gold with shades of Green	Green ----- Brownish Green	Light Blue ----- Light Blue with shades of Golden Yellow; Green or Brown	Deep Radiant Blue Color	Deep Blue with shades of Purple	Radiant Violate-Purple Color

Figure 1.237. The eternal soul is encouraged to spiritually evolve and development during each reincarnation.

### 1: THE POSITIVE VS NEGATIVE TRAITS TECHNIQUE

Begin this first exercise by writing on a piece of paper a list of your strong and weak personal traits. Avoid creating a list of statements based on false and unrealistic beliefs. An example of false and unrealistic beliefs would be a page full of positive strengths — along with a small list of only two negative traits, or vice versa. Instead perform this exercise as follows:

- First write a list of all of your positive attributes by numbering your strong mental, emotional, and spiritual traits on a piece of paper.
- Next make a list of all of your negative mental, emotional, and spiritual traits, also numbering them on a second piece of paper.
- After a week, sit and again write down a list of both your positive and negative personal traits, each on a separate piece of paper labeled "Revised List #2."
- Each week, take out two pieces of paper and revise the list of positive and negative personal traits. After the fifth week, compare the final list with that of the original list.
- Next, make a master list containing both the strong and weak personal traits from all of the previous lists.

Your reincarnation program is designed so that an individual is forced to rely on their strong personal traits in order to assist them in overcoming their weak personal traits. This is one way to identify certain specific goals of your reincarnation program.

### 2: THE LAST YEAR OF LIFE TECHNIQUE

In this second technique used to identify your Reincarnation Program, imagine for a moment that you only have one year left of your life to live. Then begin to write onto a piece of paper the answers to the following questions about the life you have currently lived so far:

- What would I change?
- What relationships would I keep?
- What relationships would I let go of?
- Who would I ask for forgiveness?
- Who would I have to forgive?

After answering these questions, stop for a moment and contemplate all of your answers. Begin to reflect on how, as a child of God, all of these important experiences can be used in order to help yourself and others spiritually evolve.

### THE SOUL'S RADIANT COLORS

In the 2nd century A.D., the newly forming Christian theology was greatly inspired and influenced by the metaphysical writings of the ancient Greek philosopher Plotinus,

whose Neoplatonic cosmology involved souls having a hierarchy of various degrees and levels of being. The highest being was a transcendent "One," or Divine Monad, out of which the soul itself was born. Once created, the soul would come to earth to occupy a human body. Eventually these lower souls would evolve and then return back to the transcendent One in order to complete a reunion with the Divine Monad (see Chapter 37, Pages 247-248).

For centuries Plotinus three principles of: the One (a divine light that transcends and extends beyond the existence of all things), the Intellect (the intelligence of the mind associated with what is true and real), and the Soul, influenced many Pagan, Islamic, Jewish, Gnostic, and Christian metaphysical teachings and beliefs. For example, the Eastern Orthodox position on energy is often compared with the position of the Roman Catholic Church, which in part is attributed to varying interpretations of both Aristotle and Plotinus either through Saint Thomas Aquinas for the Roman Catholics, or through Saint Gregory of Nyssa for the Orthodox Christians.

In his research on reincarnation and the existence of life-between-life, Doctor Newton was able to successfully categorize the various color classifications associated with each soul's personal spiritual development. He also categorized the various color classification patterns associated with each person's soul guide, who was current overseeing the individual's present incarnation. It is interesting to note that the color range beyond Level 5 is only associated with ascended masters who do not incarnate, therefore little is known about what happens to a soul after it reaches a Level 6 (Figure 1.237).

The basic core colors of white, yellow, and blue generated by souls are the major markers of their growth and development. Each soul's vibrational wave pattern is manifested in the energetic field of its personal aura. The density, color, and type of light that a soul radiates is proportional to the energetic power of its spiritual knowledge and intuitive perception. These individual patterns of energy not only display who we are, but they also indicate the degree of power and innate ability each soul has to regenerate itself and heal others.

As a soul continues to develop, its spiritual transition is often slow in the earthly realm. Its genealogy of past life successes, future expectations, and Soul Group associations, all form the energetic profile used for its initial growth. This combined energy sometimes manifests externally as a blending of colors.

The pure white color tone, which is a mark of innocence, is reflected in all beginner souls. Yet this radiant color can be seen throughout the spectrum of all souls, and represents the



energetic color base contained in all souls. In fact, the receptive illuminating vibration of this white light energy enables the soul to easily blend its vibration with all other souls, and makes clear communication easy.

White is often associated with the “halo effect” that surrounds the spirit body of highly evolved souls. This is why when first returning to the spirit world after leaving the earth, when the soul of a guide, friend, or family member comes towards you from a distance, you see them as a radiant white light.

Besides the primary core colors indicating the stage of overall development, certain souls also carry secondary colors. These have sometimes been called “halo colors” because they usually appear to the observer as being outside the center core of the soul’s energetic mass. These halo colors contain shades of other colors, and represent the soul’s different attitudes, beliefs, and spiritual aspirations.

The following list represents a description of the secondary halo colors and their associated meanings.

- **Black:** This halo color surrounding the soul reveals that its energy has either been tainted, damaged, or defiled with negative energy. In the celestial realm, this color is often seen in the soul restoration centers.
- **White:** This halo color surrounding the soul represents purity, and clarity.
- **Silver:** This halo color surrounding the soul represents trust and flexibility.
- **Red:** This halo color surrounding the soul represents passion and sensitivity.
- **Orange:** This halo color surrounding the soul represents enthusiasm and openness.
- **Yellow:** This halo color surrounding the soul represents protection, strength, and courage.
- **Green:** This halo color surrounding the soul represents healing, nurturing, and compassion.
- **Brown:** This halo color surrounding the soul represents tolerance and diligence.
- **Blue:** This halo color surrounding the soul represents knowledge, revelation, and forgiveness.
- **Purple:** This halo color surrounding the soul represents wisdom, truth, and divinity.

In the physical realm, the frequency of the soul’s spiritual energy is altered by the much denser energy of the human body, which changes the color of the soul’s energetic pattern. For example, when healers identify color auras around the human body, these different colors are largely reflections of current physical manifestations (i.e., energetic excesses and deficiencies located within the body’s anatomical structure), and also reflect the thoughts from the human brain and their manifested emotions. Thus both physical and mental health conditions are primarily reflected in the human aura.

#### RETURNING HOME TO THE SPIRIT REALM

When each soul returns back to the spirit world, its “reception committee” has previously been planned in advance for them. For example, if a soul has been traumatized by unfinished business while living on the earth, usually the first entity that it sees right after its death is its Soul Guide, sometimes followed by a number of previous soul-mates, close friends, and/or family members who wait for them close to the celestial “gateway” (i.e., the portal that separates

those living in the earthly realm from those existing within the spirit realm). This type of “celestial homecoming” is used to help provide recognition, assurance, and loving support to the returning soul.

Many times we feel the presence of these spirits just before the moment of our death. This frequently occurs because most of our initial re-adjustment period, when we return back into the spirit world, often depends on the recognition of these compassionate entities and their loving support.

These welcoming entities may not be part of our own particular Soul Group in the spirit world. This is because all the people who are close to us in our previous incarnations are not necessarily on the same level of spiritual development. Simply because they have chosen to meet us right after our death, does not mean they will be part of our spiritual learning group when we arrive back home inside our original Soul Group.

Each time we return from earth, the number of people contained within this reception committee will change. Often after each incarnation, the amount of people who meet us is drastically reduced, eventually the number is decreased to almost nothing by the time the soul evolves into an advanced soul – and begins working as a Soul Guide.

#### SOUL GUIDES

The concept of having a personalized spiritual helper goes far back in antiquity, to the earliest known origins of human existence. Anthropological studies at many prehistoric sights confirm this believe through the discovery of many magical charms and esoteric symbols used to evoke individual spiritual protection.

Some 5,000 years later, as city-states began to form, different gods and deities became officially identified with state religions. Because many of these celestial beings were remote and even feared, personal and family deities began to assume a greater importance in the day-to-day life of the common people. It was believed that these personal guardians could be quickly called upon for divine help during an emergency, and thus this ancient tradition has been handed down into our modern cultures.

Regardless of our diverse religious preferences and various degrees of faith, still many people today feel that there is a supreme God, yet this divine creator is too busy to contact and bother about their individual problems. Because many people expressed an unworthiness to have direct contact with God Almighty, most of the major religions of the world have used their associated prophets, who have once lived on earth, as their ambassadors and intermediaries with God. A few of these prophets have even been elevated to divine status themselves. This type of change from human to god-like “deification” or “divinization” is known in the Christian church as “Apotheosis.”

According to research conducted by Dr. Michael Newton, every human being has at least one personal Soul Guide and one senior Master Guide linked to their existence as an eternal soul. Both of these overseeing counselors have been assigned to the soul since it was first created, and are part of the same divine essence generated from the one great oversoul (God). After several incarnations, many of these souls will often inherit a more advanced secondary guide later on in their evolutionary process.

In the Christian church, many believe that the soul's personal guide is a "guardian angel" sent to watch over their life on earth (see pages 281-282, as well as *Hidden Teachings Vol. 2*, Chapter 15, page 129-130). These important celestial escorts are believed to be responsible for directing a person in the way in which they should go. They also take the time to show, explain, and highlight various points of interest in our existence, and are essential in the fulfillment of our destiny. It is through the wise counsel and teaching of these guides that we become more acutely aware of the continuity of life, our identity as a soul, and the universal understanding that we all share the same divine light.

As you will soon discover, what most people consider to be guardian angels are actually your older celestial brothers and sisters who are currently acting as your personal guide. In fact, the maturity of an overseeing soul guide has a bearing on whether this spiritual teacher will have only one student under their direction or many. For example, the soul guides who possess a senior level of ability and above, usually work with entire groups of souls in the spirit world, as well as on the earth, and are often assisted by other helpers.

We don't choose our soul guides, instead they choose us; and no two soul guides are the same. Oftentimes a younger guide whose past lives have included overcoming a particularly difficult negative trait, will be assigned a soul or group of souls with the same behavioral patterns. The empathetic guide is then graded on how well they do in their assignments to affect a positive change in the younger souls.

Our personal soul guide is with us before birth and helps us cope with the separateness and isolation that every soul inherits at the time of their physical birth. These internal feelings of separation are felt by everyone, regardless of the degree of love extended to the soul by its human family. In fact, it is said that when the time of death is compared to the moment of birth, the physical shock of being born is often much greater. This is why now and then in our lives, especially in times of great stress in peril, many people feel a "God-hunger," and long to be back home in the spirit realm. During these times, the presence of someone or something watching over them is often felt - this presence happens to be their soul guide.

Because our soul reflects a small portion of the main oversoul we call "God," our guide simply provides the mirror by which we are able to see ourselves still connected to this divine creator.

All lines of mental communication used to reach a divine God-head are monitored by our soul guide. Thus making contact with our guide is often considered to be the first step on the "ladder of heaven" used for bringing our soul in direct contact with its own higher power. In fact, the entire metaphor describing a ladder of heaven entering into the spirit realm, serves as a way of introducing the soul to the unbroken channel of divine energy flowing towards the true divine source of all creation, as each rung is considered to be an important part of the whole.

When praying, it is essential for each person to have faith that their prayer for help will be answered by their own higher power. Which is why having an intimate connection with your soul guide is extremely important to your spiritual walk and temporal life on earth. If we relax and remain in an open state of focused concentration, we may hear the inner

voice of our soul guide speaking to us. This still quiet voice is what many charismatic Christians refer to as "hearing the voice of the Holy Spirit of God."

National surveys conducted by psychologists indicate one person in ten admits to hearing voices which are frequently positive and instructional in nature. It is often the relief for many people to learn that their inner voices are not the hallucinations associated with the mentally ill. Instead these inner counselors seem to assist these individuals with creative inspirations and divine guidance; and often help a person trapped in a critical situation to miraculously find a much-needed counselor, friend, or even a sympathetic stranger at just the right moment in time.

People who listen to their inner voice through quiet contemplation, feel a personal connection with the divine energy that exists within and beyond themselves. Which is why when seeking guidance, I always suggest that a person request help in discovering the next step in their life. Once they do this, unexpected changes and new possibilities often quickly manifest. At this point, it is important for the person to have the faith to open themselves up to different approaches and new ways of thinking, which will help them to find new beginnings.

### **SOUL GROUPS**

After returning back to the spirit realm, and going through the re-orientation process with the Council of Elders, the soul will return back to its original Soul Group, which in the celestial realm is its true home. In fact most souls consider themselves finally arriving home once they rejoin the familiar classmates waiting for them in their soul group setting.

The souls in this group are intensely loyal and mutually support each other as a spiritual community. They have shared many lifetimes together, and are dedicated to helping each other spiritually evolve.

Unlike human beings, all of these souls are united and bonded together in unconditional love and dedication, yet they still observe the sanctity of each others personal walks as children of divine light. Every member of the same cluster group is closely united with each of the other members for all eternity.

Many religions teach their church members that each person has a soul, and "in heaven" all of the souls are mixed together into one great congregation. However this is not true.

Each person has a designated place in the spirit world, which exists as an organized support group for the soul; and each group placement is determined by the specific evolutionary level of the soul. In other words, the souls represented in these soul groups have the same level of divine awareness and spiritual objectives.

The small inner circle unit of each soul group can often vary, sometimes ranging from four to twelve souls. Many times during an incarnation, several of these soul will have direct or frequent contact with each other on earth. Because they continually strive to work out their spiritual evolution with each other, they often choose lives together as relatives (brothers or sisters) and as close friends. Although each parent of a child exists as the primary identification figure in their life, it is frequently the relationships that we have developed with our own spouses, brothers, sisters, and selected close friends over a lifetime which influences our personal soul growth the most.

### THE COUNCIL OF ELDERS AND REORIENTATION

Now some Christians may ask, "What about Hebrews 9:27, where it says a man is appointed to die once, and after that to face judgment?" To which I always answer, "Each soul is held accountable for its actions in front of a special panel of advanced souls, who act as its personal council of elders."

The council chamber where the elders meet the returning soul appears to most people as a large round room with a domed ceiling. After the death of the physical body, the returning soul enters into this chamber from a long hallway, or from a large open alcove.

Once the returning soul enters into the council chamber, they will position themselves in front of a large curved table, where there usually will be from three to twelve elders waiting for them. The number of elders (ascended masters) sitting at the table will depend on how mature and evolved the returning soul is, and their level of spiritual transformation.

There are times in my current incarnation, where I can remember being taken before a council of elders in order to resolve certain important transformational issues that were happening in my life. In my memories of this experience, the room where I was standing was extremely bright and radiant, like standing in a sacred space containing both white light surrounded within a bright radiant mist. Everyone was wearing long white robes. Positioned towards my back, on the left side of my body, was my main soul guide, who is currently responsible for overseeing the events of my life while I am now living here on the earth.

The Council of Elders are a group of wise advisers, who are actually our older spiritual brothers and sisters, who now exist in the spirit realm. Because they have also experienced and overcome the same types of trials and temptations that we encounter on earth, they represent a more spiritually evolved source of knowledge and divine wisdom, and therefore are commissioned with the responsibility of advising and guiding us in our personal spiritual walks.

The council is not a tribunal of judges, nor a courtroom where souls appear to be tried and sentenced for any wrongdoings. Instead the members of the council review our mistakes, and advise what we can do to correct negative behavior in this or in our next incarnation.

During this important "review time," when we stand before this special court each council member is able to radiate their spiritual light into our eternal soul, and immediately relive the entire life experiences of our soul-extensions (our acquired earth based ego identities). At this time, all of the thoughts, feeling, and actions that we experienced while we were living our life on the earth is viewed by each member of the council of elders (Figure 1.238); anything positive that the eternal soul has gained is retained by it for all eternity.

In each of our lives we have been given freewill and the freedom of choice; and our current life represents a sum total of all of our past life experiences, both pleasant and unpleasant.

The life that we are now living is a byproduct of all of our previous choices. Therefore we must understand that it was divine will that placed us in this current environment in order to help our eternal soul learn, grow, and mature as a child of God. None of us are here by accident, and neither are the unique events which affect us in our daily lives occurring unintentionally or by chance.

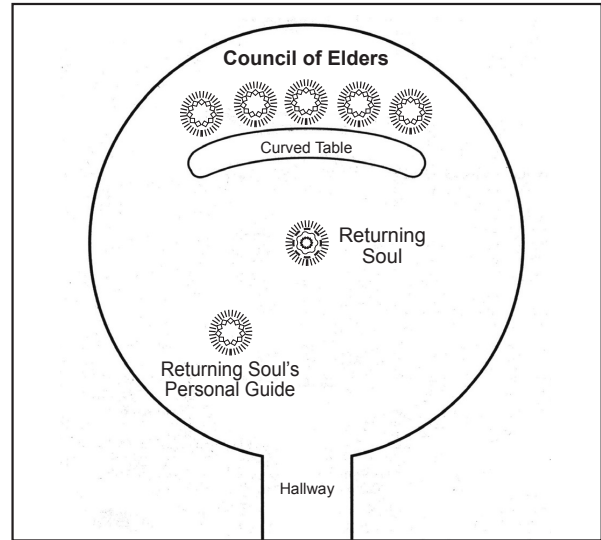


Figure 1.238. Each soul must appear before a Council of Elders after each reincarnation - in order to evaluate their past life.

According to Dr. Michael Newton's extensive research, after the life review is over, the council of elders will then discuss their thoughts concerning what type of body the eternal soul should be housed in, and the specific lessons that the soul should try and learn during their next incarnation. As the time of their next rebirth approaches, the soul will go to a special area where a number of possible physical bodies for them to live in are reviewed. The advantages and disadvantages of each body is discussed, with the final decision based on which physical form will best help the reincarnating soul to reach its intended goal.

Each reincarnating soul will voluntarily select a less than perfect physical body and sometimes an extremely difficult life in order to address and settle their past karmic debts. This conscious "reaping and sowing" allows the soul to work on aspects of certain lessons that they have had trouble with in the past.

If the soul agrees with the new assignment and accepts the patterns of their new body (i.e., its physical, mental, and emotional advantages and disadvantages), they are then sent to a special preparation class designed to remind them of certain "wake-up" events that will be given to them in their next life. These special signposts and clues are used to help prevent them from becoming overwhelmed in their new life on earth.

Finally, when the time comes for the reincarnating soul to return back to earth, it will say its temporary goodbyes to its friends and then be escorted to a special space of embarkation for its descent back to the physical realm.

Next, the soul will join the life force energy of its chosen parents, as it enters into the mother's womb. Some researchers believe that sometime after the third month of pregnancy the soul will permanently inhabit its new physical body. This is so the reincarnating soul will have a sufficiently evolved brain to fuse with and work through its life lessons.

While in the fetal state, the eternal soul is still able to think and reason as a divine spirit, as it grows accustomed to the circuitry of the embryo's newly forming brain. This adjustment period also helps the soul to develop and give birth to its soul-extension (acquired ego), which will continue



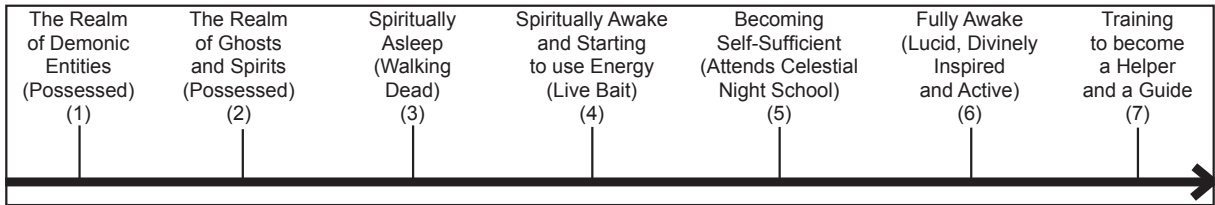


Figure 1.239. The First 7 of 14 Stages used to categorize the various levels of the human soul's spiritual transformation process.

to evolve after it has been physically born. This energetic and spiritual fusion produces a unique combination of personality traits, which manifest as the special behavior qualities that internally form the young child's distinctive character.

Immediately after being born an amnesiac memory block sets in, and all memories that the eternal soul might have had of their past lifetimes are often forgotten; if not, these past events are often released by the time the child reaches five years of age.

### THE SPIRITUAL EVOLUTION OF THE SOUL

Many years ago I extensively trained in esoteric spiritual practices with a powerful Brazilian mystic, whom I considered to be a wonderful man of God, and an important teacher of God's sacred wisdom. It was during that special time of apprenticeship that my Brazilian teacher explained that the purpose of our lives is always about the service of others, and that this important duty was the primary reason why an eternal soul reincarnates back into the physical realm.

My teacher also explained that according to his master, the human realm is divided into fourteen stages of spiritual evolution, all of which are focused on the gradual development and maturation of an individual's eternal soul. The following is a brief description of these fascinating stages of a soul's development (Figure 1.239 and Figure 1.240):

**1. The Demonic Realm:** This represents the realm of the underworld and its demonic entities (fallen angels and elementals). Although an individual can never attain demonic status, their physical body can still be possessed and their eternal soul dominated, overshadowed, and controlled by a demonic spirit (a state known as "demonic possession").

At this lowest level in the development of the human soul, an individual is being negatively influenced by the demonic realm; and is either being oppressed or possessed by a malevolent demonic entity that is constantly chipping away at his body, mind, and spirit.

**2. The Realm of Evil Spirits:** This represents the realm of disembodied souls and ghosts (both animal and human). Although these types of spirits are not as powerful as demonic entities, if they become malevolent, they can still perform powerful evil acts.

In this second stage of development, a disembodied soul possesses an individual's physical body (this condition is known as "spirit possession" or "ghost possession"). This state can often attract the dark turbid energies of the demonic realm towards the victim's possessed body.

An individual who is constantly being influenced by the realm of evil spirits is considered to be stuck at the lower levels of development of the human soul.

**3. Spiritually Asleep:** At this stage of the soul's development, a person is not possessed by a demon, evil spirit, or ghost, instead they act like an emotionally disassociated

robot. Because they are disconnected from their internal feelings, the individual repeats programmed patterns that have been imprinted into them by social conditioning, and are energetically and spiritually blinded by the Cultural Trance. In other words, the individual lives in a half-conscious state of awareness, characterized by the absence of a true personal response to external stimuli. This conditioning is primarily due to an integrated programmed patterned behavior dominating and overshadowing their mind. These imprinted thought, speech, and action patterns originate from the conditioning of the person's cultural, religious, and/or social groups.

At this stage of development, the spiritual awareness of the eternal soul is still asleep, and the individual is said to exist as one of the "walking dead."

The main focus of most people existing at this lower level is placed on their own physical survival, as well as on their own personal wants and desires. The individuals existing at this level of soul development are generally considered to be "young souls;" and they tend to completely immerse themselves in the lower depths of their own carnal lusts, thoughts, and passions.

**4. Spiritually Awake:** At this stage in the development of their soul, a person begins to experience a spiritual awakening. However, because of a lack of experience and training, their energy is still unstable. A serious problem that can develop here is that because of their newly manifesting spiritual gifts, these individuals may attract various forms of powerful spirit entities.

Although they now manifest certain forms of psychic powers and clairvoyant abilities, they are still unable to control or regulate these spiritual powers. Because of this energetic instability, these individuals often tend to be more vulnerable to being used by malevolent spirits, and their body's life force is often targeted as energetic food for these creatures. Therefore they are often prime targets for being energetically vampired.

A western mystic once informed me that because of the high potential of these gifted yet untrained individuals to become energetic food to many types of rogue spirits, these individuals are often known in certain magic traditions as "live bait."

**5. Becoming Self-Sufficient:** At this stage of the soul's development, a person attains the first level of complete spiritual awakening, and is able to consciously use their clairvoyant skills, as well as project their eternal soul out of their physical body and into various spiritual dimensions anytime that they want.

Because the person's eternal soul is now able to astral project and is consciously aware of all of its various interactions within the spirit realm, they are also able to inten-

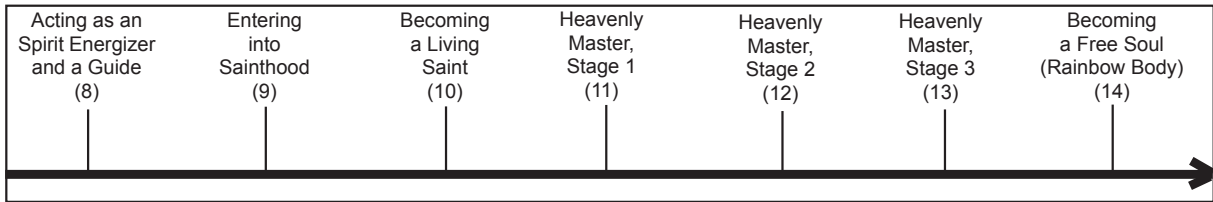


Figure 1.240. The Last 7 of 14 Stages used to categorize the various levels of the human soul's spiritual transformation process.

tionally attend the celestial schools. During these special trainings, the individual is able to personally learn, grow, and evolve spiritually, and able to apply these life transforming lessons while still living in the physical realm.

6. **Fully Awake:** At this stage of the soul's development, the person is completely lucid (conscious and aware) in their comprehension and interactions with the multidimensional levels of matter, energy, and spirit. Being motivated by divine understanding, the person is inspired to share and transmit this esoteric information with others, and thereby begins to positively affect the lives of other people.

At this point in their development, the person's spiritual comprehension and ability to "know without knowing," allows them to consistently enter into an elevated state of divine consciousness, and they are able to fully absorb and retain the experiences and information gained from these elevated spiritual interactions.

7. **Training to be a Soul Guide (Helper):** At this stage of the soul's development, the person accepts and makes a commitment to the important task of working with a soul guide. Each night their spirit body enters into the spirit realm, where they will act as a celestial helper by assisting their older spiritual brothers and sisters (i.e., the soul guides) in their work of healing other people.

During this stage, when the person closes their eyes to sleep, instead of it becoming dark everything gets brighter. Next their personal soul guide appears and they travel together to different places on the earth in order to assist people in their process of healing. As in all stages of spiritual development, the more the person gives of themselves, the stronger and more energetically lucid they will become.

The commitment required from a person to spiritually work at this stage is taken very seriously by the older soul guides. Once an individual starts to work with this type of advanced training, they are not allowed to stop, and will continue to perform these nightly healing sessions with their soul guide until their "tour of duty" is over in this life, and their eternal soul returns back to the celestial realm. My Brazilian teacher explained to me that even if you are tired some nights, your soul guide will not allow you to quit. This is because they soberly and with great devotion take on the role and the responsibility of overseeing and encouraging you to arrive at the next level of spiritual evolution.

Because my Brazilian teacher is at a Stage 7 level and is currently training to be a soul guide, each night when he goes to sleep his overseeing soul guide quickly comes to meet him, and has been doing so for the past thirty years.

Next, the soul guide escorts my teacher in the form of his spirit body to various places in the world, in order to help others who are currently hurting and are desperately in need of healing.

One night, my teacher's soul guide brought him into the room of a young mother who was sitting in a chair next to her small child. The young lady was praying to God to send one of his mighty angels to deliver her small child from a serious fever, which could soon prove to be fatal to the small boy if it continued to last any longer.

Because both my teacher and his soul guide were standing beside the young mother in their spirit body forms, she could not detect their presence. The young mother kept pleading to God for divine intervention, and begging for him to send one of his mighty angels to save her little boy's life. My teacher turned to his soul guide and said, "I see no angel!?" and his soul guide quickly responded, "Nor do I."

The soul guide directed my teacher to approach the small bed and stand next to the young child's body. My teacher was then instructed to begin emitting energy into the boy's body in order to drop his dangerously high fever and heal his current diseased condition. Within a few minutes the small boy's fever broke, and his dangerous condition suddenly became reversed. Then quickly regaining consciousness, the young child opened his eyes.

As they were leaving the room, my teacher heard the young woman praising God for sending his mighty angel, and for performing such a wonderful miracle in healing her only son. Confused by this, my teacher turned to his soul guide and asked why God had not sent one of his angels to perform a special healing for this child? And how was it that they instead had to come here in order to intercede for the young child on his mother's behalf?

The soul guide looked at my teacher, smiled, and explained, "There are indeed many powerful angels of God. However, they are usually assigned specific tasks in maintaining the delicate balance of energy that exists between all life, not only on this planet, but also in the entire universe. Therefore in the realm of man, it is people like you and me, and our older spiritual brothers and sisters, who are responsible for performing healing services such as this, as well as for creating other supernatural events that are often called 'miracles.' You must understand, we are all supposed to work together in the service of mankind."

The soul guide then explained that it was our duty as human beings to lovingly care for the needs of others, and that this compassionate attitude and action was but a natural part of our eternal soul's normal spiritual evolution.

Upon hearing this, I reflected back to a conversation that I once had with Steve, the assistant pastor. He told me that he was often amazed, confused, and saddened by certain people who continually seek to get special credit for just doing the right thing. For him, that was similar to someone visiting a friend in their home, and then saying

to their friend as they were leaving, "Thank you, I had a wonderful time visiting with you. And by the way, I did not steal anything or set fire to anything inside your home."

The assistant pastor looked at me, slowly shook his head and said, "You or I would never say such a thing. Why? Because it is expected that when visiting a friend you would never steal their possessions, or consciously destroy anything within their home. Likewise, how can you expect anyone to acknowledge you for simply doing the right thing while 'visiting this earthly realm?' In the same manner, when you are kind and compassionate towards someone, it is expected – as this is considered to be the normal action of anyone who claims to be on any type of spiritual path."

"This is why Jesus said to his disciples, *By this shall all men know that you are my disciples, that you have love one for another* (John 13:35). We as children of God's light are supposed to willingly allow our light to shine so that others may see in the dark – and not seek special personal attention for simply doing the right thing."

8. **Acting as a Spirit Energizer and a Guide:** At this advanced stage in the development of the soul, the person is now strong enough to carry on multi-dimensional activities; and they are able to act as a spirit energizer and a guide to several individuals simultaneously, while living on the earth. In other words, because of the spiritual power they have personally acquired, cultivated and refined during their last incarnation (working as a Level 7 Trainee), the person can now act as a Level 8 "Energizer," responsible for assisting Level 7 Trainees in their personal goal of serving humanity as children of light.

While acting as a spirit energizer and a guide, the person is able to simultaneously gather and hold together the energetic fields of many individuals, and positively affect and influence the energy and spiritual fields of all of these people at once.

9. **Entering into Sainthood:** At this stage of soul development, the person has grown so full of radiant spiritual light that they are now free of the negative influences and adverse effects of any type of psychic attack initiated by malevolent spirit entities.

This advanced stage is considered to be the first level of true sainthood, in which the person can control, manifest, and maintain powerful states of divine light here on the earthly realm.

10. **A Living Saint:** At this stage of soul development, although the person still lives in the physical realm, they can now summon all of the divine gifts and supernatural abilities of the spirit realm. In this advanced stage, the individual is able to manifest the incredible powers of heaven while they as living saints walk about the earthly realm.
11. **Heavenly Master, Stage 1:** This is a stage of conscious benign-possession of God's divine power; wherein the person now embodies and retains the celestial powers of God within their body, and can perform incredible supernatural feats within the earthly realm at will. Throughout the ancient Roman Empire, once an individual had obtained this high level of divine manifestation they were often called a "Divine Man" (see Chapter 5, pages 49-50).

From this stage forward any assistance from an upper level spirit is no longer required. This is because the in-

dividual has now embodied the holy power and divine spiritual energy of the angelic spirit's true source, God.

I was taught that whenever you encounter such an individual, you will often note that the heavenly master has no shadow (see Chapter 10, A Radiant Body, page 79). This lack of shadow is brought about because their body internally radiates a powerful spiritual light from its center core, which illuminates its earthly vessel.

12. **Heavenly Master, Stage 2:** At this next stage of soul development, the person is now responsible for overseeing different soul guides and spiritual helpers. These individuals are also responsible for organizing the reincarnation programs of several groups of people, and for overseeing the younger souls as they continue to return back and forth to earth in order to receive further spiritual instruction, growth, and refinement.

When an eternal soul begins to plan their reincarnation program, they usually do so with a group of other souls. After the eternal soul is born into earthly life, these other souls will enter their life. Some will bring much needed relief in times of severe trauma; while others will be responsible for initiating, as well as instigating, certain challenges. All of this is done intentionally to help the individual grow and progress to a higher level of spiritual development.

Each of the souls involved in this process are watched over by a Stage 2 Heavenly Master, who is responsible for governing the entire program. This older spiritual brother or sister will customize the reincarnation program so that each serious encounter will not be too overwhelming, yet will be challenging enough to cause an energetic shift to occur within the person's heart and mind. This is essential in order for the eternal soul to grow, and for it to become comfortable with its next level of spiritual evolution – which can only happen when it consciously chooses to sacrifice itself for the greater good. This is why it is written in the New Testament, 1 Corinthians 10:13, *No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

13. **Heavenly Master, Stage 3:** At this level of soul development, the eternal soul has achieved 100% of its spiritual evolution from years of training on the earth (see Chapter 10, A Resurrected Body, page 79-80). Therefore it is now able to discard all three levels of its earthly vehicle (i.e., the physical body, energy body, and spirit body).

The Stage 3 soul is responsible for overseeing the various actions of the Stage 2 Heavenly Masters (Level 12) who are presently working throughout the planet. It is interesting to note that because these Heavenly Masters are also responsible for overseeing each continent, there are usually only nine Stage 3 Heavenly Masters existing on the earth at one time.

14. **A Free Soul:** At this final stage of soul development, the person now exists as a highly evolved enlightened soul. Now energetically wrapped in a rainbow body (see Chapter 10, page 80-81), the eternal soul can permanently depart the physical realm and enter into a more highly evolved state of divine service. It is said that these elevated souls of radiant light are without bodily form; and because they can bend time and space, they are in charge of overseeing all of the various celestial realms.



## WHAT IS PURGATORY?

Our religious institutions, civil courts, and military tribunals provide us with strong codes of conduct that support society's morality and instill justice. For each human transgression or crime there is assigned a specific punishment, many of these cultural cause-and-effect traditions have been with us since ancient times.

The positive effects of having a code of behavior and the moral ethics connect to all religions down throughout history have been enormous. Yet it is often argued that "the fear of divine retribution" is actually what keeps the great masses in line.

Humans beings have always been uneasy about supernatural forces, especially those mysterious powers that they believe to be beyond their control. For example, many of the ancient gods were seen as being extremely wrathful and unforgiving, while other deities were sometimes seen as being compassionate and helpful to mankind. Yet even with the help of these benevolent spirits, mankind has always been very cautious and extremely leery when dealing with any god or divinity who is said to "rule over their soul after death."

Since fears about survival have always been a part of human life, people tend to view their death and what occurs afterwards to be the ultimate danger (i.e. heaven versus hell), and many today still avoid talking about the subject. This apprehension, for the most part, comes from fear of the unknown. Unless a person has had a near death experience or undergone some type of past-life regression therapy where they remember what death felt like in a former life, the subject of "death" remains a mystery.

Throughout our long history, the brutality of life meant that there would be judgment for all souls, both good and bad, and that punishment and even suffering would likely continue in some way after our death, especially if the person lived an ungodly life. Many ancient cultures have fostered these strong religious beliefs, often for their own purposes of obtaining control and manipulating the congregation.

In the West, purgatory has long been pictured as a lonely way-station for souls that are trapped between heaven and hell (Figure 1.241). In more recent times, purgatory is seen as a state of isolation, used for the purification of "sins" and for the transforming of imperfections before the soul can enter into heaven. Even in Eastern religions, especially among the Hindus, Mahayama Buddhist, and Quanzhen Daoist sects, there has been a long tradition of spiritual prisons existing within the lower realms of the underworld, and the existence of suffering souls that need to be liberated from the underworld judges, courts, and their tormenting demons. Which is why oftentimes seekers of truth who turn to the ancient metaphysical traditions of the East in order to find enlightenment become startled and confused when they encounter the same types of heaven, hell, and purgatory teachings that are similar to those found in Western theology.

According to Jacques Le Goff, in his book *The Birth of Purgatory*, the use of the word purgatory as a "place," first appeared sometime between 1160 and 1180 A.D. However the Roman Catholic tradition of purgatory as a "transitional condition for the soul," and the idea of praying for these departed spirits actually has a long history. In fact, this ancient tradition dates back before the time of Jesus Christ, to the worldwide practice known as "ancestral worship."

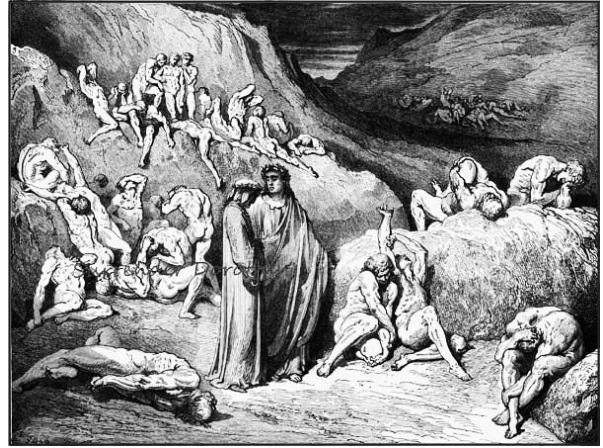


Figure 1.241. "Purgatory" is described as a holding place that exists as an intermediate state between heaven and hell.

The practice of praying for the dead is also found in Judaism, which is considered the precursor of Christianity. Historically, the Roman Catholic church's belief in after-life purification is based on the practice of "praying for fallen comrades" mentioned in 2 Maccabees 12:38-44, which according to the *Catechism of the Catholic Church*, was adopted by Christians from the beginning. This practice presupposes that the dead are assisted after their death by our prayers, before their entry into heaven.

In its proper context however, the practice of praying for deceased comrades, family members, close friends, and spiritual teachers, also appears in other traditions throughout the world. It is considered to be an important part of the grieving process after the death of a loved one.

By the year 100 A.D., Christians were honoring other Christians who had died as martyrs, and began praying to their departed souls asking for their intercession. This practice originated from a long-standing tradition in the Jewish faith of honoring prophets and other holy people who have died, by building them shrines. Because the first saints were martyrs who had given up their lives for the faith in times of persecution, they were often prayed to for their personal intercessions (see *Hidden Teachings Vol.2*, Chapter 5, pages 59-60).

Today, the Roman Catholic Church describes purgatory as a holding place that exists as an intermediate state between heaven and hell. The Vatican even teaches that a person's eternal soul is sent there after their physical death to undergo purification, "so as to achieve the holiness necessary to enter the joy of heaven." In fact, according to the *Catechism of the Catholic Church - The Celebration of the Christian Mystery*, "certain offenses can be forgiven in this age, yet certain others – only in the age to come. Because the entrance into heaven requires the remission before God of the temporal punishment due to committed sins, only those who die in the 'state of grace' but have not yet fulfilled the temporal punishment due to their sin can be in purgatory. However, no one in purgatory will remain there forever, nor will they go to hell."

In the Eastern Catholic churches, purgatory is a doctrine known as "the final purification" or "the final deification," and is believed to be a transformative process whose aim is to make the eternal soul into the likeness of or union with God.

Although denying the existence of purgatory as formulated in Roman Catholic doctrine, the Protestant Christian Anglican and Methodist traditions along with Eastern Orthodox Christianity also affirm the belief in the existence of such an intermediate state before entering into heaven. The Eastern Orthodox Churches teach that it is even possible to change the situation of all souls of the dead through the prayers of the living, and through presenting the departed with the Eucharist (offering of the bread and wine of Christ).

Most Protestant churches in general reject the doctrine of purgatory. Their view being that the Bible contains no overt, explicit discussion of purgatory as a holding space existing between heaven and hell, and therefore this man-made doctrine should be rejected as an unbiblical belief. In fact, Martin Luther, the founder of the Lutheran Church, also believed that it was of no avail to pray for the dead, although it did bring a certain peace to the grieving families.

In keeping with *Article XIV - Of Purgatory in the Articles of Religion*, the Methodist churches maintained the belief that the doctrine of purgatory was vainly invented as an act of fear and control, and was never grounded upon holy scripture. It is therefore not supported by the word of God.

According to Dr. Michael Newton, in his 35 years of working as a clinical hypnotherapist and documenting over 7,000 past-life experiences, "there is no residents of terrible suffering for souls, except for on the earth."

So how exactly did the belief in purgatory as a holding place become an official doctrine to the Roman Catholic Church?

#### THE HISTORY OF THE DOCTRINE OF PURGATORY

Over the centuries Christian theologians began to develop the church doctrine regarding purgatory as a holding place between heaven and hell. This idea led to the official definition of this belief being discussed and later voted upon after the First Council of Lyon (1245), the Second Council of Lyon (1274), the Council of Florence (1438–1445), and finally at the Council of Trent (1545–1563).

It is believed that during this time period, the promotion and acceptance of this new doctrine was greatly influenced by the literary references to "Purgatory" in *Durante degli Alighieri* (1265 – 1321) *Divine Comedy*, specifically in the descriptions that were mentioned in his story of "Purgatorio."

This book set the foundation for the new church doctrine of Purgatory to be approved of, as well as accepted. This is the same doctrine that was promoted during the early 16th century in order to sell "Indulgences" as a payment to the Catholic Church, so that a person's departed loved ones could receive an exemption from punishment (penance) for certain types of sins while they were imprisoned in purgatory. In fact, it was Pope Leo X who offered indulgences for those who gave alms to rebuild St. Peter's Basilica in Rome.

At that time, the aggressive promoting and marketing practices of German Dominican friar and preacher Johann Tetzel, who was also "the Grand Inquisitor of Heresy to Poland" (Figure 1.242), provoked the German professor of theology Martin Luther to write his Ninety-Five Theses, condemning what he saw as "the purchase and sale of salvation." In fact the scandalous conduct of these "official pardoners" upset so many Christian priests at that time, that it set into motion the Protestant Reformation, which split the Christian Church into two main divisions – the Catholics and the Protestants.



