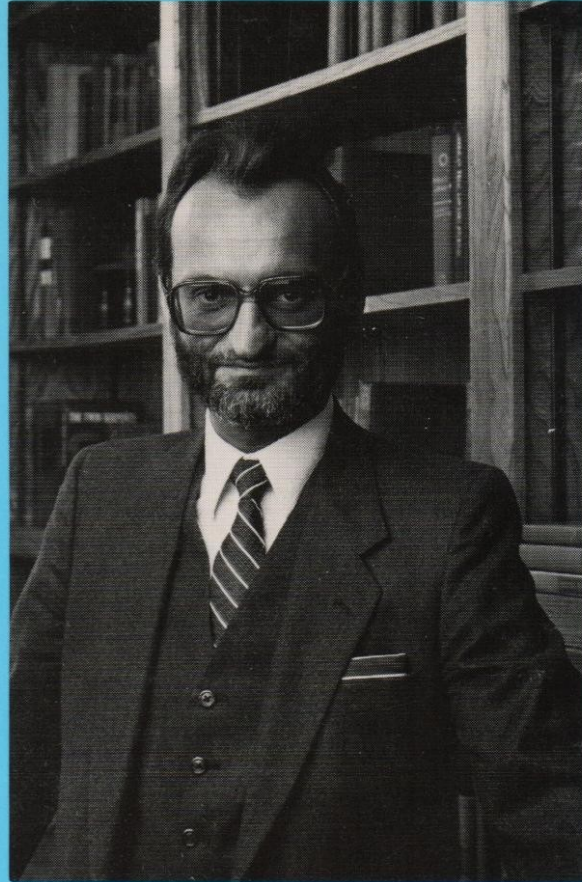


WHO ARE YOU AND WHY ARE YOU HERE?



Peter Daniel Francuch, Ph.D.

**Peter Daniel
Francuch, Ph.D.**



Born in Czechoslovakia, the author received his doctorate in psychology, psychopathology and history of philosophy from Charles University (Prague) where he taught general psychology, social psychology, psychopathology and personality. He also worked as a senior psychologist for the Ministry of Transportation in Czechoslovakia.

In the fifties, Dr. Francuch was a political prisoner in the Soviet Concentration camps. After the Soviet invasion of Czechoslovakia he escaped to the United States where he worked at Western Washington State Hospital, California Men's Colony, Camarillo State Hospital and in his own private practice. From 1976 to 1983 he taught hypnosis and hypnotherapy at the University of California Extension at Santa Barbara. Dr. Francuch is the author of the following stimulating books: "Principles of Spiritual Hypnosis", "Fundamentals of Human Spirituality", "Messages from Within", "Four Concepts of the Spiritual Structure of Creation", "Intensive Spiritual Hypnotherapy" with Dr. A.E. Jones and "Reality, Myths and Illusions".

**WHO ARE YOU AND
WHY ARE YOU HERE?**

Franchuch

TMH
Publishing,
LTD.

**WHO ARE YOU
AND
WHY ARE YOU HERE?**

**How to Find Your Way Back Home to Your True Inner
Self and Your Inner Mind. Learn How to Live a Healthy,
Happy, Joyful, Contented, Rich and Satisfying Life.**

A Practical Manual For All; a Path to Self-Discovery.

— A SPIRITUAL APPROACH —

By

Peter Daniel Francuch, Ph.D.

TMH Publishing, Ltd. 1984 Santa Barbara, California

Library of Congress Cataloging in Publication Data

Library of Congress Catalog Card Number 83-51781

ISBN # 0-939386-07-0

Francuch, Peter Daniel 1934 – 2001

WHO ARE YOU AND WHY ARE YOU HERE?

1. Spiritual Life 2. Self-Hypnosis I. Title

Copyright © 1984 by Peter D. Francuch, Ph.D.

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without permission in writing from the publisher.

Publisher:

TMH Publishing, Ltd.
P.O. Box 6344
Santa Barbara, California 93160-6344

Published by TMH Publishing, Ltd. in the United States of America.

First Printing.

(The P.O. Box listed above is no longer valid and only remains here for historical accuracy.)

(Electronic version of the First Printing is with permission and approval of the publisher — 2010.)

TABLE OF CONTENTS

INTRODUCTION

Why You Need To Read This Book	vii	[ix]
I You Are The Most Important Thing You Have In Your Entire Life	viii	[xi]
II You Did Not Create Yourself	ix	[xii]
III Things Are Not Always The Way They Seem To Be	x	[xiii]
IV Asking The Wrong Questions From The Wrong Source	xi	[xiv]
V Life Is Not What You Think It Is	xi	[xv]

CHAPTER ONE

Is The History Of Mankind And Thus The History Of Your Origin, As Described In Various Scientific And Religious Books A Correct One? Are You Really Who They Say You Are? What Is The True Reality About All Of This?	1	[1]
1. The Scientific Approach	2	[3]
2. The Religious Approach	3	[4]
3. The Spiritual Approach	4	[5]
The True History Of Your Origination As A Human Being	5	[6]
I The History of Humankind And Your Origin Is Not What You Think It Is	26	[32]
II You Are Not What Science And Religion Think You Are.....	27	[35]
III You Are Here Voluntarily For An Experiment To Answer Important Spiritual Questions.....	28	[35]
IV The True Origin Of The Negative State	29	[36]
V Everything In You And In This World Is Upside Down	29	[37]
VI What You Consider To Be A True Life Is Not A True Life, But Non-Life.....	30	[37]
VII Everything Serves Its Purpose, And You Are Learning Very Important Spiritual Lessons.....	30	[38]

VIII	What You Consider To Be Human Is Nothing Even Remotely Human.....	30	[38]
------	--	----	------

CHAPTER TWO

	Of What Do You Really Consist? How Many Levels And Aspects Are Within You? What Is Your Place And Position In This Universe And In Relationship To Others? Do You Really Live In A Genuine And True World? What Is The Purpose Of Your Life? Did You Really Start Your Life On Planet Earth?	32	[40]
I	You Are Here By Your Own Choice And Free Will. There Are No Chances Or Accidents	56	[71]
II	The Negative State Is Not Forever. You May Choose To Change Your Condition	57	[72]
III	From Your Birth You Are Equipped With Spiritual Tools, Means And Abilities For Overcoming All Of Your Problems Or The Negative State In You	59	[74]
IV	You Are Here To Illustrate A Certain Aspect Of The Negative State In Your Unique Manifestation For The Learning Of All In The Entire Creation	59	[75]
V	The Most High In The Form Of Jesus Christ Experienced The Negative State And Subjugated It	60	[76]
VI	A Unique Condition In Which You Live On This Planet	62	[78]
VII	There Are Among Us Agents Of Both The Positive And Negative State	62	[79]
VIII	The True Purpose Of Your Life On This Planet	63	[80]
IX	You Will Be Able To Check Everything Out In Your Own Inner Mind	63	[80]

CHAPTER THREE

What Is The Real Origination Of All Your
Problems, Troubles, Bad Habits, Sufferings,
Miseries, Illnesses, Diseases, Accidents,
Incidents, And All Other Misfortunes, Liabilities,

Shortcomings, Et Cetera? What Kind Of Purpose Do They Serve In Your Life? Do You Really Need Them? How Did The Negative State Really Originate? Did Eve In The Garden Of Eden Really Eat An Apple And Give It To Adam To Eat, Which Act Supposedly Started All Human Miseries And The Negative State? What Does All This Really Mean And Signify? How Can It Be Applied To Your Own Private Life Or To Everyday Living?	65	[82]
I The Entire Creation Learns From Your Own Personal Experiences	79	[101]
II You Can Become An Illustrator Of How To Find Your Way Home	80	[102]
III You Are A Spiritual Being And Everything Derives From And Is Caused By The Spiritual Principles	81	[103]
IV No One Can Tell You What Is And Is Not Proper For You But Your Inner Mind	82	[104]
V You Can Personally Contribute to the Elimination of The Negative State.....	82	[105]
VI You Are Not Stuck With Or Locked In One Condition Forever	83	[105]
VII All Your Life Problems Serve Some Use, Purpose And Learning.....	84	[106]
VIII You Cannot Be A Good Human Being Unless You Are A Spiritual Being.....	85	[107]
IX What Is It To Be A Spiritual Human Being?.....	85	[108]
X There Are Two Efforts Opposing Each Other That Operate Within You	86	[109]
XI Your Life Is Not Limited To The Earthly Level Of Experiences Only.....	86	[109]
XII The Most Important Thing In Your Life Is To Properly And Correctly Know Yourself	87	[111]
XIII You Can Learn The Truth Only By Keeping Your Mind and Heart Open And Broad	88	[112]

CHAPTER FOUR

What Are The Proper, Right, Correct, Efficient, Successful And Effective Means And Ways To Find Your Way Back To The True Life, To Your True Inner Self, To Your True Inner Mind And To True Happiness? How Do You Get Rid Of Problems And Troubles Be They Spiritual, Mental, Emotional, Intellectual, Sexual, Personal Or Physical Or Any Others Without Any Exception Or Exclusion? 89 [113]

How To Induce Spiritual Self-Hypnosis 103 [131]

 First Step 104 [132]

 Second Step 104 [132]

 Third Step 105 [133]

 Fourth Step 105 [133]

 Fifth Step..... 105 [133]

 Sixth Step 105 [133]

 Seventh Step 106 [134]

 Eighth Step 106 [134]

 Ninth Step..... 106 [134]

 Tenth Step 107 [135]

 Eleventh Step 108 [136]

 Twelfth Step 108 [137]

 Thirteenth Step 110 [138]

 Fourteenth Step 111 [139]

 Fifteenth Step 111 [140]

 Sixteenth Step..... 112 [141]

 Seventeenth Step 113 [142]

 Eighteenth Step 113 [142]

 Nineteenth Step 116 [146]

What To Do And How To Proceed With Working On Yourself After You Are In Deep Spiritual Self-Hypnotic Trance 117 [147]

First Step	120	[150]
Second Step.....	123	[155]
Third Step	126	[159]
Fourth Step	128	[160]
Fifth Step.....	131	[163]
Sixth Step	138	[173]

How To Liberate And Convert Your True Shadow; How To Exorcise Possessive, Insinuating Or Attached Evil, Negative Spirits And Entities; How To Evoke Your True Spiritual Advisors; How To Establish Permanent Contact With The Most High; And How To Work With Your True Spiritual Family	140	[176]
--	-----	-------

Step One	141	[176]
Step Two	144	[180]
Step Three	158	[197]
Step Four	159	[198]
Step Five	163	[203]
Step Six	164	[205]
Step Seven	167	[208]
Step Eight	169	[210]
Step Nine	170	[212]

CHAPTER FIVE

How Do You Continuously, Properly Maintain Your Spiritual, Mental, Emotional, Intellectual And Over All Well-Being And Happiness Without Back-Sliding Or Reverting To Your Previous Unproductive And Self-Defeating Lifestyle, Or With Stagnating In One Place?

How Do You Fulfill To Your, And Your Creator's Satisfaction, The Purpose Of Your Life On Planet Earth?

Does Your Personal, Unique, Self-Aware Individual Life End With Your Physical Death?

What Happens To You After You Leave Your Body And This Earth? 177 [221]

CONCLUSION

Do You Now Really Know Who You Are And Why You Are Here And What It Is To Be A Truly Spiritual And Happy Human Being, An Integrated Human Being? 198 [248]

RECOMMENDED READING 204 [256]

[Page numbers in brackets correspond to numbering in the First Printing – 256 pages. Electronic version contains 204 pages.]

INTRODUCTION

WHY YOU NEED TO READ THIS BOOK.

There are many popular books which tell you what to do and how to live your life. They show you how to become rich, be healthy, how to love and be successful and many other “how to” secrets.

But do these books really tell you who you are, and why you are on this planet? Have you ever asked yourself the question, “What is this earthly life all about?” “How do I fit into all of this?” Maybe some books answer these questions to a certain extent. Perhaps they reveal certain aspects of the total picture of this life and your personal place in it. Very often, however, a correct aspect is taken out of context and is mistakenly considered to present the whole picture. If you believe that you have grasped the totality of your situation, when in fact, you have only one aspect of it, somewhere along the line you will likely end up dissatisfied and disappointed.

We all have tendencies to believe a certain part of the whole to be the whole in itself and of itself. Ultimately such tendencies bring us nothing but trouble, and yet, we continually do it to ourselves. Have you ever wondered why, and how, we so often manage to get ourselves into all kinds of trouble?

The major problem with books on “How to do this, or how to do that, or how to be this way or that,” is that their authors are preoccupied with too much of the outward, external aspects of one’s life. Their books tell one how to be successful in one’s business, in one’s family life, in love matters and in many other related external matters. Although they are important for successful living, nevertheless, these external matters are only the end product of something that does not originate in this world or from one’s conscious efforts.

If this is true, and if our conscious everyday efforts **in themselves and of themselves** are not the originators of our success, happiness, contentment, satisfaction, good health, riches and all other positive things, if they are not the originators of our miseries, sufferings, problems, illnesses, diseases, failures, or whatever, then where do they originate? Are we being unintentionally, or, maybe in some instances even intentionally, misled into believing that our everyday conscious effort, striving and labor to achieve success, happiness, joy and

Who Are You And Why Are You Here?

everything positive in our earthly life is all that we need in order to accomplish our goals?

This book is an attempt to answer these and other questions which often plague one's life without ever being properly answered.

Here, you can justifiably challenge the author of this book: How is it that you know all the answers? Who are you anyway?

So you see, we inadvertently end up by asking that crucial question, "Who are you?" Yes, you, now reading these words ask: "Who are you?"

But do you really know who you are? Can a satisfactory answer to this most vital, crucial and important question confronting humankind be found?

I can assure you one can find a way to answer all such vital questions, to the extent that they can be answered, that is, within the limitations imposed on us by the nature of the physical universe and our physical bodies. I was shown the way to find solutions to these crucial questions. If you want to find out if this is true and to answer your question, "Who am I?", you will have to read this book. Thus, when you find out who you are, then you will know who I am.

But, why do you need to read this particular book? Is this book in any way better than other books dealing with similar topics and issues?

There are several reasons why you should read this book from your own free will and by your own free choice. By so doing you will determine for yourself whether the ideas in this book are in any way better and different from concepts presented in similar publications.

These reasons are as follows:

I. YOU ARE THE MOST IMPORTANT THING YOU HAVE IN YOUR ENTIRE LIFE.

As a unique human being, unlike anyone else in the entire universe, you are the most important thing that you have in your life. Has it ever occurred to you, that you yourself, are the most important, significant and crucial thing you have in the entire universe? And that, as far as you are concerned, you can relate to life, to others, to yourself only from, by, through and with your self? Do you know that you cannot be other than your self, or step out of yourself? It is impossible for you to cease being your self in order to relate to others or any other thing.

Introduction

If this is true, and objective observations have shown that it is true, then you owe it to yourself to know yourself better, to understand yourself better, to treat yourself better and to rule your own universe in a much better way than you have ever done before.

If you are the whole universe, then you are the only one who can rule that universe, for you are the center of your own universe. No one else can rule your own universe for you. In order that you rule your own universe effectively and successfully, it is of vital necessity that you know that universe. Otherwise, you may go through your life continuously blundering and wasting it, blindly bumping against things, never properly seeing, knowing and experiencing what it is that you are dealing with or stumbling against. How can you be successful, happy, content, satisfied, healthy, rich, accomplished, et cetera, if you do not properly know who you are or why you are here or what the purpose is of all those things and events which take place in the process of your earthly life?

As you know, things often happen in your life which are seemingly beyond your control. This is especially true when something catastrophic happens to you, such as a serious illness or when other misfortune unexpectedly strikes at the most inopportune time. And what is the most common reaction that we have to this kind of situation? We all exclaim, “Why me? Why is this happening to me?”

Well, if you want to know some of the answers to these and other questions — read this book!

II. YOU DID NOT CREATE YOURSELF.

Has it ever occurred to you that you did not give yourself birth? That you did not originate yourself? Yet, here you are, very special, very unique, unlike anyone else, a human being having many qualities all other people have, having many qualities some people have and having many qualities no other person has in the entire universe.

How did all this come about?

Who made the decision for you to come into this life to be and exist exactly the way you are? Did that One, who made such a decision, ask you if you would volunteer to be the way you are? Were you consulted about all these matters? Is it possible that you could have been asked or consulted about these life-important issues, even before you existed the way you are right now? Before you came into this world, did you have an

Who Are You And Why Are You Here?

opportunity to choose the style of life which you have been living, one embracing all the details of your life, including any luck or misfortune that befalls you? Is it all mere chance or accidental occurrence over which you have no control whatsoever?

What is the real truth about all of this? Who is your real creator? Are the two people whom you call your parents, your real creators? If they are, then how is it that they did not create themselves, being originated through someone else, and that someone else was originated through someone else? It can go on like this without any end. Do you see what I mean?

Now, if you positively wish to receive enlightenment, or some solid and true knowledge about these and many other important matters concerning your life, then you should read this book.

III. THINGS ARE NOT ALWAYS THE WAY THEY SEEM TO BE.

Have you ever asked yourself whether what you see with your physical eyes, hear with your physical ears, smell, taste and sense with your physical senses is really the way it appears to be, just because your senses tell you that it is so? And most importantly, have you ever wondered if you are truly the person you think you are, or who other people think you are? Moreover, are other persons what you think, and they think that they are? Have you ever reacted to someone or something in an unexpected and surprising manner, or even aware that you were capable of such behavior? The same thing could be true about other people that you thought you knew so well, when they suddenly react in a manner beyond your expectations of them?

Have you ever wondered if things are really occurring in the way they seem to be happening with you and others around you, and what the meaning and purpose is for all of this? Is there really any meaning and purpose to all of this or is it all meaningless, with no sense? Are you satisfied with the explanations you receive from mass media, scientific types of books, from various religions or similar sources as they are now presented to you? Have you ever wondered if the visible universe and all things in it and all things on this Earth are truly the way they are supposed to be, or seem to be?

If you have ever seriously considered these and related questions, then you are strongly advised to deliberate on what follows in this book. As you know, in order to seriously ponder the contents, you need to know what is written in this book.

IV. ASKING THE WRONG QUESTIONS FROM THE WRONG SOURCE.

Have you ever wondered why no one so far has been able to give you satisfactory and exhaustive answers to any of the above questions; questions that seem to be the most vital, crucial and important of all? Neither science, history, psychology, nor religion (in its present form), nor other sources known, have ever entirely agreed upon these issues. Their sources are full of contradictions, disagreement, guesswork, tentative conclusions, and superficial knowledge upon which one can never fully rely. Nor can one fully trust these sources without experiencing eventual disappointment, or being misdirected. A dire need for change or correction is frequently necessary somewhere along the line. Why is it so often difficult or seemingly impossible for all concerned, to fully agree on anything at all? Why is it that there are so many views, opinions and stances opposing one another, for which people will even kill, trying to prove that they are right and everyone else is wrong?

Is there any way to find out why this is so, and why all of our present knowledge about these issues is so unstable, unreliable and unsatisfactory? Is there any method by which we can find answers to all of these and similar questions, answers capable of satisfying everyone in a way in which all can agree? Has it ever occurred to you that science, psychology, history, philosophy, religion (in its present form) and all other sources of knowledge perhaps ask the wrong questions? Or possibly, these sources have been answering these questions in the wrong way? Has it ever occurred to you that they are looking into the wrong sources from which they are trying so desperately, to find answers to these and similar questions? Is it at all possible for a limited human being to find answers to these profound questions? If it is, how do we go about finding them? What is the true source of human knowledge? What are the forces that cause us to be the way we are, as we are, on this Earth?

If you are seriously interested in these mysteries then you have a good reason for reading this book.

V. LIFE IS NOT WHAT YOU THINK IT IS.

Have you ever been interested in finding out why there is so much negativity and evil in existence on planet Earth? Why do people hate one another, so much that they even come to the point of killing one another through the means of wars, accidents, catastrophes; in the commission of crimes and in so many other ways? Why is it that humankind on planet

Who Are You And Why Are You Here?

Earth developed such devastating weapons, destructive devices with which they can annihilate all life and destroy planet Earth within minutes? Have you ever asked yourself why there is so much illness, disease, perversion, nastiness, ugliness, misfortune; all kinds of dangerous things, poisonous plants and venomous insects, vicious animals and all other kinds of negativity which one encounters on every corner of this planet, and in one's life? What is it all about? Is any useful purpose served? Are we to consider this a natural state of affairs, believing that this is just the way life is? Does life really have to be this way?

Is there, perhaps, a different, much better way of living? Why are all these negative things permitted to come into being and existence? If there is a Creator of all things, did He/She really create all these abominable negative and evil things that we experience on planet Earth? What is the real truth about all of these issues? How does it relate to you personally, and what is your role in all of this? Why do you participate in life on this planet where there is so much negativity, evil, instability, misfortune and all kinds of dangers? Is this what life is all about? Do scientific, historical, psychological, religious or any other traditional explanations of life, and its purpose, give you a true picture of all life, including your own?

Now, if you sincerely wish to find out whether you live a true life, whether your understanding of life is proper and right, and to a certain extent, what true life is all about and how to find your way back to true life, then you have a good reason for reading on, carefully considering everything presented. You don't have to agree with all of it. But you will be shown the way to check it out in a step-by-step procedure, and you will know if it is really true, or just a mere fantasy of the author.

In conclusion, I would like to briefly mention why this book is based upon a spiritual approach, as indicated by the title. What is a spiritual approach? First of all this approach is neither scientific, historic, psychological or religious, nor is it to be confused with any other traditional approaches advanced by science, history, psychology, religion or any other areas of human knowledge. As you noticed earlier in this introduction, it was stated that there is too much contradiction and uncertainty among the scientific, historic, psychological, religious or any other traditional knowledge concerning these issues.

Therefore, we cannot rely upon, or derive truth from this knowledge, because we would end up in the same predicament, that is, with the same uncertainties and contradictions as that knowledge has. This would

Introduction

lead us nowhere, in exactly the same manner that traditional “knowledge” does. Therefore, it has been necessary to seek out a different source which, in my opinion, is more genuine and reliable than anything traditional and customary. It is obvious that, if a traditional and customary approach cannot give you reliable and dependable knowledge about “Who are you and why are you here,” then one must disregard everything traditional and customary and look for something else entirely different. Why not go to the very source of life and to your own substance, your essence instead, and ask these questions? Then see what happens. That is what I did. I was amazed by the answers received. They were so different from anything else made available through scientific, psychological, philosophical, historic, religious or all other traditional sources. I also realized that one of our problems is that we tend to rely too much upon answers given to us by so-called authorities on these issues, including esteemed scientists, philosophers, psychologists, historians, ministers and so on. We tend to believe their claims without carefully questioning that what they say is truly so. Somewhere along the line of our life on this planet, we have forgotten about the most important, and, in my opinion, the most reliable source of all knowledge — ourselves. When we go within, we suddenly make a tremendous discovery — the presence of the real Source, our Creator and all Creation. We know this Source by many names: God, the Lord, Jesus Christ, Vishnu, Krishna, Manitou, Great Spirit, Allah and by many other names used by people on this Earth. From this Source we can find more appropriate answers to all of the vitally important questions related to the topic of this book, “Who are you and why are you here?” This Source I call a purely Spiritual Source. From It derives all else in life, and life itself. This is the reason why the methodology of this book is designated to have a spiritual approach, that of going inward, to your Inner Mind.

If you are seriously interested in finding your own way into yourself and making a permanent contact with God within you and opening up the unlimited treasure of profound knowledge and wisdom about God, about life and about yourself, you are advised to study this book very carefully, because it gives you (among many other things) a step-by-step procedure to accomplish this important task. In addition, it will show you how to find answers to all of your questions. If you truly love yourself, you owe it to yourself to be open-minded, flexible and mobile. Then you will be blessed.

Dr. Peter D. Francuch
Hanalei Bay,
Kauai, Hawaii

CHAPTER ONE

IS THE HISTORY OF MANKIND AND THUS THE HISTORY OF YOUR ORIGIN, AS DESCRIBED IN VARIOUS SCIENTIFIC AND RELIGIOUS BOOKS, A CORRECT ONE? ARE YOU REALLY WHO THEY SAY YOU ARE? WHAT IS THE TRUE REALITY ABOUT ALL OF THIS?