Figure 1.242. The German Dominican friar Johann Tetzel, the "Grand Inquisitor of Heresy" to Poland, aggressively promoted the marketing and selling of "Indulgences."

#### THE ACTUAL JUDGMENT OF THE SOUL

Most people want to know exactly what happens to the soul after it leaves the physical body? To many Christian mystics, there is an innate understanding that each reincarnation requires the soul to experience both courage and humility, which is also required for it to spiritually flourish while it lives its life on earth. As the soul grows in spiritual awareness, the quality of its existence and the deeper understanding as to why certain things occur in its life slowly increases.

At the time of death, each soul goes directly through one gateway into the spirit world. It does not matter if it is a young soul or a highly advanced older soul, they will all enter through the same gateway.

In the early stages, as the soul rises out of its host body it encounters luminous wispy clouds flowing around itself. As the soul's perception begins to clear, it becomes aware of a vast infinite space that exists before it. If the soul is older and has experienced many former lives, it immediately knows that it has been set free from the physical realm and it is about to go "home."

At this time, there is a distinct pulling sensation that can be felt as it leaves the earth, which gently guides the returning soul home. As the eternal soul moves further away from the earth, it experiences an increasingly bright light, and will often sense itself entering into and passing through a radiant tunnel or bright energetic portal.

In his book *Destiny of Souls*, Dr. Michael Newton explained that in his many years of clinical research, he has never had a single patient, religious or otherwise, meet a major religious figure such as Jesus or the Buddha during this transitional time. However, it is his personal belief that the loving essence and divine light contained within these great teachers from earth, also exist within the personal soul guides who are assigned to assist each soul in their spiritual evolution.



When a soul crosses over and is met by their personal guide, the returning soul will first be enveloped in a radiant bubble of healing energy. This positive energy flows to every part of the soul's being, and gently rebuilds any deteriorated state. This healing will take place before the soul moves any further into the spirit world.

Regardless of the specific energy treatment received by the soul at the gateway to the spirit world, almost all returning souls will continue to some sort of healing station before finally returning to their primary soul groups. In these quiet, healing areas, any damaged energy will be replenished and restored inside a special healing orb.

In this enclosed space, the suspended soul will experience bright warm beams of liquid energy that swirl around it like a radiant mist, which gently envelop and penetrate its very essence with healing light. After being exposed to the energy of the earth, this purifying energy is absorbed into the soul like a radiant transforming fire, and it is continuously bathed and cleansed of all of its hurts. The washing away of the negative energy allows the soul to release all of its attachments to its previous life.

Once its soul energy has been restored in this shower of divine light, it leaves the healing place in order to talk with its overseeing guide. This is often done in a secluded area. Because these recovery areas are created out of our own memories in order to promote healing, after each life on earth has ended, the reorientation environment changes. For example, a soul may either find itself standing in a beautiful garden, at a breath taking ocean scenery, in a dense forest area, a high mountainous area, or even inside a radiant crystal cave.

The painful emotional memories that were experienced during our past life on earth do not die as easily as our physical bodies. Therefore the counseling input that we receive at this time from our personal guide helps the healing process, and also prepares us for major orientation that is soon to come.

After a time of reflective overview with our guide, our soul must then appear before a Council of Elders and go through different stages of self-evaluation. This is the "judgment" spoken of in the New Testament Bible (Hebrews 9:27). Although they are not the ultimate source of divine authority, the Council of Elders exemplifies justice and mercy, and represents the place of accountability for souls still incarnating on earth. These wise counselors have great compassion for human weakness, and demonstrate infinite patience with all of our shortcomings.

In life, large segments of human society are unable to shake off the nagging feeling, built from thousands of years of cultural conditioning, that both judgment and punishment exist in some form in the afterlife. However instead of a torturous courtroom trial, overseen by stern and cruel judges, these wise elders are more like loving but firm parents, managing directors, encouraging teachers, and behavioral counselors all rolled into one.

All of the selfish and stupid things that we did in life hit us hard when we stand before the Council of Elders, during this orientation time. And we now see in greater clarity how all of our actions influenced the hearts and minds of so many people. At this important time of soul evaluation, the feedback and past life analysis that we receive in terms of judgment is based upon the original intent of our choices, as much as our

actions. All of our motivations are questioned and critiqued, but not in such a way as to make us suffer. This does not mean that simply because we are sorry our soul is exonerated for its actions, especially those that have caused harm to others.

Because the human brain does not have an innate moral sense of ethics, displaying virtue and divine consciousness is the soul's responsibility. The council members however, understand that because each soul is created in a positive matrix of love and divine wisdom, when it comes to earth and inhabits the living tissues of its three bodies, the exposure to the innate violence and extreme selfishness contained within the physical realm can sometimes be overwhelming. Humans by nature manifest the powerful negative emotions of anger and hate, which are projected violent expressions of their own fears and pains, associated with survival. Which is why in this debriefing session, the returning soul will undergo substantial counseling designed to provide it with further emotional release, and to help it readjust back into the spirit world.

At that time, various choices surrounding their next incarnation and future life will also be discussed, and centered on the soul's potential life choices, opportunities, and expectations for the future.

Although we will be given many second chances in order to redeem ourselves in future incarnations, sometimes the new lives that we are given will not be easy karmic choices. This is due to the spiritual law of "sowing and reaping" (Galatians 6:7). Without this accountability, the returning soul would learn nothing by coming to earth.

At this re-orientation meeting, the major choices that a soul has made in the life they previously lived are reviewed. The behavior and accountability for all actions are carefully evaluated, and the soul becomes acutely aware of all of its actions and the additional influence this invested energy created in the lives of other people who were there.

One of the main differences between a courtroom on earth and a spiritual gathering with the Council of Elders is the fact that every one of these overseeing grandmasters is telepathic. Therefore everyone in the council chamber knows the whole truth about every aspect of our conduct and the choices we made in the last life. Deception is impossible.

Each elder in the council meeting is specifically chosen to be there, and can personally identify with a specific part of the soul's character, its strengths, weaknesses, interests, and purpose in life. This is so that these wise counselors can properly plan the soul's future, and make sure that they completely understand the consequences of all of their previous actions on earth.

At this time in the soul's life overview, no addictive compulsions, deceptive illusions, and obsessive attachments are ever accepted as a valid excuse for a soul's previous life conduct. Instead, the council is looking to see if the inner immortal character of the soul maintained its integrity during its last incarnation – specifically in terms of values, ideals, and actions. They want to know if the soul was overcome by the passions and desires of its host body, or did it instead allow the radiant spiritual light of its eternal soul to shine through.

The council members also question the soul about its use of power. They want to know if its influence was positive or corrupted by the need to dominate others? Was it constantly led by the convictions of others (demonstrating no personal



power), or did the soul make its own original contributions to improving life? The council is not concerned about how many times we failed in our progression through life. Instead they are more concerned as to whether we had the courage to pick ourselves up, and finish what we started. The understanding being, that which a soul gains from overcoming each difficult life situation, they also retain for all eternity.

We are not evaluated after death by our religious associations, but rather by our personal conduct and moral values. In the spirit world, we are measured more by what we do for others rather than what we did for ourselves.

Spiritual perception must be an individual quest, or it has no meaning. If being involved in a traditional religious activity served your purpose in life as a servant of the divine, and provided you with great spiritual sustenance, then that is fine. At that time, you were most likely motivated in life by a belief in holy scripture, and perhaps the desire for companionship during times of praise and worship. These same attractions are also true for the many people who have joined different metaphysical groups, and who have also obtained great satisfaction from following the ideas prescribed in different texts written by spiritually enlightened people.

However in each of these approaches, if the person has found no inner peace, and does not display a true joy in knowing the divine, then it does not matter what sort of spiritual or religious affiliation they belong to.

Although the spirit of God can be experienced in all creation, this divine presence is especially found when the eternal soul is standing before the Council of Elders. During that time, there is an overwhelming feeling of an even higher spiritual force overseeing the meeting, which is there to compassionately assist the important work of the council members.

Although this higher spiritual force does influence the council meeting with its pulsating violet colored light, this radiant spiritual energy is not the ultimate power of the Creator God. Instead, it represents a purity of energy that is lovingly emitted into the council chamber on each soul's behalf, and energetically directs the outcome of each meeting.

#### **TAKING ACCOUNTABILITY FOR ALL WRONGDOING**

Like a fingerprint, each soul has a unique identity to its energetic formation, composition, and vibrational distribution. Since the soul's existence begins and is molded by pure divine thought, it is also sustained by these same thoughts as an immortal being.

As an intelligent light energy that functions in vibrational waves similar to an electromagnetic force, each soul is at its own state of spiritual awakening. Because each incarnating soul has not fully matured and "awakened" to its full potential as a radiant creation of God, like an innocent child it must be introduced to its divine potential and taught this profound wisdom through experiencing different challenges; otherwise there would be no need for it to incarnate for its personal development. Therefore all souls have come to earth in order to work on their own evolutionary shortcomings.

In its human vehicle, the soul has the ability to express its own imagination, intuition, and insight, combined with such components as the human creative consciousness. However because of severe trauma and the destructive impulses of certain emotional disorders, powerfully charged dark thoughts and emotions can imprint themselves into the person's soul.

These negative forces cause the radiant energy of the soul to deteriorate and become severely scarred. If left untreated and unhealed, the returning soul retains these deep seated scars and seeds of destruction when it leaves the physical body and returns back to the spirit realm.

Unless there are complications from that previous life, most returning souls require a re-balancing of their energy. This energetic harmonization will occur at three primary locations:

- First, near the gateway, when the soul first returns back to the spirit realm;
- Second, during its re-orientation time, when the soul stands before the Council of Elders; and
- Third, after the soul returns back to its original soul group.

However, there are certain returning souls that have become so severely damaged and/or contaminated by their own malevolent actions that they require special handling when they enter into the celestial realm. During their last incarnation, because they were responsible for causing extremely destructive actions to themselves and others, and have performed evil acts that have caused harm to many people through deliberate malice, their energy field has been altered from its original design. In such cases, upon entry into the spirit realm the soul is quickly detached from the mainstream of returning souls. It is then taken to a place of isolation, where its life force energy undergoes a more radical form of treatment than that of a "normal" returning soul.

What has happened to them on earth is significant because of the serious negative effect they have had on other reincarnating souls. Because the contamination of the soul can take on many forms, often involving different grades of severity, extremely damaged souls are taken to an area that Doctor Newton calls "the City of Shadows," for a undetermined period of time. It is here where all retained negative energy is erased from the returning soul.

As different healers attend to these broken souls, you can see a mixture of black and deep green color being used in the unwinding process during rehabilitation. This helps the returning soul address the wrongs that they perpetuated on others while they were on earth. This they must do in order to be restored back to their full potential, and to again retain the positive energy they had once had prior to their incarnation.

During this healing time, not all of the more terrible memories and bad deeds that they performed are erased. It is known that if the soul did not retain some memory of its previous evil actions, and the impact these deeds had on others, it would not be accountable for these actions. The memory of this knowledge and the harm and pain that they caused on earth is relevant to the soul for future decisions, which pertain to its next incarnation.

Once the treatment is over, the healing soul's consciousness does not fully retain all of the lucid, intimate details of harming others in its former life. If this were not true, the incredible guilt associated with living such a life would be so overpowering to the soul that it might refuse to reincarnate again in order to readdress and right these wrongs. In such cases, the soul is offered a choice to come back to earth and live in roles where they will receive the same type of pain that they previously caused to others, only multiplied. This

offer represents an opportunity for both stabilization and redemption. However, it will sometimes take more than one lifetime to endure an equal measure of the same kind of pain they caused to many people.

Now and then, there are certain souls whose acts of violence were so heinous that they are not permitted to return to earth. In such cases, instead of reshaping the returning soul's energy, a more radical approach of energy cleansing is performed on the severely damaged soul. This extreme action of energetic transformation is known as "Remodeling." This disassembling application is only reserved for those souls who have become so lost in an ocean of malevolent thoughts and actions, that their cruel acts of evil deeds make them unsalvageable in their present state.

In the Remodeling process, the soul's energy is not destroyed, instead it is radically divided, recharged, enhanced, and completely reformed. For example, the life-force energy of the soul is fractured and divided into several pieces. Next each splintered part of the soul's old energy is greatly diluted, by combining it with nine parts of fresh new soul energy. This rebuilding process is done in order to produce a new soul entity. In this way the old identity of the dysfunctional soul is energetically divided, combined, and transformed, so that it may begin again, and start from the very beginning.

It is important to mention here that when we observe people who are victims of great adversity in life, this does not necessarily mean that they were perpetrators of evil or wrongdoings in a former life. Instead, this soul might have purposely chosen to suffer through a particular aspect of physical and emotional pain. This is intentionally done in order to learn greater compassion and empathy for others by volunteering in advance to live such a life. Remember, the evolution of a soul involves a transition from imperfection to perfection, based on overcoming many different body assignments during each task-oriented life.

All souls are held accountable for their conduct in the bodies they occupy. Although karma (sowing and repeating) is associated with justice, its true essence is not punitive, but instead one is bringing balance to the sum total of our actions and deeds associated with all of our past lives. Because there must be accountability for all wrongdoing, each soul is directly involved in this resolution process with their overseeing guide, and the Council of Elders. The decisions made by these wise counselors are based on bringing about a healthy harmony and energetic balance within the soul.

All souls are repentant because they hold themselves accountable for their own life choices when they stand before the Council of Elders. Although a soul's energy cannot be destroyed, it can be reshaped and purified of earthly contamination. Because each soul maintains the primary ownership of its own energy, it must therefore take the initiative to ask its guide to be taken to the centers for healing and rejuvenation in the spirit world. These are important therapeutic areas that exist away from their original soul groups, where there is also much needed solitude and a time for personal reflection.

Before returning the soul back to its soul group, there are times, especially after living a malevolent lifestyle, when a soul is concerned about its personal evaluation when it stands before the Council of Elders, as well as the various reactions it will receive from the other members of its soul group. At this

time, certain souls agreed to retreat to self-imposed places of confinement. Because of the influence that soul memory has on human thought, this may be where the idea of "Purgatory" as a place of atonement originated. In fact, there are certain similarities between soul seclusion and purgatory as defined by the Christian church.

For example, the Christian doctrine of purgatory is defined as a state of self purification, and is reserved for those who must eliminate all traces of sin before proceeding on to heaven. In the same manner, souls in seclusion undergo self cleansing and accountability, before approaching the Council of Elders, and returning back to the other members of its soul group.

In this place of self-imposed isolation, the reflective soul seeks to gain deeper insight for its previous action on earth. However this type of soul confinement is not "banishment."

This separated space away from the soul's spiritual center is one of its own making. In these quiet areas, the souls relive their previous life actions over and over again, playing back all of the karmic implications of what they have done to others, as well as what has been done to them in their last life. Because they are both sad and mad at the same time, and have no interaction with their original soul groups, these isolated souls often suffer from self-reincrimination and restricted insight. Therefore it is important for their personal guides to frequently visit them and offer support and spiritual insight.

Because we are greatly influenced by our own immediate reality, we can act on that reality in a positive way in order to bring the soul back into harmony with its own divine state.

Remember, you are not given your physical body by chance. Instead your soul guide and Council of Elders helped select it for you. After previewing other host bodies, you specifically agreed to accept the body you now have. Thus you are not a victim of circumstance. Instead you are entrusted with your body to be an active participant in life, and not simply a by-standing observer.

We must never lose sight of the understanding that we accepted this sacred contract of life, and the specific rolls that we chose to play while living on the earth.

#### **THE JEWISH AND CHRISTIAN BOOK OF LIFE**

There are several scriptures mentioned in both the Old Testament and New Testament Bible concerning the "Book of Life." This special book is also mentioned as well in different Coptic Christian mystical teachings (Figure 1.243).

In both Christianity and Judaism, the "Book of Life" (Sefer HaChaim) is believed to be the book in which God records the names of every person who is destined for heaven, often referred to as "the world to come."

According to the Talmud, the Book of Life is opened on the Jewish New Year (Rosh Hashanah), along with its companion book that lists the names of the wicked, traditionally known as the "Book of the Dead." Many Christians are unfamiliar with the existence of both books, however in the Book of Jubilees (Chapter 30:20-22) it speaks of two heavenly books: a Book of Life for the righteous children of God, and a Book of Death for those that walk in the paths of impurity, and whose names are written down as being adversaries of the living God. In the Hebrew Bible, to be blotted out of the Book of Life signifies eternal death (Exodus 32:33).

In Psalms 69:28, it speaks of a “Book of the Living.” In this Old Testament scripture, King David writes: “Let them be blotted out of the book of the living, and not be written with the righteous.”

Later in Psalms 139:16, there is reference to our life existing before incarnation. In this Old Testament scripture, King David writes: “Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.”

In researching the original source of the Book of Life, according to Edward T. Harper’s *Babylonische Legenden*, the origin of the heavenly Book of Life in Jewish and Christian traditions came from ancient Babylonia, where legends speak of the “Tablets of Destiny.” The Tablets of Destiny are books that contain the transgressions, wrongdoings, curses, and the actions of all people. According to these ancient books, a person who lives their life in righteousness is admitted as a citizen into the heavenly kingdom. A person who is wicked and lives their life performing malevolent actions is denied entry into the heavenly kingdom, and their existence is blotted out of the Creator’s book.

Many Eastern religions maintain the belief that every thought, word, and deed performed during every incarnation is recorded in a great book of life. Often referred to in modern times as being the “Akashic Records,” this book of past, present and future knowledge is said to contain the possibilities of all events, as well as all universal memory.

It is also believed that the substance of all past, present, and future events is contained and preserved within the energetic particles vibrating within the various pages of this sacred Book of Life. This hidden information can be recovered when a person enters into a sacred spiritual state by sending thought vibration that aligns itself with the pages of this great mystical book. So what exactly is the Book of Life?

#### **A SOUL’S PERSONAL BOOK OF LIFE**

In his book *Destiny of Souls*, Dr. Michael Newton explained that according to each of his 7,000 patients, every soul has its own Book of Life, which contains everything that has happened in their previous incarnations. It is believed that the entire concept of having personal spiritual records that are contained within a Book of Life did not originate in the East, or anywhere else on the earth. Instead, it originally began within our own souls and spiritual minds, which already have knowledge of these records because of our life-between-life incarnations.

When described under hypnosis, Dr. Newton’s patients reported that each page in our own personal Book of Life has large white edges, that are two to three inches thick, yet there is no writing on these pages. Instead when viewed, each page contains moving light waves that have depth, and energetically comes alive in three-dimensional color.

Each image first appears like a sheet of film, which looks like a waterfall, yet the observer instinctively knows that this captured moment in time can be entered into, in order to relive a certain part of the soul’s past.

Each multidimensional page corresponds to a specific record of occurrence. When viewing the different time-line sequences contained within this personal book, as the image



Figure 1.243. The Book of Life.

moves from a darker to brighter energetic pulsation, the soul can move forward and backward in time with their mind. This is done in order to study the vibrational patterns retained within the pages. Although these life records give the illusion of being a book with pages, they are actually sheets of energy that vibrate and form live picture-patterns of events.

Because they are used to monitor each soul’s past and current life on earth, each page allows the observer to become part of the process of cause-and-effect created from their past actions, and permits them to study the various events in which they participated.

When the observing soul wishes to study a past event, it can observe a specific scene as an unseen host, and not influence the actual event. This action is like working with virtual reality. The observer may also participate in this scene, where they may assume the different roles of the event, and even alter the reality of the original time-line by producing a “what if” effect. These shifts and changes in the story are used in order to learn lessons. They help the soul to understand what different actions and possibilities could have been created during that time line, and how they might have handled the situation in another manner.

After the review, everything on the page returns back to what its originally format. This is because the constant reality of a past event on a physical world remains the same from the perspective of the soul who took part in the original event.

All of the events contained within a soul’s personal Book of Life can be moved forward or backward in time, placed in slow or fast motion, or suspended in order to study. In this way, all possibilities of occurrences involving the soul and the people who were involved in each event are then available for study.

It is said that when reviewing our personal Book of Life in the spirit world, true repentance and a deeper accountability for all of your actions begins here.



## CHAPTER 40. UNDERSTANDING PRAYER

The word "Prayer" comes from the Latin word "Precari," meaning "to ask earnestly, beg, or entreat." According to the *Ancient Near Eastern Texts Relating to the Old Testament*, written by James Pritchard, the act of performing prayer has been historically documented as far as five thousand years ago.

For many Christians, the most recognized prayer in the Holy Bible is the "Lord's Prayer" (Matthew 6:9-13; Luke 11:2-4), which is often introduced as how Jesus of Nazareth originally taught his disciples to pray. Also popular is the "Prayer of Grace" (2 Corinthians 13:14) as well as the "Moses Benediction Prayer" (Numbers 6:24-26), which are traditionally heard at the end of a Sunday church service.

In Christian practice, prayer is often an act of invocation, seeking direct communication and an activate rapport with God Almighty, or with one of his holy angels, or a departed saint. Prayers usually fall into six main categories:

- Prayers used for praise, worship, and adoration.
- Prayers used for intercession, for requesting special guidance and/or assistance for someone.
- Prayers used to give thanks.
- Prayers used to apologize, and for confessing transgressions and seeking forgiveness.
- Prayers used as a way of expressing one's current thoughts and emotions.
- Prayers of supplication (sometimes known as a petitionary prayers) that request God to grant a personal need.

Prayers may be practiced individually or in groups, and can take place either publicly or privately. They may be made up of special words, scriptures, or songs, and spoken in complete silence. When audibly spoken inside a church meeting, a prayer may take the form of a special hymn, incantation, formal creedal statement, or a spontaneous utterance released from the heart and mind of someone who is focused on God.

Many times during a church service the pastor will lead the congregation in a prayer directed towards God Almighty (1 Timothy 2:1). However in one's personal prayer, the list of heavenly deities that a Christian may focus on can also include Jesus Christ, Mother Mary, one of the heavenly angels or archangels, or even the spirit of a deceased saint or close relative (see *Hidden Teachings Vol. 2, Chapter 5, pages 59-60*).

Most of the major Christian churches practice some type of ritualized act when praying, and express a strict patterned sequence of movements before, during, or after the prayer has been spoken. For example, the pressing of the palms or folding of the hands together in front of the heart, the lifting of the hands above the head in a receptive attitude, or making a sign of the cross at the end of a prayer (see Chapter 22, page 139) are all examples of these ritualized actions.

### THE IMPORTANCE OF PRAYER

There is no special formula traditionally used when speaking the words of a prayer, nor is there any type of magical trick required in order to enter into the spirit realm and approach the Throne of God. It is not about how many times the prayer is said, nor is it about how eloquent the words are that were spoken. It is not about how long the prayer is, nor how sweet your voice may be. It is not about how logical or orderly the prayer was, nor is it about how powerful the scriptures are that you recited, or how correct their supporting doctrine may be. Instead, it is

about the fervency of your spirit, which "availeth much" in the kingdom of heaven. As written in the Holy Scriptures, *The effectual fervent prayer of a righteous man availeth much* (James 5:16).

Through the sincere release of a spoken prayer, the spiritual energy contained within the words move from the mind to the throat, and finally settle in the heart, where their impact is greatly amplified and manifested by the divine energy radiating from a person's soul. This special sequence (head, throat, heart and soul) corresponds to the body, mind, and speech of an individual's "effectual fervent prayer."

Many times in life, when a person begins to struggle with their current situation, they enter into a spiritually dry place, which is like entering a vast desert. While in this desolate place, their parched and weary soul continually cries out for the living water of God, and to reconnect with his most holy spirit. The act of prayer creates the spiritual path that leads a person out of this desolate place, and frees them from this lonesome wilderness.

Throughout the four Gospels, Jesus frequently removed himself from the presence of his disciples and the people in order to spend private time in prayer. In the New Testament (Matthew 6: 6-13), Jesus goes through great lengths to teach his disciples the true value of consistent and sincere heart-felt prayer, and states the following:

*But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then like this:*

*Our Father in heaven, hallowed be your name.  
Your kingdom come, your will be done, on earth as it is in heaven.  
Give us this day our daily bread, and forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from evil.*

It is interesting to note that some manuscripts later add the phrase: "For yours is the kingdom, and the power, and the glory, forever, Amen" to this prayer. However, most scholars do not consider this to be part of the original prayer mentioned in the book of Matthew.

A prayer offered to God should never be spoken carelessly or in a thoughtless manner. This is revealed in Exodus 20:7, when God spoke and said, *You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain.*

Prayers that are spoken carelessly and with little thought or effort sabotage the soul's innate connection to God. It is because of this spiritual connection, that when a prayer is spoken with integrity, strength, and desire, our words swiftly fly to the highest heavens and reach the Throne of God itself.

Because the practice of prayer was so important to Christ during his life on earth, it is pertinent for us to view prayer as an important discipline that needs to be learned, practiced, and continually developed.

Many Christians speak of the importance of prayer, but do not know or understand how to pray. Even Jesus' own disciples had to ask him how to pray (Luke 11:1). The scriptures state that when they saw the way that Jesus prayed so fervently and intimately to his Father, it made them long to do the same.

## NINE SPECIAL PREPARATIONS FOR PRAYER

The following are nine specific actions that may be used to help a Christian develop a stronger prayer life. Some of these suggestions are practiced by seasoned “Prayer Warriors,” who protect and maintain the spiritual integrity of a church’s pastor, his family, and the congregation.

**1. Set Aside A Time For Prayer:** The more consistent we become in our time of prayer, the easier it is to develop a prayer life. In order to do this, a person must learn how to incorporate their prayer time into the everyday rhythm of their personal life.

Prayer is a practice that requires discipline and consistent perseverance. Because prayer is considered to be one of the greatest spiritual acts of developing an intimate connection with God, you must consciously strive to value and maintain it daily.

**2. Withdraw:** Before starting to pray, pull away from all known distractions, and find a way to separate yourself from others, so that you can feel and embrace being alone with God. By finding a place of quiet solitude, just as Jesus did (Matthew 14:23; Mark 1:35; Mark 6:46; Luke 5:16; Luke 6:12; Luke 22:41), your time for prayer is given a chance to evolve into a more intimate connection with God.

**3. Use a Posture for Prayer:** In prayer, your body, breath, and mind must all be kept in harmony. Therefore whether you kneel, sit, or stand, close your eyes, or look up towards the heavens, the main goal is to focus and direct your heart and mind toward God. In prayer, your imagination leads the mind, and your focused mind leads your spirit. When your body, breath, and mind are focused, it is often easier for your soul to follow the desires of your heart.

**4. Perform the Three Divine Prayer Invocations:** To create a sacred altar space inside the prayer room, sanctify and dedicate the area before starting any type of prayer. This can be accomplished by performing the Three Divine Prayer Invocations (see Chapter 1, pages 23 through 26). The purification ritual cleanses the space, and dedicates your three bodies to the physical, energetic, and spiritual sanctification of the room. It also unites them with the radiant spiritual light and divine power of God Almighty and his holy spirit.

**5. Sing A Worship Song:** Divine praise and spiritual worship helps to align and harmonize the body, breath, and mind. In the Bible it is written, *Sing to the Lord a new song; Sing to the Lord, all the earth. Sing to the Lord, bless His name; Proclaim good tidings of His salvation from day to day* (Psalm 96:1-2). Therefore, when entering into the upper spiritual realms, enter into the courts of the Almighty with songs of praise and worship (Psalm 33:1-3, Psalm 5:11, Colossians 3:16).

**6. Pray the Holy Scripture:** After singing a song of worship, choose a scripture that sets the mood for this dedicated prayer time. These powerful spiritual thoughts and ideas should help to connect you to the Divine Mind that governs the universe as we know it.

**7. Pray Ferently:** The act of praying should always be purposefully spoken and earnestly expressed (James 5:16). In prayer, we come into contact with the living God and become spiritually transformed. By the time we say “Amen” (“So be it”), we should feel deep within our body, mind, and spirit that we have truly expressed the thoughts and feelings of our soul. Whether this prayer is one of praise and gratitude,

**A Prayer:**  
The thoughts and feelings of the words are spontaneously spoken in a free-style manner; and the spiritual heart and mind of the eternal soul is freely expressed and directed up towards the Holy Spirit of God Almighty.

**Two Different Types of Invocation**

**A Prayer Incantation:**  
Specific words are repeated (often chanted) in the form of a short scripture passage, a holy phrase, or rhythmically rhymed as a way of expressing one’s gratitude, supplication, or devotion towards God Almighty.

Figure 1.244. The difference between a prayer and an incantation.

or a desperate cry for help and understanding, you should feel within your very soul that you have been heard, and that God’s highest good for you will soon manifest.

**8. Pray Specifically:** When speaking to God, vagueness of heart and mind can quickly be the death of a prayer’s spiritual light. Therefore learn to pray specifically and with understanding as a child of God. In Hebrews 4:16, we are encouraged to, “approach the throne of grace with boldness, so that we may receive mercy and find grace to help us at the proper time.” Which is why when we talk with God, having a bold and expectant faith coupled with a humble submission is considered to be a powerful thing. Remember in the Old Testament, it is written in Micah 6:8, *He hath shown you, O man, what is good. And what doth the Lord require of you? To act justly, and to love mercy, and to walk humbly with your God.*

**9. Pray For and With Others:** Prayer is meant to spiritually knit and bind together the hearts and minds of the children of God. As a family, we share a Heavenly Father who truly loves us, and is pleased when we bear each other’s burdens in prayer. In this way we become more invested in each other’s struggles, as well as triumphs; we start to care more about the people we pray for, and less about ourselves. This type of prayer binds the body of Christ and his holy church together.

### THE DIFFERENCE BETWEEN PRAYER AND INCANTATIONS

Let us now explore the difference between “prayers” and “prayer incantations” both of which are commonly practiced within the modern Christian church today (Figure 1.244).

In this context, a prayer is defined as a special group of words that are spontaneously spoken in a free-style manner, in which the spiritual heart and mind of the person is freely expressed and directed up towards the holy spirit of God.

The term “prayer incantation” is defined as special words that are repeated (often chanted) in the form of a short scripture passage, sacred phrase, or rhythmically rhymed as a way of expressing a person’s gratitude, supplication, or devotion towards God Almighty.

Before saying either a prayer or prayer incantation to God, you first must connect your heart and mind to the spiritual core of your eternal soul. This quiescent state of heart and mind is sometimes known as “finding the Still Point.” In order to access this sacred space, a Christian must first quiet their body, breath, and mind, and come from a place of inner peace that is unique to each of our eternal souls.

## SPEAKING FROM WITHIN THE STILL POINT

As previously mentioned in Chapter 27, there are many other dimensions of time and space other than those most commonly known. One of those is the realm of “Ein Sof,” a phrase of Jewish Kabbalah mysticism that means “nothingness.” It represents the infinite creative energy of God prior to its division into smaller energetic fragments which are refracted into many trillions of manifested forms in the universe. In his book, *For Love of the Real: A Story of Life’s Mystical Secret*, Sufi Master Llewellyn Vaughan-Lee provides an excellent example of this when he writes, “Consider how sunlight functions. Sunlight streams through the darkness of space where it is invisible. As soon as it hits the plane of manifestation the light refracts into the brilliance of form and color. It is only after light is reflected that it becomes visible, but at that same moment of reflection some quality of the light is lost.” In the same manner, as the energy and spirit of God resides in the vast dimension of infinite space it remains unconstructed, yet when it enters the plane of manifestation it is received, reflected, and dispersed throughout all and everything, including the realm of man.

Through quiescent meditation, there is a way to connect to and work with this divine energy before it is reflected and transformed. The early Christians viewed this as a way to be empty, existing within nothingness, and yet at the same time to be completely present and existing as a bridge between all of the physical realms and the spiritual dimensions. Working within this Infinite Nothingness is possible when, for a moment, you stand outside of yourself and experience the still point that exists in the inner-silence between the thoughts of the mind.

Once the energy of a thought comes into the plane of manifestation, the pure radiance of the divine becomes harder to work with and is quickly dispersed from our vision of it. This is because the thought is dense, slow moving, and triggers other thoughts, that all darken the inner doors of advanced spiritual perception.

Even a thought-form belongs to the plane of manifestation. Although it is much easier to change a thought than it is to alter a manifested item, a thought-form is still more difficult to work with than working with divine energy before it has become constricted into any manifested form.

There is great power and spiritual energy in the infinite space of the void. In fact, it is full of infinite potential, which exists as a more powerful energy source than the realm of manifestation. In fact, many things are possible in the infinite space of Ein Sof (“nothingness”) that exists before creation, which are not easily possible in the world of manifested forms.

### FINDING THE STILL POINT

Everything in life is interconnected, linked together in a delicate web of various energetic particles and unique esoteric patterns, which are further joined together in a vast universal order. Because of these interconnections, in order to manifest spiritual power it is often necessary to first relax and allow the focused intention and awareness of your spirit (heart and mind) to enter into the center of time and space. This action is often defined as finding the sacred Still Point of all creation. This elusive Still Point is located in the moment of “now” which exists between the rapidly approaching energy of the future — and the quickly fleeing energy of the past.

When a person is able to consciously exist within an expanded state of awareness in the Still Point, their perceptions of both time and space become energetically diffused. This frees the intuitive wisdom associated with their eternal soul, allowing it to expand outward from the center of their being and come in contact with the divine mind that supports and sustains all of creation. This elevated spiritual state gives the individual the ability to create and manifest the spiritual power of their spoken word, which will quickly affect the delicate web that underlines all of life as we know it.

The still point that I am referring to exists as a spiritual state of effortless awareness; which is a state of direct perception without the interpretation of thought. In other words, it is the advanced spiritual state of being completely present without any effort or technique. This type of choiceless awareness allows the mind to relax, and expands the intuitive perception of the spirit so that it may freely examine all life as an objective unbiased observer.

In order to experience what I am talking about, take a moment to relax, and simply “notice.”

- First notice your thoughts and perceptions as they come and go.
- Then notice your breath and body sensations come and go.
- Finally, notice your awareness. It takes no effort in order to do this.

Notice that everything we know arises from this type of awareness. Awareness is the space and silence through which thought arises. Therefore when you relax and release your perceptions into this expansive type of awareness, there is no past and no future, there is only a “now.”

After you have stabilized your concentration by focusing on your breath, you can expand your awareness to include the full range of bodily sensations. Eventually you will simply welcome and receive whatever presents itself into your open field of awareness. This type of moment-to-moment awareness is often called being in a state of “mindfulness.”

True mindfulness combines the energies of both concentration (focused awareness) and receptive awareness (simply welcoming whatever arises) into one powerfully receptive perception. This type of mindful awareness is used to be fully present, completely awake, and perceptively aware of whatever is arising and occurring in the immediate present.

It is in this conscious state of open awareness that the words of a heart felt prayer, or those of a sacred prayer incantation are to be spoken. This is done so that the words being spoken may indefinitely maintain their divine power and spiritual influence.

### ENTERING THROUGH THE GATE OF SILENCE

The body, mind and spirit must be silent in order to find and enter into the still point and be able to observe and interact with all life and creation. Within this sacred silence one’s spiritual energy is manifested and a person’s eternal soul is allowed to become one with the radiant spirit of God. The energies responsible for allowing this divine fusion and spiritual oneness exist within this quiescent state of silence.

This type of silence also exists underneath every sound, and is present within the energetic space surrounding every atom. This silence is saturated within the breath and mind



of God. There it acts as the web of life that opens different pathways between the various worlds and manifestations of creation. This is why when first beginning any type of spiritual practice such as a quiescent meditation, a person must become familiar with this intimate type of silence.

Actually this can happen quite naturally, for silence can provide the depth with which a person can dive into so that they may swim in the infinite ocean of God. Even when the mind is busy, a person may become aware that underneath all of their mental activity there is a profound stillness. When a person becomes more present while resting in this quiet stillness, they may eventually awaken to the hidden foundation of all life.

All mystical practices spiritually belong to what is inside this veil of silence. Because this underlying veil is present everywhere, the spirit realm influences all mystical practices by entering into the subconscious mind and quietly reminding us of the original root of our existence with God via this quiescent silence. This is why one of the first techniques that a Christian mystic will learn is to be consciously present in this silence as an observer.

This silence is so powerful because there are no distractions caused by noise. When we inwardly immerse ourselves within this spiritual dimension, it becomes easier to not become scattered, and our consciousness is allowed to rest in the deep primordial oneness of a liberated spiritual existence.

#### **USING THE BREATH TO ENTER INTO THE STILL POINT**

If we become quiet and consciously present in the silence that exists as a still point between the in-breath and the out-breath, and hold this sacred connection between the energies of the eternal soul and the world of manifestation, then our awareness of the still point will expand exponentially. At this point true magic can happen, where the energies of the Creator and the creation are revealed as the divine blueprint of all manifestation. This is the very foundation of living a life of miracles, and walking as a child of God.

The inhalation and exhalation of each breath contains the secret cycle of life. As the energy of creation flows down through the different planes of manifestation and expresses itself throughout each person's body, mind, and spirit, the breath of God contained within each person's eternal soul is actively invited to respond to the divine spirit working within the realm of creation.

The awareness and study of the breath of God contained within each person's eternal soul, and its relationship with the breath of man, both belong to the esoteric core teachings of most spiritual work. In fact, these understandings most often tend to be the root teachings for the process of inner-transformation. Just as breathing is a fundamental aspect of all visible life forms, the breath and the awareness of the breath are both central to most spiritual practices.

The awareness of one's breath brings a person into the present, to a moment in time where we live within a creation cycle that goes from a state of formless into one of form, and then back into the formless. In other words, at the end of the in-breath we experience the pure emptiness in what is formless (the inhaled "Ahhh" sound), and can enter into that quiet moment of bliss at the still point located between the inhalation and exhalation. Right after that, the exhaled breath

returns us back to the physical world of manifestation (the exhaled "Ahhh" sound). This represents the entire cycle of life in which, during that moment, we are fully present both as witness and co-creator. We are spiritually fully awake and fully alive in the place where form and formlessness come together.

Each breath is an invitation to harmonize with the oneness of God, and to spiritually connect the three bodies to all levels of creation existing in all the various dimensions of reality. It is through the breath that the energies of both heaven and earth unite. With each inhalation we move from the physical world to the inner plane of the true self – and pause. If at this moment a person is silent and very attentive, they can experience an instant feeling of bliss at the end of the in-breath. This pause is "the still point of the inhalation." It is at this exact moment, no matter how brief, that a person's heart and mind is free from time and awakened to the timeless realm of the soul. This is where the spiritual bliss mentioned as "the peace of God, which passes all understanding" may be found (Philippians 4:7).

During the exhalation, the out-breath is considered to be the outpouring from our eternal soul journeying into the world, flowing into all forms of life. This special energy nourishes the outer planes of existence through the inner energies of the spirit. Which is why it is often said that through our exhaled breath, our projected consciousness stimulates and maintains the spirit of our environment. This environmental energy is further sustained through the thoughts of our mind and the feelings of our heart imprinted inside the breath. This interaction ignites the energy inherent within all matter.

When expressed through prayers of worship, the released spiritual potential awakens the subtle forces existing within creation. Thus through our breathing, we are connected to the divine energies of the inner-worlds that sustain us, as well as the energies of the earth that surround us. Accessing these energies requires us to return back to the part of ourselves that is already attuned to them, and feel in our hearts and souls this subtle yet powerful spiritual connection.

This important breath awareness can be used to further increase the effectiveness of the meditations previously introduced in the beginning of this book: The Heart of Compassion Meditation in Chapter 11; the Awakening The Divine Spark in Chapter 12; and the Sacred Sound Meditations in Chapter 42, page 309.

#### **ENTERING THE STILL POINT THROUGH THE HEART**

During prayer or meditation, a person's heart, mind, and breath must all be in harmony when entering the quiescent silent space of the Still Point. Because we have previously spoken of the importance of the mind and breath, let us now direct our focus towards understanding the mystical perspective of the spiritual heart.

From a Christian mystic's perspective, the spiritual heart embraces three distinct levels of reality which are energetically manifested as three levels of consciousness. Each center of consciousness bears witness to a different level of awareness and spiritual reality:

- 1. The Outer Chamber:** This spiritual area of the heart awakens us to a deep longing for a personal relationship with God. One beyond religion that is based on a personal relationship with the Almighty Creator.

2. **The Inner Chamber:** This spiritual area of the heart “knows without knowing.” It bears witness to the vast darkness of space within the primordial realm of nonexistence, and is connected with the divine Ein Sof (“nothingness”) that exists before all of creation.
3. **The Innermost Chamber:** This spiritual area of the heart only experiences the radiant light of the eternal soul, and reveals its intimate relationship with God as its absolute truth.

In prayer, each time a person releases their need for control, and consciously surrenders their spirit (i.e., their heart and mind) and their personal will to God’s divine will, the radiant light of the Creator is freed to internally fuse his holy spirit with the spiritual light of the person’s eternal soul. This divine fusion not only awakens but also opens the innate perceptions of the individual’s heart and mind, and allows them to progress through the veil that is currently preventing them from spiritually evolving. This new awareness and inspiration allows the person to take one step towards reconnecting on a deeper level with God’s radiant spirit. The intimate action of this divine fusion occurs during the still point, and exists in the realm of Ein Sof (“nothingness”) which is located deep inside the internal core of the spiritual chambers of the heart.

#### THE INNER-STRUCTURE OF A PRAYER

There are different energetic components associated with every spoken prayer or recited prayer incantation. The three most important components are the exact words chosen for the prayer, the means by which the prayer is released into the world, and the specific intention of the person saying the prayer. These three fundamental aspects are described as follows (Figure 1.245):

- **The Words of the Prayer:** This first component directs the spiritual energy of the heart through spoken words specifically chosen to express the person’s conscious needs, wants, and desires. These words are often a request for special supplication and assistance, or presented as an offering of praise, adoration, and worship.