Once you succeed in your efforts to get in touch with your innermost Self, your Inner Mind, and the Most High in your Inner Mind, the first lesson that you will be taught is as follows:

Everything that you have ever learned about yourself, about your life and life in general, about the origin of mankind and everything else, is either a gross distortion of how it all really began, happened and is now unfolding or it is totally wrong. You have it all upside-down. You live in an upside-down world and need to learn or relearn everything anew.

Thus the first step that you need to take is to carefully and thoroughly free yourself from all opinions, views, attitudes and belief systems held on these issues up to this point in your life. You cannot succeed in opening up the true knowledge of yourself and your life if you try to open the door to yourself from the position which you have been holding up until this time. If you use the old key to this door, represented by the belief systems, that you have been deriving from throughout your life, you will fail miserably. You can, in fact, become more ignorant and confused about yourself and everything else than ever before.

The second important lesson that you learn from your true self, situated within your true Inner Mind, is that in order to discover the truth about yourself, about who you are, and why you are here and concerning all matters related to this issue, you need **to be willing to give up** everything that you now believe to be true. This includes all of your currently held religious, scientific, philosophical, psychological or other beliefs.

As you have noticed, emphasis is placed upon your **willingness** (from your own free will) to give up old belief systems. It does not say that you must completely give them up, but rather that you show a **willingness**

Who Are You And Why Are You Here?

to give them up, so that you may acquire knowledge of the true reality of yourself and your life. Willingness is the new key which will unlock the real door to a vast treasury of true knowledge and wisdom revealing who you are and why you are here. If you are not willing to do so, this door can never be opened.

Why is it necessary to be willing to give up what you believe to be true? The simple reason is that, if you approach yourself with false ideas about yourself, or at least with a possibility that your understanding of these matters could be false, you will not be able to objectively see yourself in the way you really are. Instead, you will be biased and look upon yourself through the eyes of your own particular belief systems. This, in turn, will lead you to accept only those things about yourself and others, which are agreeable with your own belief system. This is a biased approach and at the same time a self-fulfilling prophecy type of approach. This approach finds only those things which your belief system expects or permits, but it does not come from your true self. This is what rigid belief systems do to people. Therefore it is important that you keep your mind and heart open and be willing to admit that the knowledge you have about all matters of life, yourself and others may be distorted or entirely false.

There are two belief systems about the origin of the Universe and life on this planet, including your own origin. They are the scientific and the religious.

1. THE SCIENTIFIC APPROACH.

The scientific approach teaches us that life occurred by mere chance. It contends that life is a combination of some kind of chemical formulas such as, for example, a carbon-oxygen-protein combination. Life presumably developed by itself, in and of itself, in an evolutionary manner, without any creative source or originator of life. Simply stated, life is supposed to have started on this planet by sheer accident, without any advance planning or thought out process whatsoever. Life then, supposedly started from a simple unintelligent amoebic protein cell. Over many millions or billions of years, by the process of evolution, these primitive cells presumably developed into intelligent forms of life which eventually culminated in human beings as we know them today.

This so-called scientific approach fails to explain properly how it is possible for something to evolve from nothing. That is to say, how it is possible that from anything dead, non-living, such as inanimate matter,

for example, something as highly evolved, living, complex and self-aware as human beings can evolve. How can life originate from non-life?

For this reason, we must discard scientific explanations for the origin of life and of your true self as misleading. The problem with scientific explanations is that they only consider the outward, physical, bodily form of life. This consideration presumes that the body in itself and by itself, originates life in the body. A good example of this misleading approach would be like trying to explain the function of your body from the clothing you wear. An even better example of this approach is if you were to state that your body developed from the outer garments. This is a very good example of what the upside-down position (one in which we all live) is all about. Unfortunately, this is how modern science tends to explain the origin of all life. The misleading nature of scientific explanations, as seen from the above examples, is obvious without further comment.

2. THE RELIGIOUS APPROACH.

The second approach that many people adopt in this respect is the so-called Biblical or religious approach. Religious approach claims that life was created from one Absolute Source of life — God, who is uncreated and who is life, in Himself and by Himself. This view contends that God created the entire Creation and human beings, either from out of nothing or “by the words of His mouth.” The process of this supposed creation is described in the first chapter of Genesis, the first book of the Holy Bible. Creation supposedly occurred several thousand years ago and was accomplished by God literally in six earthly days, as measured by physical units of time on planet Earth. Simple as that. No evolution, no involvement, no nothing.

This explanation contains some grains of truth, reflected in the statement that God is Absolute Source of life, He/She, Who is uncreated and Who is life Himself/Herself and by Himself/ Herself. The problem with this explanation, however, is that it fails to explain why the Creator would create such imperfect creatures as human beings are, with nothing but troubles and problems, and why God, who is the Most High, would want to create all of the abominable, dangerous, harmful, deadly and poisonous creatures which we encounter everyday on this planet?

This approach also fails to explain obvious discrepancies that exist between one’s understanding of the literal, Biblical description of the process of creation in six earthly days, several thousand years ago, and convincing scientific proof that human life has been in existence on this planet for several million years.

Who Are You And Why Are You Here?

Therefore, this approach has to be rejected as misleading, despite the fact that it agrees with our statement that non-life cannot originate any life, and that life must originate from some kind of uncreated source of life. This uncreated Source of life is always without beginning and end. It creates for various reasons, all other forms of life by its own will and desire.

Once again, however, this approach fails to properly explain why this Source (which people call God, and which we shall call the Most High) decides to produce other forms of life? What is the purpose of such a production?

This approach also violates the principle that God can create things and beings from either nothing, or “by the words of His mouth.” Once again, from nothing nothing can originate. As far as creation “by the words of His mouth is concerned,” no one properly understands what God’s words mean and contain.

From the preceding comments, one can see that the explanation of the origin of life and your origin advanced by traditional religions are equally disappointing and as misleading as the scientific ones.

Has it ever occurred to you that there might be a third explanation, one entirely different and apart from the other two? Could it be that both scientific and religious approaches are very wrong and that things happen in an entirely different manner than we have been told they did? Yes, there is... Let us call this third approach or explanation the spiritual method.

3. THE SPIRITUAL APPROACH.

The spiritual approach was discovered “within” people’s Inner Minds. While working professionally with people and with myself, I have developed a procedure for establishing contact with one’s Inner Mind. After firm contact was established, I began to receive important revelations about these matters. The results then led me to the development of a new theory and working methodology which I described in my other, more professionally oriented books (“Principles of Spiritual Hypnosis,” “Fundamentals of Human Spirituality,” “Messages From Within,” “Four Concepts of the Spiritual Structure of Creation,” “Intensive Spiritual Hypnotherapy” and “Reality, Myths and Illusions”). Those of you who are interested in a deeper philosophical understanding of these issues will find it in these books.

This approach and explanation, which was revealed to me by the Most High in my Inner Mind and in the Inner Mind of other people, claims that both the scientific and traditional religious approaches are incorrect, although they do contain some grains of truth. But those grains of truth are buried under huge mountains of distortion which completely block any access to the true knowledge of what really and truly happened and how it all began. However, the time now is ripe for anyone who is interested to know the truth.

Now, we shall summarize this revelation for you. It is up to you to decide whether you accept it or not. In chapter four you will be given an opportunity to get in touch with your own Inner Mind and to ask the Most High in your Inner Mind whether things really happened as described below.

THE TRUE HISTORY OF YOUR ORIGIN AS A HUMAN BEING.

First of all the Most High does not create things and beings from nothing. This would be in violation of His/Her own order and principle. Secondly, creating things and beings by the word of His mouth does not mean that God says a word and that word becomes reality. This is a description of the literal sense of the Bible. What it really means, is that His every word is pure truth and wisdom and that God's mouth signifies His love and good.

Thus, the Most High created His/Her Creation, in its original form, from His/Her love and good (by mouth) through His/Her wisdom and truth (by words). Because the Most High is pure Love and Good and pure Wisdom and Truth, in Himself and by Himself, He/She created everything from and by Himself/Herself; not from nothing or by meaningless, empty sounding words. How this process of creation occurred was described in "Fundamentals of Human Spirituality" and "Four Concepts of the Spiritual Structure of Creation" to which all interested are referred. The description of the process of creation would be too complex and outside the scope of this book. Here it is sufficient to say that Creation did not, and does not take place in time and space, as scientific and Biblical literal approach would lead you to believe. All Creation takes place outside of or without time and space. Therefore, to talk about time and place (space) in the process of creation is total foolishness. Time and place (space) were introduced in the process of creation relative to the position of various celestial bodies and the relationship of their inhabitants with one another.

Who Are You And Why Are You Here?

It is very difficult for us who deal only in time, place and units, and nothing else, to understand what creation — without the presence of time and space — really does mean. How is it possible? We do not have any concrete notion or comparable idea of that kind of situation. The best we can do in this respect is to compare time, space and units with our own experiences of various states and conditions. When we are engaged in a pleasant, delightful, peaceful and happy event, time becomes meaningless to us and we are later immensely surprised to learn how much time elapsed.

The opposite is also true; when one is bored to death, so to speak, every minute seems to drag on like an hour. When one drives a car with something important in mind, one spontaneously goes into a deep trance. Here, the distance between one's point of departure and destination seems almost non-existent. Suddenly one is there, without even remembering how the journey was accomplished. On the other hand, when one is bored, the entire trip seems to be very long and arduous.

These examples give an approximate idea of what it is like to do something without the presence of time and space or place. It is sufficient to realize that the Most High is not limited by any time and space and therefore, He/She creates without time and space. (The reason that I use both "He/She" is that the Most High contains an equal distribution of all principles of masculinity and femininity within Himself/Herself. There is no preference for one principle over the other as there is with humans on Earth.)

But we do not have words in our human language which can express this state of timeless, spaceless condition from which the Most High creates. Unfortunately, for certain important spiritual reasons, our language is built from the elements of time and place, and utilizes only words that are time and place-bound. Therefore, whatever we attempt to describe and to understand, we always describe and understand it in terms of time and place. This is the only language which is available to us at present. As you will see later, this situation was not always the case.

Thus, both science and the Holy Bible in their description of the events are grossly limited by this type of language and its ability to express things properly. Nothing else is available at the moment, nor, to be precise, has been available for the last few million years.

The Biblical account of Creation is not a description of the physical creation of the planet Earth in time and space, it is rather something

entirely different. Does it seem reasonable that the Bible as a spiritual book, written for the spiritual education of people, should deal with such a non-spiritual subject as the physical creation of planet Earth and its inhabitants? It is more likely that the Creation story is describing some spiritual event or process but is bound by our human concepts of time, place and material existence.

Now, if this is true, what is the Holy Bible telling us?

As it was revealed by the Most High, through the great Swedish scientist, philosopher, mystic and theologian, Emanuel Swedenborg, over two hundred years ago, the Holy Bible is written in correspondences, or in representative meanings. Each word in the Holy Bible contains something purely spiritual which is represented by its literal meaning. Thus what you read in the Bible in the literal sense, is only an appearance of truth which contains real spiritual truths. For example, consider the common language we use when we say that “the sun is rising” and “the sun is setting.” Everyone should know that this is not the truth. It is only an appearance of truth. The real truth is that the Earth revolves on its own axis around the sun. This situation creates an illusion as if the sun is moving, while, in fact, it is the Earth that is moving around the sun. This is a good example of what real truth and the appearance of truth are all about. Often, what seems to be true is not necessarily the truth.

To illustrate this situation for proper understanding, let us briefly interpret the first five verses, in chapter one of Genesis in the Holy Bible. It will give you an idea of how the Biblical description should be appropriately interpreted.

Verse one of Genesis, “IN THE BEGINNING GOD CREATED THE HEAVENS AND EARTH.” “IN THE BEGINNING,” means the “days of eternity” and the first step, when a human being begins the process of change, from being negative, evil, ignorant and adverse, living in an upside-down position, into becoming positive, good, progressive and placing everything in a right side-up position. “GOD,” signifies in this connotation, the Lord Jesus Christ, the Redeemer, the Former from the womb, the Maker and the Creator. “HEAVENS,” means the internal man or the Inner Mind of everyone. (The Kingdom of Heaven is within.) The word “AND” signifies the interior mind of every human being which connects heaven and earth: Heaven — the Inner Mind, “AND” — the interior mind or connection to the earth. “EARTH” here, means the external man or the external conscious, everyday type of mind from

Who Are You And Why Are You Here?

which humans on planet Earth derive everything in their lives. For more on these minds, see the next chapter.

Verse two. “THE EARTH WAS WITHOUT FORM, AND VOID; AND DARKNESS WAS ON THE FACE OF THE DEEP. AND THE SPIRIT OF GOD WAS HOVERING OVER THE FACE OF THE WATERS.”

“THE EARTH WAS WITHOUT FORM” means that a human being, before change, had nothing of truth. He/she possessed no appropriate knowledge or understanding in his/her external conscious mind; and “VOID” means that there was nothing of good or nothing of positive in his/her external conscious mind. This situation, that is, the lack of any truth and the lack of any good resulted in “DARKNESS.” The “DARKNESS” meant people’s foolishness, stupidity and ignorance about all things concerning themselves, their true essence and substance, regarding God, Creation and faith in God. Thus, it pertained to everything spiritual and heavenly, and in the ultimate sense, everything that relates to that question “who you really are and why you are here,” and other profound questions.

“THE FACE OF THE DEEP” means all external, outward, useless activities of the negative people from the position of their conscious external mind before their change. These external, outward, useless activities people considered to be the only life. From this consideration originates all kinds of false conclusions and belief systems about who you really are, why are you here, what life is all about, what Creation is all about, what God is all about and all other important matters.

By “THE SPIRIT OF GOD” is meant the Lord Jesus Christ’s mercy, which “HOVERS” or moves over such things that are stored, hidden or treasured in everyone’s Inner Mind. This part of everyone’s mind is called, in the Holy Bible, “REMAINS” or “REMNANTS.” They store the proper, right and correct knowledge of that which is true and of that which is good, and about the true essence and substance of your own self. Furthermore, this “REMAINS” store the proper knowledge of what really happened to human life on planet Earth, how life was originated, and how Creation occurred, proceeded and became. This knowledge is hidden and cannot come to light as long as we rely upon and derive everything from the external conscious mind and its myths, illusions and perversions arising from the so-called upside-down position. The first step in discovering the entrance to our Inner Mind, is to replace those myths, illusions, perversions — and the upside-down position — with a correct and appropriate knowledge of what is truly good, truly true and

Chapter One

therefore, truly real. This true knowledge is stored in our Inner Minds and is called “THE FACE OF THE WATERS.”

Verse three. “THEN GOD SAID, ‘LET THERE BE LIGHT;’ AND THERE WAS LIGHT.”

“THEN GOD SAID” means that the Lord Jesus Christ from His mercy steers us from within, from our Inner Mind, where the Lord is always present. By God’s steering we are brought to the recognition, realization and acknowledgement of the fact that many things which we consider to be true, real and good are in fact, not true, not good and not real. We begin to see that they are false, evil and unreal. This meaning is revealed by the words “LET THERE BE LIGHT.” In the moment there is “LIGHT” we realize that only the Lord Jesus Christ is the true light, the true reality, and that He is goodness and truth in Himself/Herself and by Himself/Herself. It also signifies that for the first time we realize that many things in our life which we consider to be good, are in fact, not good. Instead, they derive or stem from our self-love or egoism and from our love for the outward, external, momentary, passing things of this world which are ultimately self-destructive and destructive to others. Therefore, they cannot be in any way good or profitable. So, we see that many things which we consider to be true are, in fact, not true because they favor, justify, excuse and rationalize our false loves, our egoism, and our false belief systems. They also lead us to clinging to, and dependence upon the external, temporary, transient, unreal, illusionary and useless things that rule our earthly lives. Once we have this realization, “THERE IS LIGHT” in us. This light allows the second step to come to its fruition.

Verse four. “AND GOD SAW THE LIGHT, THAT IT WAS GOOD, AND GOD DIVIDED THE LIGHT FROM THE DARKNESS.”

“AND GOD SAW THE LIGHT, THAT IT WAS GOOD,” refers to our realization and acknowledgement of the fact that there is no real good and real truth in our external, outward conscious mind. It shows that all good and truth is “within,” and comes from our Inner Mind, from the Lord in our Inner Mind, particularly and only from the Lord in our Inner Mind. This realization is good, and therefore it reflects the fact that for the first time we see clearly (we have the “LIGHT,” so to speak) from where the real good and the real truth comes. This “SEEING CLEARLY” is the first “GOOD” that we receive from the Most High Who resides in our true Inner Mind. This “SEEING CLEARLY” now allows a clear distinction between that which is good and true, that is, which is from the Most High, and that which is evil and false, that is, which is from our

Who Are You And Why Are You Here?

external, conscious, outward mind, or our own egoistic self. This is the true meaning of the words, “AND GOD DIVIDED THE LIGHT FROM DARKNESS.”

Verse five. “GOD CALLED THE LIGHT DAY AND THE DARKNESS HE CALLED NIGHT. SO THE EVENING AND THE MORNING WERE THE FIRST DAY.”

These words signify that whatever comes from God, the Lord Jesus Christ and our true Inner Mind can be compared to day and daylight. In addition, whatever comes from our own egoistic self and its external, outward conscious mind can be compared to night and darkness.

By “EVENING” here is meant everything that was before we realized all these things previously described, for it is a state of no proper knowledge, understanding, faith or truth. In such a state, things are obscure and confusing. They are shaded as in the evening.

By “MORNING” in this case means everything that follows, after we realize the true state of affairs. Thus, “MORNING” means to be in light, that is, to know the truth and to have the right, correct and proper knowledge of how things really are. This is what true faith is all about. In a general sense, “EVENING” means all things which are our own, which are in our consciousness and in our lower unconscious mind and which are in our outward life. “MORNING” means all things which are of and from the Lord Jesus Christ, Who is the Most High, One Indivisible God, and from our Inner Mind. This realization and acknowledgement is what is meant by “THE FIRST DAY OF CREATION.” It is the first step in our spiritual reawakening, relearning, restructuring and ultimate transformation from being negative, evil and ignorant human beings (ruled by an outward external type of life full of distortions, falsities, evils and egoism) into true human beings. We can then become highly spiritually evolved beings who derive all things from a state of unconditional love and wisdom, meaning from the Most High, by the Most High, through the Most High and with the Most High.

As you can see from this illustrative example, those things being described in the first chapter of the Holy Bible are not specifically referring to the physical creation of planet Earth and humankind in time and space, days and nights. Instead, this chapter contains seven progressive steps and states of changes: 1. reformation, 2. regeneration, 3. enlightenment, 4. reawakening, 5. relearning, 6. restructuring and 7. transformation of a human being. This human being is gradually transformed by the Most High from the “void, nothingness and darkness”

Chapter One

of the external conscious mind (which is built from myths, illusions and pseudo-knowledge) with all its false, distorted, evil and negative ideas into a highly spiritual being (or what Swedenborg called the celestial man).

In this way we come into the true “image and likeness” of God, or a true heaven in human form. This state of the heavens in us is a state of love, wisdom, goodness, truth, and peace. Therefore it is called the seventh day on which God rested from everything that He/She had done. In this connotation, “to rest,” does not literally mean to physically do nothing, as the literal sense implies. It is rather interpreted as a state of continuous profound, deep inner peace and satisfaction that stems from unconditional love and wisdom.

If God actually were to rest physically and do nothing more, the entire Creation would perish. The function of Creation is properly maintained by continuous, unceasing creative effort of the Most High. The seventh day, or Sabbath, is a state free of conflict and problems. To keep the Sabbath day, signifies to keep yourself free from conflicts, problems, stresses, tensions and all other negativity. It does not literally mean that you have to do nothing on one particular day.

There is however, an important spiritual principle of balancing of our everyday living. This principle requires that we pay equal attention to rest, fun, humor, play and relaxation. It is done for the purpose of maintaining good spiritual, mental and physical health. In this way we can be in good shape to fulfill our important mission on this planet and perform better use for mutual benefit, common good and sharing with all.

Now you can see how the entire Holy Bible should be conceived, interpreted and understood. (There are precisely thirty-five books in the Old and New Testament containing this kind of inner sense that should be conceived this way. The rest do not contain this inner sense. To learn more about this issue in the Holy Bible, refer to chapter eighteen in the book “Reality, Myths and Illusions.” It will also be found in Swedenborg’s writings, more particularly in his “The Four Doctrines”— the “Second Doctrine Concerning the Holy Scripture.”)

It is erroneous to think that the Most High created the physical universe and its inhabitants first. To the contrary, in its original form, the physical universe and its inhabitants were created last. (The Most High however, never stops creating new things and therefore Creation is a continuous eternal process.)

Who Are You And Why Are You Here?

Now, let us return to the true history of things which happened on planet Earth.

The original first human beings appeared on planet Earth approximately one hundred and forty million years ago. But before the appearance of human beings, the evolution of plant and animal life forms appeared to allow for the development of a physical form of life most suitable for life under the conditions that were specific to planet Earth at that time. This means that neither spiritually, mentally, emotionally, intellectually, sexually or physically, did human beings originate and evolve from lower life forms into the higher form of life as a result of the evolutionary chain. From this point of view, the theories of Darwin and his followers are completely wrong. They have fallen into a trap cunningly designed by the negative state.

We shall speak more about this trap briefly in a moment. However, the traditional interpretations of the Holy Bible's literal version concerning the story of Adam and Eve, are also totally wrong. This is especially true when people are led to believe that in the beginning God created one single human being whom He called Adam, and later on, because poor Adam was bored to death alone, God decided to give him a helper, a woman — a second single human being. Thus we have here two single human beings, from whom supposedly the entire humankind on planet Earth descended. We will be briefly discussing what these things actually mean in the next chapter.

The first true human beings were a direct endowment of life from and by the Most High into a physical form created for that purpose by the Most High. This form was patterned after a prototype which was established at that time on planet Earth. It was a most suitable and livable form for the conditions existing at that time. That physical form had some remote resemblance to the then existing ape-like creature (but not an ape as we know it today). This resemblance erroneously led scientists to believe that humans developed from apes, but in reality the first people on planet Earth did not evolve even physically into their present physical appearance from any animal form whatsoever.

The first human beings that appeared on this planet did not appear in the dimension we know, and of which we are aware. It was a different Earth, existing in a totally different dimension and one unknown to us. That dimension had, and has at all times, direct connections with the entire Creation which consists of the true spiritual world, the true intermediate world and the true physical world.

The first original human beings had very little resemblance to what we look like and function like at the present time. Neither did they have vocal cords. Thus communication among early individuals was direct, on the level of their Inner Mind, without the aid of spoken, audible words. Instead, they communicated in ideas, pure thoughts, concepts and images. Externally, they lived in a silent world. Also all plant and animal life of that time had no resemblance to the plant and animal life as we know it today. Only positive, beautiful and peaceful life forms existed on planet Earth at that time.

The physical appearance of the first humans was entirely different from ours. They were giants of immense proportions. They did not have any elimination of urine and feces or any waste from their bodies as we do. Whatever they consumed in the form of food and drink was utilized one hundred percent, being converted into pure physical energy, without leaving any traces of waste. If there was an over utilization of anything in the form of food and drink, it was transformed into stored energy in the stomach and other regions of the body. Usually, this energy emanated from a person as a bright light of various colors. It was also accompanied by a beautiful, scintillating fragrance.

From the very beginning, the first people were created by the Most High into fully developed forms, as fully knowledgeable adult people. At that time, ignorant children were not born. New humans appeared as needed, when needed and where needed by direct endowment and creative effort of the Most High. No physical childbirth existed.

Sexual intercourse was not required for procreation but was carried on solely for pleasure, mutual sharing and exchange of everything that one had and felt with opposite sexual characteristics. In every case, sexual intercourse was specifically used as a means to acquire greater knowledge of the Most High, others and oneself, with only one purpose in mind: for mutual benefit, common good, sharing and use for all. No negative, ulterior, egoistic, possessive, jealous, evil or other adverse thoughts, feelings or desires existed at that time. No knowledge or practice of the negative state was conceivable or even thinkable for them at that time. The first people were created by the Most High in the fullness of all spiritual, mental, physical and scientific knowledge which was available from the entire Creation up to that point. These early humans possessed all knowledge and all wisdom of all the universes and all mankind in the Most High's Creation. No ignorance or unconscious processes, states and conditions or unconscious mind existed. Everything in human mind was conscious, obvious and clear. No illness, disease, infections or any other adverse, negative and deadly states or conditions

Who Are You And Why Are You Here?

existed at that time. The average Earthly life-span of the first people was approximately five thousand years. When anyone fulfilled his/her purpose for being on this planet, that one simply left one's physical body and went to the spiritual world to continue one's eternal life of spiritual growth and spiritual progression. There was no death as it is known at the present time.

Originally, approximately four million people were simultaneously endowed with life on planet Earth. Those first four million people are summarily referred in the Holy Bible as "Adam." Their state and condition is described in Biblical symbolic terms as Adam's life in the Garden of Eden, before Eve was created from his rib.

This original and genuine condition of mankind continued for approximately twenty thousand years. After that time, a second phase in human history on planet Earth began, a period which continued for approximately one hundred million years. This is how long it took for the second round of people to come to the point where the so-called "Fall of Man" was initiated. It took approximately thirty million years in Earthly time for the Fall itself to come to its full realization. Thus, it was not a matter of one day or one night as it appears from a literal sense of the Holy Bible, even though many people believe it lasted only one day and night.

After the first people left planet Earth and the second generation became established here, these humans originally continued with the same lifestyle experienced by the first people. Scientists of that society were in charge of the external arrangements of this world. They were preoccupied with studying the laws and correspondences of the physical world from the standpoint of sensory, physical or bodily organs. The natural position from which they were assigned to study the material world and the physical body was obviously from the outside, by observation. Scientists described these functions for the purpose of aligning and harmonizing natural laws with spiritual, inner laws and establishments. Thus, the scientists of that ancient society were in charge of maintaining continuous unification with, and derivation of everything in the material world and physical body from the spirit, soul, mind and the spiritual world and its laws and establishments. These early scientists made sure that there would not be any occurrence of discord, disharmony or separation of the states and processes of the material world and the human physical body from the spiritual world, from the spiritual Inner Mind and from God.

By the nature of their work these scientists had to observe and describe everything from the outside, that is from the point of view of the material world and from the function of the physical body. Thus, they were limited in their work by the tools which they had, namely: the human sensory organs. This is known to be a safe method of observation as long as one keeps in mind the fact that sensory organs are limited. Moreover, that they originate from spiritual ideas for the purpose of accommodating the living spirit in the physical body and the physical universe. The tragedy starts only when one decides that these human, physical sensory organs are independent of any spiritual laws and that they have their own life, unconnected to or independent of anything or anyone else.

The scientific curiosity of the human mind is proverbial. Consider that the second people on Earth possessed unimaginable (undreamed of by us) knowledge and science. Their scientists had an incomparable curiosity to explore and to experiment. Their curiosity was much greater and broader than that of the scientists in our time. Today's scientists cannot, in their wildest dreams and imagination, realize what was available to those scientists and the state of their science at that time.

For that reason, at one point in their history, the scientists of the second generation, from observing and studying the laws of matter and of the sensory organs of the human body, raised the following crucial, vital and important question: **WHAT WOULD HAPPEN IF THE ORIGIN OF LIFE COULD BE EXPLAINED BY THE SO-CALLED PHYSICAL LAWS AND NATURAL PROCESSES WITHOUT ANY INVOLVEMENT OF SPIRITUAL LAWS, THE SPIRITUAL WORLD, OR GOD — THE CREATOR? WHAT WOULD LIFE BE LIKE WITHOUT ANY SPIRITUALITY OR IF ONE WERE TO DERIVE SPIRITUALITY SOLELY FROM NATURE INSTEAD OF DERIVING NATURE FROM SPIRITUALITY?** (To put nature in the first place, to conceive it as an originator of everything, and then to consider spirituality as the end product of nature's independent development is to put everything upside down and to have a totally distorted spirituality.)

But how does one go about experimenting with such a scientifically intricate and interesting question? Of course, as you know, once such an important and crucial question is asked, it must be answered. This is the nature of Creation. Whatever inquiry is made on any level of Creation, no matter how low or how outward that level is, it must be answered by the means and ways specific to that level. And since the above question was posed from the outward degree of the physical world, which degree

Who Are You And Why Are You Here?

was assigned at that time to the planet Earth, it had to be answered in terms of that world, that is on planet Earth, by the tools, ways and means which were specific to that planet. These tools, ways and means were concrete, visible, experiential, sensory, felleable, demonstrative and illustrative examples. There were not any other ways to answer that question so that it could be understood or accepted on that level.

Now, the Most High, the Creator in His/Her timeless and spaceless condition, foresaw that such a question would be asked. Therefore, He/She devised a Grand Plan for responding to the question, answering in the most acceptable, efficient, sufficient and learnable manner possible. Planet Earth was therefore created by the Most High, with this specific purpose in His/ Her mind: Planet Earth was to become a ground upon which that question not only would be asked but it would also be explicitly and experientially answered to the full satisfaction of the entire Creation. The Most High also foresaw that certain people would be willing to volunteer for such an experiment. These people would not only volunteer but they would also be willing to obliterate their memories, so that they would not even remember that they volunteered for this purpose. These people also agreed not to remember all of this, as long as they are on the planet Earth or for as long as this new revelation is being given to humankind.

Once the scientists of that society asked that question, they proceeded with experimentation in order to receive appropriate answers. (As you remember, the question was: “What would happen if the origin of life could be explained by the so-called physical laws and natural processes without any involvement of spiritual laws, the spiritual world, or God — the Creator? What would life be like without any spirituality, or if one were to derive spirituality from nature instead of deriving nature from spirituality?”)

The first step to be taken in answering that question was to start to bring people into this world, not by spiritual means, but by scientific or so-called natural means. As you remember, up to this point, people were coming into this world by a direct endowment, by and of the Most High. The Most High would form a suitable physical body extracted from the elements of planet Earth. Into that body, He/She would put a spirit which proceeded from His/Her Absolute Spirit. Upon its entrance in its physical body, the Spirit then vivified the body so that it would become alive. The body can be alive only from the presence of that spirit in it as that spirit is alive from the fact that it came from the Absolutely Living Spirit of the Most High. This is how all people in the entire Creation of the Most High were created. This is the only proper, correct, normal,

Chapter One

natural, healthy way and procedure for creation and birth of any kind of people. It is called the spiritual way. Any other way is in violation of this eternal procedure. It invariably becomes an upside-down position, one that leads to nothing but troubles and misery, as the history of presently existing humankind on planet Earth so vividly illustrates.

If people were able to continue coming to this Earth by the proper spiritual way, there would be no possibility and opportunity to answer that important, crucial and vital question that we formulated above. The reason for this is that whatever is derived from spiritual means, is always spiritual, regardless of what outward form it takes. Thus, in order to properly answer that question, it was necessary to discontinue bringing people into this world by these spiritual means.

But how does one accomplish such a complex task? You have to remember that those scientists had at their disposal a tremendous knowledge of genetic engineering, knowledge of the laws of correspondences or representations and knowledge of all spiritual, mystical, physical and any other arrangements that contained the secrets of life-making. Knowing that the human spirit (which comes from the Absolute Spirit of the Most High) is present in every single cell and in all genes of the human body (from which position that spirit vivifies its body, making it alive), the scientists of that time decided to experiment with human male and female cells. They combined one male and one female cell by the special process of bicloning. By this process, and by some other mysterious processes, that we cannot know at this time, they created a living human being, who, for the first time, was not a direct endowment from and by the Most High but only an indirect endowment. This indirect endowment came about from the fact that every living cell of the human body contains "its spirit," which comes from the Absolute Spirit of the Most High, and in which, thus, the Most High is ever present to give life to His/Her Creation.

Thus a human being was created by purely physical, scientific means instead of by spiritual means. In the process of this experimentation the scientists used only purely spiritual material that was originally created by the Most High. This is very important to realize because otherwise we would come to the distorted and false conclusion that humans can create things from themselves, and by themselves. Humans cannot create anything by themselves and from themselves. The only way human beings can create anything at all is from the material which was originally created by the Most High. The Most High permitted this to happen for the all important purpose of learning the answer to that crucial, vital and important question that was posed above. Since the

Who Are You And Why Are You Here?

Most High is present in every living cell (in the spirit of that cell) it guarantees that everyone's freedom of choice is preserved. For that reason, whoever participated in such an experiment and whoever was produced by such an experiment, participated and was produced through his/her freedom of choice. This is the nature of the Most High, the One Who creates only "in" freedom and independence and "for" freedom and independence. We shall continue to discuss this issue of free choice in the following chapters.

The notable difference between people who were created by the direct endowment, of and by the Most High, and those people who came into existence in this world by means of the physical, genetic process of bi-cloning, is that people who came by the process of bi-cloning lacked the important spiritual experience of being directly endowed by the Most High. Hence, the beginning of the "Fall," or Spiritual recession. The true meaning of the Fall or Spiritual recession is in the fact that by this process, humankind on Earth started a dangerous trend which turned everything upside down. This process is symbolically described in the Holy Bible, in the book of Genesis, chapter two, verses eighteen through twenty-five. God, creating a wife for Adam from his rib, signifies producing a man by sensorial, physical and natural means because the human lower rib corresponds to, or represents the outward physical world and scientific methodology. That it was God Who put Adam to sleep and performed this surgery, signifies that God permitted this to happen for the sake of learning and that His material was used for that purpose.

This act also signifies that God is always present in any living cell of the human body and unquestionably in the human spirit and soul. It is the place where the man's spirit resides for the purpose of vivifying or making his body alive. Whatever is alive must contain in itself, a certain degree of the Most High's presence, because only the Most High is truly eternally alive, being alive in Himself/Herself and by Himself/Herself. Everyone else is only alive from Him/Her.

This is one reason why it is said in the Bible that God created Eve from Adam's rib. It signifies the Most High's permission for people to do so. Taking out Adam's rib also signifies that people on this planet are going to be made now not by a direct endowment of the Most High but rather by physical means. That Adam was placed into a deep sleep signifies that scientists of that time lost their spiritual perspective. They failed to realize the tremendous dangers into which they were putting the entire future of humankind on planet Earth.

Chapter One

At one point in the history of that humankind, all people originally created by direct endowment from and by the Most High, left planet Earth. A new generation of humans came into being. These humans were brought into this world entirely through a special type of bi-cloning. In the process of this new generation's development, its members became less and less spiritual; an inevitable result, for they lacked that crucial experience of being directly endowed by the Most High. Instead, these humans were becoming more and more sensorial, corporeal and materialistic, gradually turning themselves more and more outside, outward, toward nature, away from their Inner Mind and from the Most High in their Inner Mind. The lack of experience of the direct endowment of life by and from the Most High gradually started the process of ignorance and unconscious processes which eventually led to the establishment of the negative state. If you do not have such an experience, you are both ignorant of that experience and you are consciously unaware of that experience. This is how ignorance and unconscious processes came to their fruition. This is how the negative state was allowed to be activated and put into dominance as it is so evident on the planet Earth at the present time.

The danger of that situation was in those people gradually losing interest in God, in spirituality and in spiritual values. At the same time, they still possessed tremendous knowledge; even more so, because more knowledge had been accumulated in the process of millions of years since the first appearance of humankind on this planet. Unfortunately, they started to use this knowledge for non-spiritual purposes.

As one generation followed another through this special process of bi-cloning, a new generation came into being and existence that developed hatred for everything spiritual and everything that was coming from the Most High. This hatred was combined with envy and fierce lustful desire to abolish everything spiritual, to expel God, the Most High, from Creation and to take over the entire Creation, with the intent of making themselves gods and uncontested rulers of everything that existed.

In order to do that they needed proof that no one needs the Most High for anything and that the Most High is not a true Creator but rather that life originated from nature and matter without any Divine presence or effort because primeval matter always existed throughout all of eternity, without beginning or end.

Well, how would you go about proving that human beings are not created by the spiritual means from the Most High but are only a natural process of evolution, from dead elements in matter to the single cell

Who Are You And Why Are You Here?

amoebae and later on, to become lower animals, gradually evolving into humans? In other words, how do you prove that from nothing comes something? Or that life originated from the non-life of matter? To prove this means to prove that there is no God-Creator or spiritual principle. It means that humans have, in fact, created in their imagination, a God in a human likeness and image, and these humans produced all kinds of spiritual laws to prove their point. By proving that you can now really establish an upside down position proclaiming it to be the right-side up position.

That generation, which strive to prove this point, experimented with various alternatives until it came up with a grandiose plan. Their scientists then devised a crafty and cunning scientific hoax, providing for it all kinds of proof, beyond a shadow of a doubt, so that future scientists would have no choice but to believe that which they saw with their scientific eyes as being scientific fact.

This generation, what they did, and what happened after-ward, is described in the Holy Bible, in chapter three of the Book of Genesis, by the fall of Adam and Eve.

As the scientists of that generation observed the animal life, they noticed the manner and ways by which the procreation of highly evolved mammalian animals took place. The procreation was by the means of impregnation of a female animal by a male animal through copulation and penetration of the penis into the female vagina and depositing in it the male's semen. The animal fetus developed in its mother's womb and after its birth, was helplessly dependent on its parents for survival.

Thus, the first idea which occurred to the scientists was that, in order to make people dependent on the externals or outward natural laws, they would have to restructure them in such a manner that they would exactly adopt the behavior of animals. This process would then allow scientists to fabricate the type of people who would tend to look outside, outward, to nature and natural laws, instead of looking inward, into the Inner Mind, to the Most High and to His/Her spiritual laws. Moreover, scientists did not like the process of bi-cloning, because it still contained too much spirituality. Bi-cloning could not produce the desirable amount of ignorance and unconscious processes. With ignorance and unconscious processes, scientists intended to establish the rule and dominion of the negative state. The negative state is a state of looking outside, outward, toward nature, instead of looking inside, to the Inner Mind, and to the Most High.

In the moment that early generation devised this plan and decided to proceed with its realization, tremendous havoc occurred. It created a warp in the spiritual, intermediate and physical universes, and in the fabric of time and space. This cataclysmic event threw them out from the dimension of the true Creation they occupied up to that point. In the Biblical terms they were expelled from the Garden of Eden, meaning from the true Creation.

After this early generation was thrown out, it fell from the real Planet Earth into the so-called Zone of Displacement, a dimension that exists parallel to the true Creation. To repeat, that early generation fell out from the real planet Earth into its Zone of Displacement or into anti-universe, where they were allowed to continue with their experimentation. Unfortunately, they were able to take with them all the knowledge they possessed. In addition, they also brought along samples of all existing animals and plants from their original planet Earth. (For details about the “Zone of Displacement” I would like to refer you to the “Four Concepts of the Spiritual Structure of Creation” and also, chapter fourteen of “Reality, Myths and Illusions.”)

Up to that point, this Zone of Displacement was uninhabited. Now, having all knowledge, means and correspondences retained and available, the early generation was then free to go ahead with their plans. As mentioned just above, they brought all animal cells, samples and genes from the true planet Earth. Then they decided to use those genes to fabricate a pseudo-man, one who would be entirely different from them, and unlike anything ever created by direct endowment, from and by the Most High. Here, scientists decided to utilize animal genes in production of new creatures whom they called “man.” They needed animal ignorance and lack of conscious self-awareness. This would allow them to be in total control of that creature-man. The control would be established through external means and by means of dependency of that pseudo-man on external factors, on the natural laws and on external mind rather than on internal factors, on spiritual law, on the Inner Mind and on the Most High, as is the case with spiritual man. Yet, these scientists also needed to retain some degree of the original human semblance, so that the newly fabricated people would be able to learn what the scientists wanted them to learn. For that reason, after several million years of experimentation, scientists succeeded in fabricating a pseudo-man that contained ninety-five percent of the genes and endowment of the animal life. As a result, only five percent of the genes and endowment from the true humans remained. This five percent however, was sufficient to retain in newly fabricated people, the ability to develop self-concept, rationality and higher forms of learning.

Who Are You And Why Are You Here?

In the process of manipulation through genetic endowment in fabricating pseudo-man, scientists, living at that time, suppressed or genetically removed all knowledge of anything spiritual; of any need to go inward; of any knowledge of the Inner Mind and spirituality and of the Most High. Beyond this, many other things enjoyed by the original humans were suppressed. They made pseudo-people totally dependent upon external, outward natural laws and one's conscious mind. This action blocked off any conscious access to the five percent of truly human and Godly qualities, which scientists needed to retain in order to accomplish their goal.

Because the scientists of that time fabricated all of these events, henceforth, they shall be called: "pseudo-creators."

In order to prove further that these newly fabricated human beings evolved from animals, and not from, and by the direct endowment of the Most High, the pseudo-creators also fabricated a caricature of a newly fabricated man which they called an ape. They placed this ape in the proximity of newly fabricated humans so that future scientists would have little choice but to conclude that human beings evolved from apes. This kind of conclusion is easy to make due to the fact that the physical body of the newly fabricated man, apes and other mammalian creatures, were functionally almost the same without too much difference. Most of the manipulation and change was done to female humans, enabling the woman to conceive a child in her womb and to give birth to babies in exactly the same manner as mammalian animals. Thus, a physical birth of a human child is an animalistic process fabricated by the pseudo-creators in order to eliminate anything spiritual and Godly from human life. Of course, scientists of the present time fully bought this tremendous scientific hoax fabricated by the pseudo-creators. This hoax leads modern scientists to the conclusion that life originated from nature and matter, and not from the Most High and spiritual principles.

Has it ever occurred to you why God-the-Creator would order the Children of Israel to follow certain rituals following sexual intercourse and childbirth involving this kind of animalistic means? Read chapter twelve in the Book of Leviticus (the third book of Moses) in the Holy Bible. After childbirth through animalistic means, or after each period of menstruation, a woman was ordered to appear before the priest to sacrifice a burnt offering and a sin offering for her atonement. Subsequently to this her sins of childbirth and menstruation were forgiven. A woman had to purify herself for thirty-three days after she bore a male child. If she bore a female child, the mother had to be purified for sixty-six days.

Chapter One

Why was this so? If God were the true and direct originator of the presently existing people on this planet and of the ways they give birth to their children, why would something Godly like childbirth be considered a sin? Or why a man who had an emission of his semen, if it is such a natural, normal and proper process, had to wash his entire body and be unclean until evening? (Leviticus, chapter fifteen, verse sixteen, and in other Biblical references.)

The true reason why these rituals were ordered by the Most High, was to bring to our attention the fact that presently existing humans on the planet Earth and the way and means in which babies are born into this world — and by which male and female make love to each other — were not originally created by the Most High. Instead, present day humans are the end product and result of genetic, magical, correspondential and other mysterious manipulations of the pseudo-creators. They were allowed to do so in order to illustrate by living examples, the answer to that previously stated, important, crucial, vital question. Moreover, the reason why a woman had to purify herself twice-over after giving birth to a female child, because the most alteration, change and genetic manipulation was done on females. Furthermore, because, originally, sexual intercourse was never meant to be for procreation, in the process of that sexual intercourse, no semen was emitted and, therefore, no external physical ways and means were present in the process of lovemaking. This is one of the reasons why with this new arrangement (fabricated by the pseudo-creators) the emission of semen corresponds to those sinful, external ways and means of life that bring people nothing but troubles.

Thus, as you can see from this situation, presently existing humans on planet Earth are not true, original, genuine humans created by the Most High. We are the result of a cunningly and craftily devised plan and genetic, magical, correspondential and other mysterious types of manipulations by pseudo-creators. As mentioned above, they did this for the purpose of the destruction of anything spiritual and Godly in us. They also did this for the purpose of the activation and dominance of the negative state, in opposition to and different from anything positive and good which comes from the Most High.

Once the pseudo-creators accomplished this, the negative state came into full life. Consequently, it was put in full dominance throughout the entire Zone of Displacement and in the natural form on this planet Earth (this particular dimension in which we live).

Who Are You And Why Are You Here?

The next important step which was necessary to take for the pseudo-creators was to eliminate any traces of their existence in the natural degree of planet Earth and in its Zone of Displacement. This was done so that no link or connection could be established to them and to their scientific hoax. Their tremendous knowledge of universal laws and their spiritual correspondences, enabled them to travel backward in time, even before the physical Earth came into being and existence. Pseudo-creators in this manner settled themselves in the Zone of Displacement of the spiritual world. There they established and developed an entirely different style and mode of life. This life-style opposed everything positive, Godly and good. It was and is ruled entirely by all kinds of evil, falsities, distortions and perversions of the original states and processes of Creation. These evil, falsities, etc., are continuously produced anew by them. The state and condition which they established in this plane, parallel to the true spiritual world, place or state, is called hell(s). Its parallel world of goodness and truth, or of the positive state, is called heaven(s). Thus the negative state is — in its nature — a true hell, while the positive state is — in its nature — a true heaven.

Once the pseudo-creators established themselves firmly in their hells, they fabricated all kinds of creatures, demons, Satan, devils and similar monstrous inventions there. They also started a fierce spiritual war against the entire Creation of the Most High for the purpose of taking over and establishing their own uncontested rule and dominion over all of Creation.

By the pseudo-creators' establishment of hells, the original history of true humankind on planet Earth ended. From that point on, the new era of the pseudo-humankind (with pseudo-humans) with the history of continuous bloodshed, hatred and all kinds of negativity started.

In the process of the pseudo-creators' travel backward in time, by that process itself, they erased any traces of their ever having been on planet Earth. This was necessary for them to do in order to prevent future scientists from discovering any possible indication of what really happened. If such evidence and proof were ever found, people could then become aware of the true state of affairs and would certainly do something about it. This was the last thing the pseudo-creators ever wanted to happen.

If you are interested in learning more about these events and happenings, you are advised to familiarize yourself with this author's books, "Fundamentals of Human Spirituality," "Messages From Within," "Four Concepts of the Spiritual Structure of Creation" and "Reality,

Myths and Illusions.” All address these issues more deeply and in greater detail....

The pseudo-creation of the presently existing people on this planet happened approximately four million or so years ago. The beginning of the so-called “Fall” commenced approximately thirty million years ago. In the process of the pseudo-creators’ backward travel in time and space, they caused tremendous cataclysms, catastrophes and turmoil in the fabric of the physical universe. They still reverberate at the present time. As a result of these upheavals, the Earth’s original one continent was split into several continents. Many other things also happened of similar catastrophic nature described in the Holy Bible as the “Flood.”

Scientists consider these and similar events to be natural catastrophes. But, as you can see, they were carefully planned by pseudo-creators who possessed full knowledge of how to produce all of these devastating events. They did this for the purpose of having total control of all future events that would be occurring on planet Earth. In this way they sought to dominate the people that they put there together with apes and other animals.

As correspondences and representations of these negative, evil and adverse thoughts, feelings and affections, exhibited by the pseudo-creators, they fabricated in hells various correspondences which have been consciously projected into our dimension on this planet. These adverse affections usually appear here in a concrete form of all kinds of negative, poisonous and dangerous plants; animals, fish, birds; insects, germs, viruses, human illnesses, disorders; wars, sufferings, accidents, incidents, perversions, ad infinitum... . Thus, all adverse, bad, negative, evil and atrocious things that we experience on this planet and in our life as humans, are the result of the work of the pseudo-creators, as briefly described above. From this you can see that all negative things and the negative state, did not originate from or were never created by the Most High as many people believe.

Of course, you have to realize that many other things, events and happenings were produced by the pseudo-creators. This ultimately led to activation of the negative state, fabrication of pseudo-humans and inhabitation of the Zone of Displacement. It also provided for the establishment of hells in the spiritual world and their connectedness to everything negative which has been going on continuously in our earthly life. Not all of these things are accessible to our conscious mind or to our proper understanding. What has been revealed by the Most High about this situation, thus far, is sufficient — for the time being — for us to

Who Are You And Why Are You Here?

realize the true state of affairs. This realization may lead you, if you choose so by your own free will, to a revolutionary change in your life, in your thinking, in your feelings and in your behavior in positive ways. This will enable you to free yourself from the trap which was so craftily and cunningly set for all of us by the activators of the negative state.