As Christians, we are often taught that the supernatural manifestations of any miracle depends on the actions of God’s Holy Spirit, especially when desiring to have our prayers answered. Which is why when studying spiritual manifestation, there is an ancient saying which states:

“Where there is no life, there is no spirit;  
and where there is no spirit,  
all manifestation is impossible.”

Almost all forms of spiritual manifestation involve some type of consciously directed prayer focused on first cleansing, worshiping, and then spiritually invoking. Next, there is the presenting of some type of offering in a ritualistic manner in order to make a personal connection with God (e.g., raising the hands up towards the heavens and surrendering your will to divine will).

These special actions are performed to connect the radiant light of our eternal soul, which exists within our heart, with the kingdom of God. This connection allows our personal will and God’s divine will to fuse as one.

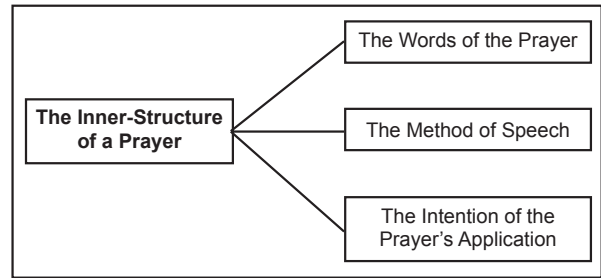


Figure 1.245. The three important aspects of a prayer.

These ritualistic applications and the principles that underline the supernatural manifestations which often occur as a result of their use, are all universal in design. In this regard, often the only difference from one religion to another is in the specific word or name given to the deity to whom the person is directing their prayers. It is usually safe to assume that ultimately it is the same divine force being honored in different cultures but called by different names. Some examples of different names ascribed to the same God include: Almighty God, Yahweh, Jehovah, Adonai, Elohim, Allah, Baha, Shangdi (King Above), Tianzhu (Lord in Heaven), Gitche Manitou (Great Spirit), Wakan Tanka (Sacred Spirit), Pangoong Maykapal (Lord Creator), Olodumare (Supreme God), Krishna (Supreme God), Akal Purakh (Timeless One), and Nirankar (Formless One).

I once had a young Christian student who was extremely upset because a Buddhist acquaintance of his had prayed to the Buddha for a miraculous healing, and the person was quickly healed of a terminal disease. When I tried to explain that his friend’s strong faith had actually established the energetic foundation for the spiritual healing to occur, and that his friend was quite blessed to have his prayers answered by God so quickly, my student became infuriated at me for not choosing his side.

I tried to explain to this student that as Christians, our righteousness is not about “being right” — instead it is about “doing the right thing.” I further explained that this is why in the New Testament (James 5:16) it states: *The effectual fervent prayer of a righteous man is powerful, and availeth much.*

The ability to receive divine healing is often as simple as this: God loves everyone equally, and chooses to answer his children’s prayers according to his divine will, especially the prayers of his righteous ones, no matter what name or words they choose to call him. As long as the words of the prayer are spiritually rooted in the individual’s sincere desire to do the right thing, miracles such as healing are possible.

I often wonder what is happening when I see angry, competitive Christians who feel that only they are entitled to receive God’s mercy, and truly believe that their religious practice is better than everyone else’s. Instead of rejoicing when they see and hear of God’s great compassion being poured out onto people of other faiths, certain individual’s often choose to become upset because people of other religions also get their prayers answered.

They seem to forget that in Acts 10:34-35, it is written, *Peter opened his mouth and said, "Truly I perceive that God doesn't show favoritism; but in every nation he who fears him and works righteousness is acceptable to him."*

- **The Method of Speech:** This second component of a prayer is the energetic means or method that is used to actively stimulate, awaken, and set into motion the primary idea of the prayer. In order to fully understand this important concept, it is essential to introduce you to one of the ancient spiritual laws responsible for governing energetic patterns, "The Law of Correspondence."

The Law of Correspondence basically states that our current reality is nothing more than an energetic reflection and spiritual mirror of what is going on inside of us. In other words, our outer-world (outer-verse) is nothing more than a reflection of our inner-world (inner-verse).

The Law of Correspondence also states that what occurs in the heavens is also reflected on the earth. Therefore: "as within, so without; as above, so below."

Because the Law of Correspondence relates to all energetic patterns and their universal connections, this spiritual law characterizes all things according to their energetic function. This interaction allows a Christian's "holy tools" (i.e., the holy cross, holy water, holy salt, holy candles, holy incense, holy bible, etc.) to energetically fuse with their spoken prayers, and provides a means through which to become spiritually operational and functional in the physical realm. This special correspondence establishes a foundational means through which divine protection and spontaneous healings are manifested and initiated in the physical realm.

The main idea surrounding the use of the Law of Correspondence is to create a specific energetic pattern that focuses on the central theme of the prayer, while simultaneously creating numerous supporting and interlinking items to energetically feed the prayer. Think of this process like many powerful roots supporting the foundational structure of a mighty tree.

There is an ancient saying that states, "The hub of a wheel is an empty hole; however, you can only know it by the spokes that surround it." Meaning, the specific words and symbols that are used within a prayer to express its spiritual ideas, are not the archetype itself. Instead they are simply material manifestations, facets, aspects, or forms of a transcendent idea that exists, beyond space and time, within the spirit realm. Just as there is a central reason behind every note of a musical composition, and every color placed within a painting, so too is there a reason behind every word or phrase placed within the effective construction of a prayer incantation.

- **The Intention of the Prayer's Application:** This final component of a prayer incantation is to unite the prayer with the means through intention. In other words, your intention must be impassioned enough to gather together and specifically focus the spiritual powers that support and enforce the main energetic components of the prayer.

The spiritual power generated by your eternal soul is manifested and outwardly expressed through a combined fusion of energies originating from both your energy body and your spirit body. In fact, the training of the

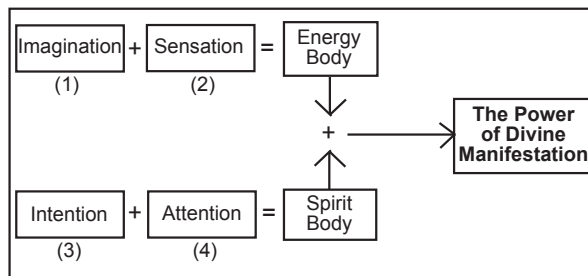


Figure 1.246. The four things required for a person to effectively create and divinely manifest the spiritual powers of their prayer.

mind in order to focus and direct the spiritual power of your prayer is attributed to four energetic states of consciousness (imagination, sensation, intention, and attention) which combine to "bring about what you pray about" (Figure 1.246).

In this example, the power of the imagination manifests as the power of creation, and is often developed by the practice of forming mental images. In a similar manner, the power of physical sensation may manifest itself as varying degrees of intuitive awareness. When the imagination of the mind and the sensation awareness of the body are combined, the result is the internal formation of an extremely powerful energy body. This is one of the primary reasons why certain creative imagination meditations and sensory sensation exercises are taught to beginning students in various spiritual traditions.

When training the spirit, it may be said that, "one's intention is the starting point of every dream." For example, the power of a person's intention energetically manifests as a specific purpose, focused aim, and directed determination. It is the creative power of our intention that fulfills our wants and needs, whether for spiritual awakening, acquiring money, finding relationships, or establishing love. Everything that happens in life first begins with the act of intention. There is even an ancient scripture from an Indian Vedic text which states:

*"You are what your deepest Desire is.  
As your Desire is, so is your Intention.  
As your Intention is, so is your Will.  
As your Will is, so is your Deed.  
As your Deed is, so is your Destiny."*

An intention is a specifically directed impulse of consciousness that contains the energetic seed of that which you want to create. Like real seeds, intentions cannot grow if you hold on to them. Only when you release your intentions into the fertile depths of your consciousness via your focused attention, can the intention be free to energetically grow and flourish both spiritually and materially.

The power of our attention energetically manifests as the focused concentration of our mind applied towards something. It is the ability to consciously dismiss unimportant things or certain distractions, and selectively concentrate on one specific thing. In other words, attention refers to how we actively process specific information in our environment. This allows us to tune out information,



sensations, and perceptions that are not relevant at the moment, and instead focus our energy on the information that we feel is important.

When the internal energy of the mind's focused intention (i.e., its focused determination and aim) and its deeper attention (in other words its more intuitive awareness) are combined, the end result is a more powerful spirit body. Consequently, when all four states of consciousness (imagination, sensation, intention, and attention) are combined with the radiant light of the eternal soul in conjunction with the divine will, the end result will be a greater manifestation of divine power.

It is this activated intention that strongly unites both spirit with matter, and makes the energetic patterns of your prayers functional within the physical realm. In other words, the more emotion and focused intention surrounding a specific prayer, the more powerful that prayer becomes.

To become successful in saying prayers and prayer incantations, the ancient Gnostic Christians not only had to master the art of speaking words of power (i.e., Divine Speech that contained sacred sounds and holy words which invoked some supernatural response within the spirit realm), but they also had to use their focused intention and attention in order to master the power of their will. This was specifically practiced in order to transform their thoughts and emotions into spiritual energy.

This spiritual energy was then channeled outside of their body and directed into the surrounding environment through the projected words of a prayer or prayer incantation, which if properly done had a profound affect on the matter, energy, and spirit of the environment.

One secret understanding that I was taught, is that the act of "Attention" and applying the mind towards an object, does not require something specific to be focused on. Instead this energy is manifested as a receptive state of being. In other words, true Attention has to do with the practice of witnessing and perceiving something as a completely open, receptive observer. This type of impartial observation is not an abstraction used to avoid doing something. Instead it is a multidimensional act of participation, that is experienced as a way to be closer to the spiritual energies of our eternal soul, as well as to others. It is through this act of impartial observation that we are no longer focused on accomplishing, gaining, realizing, or learning something. Instead we are attentive and available to be fully present without any internal needs or desires. In other words, without judgment, this impartial observation provides us with a way of remembering the original perceptions of our soul.

Attention is linked to intention, which is an attitude of the mind. In prayer this becomes an attitude of a true way of being alive, which carries with it the manifestation of spiritual compassion, mercy, and virtuous behavior. This is based on the innate relationship that exists between the eternal soul and the creator, when a person stands before the presence of the Almighty God in prayer. Eventually this relationship over time will bring increased humility, respect, and devotion to God in the person's life.

All spoken or written words generate mental images and internal dialogue, which add patterned life force energy to the words in order to energize their specific thought-forms. The listener or reader's spirit (heart and mind) then directs their body's life force to awaken and activate these special words, by focusing on their exact meaning and specific type of manifested influence. This in turn allows these spoken or written words to become animated and energetically alive.

The ancient Gnostic Christians believed that only when prayer incantations or recited scriptures were spoken solemnly through Divine Speech, would the true vibrational essence of these sacred sounds awaken. Then once they had become activated, these sacred words of power would reveal their radiant manifested influence throughout the human world. It was because of this that Divine Speech was thought to be the true speech and direct expression of the eternal soul.

The sacred words of power used in a prayer or prayer incantation may be spoken audibly, inaudibly, or in a divine (transcended) sound pattern. The decision as to which of these patterns should be used will generally depend on the type of sacred sound or spiritual phrase you choose to say, as well as your intended goal. The three most common ways of expressing a prayer or reciting a prayer incantation are as follows:

**1. Verbal Speech (Audible Prayer Patterns):** This first level of speech pattern training is known as the "External Verbal Speech Stage." Here the spiritual energy is released from the mouth through the lungs, throat, and tongue to express an energetic pattern associated with the conscious mind. In Christian mysticism, this type of audible prayer or prayer incantation is considered to be the "Speech of Power and Action."

When spoken, the powerful tones of the audible words create a strong vibration within the person's three bodies (physical body, energy body, and spirit body), which also resonates within the external environment on all three levels.

Each time an audibly released sound is externalized, it allows the person to express the energetic nature of the prayer or recited prayer incantation through a form of gross material force. Which is why the energetic application of an audible prayer or recited prayer incantation is often used to help a beginner concentrate on the sacred sound, the visualized image, and the vocalized syllables of the words.

The audible prayer can be further divided into three different sound patterns, described as follows:

- **The Vocalized Sound:** This type of prayer is audibly spoken in order to bring about a strong mental and emotional support and encouragement to the listener; or to quickly establish a powerful external boundary system.

This type of speaking pattern can often be observed during sermons where suddenly the speaker is overtaken by the Holy Spirit of God, which passionately speaks through him or her in order to edify, uplift, and positively influence the hearts and minds of the people sitting within the church congregation.

- **The Whispered Sound:** Because a whispered prayer can still be slightly heard, this is considered to be an extension of the vocalized sound pattern. The person will

softly speak the audibly released sound creating a subtle vibration within their body on both a physical and energetic level. This allows the mouth to move, so that it can still form the sacred sounds or phrases, and the breath to release the prayer's energetic vibration outward into the environment. In this type of prayer or recited prayer incantation the words are spoken so softly that the voice is barely heard by the listener's ears.

The more subtle the sound yet stronger the intention, the deeper its energetic effect will be on the targeted person and their surrounding environment. Think of this like the mist of a vaporous fog penetrating through the thick foliage of a dense forest.

- **The Nasalized Sound:** This is an inner-cranial sound that is made by humming nasalized syllables with closed lips. In this type of audible speech, the sound is released from the nose and expressed as an energetic pattern associated with the person's projected conscious mind.
2. **Mental Speech (Inaudible Prayer Patterns):** The second level of speech training expresses an energetic pattern associated with the subconscious mind. In Christian mysticism, this type of inaudible prayer or prayer incantation is considered to be the "Mental Speech Stage." In this type of communication, the energy of the thought-words are externally released from the person's eyes.

These types of inaudible prayers or prayer incantations are not only internally recited, but they are also soundlessly toned. This type of silent chanting creates a subtle vibration within the three bodies at an energetic level, which quickly influences the listener's body, breath, and mind.

When chanting sacred words of power, there is always a silent sound energy that precedes the spoken audible sound. The Gnostic Christians believed that these subtle silent sound energies were comprised of the spiritual forces that were responsible for manifesting all of the various elements of creation, and for allowing all of God's infinite creations to take form in the physical world. It is therefore believed that inaudible prayer incantations are a thousand-times stronger and have a more powerful energetic effect in the physical world than audible prayer incantations.

When internalized and then directed outside of the body, the inaudibly released prayer allows the person to quickly influence the internal essence of any person, place, or thing. According to ancient teachings, the inaudibly released sound can be further divided into mentally sounded pronunciations or telepathically sounded pronunciations, described as follows:

- **Mentally Repeated Prayer Incantations:** In this type of internally sounded prayer, the sacred words or holy scriptures are repeated in the mind, and radiated silently outside the body into the surrounding environment. When practicing this type of inner-sound application, the lips and teeth are held together and only the tip of the tongue moves slightly when the internal prayer is recited.
- **Telepathically Repeated Prayer Incantations:** This is a form of telepathic speech in which the person's focused intention and directed willpower is energetically projected away from their body in order to interact with another individual. In this type of inner-sound application, the

tongue does not move, and the prayer is only spoken within the mind, and released towards a person via the Third Eye.

3. **Divine Speech (Transcended Prayer Patterns):** The third level of speech pattern training is also internally and soundlessly toned within the body. In Christian mysticism, this type of inaudible prayer or prayer incantation is considered to be the "Divine Speech." In this advanced level of inner-speech, the internal chanting creates a subtle vibration within the spirit body, allowing the person to dissolve their three bodies into the spiritual essence of the sacred words contained within the prayer's energetic pattern. This allows the person's spiritually conscious mind to merge with the divine light of their eternal soul (which is the original source of the Divine Speech), and then dissolve into the energetic fabric of infinite space, fusing their light with the radiant light of God.

Divine Speech is considered to be the speech of pure clear intention, which is directly expressed through the will of God. Its spiritual energy flows directly from the Almighty through the Holy Spirit working inside the person, and then overflows the three bodies of the speaker to be released into the world. This sacred type of speech is beyond space and time, and is extremely telepathic, manifesting the life force of the words spoken and their deep spiritual insight directly from the eternal soul, which reflects the spirit of God inside the person's body.

The Gnostic Christians believed that if you ever lose your ability to access the deeper communication skills and higher spiritual levels of Divine Speech, you will automatically distance yourself from the divine truth (i.e., God's universal knowledge and wisdom) contained within the kingdom of heaven. You will also lose access to the earthly truth of interpersonal communication contained within human soul-to-soul understanding. This spiritual separation will then lead to confusion, doubt, and cynicism, which gives birth to misconceptions and distortions of the truth within the word and spirit of God.

In understanding this, when praying over a person in order to heal them by using scripture or reciting prayer incantations, your Divine Speech must be directed and focused. Because it is utilized to transmit and convey the highest spiritual level of your focused intention, the Divine Speech is experienced from within the sacred spiritual realm that exists within one's eternal soul. It therefore requires complete and total surrender to God in order to awaken to and understand the deeper manifestations surrounding this type of radiant spiritual energy.

During this elevated stage of awareness, the person will be simultaneously sending and receiving the sacred wisdom of every divine saint who has ever spoken and revealed similar types of spiritual messages and transmissions. Therefore these subtle sounds make up the spiritual forces responsible for creating, yet transcending the vast field of infinite space that surrounds all creation.

Additionally, after mastering the art of speaking Divine Speech, whenever a person silently or audible speaks a prayer or recites a prayer incantation, they should also visualize a divine light constantly streaming from out of their mouth.

## UNDERSTANDING PRAYER HAND POSTURES

Although the physical world often appears to many people as if it is just a solid three dimensional plane, in reality there are many more dimensions existing within our physical realm. In fact, our external observations are only one small aspect of a deeper truth existing behind the many levels of creation. For example, every human body is composed of matter, energy, and consciousness, which can be organized into three energetic fields of existence, often categorized as a physical world, energetic world, and spirit world (see Chapter 36, pages 228-230).

In a prayer, the position of the hands correspond to the physical body and the physical world; the words of the prayer correspond to the energy body and the energetic world; and the focus of the heart and mind correspond to the spirit body, the spirit world, and our consciousness. In actuality, the energy of our consciousness pervades our three bodies. Because it is not limited by the boundaries of these bodies, our consciousness even survives after all of the body's physical functions permanently cease.

Since ancient times, it is believed that the moment a person shifts their attention away from the physical body to their consciousness, the intuitive perceptions of their heart and mind expand and they become limitless in their potential to spiritually evolve. This is where a person's prayers play a vital role in their spiritual evolution.

Prayer has different forms of expression, which include praise, requesting guidance or assistance, confessing sins, and even the expression of one's thoughts and emotions. The words that are used in a prayer may take the form of intercession, a hymn, incantation words of gratitude, or even a spontaneous utterance of "speaking in tongues." All of these expressions often are accompanied by various types of hand movements. Most of these hand movements are used in order to open a person's three bodies and allow their unguarded body, heart, and mind to receive divine healing, revelation, and inspiration.

### PRAYER BODY AND HAND POSITIONS

The first stage in using hand positions for prayer is often taught by having someone raise their hands pressed together, with both thumbs gently touching the mid-brow region known as the "Third Eye" or "Heaven's Eye" point (see Chapter 36, page 241). In this popular hand posture, the fingers should be relaxed, touching each other, and parallel to the forehead. Additionally, the thumbs should be lightly touching the area of the Third Eye, with the hands gently pressed together with a slight space between the palms. This allows the person to awaken the spiritual energy center located at their mid-brow region (Figure 1.247).

When praying in this manner, the body should be slightly bowed and not erect. As you bow your head in this particular way, the posture naturally awakens an emotional spiritual surrender within the heart and mind. This in turn opens and creates a spiritual portal that connects the radiant energy of each of our eternal souls with the illuminating spirit of God the Creator.

Once these divine frequencies merge, they return back into the center core of the body, channeled through the fingertips and then to the thumbs which are currently placed at the third eye, located at the mid-brow region.

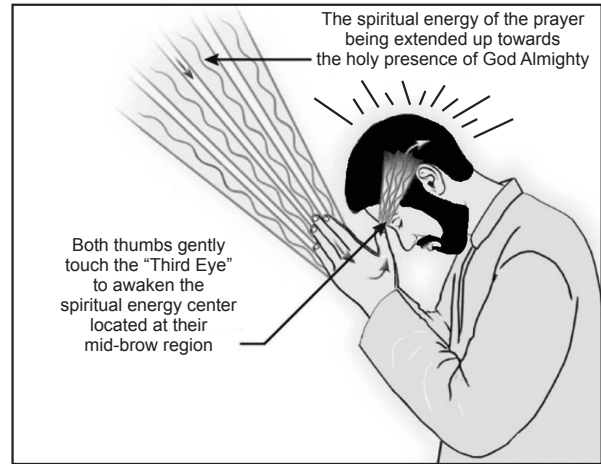


Figure 1.247. Prayer Hand Posture #1.

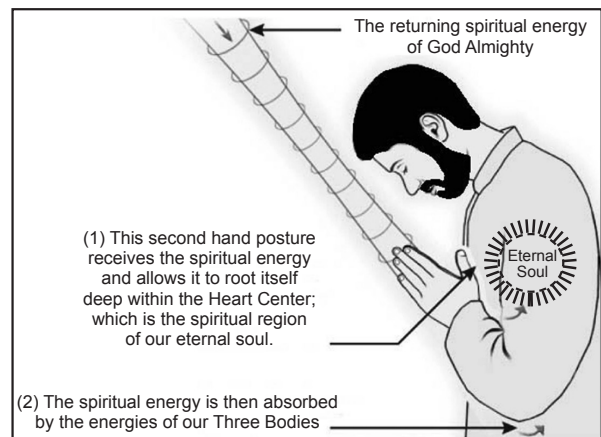


Figure 1.248. Prayer Hand Posture #2.

The result of this action is an increase in the positive spiritual energy flowing within your three bodies, which allows the person to feel spiritually lighter and often provides relief from the symptoms of physical or mental distress.

After finishing the prayer, a second hand posture can be performed which allows this spiritual energy to root itself deep within your Heart Center (see Chapter 36, page 240), which is considered to be the spiritual region of your eternal soul.

In this second posture, instead of immediately bringing the prayer hands down, they are instead placed in the middle region of the chest; in such a way that both wrists touch the sides of your chest (Figure 1.248).

This action facilitates a stronger fusion, absorption, and assimilation of the spiritual energies within your three bodies. It also allows your prayer to be supported by the radiant energy of your eternal soul. When activated in this manner, the Heart Center located in the middle of the chest awakens your focused spiritual desires and strengthens your internal devotion.

In this final prayer posture, your heart and mind should be solemn and introspective, and your spiritual contemplation should be placed upon the experience of being in God's holy presence, surrounded in his bright radiant light.



## CHAPTER 41. THE CREATIVE POWER OF WORDS

According to modern science, solid matter is not made up of any substance, but instead is a product that is formed from multiple vibrations of energy. Energy is projected by the subtle vibrations of the mind and formed through the ideas of thought, which in turn are projected by the will. The will itself is simply a vibration of pure consciousness.

Energy is a vibration of thought, and thought is a vibration of consciousness. Therefore consciousness itself is considered to be the true reality of all manifested creation. In other words, all created things are manifestations of energy at different levels of vibration, directed and formed by the mind. The power of this energy is a byproduct of the strength and vibrations of the will which are projected out into the world through infinite patterns of formative ideas. For example, the power of a spoken word or phrase is energetically maintained by the outward manifestation of the specific vibrations associated with its animated thought patterns.

God's divine word is a powerful vibrational pattern created through his divine thought. That specific thought is externally manifested through the medium of God's holy vibration which produced the vast universe as we know it, and established the foundation of all creation. It is therefore said that at the time of creation, God's infinite spirit dreamed creation into existence by setting into motion its conscious vibration.

In the first chapter of Genesis, this divine vibration is manifested externally through the radiant power of God's spoken word, which created the energies of both sound and light. This is why in deep meditation, if an individual remains in a quiescent state of complete stillness for an extended period of time they will experience the phenomena of radiant light and sound. This is explained in Genesis Chapter 1:2-3, where it is written, *And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the water. And God said, let there be light; and there was light.*

A "word" is the center of an idea, just as an "idea" is the center of a mental image. Once a certain word or phrase has been spoken and heard, the mind of the listener molds itself around the prevailing mental images or attitudes associated with the spoken word or phrase. The listener then proceeds to draw from the external world the various energetic materials needed to build and support the beliefs that surround that specific word or phrase. Words are therefore to be considered as being functioning living things.

A word's meaning is its "spirit," and its sound is its "body." When speaking or praying, if you ignore either one, you weaken the words' innate power and influence over matter, energy, and spirit. Because they understood this, many Christian monks and nuns would take a vow of silence during the first year of their initiation into monastic life. This allowed them to learn to quiet their "chattering mind," and transform their old carnal natures into a divine nature. It also allowed them to begin living a new life built on a strong spiritual foundation. When the time came for them to speak, the power of their spoken words had gained a profound influence within the various physical, energetic, and spiritual realms. Because of this, many monks and nuns were encouraged to only speak that which is "necessary — true — and kind."

This important discipline was one reason why the art of speaking sacred words was at one time taken quite seriously

among all Gnostic Christian converts. According to this secret teaching, the misuse of one's divine speech was regarded as the misuse of one's divine mind. Because it was considered to be a powerful and influential part of each person's spiritual foundation, understanding this sacred teaching was essential before any monk or nun entered into any type of healing ministry or performed any type of exorcism.

All spoken words are considered to be an invocation of ideas; therefore these words represent and express the specific concepts, plans, and projected actions currently housed within the individual's heart. This is what is meant in Luke 6:45, when it is written that Jesus said: *A good man out of the good treasure of his heart brings forth that which is good; and an evil man out of the evil treasure of his heart brings forth that which is evil: for of the abundance of the heart the mouth speaks.*

Each word that you speak is made up of ideas to be imagined, pictured, and comprehended in the mind. This is why when St. John wrote, *In the beginning was the Word, and the Word was with God, and the Word was God* (John 1:1), he was referring to the powerful energetic manifestations associated with God's spoken word. Remember, the ancient Christians believed that it was the divine energy inherent in words of spiritual power that were responsible for establishing the foundations of all creation, and for manifesting the various realms of matter, energy, and spirit.

Because the manifestations of these spoken words could quickly become a self-fulfilling prophecy or a physical reality, especially when spoken with true conviction and intention, this teaching was originally reserved for only those Christians who maintained the highest positions within the upper church clergy. At that time, these special skills were supposed to be used within the church to increase a priest's confidence in overcoming diseased states or when combating evil spirits.

The primary goal of a priest mastering the skill of speaking sacred scripture prayers, words of power, and prayer incantations, was to restore his spoken word back to a energetic state in which the uttered name or phrase no longer evoked the image of an object, but instead manifested its influential spiritual power — which quickly created a dynamic response within the physical, energetic, and spirit realms. In this powerful state, the word no longer represented the specific sound spoken by the priest, instead it represented the living sound of the thing itself. Once spoken into existence, this living sound would have a powerful effect on all listeners, no matter what language they spoke, religion they practiced, or culture they originated from.

The proper use of words and specific names of power has always been considered to be very important since the beginning of civilization. This is because when correctly vibrated by the tongue and combined with the focused will, this vocalized energy suddenly becomes alive. Once this occurs, a powerful energetic portal is created via the spoken word or name which now enables an entrance into the true identity and very being of what that word signifies, and an energetic resonance is established between the living-name and the thing itself.

By energetically manifesting this divinely spoken word, the potential of the named thing is released into the physical world, both in energetic and spiritual form, and therefore potentially exists throughout all time and space. Which is why the ancient Gnostic Christians believed that such a spiritual template represented the sacred blueprint upon which all

matter, energy, and spirit existing within the entire universe is based, and how God spoke it into existence.

### **SPEAKING A DECLARATION INTO EXISTENCE**

When praying over someone and loudly proclaiming a sacred name or phrase (e.g., “Be healed in the name of Jesus Christ”), you are imitating the initial creative act of God through the use of your spoken sound and exhaled breath. All of which is combined, focused, and directed through your projected faith, belief, and intention. In both a healing as well as an exorcism, this energetic projection is often called a “Declaration.”

A Declaration may be defined as “energetically speaking something into existence that was not originally there; or for something with which there is little or no logical explanation why such a thing can suddenly appear in the surrounding environment.”

The power of a Declaration is directly related to the spiritual integrity of the individual speaking it into existence, as well as the openness and belief of the person or people listening to and receiving these spoken words of faith.

This is why in ancient times many Christians taught that by the divine authority of God’s holy power, and through speaking a Declaration in the sacred name of Jesus Christ, the sick could be healed, the deaf and blind could be cured, the mute could be given back their speech, the paralyzed revived, and demon spirits banished.

Because of the powerful energetic nature of the specific words used in a Declaration, the intonation and rhythm of these spoken words were considered to be important. In fact, certain intonations and rhythms were sometimes used as a form of hypnotic patterning; where the priest would slowly repeat specific phrases and special tones that were lowered into a quiescent, melodic rhythm, in order to induce a trance-like state.

A common pattern used in this type of spoken trance induction is sometimes known as “verbal pacing,” and often uses sensory experiences to induce deep altered states. For example: “Relax,” —pause— “and allow your body to sink into a peaceful state of divine bliss,” —pause— “Now feel radiant waves of God’s healing light carry your consciousness deeper into this relaxed state” —pause— etc.).

In verbal pacing, a person’s name is believed to be intrinsically connected to the life force energy of their body, breath, and mind. Which is why in many mystical and spiritual traditions a person’s birth name is replaced by a different name taken from that tradition (and sometimes called a “lineage name”) and used to improve, increase, and promote the spiritual talents and virtues of the individual (see Chapter 2, page 31-32).

### **SACRED NAMES, WORDS OF POWER, AND PHRASES**

The use of a name is more than an identification code; instead it is a sacred mathematical vibration that is inherent in the very structure and energetic fabric of that creation. For example, the name of God is a cosmic code from which all vibrations are shaped, come into existence, and retain their energetic structures. Any person with a true understanding of God’s divine name will more easily be able to uncover the deep wisdom contained within all of creation; and gain a deeper knowledge of the spiritual mysteries contained within God’s great handiwork.

According to many spiritual traditions, knowing the complete and true name of an object, being, or process, gives an individual energetic control over it. Understanding this should help you to comprehend why in Exodus 3:14, when asked

for his true name, the God of Abraham replied “Ehyeh Ašer Ehyeh” (“I Am Who I Am”), often referred to by Christians as “Yahweh.” The word “Yahweh” isn’t really a name; instead it is a designated title (I – Am) as a statement of energetic fact.

The true name of something is considered to be the complete definition, spiritual connection, and energetic association of that particular item. Knowing the complete and true name of something or someone means that you have achieved a complete understanding of it, and know its true nature.

According to one ancient teaching, “There is no naming without desire — and there is no desiring without naming.” Both naming and desiring enter into the world simultaneously, and are divided into two separate energetic properties: internal and external. Both the internally spoken name and the externally spoken names are defined as follows:

- **The Internally Spoken Name:** This refers to the silent internal recitation of a name, word, or phrase that occurs within your thoughts or dreams.
- **The Externally Spoken Name:** This refers to the audible expression of a name, word, or phrase when externally vocalized (by whispering or speaking out loud).

Throughout the world, every religious system has its own special methods of praying, speaking, and chanting sacred names, words of power, and spiritual phrases in order to externally manifest things in the physical realm. Because these creative vibrations are only supposed to be used for the divine purpose of supporting life and spiritual ascension, in order to prevent their misuse many of these secret sounds and their esoteric patterns that were originally passed down from the founding fathers have been purposely omitted or completely removed from several of the early Christian texts. In fact, many times the ancient techniques used to manifest these spiritual powers were not only kept hidden from the public, but were also kept away from most priests of lower rank within the religious order.

However, the universal features surrounding the innate energetic construction of a spoken language allows us to understand the commonalities that are consistently found in the use of these sacred names, and words of power – so let us begin with the study of words.

### **WORDS (LOGOS) AND CONSCIOUSNESS**

In Greek, the word “Logos” can be best translated as “word, speech, reason, plan, or true story.” However its spiritual meaning goes far deeper, with the word “Logos” expressing the idea that it is the manifested structuring principle of your consciousness (see *Hidden Teachings Vol. 2*, Chapter 19, pages 165-166).

According to the *Encyclopedia Britannica*, the original idea of the “Logos” in Greek philosophy and theology can be traced back to the early philosopher Heraclitus of Ephesus in the 6th century B.C. In his observations of life, Heraclitus discerned in the cosmic process a divine logos that was similar to the reasoning power recognized in man.

Later the Stoic Hellenistic philosophers who followed the teachings of Zeno of Citium (4th–3rd century B.C.) defined the logos as being an active rational and spiritual principle that permeated all reality. They called the logos “providence, nature, god, and the soul of the universe,” and believed it to be composed of many seminal “logoi” that are all contained within the universal logos.

Philo of Alexandria, a 1st century A.D. Jewish philosopher, taught that the logos was the intermediary between God and the cosmos, being both the agent of creation and the agent through which the human mind can apprehend and comprehend God. According to Philo and all of the philosophers who interpreted the teachings of Plato in religious terms, the logos had its existence inherent within the physical world and at the same time within God's transcendent divine mind.

To better understand how the human mind and the logos are connected, simply observe your surrounding environment. Whether or not you are familiar with the things that you observe, your mind still identifies and categorizes each person, place, or thing you see.

Notice that as you observe, your mind is quickly naming and categorizing each item, sorting it out from a background of different colors, sounds, and other impressions. Once they have been named and internally organized, they no longer exist within an ocean of random unnamed sense data. Instead they quickly become a part of an organized and coherent world. Moment by moment, the "Logos" within you is creating the world in which you live.

The root of the word "Logos" is the verb "lego," which originally meant "to pick out." Logos is therefore the structuring principle of our consciousness. It is not only the basis for all our experiences, but also of all existence as well. This is an important teaching in Gnostic Christian mysticism, and is believed to be what the Apostle John meant when he wrote, *In the beginning was the Logos, and the Logos was with God, and the Logos was God* (John 1:1).

This is why when sacred names or phrases are used within the proper context of the divine wisdom that God had originally intended, then the higher spiritual powers of love and compassion will naturally prevail. If however there is a separation between these sacred names and the divine wisdom responsible for constructing their original energetic manifestation, then the true meaning of these sacred words become distorted and perverted by whoever speaks these words into existence.

### THREE TYPES OF WORDS

There are three main categories of words that are used to formulate sentence structure and phrases. These three types of words are commonly known as Denotative Words, Connotative Words, and Words Beyond Verse, and are described as follows:

- **Denotative Words (True Words):** Denotation describes the precise, literal meaning and definition of a specific word as would be found in a dictionary. In other words, Denotation represents the explicit or referential meaning of a word. For example, the name "Hollywood" denotes an area of Los Angeles, California, known world over as the center of the American movie industry (e.g., "The weather in Hollywood is cool in the winter").

Denotative words are specific words that relate to your analytical mind, and are experienced during the waking state. Because they specifically indicate something, they are often based on the critical comparisons and analytical observations of data gathered and filtered through the five senses.

Denotative words correspond to the external world, and therefore relate to the world of everyday action. The conscious day-to-day experiences of the outside world (outer-verse) are eventually absorbed within the mind

(inner-verse) as an unconscious reflection of the day's experience. It is therefore said that in life, "a small outer-verse exists within the inner-verse." In other words, you think or dream about what happened during your day.

- **Connotative Words (Slang):** Connotation refers to the emotional weight and imagination of a specific word (i.e., the various feelings, and images that surround the word), and can express a wide array of positive or negative suggestive overtones that most words naturally carry with them. The term "Connotation" represents the social overtones, cultural implications, or emotional meanings associated with a word. For example, the word "Hollywood" connotes such things as glamour, fame, fortune, and dreams of celebrity stardom (e.g., "Misses Hollywood over there thinks she's so cool").

Such emotionally packed words are often expressed and acted out in a person's dreams. They are suggestive in their meaning, and convey or express a person's ideas through metaphors and images rooted in the unconscious mind.

Connotative words correspond to the inner-verse, and thus relate to the imagination. Because your imagination is responsible for creating the mental and emotional effects of a word, connotative words are experienced and internally felt within the inner-verse, which in turn will cause a person to react with certain actions and reactions in the outer-verse, or become emotionally frozen and not respond at all when he or she should react.

- **Words Beyond Verse:** These are sacred words said with reverence that respectively relate to the spirit realm, and are associated with divine magic. These heartfelt words are expressions that come from the soul, and are often heard in dynamic prayers. Because they sometimes contain ancient sounds that specifically express the thoughts and feelings of the inner spirit, their meanings are often unknown (Romans 8:26).

### THE SPIRITUAL POWER OF SPOKEN WORDS

Since ancient times, the use of sacred sounds, words of holy scripture, or repeated prayer incantations have been utilized in most Christian groups, especially during religious services and times of personal prayer. When properly spoken, these sacred sounds have been effectively used to bind or release energy; influence certain events, objects, or people; as well as manifest various mystical, paranormal, or supernatural phenomena.

All conversations are based on the understanding of words, collectively constructed into speech patterns. In most societies speech is used as the medium through which to interact with people in order to exchange thoughts, ideas, and beliefs. Language is therefore the byproduct of an individual's expressed beliefs, perceptions, thoughts and emotions.

To the ancient Coptic Christians, language was sacred, and sometimes referred to as "the mirror of the spirit." In other words, language as an energetic form of verbal expression, externally reflects what is currently hidden deep within a person's heart. Which is why in Matthew 12:34, Jesus states, *For out of the abundance of the heart, the mouth speaketh.*

In order for language to have a powerfully meaningful effect, it must quickly call to mind certain memories, sensory sensations, and emotional passions for the listener. Otherwise it has little or no importance to its recipients.



Language is the internal process of the emotions of the heart and the thoughts of the mind that shape our behavior, and determine the specific words that we choose to use. This is not only evident within all individuals, but it is also observed in small groups of people as well. Words and phrases not only reveal what is hidden, but they also have the power to influence. Additionally, our language shapes our internal processing, which in turn shapes our emotions as well as our behavior.

All sentences vary in their energetic power. This is primarily due to the way in which the words are placed together to form the specific phrases, or in the way the sentence structure is used to express its verbal meaning. Therefore when training to properly use your speech during a healing or exorcism, the secret of creating a powerful manifestation centers around the correct use of the spiritual power of the words that you choose to speak, as well as their specific definitions. For example, a descriptive phrase is often used in order to paint a stronger word picture, and invoke powerful feelings that can be used to gather additional energetic resources.

This is why most spiritually evolved healers believe that it is important to choose your words carefully. For example, before speaking a short, yet powerful healing Declaration over a sick individual, the specific words in the phrase should all be connected to God's divine healing power and rooted in unwavering faith. Therefore boldly saying something like: "Though your sins may have been red as scarlet — God will now make them white as snow," should create a powerful psychological as well as physical response within the listener.

An individual's speech may be divided into three levels of manifestation; all of which are dependent upon the integrity and moral virtue of the person who is speaking these words, as well as the amount of spiritual light contained within the Declaration. The three levels of speech are described as follows:

- **Speech That Inaccurately Describes Reality:** These are "words of deception" that simply are not true. In this type of speech, the words that are used are inaccurate and misleading, and are expressed through lying or deceptive statements, as well as through the conflicting ideas that they express. This type of speech not only creates problems and obstacles between people, but also gives birth to deranged fantasies and disillusionments.

Because of the use of deception in this type of speech, the person's own spirit will internally fight against the deceitful energy that was created, projected, and externally manifested by these false words.

- **Speech That Accurately Describes Reality:** These are "words of truth" that are accurate, exact, and complete in their description. In this type of speech, because of the honest intentions of the person's spirit, the projected energy that exists in their spoken words brings about in the listener a certain intuitive "knowing without knowing" that these statements are indeed correct (i.e., intuitively realizing something as true without any logically reasoning it out).
- **Speech That Creates and Causes Reality:** These are spiritual words that energetically create. They cause what is said to manifest because they come from the infinite space of the true Divine. In this type of speech, God's divine will and the person's will are one. An example of this type of divine speech are the spoken prophesies of the Old Testament ("Thus sayest the Lord God of Israel,.....").

Rhyme and rhythm are two important structural tools used to empower recited prayer incantation, especially for those that are focused on creating some form of energetic manifestation. By speaking in repetitive rhythmic patterns a person is more able to hold onto and carry the power and the ideas of the words, and to effectively communicate them to her or his listeners.

This is why in many ancient societies, before printing was discovered, rhymes were often used as an important tool for memorization. Because it allowed the student to retain the teaching and information orally passed down from master to disciple, several of the rituals still practiced today in Christian churches revolve around the patterned recitation of some of these ancient rhymed chants and prayers.

Rhymes act as powerful correspondences that energetically turn each line of the spoken phrase back into itself, which increases its energetic potency in an enchanting yet orderly fashion. This is why rhymes were often used in ancient prayers to unite and bind words of spiritual power together into a tightly formed energetic net designed to envelop whatever the priest had placed the focus of his attention onto.

The number of words used to construct a prayer incantation will most often vary, depending on the person's specific goal. For example, in ancient times the number of words used in each line of a prayer incantation was either an odd (Earth) number (2, 4, 6, or 8) or an even (Heaven) number (3, 5, 7, or 9), depending of the person's intended energetic action and spiritual influence.

The term "incantation" that I use throughout this workbook is defined as "the singing or chanting of sacred words in order to invoke spiritual power." An important feature of any Christian prayer incantation is its special use as a sacred language to glorify God, ask for health or protection, and to serve humanity. Therefore the secret use of sounds and the speaking of various resonant patterns are at the core of all Christian prayer incantations.