Of course, your question can well be, “But how did I come into this mess? And, why me?” Your important question deserves an important answer. That answer will be given to you in the following chapters.

For a better understanding of what has been said so far, we shall summarize it with the following points:

I. THE HISTORY OF HUMANKIND AND YOUR ORIGIN IS NOT WHAT YOU THINK IT IS.

The answer to the question posed in the heading of this chapter states that the history of mankind and thus the history of your own origin, as described in various traditional scientific, historic, and religious books is incorrect. Science and history have no indication whatsoever that anything as previously described ever happened. As you can see, it was carefully assured by the pseudo-creators that no scientific proof of anything described here could ever be found.

Divine Providence of the Most High however, provided that all these events, the way they really happened, would be recorded in the books of the Holy Bible, though in a disguised manner (in the language of parables, representations and correspondences). The word “correspondences” means that any word of the external human language, a word or words which we use for our expressions and communication would contain manifold meanings. One meaning is literal, just exactly what we mean by it. But beyond literal meanings, there are other deeper meanings that reflect a different state of affairs. These are not easily apparent in the literal sense. I am told by the Most High, that each word in the Bible has at least ten different meanings or levels of meanings. Of these, we have little or no notion whatsoever.

A good example of this law, or the word “correspondence” is the correspondence itself. What do you understand by the word “correspondence”? That you, for example, write a letter to someone about something. This is to say that you correspond with that person. This correspondence somehow connects you with that person. But this word also means that you are in a certain proximity to that person and that person is somewhere else and that he/she means something to you.

The word “correspondence” also means to relate from one position to another position. Such relatedness connects those two different positions in a way that they are aware of each other. Another meaning of the word “correspondence” is to symbolize something, or to represent something. Consider, for example, the word “light.” The literal meaning of “light” is daylight when you can clearly see with your physical eyes. But it also means to be enlightened, that is, to know the truth. Thus, we can say that light corresponds to truth, and truth corresponds to wisdom, because wisdom consists of a proper knowledge of truth. This gives you light and clear vision or understanding, what to do and how to do things correctly, properly and successfully. This is what correspondences are all about. This is how the Most High disguised all of those events in the Holy Bible described in this chapter.

But, of course, traditional religions do not know about or accept such a meaning of the Bible, with the exception of Swedenborg’s followers, and if they know, they deny these correspondences or their usefulness. By this denial they lose access to the truth and real knowledge of what really happened, how it really happened and why it really happened the way it did.

The reason why the Most High dictated the Holy Bible through specially selected people was to maintain some degree of external connectedness with everyone in the Zone of Displacement, that is, in the negative state, with everyone in the positive state. This act provides a means for eventual return of everyone to the original spiritual state of affairs, that is, back to the Most High. Another reason why the Holy Bible was written in these correspondences was to accommodate its meaning to all circles and dimensions of Creation which are in different levels and degrees of understanding of truth and its good and good and its truth. This was also done for the purpose of preventing people on Earth from profanation of the holiness of the sacred true knowledge contained in the Holy Bible. This profanation would cause people’s eternal destruction without any possibility of salvation (coming back home). Only when the time is ripe, will these facts be revealed by the Most High. Obviously, the present time is ripe and therefore the secret about what really happened is now being revealed to anyone willing to listen and act upon the revelation in a positive sense.

II. YOU ARE NOT WHAT SCIENCE AND RELIGION THINK YOU ARE.

In view of these facts it is obvious that you are not what either science or traditional religion says that you are.

Who Are You And Why Are You Here?

Neither are you the evolutionary evolvement from animal life and matter, as scientists would like you to believe. Nor are you the direct creation of the Creator, the Most High, as traditional religion would like you to believe. In your present form and condition you are the product of a million years of genetic, and some other mysterious manipulations of the pseudo-creators who set out to prove that human life does not have to originate from the Most High and His/Her spiritual principles. However, the material which was used by the pseudo-creators for fabrication of so-called modern man, and thus your present form, was created by the Most High. This material was subsequently abused and misused by the pseudo-creators for evil purpose and intent. These pseudo-creators were the eighth humankind in a succession of humankind, on planet Earth which appeared on this planet through the process of bi-cloning. It commenced approximately eighty million years ago according to earth's relative time.

III. YOU ARE HERE VOLUNTARILY FOR AN EXPERIMENT TO ANSWER IMPORTANT SPIRITUAL QUESTIONS.

All of this was permitted to happen by the Most High for the purpose of answering the question which was raised by the scientists. They were the second original humankind that appeared on the planet Earth approximately less than one hundred forty million years ago. The question is as follows: **What would happen if the origin of life could be explained by the so-called physical laws and natural processes of matter without any involvement of any spiritual laws, spiritual world or the Most High-the-Creator? What would life be like without any spirituality or if you were able to derive spiritual principles from matter and nature, instead of seeing matter and nature as a product, an outcome of the spiritual laws and principles?**

In order to answer these questions in the language of concrete illustration and manifestation for the benefit of all in the entire Creation of the Most High, He/She, permitted an experiment that would lead to the conditions in which the results, outcomes and consequences of that experiment would be fully actualized and realized. Hence, the answer to that question would be given by a living example. This living example is reflected in the history of modern humankind on this planet.

A planet was designed for this purpose. Volunteers sought out those who would not only be willing to produce and participate in this experiment but those who would be willing to agree with the necessity to eliminate any memory from their conscious awareness that they had

even volunteered for such an experiment. Otherwise, the experiment would not have any validity and usefulness and no proper answer to that question could be given. Thus, no proper and correct learning could come to its fruition.

The planet was planet Earth, and everyone who has ever been on this planet, and is on it at the present time, or ever will be, is on it strictly on a voluntary basis. Thus you are here on this planet by your own choice, of your own free will, for a certain purpose. We are all here for a very important spiritual reason, which includes the choice not to remember anything about this choice.

IV. THE TRUE ORIGIN OF THE NEGATIVE STATE.

By the process of this experimentation, the negative state and everything evil, bad, false, distorted and perverted, came into its being and existence. Thus, the negative state did not originate from the Most High. It was rather the result of denial that life and human beings were created by the Most High from Himself/Herself, and from His/Her spiritual principles. The outcomes and consequences of this denial are vividly illustrated by the history of humankind on planet Earth for the last four million years or so.

V. EVERYTHING IN YOU AND IN THIS WORLD IS UPSIDE DOWN.

The result of this experimentation in the negative state was the institution of ignorance and unconscious processes. These led people to depend upon others and upon physical laws. Thus, they lost the initial and original mind control they previously held over all natural and physical laws. This kept humans from turning themselves inward to their Inner Mind, where all true and genuine knowledge about the above described facts, as well as about everything else concerning life and Creation, is stored. This knowledge is available for everyone who finds the right key to open the entrance into their Inner Mind.

Thus, you are not only limited in your knowledge about everything and yourself, but from the external world, you are fed false and distorted knowledge, information which most of us consider to be true knowledge. By acceptance of this situation a firm condition has been established in this world, in you (your conscious mind) in which everything is upside down. This position is falsely believed by all of us to be right side-up and proper.

Who Are You And Why Are You Here?

VI. WHAT YOU CONSIDER TO BE A TRUE LIFE IS NOT A TRUE LIFE, BUT NON-LIFE.

From the above described experimentation a false idea was established and accepted by most of us that human life on Earth in its present form is a true life, and that whatever happens here is a normal, healthy and natural state of affairs. We are also led to believe that this is the way it is supposed to be and that nothing can be done about this situation.

The true reality about all of this, however, is that what you consider to be the true life is a false life, a pseudo-life, a dead life. It is non-life and a lousy, miserable, imitation, fake life, which has nothing good and nothing true in itself and of itself. There is nothing of true life in it whatsoever.

VII. EVERYTHING SERVES ITS PURPOSE, AND YOU ARE LEARNING VERY IMPORTANT SPIRITUAL LESSONS.

The full extent of the usefulness of this experimentation in the negative state and its fake life, or non-life, can be known only to the Most High. Everyone in the entire Creation, including all of us who are direct participants in this pseudo-life of the negative state, continue to learn from everything that has been happening in all regions where the negative state dominates. This includes planet Earth (the dimension of Earth on which we live). Everything of this nature serves a very important spiritual purpose which is very difficult for us to understand. The reason for this non-understanding is in the fact that we volunteered and agreed not to understand the purpose fully. This situation will last until it is over for every one of us individually, or until a specific time, appointed by the Most High, when the usefulness of this negative state's being and existence is exhausted and is no longer needed for any purpose.

VIII. WHAT YOU CONSIDER TO BE HUMAN IS NOTHING EVEN REMOTELY HUMAN.

It is important to realize that ninety-five percent of that which we are, or consist of, is an imposed, artificially induced state. We are the result of genetic manipulation, a forceful attachment of animalistic tendencies contained in those genes which were taken from then existing animals by the pseudo-creators and used for their experimentation. This was done for the purpose of making humans into beast-like creatures, pseudo-humans that could be ruled by beastly affections, raw emotions,

Chapter One

fears, aggressions, violence, dependency, externalization and in total ignorance regarding all matters of life and spirituality.

From this fact stems a very obvious conclusion that what we consider to be human is not even remotely human. Thus, we have no true knowledge from our conscious experience what it is like to be a true human. The true human part in us (the remaining five percent) was carefully closed off so that we would have no conscious access to it. This was obviously done for the purpose of preventing us from discovering the real truth about ourselves, our life and life in general; but more particularly, about the true nature of the Most High, including the true nature of the negative state.

However, by the will of the Most High, this situation with this new revelation about these matters is changing. Therefore, you are hereby given the opportunity and tools to get in touch with that five percent within you which is truly human in you and gradually eliminate from your life everything which is not truly you. This book serves this important purpose.

CHAPTER TWO

**OF WHAT DO YOU REALLY CONSIST?
HOW MANY LEVELS AND ASPECTS
ARE WITHIN YOU? WHAT IS YOUR
PLACE AND POSITION IN THIS
UNIVERSE AND IN RELATIONSHIP TO
OTHERS? DO YOU REALLY LIVE IN A
GENUINE AND TRUE WORLD?
WHAT IS THE PURPOSE OF YOUR LIFE?
DID YOU REALLY START YOUR LIFE
ON PLANET EARTH?**

In order to properly answer the question which is the title of this book, “Who Are You and Why Are You Here,” it is necessary for you to understand what you are made of. In addition, it is important to know how many levels and aspects exist within you. Can you imagine how you could know who you are and why you are here, without any proper awareness or understanding of the structure and function of your own mind, your own self?

The vital, crucial and important part of correctly knowing yourself, is to know the structure and function of your mind. After all, you are your own mind. But what is mind? To answer this question is to answer who you are in a general sense. Once you know who you are in this general sense, you can begin to discover who you are in a specific sense, in your own private, unique, unrepeatable manner, state and condition. This, in turn, helps you to realize why you are here, because in order to survive and to properly function in our pseudo-world, you need to be equipped with certain aspects, features, characteristics, and traits which will help you in the art of survival.

Few people realize what they really consist of and what tools are available to them for their own use. Our awareness is mostly limited by the conscious mind and our ordinary physical senses of sight, hearing, smelling, tasting, touching and so on. These elements constitute or build our conscious, everyday type of mind. The reality of our own world rarely goes beyond this everyday conscious function.

Some people do have an awareness, although quite obscure, that there is much more to us than only conscious awareness. Some persons

Chapter Two

go one step further. They admit that beyond the ordinary, everyday type of conscious mind there is something more in us. These people perhaps even believe that it rules us, though we are rarely consciously aware of it. In most instances, this is how far our knowledge of ourselves goes. Yet the structure of one's mind is not limited by this awareness. In fact, what we think our mind to be, or what we believe we consist of, is usually not true. In most instances, it is a false concept.

As you noticed at the end of Chapter One, the eighth point stated in general terms, that humans presently existing on this planet (which, of course include all who read this book) consist of ninety-five percent of artificially and forcefully superimposed animalistic features and components. Only the remaining five percent in us is truly human. This five percent was originally created by direct endowment of the Most High. Thus, ninety-five percent of what we think is us, is not us, but something else.

On the other hand, five percent of us is true, because whatever is true can only come from the Most High, who is the Lord Jesus Christ and the only true life. But, in most instances, we are not even aware of the five percent's existence in us. This is the true human quality created by the Most High. The reason we are not aware of this important fact (as mentioned in the previous chapter) is that our access and contact with that five percent was carefully concealed. It was closed off just for that purpose — so that we would not be aware of its existence.

Have you ever had an opportunity to carefully read Psalm 139 in the New King James version* of the Holy Bible? If not, I urge you to read it right now. In verse thirteen of that Psalm it says: "FOR YOU HAVE FORMED MY INWARD PARTS." What do these words signify? They signify that the Most High created from Himself/Herself, those inward parts of us which constitute the aforementioned five percent. How do I know that this is so?

*Footnote: All quotations in this book are from the New King James version.

First of all, I checked it out with the Most High in my own Inner Mind and it was confirmed to be so. You can also do this, once you learn how to communicate with your Inner Mind and with that part in your overall mind which is from the Most High and in which the Most High is always present. Secondly, in reading verse fifteen in Psalm 139, it says, "MY FRAME WAS NOT HIDDEN FROM YOU, WHEN I WAS MADE IN SECRET, AND SKILLFULLY WROUGHT IN THE LOWEST PARTS OF THE EARTH." What does this verse mean?

Who Are You And Why Are You Here?

Here it **does not say** that the Most High also created my frame. The frame here signifies those forcefully imposed, ninety-five percent animalistic features resulting from genes stolen from animals. It **does say**, however, that this act was not hidden from the Most High and that it was done with the permission of the Most High, even though, "I WAS MADE IN SECRET." It is interesting to note that the word "FRAME" is equated with the statement: "I WAS MADE IN SECRET." This means that "I" is now considered to be a product of that frame, representing ninety-five percent of everything available to us. It does not indicate that "I" was made from the inward parts which were created directly by the Most High. And then it says: "AND SKILLFULLY WROUGHT IN THE LOWEST PARTS OF THE EARTH." So where and how was modern man made? "THE LOWEST PARTS OF THE EARTH" correspond to the Zone of Displacement, the hells in particular. Here it is very clear that presently existing humans on Earth were "WROUGHT" (so to speak), very skillfully and secretly fabricated in the hells by someone other than the Most High. It was accomplished by the pseudo-creators in the manner described in the previous chapter. It was also outlined in the other books: "Fundamentals of Human Spirituality," "Messages From Within," "Four Concepts of the Spiritual Structure of Creation," and "Reality, Myths and Illusions."

Since these pseudo-creators used the only material available to them, they also had to take at least five percent of that which was directly created and endowed by the Most High. Still, the remaining ninety-five percent extracted from animals was originally created by the Most High. The only thing that pseudo-creators could do was to combine whatever created material was available to them in order to accomplish their goal. Consequently, they could not come up with anything new, instead, they produced a lousy imitation of that which they stole from the true Creation of the Most High. The pseudo-creators combined this stolen material in a perverted and unlawful manner to fabricate in hidden and secret places of hell (the lower parts of earth) the pseudo-humans as we still exist today. It is impossible to create anything real and true without the Most High. However, whatever is created by the Most High, from the Most High, through the Most High and with the Most High, cannot be secret or hidden, because it is created for the mutual benefit and common good of all in the Most High's Creation. This is the reason why the pseudo-creators needed to hide and to do their work secretly, so that no one would know what they were up to. This is also the reason why the pseudo-creators traveled back in time many eons, even before they appeared on the Earth to establish themselves in their own pseudo-world hells. These hells they placed in opposition to the rest of the Most High's Creation.

In these hells, pseudo-creators produced their numerous fabrications, including so-called humans, with whom they thought they would succeed in taking over the entire Creation. When one wants to rule the entire Creation from oneself, one does things only for one's own sake, and not for the mutual benefit and common good of all, as God does. Such is the nature of the negative state. It is a condition which does everything in secret, in a cunning and in a hidden manner, for the sole purpose of concealing its true destructive purpose.

So now, I hope you know beyond a shadow of a doubt, that you are composed of ninety-five percent animalistic traits or tendencies that were skillfully "wrought" by pseudo-creators in the hells, leaving five percent of the inward parts which were made by the Most High. For this reason, we must sadly conclude that we consist of ninety-five percent of the hells (lower parts of Earth) and five percent of the heavens (the Most High). From that five percent of the truly human in us, the remaining ninety-five percent of non-human in us can be alive and continuously maintain the life support system. This small percentage gives us a semblance that we are true humans and that we live from ourselves.

But what does the five percent of the truly human in us constitute and of what does the ninety-five percent non-human consist of?

This is the next important step toward knowing who you are and why you are here. In order to know that you need to understand the structure and function of the five percent and the structure and function of the ninety-five percent within you.

As has been just mentioned, the five percent of us is truly human. This true human in us consists of three levels or regions. For easier understanding, these will be considered as three different minds.

The first region or mind is the center of the total human mind. We shall call it the **SPIRITUAL OR INNER MIND**. This Inner Mind consists of its own three degrees: **THE SUPER-SELF, UNIVERSAL CONSCIOUSNESS, AND SUPER-SELF AWARENESS**. The general function of this Inner Mind is to produce, to originate and to sustain everything that is of true life, and to store all existing knowledge from eternity to eternity, as well as the awareness of that knowledge. So we have here, the three general functions of the Inner Mind:

1. Origination, production and sustenance of true life. This is the function of the **SUPER-SELF** in your Inner Mind. Because this is related to your very life, the Super-Self has a permanent seat, and is the

Who Are You And Why Are You Here?

residence of the Most High in you. Here is where the Most High is constantly present in you, and where you can get directly in contact or touch with the Most High. This is the place and state where you must go to learn everything about yourself.

From the Most High's presence in the Inner Mind's Super-Self, you live, you function, you act, you behave, you move and you are able to do everything. If that presence were ever withdrawn from your Inner Mind in your Super-Self, you would instantly cease to exist. The reason for this is that you can live and breath only from the Absolute Source of life in you — the Most High. This is so regardless of whether you are or are not consciously aware of this fact; or whether you believe or do not want to believe this to be true.

2. The Inner Mind stores all existing knowledge and experience from eternity to eternity. This is the function of the second degree of the Inner Mind which is called the **UNIVERSAL CONSCIOUSNESS**. Here all truth and its good, and all good and its truth, is stored and guarded. The reason why we need to have this kind of area within us is so that we can have full access to the infinite number of choices from which we can freely choose. It enables us to be the way we want to be, and to do what we want to do. Without the presence of all existing choices and alternatives, we would be limited in our right of free choice. Such a situation would violate our freedom and independence. In addition, it would hinder our ability to take a firm position, or a definite stance, in relationship to the Most High and spirituality, toward others and ourselves.

3. The Inner Mind is constantly aware, around the clock, so to speak, of the presence of the Most High, and of all the knowledge and choices that are stored in the Inner Mind. This awareness provides an open, conscious access to the Most High and to all the available, infinite number of choices and alternatives. To repeat, this is the function of the third degree of the Inner Mind, called **SUPER-SELF AWARENESS**. It is obvious that without this conscious awareness of the Inner Mind, of what it contains, and what is available to it, nothing could be done or chosen. It would make an end to our lives.

The second region of the five percent of the human in us, consists of the second mind called **THE INTERIOR MIND**. The general function of this interior mind is, first of all, to connect the Inner Mind to the next mind in succession. This is done by the process of the transformation of everything which is available in the Inner Mind, so that it can be used in

Chapter Two

anyone's individualized life. Secondly, this interior mind provides us with, what psychologists call, the process of mentation.

What does the act of mentation mean? It means your ability (in a unique manner to you) to think, to feel, to will, to perceive, to know, to understand, to act, to relate to and to behave. On the level of this interior mind this mentation is produced from all material available within the Inner Mind. The Inner Mind sends everything that it has or contains to the interior mind. The interior mind takes it, digests it, so to speak, and turns it into your ability to mentate as described above. This is the very process of transformation into mentation.

Also the **INTERIOR MIND** has its own three degrees. The innermost degree is called the **SELF**. The function of this self is to receive, to transform and to transmit the general life flow coming from the Super-Self in the Inner Mind all the way down to the conscious awareness in a more individualized, personal and private form.

The second degree of the interior mind is called the **TRANSPERSONAL MENTALITY**. This is a storehouse of all experiences of life forms beginning with the appearance of life on planet Earth until the present time. These experiences complement the knowledge of the universal consciousness in the Inner Mind narrowing it down to the more specific experiences of all humankind on one planet; in this case on planet Earth.

The third degree of the interior mind is called the **PHENOMENAL MENTALITY**. This degree contains all experiences and events that were produced and happened in a specific line, in which you, as an individual, followed. This means that whatever your ancestors, or your physical lineage produced and experienced, is recorded in the phenomenal mentality, which is specific (phenomenal) only with regard to your family line.

The third region of the five percent of human in us is called **THE EXTERIOR MIND**. Its general function is to accommodate everything that is coming from the Inner Mind, and from the interior mind into external life or the physical level of our awareness. Additionally, it refers to life in the so-called natural world. This is the level of becoming, of a concrete experience, actions and general behavior. You can conceptualize it as: I know something — the Inner Mind; I perceive this or that knowledge and understand that knowledge — the interior mind; I act in accordance with that knowledge and the way I understand it — the exterior mind. This is how these three minds interrelate within us.

Who Are You And Why Are You Here?

The exterior mind also has its own three degrees. The first, or innermost degree of the exterior mind is called **“I-NESS.”** Its function is to give you a very concrete awareness of “I am who I am,” by the self and through the Super-Self from the Most High Who is the Absolute “I AM WHO I AM.”

The second degree is called **INDIVIDUAL AWARENESS.** Its function is to give you continuous awareness of everything that is happening in you and to you. Individual Awareness connects you with the transpersonal mentality and through it, to the universal consciousness, making you, thus, one with all Creation.

The third degree of the external mind is called **THE PERSONAL CONSCIOUSNESS.** Its function is to be conscious of everything that is happening in your physical and external environment. Personal consciousness helps you to orient yourself in this external, physical or natural world. It connects you to the phenomenal mentality and through it, to the Super-Self awareness.

Now, this is the proper structure and function of your true mind. It is the five percent contained in you remaining from the genuine or true humans, originally created directly by and from the Most High.

The position of these three human minds was, and is such that the Inner Mind always resides in the spiritual world. The interior mind always resides in the intermediate world and the exterior mind always resides in the natural or physical world. Through such a positioning of these minds all these worlds were, and are, continuously interconnected and were and are in the mode of continuous interaction and intercommunication with one another. Through this positioning, they are constantly aware of one another on the conscious level.

As you know from Chapter One, this part which was originally in full conscious awareness of the initial humankind, was isolated and closed off by genetic and other mysterious types of manipulation accomplished by the pseudo-creators. Unfortunately, this closure also closed off any conscious awareness of the existence of the true spiritual world and of the true intermediate world and of the true physical or natural world. Because people only believe what they are consciously aware of or consciously experience, they inevitably have the tendency to conclude, that the spiritual, intermediate or any other worlds do not exist. They only rely upon what they consciously experience and see at any moment.

Thus we have no conscious awareness to prove to ourselves that anything like this is an integral part of us. Yet, we could not live for a fraction of a second without having this true human part in us.

In this respect, the original situation with true humans was that they consisted of ninety-five percent of the above described true mind. At the same time they contained five percent of something which gave them conscious awareness of the fact that they have a free will and free choice to deny the Most High at any time; to disassociate themselves from the Most High; to proclaim that they were not created by and from the Most High and from His/Her spiritual principles; but that they created themselves or originated from the matter from which the natural or physical world is built.

So the situation with true humans was just the opposite of what we now have. The five percent of their awareness of freedom, to deny the Most High and spiritual principles, was utilized originally by the pseudo-creators to activate the negative state, and to fall out of the true Creation into the Zone of Displacement. There they eliminated the original ninety-five per-cent of the true human structure and replaced it with ninety-five percent animal characteristics. The only thing which was left from the truly human five percent, as previously stated, was our freedom of choice to accept or to deny the Most High and His/Her spiritual principles.

The reason why it was necessary to retain this ability of freedom of choice in the pseudo-creator's fabrication was obvious: No truly intelligent life could be sustained without the ability to choose. On this ability, everything is built and on it, intelligent life stands and falls. This was a weak but inevitable point in the pseudo-creator's plan. This ability to make free choices is utilized by the Most High, the Lord Jesus Christ, for the purpose of liberating people from the clutches and traps of the negative state which was activated by the pseudo-creators.

But what constitutes the ninety-five percent animal genes in us?

The pseudo-creators used everything available in the structure of animal's genes to fabricate a fake human mind. Let us call this fake mind a pseudo-mind. This pseudo-mind was patterned by the pseudo-creators in exactly the same manner that the previously described true human mind is structured. Thus, they fabricated the pseudo-inner mind with its three fake degrees, the pseudo-interior mind with its fake three degrees and an external mind with its fake three degrees.

As you remember from the above description, the true human mind does not contain anything negative, adverse or violent. With such a

Who Are You And Why Are You Here?

content of the true human mind, you cannot bring to life anything negative, adverse, evil, false or bad. The animal type of life with its genes however, contained all of the experiences of evolutionary development of that life form which progressed from the simple cell to the complex mammalian type of animal. This development was permitted by the Most High so that a suitable organism would be developed and established on planet Earth. This would best accommodate the specific conditions that existed at that time on this planet. It was a necessary step in acquiring the best possible physical form to project the spirit of life into it. Accordingly, evolutionary animal development is, or was a lesson in survival, accommodation and adjustment.

On the other hand, this process was entirely dependent upon the whims of nature, since the purpose here was to adjust physical form to natural conditions. This is a non-spiritual process. The spiritual state does not need to be adjusted to nature. To the contrary, it does just the opposite of what animals did: Spirit adjusts nature to its needs and conditions.

By taking the animal genes, which needed continuous adjustment to nature's whims, the pseudo-creators accomplished a first and very important step. They made future people totally dependent on the whims of nature, forcing them primarily to adapt and to adjust to the external laws of nature. Thus, for the first time, a non-spiritual condition in humans was established. Consequently, it became a base from which all other non-spiritual factors were initiated and established.

When one is continuously forced to be preoccupied with the external laws of nature and with figuring out how to survive, one gradually tends to forget about one's own inner world. One's attention is then primarily focussed upon the external world and to survival in that world. Since in that external world there are no apparent or obvious indications of anything spiritual (after all it is a natural world), one is put in a favorable position to begin to forget about everything spiritual, to the point that one will tend to deny that anything spiritual ever existed. From such a rejection, denial of the existence of the Most High logically follows.

The animalistic base implanted by the pseudo-creators into the newly fabricated creatures (called by us pseudo-humans) was used by them to transmit their hatred of anything truly spiritual into these creatures. The pseudo-creators did this by specific manipulations of genes and spiritual correspondences (difficult for us to understand). This also enabled them to establish a state in which these newly fabricated

humans would have a “natural” tendency to oppose everything spiritual and to favor and accept everything non-spiritual or so-called natural.

Thus, by this step, a very important structure of the pseudo-mind was established. The pseudo-mind wants, desires and does everything contrary to the desire, want and will of the spiritual principles or to the will of the Most High. By this act, a total opposition to anything truly positive and good, truly faithful and wise was established. Thus a reverse and perverted order of human life was accomplished which produced all of the negative miseries we know, so vividly illustrated in the history of humankind on planet Earth.

However, because this set-up was fabricated by so-called natural means, ingrained in the animal structure of life, it is “naturally” considered by people to be a normal “natural” state of affairs. In this way, people were erroneously led to believe that their position (the opposite, reverse and perverse position) has always been correct, proper, orderly, and the only feasible way of life, while anything else is abnormal, insane, disorderly and incorrect. Identification with this so-called “natural” state firmly established in this world the upside down position. This situation assured that people would start to love everything evil and false, considering it to be good and true, and despise everything truly good and true, considering it to be evil and false.

Such is the true structure of the negative state. This is the way the negative state was activated.

Still, there was another important condition in the animal type of life transferred into humans. In the process of survival during the harsh conditions of Earth’s evolution (before any humans appeared on this planet) animals learned to fear danger, to escape from or to defend themselves against such dangers. This avoidance of harsh and dangerous areas in order to survive on Earth, produced “natural” fear and anxiety in these creatures whenever they entered regions of this type. This so-called “natural” fear and anxiety helped the animals of that time, to avoid or survive these formidable regions. In the process of evolutionary development of the animal life forms, these fears, anxieties, avoidance and/or dependency became a natural part of their genes.

Now, what happens if you use these kinds of genes containing all of these fears, anxiety, escapism, avoidance and defense, and then implant them into humans who previously had no notion of these emotions? The logical result of such an implant, particularly if it is a ninety-five percent implant of everything that you have, is the fear, avoidance, anxiety,

Who Are You And Why Are You Here?

escapism, anger, violence, suspiciousness, destruction, defense, and many other similar adverse emotions would become as natural in your life as breathing.

With the animal species not possessing any self-concept, self-image, self-awareness or conscious concept of “I am” (which situation does not allow them to be spiritual and from this spiritual state it doesn’t allow them to control their environment by the spiritual laws which supersede any natural laws) all these kinds of emotions are very necessary and needed for their survival. With these animals this was a truly natural condition, particularly in the days when planet Earth was just settling, before any humans appeared on it.

However, the situation has always been different with humans, who with their five percent of direct endowment by the Most High, retained the self-concept, the self-image, self-awareness and concept of “I am.” This type of adverse emotion in humans became a trap. It was a base from which they logically developed all kinds of other devastating states, conditions, thoughts, feelings, emotions, et cetera. Of course they have justified and rationalized these adverse thoughts and feelings by believing that they need to be this or that way for their own survival. Such a conclusion, of course, led to the establishment of another characteristic of the negative state — self-deception and deception of others.

Thus, from this kind of adverse material the pseudo-creators built the pseudo-human mind, with its three regions and nine degrees. Within the pseudo-inner mind, these pseudo-creators placed all experiences and knowledge acquired by plant and animal life in the process of their own evolution on planet Earth. They also placed in the pseudo-inner mind their own desires to rule and take over the entire Creation from the Most High, as well as the animalistic ignorance of anything positive, good and spiritual.

With this pseudo-inner mind they encapsulated and closed off the true Inner Mind. It was achieved in such a manner that whatever was positive, truthful and good coming from the true Inner Mind, would be captured by this pseudo-inner mind. There it would be perverted, polluted, contaminated and poisoned by all adverse, false experiences and knowledge. In this form it would inevitably be transmitted into the pseudo-interior mind. (Now, please, remember, that all these experiences and knowledge of the pseudo-inner mind are ever false, because they are not contained in, nor were they ever experienced by true humans.)

Chapter Two

The pseudo-interior mind uses these pseudo-experiences and pseudo-knowledge to encapsulate or to close off the true interior mind and its true mentality. It does so also for the purpose of perversion, contamination, pollution, falsification and poison of all that which is transmitted by the true interior mind. Therefore, in the pseudo-interior mind, a distorted, perverted and a false mentality is produced and then transmitted to the external mind.

The external mind is used to encapsulate and close off the true exterior mind of humans. It also perverts, distorts and mutilates proper and correct human behavior involving actions, attitudes, relatedness and a lifestyle which continuously flows from the true exterior mind. Thus, we come up with false behavior and false actions; deceptions, dishonesty; a perverted style of life and all other things which we know from our own experience and from experiences of humankind on this planet.

By totally encapsulating the true human mind, with all of its true regions and degrees, presently existing humans are placed into a position of total ignorance that such a true human structure ever existed or exists. This ignorance, of course, is a foundation on which all unconscious processes thrive and feed.

The other important thing which was accomplished by this act was that, if we have no knowledge and if we have no direct experience of the true human mind, we will not only deny the existence of this true human mind but we will inevitably consider the fake pseudo-mind to be the only true reality and we will start to derive everything from this fake pseudo-mind.

From this position, we can see that presently existing humans on this planet have been born into this world without any knowledge of that which is really true and of that which is really good. Therefore, all their conclusions about themselves; about their life; about spirituality; about God and about everything else, are either totally false and unreal or they are perversions, distortions and mutilations of the real state of affairs in this and any other respect.

I hope that from all of this, which has been said thus far in this book, you now have some degree of knowledge and understanding of what you really consist of and of how many levels and aspects there are in you.

Knowledge and understanding of these things are a necessary prerequisite in understanding yourself better, in knowing yourself better and in understanding what is going to follow beyond this chapter.

Who Are You And Why Are You Here?

From all of this, which was so far revealed to you, important questions arise: 1. What is your place and position in this universe and, 2. in relationship to others? 3. Do you actually live in a genuine and true world?

First, let us start with answering the third question: Do you really live in a genuinely true world? Certainly by now, you must agree that the answer to this question is a big, "No!" We do not live in the real and genuine world and universe. With the above described equipment which we have (ninety-five percent fake mind, leaving only five percent of the real mind) we could in no way fit and survive in the real world. If we live in the illusions and delusions of reality, we are unable to see and to experience true reality. Hence, if we believe our illusions to be true and genuine, we automatically deny existence of whatever is true and genuine.

This attitude, and the acceptance of this attitude, threw us out of the true and genuine world and Creation, into the so-called zone of illusions and delusions, the zone of evils and falsities. We were also thrown out, into the zone of love for externals and love for our own pseudo-mind.

In this connotation, self-love means, that you love and agree with your pseudo-mind, considering it to be the only reality. And love for this world (in this connotation) signifies that you rely only on your externals or your conscious external mind and on the things which give pleasure and delight to your physical senses and things like that. With pseudo-loves of this sort, you cannot survive for a moment in the true world and the true universe; for here, all is ruled by the real love of others, and by the real love of God, and by the real love of your own true self. This kind of love constitutes its truth and wisdom.

You cannot survive in that true world simply because your pseudo-world and that world are in continuous opposition to each other. For you to be there, it would be like taking fish out of the ocean and putting them on the beach. Fish cannot breathe the same air as you do. In your presently existing condition, you cannot breathe the pure air which real people in the real universe breathe. Simple as that.

As you remember from the first chapter, when the pseudo-creators activated the negative state, in the process of that activation, a tremendous warp and disturbance occurred in the fabric of Creation. This warp swallowed them and threw them out, with everything they possessed into the empty Zone of Displacement. This zone has always been maintained parallel to true Creation. It is sustained by true human

Chapter Two

ideas showing that humans have freedom of choice to reject and deny the spiritual laws of the Most High and the Most High Himself/Herself and to start to derive everything from themselves. Of course, a true human being would never agree to actualize this kind of idea. Therefore, a true human being vigorously repudiates any need to do so while keeping his/her true mind pure and clean from any desires that reject these important spiritual principles. Once the true human being repudiates any need to reject the spiritual laws and the Most High, the need with its idea falls out of true Creation. From this kind of fall-out, the empty Zone of Displacement appears.

It was to this Zone of Displacement that the pseudo-creators fell out after they activated the negative state. This was done after they accepted that idea of free will to reject God and His/ Her spiritual principles and laws.

And this is where we all are and exist at the present time. This Zone of Displacement accompanies all worlds, universes, dimensions and states wherever true people live. All true people continuously repudiate the need to actualize the awareness of ideas that they may choose to reject God and spiritual principles. For this reason, the Zone of Displacement exists in a parallel manner to the true spiritual world where it is called “hells,” to the intermediate world, where it is called “intermediate hells,” and to the natural or physical world where it is called “external, or natural hells.”

Therefore, at the present time, as you read these words, you are living in the Zone of Displacement of the natural world, but more particularly in the Zone of Displacement of the real planet Earth, which zone is called a natural hell. Thus, you don't live on the real Earth, in the real universe as you have believed and thought to be the case up to this point. You live in a pseudo-world of negativity, evilness and falsities, that is, in the natural hells. In this world, everything is in a continuous opposition to everything that is and exists in the real world. Since this is a pseudo-world, everything in it is fake, illusionary and delusional. It is the world of insanity, sickness, wars, bloodshed, violence, and all other kinds of atrocities and abominations. For some reason or other, from your own free will, you chose to enter into and participate in all its events.

From the presently existing position, in which you so uncomfortably find yourself, after reading these words, it is obvious that there is a serious reason why you are here. Also, there is a definite reason for the

Who Are You And Why Are You Here?

particular place, position and experiences which you have in this pseudo-universe, in this natural hell and in relationship to others.

You are here with a very specific and unique mission or assignment. It determines the place and position that you occupy here at the present time and the type of people and situations you choose to associate with and experience. There are strong reasons for everything that has, and will be happening to you during your stay in the Zone of Displacement. (Again, for a better understanding of the structure of the Zone of Displacement, I would like to refer you to the book called “Four Concepts of the Spiritual Structure of Creation” and to chapter thirteen in the book called, “Reality, Myths and Illusions.”)

Now, how to determine and find out what your place, position, mission, assignment and purpose of life is in this Zone will be shown to you in Chapter Four of this book.

From all that you have learned so far, an interesting question arises: Did you really start your present life on planet Earth or in its Zone of Displacement? Under presently existing conditions on this Earth, and with the currently existing structure of your mind and body fabricated by the pseudo-creators, is it at all possible for anyone to directly come to this Earth?

You have probably already figured out that the answer to this important question is a big, “No!”

But then, how do people come into this zone and situation at all? Moreover, how and where does their individual life begin?

There are seven ways by which presently existing people on Earth originate:

The first way is by a specific idea which occurs in the Absolute Mind of the Most High. The Most High initiates an idea regarding the situation on planet Earth. (Whenever I speak about planet Earth in this book, it always means the Zone of Displacement of the planet Earth where we live, and not the true planet Earth.)

That idea needs to be projected into and placed on this planet to do specific work for the Most High. When such an idea is initiated in the Most High, the Most High asks this idea if it is willing to volunteer to come into its being and existence on planet Earth for the specific purpose related to this important work. Is this idea willing to appear as a human being under the conditions which exist there and into the frame or the

Chapter Two

physical form which was fabricated by the pseudo-creators in the hells? Of course this would put tremendous limitations, restrictions and blocks on it that no one could ever even imagine. Would this idea want to limit and restrict itself to the five percent of truly spiritual and human, yet accept the ninety-five percent which was fabricated by the pseudo-creators from animal life?

All of this is asked with the understanding that it is only a temporary situation. In other words, the idea will spend a brief time on Earth (no longer than from one day to approximately one hundred years in Earth time). At the conclusion of this period, the idea will continue to live as a unique, conscious and self-aware being, even into eternity in a positive state if it chooses so. The question is also asked with an important understanding that this idea, conceived as a human being on Earth, will not remember anything about this choice and agreement, its assignment and mission for a certain period of time. That mission and assignment is very often fulfilled by the type of person it will become there, by the type of life it will lead there, by the type of experiences it will have there and by the problems this idea will manifest there.

When all of these questions have been asked of the idea, it is shown clearly the purpose and need for such a life, for such experiences and for such problems. If this specific idea fully agrees with the specific purpose and need outlined, then, and only then, is it endowed with the spirit of life from and by the Most High. Once endowed with this spirit of life the idea becomes an individualized, unique, living, self-aware, self-feeling being. Then, the entity stays for some time in the spiritual world, preparing for birth into this world through negative means, or through the animalistic physical birth in the mother's womb.

This type of preparation usually consists of experiences and learning everything positive and good which exists in the spiritual world. It is also time spent in the acquiring of special abilities, tools and knowledge which relate to the structure of the human mind as reflected in the five percent previously described.

You have to remember, this structure was available to that spirit in the ninety-five percent of its totality. The spirit then learns how to survive with only five percent of that totality, that is, how to properly utilize the five percent for remaining a spiritual being. This is not easy to accomplish at all.

When this learning process is completed the spirit is then placed in a specially designed, very specific, intermediate world by the Most High.

Who Are You And Why Are You Here?

This world is positioned between the spiritual world and all regions of the Zone of Displacement. Here this new spirit undertakes a second step in his/her training, in preparation for entering the harsh and dangerous natural world of the Zone of Displacement. In this specific intermediate world, which consists of many universes, galaxies, solar systems and planets, the spirit is exposed for the first time to the negative state. Special instructors and teachers exist there, those who know very well from their own experiences the true nature of all hells (all regions of the Zones of Displacement). They also have a direct access to both the heavens (the true spiritual world and other true intermediate and natural worlds) and to all hells (all inhabited Zones of Displacement) including the planet Earth. These instructors or teachers gradually expose the spirit in question, to all aspects of the negative state, all evils, falsities and its problems. Here, the spirit is placed in all kinds of situations, conditions in which he/she can experience the impact of the negative state on his/her own skin, so to speak. These experiences with the negative state are acquired by that spirit in the full knowledge of their purpose and needs. They are accomplished with the full ability to compare them with experiences acquired in the positive state.

As you see here, in the first step of the spirit's preparation to enter this world, the spirit learns and experiences only things which are positive and good, reflected by the nature of the positive state. In the second step of preparation to enter this world, the spirit is exposed to, and experiences all aspects of the negative state consciously comparing it to all aspects of the positive state.

If you would like to determine in Earthly time-units how long it takes for such a spirit to go through this preparation, you could say that the minimum period needed for such a purpose is seven years. The maximum time never exceeds four hundred years. Additionally, the exact time of preparation varies from spirit to spirit, depending upon the nature of his/her mission, assignments and length of time he/she will need to stay in this world.

In the process of this preparation, the spirit carefully determines in advance what kind of situation, style of life, type of genes and heredity, type of parents, type of economic, social, racial and political conditions, events and problems he/she will need to choose in order to successfully complete his/her mission in this world.

After this important choice is made, the spirit goes through experiences concerned with the specific problems which he/she will determine to have on planet Earth. This is done through the entity's

Chapter Two

being placed on various planets of the Zone of Displacement of the intermediate world where all such experiences are available to him/her. Again, these negative experiences are acquired with full conscious knowledge and awareness of their purpose, need and goal, and always in comparison to the positive state.

After all of these experiences are acquired and the training is finally completed, the spirit is shown in a moment of time, in all minute details, what kind of life he/she is going to have on the planet Earth. This also includes any other regions of the Zone of Displacement to which that spirit agreed to be incarnated or sent by the Most High.

Once the spirit is fully and consciously aware of all of these facts, it is asked carefully to reconsider his/her choice. At this point, the spirit is allowed to change his/her mind. No change of mind is possible in this respect however, after the spirit enters this world, unless, of course, such change was agreed upon before coming to this world. If the spirit decides that it does not want to go through with this assignment, he/she is presented — without any prejudices — with various other choices for his/her own continuous spiritual progression, one from which he/she chooses and to which he/she goes.

However, if the spirit agrees to proceed (which he/she usually does) he/she is prepared for incarnation on planet Earth. At this time, the spirit is again told that no conscious memories will be available to him/her about any or all of these choices or experiences. This will be the case as long as he/she stays on planet Earth. It will last, either for his/her entire life-span on this planet or for some time until he/she is ready to recall it safely, that is, if that was the choice and if the purpose of his/her mission requires such a recall.

After all of this is done, the spirit synchronously steers the two people on Earth (for which those two people also volunteered) to proceed with impregnation in order to prepare the physical body as it was originally fabricated by the pseudo-creators for that spirit. This was done in preparation for his/her entrance into this world. In the process of conception and of the animalistic physical birth, by this very process, all memories of these experiences, knowledge, events, and of the true human mind and all other things (whatever you have) are obliterated from the conscious awareness of that spirit. They are placed in storage to be guarded as remnants of five percent of the true human mind. These remnants are now totally iron-clad, encapsulated and closed off.

Who Are You And Why Are You Here?

Thus, you are born into this world in total ignorance of all of this and everything else, as well as into a total helplessness and dependency upon others, without any awareness or knowledge of anything spiritual or anything else for that matter.

From the moment of your birth, your pseudo-mind is activated and put into the foreground. Here, it starts to dominate your Earthly life. Usually you have no idea that anything else exists other than the pseudo-mind. Now and then you catch some glimpses about all of this in your dreams and in spiritual hypnotic trances (you will learn more about spiritual hypnosis later on), in deep meditation and in similar states. Yet, in most instances, you believe them only to be a figment of your imagination. You will tend to discard these experiences as of no use to you. People around you generally laugh at such experiences. Very often they consider them to be a sign of craziness. So, in order not to be considered crazy, you are inclined to either laugh at them yourself or suppress them from your conscious memories. This is how you are continuously trapped by the negative state.

During such momentary dream-like experiences of these events, you may experience the memory of something important which previously happened to you, but an event of which you have no record of occurrence during your present Earthly life. From such experiences, foolish people developed a theory of reincarnation. It was conceived to make you believe that you were on this Earth before. Followers of reincarnation do not realize that those experiences could never happen on this Earth, but that they were rather experienced and lived by you during your training period in the specific intermediate world. As you remember, from what was said about your training, you were exposed to many events and experiences on various planets of that specific intermediate world. These planets are in a corresponding proximity to this place, and are usually associated with the same corresponding names that we use here (remember the law of correspondences briefly described in the previous chapter?) So, from this influence, you get a false idea that you were here before. If you want to know more about why there is an extreme spiritual danger in believing and accepting the idea of reincarnation, read chapter four of the "Four Concepts of the Spiritual Structure of Creation." The topic of reincarnation is beyond the scope of this book. It is only mentioned here to illustrate how the negative state continuously traps you into believing in falsities which have no true reality and which are only appearances of the true reality.

The second way by which people come into this world is as follows: two individuals (one male and one female) in heavens (the positive state),

Chapter Two

in the process of their spiritual sexual intercourse, at the moment of their mutual spiritual orgasm consequently give birth to a new and unique idea.

This new and unique idea is very often related to the ways and means to help in eliminating the negative state. Or, it is related to something which concerns the situation on planet Earth and/or other regions of the Zone of Displacement, and their desperate spiritual needs and balancing. Once this new and unique idea is formed, it is first asked by the Most High whether it wants to be, and to exist of its own free will and choice. If the idea does not (a remote possibility), it is transformed into a universal spiritual energy without ever becoming an individualized life-form. If it does agree, which is usually the case, it is then endowed by the Most High, and from the Most High by this unique and specific spirit of life. Then it becomes a unique, living, self-aware and self-contained individual being.

After that, if this original new and unique idea was born for the purpose of incarnation on planet Earth, it goes through the exact same training steps and procedures as previously described.

A third way by which people come to this world, is through volunteering. Someone in the positive state of heaven or in the positive state of any other world of our true universe, who already was created a long time ago, and who resides as a fully mature adult in one of those worlds, volunteers to be incarnated on this planet. This type of volunteering is either by that person's own idea and request, or by request from the Most High to undertake a specific mission and assignment in the negative state, or to become a special agent for the Most High in the negative state.

Once this volunteering takes place or the agreement is given by the Most High to this request to become a volunteer, this entity is dropped off, so to speak, onto that specific intermediate world, where he/she undergoes exactly the same training steps and procedures previously described.

The fourth way by which humans come into this world is similar to the second way, except that the idea comes from two, totally alien life-forms who have nothing in common with this universe or with human beings. They usually reside in some completely different universe, a dimension of which we do not even have a remote image in terms of appearance or function. These alien beings give birth to a new idea. This idea somehow relates to a desire to help us in the process of eliminating

Who Are You And Why Are You Here?

the negative state, or in combats during fierce spiritual wars going on between positive and negative states.

Once the idea agrees with its purpose, it is endowed with the spirit of life from the Most High. After some time spent in its own universe, where it acquires full knowledge of the structure of its own universe and of the specific quality of the positive state in its own universe, the entity is then projected by special spiritual ways and means into the positive state of the heavens of this universe, particularly to the New Heavenly Society. (On the New Heavenly Society, see “Messages From Within” and “Reality, Myths and Illusions.”) The entity stays there until it learns everything about the specific quality of the positive state of this universe as compared with the specific quality of the positive state of its own universe. After that, the being is dropped off onto that specific, intermediate world, where it undergoes training in steps and procedures in the exact manner already described.

The fifth way by which people come into this world is similar to the third way. In this procedure, some alien beings from some other universes, galaxies and planets who have already been created a long time ago, volunteer to come into this world to help out with their ideas. Once their volunteering is accepted by the Most High, they are transferred by special spiritual means and ways to the New Heavenly Society of this universe in the heavens. Presently, they acquire experiences and knowledge of the specific quality of the positive state of this universe as compared to the specific qualities of the positive state of their own universe. When this step is completed, these beings are subsequently dropped off in that specific intermediate world. There, in the process of their training, they undergo the exact same steps and procedures as described above.