It is the rhythmic repetition, and the tempo used in this repetition, that increases the spiritual power and energetic momentum of the words of the prayer incantation. For example, notice how prayer incantations are introduced to young Christian children in the form of nursery rhymes. I can still remember as a young child being introduced by my parents to two important prayer incantations; which I still remember today, even at the age of 65.

The first prayer incantation was spoken in an eight-count tempo, and was recited every night at bedtime while I was kneeling beside my bed. I was instructed to place both of my hands together in front of my chest, level with my heart. After I had interlaced my fingers and formed this special prayer hand-seal, I was instructed to repeat the following prayer incantation:

"And now I lay me down to sleep,  
I pray the Lord my soul to keep;  
If I should die before I wake,  
I pray the Lord my soul to take — Amen"

The term "prayer hand-seal" refers to a special hand and finger placement traditionally used in both Eastern and Western religions for uniting and focusing the energy of the

body, mind, and spirit towards one primary goal. You often see pictures of Jesus praying in the Garden of Gethsemane using this type of special prayer hand seal (Figure 1.249).

The second prayer incantation I was taught was spoken in a seven-count tempo, and was recited at the dinner table. This time we all held hands and repeated the following:

“God is Great, and God is Good.  
And we thank him for our food.  
By his hands we all are fed.

Thank you Lord for daily bread — Amen.”

Many of these prayer incantations have a long tradition in a normal Christian child’s life, and their associated spiritual teachings come directly from the sacred scriptures in the Holy Bible. I should mention that the two previous examples that I have provided you with are almost exclusively used by children raised in a Protestant Christian home. Catholics and Orthodox Christians have their own set of children’s prayers which often involve invoking the holy presence of Mother Mary, certain saints of the Catholic Church, as well as the prayerful remembrance of departed family relatives.

A small child can more easily memorize and recite a prayer by having them follow the rhymes and rhythmical patterns of the repeated phrases. In the same manner, most adults can also more easily memorize and recite a spoken prayer incantation by similarly following the rhymes and rhythmical patterns of the repeated phrases. This is especially true if they simultaneously feel and experience the overall energetic vibrations that are created throughout their three bodies when repeating these spiritual words of power. This type of energetic stimulation is attributed to the spiritual attunement that occurs when the words stimulate, awaken, and influence the divine spark within a person’s eternal soul.

This is why when a Christian is composing the rhythmical and rhyming words of a prayer incantation, there are three important guidelines that need to be followed:

- **Its Initial Construction:** First, do not rush through the construction of the rhyme. Consider the prayer’s spiritual function, and then write that purpose down on a piece of paper. This is important, as oftentimes a page-long description must be summarized into a simple five-word line. Therefore, this detailed description is actually used in order to help you gain a deeper spiritual insight and understanding into what these words mean to you, and what it is that you actually want to say.

When speaking the rhyme, it is actually in the energetic embodying of the spiritual experience associated with each word of power that makes the repeated prayer incantation functional. Therefore make sure that you are able to imagine, visualize, and feel each word or spoken phrase within your body, mind, and spirit.

- **Its Word Correspondences:** Second, when composing the rhyme, consider the various energetic correspondences and word options that could be applied to the specific words that you are choosing. This is done in order to further augment and empower the rhyme’s energetic construction.
- **Its Lyrical Pattern:** Third, devise a lyrical rhyme that conveys the prayer incantation’s specific intention and purpose. Then, once you have completed saying the rhyme and rhythm of the prayer, its energy will continue

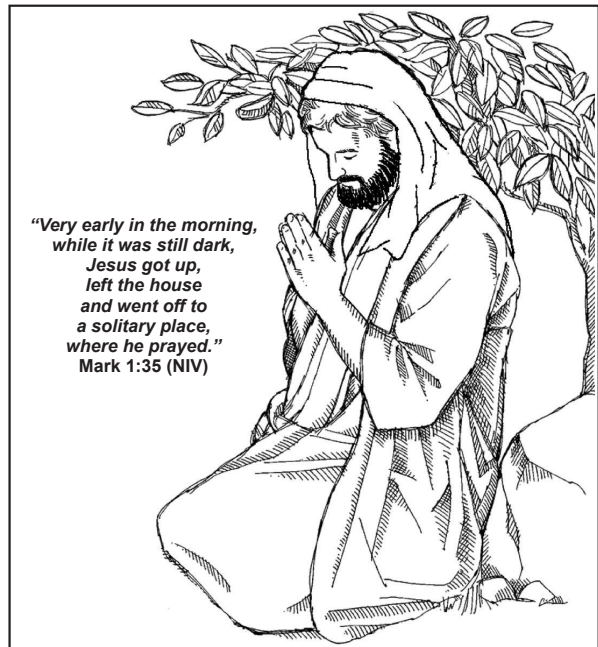


Figure 1.249. Jesus praying in the garden, early in the morning.

to resonate long after your have finished speaking these sacred words. This is how we naturally memorize the songs that we hear and enjoy.

Because the continuous recitation of a prayer incantation helps to induce an altered state of consciousness, these energetic patterns may be utilized for the purpose of communing with God, to achieve a state of blissful ecstasy, to awaken one’s latent psychic powers for the purpose of divine healing, or to exorcise evil spirits.

In certain Christian churches, the chanting of a prayer incantation is sometimes practiced in a continual cadence (i.e., with musical modulation), which creates a specific pattern of energy and power. When externally sounding-out a prayer incantation in this manner, the spiritual power generated within the rhythm of the tone or phrase can be released through either fast repetitions or slow repetitions, described as follows:

- **A Fast Repetition Release:** When a prayer incantation is sounded through a fast repetition release, it can generate an incredible amount of energy. The fast release method is generally chosen to overcome inertia, and internally disrupt a pathogenic uniformed pattern that has become stagnant within a person’s body, mind, and spirit. For example, raising your hands and saying “Praise God!” to stop emotional looping and negative thought-patterns.
- **A Slow Repetition Release:** When a prayer incantation is sounded through a slow repetition release, it can be used to bring about a calm state of relaxation and inner-peace. The slow release method is generally chosen to sedate an active state of energetic agitation. For example, calmly saying “Relax and trust in God” in a slow descending voice, will quiet and sedate an anxious heart and bring peace to an overactive mind.

## CHAPTER 42. TRAINING THE SPOKEN WORD

It is through God's spoken word that everything in the universe was created. It is through God's radiant breath (spirit) that all things are energized, animated, and awakened. These divine sound waves are so expansive, that they not only affect matter but also affect each person's consciousness as well. The belief and understanding of this divine sound interaction is one of the reasons that early Christian congregations would sing worship songs and chant sacred scripture during church services, and sometimes during special prayer sessions.

Since ancient times, special prayers have been spoken by people of different races and cultures in order to develop abilities such as controlling the weather, teleportation, and even levitation (see *Hidden Teachings Vol. 2*, Chapter 1, pages 7-14). Holy scriptures were often chanted in order to create a powerful spiritual state which allowed these mystics to effectively heal different types of illnesses and to ward off evil spirits.

The techniques used for training someone to use this type of "magical speech" referred to cultivating and releasing the spiritual power that was gained through proper breath and sound training. For example, when a spoken sound is released through the breath in the form of a prayer, a profound spiritual interaction and energetic fusion involving both the body's brain and heart occurs. As each word is consciously spoken as a person prays, their life force energy and spirit (thoughts and feelings) internally combine. This causes an increase in the dynamic influence of their spoken words.

### THE THREE LEVELS OF BREATH

Through proper breath and mind control, a person can store spiritual energy in their body similar to the way a battery stores electricity. Many of the supernatural powers attributed to advanced spiritual practices are largely due to the person understanding how to gather and store this radiant energy, and then being able to use it for special purposes.

Many ancient Christian mystics realized that certain forms of breathing would enable them to energize and empower their prayers. This special respiratory practice also released latent psychic powers, and awakened certain healing abilities that were currently lying dormant within their bodies.

To obtain control and be able to utilize this radiant life force energy, these ancient practitioners divided the esoteric skill of breath cultivation into three distinct levels: Training the Physical Breath, Training the Energetic Breath, and Training the Spiritual Breath, described as follows (Figure 1.250):

- **Training the Physical Breath:** This type of breath skill focuses on training the physical motion of the body's internal respiratory organs. Specific attention is placed on feeling the expanding and contracting actions of the lungs, diaphragm, and lower abdominal organs in relationship to the breath.
- **Training the Energetic Breath:** This type of breath training focuses on feeling the body's life force energy, and its vibrational patterns internally created through the act of repeating sacred sounds. In this type of training, it is possible to use visualized colors to intensify and increase the energetic effect of the sound-breath.
- **Training the Spiritual Breath:** This type of breath train-

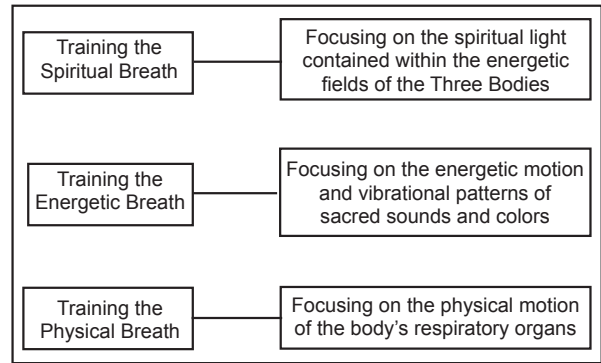


Figure 1.250. Training the three types of breath.

ing focuses on penetrating, awakening, and intensifying the divine light and radiant sound currently resonating within the three bodies, and the effect they have on the energetic fields surrounding all matter.

### THE ENERGY OF THE BREATH

The idea that God created the world out of nothing is central to the Christian faith. It is also believed that it was the breath or spirit of God released through his spoken word that was responsible for establishing the creation of heaven and earth. According to the first book of the Hebrew Bible (the Tanakh), and the Christian Old Testament Bible (Genesis 1:2-3), *When the earth was a formless void, and darkness covered the face of the deep, the mighty wind [breath] from God swept over the face of the waters; and then God [Elohim] spoke and said, "Let there be Light."*

It was because of this scripture that the ancient Christians considered the breath of God to be the first and primary creative force responsible for commanding all of the subtle energetic influences of nature into manifestation.

In humans, the influential power of the spoken word is created by combining the focused mind, directed intention, and faith (defined as the complete confidence in one's committed beliefs). After the words are spoken, the speed and energetic influence of their combined intention, word, and breath is determined by the amount of faith and wisdom supporting this creative action.

After these words are heard (as in praying over someone), the message of the words resonate throughout the listener's body, mind, and soul. This form of sound-induced vibration is the theoretical foundation of all spoken Declaration prayers used to invoke healings, treat diseases, summon and dispatch spirits, and remove evil states from people, places, and things. When this type of Declaration technique is performed correctly, the electromagnetic field that exists in the receptive person's energy body will vibrate like a reed in the mouthpiece of a musical instrument.

This projected sound resonance will also cause the listener's physical body to respond to the spirit (thoughts and feelings) imprinted within the exhaled breath. This will cause its vibrations to penetrate even deeper into the body, and allow them to enter into the "space in between space" existing within the person's tissues. In order to maximize its healing effect, color imagery such as God's radiant white light is sometimes used in combination with speaking a Declaration.



## MASCULINE VOWELS AND FEMININE CONSONANTS

Both vowels and consonants are used to energetically form special words of power. For example, vowels contain the energetic vitality of a word; whereas consonants act as a special template used to limit and shape the projected sound into an energetic pattern.

Vowels (a, e, i, o, and u) represent the masculine creative force of God, which energetically embodies everything, but is itself without form. Vowels can be voiced with a fully opened throat, allowing a person to vibrate both the sound and the breath like a reed. Because the column of exhaled energy released into the environment can be internally rooted within the lower abdomen and spiritually directed from the base of the lower diaphragm, vowel sounds can be projected with a considerable amount of power.

Consonants (b, c, d, f, g, h, j, k, l, m, n, p, q, r, s, t, v, x, and z) represent the formative feminine force of God, and they provide the true means and opportunity for all creation. Consonants correspond to the formation of all matter, and represent energy that has been restrained and congealed in order to physically manifest. For the most part, consonants cannot be extended or elongated with an open exhaled breath without the support of a vowel. Those consonants that are sustainable (f, l, m, n, r, s, v, and z) are sounded by compressing the lips, pressing the tongue against the teeth or palate, or tightening the throat.

Vowel sounds are thus used to “Create” and consonant sounds are used to “Hold” energetic manifestations in the physical world. For example, when the vowel sound “Aaa” is combined with the consonant sound “Hhh,” it creates the “Aaahh” sound; which is considered to be the first sound (i.e., the sound of a baby’s first cry) and the last sound of all human life (the sound of a dying person’s last breath). Because of this, the “Ahh” sound was considered to be the true sound and expression of the eternal soul, and connected to the heart organ; this is why people instinctively say a descending “Aahh” sound when something emotionally touches their heart.

One reason why a Christian is taught to say “Ahhh-Mmm-enn” (Amen) is because the “Ahhh” sound is spoken from the heart and eternal soul, while the “Menn” sound releases the creative meaning of the word from the internal self out into the external world. The breath released from this action sets into motion an energetic “wind,” which allows the projected vibration to manifest the eternal soul’s desired intentions within the physical world. It is said that this is why the word “Amen” was adopted in Christian worship as a concluding word spoken at the end of each prayer or hymn, and is often translated to mean “so be it” (see Chapter 20, page 121).

The early Gnostic Christians were able to dive deeper into their study and understanding of divine words by comprehending the energetic patterns contained within the interrelationships existing between the associations of a word (body) - its sound pattern (energy) - and its meaning (spirit).

This deeper understanding allowed these early Christians to create better ways of directing the focus of this divine energy. Then, when consciously spoken into existence, it allowed their spoken prayers to be spiritually supported by divine will once these words were released into the physical world.

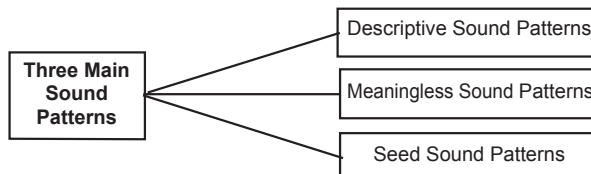


Figure 1.251. The three main types of prayer mantras.

## THREE TYPES OF PROJECTED SOUNDS

There are three main types of sound patterns used to initiate cellular vibration. These include: Descriptive Sound Patterns, Meaningless Sound Patterns, and Seed Sound Patterns, described as follows (Figure 1.251):

- **Descriptive Sound Patterns:** This type of resonant sound pattern uses both true (denotative) words, as well as connotative (slang) words in order to focus and direct the energy of the mind. The words are often audibly spoken and utilized when manifesting certain types of healing states, or for rebuilding one’s faith. For example, inhale and think “relax” — then exhale and repeat in a descending tone “Heeeeallll.”
- **Meaningless Sound Patterns (Speaking In Tongues):** This type of resonant sound pattern stimulates and awakens different energy centers located within the body. Because the resonant impulses of these spoken words are a collection of sacred sound phrases, they can also be effectively utilized for healing the body’s tissues, and to augment spiritual growth. The sound patterns commonly used when speaking in tongues are considered to be a type of divine meaningless speech pattern, especially to those who do not understand this type of sacred language. When either descriptive and meaningless sound patterns are used in prayer, the energetic force field of the thing being prayed for will continue to increase until that energy is either used or otherwise discharged.
- **Seed Sound Patterns:** This type of resonant sound pattern is used for stimulating, awakening, and creating a permanent standing wave of energy within various tissue and cells of the body, or within a specific energy center (or centers) located within the body’s core or brain. The seed sound patterns can also be special phrases specifically used for creating a continuous type of energetic effect, which eventually will become a coherent and accessible type of energy within the person, place, or thing.

The seed syllables represent complicated patterns of vowel and consonant sounds. For example, the specific seed syllable in Amen, is “Ah” which requires the use of “Mmm” and “ennn” to increase its resonant affect on the energy contained within matter.

In addition to hearing and feeling the three main types of sound patterns used to initiate cellular vibration, you must also reprogram your mind so that it does not automatically attach any conventional use or common everyday meanings to the sounds of these spoken sacred words. Otherwise you will lose the ability to awaken their true spiritual power when speaking or sounding them aloud. In other words, unless you disconnect the old meaning of the sound from its prior everyday conventional use, you will not be able to awaken its true spiritual power originally associated with the spoken word.

Remember, there must always be a strong body-mind-spirit connection contained within these sacred sound patterns during prayer. Then, once you are able to recognize the energetic significance of these thought patterns, sound patterns, and visual patterns, you will realize that they are all the same: simply different aspects of the divine mind. For example, visual patterns are also thought patterns; and sound patterns are the same as thought patterns. And all three are interconnected through the resonant patterns of the energy that each of them contain.

### THE CHRISTIAN “MARANATHA” PRAYER

The word “mantra” is a Sanskrit word that means “mind vehicle.” The ancient theory associated with this type of spiritual training is that a sacred chant is an energetic vehicle for the mind. For example, a mantra is traditionally practiced so that your wandering thoughts and feelings may be refocused and spiritually transported out of their energetic bondage to various earthly wants and desires. This enables the eternal soul to again focus, concentrate, and reconnect its spirit with the divine source of all creation. Any sacred sound, word, or string of words used to praise and worship God can be used as a “Christian mantra.”

The use of prayer as a mantra goes as far back as the original formation of the Christian church. Because this sacred tool was useful in focusing the hearts and minds of the early nuns and monks, one popular prayer that was used for centuries in the early monasteries is a meditation known as the Maranatha Prayer. The word “Maranatha” is Aramaic, and most often is translated as “come, Lord.”

The word Maranatha appears in an early Christian manuscript called the *Didache* (“Teaching”), which was anonymously written in about the 1st century A.D. This manuscript is also called, *The Teaching of the Twelve Apostles*. However in the New Testament Bible, the word Maranatha is mentioned by the Apostle Paul in 1 Corinthians 16:22.

The word may be understood in two different ways: when broken as “Mara-natha,” it means “come lord” or “lord come.” This is by far the most common translation. However, the word may also be broken down as “Maran-atha,” which means “the Lord is here” or “our Lord has come.”

When internally and silently sounding out the Maranatha prayer during meditation practice, divide the sound syllable patterns into four separate divisions “Ma-Ra-Na-Tha” (“come Lord”), and repeat them according to the following respiratory pattern:

- Inhale: “Ma” (hold for three heart-beats)
- Exhale: “Ra” (hold for three heart-beats)
- Inhale: “Na” (hold for three heart-beats)
- Exhale: “Tha” (hold for three heart-beats)

As you quietly say the sound syllable patterns within your mind, also allow each seed sound to arise in a slow and rhythmically relaxed manner within your body’s energetic field.

Remember this is a quiet meditation practice. Therefore instead of simply speaking the sound, take time to breathe deeply from your lower abdomen, and then allow yourself to emotionally feel and experience the energetic meaning of the sacred sound. Then with each breath, image that you are falling into and resting within the loving arms of Jesus.

When coordinating the prayer with the breath, have your breathing be smooth, slow, and quiet, with each pause focused

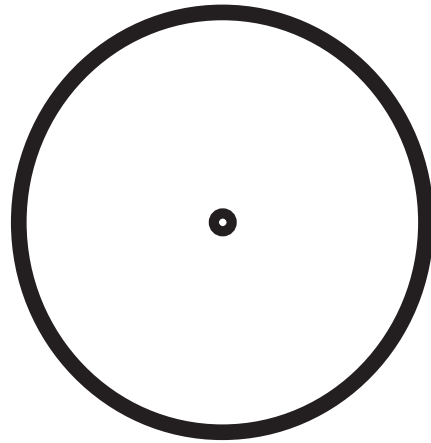


Figure 1.252. Meditation Circle used to root the mind.

on rippling the energy of your spirit out into infinite space. Because the words of the prayer are only spoken silently in your mind, relax and feel the flow of your breath as it slowly moves through your nose, head, throat, lungs, and heart, and then radiates out into the Great Void.

After internally saying the prayer for several minutes, the sacred sounds will lead your mind into a deep quiescent state of silence. It is within this quiescent state that your true spiritual awareness will begin to reveal itself. As the sacred sounds of the internal prayer eventually merge with this inner-silence, a small radiant light, the size of a bright luminous pearl, will eventually begin to manifest, often observed in the upper region of your brain.

Once you see this bright radiant light, your spirit body will start to leave your physical body. Sometimes this experience will feel as if your spirit is entering into a long illuminated tunnel and is ascending towards heaven. As you travel through this tunnel, you will arrive at a special “holding area,” where you are allowed to communicate with different angelic beings. However, if you choose to not become distracted by the images of these various saints and holy angels, and instead decide to pierce through the center of the small pearl of radiant light, your spirit body will instantly shoot through infinite space. At this point, you will find yourself floating in the vastness of the heavens, surrounded by feelings of wonderful blissful and divine love.

To help discipline your spirit, and keep your thoughts from wandering during this meditation practice, one special technique is to place the focus of your mind on a small black dot positioned inside the center of a large black circle (Figure 1.252). Although this practice is not necessary, I have found it to be an extremely helpful meditation tool, especially for all of my beginning students.

Other variations of this type of sacred sound meditation traditionally used by both Jewish and Christian mystics include repeating the following names of God. This meditation is often performed every day for 30 minutes to an hour.

- **The Adonai Elohim Prayer:** This is Hebrew for “Lord God;” (inhale — “Adonai;” — exhale — “Elohim.”)
- **The Shaddai El Chai Prayer:** This is Hebrew for “Almighty Living God;” (inhale — “Shaddai;” — exhale — “El Chai.”)
- **The Yahweh Elohim Prayer:** This is Hebrew for “Lord God;” (inhale — “Yahweh;” — exhale — “Elohim.”)

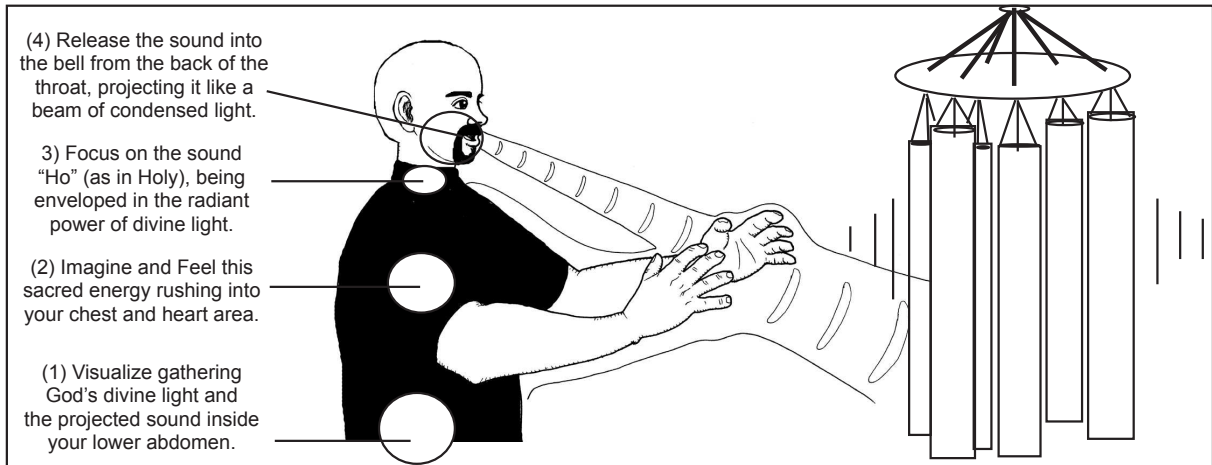


Figure 1.253. Training sound resonance projection in order to ring different metal bells.

### TRAINING TO PROJECT SOUND VIBRATIONS

Whenever you pray over someone who is physically sick or is trapped in some type of mental or spiritual bondage to a harmful addictive pattern, the resonant sounds of your spoken words often penetrate deeply into the person's body and mind. The externally projected sound vibrations of your prayer internally shocks, disrupts, and re-patterns the person's current state of heart and mind. This energetic repatterning is important. Many churches intentionally begin their services with music and loud singing to create this type of vibrational disruption, which naturally breaks apart the stagnant energy within the members of the congregation (often due to the suppression of negative thoughts and feelings).

Since thoughts and emotions are strongly affected by sound vibrations, the body defends itself against outside vibrational signals (either good or harmful ones) by anticipating and setting up internal signals which cancel out these external sound vibrations. Due to the continual bombardment of these vibrational patterns, our ability to filter out these recognizable sounds, while simultaneously allowing us to maintain our own thoughts and emotions, can eventually become a major barrier to remaining sensitive to how different sounds affect our body's tissues.

Normally, as soon as different thoughts and emotions begin to intrude upon a person's dominant thoughts, beliefs, or established emotional patterns, their body automatically identifies the invading vibrational signal, and quickly filters it out. Although the body can often defend itself against these sudden types of signals, suppressed thoughts and feelings are defenseless against the radiant transforming vibrations emitted through spiritually focused "words of truth." This is because the spiritual light contained in these spoken words is rooted in the same resonant vibrations that were originally used by the spirit of God during the creation of life, and are therefore immediately recognized by the eternal soul.

As the sacred sounds of a person's spoken words penetrate through an individual's vibrational defenses, they quickly affect the spirit of someone who is open to receiving such a dynamic influence. This is why when singing praise and worship songs, it is important to visualize the sound waves of their spoken words and the music penetrating through

all matter and rippling throughout space. This is especially true when these divine words are focused on cleansing and purifying the person's body, mind, and spirit.

During the released sacred sound, word, or phrase, when focused visualization is combined with a long exhalation, it allows for a deeper penetration of the sound's resonance. Which is why this special sound application is often used during church healing revivals to disperse the stagnations contained within a diseased person's three bodies, which initiates a faster healing response in the person's body, mind, and spirit.

The following are three training exercises used in ancient times for mastering the various skills of sound projection.

#### SOUND PROJECTION EXERCISE #1 (METAL BELLS)

In this first technique, the sound projection skill is trained by directing the sharply exhaled sound vibration into the surface of different size metal bells (Figure 1.253).

Each different tone that is externally projected should vibrate and ring a particular metal bell, causing a contrasting sound to be released from the surface of the bell. The resonant sound patterns will vary depending on the particular tone and pitch that is being used (e.g., a high, medium, or low pitch).

1. After performing the Three Divine Invocations (see Chapter 1; pages 23 through 26), visualize gathering the radiant energy of God's divine light as well as the sound "Ho" (as in holy) into your lower abdomen. Make sure that you gently close your anal sphincter, and transform your lower abdominal area into a type of collection balloon.
2. Next, imagine the river of divine light moving from the energy stored within your lower abdomen, up your body into the center of your chest (Heart Center).
3. Now concentrate on the "Ho" sound, and visualize its vibrating energy being internally combined with the radiant light and spiritual power generated from your eternal soul (located within your Heart Center).
4. Next move this radiant energy into your throat. Then relax, and from the back of the throat, exhale a sharp "Ho" sound, projecting it away from your body like a beam of condensed light into the bell. At the same time feel your body drop and sink into the earth – this should increase the power and depth of the projected tone.



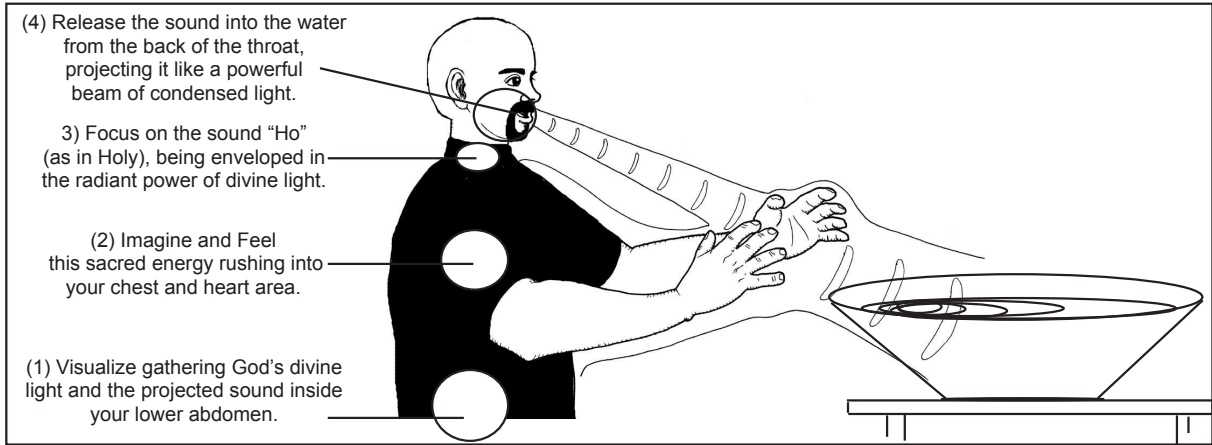


Figure 1.254. Training to release sound and projected breath into a bowl of water.

5. Alternate projecting a strong elongated tone, to exhaling a short, sharp staccato tone. This alternating resonance is used to break up and disperse chronic stagnations frequently observed in blood and body fluids, often seen in certain types of cyst and tumor formations.

#### SOUND PROJECTION EXERCISE #2 (WATER)

After you are able to ring the bell from across the room with your exhaled tone, next train your projected breath to penetrate the sound deeply into matter. This will require you to exhale and speak a sound into a bowl of water (Figure 1.254). This technique is used to release the radiant power of a sound so that its vibration penetrates into and is sustained by the water. This action should cause the water to continually ripple in conjunction with the released sound. Depending upon the specific tone and pitch being used, the surface of the water will respond differently to each exhaled sound.

1. After performing the Three Divine Invocations (see Chapter 1; pages 23 through 26), visualize gathering the radiant energy of God's divine light as well as the sound "Ho" (as in holy) into your lower abdomen. Make sure that you gently close your anal sphincter, and transform your lower abdominal area into a type of collection balloon.
2. Next, imagine a river of divine light moving from the energy stored in your lower abdomen, up your body into the center of your chest (Heart Center).
3. Now concentrate on the "Ho" sound, and visualize its vibrating energy combining and becoming one with the radiant light and spiritual power emanating from your eternal soul (located within your Heart Center).
4. Next, with your focused mental intention move this radiant energy into your throat. Then relax, and from the back of the throat, exhale a sharp "Ho" sound into the water, projecting it away from your body like a condensed beam of light. At the same time feel your body drop and sink into the earth – this should increase the power and depth of the projected tone.
5. Alternate from projecting a strong elongated tone, to exhaling a short, sharp staccato tone. The goal being to continually splash and ripple the center of the water. Remember to visualize both light and breath penetrating deeply inside the bowl of water.

#### SOUND PROJECTION EXERCISE #3 (TISSUES)

Once you have spent some time training the previous two sound projection exercises, you are ready to learn more advanced sound projection skills. The following techniques will allow you to focus and direct the projected sound deep into the tissues of your hand and affect the cells. When practiced correctly, each exhaled sound will vibrate and stimulate a different type of body tissue, thereby causing it to vibrate and resonate throughout your entire hand.

This training technique teaches you how to project your conscious intention into the cells and tissues of a person's body when speaking. Thus when saying such healing phrases as "Be healed now – in the name of Jesus Christ," the projected energy and vibration will dynamically affect the recipient person's body, mind, and spirit.

To practice this type of advanced sound projection, you will focus on different layers of tissue in your left hand (Figure 1.255). Therefore, take your time and feel the energetic effect that each exhaled sound vibration has on these various tissue layers.

- **The Preparation:** After performing the Three Divine Invocations (see Chapter 1; pages 23 through 26), visualize gathering the radiant energy of God's divine light inside your lower abdomen. Make sure that you gently close your anal sphincter, and transform your lower abdominal area into a type of collection balloon.

Next, imagine the river of divine light moving from the energy stored within your lower abdomen, up your body into the center of your chest (Heart Center).

- **The Skin:** Place your attention on the skin tissue wrapping the external structure of the left hand. Using focused imagination exhale and breathe the descending "Shaaaaanng" sound into the tissues of your left hand, and feel all the external tissues of the skin vibrate.
- **The Muscles:** After a few breaths, shake your left hand towards the earth to release the energy. Then focus your attention on the muscles underneath the skin of the left hand. Imagine and visualize the various muscles wrapping the structure of the bones, and connecting to the skin of the left hand. Using a focused imagination, exhale a descending "Gooooonng" sound into the left hand and feel all of the internal muscles there vibrate.

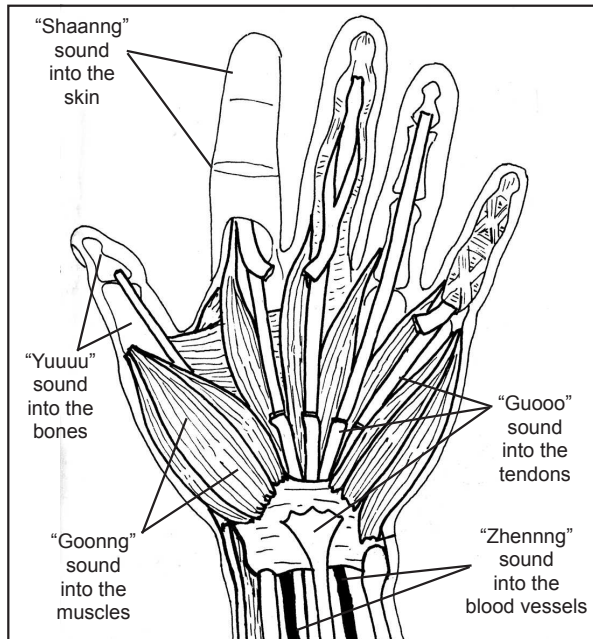


Figure 1.255. Focus on the five different tissues separately, using five different projected healing sound patterns.

- **The Tendons and Ligaments:** After a few breaths, release the energy, and change the focus of your attention; imagine and visualize the various tendons and ligaments wrapping and extending throughout the internal structure of the left hand. Using focused imagination, exhale a descending "Guuuuooo" sound into the left hand, and feel all of the internal structures of the left hand's tendons, ligaments and inner fascia vibrate.
- **The Blood Vessels:** After a few breaths, release the energy from the hand and change the focus of your attention to all the blood vessels existing in the different layers of skin, muscles, tendons and ligaments of the left hand. Imagine and visualize the various tubular structures of the veins and arteries extending throughout the internal structure of the left hand like many tree roots, extending away from the main branch of a mighty oak. Using your imagination, exhale a descending "Jennngng" sound (or a descending "Haaaa" sound) into the left hand and feel all of the blood vessels there vibrate.
- **The Bones:** After a few breaths, release the energy from the hand and change the focus of your attention to the structures of bones. Feel the various structures of the bones being wrapped by the skin, muscles, tendons, and blood vessels of the left hand. Using your imagination, exhale a descending "Yuuuuu" sound into the left hand and feel the bones vibrate.
- **Ending the Exercise:** After completing the exercise, you will notice a big difference between your left and right hands. To re-balance the energy in both hands, gently shake your left hand towards the floor, and visualize a divine waterfall descending from heaven and washing through all of your tissues, removing any trapped energy remaining within the internal structure of your left hand. Then briskly rub both of your hands together.

## HOW TO SPIRITUALLY ACTIVATE A PRAYER

After training the three sound projection exercises, the energetic dynamics of your speech will drastically change. Then when using divine speech, the verbalization of any sacred name, spiritual phrase, or holy words that you decided to incorporate into a prayer or preaching will have a more powerful impact.

Divine Speech should always be spoken with utmost spiritual authority. Therefore before exhaling and releasing the resonant vibrations of these sacred sounds into the world, the specific energetic expression of the spoken syllables and word patterns should first be spiritually awakened, and then transformed by your heart and mind into living words. Without first awakening the sound patterns and transforming them into living words, the spiritual influence of the prayer or spoken scripture will often remain energetically dead and "asleep," without any real form of penetrating spiritual power.

It is the cultivated spiritual energy of a person's internal virtue (i.e., their compassion, decency, dignity, honor, integrity, morality, purity, respectability, and righteousness) that is responsible for allowing their spoken words to energetically vibrate into manifested images and patterns. However, it is the energetic projection of a person's spirit (heart and mind) that is responsible for affirming and directing these manifested patterns into specific meaning. The evocative power of any word or phrase derives its power to energetically manifest from the fact that the spoken sound is viewed as a specific form through which the subtle realms of energy and spirit are manifested and expressed. In understanding this, one method that can be used to energetically activate and empower a sacred phrase or holy scripture repeated during a special prayer or preaching is described as follows:

- **First — Write Down — Then Repeat Each Word Audibly:**

Begin by writing down a few lines describing the different definitions of each word or phrase you wish to speak. Describe the meaning and significance of these words; as well as how the prayer will energetically influence your intended goal.

Then say the words or phrase of the prayer aloud several times. With each repetition, imagine, visualize, and feel the energetic impact of the words physically affecting your body, mind, and spirit. Although the spiritual power contained in the prayer is still in its dormant state, this constant repetition helps the mind to focus; and the audible rhythm hypnotically awakens your inner senses.

Next speak and focus on the resonant energy of these words (i.e., their specific vibrational power), and feel the reaction and energetic impact that they have. Then say the words, and focus on their image, spirit, specific meaning, and intention.

- **Second — Go From Audible to Sub-audible to Inaudible:**

Once the energetic power attributed to the audible pronunciation of the words of the prayer has been awakened, the prayer can then be softly spoken (whispered) in sub-audible repetitions to achieve the same dynamic results.

At this stage in the training, the vibration of the prayer's energetic field should linger for quite some time after it has been repeated. The result of this progressive energetic construction and saturation will strengthen the prayer's influence and increase its spiritual power.

Eventually the repetition of the prayer will become purely mental. Its energized words will be transformed from mere sounds into a powerfully focused silent manifestation of the spirit, and the strength of its influence and spiritual power will become even stronger. At this level, the prayer becomes living words of divine speech, capable of manifesting tremendous power and influence.

### SOUND RESONANCE AND PRAYER

As a person looks deeper into understanding the perplexing yet expansive intuitions found surrounding the spirit realm, they become awakened to certain energetic patterns. First, they note that the energetic force of the mind is not simply limited to understanding the mental characteristics and emotional behavioral patterns of people and their need for personal interaction within society. Instead the mind is seen to be far more aware and comprehending about how the physical realm and spirit realm interact. This discovery leads to the realization that all forms of creation are no more than the energetic manifestations of God's divine thoughts. In other words, all of creation was imagined and created through God's projected consciousness.

Because it was through the Almighty's divine voice and holy breath that God created mankind in his own image (Genesis 1:27), likewise every human thought, by way of its own vibrational tone or sound, is believed to give birth to a corresponding spiritual image and an energetic form (see *Hidden Teachings Vol. 2*, Chapter 5, pages 43-47).

It was because of this esoteric belief that Christian monks used repetition when sounding certain scriptures and prayer incantations, to align their consciousness with a particular state of divine mind and higher spiritual awareness.

Once repeated, these sacred sounds carried a divine energy that could be used for either healing or protecting the Christian church against those who would destroy it. It was therefore believed that contained within the words of these prayer incantations (e.g., "Our Father who art in heaven...") and divine invocations ("In the name of Jesus Christ...") were special powers and holy forces that had been activated and spiritually charged with the holy spirit of God Almighty.

These methods of prayer have long been practiced within the Christian church as a secret tradition; used for not only conjuring spirits (e.g., "In the name of Jesus Christ, I call upon the protective powers of Archangel Michael and his mighty angels, and ask that they immediately come and..."), but also for casting spells ("Father God, in Jesus' precious name I ask that you please send your Holy Spirit to come and heal...").

When a prayer incantation is continually chanted (as in repeating the Lord's Prayer), it cleanses and reprograms the person's spirit and harmonizes the life force energy of their body. When spoken aloud for several minutes, the energetic resonance created by the prayer can silently vibrate within the person's body, mind, and spirit for several hours. During this time, the resonating vibrations carry the imprinted messages of the prayer incantation's specific meaning and image. Which is why when performed respectfully, and with a focused intent, certain prayer incantations are considered to be the powerful spiritual manifestation of sacred sounds (e.g., "Hallelujah"), and are able to connect the person who is speaking the sacred word or phrase to a higher spiritual state of mind.

The sound resonance of a prayer incantation contains a collection of energetic patterns. These patterns internally vibrate the innermost spaces contained within all matter, alter preexisting energetic patterns, and positively affect the body's internal organ systems. Certain prayer incantations are even able to activate specific areas of the body and awaken them to various spiritual powers, such as being clairvoyant and having accurate intuitive perceptions.

### CHRISTIANS USING SACRED WORDS TO BLESS

Many prayer invocations are actually used as a part of the ancient practice of performing what is called "sacred magic." One teacher explained that the best known type of magical/spiritual practice observed in most Christian households is what he called "casting a spell," by which he meant, "a ritualistic prayer intended to bring about a specific effect." Praying for someone's health, asking the Holy Spirit for divine guidance, asking God for something in order to prosper, are all examples of this "casting a spell;" in other words, they are spoken prayers that are used in a magical spiritual practice in order to bring about a change.

When such a "spell" is spoken to create a positive effect for a person, place, or thing, it is traditionally known as a "Blessing" (i.e., the invoking and/or conferring of praise, honor, and love). One example of this type of prayer would be 1 Peter 3:9, where the Apostle Peter instructs us to bless those who mistreat us, and to not repay evil with evil, or answer an insult with an insult. Jesus embodied this teaching perfectly when, while hanging on the cross, he looked at the Roman soldiers who had just beat him and the Pharisees who were mocking him and said, *Father, forgive them, for they don't know what they are doing.* At that time, Jesus understood that in their own hearts and minds, they truly believed that what they were doing was lawful and correct, and that they thought they were right in all of their actions. Jesus also understood that it truly wasn't personal, and that they would have treated anyone in his position in the same way. This is why he explained to his disciples in John 15: 18-20: *If the world hates you, keep in mind that it hated me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. Remember what I told you: 'A servant is not greater than his master.' If they persecuted me, they will persecute you also. If they obeyed my teaching, they will obey yours also.*

Throughout the Bible, Jesus, Moses, and many of the prophets provided blessings which were used to enrich the lives of different people. Because of this practice, a blessing is often given at the end of each church service, and is traditionally known as a "Benediction."