The sixth way people incarnate into this world is as follows: Two negative spirits (pseudo-male and pseudo-female) either in the spiritual world (in hells) or in the Zone of Displacement of planet Earth, or in any other region of the Zone of Displacement, in the process of their evil and negative sexual intercourse give birth to a new and a unique idea. This idea concerns the continuation, maintenance and perpetuation of the negative state throughout the Zone of Displacement.

You see, spirits in the negative state desire nothing more than to perpetuate into eternity the being and existence of this negative state. For this reason they fabricate all kinds of ideas of this nature.

Once this new unique idea is born, it is presented with the choice to be or not to be, to exist or not to exist for such a negative purpose. Unfortunately, this idea usually does agree. Once it agrees, the scientists of the hells, by special means and ways stolen from the Most High and from the knowledge of correspondences (containing the secret of life-making), then induce through magical and other means, a pseudo-spirit of life into that idea. Consequently, the idea is vivified and becomes a self-contained, living, self-aware and unique negative spirit.

As you remember, when the pseudo-creators established themselves in the spiritual world, or to be specific, in the Zone of Displacement of the spiritual world, called hells, they brought with them all knowledge of correspondences, time travel and of the entire structure of the original true human mind. This knowledge was taken away from them by Jesus Christ, the Most High. After His crucifixion, Jesus Christ went into the hells. There He gathered all pseudo-creators from various locations and locked them up in one place. This isolated them from the rest of Creation and from the rest of the Zone of Displacement. This was done so that they could never again influence anything and anyone throughout the entire Creation and the Zone of Displacement.

At the time of Jesus Christ's incarnation to this planet, the pseudo-creators were so strong and numerous, that with their cunning magical abilities and the immense knowledge available to them (gathered through many millions of years), they spread out to all corners of the Most High's Creation, even to the highest heavens of the spiritual world. This situation endangered the entire Creation so that no one could stop them whatsoever. They were succeeding in their plan to take over the entire Creation of the Most High, to establish themselves as gods and uncontested rulers of the entire Creation.

In order to put a stop to this expansion of the pseudo-creators, it was necessary for the Most High personally to take steps and to proceed with the second phase of His/Her Grand Plan. The Most High was the only one with the ability and knowledge to stop them. If the Most High, in His/Her Absolute State and Condition, even came close to the pseudo-creators or to the negative state, by His/Her very presence and glory, the pseudo-creators would eternally perish. None could remain alive. Such a situation would be contrary to the Most High's Absolute Essence and Substance which is pure Love and pure Wisdom. Pure Love and pure Wisdom does not destroy, it only gives life for the purpose of sharing that Love and Wisdom. Such is the true nature of true Love and Wisdom — to share its essence and substance with others. This is the reason why the Most High created the entire Creation, so that He/She can share with

Who Are You And Why Are You Here?

everyone that Love and Wisdom. So, in order for the Most High to put a stop to this expansion and this prevalence of the negative state over the positive state, which existed at the time of Jesus Christ's incarnation on this planet, it was necessary for the Most High to come in contact with the negative state without destroying or annihilating anyone who was identified with that negative state.

For this reason, the Most High Himself/Herself, decided to volunteer to incarnate on this planet through exactly the same ways and means in which other people had incarnated. The Most High, designated two people on this planet to serve as parents, through whom He built a very specific physical human body. It was the frame or the form originally fabricated by the pseudo-creators.

The Most High, then entered that body by virtue of certain aspects of His/Her Spirit, and was born as Jesus Christ in time and space, according to the animalistic manners and ways of physical birth as originally fabricated by the pseudo-creators. In that body, from its ninety-five percent of animalistic characteristics, and from the totality of all the negative experiences of all humankind (contained in all the genes of such a body) the Most High was able to experience the entire nature of the negative state in its totality. As you remember, everything is contained in the pseudo-mind, all that has ever been experienced in the negative sense by all plants, animals and humans, previously fabricated by the pseudo-creators during those many millions of years. That body was also able to temper considerably the presence of the Most High within, so that no one would perish in the negative state because of the Most High's presence. The Most High's incarnation on this planet was under the name of Jesus Christ.

After crucifixion, Jesus Christ entered the Zone of Displacement of the other worlds, particularly of all the hells, brought them under His domain and subjugated them. Eventually, He put them into order, eliminated the knowledge of time-travel possessed by the pseudo-creators and any other knowledge of that nature they possessed. Then He restricted the use of that knowledge only to the ability to utilize the five percent of the true human mind, made available to them from the original endowment from the Most High. Such use would allow them to vivify, and give life to their negative, newly born ideas. This allowance was necessary in order that the negative state could fulfill its purpose and the mission for which it was allowed to come into being and existence. After all, it was permitted to come into being and existence in order to answer that original, important, vital and crucial question formulated in the first chapter: "What would happen if the origin of life

Chapter Two

could be explained by the so-called physical laws and natural processes of matter without the involvement of any spiritual laws, the spiritual world or the Most High — the Creator? What would life be like without any spirituality, or if you were to derive spiritual principles from matter and nature, instead of seeing matter and nature as a product, the outcome of spiritual laws and principles?”

So, this is how the hellish spirits are capable of producing life-forms of various kinds. They are also capable of inducing the spirit of life into their negative ideas which become spirits and subsequently, human beings. Likewise, it shows how they fabricated and continuously fabricate all kinds of destructive and dangerous plants, viruses, germs, bacteria and animal life forms.

After such a negative idea is vivified and becomes a negative spirit, it is placed into the special Zone of Displacement of the intermediate world. There it undergoes a thorough training in preparation for its incarnation on the planet Earth. The training of negative spirits is considerably different from the training of the positive spirits in the specific intermediate world.

Negative spirits do not need to learn how to be negative or how to have problems. It is their life to be that way. Instead, they have to be trained in how to pretend to be good, to be positive and to tell the truth, while at the same time to plot the destruction of everything good and true available on this Earth in those people who are incarnated from the Most High and from the positive state.

As you see, planet Earth is a battleground upon which a fierce, spiritual war is fought between positive and negative forces. There are many other things in which that negative spirit is trained to accomplish its mission on this planet. The main purpose of this mission is the perpetuation, continuation and maintenance of the negative state throughout the Zone of Displacement.

Once the training of this negative spirit is completed, it is incarnated on this Earth in exactly the same manner as anyone else. This is done through the physical, animalistic birth from the mother’s womb, with the obliteration of all conscious memories of where it is coming from and for what purpose it is coming to this planet. This is so, because even these kinds of spirits constantly have present in them the ability to exercise freedom of choice. They can change and they can defect to the positive state if they choose to do so from their own free will. This is one of the reasons why the Most High sends volunteers here from the positive state

Who Are You And Why Are You Here?

to help the agents of the negative state to convert to the positive state. This is one of the ways in which the Most High slowly and gradually, step by step, eliminates the negative state.

The seventh way by which people incarnate on this planet involves someone who is already in being and existence in the Zone of Displacement in the hells, one who has never been incarnated on this planet, and one who volunteers to be born on Earth. This is done for the purpose of blocking and interfering with the assignments and missions of the agents of the Most High, who are constantly present on this Earth. The reason for their incarnation is to also maintain, perpetuate and continue the negative state on this planet into eternity. After spirits of this type volunteer for their own mission, they are subsequently placed into the specific Zone of Displacement of that specific intermediate world. There they undergo a very thorough training in preparation for entering this world to succeed in the completion of their mission.

These are, then, the main ways and means by which people appear on this planet. For more on this issue, see chapter sixteen of “Reality, Myths and Illusions.”

Now, in a general sense, you know, if you really want to know, how you got yourself into all of this mess existing on planet Earth. For the proper understanding of your life and of who you are and why you are here, and from everything thus far revealed in these two chapters, a very important conclusion has to be made in the following points:

I. YOU ARE HERE BY YOUR OWN CHOICE AND FREE WILL. THERE ARE NO CHANCES OR ACCIDENTS.

The most important, vital and crucial conclusion is that we are all here by our own free will and by our own free choice including the choice not to remember that we chose to come here. This choice is not just a choice of our general agreement to come here. Instead, we choose every minute detail of our Earthly life, including all of our problems, miseries, sufferings, accidents, incidents, the type of parents, the type of heredity, the type of place, style of life and whatever we have. There is not any exception or exclusion to this rule. Whatever is happening to us at any moment of our life can happen only because we chose it to happen for various important spiritual reasons. We are not consciously aware of those important spiritual reasons. Neither are we consciously aware of the fact that we chose it to happen.

In view of this fact, it is obvious that there are no chances, no accidents, no statistical probabilities which would not be the result of

some kind of free choice. The statistical probability appears only in that some people chose to be participants in the same so-called accidental event. (For example, they may have chosen to be the victims of a commercial jet plane crash, or in a freeway multiple car accident, or in a devastating hurricane, and in similar situations.)

Any chances, accidents, incidents and similar matters, if they could occur, would utterly violate the major principle of life; your freedom of choice. You would become only a rag doll in the hands of the cruel destiny of chance and probability. There are no such things in the Most High's Creation. Even in the negative state, free choice is always present, because after all, the negative state was activated by someone's choice.

This conclusion also very clearly implies that you are fully responsible for whatever is happening in your life, whether you are or are not consciously aware of it.

But the word "choice" also implies that every choice gives you an eternal opportunity to make another choice which can lead you away from the negative state.

II. THE NEGATIVE STATE IS NOT FOREVER. YOU MAY CHOOSE TO CHANGE YOUR CONDITION.

The negative state was activated only under one condition: whoever participates in the negative state, no matter where or how deep in the hells, and no matter how strongly one is identified with the negative state and loves it, one may choose to recede from the negative state. Here, one may choose to convert to the positive state and stop one's identification with, and love for the negative state.

This is also true about all people on planet Earth. Whatever you chose, you can "unchoose"*** as long as it does not violate your choice to learn something important from the choice you are attempting to "unchoose." In the moment the lesson is learned, for which you came here in the first place, you are entitled to make a fresh choice that will lead you gradually from the negative state of problems, evils and falsities into the positive state of no problems, goodness and truth.

***Footnote: I am aware that the English language does not contain the word "unchoose." I would like to take this opportunity for introducing this word into English. In the connotation of this book's content the word "unchoose" signifies everyone's ability to abolish a previously made choice, or to choose not to choose that choice any longer.

Another condition under which the negative state is permitted by the Most High to be activated is that it will continue only for one cycle of

Who Are You And Why Are You Here?

time and not into eternity (or forever as some literal statements in the Holy Bible imply). The Holy Bible in its literal sense speaks in apparent or seeming truths and not in real truths. The apparent or seeming truth is that the negative state will exist forever or into eternity (hells). However, the real truth which is contained in such statements, is that the negative state can only exist forever as a potentiality. That is to say, you can always, into eternity, choose to be evil and negative and to utilize that idea of your free choice to reject and deny the existence of the Most High and His/Her spiritual principles. This principle of free choice gives the negative state the potential to exist forever.

After all, as you have learned from the above, the occurrence of that idea in your mind and your refusal to actualize it, maintains the empty Zone of Displacement in constant readiness. You can fall out into it, should you choose to actualize that idea and lead a life that rejects the Most High and everything spiritual. Because that idea can never be taken from you, the Zone of Displacement will always exist. This is so, even though it will be empty or deactivated as long as you have no desire to put that idea into practice. This is how you are advised to understand some statements in the Holy Bible that imply that you will be in the fire of the hells to eternity if you are a sinner and an evildoer.

What kind of justice would it be to punish you with the eternal fire of the hells for something which you did during your short Earthly lifespan?

When the original people volunteered to activate the negative state, the promise was made by the Most High to them, and to all of us who participate in it, that the negative state's existence in activated state and condition will not exceed more than one cycle of time. One cycle of time, in Earthly time unit measurements, lasts approximately one quintillion years (see details in chapter three, the "Four Concepts of the Spiritual Structure of Creation"). However, the promise was also made by the Lord Jesus Christ, who is the Most High, that for the sake of the positive state and the people who volunteered to come into the negative state from the positive state, the current cycle of time will be considerably shortened. Thus, the negative state will not be allowed to be in an active and dominant state, condition and form, even for one full cycle of time.

It is important for you to understand the difference between the two forms of the negative state and condition. One form is the state of dormancy, an inactive state, and the other is the state of activation and dominance. When the Bible speaks about the eternal continuations of hells, it speaks from the position of the inactive and dormant state of the

Zone of Displacement. It is always ready to receive anyone who is willing through free choice, to accept the idea that the Most High does not exist, a notion that one does not need anything spiritual in order to live, to be and to exist.

III. FROM YOUR BIRTH YOU ARE EQUIPPED WITH SPECIAL TOOLS, MEANS AND ABILITIES FOR OVERCOMING ALL OF YOUR PROBLEMS OR THE NEGATIVE STATE IN YOU.

In order for everyone to be able to choose to recede from the negative state and its evils, falsities, miseries and problems, whoever is entering into any region of the negative state is equipped with very special tools, means and abilities. Anyone who chooses to use them can get in contact with the truly human five percent within us. There the Inner Mind is and there the Most High is waiting to be approached and to start the process of spiritual transformation and elimination of the negative state and its nature from our lives.

Do you remember when we mentioned that the pseudo-creators had no choice, if they were to succeed with their plan, but to use some original elements of the true human which were directly created by the Most High and that they used five percent of that? Well, they knew that that was the weakest point in their effort to fabricate the pseudo-humans but, nevertheless, it was the only possible way to do it.

That original structure in us, no matter how small, provides us with continuous opportunities to use those tools, means and abilities for breaking through that iron clad wall of the pseudo-mind which encapsulates our true human mind and to start to eliminate that wall. In chapter four of this book you will learn about these tools, means, ways and abilities that you have and how to use them to do just that.

IV. YOU ARE HERE TO ILLUSTRATE A CERTAIN ASPECT OF THE NEGATIVE STATE IN YOUR UNIQUE MANIFESTATION FOR THE LEARNING OF ALL IN THE ENTIRE CREATION.

Everyone of us, no matter by which of the seven ways we appeared on this planet, came here with a very important purpose to learn something about the negative state and to be a living, experiential and vivid illustration of some aspects of the nature of the negative state. It doesn't matter whether you will or will not be consciously aware of this fact as long as you stay on this planet. It will become apparent to you once you are off this planet.

Who Are You And Why Are You Here?

We also have to be aware of the important fact that the **majority of people on this planet, since activation of the negative state, have volunteered to serve as illustrators of various aspects of the nature of the negative state, not by conscious awareness of it but primarily by their style of life; by the type of personality and heredity they chose to have; by the type of problems, miseries, sufferings, diseases, illnesses they chose to have; by the type of behavior, attitudes, relationships they established; and by the type of work or profession they are engaged in; and primarily, by the way in which they cope with everyday life problems.** This is the major assignment and mission that we all agreed to undertake. This is one of the reasons why each of us are so different, even during our stay in the negative state.

We also have to be aware of the fact that the negative state cannot exhaust its usefulness to Creation for the purpose of answering that question, which was revealed in the first chapter, until it fully manifests its entire nature. This is the reason why so many trillions and trillions of people have to be involved in it. Every single person illustrates one aspect of the negative state in his/her unique manifestation. No one knows but the Most High knows how many aspects there are in the negative state. But in the moment all its aspects become apparent and illustrated by living examples of all those people who volunteered to participate in these acts, the negative state once again will be deactivated and put in a dormant condition. However, we know now for sure that the negative state will exhaust its usefulness within one cycle of time which will be considerably shorter than usually is the case.

V. THE MOST HIGH IN THE FORM OF JESUS CHRIST EXPERIENCED THE NEGATIVE STATE AND SUBJUGATED IT.

The most important issue here is to realize that the Most High Himself/Herself volunteered by His/Her own free choice to become a human being in the form of Jesus Christ. The Most High wanted to experience personally the total nature of the negative state in the physical body fabricated by the pseudo-creators and particularly in time and space by which the Most High had never been limited. Such an act of the Most High was a necessary step for the purpose of salvation of the entire Creation from the expanding pseudo-creators who were prevailing at that time over the positive state. The Most High as Jesus Christ personally built, paved, and showed the path out of the negative state to the positive state to anyone who is willing to follow that path. Jesus Christ also personally illustrated how to do it.

Chapter Two

Although from the Most High's position of Absoluteness, He/She knows everything about the negative state, the Most High from that particular position could not experience the negative state. It is a different story to know about the negative state than to experience the negative state. If the Most High were to experience the negative state in His/Her Absolute State, the entire Creation would perish and no one ever could survive that situation. The reason why no one would survive that situation is that the life of Creation can be sustained only from the Absolute State of positiveness, that is from pure Love and Wisdom.

Any admission of experience of the negative state into the Absolute Condition abolishes the purity of that state and the Absolute Condition is no longer Absolute because it is not pure. At the moment the Absolute State ceases to be Absolute, it loses its capability to give life support to anyone. Thus, everyone would perish.

But, it is a different story if some aspects of the Most High's Love and Wisdom limit themselves by the concrete time and space which can never be absolute but only relative.

Thus, incarnation of the Most High into time and space and into conditions which were fabricated by the pseudo-creators, enabled Him/Her to have an experience of the totality of the negative state. This experience was acquired not from the position of His/Her pure Absolute State but from the position of relative time and space in the Zone of Displacement and from the body that was formed in the mother's womb in the manner and ways which were genetically and magically manipulated by the pseudo-creators.

The only way you can subjugate and put anything at all into order is by experiencing its nature and its disorderly mess. Without such an experience no subjugation and organization into order is possible. This is the reason why the Most High in His/Her physical form of Jesus Christ permitted Himself/Herself to be tempted by the pseudo-creators (devils and Satan). Through such severe temptation, even to the passion of the cross and crucifixion, He/She could fully experience the negative state and during that process He/She could accomplish His/Her mission to save Creation from destruction and to subjugate all hells by putting them under His/Her rule and domain. Up to that point all hells were under the rule and domain of the pseudo-creators. This is what one of the saving missions of Jesus Christ, among many other things, was all about.

Who Are You And Why Are You Here?

VI. A UNIQUE CONDITION IN WHICH YOU LIVE ON THIS PLANET.

The situation on planet Earth has a peculiar character. Because at least one-third of humankind incarnates on planet Earth from the positive state, it provides this particular region of the Zone of Displacement with a very unique condition. People, who come from the positive state, even though ninety-five percent of them become slaves to the negative state, have a constant intuitive feeling that something is not right with the whole arrangement on this planet. From that position they constantly maintain a certain degree of obscure spiritual awareness that leads to the origin of many religious forms that, until recently, consisted of a peculiar mixture of truths and falsities and good and evils.

Thus, on this planet a unique condition was established where good and evil and truth and falsities are mingled. This situation gives everyone who is here a dangerous ability to be a hypocrite. This means that you are capable of saying one thing but at the same time you are able to think, to will and to feel just the opposite of what you just said. You can say to someone, loud and clear, "I enjoy being with you immensely." But at the same time simultaneously you think and feel to yourself, "I cannot stand your guts; I wish that you would be gone," and so on. Nowhere else in the entire Creation does such a condition exist. On this condition, the true nature of the negative state can be illustrated the best. This is the reason why this condition was permitted by the Most High to be established on planet Earth.

As you will see later, this situation is a triggering device for many human problems and unhappiness.

VII. THERE ARE AMONG US AGENTS OF BOTH THE POSITIVE AND NEGATIVE STATES.

The presence of the special agents of the Most High throughout various regions of the Zone of Displacement and on this planet assures that these regions always have some living examples of what it is to be a truly spiritual being. These agents are like beacons of light that guide ships and planes in and through the darkness. They are illustrators, demonstrators and providers of a constant example that it is possible to find your way out of your present condition, that is, out of the negative state. By their particular lifestyle and a very calm, peaceful, patient, loving, wise, quiet and gentle attitude, they provide a good example of how to do that. Usually these agents don't talk much about it, they don't preach it to other people, they don't like to tell you what to do and how to

do things, but they simply live it and by living they serve as an example for you of what it is to be a truly spiritual being.

You can be assured that these agents of the Most High are usually just ordinary people in everyday life, very low-keyed, without any particular signs or loud announcements. Usually you do not find these kind of people in seclusion, in monasteries, in the desert, on the mountains, in traditional churches, in lotus position, dressed strangely, groomed strangely, eating and drinking strangely, and putting all kinds of restrictions, limitations and taboos on themselves and others. The latter type of people are usually agents of the negative state to mislead you from the true spiritual path under the disguise of spirituality in the name of God through the various foolish rituals. With perhaps a few exceptions, no true agents of the Most High are ever found among these types of people. Don't be taken in and misled by them.

VIII. THE TRUE PURPOSE OF YOUR LIFE ON THIS PLANET.

The true purpose of your life on this planet from this standpoint is to illustrate by your present lifestyle either some aspects of the negative state or to illustrate how to find the way out of the negative state or to illustrate both. The ultimate general purpose of your life is final deactivation and elimination of the negative state. The more specific purpose of your life on this planet is to find your way back home to the original five percent of the true human mind in you where the Most High is. In this respect, the true purpose of your life on this Earth is to make a conscious contact with the Most High in you, while you are in the negative state, and start to derive everything in your life from the Most High. Once you find your way to the Most High in you, you will discover from the Most High how to get rid of the negative state and its problems in you. This is how the negative state is deactivated and eliminated.

But the real intimate and private purpose of your life, which is what you are after, cannot be known to anyone but to the Most High and to you personally. This is the reason why you need to learn through this book how to make contact with the true Most High in your true Inner Mind and to find out what your private and personal true purpose of life is on this planet.

IX. YOU WILL BE ABLE TO CHECK EVERYTHING OUT IN YOUR OWN INNER MIND.

In order that you can start to truly learn who you are and why you are here and to fulfill the purpose of your being here competently, effectively and successfully and to be free from the slavery to the

Who Are You And Why Are You Here?

negative state, in which you most certainly are (just look at your own life up to this point), you needed to learn about these important, crucial, vital and new things which were revealed in these two chapters. Without this revelation, you could never properly and correctly learn who you truly are and why you are truly here.

And as mentioned before, once you find your way back home, to the five percent, to your true Inner Mind and to the Most High there, you will be able to check out for yourself whether what was revealed in these two chapters is true or not. You will be the judge of that. If you keep your mind open and if you approach the Most High in your Inner Mind in modesty, humbleness and humility, with a genuine desire to learn the real truth, uncontaminated truth, independently of your expectations, and your currently held belief systems, no matter what they are, “YOU SHALL KNOW THE TRUTH AND THE TRUTH SHALL MAKE YOU FREE.” (Gospel according to John, chapter eight, verse thirty-two.)

CHAPTER THREE

WHAT IS THE REAL ORIGATION OF ALL YOUR PROBLEMS, TROUBLES, BAD HABITS, SUFFERINGS, MISERIES, ILLNESSES, DISEASES, ACCIDENTS, INCIDENTS, AND ALL OTHER MISFORTUNES, LIABILITIES, SHORTCOMINGS, ET CETERA? WHAT KIND OF PURPOSE DO THEY SERVE IN YOUR LIFE? DO YOU REALLY NEED THEM? HOW DID THE NEGATIVE STATE REALLY ORIGINATE? DID EVE IN THE GARDEN OF EDEN REALLY EAT AN APPLE AND GIVE IT TO ADAM TO EAT, WHICH ACT SUPPOSEDLY STARTED ALL HUMAN MISERIES AND THE NEGATIVE STATE? WHAT DOES ALL THIS REALLY MEAN AND SIGNIFY? HOW CAN IT BE APPLIED TO YOUR OWN PRIVATE LIFE OR TO EVERYDAY LIVING?

Have you ever asked yourself the question, why is there so much misfortune on this Earth? Why do I have problems? Why do I occasionally get myself into trouble? Why have I developed bad habits? Why do I suffer and feel miserable? Why did I get involved in some kind of accident and why do all other kinds of misfortunes, liabilities and shortcomings happen in my life and in the lives of other people? Have you ever wondered what the reason is behind all these things and how they originated? What is causing them? I am pretty sure you have. But, I am also positive that you, in most instances, either get an unsatisfactory answer or a totally wrong answer.