The benediction is a short prayer invocation spoken by the priest to offer a blessing from God, as well as divine protection over the people in the congregation. The most common type of benediction spoken by a Christian priest originates from Numbers 6:24-26 in the Old Testament Bible, and goes as follows:

"May the Lord bless you and keep you,  
May the Lord make His face shine upon you  
and be gracious unto you;  
May the Lord lift up His countenance upon you,  
and give you peace."



Although the benediction is often spoken as a blessing over all of the people in the congregation after performing the rite of the Eucharistic, additional blessings can also be provided to members of the church by writing these heartfelt statements down onto paper and then praying over them. The act of prayerfully imprinting divine blessings into a person, place, or thing can also be used to impregnate multitude items at once, such as paper, clay, wood, cloth, food, etc. Because this type of spiritual blessing transforms the energy of what was prayed over, many Christians traditionally pray over their food and drink each mealtime before their body receives and absorbs its transformed energy.

#### **CHRISTIANS USING THEIR WORDS TO CURSE**

When a Christian speaks words that create a negative energetic effect over any person, place, or thing by complaining, criticizing, or condemning them or their actions, it is known as a "Curse."

In the New Testament there are two examples of Jesus performing a curse over a fig tree (Matthew 21:18-20 and Mark 11:12-14; 20-21). In the context of these two scriptures, to some it may appear that Jesus is responding in anger at a fig tree for not containing any figs, and therefore cursing it in a temper-tantrum like behavior because he was hungry. However, in all truth, this is not the case at all.

The broader backdrop of Jesus' teaching methodology often involved parables and word-pictures. Many scholars agree that in this particular case, Jesus was performing a living parable in order to teach his disciples an important spiritual truth. In this teaching, Jesus is cursing of the fig tree as a dramatic visual aid being used to teach them that at a distance the Pharisees, the Jewish Temple, and all of its sacrificial activities looked wonderful. However upon closer inspection, the entire ambiance was found to only contain mere religious theory, and simply existed as words without substance. In other words, like the fig tree, they were full of leaves without any spiritual fruit.

If any person uses their spoken words in complaining, criticizing, or condemning their mate, family, workers, church members, government, etc., then they are actually actively involved in cursing, and are guilty of performing what may be called "black magic." This is because our body's life force energy is the internal residence of the spiritual power of God the Creator. Thus our words and actions are energetically connected to the divine spark of our eternal soul. Therefore the body, mind, and speech of any born again Christian is considered to be the external manifestation of God's divine power on earth. This being the case, whenever a person uses the manifested power of the kingdom of heaven in order to judge, curse and condemn someone else, they immediately pervert God's original design of His holy creative power.

The book, *Ancient Christian Magic: Coptic Texts of Ritual Power*, edited by Professor Marvin W. Meyer and Richard Smith, contains different Christian spells, charms, and curses from ancient Greek and Egyptian Coptic Christian texts. These writings date from about the 1st century to the 11th century A.D. After the 3rd century however, many of the spiritual seekers who practiced such magical invocations called these practices "Theurgy" (meaning "the practice of rituals").

The users of these spells did not consider themselves practitioners of anything that could be called "black" or

"evil magic," which is clearly forbidden in the Bible. Instead they believed they were simply invoking divine protection to defend themselves against any powerful psychic attacks being sent to them from evil sorcerers and demonic spirits.

#### **USING THE HOLY SCRIPTURES TO CURSE**

According to Luke 6:28, Jesus of Nazareth forbid us from criticizing and condemning someone. These things are considered to be "curses," and doing such a thing can bring detrimental results back on to the person who is issuing the curse in the first place. This is one reason why in Matthew 7:1-5 and Luke 6: 41-45, Jesus was quite clear in detailing the negative results of judging and condemning someone when he said: *Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.*

The following is an example of how a well meaning Christian brother can unknowingly use the holy scriptures for cursing another person. This incident occurred when I was in my mid-20's, and was working as a shipping and receiving clerk at a medium sized corporation in Sand City, California.

While working at this job, I would occasionally spend my lunchtime in the back of the factory, fellowshipping with several of my Christian brothers. One day as I entered into the area, I overheard one of the Christian brother's named Tony harshly condemning another Christian named Mike for smoking cigarettes.

I spoke to Tony and encouraged him to ease up on Mike, explaining the difficult nature of overcoming addictions. But Tony was unreasonable and relentless. He kept repeating that in the Bible it states that your body is the temple of the Holy Spirit and that Mike was defiling God's temple by smoking.

I looked at Mike, whose face was overshadowed with extreme guilt and shame. I looked at Tony, shook my head and reminded him that Jesus states in Matthew 7: 1-2: *Judge not, so that you are not judged. For the same judgment that you judge others, you shall likewise be judged: and with what measure you give, it shall likewise be measured back to you again.*

Still not listening to reason, Tony quickly informed me that he did not smoke cigarettes - however - Mike does. Therefore according to the Bible, because our body is the temple of the Holy Spirit, Mike is defiling God's holy temple.

Tony's harsh judgments, angry glare, and his strong words cut deep into Mike, and the negative energy released from his words pierced deeply into Mike's wounded spirit. At that time, Tony's consciously directed psychic attack quickly created a negative reaction inside of Mike, which immediately closed his spirit and placed him in an extremely agitated state.

Realizing that Tony was unmovable in his understanding and use of the holy scripture, I asked Mike to please bear with me for a moment while I sorted this out with Tony. I then informed Mike that since he was "smoking cigarettes and defiling God's temple," according to Tony he was "going to hell."

Next I looked back at Tony and quickly spent the next few minutes explaining to him about Macrobiotics, and eating in harmony with the cycles of nature; as well as the importance

of having an organic diet in this time of chemically infused foods. I had just learned about all of these things the previous week from my Chinese kungfu martial arts teacher.

Next I stressed the importance of choosing foods according to their macro and micro-nutrients (carbohydrates, proteins, vitamins and minerals, etc.), determined by their seasonal growth, color, textures, and favors.

After a quick review, I then asked Tony if he understood and agreed with what I was explaining. Immediately he nodded his head to confirm the fact that he understood as well as accepted this particular teaching on health and healing.

I then looked at Tony, smiled, pointed to his lunch, and immediately stated that if he were now to eat any of it, he would go to hell. Because his body is the temple of the Holy Spirit, if he were to ever again eat food that was not in harmony with the season, or ate chemically infused or processed food, he would be defiling God's holy temple.

Right after that, I then looked at Mike and explained that according to Tony, he and I were both going to hell anyway, so let's eat his lunch. Upon hearing this, Tony immediately jumped up and shouted that this was not fair.

I quickly agreed, but informed Tony that this was not my original judgment - it was his. I then reminded him that this is the same judgment that he gave to Mike; which is now immediately being brought back onto him. I then explained that this is why Jesus said "Judge not, so that you are not judged." It was specifically spoken in order to protect us from ourselves.

I then explained that in all truth, Jesus only gave us two fundamental commandments: first love God and second love each other - and that's it. It is religious dogma that transforms these simple yet profound teachings into all of the various rules that bind and restrict the hearts and minds of man.

All of these explanations of mine were set into motion because of Tony's obsessive need to be "right." However after that experience, Tony understood that it is not about being "right;" instead it is about doing the right thing. This is why in the Bible it is written in 2 Corinthians 3:6, *The letter of the law kills, but the spirit gives life.*

This entire experience had a wonderful ending. Tony apologized to Mike for his spiritual arrogance and harsh judgments, and most important he learned about how dangerous criticizing and complaining was, and how vulnerable his need to be right had made him. The two men quickly healed their relationship and became closer as friends.

It is a wonderful experience working with people who are truly interested in spiritually growing in this life. In order to spiritually grow, it is essential for an individual to first humble themselves, and then be completely honest and consciously choose to change their heart and mind, and personally be accountable for all of their actions. Without this spiritual accountability, many people often end up angry and alone.

As Christians, when we use the life-transforming teachings associated with Jesus, it is wise to consciously choose to be respectful and honor all people, especially those of other faiths and spiritual beliefs. In this way, as children of God we can be more effective in our approach to positively influence the hearts and minds of those people who strive to know, trust, and rely on us.

When Christians finally learn how to use their true spiritual powers, and understand the incredible life transforming

abilities contained within their prayers, their innate ability to pray and spiritually manifest will begin to change and grow onward and upward. Hopefully, their lives will then move from seeking after "God's Hand" (i.e., what God does for people; sometimes known as "request based prayer") to seeking after "God's Face" (who the Creator really is; sometimes known as "worship based prayer"). In this way, the mature Christian will eventually begin to "pray to become," rather than "pray to receive."

### PROBLEMS IN LEARNING HOW TO PRAY

Most Christians today have learned how to pray by simply observing other Christians, listening to the speech patterns they use, and then copying the specific words that they hear being spoken. This being the case, many individuals become dissatisfied with their present prayer life, and internally struggle with how to spiritually connect to and interact with the spirit of God.

Many times in churches, people in large congregations become stuck in "Sunday ritual," robotically repeating certain prayers and reciting scriptures that have become so familiar that the words have seemingly lost their spiritual force and meaning. After awhile, these sacred words can eventually become so disconnected from a person's heart and mind, that they lose their spiritual influence and transforming ability.

In order to stop this unhealthy cycle and prevent a person from continuously repeating these same types of unproductive stagnant prayers, it is sometimes essential to stop and unlearn certain unhealthy invocational patterns. Then, once a person can embrace a new, more productive method of expressing their spirit, and change the old dissatisfied prayer patterns imprinted into their heart and mind, it frees them to change the way that their eternal soul expresses itself. This new found freedom will then help to change the way a person sees and experiences the world around them.

The main goal in mastering prayer as an important form of spiritual communication, is in the method of transforming spoken words and visualized images into an intimate heart-felt communication. Remember our life as Christians is not about asking God for "things," instead it is about having our eternal soul spiritually fuse with the holy spirit of God. This is the true essence of any prayer or any holy communion with God. In this case, prayer has little to do with asking for special favors. Instead it is about internally awakening the original spiritual nature of our eternal soul, and reaching out from this divine state to spiritually reconnect and communicate with God Almighty.

So how do we develop a heart to heart communication with God? One that frees our innermost spirit and allows it to truly reconnect with God's most holy spirit during prayer?

In Chapter 40 (pages 293-301), I have included the teachings of the "Nine Special Preparations for Prayer," the "Speaking From Within The Still Point," and "The Inner-Structure of a Prayer," all of which are designed to instruct a person in obtaining a closer spiritual connection with their eternal soul, and reconnecting it with the holy spirit of God. This body, mind, and spirit practice allows the eternal soul to awaken and consciously enter into the spirit realm, and then join with the Divine.

Also included in this workbook is the "Most Secret Name" teachings (Chapter 2), which are designed to unite the physical body, energy body, and spirit body with the spoken word.

## USING PRAYER FOR PROTECTION

In Genesis 2:7 of the Old Testament Bible, it says that God formed Adam out of the soil of the earth and then breathed into him the “Breath of Life.” According to many biblical scholars, the terms often associated with God’s “Breath of Life” and his “Divine Spirit” are often used interchangeably. Because God’s Breath is his Spirit, when he first exhaled his breath into the body that he had formed out of the soil of the earth, he not only gave Adam an earthly origin, but also gifted him with a divine origin as well.

According to science, the human body is made out of soil only in the sense that our material tissues are constructed from the various elements of the earth. However it is not the elements of the earth that our bodies were originally constructed out of that makes us human. Instead it is the way in which we were put together through God’s purpose and design, which manifested the complex organization of our body, energy, and spirit.

Because the spiritual light and radiant power of our eternal soul was originally determined by the vital Breath of God, we also possess the same radiant light that first existed at the beginning of all creation. Therefore the sacred illumination of God’s radiant spirit still exists within the divine nature of our eternal soul. This is the main reason why when consciously expressed through breath, our spoken prayers or intoned words of power not only inspire the mind of the listener, but also stimulate or influence inanimate objects as well.

The efficacy of all prayer incantations is greatly magnified when the words are spoken by a Christian man or woman who has been purified through prayer and ritualized practices, hence the value of Christian fellowship and church services.

Also, the ancient Gnostic Christians believed the spiritual power within a person’s spoken word is greatly augmented by the cultivated virtue of the person speaking it. In mystical practices, the word “virtue” refers to the quality of a person’s focused concentration, as well as the purification of their directed aim, purpose, and will. This gives the person a much greater degree of energetic coherence towards spiritual manifestation, because their three bodies are now in harmonious agreement. In this elevated state of concentration, when the person directs the focus of their heart and mind, their spirit becomes more concentrated, and is able to directly lead the radiant power of the divine out from their eternal soul and into the world around them.

There is a powerful relationship that exists between sound, energy, and creation. Before the very act of creation (before anything manifests), there first exists the powerful spiritual aspects of the divine mind, in which all time, space, and energy exists as one single point of concentration. This dynamic convergence creates the energetic pattern essential for the manifestation of all energetic form. In ancient times, this divine potential was thought to be the true “seed of creation” by certain Jewish and Christian mystics. Therefore it was often taught that it was only through God’s spoken word (or “sacred sound”) that his sacred breath impregnated with his divine mind brought about the creation of all life as we know it.

One effective way of using divine sound and radiant spiritual energy is observed when first creating and filling your body’s energetic field with the resonant sound vibration of a

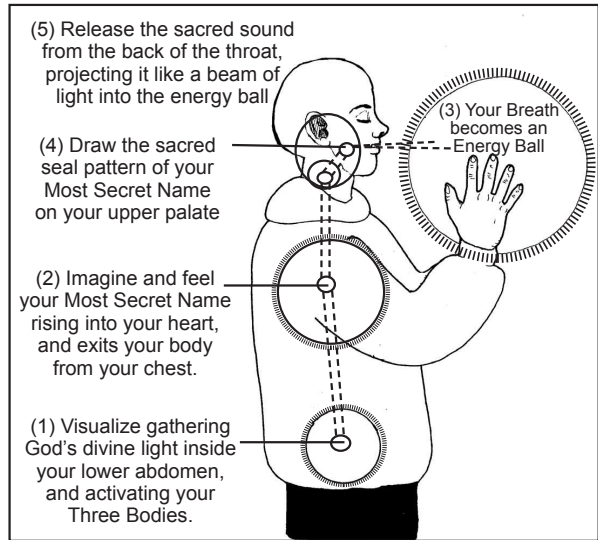


Figure 1.256. Direct the divine energy in-between your palms and imagine creating an energy ball of bright white light.

divine prayer, recited prayer incantation, spoken scripture, or consciously repeated holy word (e.g., “Hallelujah”).

The following techniques allow the radiant energy contained within sacred words to expand and fill your body’s energy field. This powerful radiant light then can be used to repel any incoming negative thought-forms seeking to attach themselves onto your three bodies. This defensive application works extremely well against certain types of psychic attacks – especially negative-spells or evil prayers spoken by malevolent people. In ancient times, this secret defensive technique was sometimes known as, “Using Divine Sound to Combat Destructive Sound,” and was taught to Christian monks as follows:

### USING DIVINE SOUND TO COMBAT DESTRUCTIVE SOUND

• **Preparation:** Begin by performing the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26). After performing the Third Invocation, focus your attention on gathering God’s radiant light into your lower abdomen.

Imagine and feel this powerful radiant light energizing your physical body; then overflowing and penetrating deep into your energetic body, and finally saturating the space associated with your spirit body.

Hold this visualization for a few moments, and maintain this image until you feel all three bodies completely filled with God’s radiant light.

- Next, place the focus of your mind onto your Most Secret Name, located deep within your lower abdomen (see Chapter 2, pages 31-34). Visualize it ascending up your body like a bright luminous pearl, and flowing into your Heart Center.
- From your Heart Center, visualize this bright radiant pearl exiting outside of your body, and positioning itself directly between your two extended hands in front of your chest.
- Now visualize the radiant pearl expanding and growing into a large energy ball, and visualize holding this powerful radiant ball of light between both of your hands.



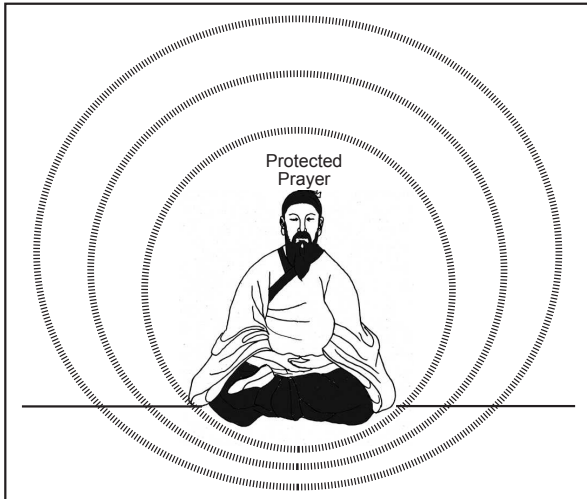


Figure 1.257. Your body's three external energy fields fill with the sacred sounds of the protective prayer incantation.

Next move both hands upward, level with your throat, and place all of your fingers pointing up towards the heavens (Figure 1.256).

- Now write the sacred seal pattern of your Most Secret Name on the upper roof of your mouth with your tongue (see Chapter 2, page 34).
- After the tongue has drawn this sacred seal pattern, chant the specific protection phrase or holy scripture in your mind that you wish to use in order to create God's divine power and maintain a holy sanctuary. For example, "The sacred light of God is my protection;" or 2 Timothy 4:18, which states: "The Lord shall deliver me from every evil work, and will preserve me unto his Heavenly Kingdom."

When speaking these powerful protective words, it is important to have a strong personal attachment, emotional connection, and belief in the words and their meanings. It is these very words that are specifically being used to protect and safeguard your body, mind, and spirit.

By focusing, believing, and trusting in the prayer incantation's sacred promises and spiritual authority, you ensure that you are creating a powerful energetic fusion with God's divine light, and the radiant light of your eternal soul. It is this energetic fusion that will actually protect you from harm.

- Now inhale through your nose, and imagine God's radiant light flowing into your body from the highest heavens, stimulating and energizing the sacred seal pattern of your Most Secret Name (whose image was previously drawn on the roof of your mouth). While continuing to inhale, imagine pulling the spiritual power of this sacred seal pattern down into the middle of your Heart Center.
- Next imagine and visualize connecting and fusing together the spiritual power of the protection prayer with God's divine radiant light, and the illuminating power of your eternal soul.
- Then bring the divine energy up the center of your body into the back of your throat, and exhale this infused radiant energy, combined with the protection prayer or sacred scripture into the energy ball presently located

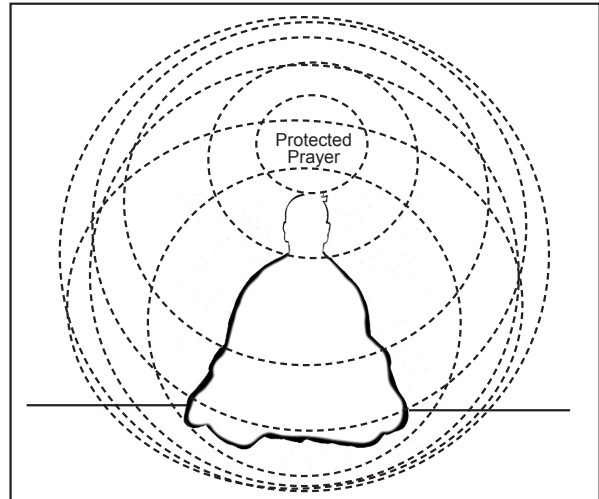


Figure 1.258. Imagine and feel the physical, energetic and spiritual bodies dissolving into the radiant light and vibration of the prayer incantation—until all that inhabits the space of your three bodies is the energetic light and sound of the divine vibration.

between your hands. As you audibly or inaudibly speak the sacred words of the protection prayer, visualize their radiant sounds projecting out like beams of bright light into the energy ball. Then visualize these sacred words completely filling, illuminating, and empowering the energy ball with God's divine light.

- Focus your mind and intention on feeling the holy power of the protection prayer vibrating between your hands. Then imagine and feel its spiritual light becoming extremely bright and energetically powerful.
- Next, raise the energy ball upward in front of your forehead (Third Eye area), and visualize releasing its divine radiant light and holy power outward. Feel this powerful energy expand and fill the three external energy fields of your three bodies (Figure 1.257).
- As you feel the radiant light of God's holy power vibrating throughout your three energy fields (i.e., the external energy fields of your physical body, energy body, and spirit body), direct your mind to notice and acknowledge its powerful radiant light and sound vibration – and feel it expanding towards the front, back, right, left, above, and beneath your body; protecting all six directions.
- Next notice and acknowledge that your body is now completely submerged inside the powerful vibrational resonance of this divine illuminating light and sound. Maintain this belief until you feel your three bodies slowly dissolve into its powerful protective energetic field, fusing together with its radiant light and the divine energy.

During this entire process, feel your physical body dissolve into this divine energetic field. Then feel your energetic body quickly become absorbed and saturated within this radiant light. Finally, feel your spirit body dissolve and become one with this illuminating energetic field.

Maintain this visualization until all that inhabits the space of your three bodies is the pulsating energetic vibration of God's powerful radiant light and holy sounds of your protection prayer (Figure 1.258).

## CHAPTER 43. IMPRINTING THINGS USING PRAYER

Everything that exists in nature is a part of the energy and the consciousness that formed it. Which is why matter is often regarded as being an extension of consciousness, or a particular energetic form that consciousness has assumed.

In understanding this concept, a Christian must be able to consciously manifest energy and then be able to imprint this energy in different people (i.e., through healing prayers or exorcism rituals), and in places (such as the church building, or the Bible study room) and in things (e.g., prayer cloths, crosses, rosaries, and other holy items) by using their imagination, visualizations, and spoken words, which are energetically connected to the radiant light and divine resonance of their eternal soul.

When manifesting energy (creating specific energetic patterns or forms) or dispersing energy (dissolving and removing energetic patterns or forms), a child of God is required to study the four primary properties of energy. The mastery of this four stage process requires them to learn how to effectively utilize their words to consciously Create, Feel, Imprint, and Activate energy.

Once these four skills have been effectively mastered, the believer will be able to effectively transform the physical, energetic, and spiritual levels of consciously created vibrational patterns and forms. This will enable them to affect energy in different types of ways: such as strengthening weak and deficient conditions (healing), or dissolving and dispersing various types of evil conditions (exorcism). These four important actions are known as the "Four Primary Properties of Energy:"

### THE FOUR PRIMARY PROPERTIES OF ENERGY

When learning to create or transform any energetic property, there are four important actions needed to influence the life force existing in any person, place, or thing (Figure 1.259). Without this training, a person would lack the wisdom and skill needed to progress further into the higher levels of such a divine service. The four primary properties of energy represent the same process through which God manifested creation, and are as described as follows:

- **Create — Forming the Energetic Blueprint:** The term "Create" describes the constructive property of all life force energy. It refers to the initial production of the energetic form, as well as the energetic forces associated with it. This creative power makes life itself and the phenomena of all manifestation and dispersion of energy possible.

The creative property of energy is responsible for the construction, maintenance, and re-configuration of all the cells and tissues of the human body. In fact, more than that, when materializing any type of life force energy, the creative property is used to design, manifest, and bring into existence the imagined shape, size, and texture of the form that is being created. This includes its specific properties such as its color, sound, and composition, and if it exists as a solid, liquid, or vapor.

- **Feel — The Sensate Property of Energy:** The term "Feel" describes the sensing, perceiving, examining, and ascertaining the quality of the created item. It is considered the manifestation of the sensory aspect or property of the created energy. It also refers to the tangible feeling of what has been energetically manifested into form or substance.

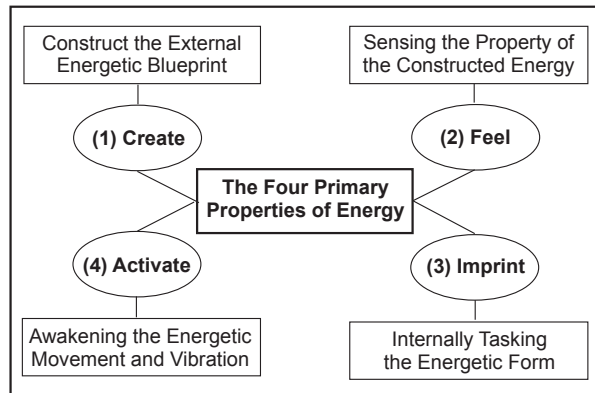


Figure 1.259. The Four Primary Properties of Energy.

By mastering the Feeling aspect of life force energy, a person can dissolve their spirit body into any other person, place, or thing and experience every energetic particle of its existence. Such a skilled adept may also choose to dissolve their energy into the subtle spiritual matrix that exists between the various particles and cells vibrating in someone else's physical body, and feel the subtle ebb and flow of the life force energy moving within the energetic fields of that person.

Mastering the Feeling property of energy allows all of the feelings, sentiments, and sense experiences to become more substantially real at a deeper and more profound spiritual level. Within the human body, it is the Feeling property of energy that makes it possible for any person to enjoy the sensations of physical pleasure, or suffer from feeling physical pain. When materializing any type of life force, it is the Feeling property of energy that allows a person to experience the subtle vibrations resonating in the energetic form of what they have just created.

This type of experience will usually manifest in such sensations as feeling either hot or cold, wet or dry, heavy or light, expanded or contracted, vibrating or spiraling.

- **Imprint — Tasking the Energetic Form:** The term "Imprint" describes impregnating and mentally inscribing one's focused intention into a created energetic form. This process allows the energetic form to retain explicit instructions and perform specifically directed tasks.

Because this imprinting is a way of encoding and programming an energetic form, it can include different functional patterns associated with the thoughts, emotions, and intentions which are impregnated into the created object. Examples of such imprinting include the intention to heal, to strengthen, to protect, to bind, or to remove.

Energetic imprinting makes the formative construction of infinite varieties of thought-forms and spiritual images possible. Therefore it is traditionally utilized right after the person has created and established the energetic form.

When the spirit records mental images in the heart and mind, it is the imprinting property of energy that helps the person observe, memorize, and retain the various shapes, sizes, and colors of these images. Additionally, it is the imprinting property of energy that makes it possible for every particle and cell of the body's tissues to become energized and strengthened, and maintain its specific structure.

- **Activate — Awakening the Vibrational Property of Energy:** The term “Activate” describes the awakening process used to energize, vitalize, and animate the created item’s energetic function. It is used to set into motion the functional application previously imprinted into the created object.

Because the activation of its life force makes the created object’s energetic movement possible, it is sometimes considered to be the true awakening force contained within the energetic form. The activation of energy is therefore used as the means for transforming the person’s previously projected energetic field into a living life force.

Within the human body, the activating property of energy is responsible for maintaining all physical activities, both conscious (i.e., walking, physical coordination, and eye movements) and unconscious (the functioning of the circulatory system, respiratory system, vascular system, nervous system, digestive system, etc.).

#### THE FOUR STEP EXERCISE FOR CREATING, FEELING, IMPRINTING, AND ACTIVATING LIFE FORCE ENERGY

In order to master any type of manifestation skill, it is necessary to learn and practice each of these four techniques to the point where the use of these replicating energetic patterns becomes second nature. Therefore the following exercise is provided so that the reader may begin their training, and learn how to master these four primary properties of life force energy.

By practicing this four step exercise, you will begin to understand how the Divine Mind was originally imprinted within all of creation. This technique will also allow you to experience an increased expansion of your innate powers of creative visualization. All thoughts and feelings have power, and are initially created through the mind, and have shape, form, and energy. Which is why thoughts can be felt, have weight and color, can be expressed through different variations of light and vibration, and can be perceived or seen by those who possess clairvoyant sight.

Our thoughts and feelings are energies that we project into the environment from either the conscious or subconscious mind. They can assume a variety of shapes and sizes, and differ from one another in form, energy, and power. The desires and emotions contained within these thought-forms can either be positive (as in sending out a healing prayer) or negative (as in sending out a curse).

One of my teachers once explained that at one time the four step process of Creating, Feeling, Imprinting and Activating life force energy was commonly used in the ancient Gnostic Christian monasteries, especially when a nun or monk was consecrating a special spiritual tool with divine light (e.g., Sacred Crosses, Holy Water, Prayer Beads, etc.). Before performing this sacred imprinting process however, the person had to first dedicate the specific item to God and devote its unique energetic function to the service of all mankind.

In the following exercise, I will explain how to Create, Feel, Imprint, and Activate an energy ball (Figure 1.260). This simple method can be effectively used when performing any type of divine healing, protection, or when performing an exorcism.

- **#1—Create:** by constructing the exact external size and shape of the energy ball.

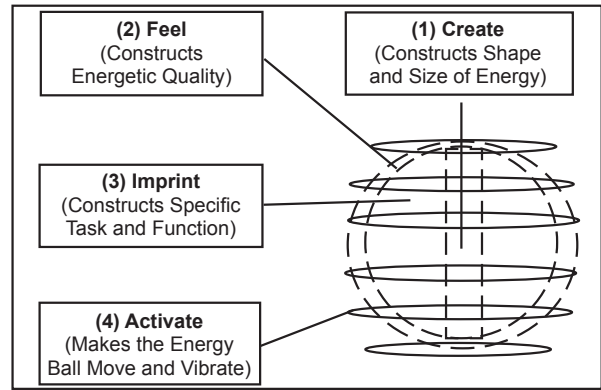


Figure 1.260. Using the four primary properties of energy in order to Create, Feel, Imprint, and Activate an energy ball.

- **#2—Feel:** by physically and intuitively palpating and acknowledging the energetic quality contained within the external structure of the energy ball – such as it being and feeling hot or cold, wet or dry, heavy or light, vibrating or spiraling, etc.
- **#3—Imprint:** by impregnating the energy ball with a specific task and energetic function, such as to heal, strengthen, harmonize, protect, bind and remove, etc.
- **#4—Activate:** by energetically awakening the energy ball’s vibrational movement and giving it “life.”

True power is defined as “the ability to produce a result.” In other words, how quickly it takes for something to actually and effectively manifest after the person’s spirit (heart and mind) imagines it and their words speak it into creative existence, corresponds to the effectiveness of their manifestation power. In order to assist my students in acquiring the skills needed for developing these abilities, I often teaching them the following four step exercise, described as follows:

- **The Preparation:** Start from a seated posture; then close your eyes and perform the Three Divine Prayer Invocations (see Chapter 1; pages 23 through 26). After performing the Third Invocation, focus your mental attention on gathering God’s radiant light into your lower abdomen.

Next, visualize and feel divine light energizing your three bodies (physical body, energy body, and spirit body); and maintain this image until you feel all three of your bodies are completely full of God’s radiant light.

Now raise your left hand up towards the heavens, and imagine energetically connecting with the radiant Throne of God. While holding this position, imagine and visualize that you are standing in the presence of God the Creator, and are asking and receiving divine permission and guidance to proceed. Once you feel permission has been granted, proceed to the next step.

1. **Create:** Now visualize a powerful energetic cord descending from the Throne of God, and falling into the center of your outreached left palm.

Feel this divine energetic cord immediately mold itself into a powerful luminous ball. With your imagination, see this radiant ball filled with powerful white light, and form into a tennis ball sized orb. This imagery exercise trains you to use the creative property of energy.



2. **Feel:** Next feel the energetic weight of this luminous ball as it rests in your left hand. Feel it as being alive, electrical, hot, and vibrating. Roll this energy ball around on your hand and feel its movement like being liquid mercury smoothly moving over the tissues of your hand. This exercise trains you to use the feeling property of energy.
3. **Imprint:** Now that you have created an energetic thought-form, it can be imprinted and programmed with special functional tasks, such as rebuilding a person's internal organ's tissues while they are recovering from surgery, or to strengthen and heal a diseased internal organ.

Once this imprinting process is completed, the energy ball may then be inserted inside someone's body to quickly initiate a healing. In fact, by imprinting these same healing messages into a special prayer cloth, the fabric can be used for carrying the healing prayer long distance, and given to someone who is currently hurting and in need of additional support (see Chapter 32, pages 196-197).

You can also pray and focus your mind on a person who is suffering from a particular illness, and send a ball of divine healing light to cover the individual's entire body in order to affect a healing. The greater your ability to concentrate on the formation of this thought-form, the stronger will be its therapeutic value. This type of creative visualization trains you to use the imprinting property of energy.

When imprinting God's radiant light within a healing orb through prayer, the divine light constructing the energy ball automatically fills with white light. Once placed inside a person's body, the dynamic transformation initiated by this spiritual energy alters the pre-existing negative patterning of a disease's condition, and changes its toxic energetic field into a clean, purified type of energy.

4. **Activate:** Once the energy ball has been created, its energetic power has been felt and realized, and its energetic form imprinted with a specific message, all that is left is to activate its energetic function and give it life. This is accomplished by giving it the mental command to begin. I always activate the energy ball according to each person's personal needs; this can be accomplished by saying, "In the name of Jesus Christ, I empower you to now awaken and ...(heal or protect, etc.)...."

#### **LANGUAGE, MYTHOLOGY, AND SACRED GEOMETRY**

The training of the body, mind, and spirit to energetically heal itself and others involves a deep understanding of three important sciences: Language, Mythology, and Sacred Geometry. It is through understanding the hidden wisdom contained within these three disciplines that a person eventually comprehends the secret activation mechanisms required to awaken, release, and control the various supernatural spiritual powers inherent within their eternal soul.

In ancient times, language, mythology and sacred geometry were consistently to focus and direct a person's concentrated will. By understanding and utilizing these three important disciplines, along with a focused intention, an individual could create a "magical universe" through which to effectively influence the various physical, energetic, and spirit realms.

- **Language:** The word "Language" is defined as "a system of words or signs that people use to express thoughts and feelings towards each other." However, the skill of language that I am referring to encompasses the special use

of "magical words" (i.e., sacred words of spiritual power), their proper pronunciations, and the specific methods of energetically speaking and combining them into powerful phrases. This important discipline is externally trained through the skill of speech (i.e., verbal expression), and internally trained through mental processing.

In the Christian church, the use of such sacred words was sometimes referred to as speaking a "holy language" or "liturgical language," which is traditionally cultivated and used primarily in religious service. In fact, in early Christianity the mystical aspect of language was maintained in the church by advocating a sacred language, which retained its mysterious nature through the repeated recitation of Latin prayers and phrases. One example of this is when a Catholic priest blesses the congregation during a church service by loudly repeating in Latin: *In Nomine Patris, et Filii, et Spiritus Sancti* ("In the name of the Father, the Son, and the Holy Spirit").

Once a certain language became used for worship by the believers of a specific religion, then over time divine virtues were eventually assigned to that particular language. Often this sacred language is quite different from the native tongues being spoken in the church or temple. For example "Greek," the language of the New Testament, gave way to the speaking of "Latin" in the Roman Catholic Church. This caused Latin to cease being a common language, and "Italian" took its place. In the same manner, "Sanskrit" ceased being a common language and Hindi took its place; "Hebrew" ceased being a common language and Aramaic took its place, (although Hebrew is once again alive and now spoken as the common language in Israel). In this process, Ancient Greek, Latin, Sanskrit, and Hebrew all became holy languages.

When translating the languages of the early sacred texts, there is always a fear of losing the original meaning because of faulty translations or improper understandings. This mistranslation can sometimes move its listeners and readers far away from the original meanings contained within these ancient texts. Because of this, the concept of a sacred language was often established in order to retain the divine mystery of the ancient writings, without losing the spiritual heart-mind connection associated with the original words.

Consequently, the priests of that religion are then trained in the use of this sacred language. At which point, the animated vocalized expressions of the religion's sacred scriptures being spoken in a different tongue is perceived to give the priests access to an esoteric body of spiritual knowledge that the untrained lay people cannot (or should not) access.

In certain cases, the sacred languages associated with some ancient religious traditions have become extinct and are now considered to be a "dead language." However in other cases, a new language was introduced to the church congregation in order to enhance the priest's mystical position. For example, in Medieval Europe, the ability to read the holy scripture in Latin was considered to be a privileged power of the priesthood, especially within the Roman Catholic church. Therefore in Medieval society, this exclusive right was held as a benchmark of literacy. Because of this, many who could read and write could also do so in Latin.

All sacred languages are said to be imbued with special supernatural powers and divine virtues, which most common people would normally never have access to. Any person who could read and speak the sacred language was said to be able to preserve the hidden characteristics that had been lost in the course of the language's original development. This is one of the reasons why the Early Modern English (circa 1500-1800) still remain current in Protestant Christian worship (e.g., "Thy" will be done, "Thou" art forever, etc.), and are in use throughout the King James Bible.

Some examples of meditation practice using a sacred language can be found in Chapter 42, page 309.

The concept of a sacred language is different from that of a Divine Language, which is defined as a special language ascribed to God and his holy angels, and is often associated with the gift of speaking in tongues in the various Pentecostal Churches and Charismatic Catholic Christian movements (see Chapter 23, page 145).

- **Mythology:** The word "Mythology" is defined as "a collection of myths (ancient stories and legends) belonging to a particular religious or cultural tradition." The skillful use of mythology that we will now be exploring deals with the legendary stories of various gods, demigods, heroes, and villains.

These special stories often influence the way in which people consciously and subconsciously think and behave. Which is why different myths have been used since ancient times in order to explain the unusual or supernatural phenomena or paranormal manifestations that sometimes occur in nature. Such stories are also used in most religious and governmental organizations to explain a certain tribe, race, or country's history, and to describe or justify the maintaining of certain cultural beliefs and customs.

Certain myths are simply distorted accounts of historic people and certain assumed events in their lives. Over the years, various storytellers have repeatedly elaborated upon these events until these figures eventually gained the status of "gods." However, the skillful use of mythology that I am referring to here is about the study of exactly how and why these powerful indoctrinations and emotional influences are found within every culture and religious tradition.

For example, there are the powerful myths pertaining to "good versus evil" that are found in almost all of the various religions of the world. Externally the battle of these two forces is expressed through different images, symbols, and icons, and is internally experienced through dreams, and revealed as different archetypes. Although over the years certain mythological correspondences will remain constant, other aspects of the same myth will sometimes alter and change over the years, depending on the religious tradition.

A person who has had a deep connection to the spirit realm for an extended period of time, will eventually become awakened to the powerful connection they have with the supernatural forces of the Divine currently flowing within their personal spiritual lineage (see Chapter 33, pages 211-213). Which is why whenever a person performs any type of religious or spiritual action, directed with a specific focused intent, all of the powers of the collective energy flowing through their spiritual lineage are suddenly manifested through and within this action.

If however, the person's conscious connection to this inner-collective spiritual energy is not there, or has not been strongly established through the deeper understandings of the sacred mythology that surrounds and supports this spiritual teaching, then the actions performed during any type of religious ritual will not have any lasting effect within the physical realm.

For most Christian leaders today, the energetic imprinting that is connected to or associated with their personal ministry, can only be empowered and sustained through the spiritual connection that they have previously developed with their spiritual lineage via its mythology.

- **Sacred Geometry:** The term "Sacred Geometry" refers to the use of esoteric mathematical formulas, which often deal with the relative properties and measurements of solids, surfaces, lines, points, and angles, as well as sacred geometric shapes. In other words, each geometric shape and structure has its own unique meaning associated with its energetic design. For example: the pyramid shape is used for solitude, meditation, and healing; the rectangular shapes are used for past life reviews and study; the spheroid (ellipsoid of revolution) shapes are used to examine future lives; and the cylinder acts as a portal used for spirit traveling.

This type of spiritual training is introduced by observing various external esoteric patterns, and internally by visualizing sacred forms and geometric figures. One example of this would be when in meditation, a person visualizes the geometric image of a white or golden radiant Star of David glowing in the center of their chest, while simultaneously reciting the Hebrew name for "Lord God" ("Adonai Elohim") and visualizing the illuminating pattern pulse back and forth between the image and the radiant light of their eternal soul.

In another example, the Lord's Prayer is sometimes repeated while visualizing different colored circular orbs that correspond to the body's seven sacred centers (chakras). As previously mentioned, in ancient times these seven gates were sometimes known as the "Seven Churches" (see Chapter 36, pages 236-242). One teaching associated with these seven special areas is that each of these seven spiritual doors may be awakened and spiritually activated by repeating the Lord's Prayer (the "Our Father") every day at the same time, while internally visualizing different colored orbs and repeating the words of the prayer in a specific manner. The three energy centers located above the Heart Center deal with God (Our Father - In Heaven - Holy Is Your Name); while the three energy centers located below the heart center deal with us (Thy Will - Daily Bread and Our Debts - Temptation and Deliverance). The meditation is described as follows (Figure 1.261):

**Our Father:** Corresponds to the seventh spiritual door, located at the top of the head, and is associated with perception, intuition, inspiration, and enlightenment. This area also corresponds to the radiant power of God Almighty.

**In Heaven:** Corresponds to the sixth spiritual door, located at the Third Eye area, and is associated with intuition, knowledge, wisdom and understanding. This area also corresponds to God's divine awakening force, which allows our eternal soul to perceive the spirit world, revealing the subtle mysteries of the universe and the various realms of existence.

**Holy Is Your Name:** Corresponds to the fifth spiritual door, located in the throat area, and is associated with personal expression. This area also corresponds to our communication with God, and the sacred sounds that were spoken by the Almighty to manifest all of creation.