The problem is that we all have a tendency to seek answers somewhere else where there are no answers. Because of this we come up with wrong, made-up answers which we then consider to be true answers. We have a tendency to explain or to believe that all these negative things, which occasionally happen to us during our life on Earth, are caused by some kind of external factors beyond our control, and that, personally, in most instances, we have nothing to do with it. However, even if this were true, which it is not, have you ever asked yourself why such external factors exist at all? And how it came about that you were the one affected by them, or were afflicted by them, and not your next door neighbor? Or that your next door neighbor was affected and you were not? Or why you were in that particular hour and in that particular place (wrong place, wrong time, wrong everything)

Who Are You And Why Are You Here?

where an accident or some kind of misfortune happened to you or to others? Why do all these kinds of negative, adverse and unfortunate things occur and exist, and why is mankind on this planet plagued with all these things, including all kinds of so-called natural disasters such as earthquakes, hurricanes, floods, droughts, severe winters and so on and so forth? Or why all that bloodshed and those devastating wars have been plaguing mankind since the first day of its recorded history?

Do all these things happen just like that, by sheer accident, without having any connection to the way we live, think, feel, act and function, without any choice to participate in most of them by our own free will? Or, without our saying so? Are you a helpless and dependent slave of all these misfortunes, and are they beyond your control so that you cannot do anything about them because it is the way it is, and things come at you seemingly without any expectation on your part or without your conscious invitation? What kind of mysterious forces are behind all of these atrocities and abominations that make your life and the life of humankind so miserable and lousy with constant fear of nuclear holocaust and the total destruction of life on the planet Earth?

Most people have a tendency to think that they are in no way personally responsible for whatever happens in their life.

If you read carefully and understood properly what was said in the two previous chapters, by now you know that your conscious unawareness of the causative factors of these negative misfortunes does not mean in any way that you are not responsible for things which are happening in your life. For some reason, at one point in your existence, you chose, by your own free will, to experience them together with a choice not to remember consciously for some time that you made such a choice.

When you tell people this fact for the first time, they find it difficult to believe all of this. But, once they succeed in getting in touch or in contact with their Inner Mind, contained in the five percent of the truly human in them, they are surprised to find out the real truth about this and any other matters.

So, the first important question is how do these kinds of atrocious miseries and sufferings come into being in a general sense in the first place? And the second important question is, how do they happen to you personally?

As you remember from the two previous chapters, the Most High — the Creator, did not originate or create any such negative or adverse

Chapter Three

things. The nature of the Most High is Purely, Absolutely Positive. Whatever is Absolutely Positive can originate only pure, positive and good things. However, the nature of the Most High is also Absolutely Free and Independent. It is also Absolute Pure Love and Pure Wisdom. And what is the nature of true Love? True Love wants and desires nothing more than to share unconditionally everything that it has with someone else. In such a sharing there is its Wisdom. But, if sharing is from Love to Share, it must be on the basis of freedom or on the basis of free choice to share and to reciprocate that Love and its Sharing. I cannot very well force you to love me only because I love you unconditionally. Such a forceful love would be unwise and, in fact, no love at all. It would be a sharing which would not be able to reciprocate anything. Thus, no sharing would take place in such a relationship.

The only way you can really experience Love and its Wisdom is when you accept that love from your free will, by your own free choice and reciprocate it with the one who has a desire to share it with you. Thus, any true loving can be only in freedom and independence. Such love does not force, does not demand, is not possessive or jealous and it does not enslave anyone. If it did all these things, it would not be true love but hatred disguised as love.

Because the nature of the Most High is such that it has to create the type of intelligent being with whom He/She can share His/Her Absolute Unconditional Love and Wisdom, and, because He/She is Absolute Freedom and Independence, the only possible way that the Most High can create intelligent beings, for the purpose of free and independent sharing, is with the sense and awareness of their own freedom and independence.

Thus, the first principle of such creation of beings is that you can create them only under one condition; you give them free will, freedom of choice to decide whether they will or will not accept that Love and Wisdom; whether they will or will not want to accept that Sharing; and, most importantly, whether they will or will not reciprocate that Love by starting to love in return. Only from such mutual Love and its Wisdom can a true relationship be established. This is true about anything including relationships among humans.

So, intelligent beings were created originally by the Most High with an inborn or in-created, so to speak, idea that they may at any time accept or not accept their Creator, acknowledge or not acknowledge Him/Her; share or not share with Him/Her; reciprocate or not reciprocate that love and love Him/Her or not love Him/Her.

Who Are You And Why Are You Here?

But, because all originally created intelligent beings were created by the Most High from His/Her principles of Love and Wisdom, they were created for Love and Wisdom. Thus, the condition for any intelligent life is to love and to be wise. You have to have some kind of love and some kind of wisdom in order to live. If you don't love the Most High you have to love something or someone else. If you don't love wisdom you have to love foolishness or things like that. It is Love and its Wisdom or love of not loving and its foolishness that constitute your life.

Another condition of such a choice, as described above, is that whatever you choose, results in certain consequences. Your choice, no matter what it is, brings with itself certain results and outcomes.

What are the results and outcomes of your choice, if you choose fully to reciprocate the Most High's unconditional Love and Wisdom? Because that Love and Wisdom is purely positive, the result and outcome of it is obviously purely positive; happiness, joy, delight, pleasure, contentment, satisfaction, peace, serenity, calmness, tranquility, richness, beauty, kindness, gentleness, tenderness, creativity, freedom, truth, knowledge, wisdom and many other innumerable felicities. Nothing else can be the result of such mutual, reciprocal love with the Most High.

On the other hand, what happens if you decide, from your own free will, to refuse to reciprocate that love with the Most High? What are the results of such a choice? By rejecting that love, you, of course, reject all its consequences and outcomes. That is, you reject all its felicities. But, in order to survive you must love something or someone. So, if you do not love the Most High and everything what the Most High offers and if you turn yourself against that Love, you will start to love something or someone else. You will start to love yourself for your own sake and you will start to love things which are useless, without any value and of an external nature; that is, you will start to love this world and all its negativity. This is the foolishness of such love.

So from this, you can see that from that rejection, that refusal to reciprocate the love of the Most High, you create from yourself, from your own free will, by the act of your own free choice, just exactly the opposite characteristics of the true love which are misery, sadness, unhappiness, evils, falsities, restlessness, ugliness, nastiness, meanness, anger, violence, hostility, guilt, wars, illnesses, misfortunes, perversions, accidents and all other atrocities and abominations which humankind on the planet Earth has in such an abundance. Thus, the result of self-love and love of this world is just that. Whatever negativity and evilness exists, it exists because of that act of rejection. But it was not the Most

Chapter Three

High who refused to share His/Her Love and Wisdom with you. Therefore, the Most High cannot be considered in any way to be the originator of such negativity, evils and falsities. It was you who rejected that reciprocity and sharing and by that act you became a fabricator of the negative state.

Thus, all negativity, evils and misfortunes of any kind without any exception or exclusion were originated by human beings, who at one point in their history, decided to experiment with the idea of what would happen if they were to reject sharing and reciprocating that Love with their Creator.

The consequence and the result of that experimentation was activation of the negative state and all its atrocities and abominations as it is so vividly illustrated in the entire history of humankind on planet Earth.

This act can be considered a general principle by which all human miseries, problems and sufferings, be they spiritual, mental, emotional, intellectual, sexual, physical or any others, originated.

But what about your own problems? How did you get them? Are they beyond your control? Maybe you agree that some of your mental problems are the result of some wrongdoing on your part but what about purely medical or physical problems or illnesses which are seemingly beyond your control? Do you believe that your body can originate anything independently of your spirit?

Do you remember from the two previous chapters of this book the statement that says that the Most High formed from the dead elements of matter on planet Earth a human body and that that body was not alive and functional until the Most High breathed or endowed His/Her Spirit into that body and by that act the Most High vivified that body? So what is it that is alive in the body? The body itself? It cannot be alive because it is always a non-living entity, dead elements of matter without any trace of anything living in it. It is the spirit in the body that lives and keeps your body in constant motion and functioning, giving you the false impression that the body lives by itself. Remember that example of the sunrise and sunset? We say that the sun rises and the sun sets but, in actuality the sun is stationary and it is the Earth which moves around the sun and around its own axis and that movement causes this illusion. The same is true about the body. We think in terms of our body being alive by itself but it has never been or never will be alive by itself.

Who Are You And Why Are You Here?

Instead, it is the spirit in your body that is alive and that wills, feels, senses, breathes, moves or whatever you have.

If this is the case, then, how come that body, dead in itself, can produce or originate any illnesses no matter what they might be? It is a gross illusion and error of medical science to feed you such foolishness for many thousands of years and to force you into believing that there is anything such as physical illnesses which your body can originate by itself. Whatever is dead in itself and by itself cannot produce or originate anything. Thus, any physical illness, no matter what kind, without any exception or exclusion, that might befall you, is originated in your spirit and is a physical symptom or a correspondence of a purely spiritual state of affairs in you. Something went wrong with your proper spiritual function which afflicted that organ or part of your body which directly relates or corresponds to that function. Since your spirit and soul is present in every cell and organ of your body, in order to keep it alive, if something goes wrong with that particular part of your spirit's function which is in charge of that part or organ of your body, that part or organ of your body will become sick to reflect the spirit's dysfunction.

Of course, this is true not only with physical illnesses but with all other negativity that you might have, such as bad habits, obesity, smoking, alcoholism, drug use, various sexual dysfunction, bad temper, delinquency, crimes, violence, wars and anything else. You name it, you've got it. They are all results and consequences of some inappropriate spiritual state of affairs either within one individual or within the entire society or the entire humankind.

But what about the so-called natural catastrophes and disasters which really seem to be beyond our control? These kinds of catastrophes and disasters are as much under the influence of spiritual laws as anything else. When a society as a whole consistently releases, into the external world of nature, only violent, negative, raging and adverse feelings, thoughts, actions and similar negative things, these things influence the movement of all physical elements and components. They are forced into forms of violent conditions that strike various parts of Earth seemingly unexpectedly, out-of-the-blue. No one realizes that these things are the result of humankind's negativity, violence, rage, and of the wrong thinking, feeling, beliefs, and actions of people as a whole.

From these explanations you can see clearly that, whatever is happening on Earth and with you personally and with other people, be it positive or negative, is the result of the spiritual state of affairs and of your own mind. It is always a result of your, either right or wrong

Chapter Three

spiritual choice of which you have, in most instances, no conscious awareness. False thinking, false feelings, false attitudes, inappropriate self-concepts, self-image, distorted views, opinions, attitudes, inadequate behavior, acts and similar things, which are of a spiritual origin, are what cause all your problems, miseries and sufferings as well as those of all humankind.

Of course, you can question how you can be responsible for all of these things if you have no conscious awareness of making such choices and creating such false attitudes as mentioned above.

The reason that you are responsible for all of this is because you chose, for certain important spiritual reasons, not to be consciously aware of these facts for some time. This choice makes you clearly responsible. So, what are the originating factors of all of your problems?

As you remember from the previous chapter, your present life did not start on planet Earth.

Under presently existing conditions on planet Earth, where the negative state is fully activated and dominates, it would be impossible to survive your direct entrance into this world without prior thorough training and preparation in that specific intermediate world which was created by the Most High for this specific purpose.

You also remember that during your stay in that world you were exposed to various experiences and aspects of the negative state. This was done from the position of being fully and consciously aware of what purpose and goal such negative experiences serve in comparison with the positive state, from the position of the positive state. You also remember, that no matter by which one of the seven ways you came to this Earth, you volunteered for some very specific and unique mission and assignment. In accordance with the nature of your mission and assignment, you chose all your future problems, no matter what they are (even to be born as a total idiot, for example), and your life style to the minute details at every step of your transient Earthly life. Only by going through your own personal experiences on this Earth, no matter how awful and miserable they are, can you properly, effectively and successfully fulfill your mission and purpose for being here. Whatever befalls you during your Earthly life is not only by your choice but it is, most importantly, for a very vital, crucial and decisive lesson about the various aspects of the nature of the negative state. And the learning is not only for you personally, but for the entire Creation. Thus, from your experiential life in the negative state, the entire Creation learns the

Who Are You And Why Are You Here?

answer to that crucial and important question which was described in chapter one of this book.

When you were in training on that specific intermediate world, you picked up the type of problems, miseries and sufferings or whatever you have, that you would have while on Earth and you identified yourself with all of them. You accepted them as yours. This acceptance made it possible for you to survive your harsh and extremely dangerous entrance into this world through inhuman, cruel and unnatural physical birth from your mother's womb. If you came to this world without experiences of those problems, which temper that harsh and dangerous entrance, you would be instantly annihilated by the onslaught of total evilness and falsities of the negative state that attack, viciously, everything positive and good. Thus, you needed to acquire and experience all these problems, which you would exhibit during your Earthly life, prior to coming here in order to be able to survive here.

From this fact you may now conclude that, whatever happens to you, from the moment of your conception to the end of your Earthly life, has never been a causative or originating factor of your personal problems and troubles, as psychologists, psychiatrists, psychotherapists, physicians and counselors would like you to believe. Instead, all those experiences with your parents and other people, or whatever negative experiences you have had, functioned only as the triggering factors for your problems. They triggered your problems, acquired in that specific intermediate world, in order that they could be manifested, reexperienced in this dimension and give you and all others in the entire Creation an opportunity to learn something very important.

You have to remember that the necessity to re-experience those problems in this dimension, in the Zone of Displacement of this planet, stems from the fact that in that world you experienced it with full conscious knowledge of the purpose, need and goal which they served. This was done in comparison to the positive state and from the position of the positive state. **Such an experience is not sufficient for learning because this learning does not take place from the position of the negative state but from the position of the positive state. The true learning about the nature of the negative state can take place only from the position of the negative state, that is from the position of ignorance.**

The reason why you acquired experiential problems in that special intermediate world was not so much for demonstration of the nature of

the negative state but for enabling you to survive your entrance into the ignorance of the negative state.

On the other hand, people who enter this world from hells (and we have more than two-thirds of humankind at the present time who came from hells), cannot survive either their entrance into this world without prior learning and preparation for how to temper their pure evilness and negativity. In this world they are exposed to the agents of the Most High who continuously radiate and emanate pure Love and Wisdom and Goodness and Truth of the Most High. This exposure would cause them such an anguish that they would instantly perish. In that process, from their pure hatred, they would destroy everyone else. The hells cannot allow this to happen because it would mean their own total self-destruction. This is also the reason why people who come here from the hells into this world must be very carefully trained and prepared. It is also important to realize that those people, who are coming to this world from the hells, are the ones who were originally fabricated by the pseudo-creators after the pseudo-creators established themselves in the hells. Thus, they never experienced any other state but the hells. They have never been on planet Earth before or on any other planets or any other place in the entire Creation of the Zone of Displacement for that matter. So they don't reincarnate, as some people would like to believe. But they are either initiated from the negative and evil idea of the two spirits of hells (which idea is, through the magical and various other mysterious means, subsequently endowed with life and becomes an individualized, self-contained, self-aware being) or some negative spirit who lived all its life in the hells volunteers for the first time to come here for a specific mission as described above. But because they live in total evilness, falsities and negativity, they do not contain anything positive and good. They consider this condition to be the only positive and good state. Therefore, they must be prepared and trained very thoroughly in order to enter this world where they would encounter for the first time contact with something positive and good. This positive and good is emanated and radiated by the special agents of the Most High on this Earth.

So, from these general considerations the question that you are asking, perhaps, is, "What kind of purpose, need, goal and learning do my personal problems and negative experiences, regardless what they are, or anything else for that matter, serve? How can I learn from all of this, and, do I really need to go through all of this?"

The answer to these important questions is that the purpose, need, goal and learning of your own private, personal problems and all kinds of experiences is known only to the Most High and to your Inner Mind.

Who Are You And Why Are You Here?

Thus, only you, personally, can find out about all of this as it is related intimately to you. You will be shown a step-by-step way and procedure to do just that in the next chapter.

You have to remember that we are all different and, therefore, we derive very different experiences, learning and manifestations even from the same type of problems and illnesses that we might have in common with others. For that reason it is impossible for me to tell you what your specific goal and purpose is, and the need for all of your experiences. I can give you only general outlines as illustrated in these and previous chapters. But, I can remind you of or trigger in you something that you have, that is a very special tool, means, ability or a gift from the Most High that you brought with you into this world for the purpose of being able to learn your own specific purpose and the meaning of your own life. If you are reading this book, you are most certainly ready for a change in your life and for starting to be aware of and to utilize your specific gift in order to learn all answers to these questions. If you are not ready you would never have chosen to buy this book.

I am very much aware that many of you will have difficulties in believing and accepting all of these facts which are being revealed to you, perhaps, for the first time in your life. Particularly, many of you will have difficulties in believing that physical illnesses are only a symptom of a spiritual state of affairs or spiritual factors.

For those of you who are regular readers of the Holy Bible I would like to remind you of something that Jesus Christ did and said. For those of you who have never read the Holy Bible, it will give you a good opportunity to do so right now.

As I mentioned before, all of these facts, revealed in this book, are contained in the internal sense of the Holy Bible.

Do you remember that case where a man who was paralytic was brought to Jesus Christ on a bed and lowered into the house from the top of the roof because the people who brought him could not get to Jesus Christ directly because of the multitude of people who surrounded him? This event is recorded in three places: the Gospel according to Matthew, chapter nine, verses two to six; the Gospel according to Mark, chapter two, verses one to eleven; the Gospel according to Luke, chapter five, verses seventeen to twenty-five. When Jesus Christ saw their faith and effort, He said, "SON, BE OF GOOD CHEER; YOUR SINS ARE FORGIVEN YOU." Matthew 9:2. Now, why would Jesus Christ say that first instead of directly healing the man of his severe physical condition?

Chapter Three

He did it for two reasons: first, to bring our attention to the fact that there are no physical illnesses of the body which could be originated in the body but they are all of spiritual origin. Secondly, that the real cause of any illness, including physical ones, is some sin or evil state that we adopted or allowed to rule our life. Or, that we identified ourselves with or that we have a wrong view, opinion, attitude or style of life which is sinful; since all evils and falsities are sins. They all are the originating or causative factor of any of our problems. So this saying, "YOUR SINS ARE FORGIVEN," is to say, in effect, your wrong spiritual style of life is being corrected and therefore you can get well in all respects. And since your physical problem is only a symptom or expression of your spiritual condition, once that condition is corrected, the physical symptom disappears and you are healed. After all, the body does not sin in itself and by itself. It is the spirit and the soul in your body which sin and cause your body to react in such a miserable and violent manner.

Or, do you remember that man at the Pool of Bethesda afflicted by some kind of physical infirmity for thirty-eight years as recorded in the Gospel according to John, in chapter five, verses one to fourteen? That man was healed on the Sabbath day which was a thorn in the eyes of the Pharisees. When Jesus Christ saw him for the second time, he said to the man, "SEE, YOU HAVE BEEN MADE WELL. SIN NO MORE, LEST A WORST THING COME UPON YOU." Again, this case only confirms what was said above about the origination of physical problems. And the warning is very obvious: If you continue in your negative style of life, in your wrong spirituality or no spirituality, a worse thing can happen to you. This is the consequence of such a life.

But, there is another very interesting case described in the Gospel according to John, chapter nine, verses one to three and in the entire chapter. This is the case of a physically blind man. When the disciples of Jesus Christ saw the man, they asked Jesus Christ, "WHO SINNED, THIS MAN OR HIS PARENTS, THAT HE WAS BORN BLIND?" From this question you can see that the disciples were aware of the fact that all human problems, including physical ones, have spiritual origination. After all, sin is a purely spiritual act, in the negative sense, of course. But, Jesus Christ surprises them with the following answer, "NEITHER THIS MAN NOR HIS PARENTS SINNED, BUT THAT THE WORKS OF GOD SHOULD BE REVEALED IN HIM."

In this case, there was no negative spiritual reason for the man's severe physical handicap, but instead, there was a strong positive spiritual reason why he was born blind. Obviously, that man chose to be born that way in order to be a channel for the Most High for revealing

Who Are You And Why Are You Here?

the Most High's works in him. Have you ever read the whole story about this man in chapter nine of the Gospel of John? If not, I urge you to read it right now, preferably in the New King James version. It is a very educational story.

But, even in this case you can clearly see that the cause of that man's blindness was a spiritual one — to do the will of God by accepting a mission to be born blind. This is a purely spiritual act and, of course, this is a positive spiritual act as opposed to a sinful spiritual act.

From these examples, we can safely conclude that there are basically two types of reasons behind all our problems, including physical problems; both those reasons are purely spiritual. One reason is negatively spiritual. If we disregard proper ways of spiritual life; if we neglect or deny anything spiritual in us; if we adopt distorted spiritual views; or if our attitudes, motivations, intentions, interactions, behavior, thinking, willing, feeling, desires, wishes, wants, and treatment of God, others and ourselves are wrong and non-spiritual; if our self-concept, self-image, self-awareness is incorrect, improper and non-spiritual, we bring upon ourselves all kinds of problems, that very often are manifested in various physical illnesses.

The second source of our problems is a positively spiritual one. We accept a specific mission from the Most High to exhibit certain problems or behavior patterns so that the work of God and of God's spiritual principles can be manifested in us. Have you ever read, or heard of, or seen or met anyone who was dying of cancer or some kind of other mysterious physical disease and in whose case all medical treatment failed and nothing could be done for that case? And then suddenly a miraculous healing and cure would take place after that person placed his/her case in the hands of God and used some spiritual methods of healing?

These are the cases I am talking about. These are the people who volunteered to do the work of God and to manifest the Lord's spiritual principles in such a vivid and illustrative manner.

I am told by the Most High that at the present time on planet Earth eighty percent of people's problems originate from the first cause: negative spiritual causes — lack of spirituality, denial of God or distorted, false, incorrect religions or perverted spirituality. And twenty percent of people's problems is the result of the second cause: positive spiritual illustration of the work of God.

But, as you can see, both are subject to healing if you apply proper methodology.

Is it not logical to think and to conclude that, if it is true that everything originates from spiritual causes, then cures also should be by spiritual means and that all treatment modalities should include primarily spiritual tools, means and methodologies?

Why do you think that we have such a high degree of failure in the traditional medical, psychological and physical treatment approach? The simple answer to this question is that that treatment approach, in most instances, disregards even the possibility of spiritual factors playing the major role, if not the only role in all of this.

When I was first mentioning this possibility to my colleagues in the therapeutic community most of them either laughed at me or considered me to be crazy (psychotic, to use their term). Others would say behind my back, “There goes weird Francuch who believes in the spiritual origin of all human problems.”

But, such is the nature of the negative state. It keeps you in your own spiritual blindness so that you will not discover the real truth and start to do something about it to the point of changing yourself. This is one thing the negative state does not want you to do: to find out the real truth and to change yourself in accordance with that truth. The negative state would lose hold over you if you would start to believe and to know the truth and make yourself free from the bondage of materialism, atheism, false religions, distorted spirituality or whatever you have.

In view of all these revealed facts, it can be obvious to you now that the negative state or everything negative and problematical in your life originated from the fact that you accepted a mission to experience the states and conditions which either lack any spirituality or have distorted, perverted, contaminated and polluted spirituality as reflected in all presently existing religions, cults, brotherhoods and various other pseudo-spiritual trends on planet Earth. (More on this issue, if you are interested, see “Fundamentals of Human Spirituality,” “Messages From Within,” and “Reality, Myths and Illusions.”)

As long as you are learning important spiritual lessons from your negative and positive experiences, even though, in most instances, you are not consciously aware of the process of this learning, you are subject to remain as you are. It means that you do not want to change and that you enjoy your life the way it is. Of course, it is a false enjoyment because it stems from escapism; from the denial that anything is wrong with your

Who Are You And Why Are You Here?

life. (Unless, of course, you are having positive experiences.) But if you have no desire to change, then you are not reading these words right now. If you are reading these words right now, you have learned your lessons and you are ready to change and to start a life of real joy, delight, pleasure and happiness. Of course, the reading of this book can be considered only as an opportunity which is being given to you to do something about yourself and your life. As a free human being, you have all rights and privileges to refuse to take this opportunity to change and disregard the entire content of this book as of no value to you. You truly have the right and privilege to enjoy your miseries and your current self-defeating lifestyle.

As you know, many people believe that all human problems and miseries started with that story of Adam and Eve in the Garden of Eden as described in chapter three of Genesis or the First Book of Moses in the Holy Bible. These people really believe that there was one individual person, whose name was Adam, and that there was another individual person, his wife, whose name was Eve, and that they were tempted by and listened to the serpent and took an apple from the tree and ate it; and behold, in disobedience of God's commandment they started pandemonium and all the tragedies of humankind on the Earth. It is a nice story and those people who want to believe its literal sense have all rights and privileges to believe it the way it is literally written.

But what does it all really mean? Some of these meanings were already explained in the previous two chapters.

First of all, there was no apple from the apple tree. Instead there was a fruit from the tree of the knowledge of good and evil. That God forbade the eating of the fruits of that tree, under the penalty of death, signifies a warning not to activate the negative state because of its dire consequences for the entire Creation. The tree of the knowledge of good and evil signifies the external part or the sensory, sensual part of human beings or the external, outward mind that does not contain any real truth or good in itself. Whatever good and truth it has stems from the Inner Mind, that is, from the true Most High in the Inner Mind. The serpent in the Garden of Eden signifies the idea in the human mind that you can reject or deny the Most High and His/Her Love and Wisdom and that you do not need to reciprocate or share that Love and Wisdom with the Most High. Thus, the serpent signifies self-love, egoism, and love of the external, outward matters that have no spiritual value and that usually are equated with the love of this material world. The serpent's question (paraphrased), "Did God really forbid you to eat from the tree of the knowledge of good and truth under the penalty of death?", signifies

that important question which was formulated in the first chapter of this book: What would life be like without any spirituality or if it could be derived from any other source than the Most High and His/Her spiritual principles? And the serpent's answer that, "you would become like gods knowing good and evil, and you would most certainly not die," (paraphrased) signifies that self-love and love for this world would come to its fruition and you would be led by yourself and not by God. To acquire new knowledge, not available until that time, seems to be good and positive (Eve — feminine principle, found the fruit of the tree to be edible and tasteful). That Eve gave it also to Adam — masculine principle, who ate it and found it also good and pleasant, signifies that the rational capacity of the human mind justifies, excuses and rationalizes this act for the sake of learning.

Now, this is in brief, what one aspect of the part of this story, as related to the content of this book, truly signifies. Of course, there are nine more meanings to this story which are not appropriate to reveal at this time. (You can read more on this in Swedenborg's first volume of "Heavenly Secrets" or "Arcana Celestia" and in my books, "Fundamentals of Human Spirituality" and "Reality, Myths and Illusions.")

From the above presented facts, you can now ask the following question. How can all this be applied to my own private life or to everyday living? The answer to this question will be given in the following points:

I. THE ENTIRE CREATION LEARNS FROM YOUR OWN PERSONAL EXPERIENCES.

At one point, in no time and no space, a certain specific and unique idea came to life related to the need to do something important in the world which activated and put the negative state in dominance, as described in the internal sense of that so-called story of Adam and Eve. In the moment that idea came to life, it was asked whether it wanted to be and to exist for this initial specific purpose. That idea was shown in the moment of time, the entire plan for its life on planet Earth, and, subsequently, its eternal continuation. Obviously, that idea agreed to be and to exist for such a purpose. How do I know that it agreed? Because that specific and unique idea is you. You are here, therefore, you agreed to be here. Because you agreed to be a part of all this setup in the negative state, whatever happens in it and whatever happens in your personal life is very important for you to know and to understand so that you can truly be yourself and serve the purpose for which you came here. **From your personal experience the entire Creation is learning**

Who Are You And Why Are You Here?

about the important aspects of the negative state. By your choice, you are deeply involved in all of this even if you live alone somewhere on this planet without coming into contact with other people too much. However, you have to understand that many other intelligent beings from various different dimensions whom you cannot see with your physical eyes are constantly present with you no matter where you are. Before you came here, you agreed by your own free will to have these beings with you all the time so that they could transmit your experiences, learning and lifestyle to the rest of Creation and to place it in the Universality-Of-It-All for the purpose of the preservation of that learning to eternity. The reason why it is necessary to preserve that learning to eternity is so that no such state, experience, condition would have to be repeated by anyone else. You have to remember that the negative state will be activated only during this cycle of time. But what about people from the previous and subsequent cycles of time? In order to avoid the necessity of activating the negative state again in some other cycle of time, and again going through these painful, miserable, lousy, putrid and devastating atrocities and abominations that the negative state produces, all experiences of all people throughout all regions of the Zone of Displacement, from the very beginning of its activation to the very moment of its de-activation, are and will be completely, totally and very carefully recorded and placed in a permanent eternal storage in the special condition and state called Universality-Of-It-All. In the future, should a similar question ever arise again — what would life be like without any spirituality, or with distorted spirituality — the answer would be available immediately to anyone from the state of Universality-Of-It-All.

The person or persons who would ask that question could get in tune with everything that happened since the activation of the negative state to its de-activation and personally re-experience, through the momentary identification with you or your experiences and with all others and their experiences, all aspects of the negative state. For this important reason the negative state need not ever be activated again.

By your being here on this Earth and by your life experiences and learning, you are continually contributing to this important, vital and crucial task.

II. YOU CAN BECOME AN ILLUSTRATOR OF HOW TO FIND YOUR WAY HOME.

There is another vital and crucial purpose for your being here and why you personally are tied into all of this. If you are reading this book,

it means that somewhere along the line you volunteered also to show the way for the agents and slaves of the hells, who are present on this planet and in other regions of the Zone of Displacement, how to get out of the negative state and back into the positive state. If you follow the procedures, which you are going to learn from this book, you may start to illustrate to everyone in all dimensions how to overcome, conquer and subdue the negative state and not be overtaken by it, overwhelmed by it or intimidated by it. You are here to illustrate by a living example that it is possible to leave your home in the spiritual world and to come down to the negative state and to lose your way and memories about your home and yet, nevertheless, find your way back home to the spiritual world or to the Kingdom of God which is within you. You can also illustrate how to get out of the mess of the ninety-five percent of the animalistic pseudo-mind, which is super-imposed on you by the original genetic and magical manipulation of the pseudo-creators, and to find your way to the five percent of your true and genuine human mind where your Inner Mind is and where the Most High resides.

Thus, your everyday living and private life can become the channel for this vital and crucial illustration. In the process of your learning how, in the process of your finding your way back home, you will illustrate to everyone in the negative state how to accomplish this.

III. YOU ARE A SPIRITUAL BEING AND EVERYTHING DERIVES FROM AND IS CAUSED BY THE SPIRITUAL PRINCIPLES.

In order that you may start to do something positive about your life, it is very important for you to realize the truthfulness of the statements in this chapter which reveal to you that everything derives from and is caused by spiritual principles. Thus, you are a spiritual being. Your body is only an external shell for your spirit, which shell was formed from the stolen spiritual principles of the Most High by the pseudo-creators. If you are not willing to accept this important fact, you will be continuously in the state of being misled, misguided, misused, abused and used by yourself and by others. You will constantly feel guilty, you will suffer, feel miserable and nasty and you will be a slave to the negative state in its present active form. The negative state does not want you to be spiritual. It wants you to be physical, corporeal, external, materialistic, atheistic or live in the falsities and evils of the pseudo-spiritual principles. It wants you to be egoistic, inconsiderate, violent, self-centered and miserable. By being this non-spiritual way, you are pleasing and supporting the negative state, and you will have to go through worse conditions that do not exist on planet Earth. Therefore,

Who Are You And Why Are You Here?

instead of going back home, you will have to go into some other region of the Zone of Displacement where the situation could be much worse and with less opportunity to get out of the negative state. Remember what Jesus Christ said to that man whom He healed at the Pool of Bethesda? "SIN NO MORE, LEST A WORSE THING COME UPON YOU." John 5:14. This is how all this is related to you personally.

IV. NO ONE CAN TELL YOU WHAT IS AND IS NOT PROPER FOR YOU BUT YOUR INNER MIND.

It is necessary for you to realize that the concept of "sin," as interpreted by various churches, is interpreted from the position of the negative state. Therefore, those interpretations contain many distortions and falsities. In some instances what they consider to be sin is not sin at all and what they consider to be non-sinful could very well be sinful. The only way you can find out for sure what is and what is not sinful for you personally is by going inward to your Inner Mind and to the Most High in your Inner Mind and ask about these issues and follow their advice. No one else can tell you what is truly sinful for you but only the Most High in your Inner Mind. You have to remember that you are a unique human being and, therefore, no generalizations are possible in any respect. What is proper for you might not be proper for others and what is not proper for others might be proper for you. This is why it is not appropriate to judge people in any respect. But the negative state, disguised in various religious doctrines, imposes on you all kinds of guilt feelings and states which very often unnecessarily constrict you, stifle you, limit you, and restrict you to one rigid way of living your Earthly life full of unhappiness, sadness and misery. If you agree to follow their rules, you are personally contributing to the perpetuation of the negative state.

V. YOU CAN PERSONALLY CONTRIBUTE TO THE ELIMINATION OF THE NEGATIVE STATE.

It is important for you to realize that the only way the negative state with all its miseries, sufferings, atrocities and abominations can be deactivated and returned to its original dormant condition, is through the personal and private efforts of every single individual. The negative state is not here or there but it is in your life, in your feelings, in your thinking, in your will, in your intentions, in your motivations, in your behavior, in your actions, in your desires, wishes, wants, in your attitude and in all your problems.

So, how can you personally contribute to the elimination of the negative state? By changing the mode of your life, of your thinking, of your feelings, of your activities, of your attitudes, of your behavior, of your treatments, of your motivation and intentions, and by getting rid of all of your problems. No one else can do this for you. They are your problems and only you can get rid of them.

But, in order to do this you first need to learn what your problems are and why you have them, how they originated, how much you are habituated to your problems and how to get rid of them. This book was written for just that purpose: to show you why, what and how.

VI. YOU ARE NOT STUCK WITH OR LOCKED IN ONE CONDITION FOREVER.

Having all kinds of problems and being habituated to them does not mean that you are stuck with them forever, or that you are locked in one position or condition to eternity. When you were volunteering to come to this world, it was with the agreement that you would not get stuck or be locked forever in one state in which you would have to spend your eternity in various regions of the Zone of Displacement (hells, for example). There is always a way out for you even if you happen to be in the deepest hells, so to speak.

Certain ways and procedures were established by the Most High for those who are trapped in the negative state to the point of their full identification with evils and falsities, to be unlocked from their accursed position.

This condition is a request for a desire and need to change, confession of your sins (find out what your specific “sins” are and confess them), repentance from the bottom of your heart (full remorse for being negative), and asking for mercy and forgiveness from the Most High in your Inner Mind and for showing you the way out of your current condition.

This is the only key by which you are capable of unlocking yourself from your current locked-in, negative condition in the negative state. However, it is not sufficient to say in general terms, “I confess my sins, I repent, Lord, show mercy upon me and forgive me.” This kind of generalization will lead you nowhere. It is necessary to examine yourself, to explore yourself and to search yourself to find out what are those specific “sins” that you need to confess and repent and ask for mercy and forgiveness. You can do this only by going inward, into yourself and asking the Most High in you to help you to realize things and manners

Who Are You And Why Are You Here?

which are wrong, negative, problematical and sinful so that you can remove them. You have to actively participate in their removal in order to be forgiven and shown the way out of your locked-in position.

At the present time you are locked in the negative state. But because no one can be locked forever in any state, unless one chooses to be in it forever, you can now initiate the process of getting out of the negative state and entering the positive state.

VII. ALL YOUR LIFE PROBLEMS SERVE SOME USE, PURPOSE AND LEARNING.

All problems that you have been having up to this point serve some use, purpose and learning. It is a sign of deep wisdom and maturity to ask, whenever you are in some kind of trouble, "How can I learn from this experience in order to become a better human being and a more spiritual human being?", instead of asking foolish questions, "Why me? How come I have to go through all this? Why is this happening to me?" If all you do is ask these kinds of foolish questions you will learn nothing and you will only feel more miserable and sorry for yourself.

When you start to approach anything in your life with the attitude of "How can I learn from this experience in order to be a better human being?", you will suddenly become aware of how easily you can cope with everyday problems in your life and at one point you will be in total control and mastery of your life. You will be the one who will determine what is going to happen in your life and how you will feel about all things in your life, instead of the negative state.

Once you learn what purpose each of your problems served in your life, you can get rid of that problem for good and forever. You no longer need to have that problem or to be influenced negatively by that problem ever again.

However, many people are habituated to their problems so much that they desperately cling to them as though if they were to let go of them they would die. They are right. Because, if they let go of those problems, the problems would die and everything related in them to those problems would also die. This is how the negative state can be eliminated from your life.

VIII. YOU CANNOT BE A GOOD HUMAN BEING UNLESS YOU ARE A SPIRITUAL BEING.

To be a better human being always means to be a spiritual human being. From all those things which were revealed to you in these three chapters, it is obvious that you are a spiritual being.

Therefore, you cannot be a good human being unless you are a spiritual being. Remember, all miseries, negativity, falsities and all kinds of evils were initiated from the condition of giving up the spiritual principles of the Most High and starting a non-spiritual life. Thus, from this it is clear that if you want to be a better human being and a happy human being in all respects and ways, without any exception or exclusion, you have first to be a spiritual being. The first follows the other.

IX. WHAT IS IT TO BE A SPIRITUAL HUMAN BEING?

But what is it to be a spiritual human being? To acknowledge the existence of the Most High as the Creator of the entire Creation; to acknowledge that everything positive and good and that all love, truth and wisdom derive only from the Most High who is the Lord Jesus Christ; to recognize that everything evil, bad, adverse, problematical and negative stems from the denial of this fact about the Most High, the Lord Jesus Christ. And to apply, live and practice all this in your own personal life. Simple as that. This is a general description of what it is to be a spiritual being. As far as what it is to be a spiritual being in your own personal life, in a very specific sense for your own personality, you have to find out from the Most High in your Inner Mind. How to do all this, you will be shown in the next chapter.

To be a spiritual human being does not mean that you have to go to the conventional churches, to say long prayers, to fast, to restrain yourself from eating certain things, not to have sex or to walk with a sad, sorrowful, serious countenance and similar nonsense. There is nothing spiritual in such activities by themselves. To be a truly spiritual human being is to be joyous, glad, happy, content, satisfied; to smile, to laugh, to have fun, to have good sex, to feel good, to love and to be loved, to be wise, to enjoy life in all its aspects be they spiritual, mental, emotional, sexual or physical. This is what life was given to you for by the Most High. And to acknowledge and accept the fact that all this goodness and positiveness stems from the Most High in you and not from your own merit. If you are like this, then you are a truly spiritual human being.

Who Are You And Why Are You Here?

X. THERE ARE TWO EFFORTS OPPOSING EACH OTHER THAT OPERATE WITHIN YOU.

It is important to realize that the Most High, who is in your Inner Mind, continuously utilizes everything that is happening in your life, no matter how good or bad it is, to liberate you from the slavery to the negative state and to make you a more spiritual human being as defined in points eight and nine. On the other hand, your pseudo-mind and its pseudo-personality do everything in their power to keep you stagnant, rigid, miserable and unhappy. They are always discouraging you, taking you deeper and deeper into suffering, that is into hells. They always oppose all efforts of the Most High and anything which is coming from the Most High.

Therefore, once you realize this fact, it is your duty, right and obligation to yourself and to others and, most importantly, to the Most High to break out of your fake mind and fake personality and to make contact with your real mind (five percent of the truly human in you) so that you can actively contribute to become a more spiritual human being. This is one of the purposes of your life on this planet. This is why you are here, among other things.

XI. YOUR LIFE IS NOT LIMITED TO THE EARTHLY LEVEL OF YOUR EXPERIENCES ONLY.

From what you have so far learned you probably have started to realize that your life is not limited to the Earthly level of experience only. It is time that you fully realize that you reside simultaneously in many worlds besides this planet even though you are not consciously aware of this fact. The negative state, through the process of physical birth, closed off your awareness of this fact when it put you in the state of ignorance. But the true reality of your life's situation is that by your pseudo-mind you reside in and are in contact with the Zone of Displacement of the spiritual world which is called hell. By your pseudo-interior mind you are connected to the Zone of Displacement of the intermediate world; and by your external mind, you reside in or are connected to the Zone of Displacement of planet Earth. This is ninety-five percent of all your connections and residences.

On the other hand, you reside and are in connection to the Most High and heavens from the five percent in you which is truly human, from the position of your Inner Mind. By your interior mind you are connected to the intermediate world. And by your exterior mind you are connected to the true natural world and the true planet Earth.

All these worlds and pseudo-worlds, that you are thus connected to, are inhabited by all kinds of intelligent beings who are called by different names such as, for example, archangels, angels, spirits, human beings, demons, devils, Satan and by many other different names. These beings are in constant communication with the respective levels of your true mind and pseudo-mind.

One of the reasons why you are on this Earth is to learn to reverse the process so that ninety-five percent of you can start to reside and to be connected to the heavens, to the positive state, to the true Creation and their inhabitants and only five percent of you can be connected to the Zone of Displacement.

The other purpose of your being here is to learn how to become consciously aware of those beings who are in constant contact with you so that you can be helped by those in the positive state and be of help and services to them and particularly to those who are residing in the negative state. This is how you learn to share yourself on the multi-dimensional universal level. This will help you to break out of the limitations which were put on you by being on this Earth where you are consciously aware of only the external world and people on this planet. This is a very important step toward your liberation from the negative state.

XII. THE MOST IMPORTANT THING IN YOUR LIFE IS TO PROPERLY AND CORRECTLY KNOW YOURSELF.

There is nothing more important in your life than to properly and correctly know yourself and the purpose of your life here and anywhere else. Once you start on the path of this knowledge, everything else becomes very easy.

But, unfortunately, most people avoid seeking such knowledge seriously. They are busy and preoccupied with everything else in this world but themselves. Some people consider this kind of effort, that is to seek the knowledge of their true self, to be dangerous, leading to insanity. Of course, just the opposite is true. By not seeking this knowledge, by avoiding themselves, this is what leads them to insanity (for more on this issue see "Messages From Within"). The problem with this kind of knowledge for people is that it requires you to go inward into yourself. There is no other way to acquire that knowledge. No one has knowledge of you, but you. Only you can know yourself. However, the negative state in you keeps you busy elsewhere so that you will not have time to learn how to go inward in order to discover and know yourself

Who Are You And Why Are You Here?

better. In the moment that you do that, the negative state starts to be eliminated from your life.

Thus, it is impossible to find joy and happiness in your life without the effort of going inward for the purpose of knowing yourself. But, it is also impossible to do anything constructive about the elimination of the negative state from your being and existence unless you go inward to yourself. That it was possible to keep you outside of yourself at all, is the result of your identification with the negative state. This is the reason why, if you want to be free from everything negative and adverse in your life, you have to learn how to properly communicate with your true self and learn from it and from the Most High in it the answer to the question of who you are, why you are here and what the purpose of your life is and all other related issues.

XIII. YOU CAN LEARN THE TRUTH ONLY BY KEEPING YOUR MIND AND HEART OPEN AND BROAD.

Once again, it is necessary to repeat that the only way that you can learn the truth about yourself and your life is by keeping your mind and heart open; and by putting aside all superstitions, prejudices and biases of your parental, school, religious and any other type of up-bringing together with externals, impositions and belief systems adopted by you. Do you remember the very first lesson which was formulated at the very beginning of the first chapter of this book? Whatever you learned so far in your life is all wrong or distorted. This means that the process of going inward is also the process of the unlearning of everything that you so far learned because it is totally false or distorted. This claim will not be easy to accept by everyone. Very often we pride ourselves in what we know or what we think we know. If you lose this kind of knowledge then what will you have? But remember, it is a false knowledge and, therefore, there is nothing to be proud of. You should also congratulate yourself on the opportunity which is being given to you to get rid of all that false knowledge and to replace it with true knowledge.

All I can suggest to you is to try out the procedures which are being offered to you in this book and check it out from within yourself.

If whatever is presented to you in this book will not be confirmed by your Inner Self, you can always revert to your previous knowledge and your pride in it without any danger or harm. And then see what happens.

CHAPTER FOUR

WHAT ARE THE PROPER, RIGHT, CORRECT, EFFICIENT, SUCCESSFUL AND EFFECTIVE MEANS AND WAYS TO FIND YOUR WAY BACK TO THE TRUE LIFE, TO YOUR TRUE INNER SELF, TO YOUR TRUE INNER MIND AND TO TRUE HAPPINESS? HOW DO YOU GET RID OF EVERYTHING IN YOU WHICH CAUSES YOU ALL KINDS OF PROBLEMS AND TROUBLES BE THEY SPIRITUAL, MENTAL, EMOTIONAL, INTELLECTUAL, SEXUAL, PERSONAL OR PHYSICAL OR ANY OTHERS WITHOUT ANY EXCEPTION OR EXCLUSION?

As you remember from the previous chapters, one of the major assignments of your life on this planet is to find your way back home, to the true life, to your true inner self and Super-Self, to your Inner Mind and to the Most High, the Lord Jesus Christ in your Inner Mind or to the five percent of everything which is human in you, and thus, to a true and genuine happiness.

In order to do this, you have to be equipped with a tool, or an ability or a gift which would allow you to accomplish this crucial, vital and important task.

Because you are on this planet, in the Zone of Displacement, where the negative state is fully activated and dominant, it presupposes that you came to this world with such an ability or tool or gift. This was one of the conditions under which you agreed to come here.

Most people are not aware that they have such an ability. And yet, very often they spontaneously use it in their lives or experience its influence without fully realizing that it is a part of their life equipment and, thus, it is an integral part of their personality and their mind.

Have you ever found yourself in deep, profound thought or in a state of day-dreaming, during which time, perhaps, many hours passed and you had no idea that so much time elapsed? And that during that time you had no awareness of what was going on around you in the external

Who Are You And Why Are You Here?

world? Or have you ever read an exciting, thrilling book or watched an exciting, suspenseful show during which time you found yourself to be an integral part of the story of that book or that show and that during that time you had no idea or no awareness of anything around you in the external world? Or have you ever closed your eyes and relaxed and vividly visualized yourself or pictured yourself in your favorite fantasy spot? Do you have your secret, private, favorite, intimate and personal fantasy place, or state, or spot where you like to go when you feel that you need to rest and to shut off all those turmoil, stresses, pressures, problems and demands of the everyday hassles which we call life? Have you ever driven a car on a freeway and drifted off in your thoughts somewhere else and caught yourself driving off the freeway with the awareness that you have no memory or recollection of what happened from the moment you got on the freeway to the moment you got off the freeway? These are some examples of that gift or ability that all of us, without any exception or exclusion, have at our disposal. I am pretty sure there are many other examples of that gift at work in your life. I am pretty positive that you could tell numerous stories from your own personal experiences which would support the existence of such a gift or tool or ability.

Every human being has this ability and everyone of us, at one time or another, experienced its work in our life. We can go so far as to say that, without such an ability, gift or tool, we would not be able to survive in this harsh and demanding world.

Even if some of you were to tell me that you have never experienced anything like what I described above, I would have to tell you that if you would close your eyes, for example, and if you would think of yourself doing something that you like to do the best, you would experience what I am talking about. During such intense thinking or visualization you would not be aware of anything else that is happening around you in the external world. You would be aware only of that which is going on in your thinking — inside of you.

What is happening when you experience these kinds of states or conditions, be they spontaneous, without your conscious invitation to them, or be they purposefully evoked by your own will for the purpose of relaxing, for example, or whatever purpose you have?

The most important thing which is happening in the process of such an experience is that you shift your awareness from your external world and your external environment to your internal world and your internal

environment; from outside of yourself to inside of yourself; from without to within.

This ability to turn your attention or to shift your awareness from the outward world into your own private inward world is the crucial and vital tool that was given to you by the Most High for the purpose of finding your way back to the positive state or to the five percent of the true human in you.

However, most people do not realize that this ability can become a royal road to their true Inner