**Thy Kingdom Come and Will Be Done:** Corresponds to the fourth spiritual door, located at the heart center, and is associated with love (for self and others), relationships, and personal development. This area also corresponds to the radiant light of the eternal soul, where the true Kingdom of God exists.

**Give Us Daily Bread:** Corresponds to the third spiritual door, located in the solar plexus area, and is associated with the sense of identity, self-confidence, and personal power. This area also corresponds to our resources, adaptability, and creative manifestation.

**Forgive Us our Debts:** Corresponds to the second spiritual door, located at the navel area, and is associated with abundance, creativity, and sexual drive. This area is also associated with giving and receiving intimacy and our connections with others.

**Temptation and Deliverance:** Corresponds to the first spiritual door, located at the lower perineum area (between the anus and the genitals), and is associated with survival based instincts, security, personal safety, and the things that we will and will not do so that we might live longer here on earth.

When performing this special Lord's Prayer meditation, a person will consciously open their three bodies and surrender each of the seven spiritual doors, all of which are associated with a certain aspect of God's illuminating power. This radiant spiritual light is said to be naturally refracted into the body through the eternal soul's Soul Star, which is located several inches above the person's head (see Chapter 11, Note #1, page 88).

As the divine light enters into the Soul Star, it is immediately refracted and divided into seven main colors (red, orange, yellow, green, blue, indigo, and violet), which energetically feed the body's cells, tissues, and organs, and is additionally absorbed into the three bodies. Therefore each of these specific colors can be focused on when performing this meditation.

#### THE LORD'S PRAYER AND SEVEN DOOR MEDITATION

- **The Preparation:** Begin by performing the Three Divine Prayer Invocations (see Chapter 1; pages 23-26). After performing the Third Invocation, focus the mind's attention on gathering God's radiant light into your lower abdomen.
- Next imagine and feel God's divine light energizing your physical body, energy body, and spirit body; and hold this image until you feel all three bodies completely full of bright radiant light.
- Now relax and slow down your respiration. As your breathing begins to quiet and your body continues to relax, concentrate on softly inhaling through the nose, and exhaling through the mouth.
- **Opening the 7th Spiritual Door:** Once you are breathing slowly and in a comfortable rhythm, bring your focused attention to the top of your head.

As your mind feels into the top of your head, inhale and visualize an orb of bright violet colored light forming at the center of your crown, and mentally say: "**Our Father.**"

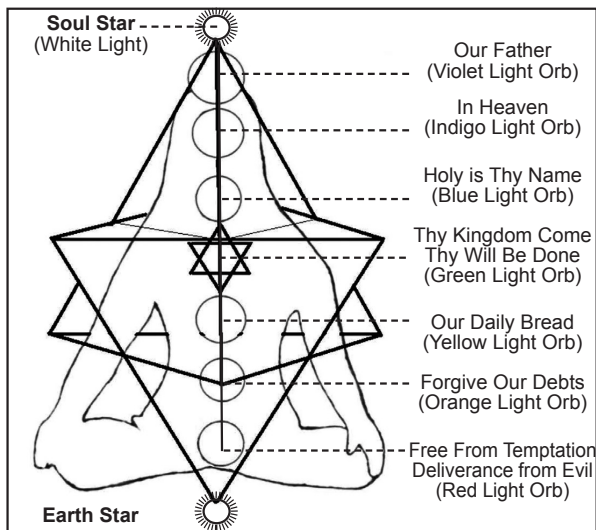


Figure 1.261. The Lord's Prayer Meditation.

As you quietly say these words, relax and focus your heart and mind on their specific meaning; and feel these sacred sounds vibrate in the top of your head.

Next exhale, and visualize the bright violet orb radiating light from the top of your head; and like a powerful pulsating star, imagine and feel its shining light extending far into infinite space.

- **Opening the 6th Spiritual Door:** After three breaths, inhale again; and this time visualize a column of brilliant light extending down from the top of your head into the center of your forehead, forming a radiant round orb of indigo colored light in the area of your Third Eye.

Imagine and feel your Third Eye now opening and radiating a bright indigo colored light from the center of this sphere, and mentally say: "**Who Art in Heaven.**"

As you quietly say these words, relax and focus your heart and mind on their specific meaning, and feel the sacred words vibrate in the area of your forehead and Third Eye.

Next exhale, and visualize the bright indigo orb radiating light from the center of your forehead; and like a powerful star, imagine and feel this shining light extending far into infinite space.

- **Opening the 5th Spiritual Door:** After three breaths, inhale again; and this time visualize a column of brilliant light extending down from the center of your forehead and your Third Eye area into your throat.

As your mind feels into the base of your throat, inhale, and visualize an orb of bright blue colored light forming at the bottom center of your throat, and mentally say: "**Hallowed be Thy Name.**"

As you quietly say these words, relax and focus your heart and mind on their specific meaning, and feel the sacred words vibrate in the area of your throat.

Next exhale, and visualize the bright blue orb radiating light at the center of your throat; and like a powerful star, imagine and feel this shining light extending far into infinite space.

- **Opening the 4th Spiritual Door:** After three breaths, inhale again; and this time visualize a column of brilliant



light extending from your throat area, shining down into your chest.

As your mind feels into the center of your chest, inhale and visualize a bright green Star of David forming at the middle of your chest and mentally say: **“Thy Kingdom Come, Thy Will be Done: On Earth as it is in Heaven.”**

As you quietly say these words, relax and focus your heart and mind on their specific meaning, and feel the sacred words vibrate in the area of the center of your chest.

Next exhale, and visualize the green Star of David radiating light out from the center of your chest; and expanding this light into infinite space, like a bright pulsating star.

- **Opening the 3rd Spiritual Door:** After three breaths, inhale again; and this time visualizing a column of brilliant light extending from the center of your chest, shining down into the center of your solar plexus area.

As your mind feels into the center of your diaphragm, inhale and visualize an orb of bright yellow colored light forming at your solar plexus area and mentally say: **“Give us this day our Daily Bread”**

As you quietly say these words, relax and focus your heart and mind on their specific meaning, and feel the sacred words vibrate in the area of your solar plexus.

Next exhale, and visualize the bright yellow orb radiating light out from the center of your diaphragm; and expanding into infinite space, like a radiant, pulsating star.

- **Opening the 2nd Spiritual Door:** After three breaths, inhale again; and this time visualize a column of brilliant light extending from the center of your solar plexus and diaphragm, and shining down into the center of your navel.

As your mind feels into the center of your navel, inhale and visualize an orb of bright orange colored light forming and mentally say: **“And Forgive Us our Trespases, as We Forgive those who Trespass Against Us.”**

As you quietly say these words, relax and focus your heart and mind on their specific meaning, and feel the sacred words vibrate in the area of your navel.

Next exhale, and visualize the bright orange orb radiating light out from the center of your navel; and expanding into infinite space, like a radiant, pulsating star.

- **Opening the 1st Spiritual Door:** After three breaths, inhale again; and this time visualize a column of brilliant light extending from the center of your navel area, and shining down into the center of your lower perineum.

As your mind feels into the base of your perineum, inhale and visualize an orb of bright red colored light forming and mentally say: **“And Lead us not into Temptation, but Deliver us from Evil.”**

As you quietly say these words, relax and focus your heart and mind on their specific meaning, and feel the sacred words vibrate in the area of your lower perineum.

Next exhale, and visualize the bright red orb radiating light out from the center of your lower perineum; and expanding into infinite space, like a bright, radiant, pulsating star.

- **Opening The Radiant Center Core:** Once you have stimulated and opened each of the seven spiritual doors, and have additionally imprinted them with the different

verses of the Lord’s Prayer, now inhale and pause for a moment. As you exhale, visualize leading a bright radiant light from the top of your head down the center core of your body into the base of your lower perineum.

Imagine and feel this energy internally activating each of the seven energy centers, and feel each of them vibrate and radiate light according to their own associated color.

- Next exhale, and visualize the energy within this center column of light increasing its power, and simultaneously strengthening the spiritual light that connects all of the seven energetic centers together.

- **Energizing The Right and Left:** On your next inhalation, visualize a divine light flowing from the base of your lower abdomen and rising up the center of your body like a mighty river, all the way to the top of your head.

Once this radiant energy reaches the top of your head, visualize it rushing upward, out of your body, and dividing into two powerful streams of light that pour over the right and left sides of your head, neck, shoulders, and chest, cascading down your body like a powerful radiant waterfall.

As this radiant energy reaches the base of your lower perineum, visualize it again rushing up the center core of your body. Once this energy reaches the top of your head, visualize it again pouring over the right and left sides of your torso.

Repeat this internal ascending and external descending visualization for three complete breaths. As you inhale, guide the internal light up and out of the top of the head. As you exhale, guide the radiant light back down the outside of your body into your lower perineum.

- **Energizing The Front and Back:** After you have completed three breaths, inhale and visualize the light again rising up the center column as before. However this time after the energy reaches the top of your head imagine and visualize it cascading down the front and the back of your body.

As this bright radiant energy reaches the base of your lower perineum, visualize it again rising up the center core of your body. Once this energy reaches the top of your head again visualize it pouring down over the front and back of your body.

Repeat this visualization of light energy internally ascending up, and externally descending down your front and back for three complete breaths.

- **Ending The Meditation:** Once you have completed the third breath, relax and allow the image of the meditation to gently fade from your consciousness. Then, inhale, reach up towards the sky and perform the Pulling Down The Heavens exercise (see Chapter 1, page 24).

As you perform this action, imagine, visualize and feel yourself physically, energetically, and spiritually connecting with the infinite power of God.

Right after that, close and seal this radiant spiritual state within your three bodies, by making the sign of the Cross (“+”) three times in front of your heart, as you very softly whisper the following:

**“For Thine is the Kingdom (make a cross “+”),  
and the Power (make a cross “+”),  
and the Glory (make a cross “+”),  
Forever and ever – Amen.”**

## CHAPTER 44. CHRISTIAN PRAYER BEADS

In the Christian religion, the initial use of beads as a way to count prayers is unclear; and biblical scholars still continue to debated over it. In ancient times, monks and hermits would collect pebbles and then toss them away one by one as they said their prayers to God. Later, strings of corded knots, wooden beads, seeds, stone pebbles, or bone discs were used as similar counting devices during times of prayer and contemplative meditation. In fact, even the word “bead” reflects this early practice, and is derived from the Old English word “bede” meaning “prayer.”

The oldest image of a string of prayer beads being used in a religious context is found on a wall painting of the pre-historic settlement of Akrotiri of Santorini (Thera) in Greece; dating back to 1613 B.C. However, their earliest use probably traces all the way back to the ancient Hindu religion of India, dating as far back as the 3rd century B.C. It is speculated that the early Buddhists most likely borrowed the concept of their prayer bead malas from ancient Hinduism. This is based on the fact that there is a statue of a Hindu saint with prayer beads that dates back to the 3rd century B.C. Therefore the main consensus is that the use of prayer beads most likely had their origin in the ancient religions of India.

The use of knotted prayer ropes in ancient Christianity, goes as far back as the 3rd century A.D. with the Desert Fathers and Mothers, who were the first monks and nuns in Christianity. These early Christian hermits and ascetics lived mainly in the deserts of North-Western Egypt. However, the use of Christian prayer beads in a form of something like what we find in modern Catholic Rosary Beads is said to have originated with the monks of the ancient Eastern Christian Church. The term “rosary” is short for the Latin word “rosarium,” which means a “rose garden;” which was at that time a common term used to designate “a collection of similar material, associated with the same subject or theme.”

In ancient times, both prayer knots and prayer beads had a symbolic reference to the crown or garland of roses that was originally given to special people in Rome as a gesture of unending love and sacrifice. Because of this, many biblical scholars believe that when a crown of roses was presented to a Christian as a wreath or garland, it originally represented Christ’s eternal love for that person, which transcended both death and resurrection.

According to the Catholic Encyclopedia (1913 edition), rosary beads were eventually conferred upon Greek monks as an important part of their initiation into monastic Christian life, and was often known as their “spiritual sword.” The notion of prayer beads being a monk’s spiritual sword was also reflected in early Western Christian practice; insofar as the monks and friars who wore some form of prayer beads on their robes, would traditionally wear it hanging from the left side of their waist, the place where men most often wore their swords.

In the three main Abrahamic Religions (Judaism, Islam, and Christianity) there are many different ways that prayer knots and prayer beads are used in meditative practices; specifically for counting prayers and reciting scriptures. The number of prayer knots or beads will vary according to the specific religion, and its applications. For example:

- **In Judaism:** The Jewish “tallit” (“prayer shawl”) includes four main “tzitzit” (“tassels”), which contain a specific number of knots constructed on each of the four corners

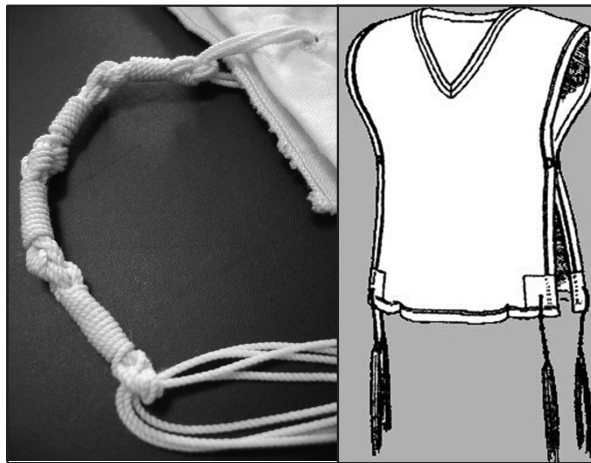


Figure 1.262. Jewish “Tallit” (“prayer shawl”) includes four main “Tzitzit” (“tassels”).

Figure 1.263. The Jewish “Tallit Katan” (“everyday undergarment”).

(Figure 1.262). This is considered the closest thing that the ancient Jewish religion has to the actual use of prayer knots.

The “tallit katan” (everyday undergarment) is a special fringed poncho-like garment, which is worn either under or over one’s clothing, and additionally contains four main tzitzit (tassels). These four tassels are usually constructed out of fine silk, are fringed, and contain five knots. Each tassel represents one of the four Hebrew letters used in the sacred name of God (YHVH) which Christians pronounce as “Jehovah.” In the Jewish tradition, YHVH is said to rule over heaven and over the four primary directions of earth (Figure 1.263).

According to ancient Jewish tradition, the tallit (prayer shawl) is used in obedience to the Old Testament scriptures written in Numbers 15:37-41; wherein God spoke to Moses and instructed the Children of Israel in how the tallit should be made, so that they would remember the Lord and follow his Commandments. This is why when reciting scriptures, one prayer practice in Judaism involves looping one of the tassels’ four strings around a finger, which serves as a consistent reminder of God’s holy presence.

Additionally, while reciting prayers all four fringes of the prayer shawl are gathered into the reader’s left hand. Then before beginning the third section of the prayer, all four fringes of the prayer tassel are placed into the right hand, and the reader is encouraged to momentarily gaze at the fringes. During the course of reading the final two paragraphs, the prayer tassel is then kissed six times, and then released.

The practice of speaking certain prayers in continuous repetition has been used for many centuries in Judaism, and is often considered a meditational mantra-like practice. One teacher explained that when texts from the Jewish holy scriptures are chanted regularly in this manner, it is strikingly similar to when the Vedas are being chanted by the Hindu Brahmins (priests) during their worship practices.

- **In Islam:** The Islamic prayer beads are known as “misbaha” or “tasbeih,” and usually consist of ninety-nine beads, corresponding to the ninety-nine Names of God in Islam.



Figure 1.264. An Islamic Prayer Bead Rosary.

Sometimes during prayer, only thirty-three beads are used; and in this case, the individual will cycle through all of the prayer beads three times (Figure 1.264).

Each of the beads are additionally used to keep count while saying the “Tasbih of Fatimah,” which is a special prayer that was originally offered as a gift from Muhammad to his daughter. This special prayer is recited as follows: 33 times as “Glory be to God;” 33 times as “Praise be to God;” and 33 times as “God is the Greatest.” The total number of all of the repeated recitations equals the number 99, corresponding to the 99 Names of God in Islam.

- **In Christianity:** Roman Catholics often use a Five Decade Rosary (50 beads), which also contains 9 additional beads, totaling 59 beads (Figure 1.265). However, Eastern Orthodox Christians use a knotted rosary containing 33, 50, or even 100 knots. These counting devices were often used by monks in monasteries when reciting special repetitive prayers, such as the “Our Father” (i.e., the “Lord’s Prayer” written in the Gospel of Saint Matthew 6:9-13).

It is speculated that the use of prayer beads may have originated with lay (non-clerical) Christians, in an attempt to try and imitate the prayers of monks. Each monk was required to daily recite and pray the Psalms of King David in groupings of fifty, one hundred, or one hundred-fifty. During that time, because many Christians could not read, they substituted repeating the one hundred-fifty Psalms by repeating one hundred-fifty “Our Father” prayers, which required the use of a knotted prayer rope in order to keep an accurate count of the number of recitations. An example of this use is given in the *Ancient Customs of Cluny* compiled by Udalrio in 1096.

During the 10th century, monks were often required to recite fifty “Our Father” prayers for any newly deceased Christian brother or sister of the order. By the 12th century, when one of their fellow soldiers died, members of the Knights Templar repeated one hundred-fifty Our Father prayers every day for an entire week. Not surprisingly, when the practice of reciting these many Our Fathers spread to laypersons, these strings of prayer beads eventually became known as “Paternosters,” which is the Latin phrase for “Our Father.”

The structure of the rosary beads gradually evolved sometime between the 12th and 15th centuries; and eventually many types of prayers were often recited on this special counting tool. For example, at that time the



Figure 1.265. An Christian Prayer Bead Rosary.

“Prayer of the Heart” or “Jesus Prayer” became a popular one-line prayer. This famous prayer went as follows:

**“Jesus Christ, Son of God, have mercy on me, a sinner.”**

The use of the prayer beads in devotional prayer is said to be one of the most notable features of popular Catholic spirituality. In fact, Pope John Paul II placed the use of the rosary beads at the center of Christian spirituality; noting its specific use as being “among the finest and most praiseworthy traditions of Christian contemplation.” Since its introduction into the church, many Christian Saints and Catholic Popes have emphasized the meditative and contemplative elements that are spiritually created through the consistent use of the rosary beads, and several have additionally provided specific teachings for how these prayer beads should be used.

#### ENERGETICALLY ACTIVATING THE PRAYER BEADS

One of the main functions for having prayer beads is to utilize them as a special spiritual tool that helps direct and focus the heart and mind during prayers. When practiced every day, the spiritual energy released from a person’s prayers will imprint into each of the beads (or knots), and eventually build-up a powerful charge. After some time the cultivated energy contained within these imprinted beads can be used to release profound spiritual power into the surrounding environment. Which is one reason why rosary beads are often used in exorcisms, as well as for special healing practices.

- In order to activate and awaken the spiritual energy contained within the beads (or knots) of a prayer rope, you must first place the beads in-between your hands.
- Next relax your mind, then slap and briskly rub the beads together until they begin to heat up. This should create a profound feeling in between your hands, as the spiritual energy imprinted within each bead begins to vibrate.
- Once you feel this energy begin to spiritually awaken, slowly separate your hands and feel the energy immediately begin to fill your Three Body’s energy fields.

As your energy fields begin to overflow with the vibrations of these sacred prayers, imagine and visualize the spiritual energy contained within the prayer beads radiating bright illuminating light into the surrounding environment.

- Once you feel this powerful spiritual vibration, and experience it bright radiating light all around your body, you may then begin to perform special healing activities.



## PERFORMING THE JESUS PRAYER

The method of performing the Jesus Prayer is quite simple. Unlike certain Christian monasteries where the monks use their prayer beads in order to repeat this popular prayer thousands of times a day, a beginner need only repeat the prayer a few dozen times each day to obtain great benefits. The following is a brief description of the normal progression a person will often experience with this ancient prayer:

- At first, a person should audibly repeat the prayer out loud for 36 times, while using their prayer beads.
- Eventually the prayers will be repeated while speaking the words sub-audibly, and externally mouthing each syllable with their lips and tongue.
- Later, as the prayer becomes more internalized and automatic, the mind will begin to automatically repeat the words of the prayer without any conscious act of will.
- Over time, the words of the prayer will begin to penetrate deep into the person's entire being. As their three bodies become saturated with the sacred vibrations contained within these holy words, the internal resonance of the prayer will begin to merge with the internal rhythm of their heartbeat. At this advanced stage, the prayer can sometimes actually be heard coming from out the person's body.
- The continued use of the Jesus Prayer in this manner will eventually produce a subtle sensation within the body's core, which is often associated with a burning spiritual fire. Many Christian mystics believe that this is the hidden "Refiners Fire" that is often mentioned throughout the Holy Bible, which secretly describes the inner process through which a person's three bodies are internally transformed into the radiant spiritual light of God. It is said that to consciously work through this spiritual transformation process is to internally cultivate a true freedom from all external influences and passions.
- Once a person reaches this higher spiritual stage, they enter into a state of inner stillness known in the Eastern Orthodox Christian tradition as "Hesychia," meaning "stillness, quiet, and tranquility." Obtaining this quiescent "Still Point" was said to be the central focus of the Desert Fathers during their daily prayers. In this deep spiritual state, a person does not have any specific experiences or see any special images, instead they internally rest in quiescent peace, quietly basking in the presence of God Almighty from the inner depths of their soul.
- Once this special stage has been experienced and effectively embodied, the person may then encounter into what the Eastern Orthodox Christian mystics traditionally call the "Uncreated Light." This spiritual light is the internal manifestation of the overwhelming radiance that emanates from the individual's eternal soul, and is said to be forever connected to the Divine Creator himself.

These ancient Christian prayer techniques can be extremely powerful. For example, when performing the Jesus Prayer one of the main focuses is directed on unifying the person's three bodies to the point where even their heartbeat harmonizes with the words of their mouth and the meditations of their heart (Psalm 19:14).

What is often of great concern when performing this special meditation practice, is if the practitioner begins to

experience a state of delusion, in which they begin to take any of the superficial or transitory experiences as being the true presence of God or Christ. The Orthodox Christian mystics often referred to this delusional state as "prelest," meaning "seduction." According to the Holy Fathers of the Orthodox Christian Church, this is a false spiritual state (or a state of spiritual illness) sometimes known as "spiritual deception."

The concept of prelest should not be confused with any form of organic mental illness. It is instead a spiritual illness that specifically pertains to a person's spirit (heart and mind) and their personal relation with God.

Almost all spiritual traditions warn that not every encounter with "the light" is going to be a divine interaction with the radiant Uncreated Light of the eternal soul, which originates from God. This is why there are many warnings often associated with trying to cultivate psychic powers, especially when an individual is not under the personal guidance and authority of a qualified spiritual teacher. Which is additionally why most people are encouraged to only practice this type of Jesus Prayer cultivation method under the strict guidance of a competent spiritual mentor, who can correct any misunderstandings that a beginner may have.

In order to avoid any unforeseeable problems, certain contemporary Christian mystics have shifted the emphasis of performing contemplative prayer using prayer beads to an easier approach. In his book *The Cloud of Unknowing*, a Trappist Benedictine monk by the name of Thomas Keating advocates the use of something he calls "Centering Prayer."

## PERFORMING THE CENTERING PRAYER

Centering Prayer is said to differ from most forms of contemplative meditations in that it does not begin with a focused attention, but instead places the person's heart and mind onto an experiencing "intention." In this practice, the practitioner is encouraged to go beyond all thought and emotion, and simply try to relax and rest in the divine presence of God.

In order to accomplish this, a sacred word or phrase is often used (e.g., "love" or "joy"). However instead of this sacred word or phrase being continuously repeated, the word is simply used as a reminder to return the individual's spiritual heart and mind back to the primary practice, which is to rest in the holy presence of God.

The benefits of this meditation have been widely advertised on the web; and include the promotion of internal relaxation, reduced blood pressure, and even the lowering of the bodies cholesterol. Certain people who have practiced the Centering Prayer have experienced the sudden release of suppressed emotions such as anger, grief, fear, and other hidden anxieties.

These types of emotional releases are actually quite normal. Any true spiritual work is often designed to naturally purge and purify a person's three bodies, and free a person's spiritual heart and mind so that they may confidently and boldly approach the Throne of God without any type of fear or apprehension (Hebrews 4:16 and Ephesians 3:12).

The further a seeker penetrates into the upper spiritual realms, the more they will experience the external passions and desires of their physical body as something existing outside of their true nature. What at one time seemed to be a manifestation of their own thoughts and personal feelings, now begins to appear like the distant arguments of noisy neighbors – or even the disruptive conversations of evil spirits.

## CONCLUSION

There is a widespread sense within the world today that something is missing in Christianity. Certain Christians even believe that somewhere between the time of Christ and the church that we have come to know today, a vital ingredient of Jesus of Nazareth's spiritual teaching has been lost.

According to well-known author and lecturer Dr. David R. Hawkins, "A major decline in the level of truth in Christianity in the year 325 A.D. was apparently do to the spread of misinterpretations of the teachings originating from the Council of Nicaea" (see Chapter 18, pages 108-110). This viewpoint has been stated and supported by several other biblical scholars, and has also been written about in dozens of books and articles.

I believe that Christianity has never entirely lost its connection to the metaphysical. That would truly be its demise, since esotericism is the essential core of a religion. However, over the years the inner metaphysical aspects of the Christian tradition has mostly been denied, ignored, or downplayed.

In my search to uncover the truth surrounding the authentic history of my Christian faith, and to discover the answers to specific questions that seemed to have eluded my inquisitive mind, I suddenly found myself lost inside a complicated web of hidden intrigue and religious deception.

It seemed that the more I investigated and the deeper I dug, the more complicated all of the answers were starting to become. Eventually, all that I ended up doing was generating more inquiries surrounding the original questions that I had first asked when I started my investigation.

As I sat back and reflected on all of the incredible time and research that I had invested into uncovering the "truth," I was suddenly awakened to the fact that this particular quest for answers had inevitably destroyed most of my previous beliefs and spiritual concepts surrounding my personal religion. In fact, this quest for understanding had additionally shattered all of the different illusions that were previously imprinted deep within my heart and mind through the cultural religious trance that I had received as a child—which to date has continued to blind most of our society—and has for many centuries.

As the intensity of these profound states of confusion and great frustrations continued to mount, suddenly something happened—the accumulated energy unexpectedly gave birth to a powerful spiritual awakening. One that left me feeling abandoned and all alone; and yet somehow at the same time spiritually connected to everyone and everything simultaneously living on this planet.

This lonely yet liberating state of heart and mind was then transformed into profound feelings of great appreciation and compassion for everyone in my life; and a deeper recognition for all of the important influences and the many lessons that were brought about through interacting with these special individuals. Because living life is about the journey and not about the destination, I consider all of these important ex-

periences extremely valuable for my spiritual walk, and the transformation of my eternal soul.

I then realized that I no longer needed to accept someone else's concepts, interpretations, or perspectives of the truth. Instead, I somehow knew and understood that this powerful spiritual connection with God has always been there, inside of me, radiating deep within the core of my eternal soul.

This special "knowing without knowing" eventually gave birth to a strange, yet unique feeling—one that was often surrounded by quiescent stillness, great silence, and a profound sense of internal peace.

I then understood that when I die, I will not go to heaven or hell—I will simply return back to the spirit realm and the "Treasury of Souls" where my eternal soul originated (see Chapter 39, pages 281-282). And that when I enter into this loving environment, I will reconnect with other souls, who like myself, continue to spiritually grow as children of God's most radiant light.

Through long hours of investigation, I eventually came to the understanding that we are exposed to and experience our heaven or hell here and now, within this earthly realm. This is a result of either embodying such heavenly states of compassion, happiness, and inner-peace—or through experiencing and retaining such demonic feelings of anger, hate, envy, and unforgiveness.

After having participated in this unique adventure, I still love Jesus, and choose to value and follow his sacred teachings even stronger than before. However, I now consider myself to simply be a child of God, one who is continually learning how to replicate his master's loving example, and embody the Divine Creator's radiant light.

I remind myself that Jesus of Nazareth was originally not a "Christian," and that this title does not make any of us holy children of God—only our consistent words of encouragement and acts of compassion towards all people will do that. Therefore as we continue to learn better ways through which to reach out from ourselves and touch the hearts and lives of others, let us always remember that it was Jesus who set the standard for his followers in John 13:34, when he said: "A new commandment I give to you, that you should love one another. Just as I have loved you, so should you also love one another."

In ending this first workbook, I would like to leave you with the great wisdom and wonderful words of spiritual encouragement that one of my Tibetan Nyingma Buddhist friends once said to me:

**"First learn how to become 'deliberately happy,'  
because that is your true intrinsic nature.**

**Then after that, you can work on becoming  
'deliberately loving and kind,'  
and this will change your state of being."**

## GLOSSARY OF TERMS

### A

**Abraham:** The Hebrew Bible (Old Testament) patriarch and father of the three Abrahamic monotheistic religions, which include: Judaism, Christianity, and Islam. In Judaism he is the founding father of the Original Covenant (Old Testament) and the relationship between the Jewish people and God; in Christianity, he is the prototype of all believers, Jews and Gentiles; and in Islam he is seen as a link in the chain of prophets that begins with Adam and culminates in Muhammad.

**Abrahamic Religions:** Judaism, Christianity, and Islam. Sometimes referred to as “the desert religions,” all three faiths trace their origins to the patriarch Abraham who rejected the polytheism of ancient Sumer to embrace a belief in one, invisible, deity.

**Acquired Personality:** The temporary “acquired personality” is considered to be an energetic extension of the eternal soul (or soul-extension), that contentiously interacts with the people, places, and things of the earth. Each incarnation, the radiant light of the eternal soul is enveloped within either a male or female tissue-covering, and is influenced by the acquired patterning of learned thoughts and feelings obtained from parents, siblings, society, culture, and religion.

**Alexandria:** The city of Alexandria in Egypt was the second most important city in the Roman Empire. At the Council of Nicea in 325, it was made the official residence of one of the church’s first three bishops; along with Rome and Antioch. Alexandrian theology viewed the divinity of Jesus as more important than his humanity, and was prone to emphasize the distinctions between the three aspects of the Trinity rather than their/its unity. Consequently the Alexandrian bishops often found themselves in dispute with the bishops from Antioch in the early theological debates. Alexandria and all of Egypt became part of the Moslem Empire in 642 A.D.

**Alexandrian School:** The school of thought associated with Alexandria in Egypt, was influenced by Platonic philosophy, and tended to emphasize the divinity of Christ over his humanity and interpret scripture allegorically. Notable Alexandrians include Clement and Origen.

**Altar Space:** This is the main area in the church where the priest uses to preach and perform various rituals such as “Communion” (the partaking of the body and blood of Christ); traditionally located in the East. A large church may have several altars. In such a case, the term “High Altar” is used in order to refer to the main altar; the other altars may be located on the sides of the church or in separate chapels located somewhere in the same building.

**Altar Table:** The altar table is the long table placed in the main altar area, which often contains candles, flowers, and sometimes the incense tray and Communion plate and wine. During the Protestant Reformation, some people felt that the traditional term was theologically misleading. As a result, many people began to call the Altar Table the “Communion Table.”

**Amen:** The word “Amen” is a declaration of affirmation, found in both the Old Testament Hebrew Bible and the New Testament—it often translates as “So be it;” or “truly.” Although it has always been in use within Judaism, it has also found its way into Islam. It has been adopted in Christian worship and used in order to express strong agreement, often expressed as a concluding statement after listening to announcements of praise, as well as for ending prayers and concluding hymns.

**Angel:** A superhuman being that acts as an intermediary between God and the human realm. Angels exist in Judaism, Christianity, and Islam. Perhaps the most famous angel is Gabriel, who reveals himself as God’s messenger in the Hebrew scriptures, Christianity’s New Testament, and Islam’s Koran. Theological beliefs surrounding the nature of angels vary according to different traditions. Because the angels are said to be constructed out of the pure concentrated light

of God, they vibrate at an extremely high frequency and exist like a radioactive nuclear plant generating endless supplies of energy. For this reason, these divine messengers of God are said to be immortal and will never die.

**Angelology:** The study of the different realms of Angels, their associated powers, and respective responsibilities. The schools of “Pseudo-Dionysius Angelology” teaches that there are three main celestial hierarchies within the angelic realm, these include: Heavenly Counselors, Heavenly Governors, and Heavenly Messengers. Each of these spheres of influence contain an additional three levels, which total as nine orders or “choirs” of angelic beings

**Anointing Oil:** Since ancient times, Holy Anointing Oil has traditionally been used in many Christian healings. The purpose of anointing someone or something with the holy oil was to cause the anointed person or object to become “Most Holy” (Exodus 30:29). Although the Anointing Oil was originally used exclusively for consecrating God’s holy priests and tabernacle articles, its use was later extended to include anointing God’s holy prophets and His chosen kings. The Holy Anointing Oil formula described in Exodus 30:22-25 originally contained the following ingredients: Myrrh, Cinnamon, Kaneh Bosem (Calamus), Cassia, and Olive Oil as its base.

**Apocrypha (Hidden Things):** The “Apocrypha” term was first coined by the 5th-century bible scholar Saint Jerome, who was the second most voluminous writer in ancient Latin Christianity after Augustine of Hippo. At that time, Saint Jerome used the term for describing the special books that were received by the church as part of the Greek version of the Old Testament (Septuagint), but were not included in the Hebrew Bible. Instead, there were 12 to 15 books (and parts of books) that were found within the Greek Orthodox and Roman Catholic Old Testament writings.

In the year 1611 the Bible was translated from Latin into English. Back then the Christian Bible contained a total of 80 books, with 14 of these books being the Apocrypha writings that made up the ending part of the Old Testament (which today have been excluded from the Protestant Christian Bible).

**Apollonius of Tyana:** In ancient Rome, Apollonius of Tyana was also said to have been “fathered by a God” (just like Jesus), and had also overcome demons in the wilderness before starting his personal ministry. Apollonius was additionally believed to be a Divine Man. It was also documented that he had extensively studied esoteric mysticism from many of the powerful Magi in Babylon, different gifted Brahmans in India, and several powerful sages in upper Egypt. While traveling throughout Rome, Apollonius was also known as a miracle worker, and had additionally formed a circle of dedicated disciples, whom he lived with as their primary teacher. Because of this, a great rivalry existed between the followers of Jesus of Nazareth and the disciples of Apollonius of Tyana. In fact, instead of being crucified, Apollonius of Tyana had miraculously escaped from his trial in Rome by vanishing in front of everyone inside the courtroom, he later reappeared in Greece.

**Apostle:** From the Greek word “Apostolos” meaning “one who is sent out,” in the Holy Bible its reference is made to the twelve apostles: Andrew, Bartholomew, James, James the Less, John, Judas, Matthew, Philip, Peter, Simon, Thaddeus and Thomas. Judas was later replaced by Mathias and Paul and Barnabas were also known as Apostles. The term is also applied to the leader of the first Christian mission to a country. For example, St. Patrick is sometimes known as the “Apostle to Ireland.”

**Apostolic Fathers:** Also known as “the Church Fathers,” these individuals included a group of Christian leaders and writers from the late first and early second centuries A.D. These authors were not apostles themselves, but had close proximity to the apostles, either by personal relationship or close connection with apostolic teaching. Examples of their writings include: Clement of Rome, Ignatius of Antioch, Polycarp of Smyrna, Didache, and the Shepherd of Hermas.



**Apport:** An Apport is a supernatural transference of an item from one place to another—or the sudden manifestation of an object, causing it to mysteriously appear out of nowhere. In cases where a demonic possession was caused by an evil sorcerer working black magic against a victim, the Apports may either materialize in the room or be vomited out of the body.

**Archangel:** Meaning the “Chief Angel.” Perhaps the most famous archangel is Michael, who reveals himself as God’s protector of the Jewish people and the Christian church. Theological discussions of the nature of archangels vary by tradition. The true archangels of God exist as powerful beings of radiant light, emitting raw universal energy like a contained yet conscious nuclear blast. When any of these illuminating beings or one of their assistants appear, they are not the fluffy white-winged human-like spirits most people imagine them to be. Instead because of the enormous power manifesting from their radiant form, standing in the presence of a true archangel of God can be extremely terrifying (Daniel 8: 16-18, Daniel 10: 4-12).

**Asherah:** Wife of God and Queen of Heaven. In Canaanite myth, the supreme deity El had a wife, a female consort whose name was Asherah. Her name was probably derived from a phrase originating from the Ugaritic language spoken in Syria in ancient times: “Atratyammi,” meaning “she who treads upon the Sea.” In his book *Did God Have a Wife?* archaeologist and specialist in ancient Israel folk religions William Dever presents further evidence supporting the view that at one time the goddess Asherah functioned as the consort of Yahweh, and was worshiped as the Queen of Heaven. During these special celebration festivals, the Hebrews were said to have baked and eaten small cakes in her honor (Jeremiah 7:16-18 and Jeremiah 44:17-19).

**Augustine of Hippo:** He was an early Christian theologian and philosopher who lived in the mid 4th century. He was not only the bishop of Hippo Regius in north Africa, but is viewed as one of the most important Church Fathers in Western Christianity for his writings in the Patristic Era. Historically, his writings influenced the development of Western Christianity and Western philosophy. In his youth he was drawn to Manichaeism (a major religious movement founded by the Iranian prophet Mani in Persia), and later to neoplatonism. After his baptism and conversion to Christianity in 386 A.D., Augustine developed his own approach to philosophy and theology and profoundly influenced the medieval world-view. According to his contemporary Jerome, by accommodating a variety of methods and perspectives Augustine “established anew the ancient Faith.”

**Awakening:** Sometimes known as “Uncovering the Divine Spark,” when one’s personal spiritual connection to God begins to manifest itself deep within the heart and mind of a person, an “awakening” happens—and certain things start to drastically change within their life, including a deep yearning for the knowledge and understanding of the true meaning of life. Once this spiritual connection to the eternal soul is awakened, and a search for the true meaning in life begins, a person finds it difficult to return back to their old patterns, or their previous ways of thinking. This is because this special spiritually awakened awareness allows a person to see through the masks and veils of life’s various illusions. Instead of the individual succumbing to the past disappointments and delusions of life, the true way that things actually are is now revealed.

**Axis Mundi:** Also known as the “World Axis,” the Axis Mundi is the place where the intersecting powers of both heaven and earth meet, as well as space and time. It expresses the idea of divine universal harmony, and is covertly hidden within the sacred icon image of the cross. The spiritual state of the Axis Mundi also refers to the joining of the external energies from heaven and earth within a person’s own three bodies (physical, energetic, and spiritual).

**Azrael:** His name means “Whom God Helps,” and Azrael is the Archangel of Death who assists disembodied souls to Crossover. According to the Hebrew Bible, he is responsible for assisting the souls who are either dying or are in the final stages of their death.

## B

**Banishing Incense:** Special herbs and resins are combined together, powered, and prayer over; then used as a powerful banishing formula. The goal is to have the protective power of the incense smoke become so strong that it immediately drives away any and all negative energy that may have accumulated within a home or living space. The banishing smoke will quickly remove the toxic energies associated with any of the various forms of energetic overshadowing caused from bewitchment, all psychic attacks initiated from a sorcerer’s black magic, as well as remove the presence of any malevolent earthbound ghost, angry nature spirit, elemental, or powerful demonic entity (i.e., a fallen angel). Sometimes in cases of powerful exorcisms, a special banishing incense formula is additionally mixed with a small amount of cinnamon powder as well as powdered Exorcist Salt.

**Banishing Evil Talisman:** This sacred five-pointed pentagram Star of Solomon talisman is used to invoke the divine protection of Michael the Archangel, who is commissioned by God to protect the church and oversee the safety of His children. For many centuries, Christian exorcists have constructed and worn these types of protective talismans in order to ward-off all types of evil. When drawn, this powerful banishing seal is traditionally constructed in several stages; ending with the five-pointed Star of Solomon—many times with an intersecting six-pointed Star of David visualized overlaying the pentagram star pattern.

**Baptism (of Water):** This type of baptism is considered to be the “Consecration of the Physical Body.” This special purification ritual is used as a conscious statement of faith, and a personal commitment to lead a life dedicated to serving God. It also signifies a desire to be accountable for all actions, and a decision to receive spiritual deliverance from all transgressions. The Baptism of Water represents a personal dedication and commitment to awaken the individual’s spiritual consciousness so they might hear the higher calling of their eternal soul. The rite of applying water to a person’s body was said to have been derived from John the Baptist in the first century A.D.; although some scholars believe that the act of Water Baptism was inspired by the cleansing ritual practices of the Jewish Essenes.

**Baptism (of Fire):** Often known as the “Baptism of the Holy Spirit,” this type of baptism is considered to be the “Consecration of the Energy Body.” It is a special spiritual anointing that divinely awakens an individual’s higher mind to the voice of God emanating from within their eternal soul. As a divine Comforter (John 14:26), the Holy Spirit of God inspires, guides, and directs the life of each spiritually awakened born again Christian.

In ancient times, the Baptism of Fire was used to awaken a person’s spiritual connection to their eternal soul; which immediately awakened the “Christ Consciousness” already existent within the core self, and placed it first and foremost within their heart and mind. Also known as the Baptism of the Holy Spirit, the rite of laying hands on someone and having them experience the indwelling of the Holy Spirit was said to have begun in the Christian church after Pentecost, when the Holy Spirit descended on the disciples of Jesus, as recorded in the Bible (Acts 1: 1-9 and Acts 2:1-20). The term derives from Greek, literally meaning “50 days,” traditionally the time between the Passover feast and the wheat harvest. Which is why in the early church, and in some Christian churches today, Pentecost is celebrated fifty days following Easter.

**Baptism (of Light):** This type of baptism is considered to be the “Consecration of the Spirit Body.” In ancient times, this powerful transformation process was considered to be the true spiritual embodiment of obtaining God’s divine light, which externally manifested as a radiant Garment of Light, sometimes known as the “Resurrected Body.” Because this special body of light was believed to originate from the final transformation process of the eternal soul’s true spiritual self, it was sometimes known as “The Baptism of the Sacrament of the Higher Rebirth.”

**Baptism of the Holy Spirit:** See Baptism (of Fire)

**Bible, Hebrew (Tanakh):** The word “Ta-Na-Kh” is an acronym for Torah, Nevi'im, and Ketuvim, meaning Law, Prophets, and Writings, respectively. These three categories include all the books of the Hebrew Bible, which are the sacred text of Judaism, also known as the Old Testament, the Hebrew Bible is comprised of 24 books.

**Binding Demon Ash Paste:** Special ash taken from the main altar dish (which carries the prayers of the saints), and added to the ashes obtained from burning a special demon subjugating talisman. These sacred ashes are then combined with Holy Water and Holy Salt, crushed into a paste, prayed over, consecrated, and their combined spiritual powers activated into a sacred Binding Demon Ash-Paste used during an exorcism.

**Blasphemy:** An act of being verbally offensive, slanderous, mocking, or speaking ill of beliefs, sacred beings, or objects in a certain religion. Religions define blasphemy in terms of their own beliefs, often designating prophets and holy objects along with God as subjects that are never to be profaned. In fact many countries around the world have anti-blasphemy laws; and in some religions like Islam, blasphemy and heresy are sometimes used interchangeably.

**Blessing:** Words intentionally spoken or directed through prayer that create a positive energetic effect over a person, place, or thing through complimenting, praising, or honoring them or their actions.

**Body of Light:** Also known as the “Garment of Light,” the Body of Light occurs when the spiritual energy of the eternal soul infuses with a person’s cultivated virtue and becomes so powerful that at the time of death their physical body is dematerialized into radiant light. Throughout the world, various religious traditions have given different names to this type of spiritual transformation, including the Body of Light, the Resurrection Body, the Solar Body, the Immortal Body, the Diamond Body, etc. Most Christian mystics believe that the best-known example of divine spiritual transubstantiation created within a human body was manifested and visually expressed with the resurrection of Jesus.

**Born-Again:** A term that was used by Jesus in the New Testament to describe the conversion experience that manifests as “spiritual rebirth;” and is sometimes used as a statement to express the regeneration of the human spirit. Being “Born Again” refers to new spiritual beginnings that exist between someone’s heart and mind and the holy spirit of God. In other words, once an individual has become born again, the person is considered to be spiritually “alive,” with their eternal soul awakened and actively functioning within the spirit realm, while still existing within the physical realm. In the New Testament (John 3:1-3), the Pharisee Nicodemus came to Jesus at night and said, “*Rabbi, we know that you are a teacher sent from God; for no man can do these miracles that you are doing unless God is with him.*” Jesus answered, saying to him, “*Truly, truly I say to you, If a man is not born again [reborn from above — and spiritually transformed], he cannot see the kingdom of God.*” The reason this “born from above” experience is so important is that it allows a person’s eternal soul to reconnect itself with its true spiritual roots located within the heavenly realm. This sacred connection, which exists between the divine spark of life abiding within our eternal soul and the radiant light of God, is one reason why the Apostle Paul wrote in Romans 8:16: “*The Spirit [of God] itself bears witness with our spirit that we are God’s children.*”

**Bridge of Light:** An important cord of light that is composed of three threads in the human body: The Thread of Consciousness (head), the Thread of Creativity, (throat) and the Thread of Life (heart). When consciously created, the Bridge of Light connects the lower survival based consciousness with the higher mind of the eternal soul.

**Buddha:** The term literally means “one who has awakened,” and speaks of spiritual enlightenment. This is also the name given to Siddhartha Gautama, the founder of the Buddhist religion.

**Buddhism:** A world religion founded by Siddhartha Gautama, who was known as “the Buddha” in the 6th or 5th century B.C. in India. His teachings include seeking to free oneself from worldly attachments

by understanding that the origin of suffering comes from ignorance, and that one must follow the Eightfold Path in order to reach freedom from suffering. Buddhism has three major branches: Theravada, Mahayana, and Vajrayana.

## C

**Canon Law:** In Catholicism, this term pertains to the body of laws related to the organization, discipline, and belief of the church, and enforced by church authority.

**Cappadocian Fathers:** Three theologians from the region of Cappadocia in modern-day Turkey, whose development of Trinitarian doctrine remain highly influential in Orthodox Christianity. These individuals include: The Basil of Caesarea (330-379 A.D.), Gregory of Nazianzus (329-389 A.D.) and Gregory of Nyssa (330-395 A.D.).

**Catholic:** Meaning “Universal,” this term was used by the early Christians to designate the universal Christian faith. When the eastern church split from the western in 1054 A.D., the West retained this term and became known as the Roman Catholic; while the Churches in the East are known as Greek, Eastern or Russian Orthodox.

**Celsus:** In the second century A.D., a Platonic Greek philosopher, who made a study of what he called “the Christian Cult,” and wrote a treatise known as “*The True Word*” (*Aléthēs Logos*) attacking the newly formed religion based on a variety of older written sources, as well as on his own personal observations. His attack on Christianity was founded on a belief that Jesus had performed his various healing miracles and exorcisms by magic, and that his supernatural gifts of seeing others from far away were all simply part of an esoteric magic teaching that Jesus had learned while he was living in Egypt as a carpenter.

**Cherubim:** The second group of Heavenly Counselors, traditionally described as being “the Four Faced Ones;” having the face of a man, an ox, a lion, and an eagle. This image was later adopted as the four symbolic icons used to represent the four New Testament Gospel Evangelists: Matthew (Winged-Man), Mark (Winged-Lion), Luke (Winged-Ox), and John (Eagle).

**Chakra Centers:** Small energetic wheels and circles of spiraling energy often seen as different colored patterns moving within a person’s energy body. These are believed to exist as psychic-energy centers in the esoteric traditions of the Indian religions (often found particularly in the ancient tantric traditions of Hinduism, Buddhism, and Jainism). They are associated with the seven energy centers located within the physical body, which were at one time referred to by certain ancient Gnostic Christians as the “Seven Churches.” These seven small spiraling disks of energy were originally seen as being special places located on the front of the body, where the energies of similar thought-forms gathered and collected.

**Christ:** The term “Christ” comes from the Greek word “Xristos” which means “the anointed one.” It has the same meaning as “Meshiach”-that is “Messiah”--in Hebrew. This term is often applied to Jesus as a title, indicating his status as the one Messiah. It is not Jesus’ last name (i.e., his surname).

**Christ Consciousness:** The term “Christ Consciousness” or “Christ within” has been in circulation for many years, and is often seen as a New Age form of Christian spirituality. In fact, many believe and teach that Christ Consciousness is an elevated form of spiritual awareness, associated with our divine nature or higher soul-self, which is said to be our true birthright as children of God.

According to this popular belief, the spiritual experience of living in Christ Consciousness is available to anyone, regardless of their religion. All that is required is that the person be open to becoming a living vessel of God’s love, and actively strive to attain this higher spiritual transformation within their life. This New Age teaching is quite different from the normal religious doctrines commonly seen in most Christian churches. However in many ways, it reflects the original teachings of the Christian church of ancient times, when the followers of Jesus of Nazareth were known as the “Followers of the Way.”

**Christian:** The word “Christian” is derived from the Greek word “Christianos,” meaning “follower of Christ;” and is used to describe a person who follows or adheres to the teachings of Jesus of Nazareth.

**Christianity:** Followers of Jesus of Nazareth spiritual teachings who share their life and resources with others, and are of service to all of humanity. True followers of Christianity embody a type of divine radiance that never forcefully imposes its spiritual beliefs onto others. Instead these followers tend to be compassionate in their divine service, and live their lives as a natural by-product of spiritual devotion, directed towards embodying Jesus’ sacred teachings.

**Church:** The “church” is a general term used by most Christians to describe the entire body of Christian believers existing throughout the world. It also refers to a particular denomination or branch of Christianity, such as the “Catholic Church” or the “Protestant Church.”

**Churchianity:** Any Christian church that has turned away from Jesus’ true teachings and exists as a corporate religious organization established as a business venture - one that is primarily focused on increasing its membership and on obtaining greater financial gain (often known as “fleecing the flock”). This abhorrent condition often leaves the trusting members of the church trapped in emotionalism, and their impoverished souls starving due to spiritual malnourishment.

**Clairaudient Perception:** The spiritual gift of hearing voices, sounds, or music that are not audible to the normal ear.

**Clairsentient Perception:** The spiritual gift of receiving intuitive messages via feelings, emotions, or physical sensations.

**Clairvoyant Perception:** The spiritual gift of seeing the subtle energetic fields of the physical realm, as well as the spirit realm.

**Communion (Holy):** Also is known as “the Eucharist,” in church rituals this term is most often used to commemorate Christ’s last supper – and is observed as the eating of Christ’s body and the drinking of his blood - obtained through the partaking of the elements of bread and wine (or grape juice). Several churches and denominations are divided as to whether these elements actually become Christ’s body and blood, or instead symbolize their spiritual transforming nature.

**Congregation:** The people of the church who have gathered (congregated) in a building for worship. The term has two meanings: (1) those who are presently assembled for worship, and (2) all of the people who make up the local church’s body of supporters. In many churches, the word “Congregation” is only used to describe the first meaning, and the word “Parish” is used for the second meaning.

**Constantine the Great:** During his reign over the Roman Empire from 306 to 337 AD., the Emperor Constantine the Great converted to Christianity and commissioned the First Council of Nicaea to form a unified state religion. The design of this special council was to gather all of the various Christian leaders from Alexandria, Antioch, Athens, Jerusalem, Britain, and Rome under one universally organized church, which would be controlled by Emperor Constantine and the Roman government. According to historic documents, in 326 A.D. the Emperor Constantine ordered any and all books written by “heretics” (defined as “any person holding an opinion different from what is generally accepted by the church”) to be hunted down and destroyed. Right after that, Constantine then issued certain decrees stating that all of the pagan works associated with Jesus of Nazareth should also be destroyed.

**Core Channels:** Connected to the eternal soul are three important core-channels of divine energy, which flow vertically in the body. Each of these energetic cords are connected to and responsible for influencing the soul’s spiritual evolution, and manifests externally as feelings of unconditional love (center channel), feelings of great joy (left channel), and feelings of gratitude and appreciation (right channel).

**Courtyard of the Heart:** The area of the solar plexus, located on the human body in the center of the diaphragm.

**Cross:** A sacred sign or symbol of two intersecting lines (“+”) widely used in the history of religion to express the structure of the cosmos. It was also used as an instrument of capitol punishment by the Roman Army, and later accepted a symbol of salvation by Christians.

**Crossover Ritual:** A special ritual used in order to assist a wandering or haunting disembodied soul “cross over” from the physical realm back to the radiant spiritual light of God.

**Crucifix:** A cross bearing the image of Jesus Christ. Although it is often used to represent the suffering of Christ, and at one time became an important image for devotional purposes during the Middle Ages, the crucifix was adamantly viewed as an image of idolatry by many Protestant Reformers; which is why many Protestant churches prefer to use the symbol of a cross without the image of Jesus suspended on it.

**Cultural Trance:** The influenced behavioral patterns that unconsciously arise from imprinted and programmed thoughts, feelings, and beliefs that have overshadowed a person’s spirit (thoughts and feelings). This way of survival based thinking was learned from parents, society, and even religion – often referred to in the Bible as being in the “World.”

**Curse:** Words intentionally spoken or directed through prayer that create a negative energetic effect over a person, place, or thing by complaining, criticizing, or condemning them or their actions.

## D

**Demon:** The ancient Greek word “Daimōn” denotes a spirit or divine power. The word is often used to describe supernatural beings that exist between humans and gods. They are often depicted as malevolent beings prevalent in religion, occult practices, and mythology. They can either have benevolent or malevolent intentions based on the religion. In Christianity, they are considered to be evil.

**Demonic Replication:** A supernatural manifestation wherein a demonic spirit divides its energetic body and projects copies of itself into several locations at once. This allows it to be able to quickly influence and even possess several people or animals simultaneously.

**Disciple:** A pupil who is attached to a specific teacher or way of life. In the Christian tradition, John the Baptist and Jesus both had disciples.

**Dissension:** The word “Dissension” is defined as a state of discord, conflict, contention and strife, which can often lead to disharmony and division. When there is any type of infighting or chronic bickering occurring within any church, especially among its elders, it usually creates a state of high tension and leads to a falling-out between many members of that spiritual community.

**Divine Man:** In ancient times, the term Divine Man was used to describe a god who was disguised in human form, and was moving about the world inhabiting (or possessing) a human body. A Divine Man could do all of the beneficial things that a Magus (Magician) could do, and was able to cure diseases as well as effectively curse the wicked. Because he performed his miracles through his indwelling god-like power, a Divine Man did not need to perform magical rituals or speak certain spells to accomplish these supernatural feats. This was the important critical test by which a Divine Man could be distinguished, classified, and separated from being a Magus.

**Doctrine:** The word “doctrine” means “teaching,” and in this context it describes a set of ideas or official statements of theological beliefs that are taught and accepted to be true in the Christian church.

**Dogma:** A religious doctrine that is definitively taught, and believed to be infallibly. A Dogma is understood as a principle component of a religious ideology, one that is non-disputable; held as the final truth of their systematic presentations, which all believers must accept.

**Dominions (Celestial Lords):** The first group of Heavenly Governors who supervise and regulate the various duties of the



angels existing within the lower Third Angelic Order. The Dominions often act as channels of mercy for God's love, as it flows from the Almighty to the people, places, and things existing throughout the universe. However, it is extremely rare for any of these angelic lords to make themselves physically known to humans.

**Dualism:** The belief that all reality ultimately consists of two opposing forces: those of good and evil respectively.

## E

**Earthly Transpersonal Point:** Three areas of spiritual light located six inches to several feet below the center of the feet.

**Earth Star Point:** The Earth Star is the first of the body's three Earthly Transpersonal Points, located directly below the bottoms of the feet, several inches under the ground. According to ancient teachings, the history of our current life is recorded within the energy matrix of the Earth Star. This special energy center contains the memories, experiences, talents, skills, and practices that we have acquired during our entire lifetime. It additionally connects and roots the energy of our three bodies into the ground, as well as assists our body in absorbing the various types of earth energy up from the ground into our physical tissues.

**East:** The location of the church's main altar. When a person enters into the church building, they traditionally go from the West towards the East, which symbolizes moving from the evil of the present world - to the glory of the New Jerusalem yet to come.

**Eightfold Path:** Sometimes known as the "middle way," this simple spiritual teaching is a culmination of the "Four Noble Truths" in Buddhism, which charts a course from suffering-to true liberation of heart and mind. The "Eightfold Path" is divided into three parts: Wisdom (right view and right intention), Morality (right speech, right conduct, and right livelihood), and Concentration (right effort, right mindfulness, and right concentration).

**Ein Sof:** God without end

**Elementals:** Also known as "Shedim" meaning "supernatural creature" in Jewish folklore, these spirits are composed only of the purest substance of their specific element (i.e., Earth, Water, Fire, and Air). Although they are not immortal, they can exist for thousands of years (especially if the conditions are supportive for this), before dissolving back into the specific element of their original construction. Elementals are said to be created out of God's most holy fire, and formed of divine energy originating from the purest "smokeless flame."

**EI Elyon:** The "God Most High" of the early Israelites in the Old Testament Hebrew Bible. When applied to Yahweh, the name "Elyon" stresses His highest supremacy. When the two names "EI" and "Elyon" are combined, the resultant name can be literally translated as "the Extremely-Exalted, Sovereign, High God", as in Psalm 57:2 — *"I cry out to the Most High Elohim, To EI who is perfecting all matters for me."*

**Enlightenment:** The spiritual experience of intimately knowing your eternal soul and the reason why you are here on earth.

**Energy Body:** The energy body is the ethereal aspect of the physical body, associated with it's life force, responsible for reflecting the thoughts and emotions of the heart and mind. Its energy maintains the quality and vital functional aspects of the body's tangible essence, and serves as a special energetic womb that is formed within and enveloped around the physical tissues. The energy body creates, supports, and sustains all of the physical body's internal and external energetic fields, and is responsible for activating and maintaining its organs, tissues, and electromagnetic channel system. Because it distributes vitality throughout the tissues by energetic transference, the energy body is said to exist at the middle vibrational level of human energetic frequency. In Christian mysticism, the energy body is associated with the 2nd Veil: the veil of man's ego and self-importance – which separates his heart and mind from God.

**Essene Sect:** The Essenes were a sect of Second Temple Judaism that flourished from the 2nd century B.C. to the 1st century A.D. which some scholars claim seceded from the Zadokite priests. The Zadok priesthood were the High Priests of Israel, who were originally established during the time of King David. Fewer in number than the Sadducees and Pharisees, the Essenes were healers and mystics who lived in various cities but congregated in communal life dwellings dedicated to asceticism (some groups practiced celibacy), voluntary poverty, and daily bathing used for the purpose of ritualized cleansing. The Essenes gained fame in 1947 as a result of the discovery of an extensive group of religious texts and documents known as the Dead Sea Scrolls, which were believed to be the Essenes' library.

**Eternal Soul:** The part of a human that contains the Breath of God, and because it retains his Holy Spirit, it exists forever. It is said that each eternal soul currently living within a human body was not created at the time of its physical birth. Instead, because it exists as a radiant part of God's eternal light, each soul actually exists as a divine spark of the Creator's radiant presence; and has therefore existed since the beginning of time. Although there are indeed the existence of new souls living within the human realm, what is actually new about these eternal souls is their physical relationship and interactions with other people living within the physical realm.

**Eucharist:** Derived from the Greek word "Eucharistia" meaning "thanksgiving;" this is a Christian ritual celebrated as the sacrament of the "Lord's Supper," when both bread and wine are consecrated and consumed in symbolic union with Christ. Also see Communion.

**Exorcism:** Derived from the Greek word "Exorkismós" meaning "to bind by oath," an exorcism is the special practice of evicting demonic spirits or evil ghosts from inside a person, place, or thing, which is believed to be a victim of oppression or possession. The practice is ancient and part of the belief system of many cultures and religions. Depending on the spiritual beliefs of the exorcist, this may be done by causing the entity to swear an oath, performing an elaborate ritual, or simply by commanding it to depart in the name of a higher power.

## F

**Faith Healing:** A term used to describe the practice of invoking divine power through prayer to bring about healing and restore health.

**Fall of Man:** According to Christian legend, after God created the angels, the elementals, and the universe, he deposited the divine spark of his most sacred radiant light into man. This divine gift was passed down to all future generations, and is manifested within all humanity as one of the most important sacred aspects of mankind's existence, namely our eternal soul. Because of bad choices, that sacred part of man's spiritual consciousness, which was originally destined to grow into the full realization of "godhood," eventually fell away from its divine unity with the almighty creator. The first spiritual descent from this sacred union is often known as "the Fall of Man," which was said to have occurred in the Garden of Eden through the deception of his wife Eve and Satan disguised as a snake. However, the deeper spiritual meaning of the Fall of Man was originally taught according to three important barriers, which resulted in the creation of three veils.

**Fasting:** The religious practice of abstaining from food for a certain period of time. There are various forms of fasting in the three Abrahamic religions: Judaism, Christianity, and Islam. The Jewish Passover includes a fast, Lent usually includes a chosen fast for Christians, and Ramadan in Islam includes a month-long daytime fast.

**Five Divine Virtues:** One's innate spiritual energy cultivated from Compassion - stored within the Liver; Inner Peace - stored within the Heart; Trust - stored within the Spleen; Integrity - stored within the Lungs; and Perception Wisdom - stored within the Kidneys.

**Four Elements:** The four energetic manifestations of Air, Fire, Water, and Earth; often represented in ancient times through the image of a cross, seen as four intersecting lines of energy that converged at the center point of all creation. These important energetic patterns

additionally corresponded to the four primary directions, four times of the day, the four seasons of the year, the four faces of the Cherubim, four areas of the human body, and the four primary stages of life (birth, youth, middle age, and old age). They were also associated with four celestial archangels, who were said to personify four uniquely different energetic natures.

**Four Noble Truths:** The core teachings of the Buddha. The four truths include: the Existence of Suffering (which characterizes all human life), the Origin of Suffering (created through ignorance, attachment, and desire), the Cessation of Suffering (the conscious desire to free oneself of this pattern), and the Path to the Cessation of Suffering (obtaining freedom through following the Eightfold Path).

**Fundamentalist (Religious):** a person who believes in the strict, literal interpretation of scripture in a religion; and maintains the belief that the doctrine "is without error or fault in all its teaching." Often linked to child abuse and mental illness, Christian fundamentalism began in the late 19th century among British and American Protestants as a reaction to theological liberalism and cultural modernism.

## G

**Gate of Silence:** The internally quiet, quiescent space that provides the spiritual depth into which a person can dive in order to swim within the infinite ocean of God. All mystical practices spiritually belong to what is inside this veil of silence. Because this underlying veil is present everywhere, the spirit realm influences all mystical practices by entering into the subconscious mind and quietly reminding us of the original root of our existence with God via this quiescent silence. This is why one of the first techniques that a Christian mystic will learn is to always be consciously present in this silence as an observer ("Be still, and know that I am God," Psalms 46:10). The reason why this dimension of silence is so powerful, is because there are no distractions caused by noise. When we inwardly immerse ourselves within this spiritual dimension of silence, it becomes easier to not become scattered, and our consciousness is allowed to rest in the deep primordial oneness of a truly liberated spiritual life.

**Gentile:** a name applied to anyone who is not Jewish.

**Ghost:** The disembodied soul of a dead person, usually thought of as a spirit. The English word "Ghost" has a long history, and actually derived from an old Germanic Teutonic word that had three meanings: "fury, anger, and terrify;" "to tear to pieces;" and "to wound." The oldest definition of the word however, dates back to Old English (*Gastae*), around 800 A.D., where the meaning of ghost was defined as "the soul of a deceased person, that inhabits the unseen world." Ghosts can sometimes appear in the shape of an animal or an object.

**Gnosticism:** The word "Gnosticism" is derived from the ancient Greek word "Gnostikos" meaning "having knowledge." It is also a modern name used to describe a variety of ancient religious ideas and systems, originating in Jewish socio-cultural context in the first and second century AD. These ancient teachings were based on their readings of the Old Testament Torah and other Biblical writings. They believed that the material world was created by an emanation of the highest God (El Elyon), who placed his divine spark inside the human body, which now exists as its eternal soul. This divine spark could be liberated by secret knowledge. Although the term Gnosticism is often used as a way of describing a category of religions that emphasize secret knowledge as a means to salvation, its origins and age are highly debated. Since there have been Gnostic interpretations of Christian, Jewish, Greek, and Iranian philosophies, it is not necessarily a religion as much as it is an interpretative perspective of specific religious phenomena. In fact, Gnostic mystery religions abounded in the Roman Empire. The early Christian church was fragmented into various sects, many of which taught a Gnostic version of the new religion.

**Gospel:** The literal meaning of the word "Gospel" is "good news," and in this context focuses on the story of Jesus of Nazareth's life and teachings as told in the first four books of the Christian New

Testament Bible. This spiritual teaching is focused on the good news that the kingdom of God (or heaven) exists within each and every one of us (Luke 17:21), and is connected to our eternal soul and not to any specific person, place, or temple. The four New Testament Gospels (Matthew, Mark, Luke, and John) are each submitted as being an active account describing the life, death, and resurrection of Jesus of Nazareth. However, the term Gospel can also be used in reference to the Jewish Christian Gospels (i.e., the Gospel of the Ebionites, the Gospel of the Hebrews, and the Gospel of the Nazarenes), as well as the Gnostic Christian Gospels (the Gospel of Thomas, the Gospel of Philip, the Gospel of Mary, and the Gospel of Truth).

**Goetes (Spellbinder):** The word *Goëtes* originates from "Goëteia," which is ancient Greek for "witchcraft or wizardry" and believed to be a special type of Greek shamanism. The primary focus of this system was placed on "Goao," meaning "to wail," wherein a sorcerer would intone certain spells in order to enchant and seduce. It was also seen as a form of ceremonial magic that was used in mourning for the dead, in which the *Goëtes* became ecstatic during their rituals, and were believed to accompany the dead on their journey into the Underworld by way of special songs of mourning. However, the word *Goëtes* could also be used to mean "a charlatan or cheat."

## H

**Heaven:** In Christian cosmology, heaven is the abode of God, his angels, and the saints. It is also said to be the place where people who have received salvation during their life will go, after they have been judged and are accepted among those who are righteous.

**Heavenly Transpersonal Point:** Three areas of spiritual light located six inches to several feet above the center of the head.

**Hebrew Zodiac:** In Hebrew astrology, the study of the 12 star clusters of the zodiac is known as "Hokmat ha-mazalot" ("the science of the ruling planet"). The Talmud identified the 12 constellations of the zodiac with the 12 months of the Hebrew calendar. Some scholars identified the 12 signs of the zodiac with the 12 sons of Jacob, later known as the twelve tribes of Israel. The four face images of the Cherubim Angel are reflected in the ancient Hebrew Zodiac, and also ascribed to the four main Apostles of the Gospels: Taurus the Bull (Spring) - Saint Luke; Leo the Lion (Summer) - Saint Mark; and Aquarius the Water Bearer (Winter) - Saint Matthew, who is portrayed as a young man. Although Scorpio the Scorpion (Autumn) is traditionally seen as the fourth celestial icon of the Zodiac, according to Isaac Myer's *Qabbalah: The Philosophical Writings of Avicbron*, several Eastern astrologers say that the symbol of Scorpio is also symbolized by an Eagle – which corresponds to Saint John.

**Hell:** In the Septuagint (the ancient translation of the Hebrew Bible into Greek), the Greek term "Hades" is used to translate the Hebrew term "Sheol" (Underworld), and was believed to be the abode of the dead. It is a place where all departed souls go, both the righteous and unrighteous, regardless of the moral choices made in life. Originally Hades was not a place of punishment or reward; instead it was described as being "the grave," a neutral place located in another spiritual dimension, away from the earth and the land of the living. In many religious and folkloric traditions, Hell is a place or state of torment and punishment in the afterlife. Other traditions however, do not conceive of the afterlife as a place of punishment or reward, they merely describe hell as an abode of the dead, or the grave. In fact, early Judaism had no concept of Hell. Although the concept of an afterlife was introduced to the religion during the Hellenistic period (323 B.C.- 31 B.C.), Judaism does not have a specific doctrine about the afterlife. It does however, have a mystical/Orthodox tradition of describing "Gehinnom." However, Gehinnom is not Hell, but originally described as being "the grave" – and in later times – a sort of Purgatory, where one is judged based on their life's deeds, or rather, where a person becomes fully aware of their own shortcomings and negative actions during their life on earth. The Kabbalah explains this place as a type of "waiting room" for all souls. According to Jewish teachings, Hell is not entirely physical; rather, it can be compared to a very intense feeling of shame. People

are ashamed of their misdeeds and this constitutes suffering which makes up for the bad deeds. When one has so deviated from the will of God, one is said to be in Gehinnom.

**Heresy:** The word "Heresy" comes from the Greek word "hairesis," meaning "action of taking, choice, sect;" and is often defined as either rejecting certain doctrines taught by a religious authority, or choosing to advocate an alternative doctrine/interpretation that is contrary to an established religious teaching. Originally a heresy was simply a difference of opinion, however it eventually became a religious crime, often punished by death. The act of Heresy is also evident in Judaism and Islam, although in these religions it is often more related to religious behavior, instead of religious/doctrinal beliefs.

**Hemis Monastery:** A secluded Buddhist Monastery in Tibet, where an ancient manuscript dating back to the 3rd century A.D. that explained the lost years of Jesus of Nazareth was said to exist. These writings gave an account of a young man who was a great prophet named "Issa" ("Jesus"), who traveled about and apprenticed with powerful mystics and great yogis (practitioners of meditation) in India, Nepal, and Tibet.

**Holy Anointing Oil:** see Anointing Oil

**Holy Spirit:** Sometimes known as the "Holy Ghost," this term is widely employed in the New Testament, and is also used at certain points in the Old Testament, although in a different context, for example in the Old Testament, the Holy Spirit came upon prophets in order for them to transmit God's message to others. In Christianity, it describes the third person in the Trinity. The archaic term for the Holy Spirit is "holy ghost." Charismatic Christians often refer to the gifts of the Holy Spirit, including speaking in tongues and prophecy.

**Holy Trinity:** The Christian term used to describe the community of God made manifest in three "persons" (Father, Son, and Holy Spirit). The term itself is not in the Christian Bible, although the persons of the Father, Son and Holy Spirit are separately mentioned. The distinctions between the three are relational and not believed to be a separation of power.

**Holy Salt:** Special ritualized salt that has been purified, prayed over, and consecrated unto God. It is often used in exorcisms for protection, and to mark a sacred space and prevent demonic spirits from entering into that area.

**Holy Sigils:** A sacred symbol or set of esoteric seals understood as being a special image or pattern specifically designed to communicate certain ideas, impressions, and messages. This is based on the belief that although the eternal soul and the physical body both use the eyes to perceive life, the eyes of the body simply see the colors, shapes, sizes, and patterns of things; whereas the eyes of the soul observe the sacred symbolic meanings and divine messages hidden within these various patterns.

**Holy Water:** In the Bible, the ancient symbolic use of water and its important ritual applications can be found in the Old Testament; where it was traditionally used both privately and liturgically for performing purification rituals. For example, water was considered to be a sign of God's creative power (Genesis 1:2), a spiritual metaphor for Yahweh as the divine source of life (Isaiah 55:1-2), and was additionally held as a special agent of divine healing (2 Kings 5:10). In the New Testament, the element of water takes on even greater significance, because of its spiritual connection with Jesus Christ; who identifies himself with the "Living Water" (John 7:37-39). It is because of this statement that Christians declare the Baptism in Water as being necessary for personal salvation; and furthermore, Jesus himself had stated, "unless a man be born of water and the Holy Spirit, he cannot be saved" (John 3:5).

Holy Water is composed of prayed over purified water and salt, and is often used in baptisms, healings, and exorcisms. In ancient times, the use of Holy Water in early Christianity was officially recorded in later church documents such as the Apostolic Constitutions, which go

back to about the year 400 A.D. and attributes the precept of using Holy Water to the Apostle Matthew. It is therefore conceivable that in ancient Christianity water was originally used for cleansing and purification purposes, similar in application to ancient Jewish Law.

**I**  
**Icon:** The word "icon" originated from the Greek word "Eikōn" meaning "image." In religious art work, an icon is most commonly observed as a painting, especially within the Eastern Orthodox Church, Oriental Orthodoxy, and certain Eastern Catholic churches. The most common subjects of an icon include Christ, Mary, saints, and angels. Although often associated with portrait style images containing one or two main figures, the term "Icon" also covers most religious image patterns presented in a variety of artistic media. Icon images and patterns may also be cast in metal, carved in stone, embroidered on cloth, painted on wood, done in mosaic or fresco work, printed on paper, etc. Comparable images from Western Christianity are generally not described as "icons," although the term "iconic" may sometimes be used to describe a static style of devotional image.

**Idol:** A term used to describe any drawn, painted, carved, or sculpted figure representing a god or goddess used for personal or religious worship. Many world religions use such figures in their rituals, however the Abrahamic religions of Judaism, Christianity, and Islam strictly forbid idol worship.

**Idolatry:** A term used to describe the alleged "worship of idols." Defined in the Abrahamic religions as placing any person, place or thing before God Almighty. In the Old Testament Book of Hosea 4:6-7, it speaks of "the shame of idols." According to Jewish Rabbi Saul Benjamin, this phrase pertains to much more than what many Christians realize. One example that he gave for the phrase pertains to things such as the priest and/or members of the congregation glorifying the church's building, its prophets, apostles and saints, as well as its religious doctrines, and political endorsements – instead of focusing their hearts and minds on honoring the glory of our God above all things.

**Infestation (Demonic):** The Demonic Infestation stage is activated when objects within the victim's living environment suddenly begin to move about by themselves, displaying typical manifestations of poltergeist activity. During the Infestation stage, the main strategy is to unbalance the victim's spirit and create great fear, anger, and grief—all of which generates large quantities of negative psychic energy. The primary goal being to continually torment the victim until their internal will and resistance to psychic dominance is finally broken down.

**Isis:** The Egyptian goddess Isis is the daughter of the Earth God Geb and the Sky Goddess Nut. Her name "Isis" comes from the hieroglyph image of a throne with a gender specific ending to denote it as being female, which is often read as "Mistress of the Throne." However the ancient Greek writer and philosopher Plutarch understood the name Isis to mean "knowledge." Isis was said to be the personification of love, compassion, and healing. She is often pictured with her child Horus in much the same way that the Virgin Mary would later be depicted with baby Jesus.

**J**  
**Judaism:** A monotheistic (one god) religion based on the Torah, Talmud, and other texts in the Hebrew Bible. There are several Jewish traditions, including Orthodox, Conservative, Reform Judaism, and Reconstructionist.

**Jerusalem:** The capital city of Israel, and a holy site for Judaism, Christianity, and Islam. In the Jewish tradition, Jerusalem was a holy city where King Solomon built the first temple to God around 950 B.C. In Christianity, Jesus performed miracles there and spent the last weeks of his life there. In Islam, Jerusalem was the site where Muhammad traveled on his Night Journey (621 A.D.).

**Jesus Christ:** The founder of the Christian religion, Jesus of Nazareth is held as the Christ (Messiah) by his followers, who believe that he came to save humanity from suffering by teaching



them the good news that the kingdom of God is within. He was born in Palestine under Roman occupation around 6 B.C., and according to New Testament teachings, he was raised in a rather large Jewish family which consisted of Joseph (father), Mary (mother), Jesus, James, Josés, Jude, and Simon. Also mentioned in the bible, but not named, are his sisters. Most Orthodox Jews and Muslims believe that Jesus was an important man of God and a respected prophet, but he was not the Son of God, nor do they believe in the Trinity. The nature of Jesus' form, in terms of his physical form and divine form, has been debated over the centuries in what is known as Christology.

**Jesus Prayer:** Not to be confused with the "Our Father," the Jesus Prayer is a popular one-line prayer sometimes known as "the Prayer of the Heart," and goes as follows: "Jesus Christ, Son of God, have mercy on me, a sinner."

**Jews:** A term originally referring to inhabitants of Judea, but now refers to the people of Judaism, or individuals who strongly identify with the Jewish culture.

## K

**Kabbalah:** The Jewish mystical teachings that were originally developed as an esoteric "map of creation," and offer esoteric interpretations of ancient Jewish law. According to one of the greatest modern scholars of the Kabbalah Gershom Scholem, its origins were the result of ancient Gnostic influence upon Judaism in the centuries immediately before and after Christ. Because this esoteric teaching was originally designed for the early Jewish mystics, it contains many hidden explanations of the Torah, the Hebrew Old Testament Bible. Its foundational work is collected in the Jewish mystical work known as the "Zohar" (meaning "Splendor" or "Radiance"); a 13th century A.D. multi-volume text, that covers topics ranging from angels to the afterlife.

**Karma:** A Sanskrit term referring both to an action and its consequences (i.e., sowing and reaping). The "cause and effect" of karma drives the never-ending cycle of birth, life, death, and rebirth in the eastern religions of Buddhism, Hinduism, Jainism, and Sikhism.

**Kingdom of God (Kingdom of Heaven):** The "good news" that God had ordained Jesus to proclaim on earth (John 12:49-50), was that the true Kingdom of God/heaven existed within each of us, and that it was spiritually connected to our eternal soul (Luke 17:20-21). The early church saw the Kingdom of God as a future establishment of God's reign on earth, usually with Jesus as king – living within your heart (Revelation 3:20). Both phrases "the kingdom of God" and "the kingdom of heaven" are referring to the same thing. The phrase "kingdom of God" occurs sixty-eight times in ten different books in the New Testament, while "kingdom of heaven" occurs thirty-two times, but only in the Gospel of Saint Matthew.

## L

**Laozi ("Old Master"):** An ancient Chinese scholar, who's family name is usually given as "Li Er." He is believed to be the reputed author of the Daodejing (The Way and Its Power), and the founder of philosophical Daoism. This ancient Chinese philosophy is based on living in harmony with the energies of heaven and earth. In life, Laozi never claimed to be a God; he only proclaimed himself to be a follower of the Dao (the natural way of all life and creation). Yet with the advent of Religious Daoism in the Tang Dynasty (618–907 A.D.), Laozi was eventually deified in order to compete with the increasing popularity of Mahayana Buddhism in China. During the Tang Dynasty, Daoism became a national religion and was seen as both a means of spiritual fulfillment and a tool to strengthen the emperor of China's political power. The imperial family claimed to be direct descendants of Li Er, and therefore sponsored the establishment of many Daoist temples, and retained several Daoist priests as official court sorcerers.

**Last Rites:** The Catholic ritual of preparing a member of the church for their death, which usually involves applying Anointing Oil to the dying person's forehead (Third Eye) and hearing their last confession.

**Last Supper:** The New Testament narrative of Jesus' last meal with his disciples prior to his arrest, trial, and crucifixion. This event is commemorated through the Christian rite of Communion (also known as the Eucharist).

**Laws of Blocking, Returning, and Scattering:** The spiritual law of "cause and effect" manifested in three stages; defined as "Blocking" (their spiritual growth is blocked), "Retuning" (their projected negative energy onto others is returned back onto them), and "Scattering" (the negative energy divides itself and attacks the relationships of those closest to the person responsible for projecting the malevolent energy in the first place).

**Law of One:** The first divine law in Christian mysticism, which states: "The Lord God is One." It expresses the belief that the divine force impregnating and supporting all manifested matter originates from the one true source of all creation — the radiant Breath (Spirit) of God.

**Law of Three:** The second divine law in Christian mysticism, which expresses the belief that: everything that exists manifests as a result of the converging energetic actions of passive, active, and neutralizing forces occurring on the same point — at the exact same moment in time.

**Law of Seven:** The third divine law in Christian mysticism maintains the belief in a seven note musical octave manifestation. This spiritual law is expressed as a two-fold idea: (1) the first part states "All things in nature, and everything within the universe, energetically resonates at its own unique vibration;" (2) the second part states "Nothing manifested within the physical realm continues forever in a direct line – instead, everything must eventually deviate at definite intervals." The Law of Seven does not apply to the creation or existence of different "things" and phenomena in "Space" (the Passive energetic force); but instead is applied to their specific evolution in "Time" (the Active energetic force).

**Ley Lines:** The energetic currents that run across the landscapes connecting both natural and sacred prehistoric structures together. Although a Ley Line represents the invisible lines of earth energy, they are often translated into something that is equivalent of "spirit," "fairy," or "energy" paths. For example, they are known as "Spirit Lines" to Peruvians; "Fairy Paths" to the Irish, "Holy Lines" to the Germans; "Dragon Veins" to the Chinese; and "Song Paths" to the Australian Aborigines. Modern researchers often make the comparison that the electromagnetic life force that flows within and around the human body is similar in its movement and manifestation to that of the earth's energetic grids to which these Ley Lines belong.

**Life Purpose:** The reason why you are here on earth; why you were born as a male or female; and why you were placed into the specific family, social status, and culture you were originally raised in.

**Lord's Prayer:** The most popular prayer in Christianity, and widely recited in Christian churches today. It comes from a passage in the Gospel according to Matthew, where Jesus' disciples ask him how to pray, and begins (in the King James Bible): "*Our Father which art in heaven, Hallowed be thy name...*"

**Lucifer:** Often improperly used as the name of the "Devil" (Adversary) before his original fall from grace, the Latin word "lucifer" means "morning star" or "light-bringer," and was originally associated with the King of Babylon Nebuchadnezzar II.

## M

**Magus (Magician):** The word Magus is regarded by scholars as being Babylonian in origin; and the title was given by the Babylonians (Chaldaeans), Medes, Persians, and others to indicate special individuals who were considered to be a wise man, teacher, priest, physician, astrologer, seer, interpreter of dreams, augur (diviner), and soothsayer. These magicians were known to perform supernatural feats by special prayer invocations, sacrifices, and offerings used to appease and find favor with certain supernatural deities.

However, the word Magus could also be used to describe someone who is a false prophet, a necromancer (someone who communicates with the spirits of the dead); a thaumaturge (someone who performs miracles); or someone who practices magic or sorcery.

**Maranatha:** The word “Maranatha” is Aramaic, and means “come lord.” It appears in an early Christian manuscript entitled “The Teaching of the Twelve Apostles” (Didache 10:14), which is believed to have been written during the 1st century A.D. In the New Testament Bible, the word “Maranatha” is mentioned by the Apostle Paul in 1 Corinthians 16:22. When the word is broken down into two different parts, it contains two different meanings. For example, “Mara-natha,” means “come lord” or “lord come;” and “Maran-atha,” means “the lord is here” or “the lord has come.”

**Martyr:** In the Abrahamic religions of Judaism, Christianity, and Islam, a martyr is someone who prematurely and violently dies for a sacred belief and cause.

**Materialism (Intellectual):** The belief that by obtaining the knowledge of a particular philosophy or rational belief system a person can gain a release from suffering. Intellectual Materialism is observed when someone is excessively preoccupied with logical analysis, critical thinking, and the various thinking patterns surrounding certain types of knowledge and information (e.g., concepts, pretexts, beliefs, and ideas), and is in addition obsessed with possessing a highly developed intellect.

**Materialism (Physical):** The belief that obtaining many possessions can bring about a release from suffering. Physical Materialism is observed when someone is excessively preoccupied with the acquisition of abundant wealth, material possessions, and physical comforts, rather than seeking after spiritual experiences, intellectual wisdom, or things of cultural value.

Those under the sway of physical materialism obsessively care more about owning luxurious goods than they do about having a relationship with other people; they often judge themselves and others by the price paid for their possessions and latest acquisitions.

**Materialism (Spiritual):** The belief that by obtaining high spiritual teachings or a highly elevated spiritual state, a person can bring about a release from suffering. Spiritual Materialism is observed when someone seeks after spirituality as a part of their own ego-building pursuits. It centers on the belief that obtaining an elevated spiritual state of mind can be a strong refuge from suffering. An example of this would be addictively using meditation or selfish prayer practices to escape from life, and remain hidden from all human relationships by frequently seeking to experience this profound euphoric state. This is not what Jesus asked of us. We must somehow and someway be “our brother’s keeper.” You find this message throughout the Bible, for example: Romans 15:1, James 5:16, and Philipians 2:4.

**Messiah (Christ):** The long-awaited king who will come in the last days. In the Jewish tradition, the Messiah will restore the Jews to the promised land, rebuild the temple, and inaugurate a period of peace. This is particularly emphasized in Orthodox Judaism. In the Christian tradition, Jesus is believed to be the Messiah, however most Jews do not hold this view, with the exception of Jews for Jesus and some Messianic Jewish groups.

**Miracle:** A supernatural effect in some worldly matter, believed to be caused by the intervention of a god or any divine deity. Miracles credited to a religious belief are traditionally used to increase the confidence in that particular spiritual tradition.

**Missionary:** The organized effort to spread one’s religious beliefs to others, often accomplished by traveling to other countries.

**Mithras:** The Roman Sun God, traditionally worshiped on Sunday, whom the Roman Emperor Constantine officially worshiped before his conversion to Christianity. Mithraism became the dominant

religion of the Roman Empire during the 2nd and 3rd Centuries, and influenced many of the early changing formulations of the Christian doctrine.

**Monad:** The term “Monad” comes from the Greek word “Monas” which means “Unity.” It was first used by the ancient Greek philosopher Pythagoras of Samos, (570 – 495 B.C.), who was the founder of the Pythagoreanism Movement that originated in the 6th century B.C. The expression “Monad” (One Unit) was often used to explain the existence of a central consciousness, responsible for establishing the true foundations of all creation. In essence, it is the immortal root of our eternal soul’s divine spark. It was from this important understanding that the concept of our inherited divinity was originally derived, and through which the teaching surrounding our need for a spiritual path that leads to self-realization and self-awareness was established.

**Monotheism:** The belief that there is only one God, shared by Jews, Christians, and Muslims. This belief and conviction in only one god is in contrast to “polytheism,” which maintains that there are multiple gods; or “atheism,” which maintains the belief that there is no God.

**Mosaic Law (Torat Moshe):** The governing law that the Lord God had commanded concerning the children of Israel, which was originally established in the first five books of the Old Testament.

**Most Secret Name:** Often known as a “True Name” or “Divine Name,” this special name is only repeated in the presence of God during prayer, or when personally connecting with the radiant light of the kingdom of heaven.

**Mysticism:** A form of spirituality that stresses a personal union with God and a life experience based on embodying sacred teachings rather than simply following religious doctrine. Mystical traditions are said to transcend dogma based religious traditions.

## N

**Nazarene (Sect):** The Nazarenes originated as a sect of first-century Judaism. The first use of the term “Sect of the Nazarenes” is in the Book of Acts in the New Testament, where the Apostle Paul is accused of being a ringleader of the Sect of the Nazarenes. At that time, the term simply designated followers of “Yeshua Natzi” (Jesus the Nazarene). However, in the first to fourth centuries the term was used for describing a sect of followers of Jesus who were closer to the religion of Judaism than most Christians.

**New Testament (New Covenant):** The term “New Testament” refers to a “New Covenant” established between God and his relationship with those who believe in Jesus Christ. There are 27 books unique to the Christian religion placed inside the New Testament. Both Protestant and Catholic churches utilize these same 27 books.

## O

**Old Testament (Original Covenant):** The term “Old Testament” refers to the “Original Covenant” established between God and the nation of Israel. There are three versions of the Old Testament Bible: the Protestant Old Testament contains 39 books; the Hebrew Old Testament contains 24 books; and the Roman Catholic/ Greek Orthodox Old Testament contains 12 to 15 extra books (and parts of books) based on the Alexandrian Septuagint (LXX) and early Greek translations of Jewish scriptures—which include more books than the Hebrew Bible. The name “Old Testament” is often used by Western Christians for describing the Hebrew scriptures, and to distinguish them from the Greek scriptures—which they call the “New Testament.” In the New Testament, the Hebrew scriptures are simply mentioned as “the scriptures” or “the holy scriptures” (e.g., Matt. 21:42, John 5:39, 2 Tim. 3:15-16).

**Oppression (Spirit or Demonic):** Within the Christian church, this special term refers to a malicious pattern of subjugation instigated by malevolent ghosts, spirits, or demonic entities, and represents a particularly insidious and ruthlessly effective form of manipulation and

control. In this situation, a victim is targeted for physical and mental restrictions, emotionally tormented and ridiculed, and psychically attacked. Oppression often leads to Possession.

## P

**Pagan:** For the early Christians, a “pagan” was any believer in one of the polytheistic religions. However, the word originally meant “country dweller.” The rural population was slower to adopt Christianity than the city dwellers, probably because their religion was closely bound to agricultural cycles. Nowadays there are religious groups that identify themselves as Pagans. Modern paganism is earth-centered and can include polytheistic beliefs.

In the same manner, the word heathen is used as a negative word expressing contempt or disapproval of any person who is outside of a specific religion. Like pagan, the word “heathen” also points to the fact that non-city dwellers tended to reject religious change. Heath comes from a word meaning “field,” and was originally an adjective meaning of the word “heath” (an area of open uncultivated land).

**Pastor:** The word “pastor” is Latin for “shepherd,” and is often used to refer to an ordained minister who is charged with the primary spiritual care of a local church.

**Paul The Apostle:** A first-century church leader in Christianity, and the author of many New Testament Epistles (letters). Paul was born of Jewish descent, and was originally named Saul. He later became a Pharisee and an aggressive persecutor of Christians. According to the Book of Acts, he saw the resurrected Christ on the road to Damascus and converted to Christianity. Afterward, he preached the gospel to Jews and Gentiles alike. While some debate whether all the letters attributed to him in the New Testament were written by him, the consensus is that his seven “authentic” letters were written around the 50’s A.D.; and later became the theological architecture of ancient and modern Christian beliefs.

**Pentagram:** The five pointed star of the pentagram is traditionally known as King Solomon’s Seal, while the six pointed star of the hexagram is known as the Star of David. This can be substantiated through the “Israel Ministry of Foreign Affairs” website, which maintains this particular belief.

**Pentecost:** The annual Christian celebration commemorating the descent of the Holy Spirit on the disciples of Jesus, as recorded in the Book of Acts. The term is derived from the Greek word “Pentēkostē,” and literally means “50 days;” which is traditionally the time between the Passover feast and the wheat harvest. In the early church and in some churches today, Pentecost is celebrated fifty days following Easter.

**Pew:** Originally Christians stood for worship, and that is still the case in many eastern churches today. The “pew” - a long, backed bench upon which the people of a congregation sat - was an innovation of western medieval Christianity. Pews were later inherited by Protestants from the Roman Catholic Church, and because of their practicality, have spread to most Orthodox churches located in the west.

**Pharisees:** The Pharisees were a Jewish religious movement in first-century Palestine. At various times they served as a political party, a social movement, and a school of thought in the Holy Land during the time of Second Temple Judaism (536 B.C.–70 A.D.). After the destruction of the Second Temple in 70 A.D., Pharisaic beliefs became the foundational, liturgical, and ritualistic basis for Rabbinic Judaism.

**Prayer Beads:** A group of knots or specific beads strung together as a religious tool, and used in order to aid a person in prayer recitation.

**Prayer Incantation:** Specific words that are repeated (often chanted) in the form of a short scripture passage, a holy phrase, or rhythmically rhymed as a way of expressing a person’s gratitude, supplication, or devotion towards God.

**Praying the Rosary:** A Catholic devotional practice in which 15 sets of 10 Hail Marys are recited, each set is preceded by the Lord’s Prayer,

followed by a Gloria Patri. A string of beads is used to count the prayers. The number of sets represents the 15 “mysteries” (five joyful, five sorrowful, five glorious), which are events in the lives of Jesus and Mary.

**Priest:** The word “Priest” originated from the English word “Presbyteros,” which means “Elder,” and was originally used as the Christian word given to their overseeing clergy. The progression of the word went from Presbyter - to Prester - to Priest.

**Principalities (Divine Rulers):** The first group of Heavenly Messengers who carry out the orders given to them by the upper sphere angels, as well as provide blessings to the earthly realm. The Principalities are charged with the duty of educating, guiding, overseeing, and protecting nations, groups of peoples, and the church. They also preside over different bands of lower angels, and charge them with fulfilling the divine ministry of administering, assisting, and inspiring people through such creative things as art and science.

**Polytheism:** The belief in many gods.

**Possession (Spirit or Demonic):** This is the process by which a person’s body, mind, and speech is overshadowed by a disembodied soul (ghost), a spirit entity, or some type of demonic being. Descriptions of demonic possessions often include erased memories or drastic shifts in personalities, convulsions (often seen as epileptic seizures or fits of hysteria or rage) and loss of consciousness. Other descriptions include access to hidden knowledge and foreign languages (xenoglossy), drastic changes in vocal intonation and facial structure, the sudden appearance of injuries (scratches, bite marks) or lesions, and superhuman strength. During a Possession, the subject has no control over the entity who is currently occupying and operating their physical body.

**Powers (Holy Authorities):** The third group of Heavenly Governors who supervise the movements of the various celestial bodies to ensure that the cosmos remains in order. These Heavenly Governors are warrior angels, created to be completely loyal to God and oppose the demonic realm and evil spirits. They are usually represented as soldiers wearing full armor and a helmet; and carrying weapons such as a shield and spear, or chains through which to battle against, bind, and remove all evil spirits. They are sometimes depicted casting evil spirits into places of isolated detention.

**Psychic Attack:** This condition involves encountering some form of a dark external energy, which negatively impacts a person’s three bodies (physical body, energy body, and spirit body). This negative type of influence can originate from destructive environmental factors, malevolent spirit entities, or even from angry, unforgiving people.

**Psychic Vampire:** Any person who consciously or unconsciously drains the life force energy away from a person, group of people, or place they interact with is labeled a “Psychic Vampire.” In most cases the absorbed life force energy is ingested away from the victim’s external energy field, which ends up leaving them depleted. However, if the energetic draining is strong enough, it can additionally leave large holes in the external energetic field as well. The immediate results of such a one-on-one encounter often results in a temporary surge of energy for the psychic vampire, and a serious loss of mental and physical energy for the unsuspecting victim.

**Psychokinesis:** When talking about hauntings, one of the primary reasons why items sometimes levitate inside a haunted house is because of “psychokinesis;” defined as the power of the mind to levitate or teleport small objects through space. Psychokinesis is commonly caused by the transfer of psychic energy onto certain objects, and is often initiated by special individuals (especially young children) who are considered to be under a great deal of stress.

**Pulpit:** This is a special podium stand, often made of wood, used in a church sanctuary by either the clergy or lay person for reading or announcements during a service. The Pulpit is often elevated above



the floor of the altar area. In older churches, it often has solid sides, like a small cubicle. Pulpits serve a practical purpose as a stand for holding notes and wired microphones. It is a place to which all eyes can be drawn and all attention can be focused. In many orthodox Catholic churches there are two speaker's stands in the front of the church. The one on the left (as viewed by the congregation) is called the "Pulpit," and is used by clergy to read the gospel and preach the sermon. Since the gospel lesson is usually read from the Pulpit, this side of the church is called the "Gospel Side." The speaker's stands on the right (as viewed by the congregation) is called the "Lectern," and derives its name from the Latin word meaning "to read." This is because the Lectern primarily functions as a reading stand. It is used by lay people (not the priest) to lead the congregation in prayer, make announcements, and to read holy scripture lessons, (and not the Gospel Lessons). Because the Epistle lesson is usually read from this side, the Lectern side of the church is often known as the Epistle Side.

## Q

**Q Document:** The "Q" originates from the German word "Quelle" meaning "source." The Q Document (also known as the Q Source, Q Gospel, Q Sayings Gospel), is a hypothetical written collection of primarily Jesus' sayings. The Q is part of the common material found in the Gospels of Matthew and Luke but not in the Gospel of Mark. According to many biblical scholars, this material was drawn from the early church's oral tradition of passing along "Jesus stories." However, Q's existence has been questioned on the grounds that omitting such a highly treasured document from all early Christian church catalogs is confusing, and its lack of reference by priest, theologian, and historian Saint Jerome is a puzzlement to modern biblical scholars. Yet the mentioning of the Q Document might have been deemed unnecessary as its information was copied and preserved in the canonical Gospels. Hence, it was preferable to copy the Gospels of Matthew and Luke, where the sayings of Jesus from the Q Document were rephrased in order to avoid misunderstandings, and to better fit the situations as to what Jesus had really meant.

**Qumrān:** Also spelled Kumran, is a located region in the northwestern shore of the Dead Sea. This ancient monastic community became notable in 1947 as the site of the caves where the ancient Dead Sea Scrolls were first discovered.

## R

**Rabbi:** The ordained leader of a synagogue in Judaism. The term was first used after the destruction of the Jerusalem Temple in 70 A.D.

**Rainbow Body:** In certain schools of spiritual transformation, a person's physical body can be used as an alchemical mixing bowl to purify, change, and transform their inner nature. In the advance stages, the emphasis is placed on purifying the spirit body in order to transform it into a Body of Light. Once this special Body of Light is created, the next step is to create the more advanced multicolored Rainbow Body – which reflects the advanced level of spiritual cultivation. Think of the Rainbow Body as the various color classifications of an eternal soul's spiritual development suddenly manifesting all at once, instead of developing slowly through its different reincarnations over several lifetimes.

**Reincarnation:** The belief that the eternal soul takes up a new body as part of an ongoing cycle of birth, life, death, and rebirth. Although this belief is common in Eastern religions, nearly one-fourth of American Christians believe in reincarnation. The doctrine of reincarnation was supported by one of the greatest biblical scholars of the early Christian church, Origen Adamantius of Alexandria.

**Rome:** The City of Rome was the sole capital of the Roman Empire until Constantine founded Constantinople in 330 A.D. Christians made their way to Rome quite early, with a noticeable community established there by 50 A.D. It is believed that Peter was the first Bishop of Rome, and since Jesus said that he would build his church on the "rock" of Peter, the Bishop of Rome (later known as the Pope) claimed precedence over the bishops of all other cities.

**Rosy Cross:** Also called the "Rose Croix" (Rose Cross), the Rosy Cross is an esoteric symbol often associated with a Christian mystic named Christian Rosenkreuz, who was both an alchemist and a Kabbalah master, and is also said to be the founder of the Rosicrucian Order, which was steadfastly Protestant. Although the esoteric pattern of the Rosy Cross itself varies, it is sometimes depicted as the image of a cross with a circular three level rose located at its center. This esoteric pattern is often used by Christian mystics to create divine seals and sacred sigils from which to contact angelic beings.

## S

**Sabbath:** The last day of the week (Saturday), originally considered the day of rest by Jews according to the Book of Genesis. On this day, God rested after creating the universe, and therefore observers are forbidden to work on this day. Over time, the Sabbath became known as a day of worship. Jews and Seventh-day Adventists still observe the Sabbath as Saturday, however many Christians observe the day of rest on Sunday due to the Roman Emperor Constantine.

**Sacrament:** A term used to describe a sacred ritual or "holy act" of great significance. Catholic Christians affirm seven sacred sacraments: Baptism, Confirmation, the Eucharist, Penance, Anointing of the Sick, Ordination, and Matrimony. The Eastern Orthodox Christians also have sacraments, but believe that there are other "holy acts" besides those practiced by Catholics. The Protestant Christians generally only recognize the sacraments of Baptism and the Lord's Supper, however the Baptists view these rites as ordinances, performed because Jesus ordained their use, rather than as a means of grace.

**Sacred:** Things that are set apart as holy unto God.

**Sacred Icons:** Special patterns and holy images traditionally used in early religious rituals and spiritual practices. Since ancient times Christian mystics have used the contemplative meditation practice in order to increase their physical, mental, and spiritual association with certain sacred icons and holy images. This special meditation is used to help further embellish and increase the icon's sacred meaning and spiritual association within your heart and mind; it will additionally help to move a person past an intellectual understanding of the item's sacred geometry, and progress deeper into its spiritual symbology.

**Sacred Seal:** In this context, it refers to the sacred seal pattern of a person's Most Secret Name—drawn onto the center of the roof of the mouth with the tip of the tongue during meditation practice.

**Sadducees:** The Sadducees were a sect or group of Jews that was active in Judea during the Second Temple period, starting from the second century B.C.—through the destruction of the Temple in 70 A.D. Titus Flavius Josephus identified the sect as existing within the upper social and economic echelon of Judean society. As a whole, the sect fulfilled various political, social, and religious roles, including maintaining the temple. The Sadducees are often compared to other contemporaneous sects, including the Pharisees and the Essenes. Their sect is believed to have become extinct some time after the destruction of Herod's Temple in Jerusalem in 70 A.D.

**Saint:** In Christianity, this can mean at least one of the following: a holy person who is venerated in life and after death; a term used to designate a member of the Christian community; or a person who is publicly venerated in the priesthood as an intercessor in heaven. In Islam, this term is used in the Koran to designate a "friend of God," and a person who mediates on behalf of a member of the congregation.

**Saint Jerome:** He was a priest, confessor, theologian, and famous historian who lived in the mid 4th century. He is best known for his translation of most of the Bible into Latin (the translation that became known as the Vulgate), and his commentaries on the Gospels, however his list of writings is quite extensive.

**Salvation:** The belief that humans require deliverance from personal problems generated because of "sin," often associated with receiving

admission into heaven. For Christians, the death and resurrection of Jesus allows a person to be forgiven for their sins, and receive salvation.

**Sapient Life Forms:** The creation of the angels, elementals, and humans make up what is known as “sapient life forms” (i.e., creatures with transcendent intelligent wisdom), and manifest the ultimate spiritual radiance of things that exist as a part of God Almighty. The angels are identified with God’s divine spirit and powerful radiant light; the elementals are associated with the different vibrations of energy and God’s transforming fire; and humans correspond to the manifestation of God’s divine breath and “living water” existing within matter.

**Satan (Accuser):** A malevolent figure in the Abrahamic religions of Judaism, Christianity, and Islam. Also known as the devil (adversary), it is said that Satan was once a Prince of Angels (Archangel) who rebelled against God along with one third of the angels who followed his rebellion. In the New Testament, Satan is also said to be the enemy of God who challenged Jesus in the desert. In Islam, Satan is identified with Iblis, chief of the legion of fire devils who leads humanity astray. The portrayal of Satan as a horned being with cloven hoofs and a tail appears in the Middle Ages, often associated with the ancient fertility spirits (such as the Greek god Pan) by the European population.

**Scriptures:** A term often used to denote the sacred writings of different religions. The spiritual authority of holy scriptures are believed to originate from God through a legendary person (e.g., Christianity-Jesus, Judaism-Moses, Islam-Muhammad, Buddhism-Siddhārtha Gautama, etc.). Some of the most popular scriptures include the Bible, the Torah, the Koran, the Sutra, the Vedas, etc.

**Sephiroth:** The “Sephiroth” are part of an ancient Kabbalistic teaching which express the belief that there are ten special “emanations” through which the Infinite (Ein Sof) radiance of God reveals itself, and continuously creates the physical realm of matter. These 10 Emanations also represent the chain-like energetic descent of various spiritual worlds that exist as a mystical Tree of Life, between the radiant presence of the Almighty and his divine creation.

**Seraphim:** The first group of Heavenly Counselors, traditionally known as “the Six-Winged Fiery Ones.” The word “Seraphim” is often translated as “burning ones,” however the word “seraph” is normally a synonym for serpents in the Hebrew Bible.

**Seven Deadly Sins:** In Roman Catholicism, it refers to the seven most serious human failings: pride, envy, greed, anger, sloth, lust and gluttony. Some date this list back to Pope Gregory the Great, in the 6th century A.D.

**Seven Sacred Laws of Creation:** The ancient Egyptian Coptic Gnostic Christians define the Seven Sacred Laws of Creation as follows: (1) The Law of Creative Mind; (2) The Law of Correspondence; (3) The Law of Vibration; (4) The Law of Polarity; (5) The Law of Rhythm; (6) The Law of Cause and Effect; and (7) The Law of Gender.

**Shaman:** Intermediaries who connect the physical realm to the spirit realm of existence and act as ritual masters who help foster social unity within the community, and protect the group from harm. This role of spiritual mediator is more common in indigenous religions.

**Shroud of Turin:** The funeral shroud that covered Jesus’ body after his crucifixion, said to be a divine manifestation of the radiant transformational process that gave birth to Jesus’ glorified body. Recent tests show the relic’s actual age dates back to the 1st century.

**Siddhartha Gautama:** Also known as Gautama Buddha, he is the founder of Buddhism. He was born around 563 B.C. to an aristocratic family in an area near the Himalayan foothills. He decided to leave his palace after seeing a sick man, an old man, a dead man, and a wandering ascetic. He experimented with asceticism before finding the “Middle Way” (see Eightfold Path) between excessive indulgence and asceticism. Finally after many years of constant seeking, he

reached enlightenment under the bodhi tree during meditation, extinguishing all desire and ignorance. He then taught his disciples how to become liberated from the world of suffering, and how to reach enlightenment. He died at age 80, around 483 B.C.

**Sin:** In religious context, the word “sin” is often seen as the act of transgression against divine law. It is also seen as a failure, being in error, and missing the mark. Sin can also be viewed as any thought or action that endangers the loving relationship between a person and God; or as any diversion from the perceived ideal. In the Old Testament (Old Covenant), some sins were punishable by death in different forms, while most sins are forgiven by burnt offerings. Christians consider the Old Covenant fulfilled by the Gospel.

**Six Realms of Suffering:** An ancient diagnostic form of spiritual psychology; wherein each realm reveals a hidden toxic emotional state that a person is currently focusing on, instead of joyfully walking with God. These Six Realms of Suffering are described as follows: the angry Hell Realm, the needy Hungry Ghost Realm, the defensive Animal Realm, the competitive Human Realm, the envious Demigod (Titan) Realm, and the entitled God Realm.

**Soul:** The animating force conjoined with the body in a human being. Many people believe that the eternal soul is capable of separating from the body at death as well as under special conditions, like dreaming or astral projection. In some dualistic traditions, the soul is understood as a divine aspect of God existing in spiritual opposition to the physical wants and desires of the human body. The belief in the soul pervades almost all religious traditions, including Hinduism, Buddhism, Jainism, Zoroastrianism, Judaism, Christianity, Islam, Daoism, Shamanism, Sikhism, the Bahá’í, etc.

**Soul Extension:** After birth, the external influences placed onto the eternal soul’s development give birth to an acquired ego personality. Because this personality is not the soul, it is known as a “soul extension,” and will affect the developmental patterns of each person’s physical, energetic, and spiritual body formations. This continual molding process occurs through consistent interaction with their parents, siblings, culture, social, and religious influences.

**Soul Star Point:** The Soul Star Point is the first of the body’s three Heavenly Transpersonal Points. Because its energy field is located about six inches to a foot above the top of the head, it is often depicted as being a bright radiant flame of holy fire. This awakened holy fire was observed positioned above the heads of the Apostles at Pentecost, right after they were anointed with the radiant spiritual power of the Holy Spirit (Acts 2:1-4).

**Speaking In Tongues:** The practice of speaking in unknown or foreign languages by Charismatic Catholics and Pentecostal Christians. It is usually seen as a gift of the Holy Spirit, and first described in the New Testament book of The Acts of the Apostles.

**Spirit Body:** The spirit body is associated with the mind, the spirit (thoughts and feelings), and the psyche—which maintains and directs the body’s life force energy. This is why the spirit body is considered to exist at a higher vibrational frequency within the human energetic matrix. The spirit body is also associated with the intuitive awareness and perceptive consciousness that exists throughout the three bodies, and is not merely limited to the internal functions of the brain. In fact, the spirit body is said to influence us through manifesting projected thoughts, desires, and dreams.

**Spiritual Bondage (Obsession):** Also known as “demonic obsession,” spiritual bondage is considered to be one of the final stages of demonic oppression. This condition is observed when the victim’s heart and mind have been subjugated and brought under powerful control by the demonic entity. In this stage, the victim experiences a chronic state of bizarre daydreaming, unstable thoughts and desires, and uncontrollable impulses; and they are often completely disconnected from reality. Because the consciousness of the mind is the spiritual linking point existing between each person

and God, when a victim becomes subjected to spiritual bondage, they immediately lose all spiritual direction in their life.

**Spirituality:** A conscious orientation toward transcendent or supernatural realities existing outside any strict doctrinal framework. This primarily includes beliefs and practices that are internal and private, such as deep meditation, prayer leading to complete surrender of the ego based need, wants and desires, and singing heart felt songs of worship that surrender the personal will to divine will.

**Spiritual Transcendence:** The higher level of spiritual change and maturity, often associated with the mystical experiences of different spiritual traditions and an understanding of divine transcendental wisdom. For example, in the beginning stages of a spiritual walk, many Christians refer to their initial experiences in a "right or wrong" framework, which is the only way they know how to relate to such experiences. However, as they advance into the higher levels of contemplative meditation, they "transcend" and turn away from these older ways of thinking, and realize that everything is subjective – and come to know that *"in all things, God works for the good of those who love him, who have been called according to his purpose"* (Romans 8:28).

**Star of David (Magen David):** A six-pointed star (hexagram) that is an important symbol of Judaism, similar to the importance of the symbol of the four pointed Cross in Christianity. In the Middle Ages, both Jews and Christians used the Magen David as a symbol of protection against demonic powers. It was only after the emancipation of European Jewry in the 19th century that it became centrally associated with Judaism.

**Still Point:** The deep quiescent state that exists in-between time and space, which is considered to be a direct perception that exists without the interpretation of thought. In other words, it is the advanced spiritual state of being completely present without any effort. This type of choice-less awareness allows the mind to relax, and expands the intuitive perception of the spirit so that it may freely examine all life as an objective observer and be unbiased in its observations.

**Sufism:** A term used to describe a wide variety of mystical and disciplined spiritual based religious orders found throughout the Islamic world. It is an eclectic movement that draws from both Christian and Gnostic elements. There is an emphasis on the spiritual embodiment of mystic self-transcendent experience and the immediate knowledge of God, in contrast to secondhand knowledge simply derived from academic based religious theory.

**Supernatural:** A term referring to the spiritual forces or entities that exist beyond or outside of nature, which can suspend, alter, or ignore physical forces.

**Synagogue:** The Jewish building used for public worship. Since the destruction of the Second Temple in 70 A.D., the synagogue has been a central component of Jewish religious and cultural life.

## T

**Talmud:** A text of commentary and traditions supplementing the Torah and other Hebrew Bible (Old Testament) writings. There are two Talmuds: the first is called the Talmud of the Land of Israel, and was completed in Israel between 400-500 A.D. The second is called the Talmud of Babylonia, and was completed around 600 A.D. in present-day Iraq.

**(Tanakh):** See Bible, Hebrew

**Theodosius The Great:** The Christian Roman Emperor who enforced the doctrine of the Holy Trinity within the Roman Catholic church, ordered all pagan temples to be closed, and in 431 proclaimed Mother Mary as the "Theotokos" ("Mother of God"). Henceforth the former "Mother of God" and "Queen of Heaven" who was called Isis, now became the "Mother of God" and "Queen of Heaven" called Mary. He additionally created an Imperial Edict, demanding strict compliance and adherence to the new church doctrines, stating that only those who believe in the Holy Trinity are to be considered authorized followers

of the Law, and only then may assume the title of Roman Catholic Christians. Anyone who did not believe in the Holy Trinity however was immediately judged as being a "Heretic," and would suffer the chastisement of divine condemnation, and be punished in accordance with the will of Heaven. This was the first time the term "heresy" was used in a legal civil-context, and was commonly known as "the Edict of Thessalonica, of the Roman Emperor Theodosius the First."

**Theotokos:** A term often used for Mother Mary meaning "God-Bearer" or "Mother of God."

**Third Eye:** Also known as "Heaven's Eye," this special area on the center of the forehead is considered to be a spiritual door for the entire body. It supplies the life force energy to the lower brain, ears, nose, eyes, and nervous system, and governs the carotid plexus, pituitary gland, and hypothalamus (which controls the endocrine system). It is considered to be the main spiritual gate of the mind, and because it is both intellectual as well as intuitive, it is considered to be the access point into the center of the brain, where the spiritual awareness of the conscious mind is illuminated through quiescent meditation.

**Thought-Form:** A "Thought-Form" is considered to be a specialized grouping of energetic life-force substances that has been created and formed together by a person's thoughts, beliefs, and strong emotional impulses. These energetic forms are sometimes observed by mystics and clairvoyant individuals as radiant colored lights and other patterns of projected images existing within the external energy field that surrounds a person, place, or thing (its aura field).

**Thought-Form Cluster:** A specialized grouping of thoughts and feelings that have been created and condensed into an energetic cluster. When internally suppressed, these unprocessed thoughts and feelings can sometimes create energetic stagnations within the body that can lead to organ dysfunction, diseases, and/or cyst and tumor formations. In certain orthodox schools of Christian mysticism, priests are sometimes taught about two other variations of thought-form clusters known as a "Spirit Larva," and an "Energetic Parasites."

**Thought-Form Entity:** These are thought-form clusters that have coalesced into a condensed form of "energetic matter." In other words, the multiple thoughts and emotions that were fused into an energetic thought-form cluster became so concentrated and condensed that it eventually transformed into a type of living energetic mass; which over time, can often become independent of its host.

**Thought-Form Egregore:** A large energetic cluster, manifested as a type of externally formulated group-mind-consciousness, created when different people come together for a common purpose in mind.

**Thought-Form Deity:** A powerful living life force entity that has been energetically created and brought into existence through a group's combined thoughts and emotions, all of which have fused together and consolidated after many years in order to create a living thought-form "god." Often mistaken for an encounter with a spirit, a "Thought-Form Deity" can be a powerful force to reckon with, as some have actually existed on earth for many millenniums.

**Three Barriers (Three Veils):** In the Christian Gnostic tradition, the true meaning of "the Fall of Man" was taught as the spiritual manifestation of three barriers, which resulted in the creation of three veils. Each of these veils is associated with a specific level of spiritual evolution, which must be encountered and addressed when progressing beyond the stage of death and rebirth, and moving towards the Creator. These different veils are describe as: (1) the veil of time and space—and the Gate of Life and Death; (2) the veil of man's ego and self-importance—which separates his heart and mind from God; and (3) the veil that separates the realms of physical creation from the psychic realms of the spirit world—which causes man's eternal soul to no longer have any memory of its divine origin.

**Three Bodies:** The eternal soul is enveloped inside a physical body, an energy body, as well as a spirit body. All of the three bodies have



substance, yet they simultaneously exist at different levels of vibration. This important energetic interaction allows the eternal soul to live within the lower levels of creation, yet simultaneously interact with the higher realms of divine existence. After birth, the external influences placed onto the eternal soul's "Soul Extension" (i.e., its acquired ego personality) will additionally affect the development patterns of its physical, energetic and spiritual body formations. This continual molding process occurs through consistent interactions with parents, siblings, the person's culture, and specific religious influences.

**Three Levels of Light:** Within the three bodies there are three levels of radiant light manifestation, which are increasingly purified as expressions of the evolving eternal soul. These levels of light manifest are expressions of our interpersonal relationship with God. Depending on its spiritual evolution and degree of purity, the eternal soul's radiant earthly vehicle is sometimes described as being transformed into either a illuminating spirit body, a radiant body, or a resurrected body.

**Three Main Obstacles:** The three obstacles of living a spiritual life are similar in their challenges as the three temptations of Christ mentioned in the Gospel of Matthew 4: 1-11, which Jesus of Nazareth went through after his forty days and nights of fasting in the wilderness. They include: the lust of the flesh, the lust of the eyes, and the pride of life – and are associated with the Three Barriers (Three Veils).

**Three Worlds:** The three bodies exist within the energetic fields of three worlds, sometimes known as the "Three Realms of Creation," which include: the physical world of matter, an energetic world of resonant vibration, and the subtle spiritual world associated with the projected thoughts of the mind and feelings of the heart.

**Thrones (Elders):** The third group of Heavenly Counselors that represent God's compassionate justice and authority, and are described as being adoring elderly men who listen to the will of God and present the prayers of mankind before His throne of grace and mercy. The 24 Elders mentioned in the Book of Revelation are thought to belong to this group of Heavenly Counselors (Revelation 4:4). Because the Throne Elders are known for their compassionate understanding and wisdom surrounding God's justice, it is said that they often work to right the wrongs existing within our fallen world.

**Tiberius Julius Abdes Pantera:** According to Celsus book "*The True Word*" (*Alēthēs Logos*), Pantera is the true biological father of Jesus of Nazareth. His surname means "panther," and is actually Greek, although it appears in Latin on his tomb inscription. His first names "Tiberius Julius" are acquired names, and were probably given to him in recognition of his service in the Roman army when he obtained Roman citizenship. His birth name "Abdes" means "Servant of God," and suggests that Pantera had a Semitic or Jewish background. According to research, Pantera was originally from Lebanon, and had joined the Cohors I Sagittariorum (First Battalion of Archers), which was stationed in Judea at the time of Mary's conception.

**Torah:** The Hebrew term "Torah" means "teaching," and broadly refers to both the oral and written Jewish Law. More narrowly, it refers to the first five books in the Hebrew Bible (Old Testament), which Jewish believers consider to be their most sacred scriptures.

**Transfiguration:** An event described in Mark 9:2-8, Matthew 17:1-8, and Luke 9:28-36, in which Peter, James, and John saw Jesus transform into a glowing heavenly figure of light, and talking with Elijah and Moses.

**Trinity:** The word "Trinity" literally means "tri-unity." Orthodox Christian belief is that God is one substance, but has three equal, eternal and co-existent persons: God the Father, God the Son and God the Holy Spirit. See Holy Trinity

**True Friends:** The people with whom you can share and expose your most intimate hidden secrets and emotions without worrying about being judged or gossiped about. In their presence you feel emotionally accepted and unconditionally loved.

**Toxic Relationships:** Individuals who will openly or covertly criticize, condemn, and complain about you, your words, and your actions. They focus on mistreating, abusing, belittling, and attacking you and what people think about you; as well as bringing down the reputations of others close to you. These negative individuals may be members of your own family, workplace, or neighborhood. These are the people with whom you should never share any form of knowledge pertaining to your personal life.

## U

**Underworld:** The Hebrew term "Sheol" (Underworld), was believed to be the abode of the dead. It is a place where all departed souls go, both the righteous and unrighteous, regardless of the moral choices made in life. Originally Sheol or "Hades" was not a place of punishment or reward; instead it was described as being "the grave," a neutral place located in another spiritual dimension, away from the earth and the land of the living.

## V

**Vedas:** The most ancient and sacred texts of Hinduism. It is a large body of Sanskrit texts collected by the Brahmans, or priestly class, who were Aryans who occupied North India. They are dated from 2000-1000 B.C. Until recently however, much of this sacred teaching was originally preserved only through oral tradition.

**Veils:** see Three Barriers

**Virtues (Strongholds):** The second group of Heavenly Governors often associated with the manifested signs and miracles occurring throughout the world

**Vulgate:** The word "Vulgate" is Latin for "common." In this context, it represents the first complete translation of the Bible into Latin, approved by the Roman Catholic church. In the late 4th century A.D., Saint Jerome put together a Latin version that was translated from the Old Testament Hebrew scriptures, instead of the Greek Septuagint as was common at the time. It was deemed the official version of the Bible of the Roman Catholic Church in the 16th century A.D., and all Roman Catholic translations were required to use it until 1943.

## W

**Worship:** Ever since the first Christians gathered together they would worship and pray during Sabbath services with fellow Jews (until the fall of Jerusalem), and informally in each others' homes and other gathering places. Many of the earliest records of the Christian church are about the worship fellowship. For example, they would often come together to honor God, and celebrate him through testimony, worship, singing, and praising. The Bible records that God's worshipers stood up in song (2 Chronicles 20:19), clapped their hands (Psalm 47:1), lifted or raised their hands (Psalm 63:4; Psalm 134:2; and 1 Timothy 2:8), and spoke and sung loud praises (Psalm 34:1; Psalm 103:1; and Acts 4:24).

## X

## Y

**Yahweh:** The Hebrew name for God "I AM." This holy name was originally written in the form YHWH or JHVH. The latter version (JHVH) is the origin of the word "Jehovah."

**Yeshua:** This is a common name among the Jews of the Second Temple Period. It is also known to be the name that was used for "Jesus" of Nazareth, spoken by both Messianic Jews and Hebrew Christians.

## Z

**Zoroastrianism:** The religion founded by Zoroaster (1400 B.C.) that reformed ancient Persian polytheism into a monotheistic belief system. Zoroastrianism is considered to be dualistic, and has a good god (Ahura Mazda) and an evil god (Angra Mainyu). This religion influenced Judaism, Christianity, and Islam in the concepts of heaven and hell, the resurrection of the dead, and the final judgment.



## ABOUT THE AUTHOR

As a Christian living and working within both the Eastern and Western worlds of esoteric mysticism, Professor Jerry Alan Johnson is a true enigma. He was raised in a Christian household and originally began his spiritual walk as a Roman Catholic Christian. While in his youth, his family converted to Evangelical Lutheran Christians, and he completed his Confirmation training at the age of twelve. Towards the end of his High School years, he became a born again Christian and started attending a local Assemblies of God Pentecostal Church.

From ages 18 - 21, he pastored two halfway-house outreach ministries, focusing on street witnessing and providing food and shelter for the homeless.

From his early 20's throughout his mid 40's, while attending several Pentecostal churches he also served as a song worship leader. During that time, he additionally taught bible studies once a week for the Calvary Chapel, Emanuel Fellowship, and Vineyard Christian Fellowship ministries.

Although all of this actually seems normal for any Christian brother, what makes him quite unique is that Professor Johnson has extensively studied Chinese internal martial artists, Chinese energetic medicine, and esoteric Daoist mysticism. To date, he is acknowledged as one of the few non-Chinese grandmasters to have ever complete the four ancient requirements said to harmonize the body, energy, mind, and spirit, and allow an individual to achieve self-realization.

**As a Martial Artist**, having studied for over 53 years, he is internationally renowned as a grandmaster of the Buddhist Northern Shaolin system of Mi Tsung-I, and is also a grandmaster of several Daoist Wudang systems of internal martial arts, including Baguazhang (Eight Trigram Palm), Chen Family Taijiquan, and Yang Family Taijiquan.

He is certified from several Chinese martial arts associations in Taiwan, the Peoples Republic of China, the United States, and Canada, and holds a 6th degree black belt master-instructor from the Ching Yi Kung Fu Association.

**As a Healer**, having studied Chinese energetic medicine for more than 44 years, he is one of the few internationally recognized non-Chinese grandmasters, clinical doctors, and professors of Traditional Chinese Medicine.

Specializing in clinical oncology, he is licensed as a Doctor of Traditional Chinese Medicine (D.T.C.M.) in Beijing, China through the Peoples Republic of China's Ministry of Health. Having served on both national and international committees to promote the practice of Chinese energetic medicine, he is recognized as America's leading authority on Medical Qigong Therapy; in China he is considered to be the "Father of Medical Qigong Therapy to the West."

**As a Scholar**, Professor Johnson has written 35 books, including: 11 books on internal martial arts, martial qigong, and martial neigong training; 11-clinical textbooks on medical qigong healing therapy; 10-instructional books on esoteric Daoist mysticism; 2 workbooks on esoteric Christian mysticism; and 1 autobiography. In 2018 he was awarded the title "Shi" (Scholar) from the Dao Li Jiao ("The Way of Reason") Daoist School.



Professor Jerry Alan Johnson, Ph.D., D.T.C.M., D.M.Q. (China)

In addition to these textbooks, Professor Johnson has also produced 53 instructional DVDs, including 8 DVDs on Chinese internal martial arts, 42 DVDs on Chinese medical qigong therapy, and 3 DVDs on Daoist exorcism and psychic protection.

**As a Priest**, because he has extensively studied Christian mysticism, ancient Daoist shamanism, as well as esoteric Buddhist practices for over 54 years, Professor Johnson currently resides as the senior abbot of Tian Yun Gong (The Temple of the Celestial Cloud), located in Monterey, California. He received his official Lu ordination and was licensed as a Zhengyi Daoist priest at the Celestial Masters Mansion in China, at the Longhu Shan Monastery in 2005. In 2008 received his second Lu ordination and was promoted to senior abbot (bishop).

As the senior abbot of the Tian Yun Gong Temple, Professor Johnson exclusively runs the temple as a teaching facility—rather than a religious organization. The primary goal being to assist and educate those interested in learning martial, medical, and mystical teaching from a perspective of personal spiritual transformation; and to help these individuals apply this information towards their own spiritual evolution, regardless of their current religious beliefs.

Because all of the sacred teachings contained within this workbook have been an essential part of his personal spiritual growth and life-long ministry, the following teachings were specifically written and presented by Professor Johnson in an attempt to educate and share with others this profound esoteric wisdom.

Professor Johnson's instructional workbooks and DVD's can all be found on his personal web-sites, at:

[thenewchristianmystics.com](http://thenewchristianmystics.com)

[qigongmedicine.com](http://qigongmedicine.com)



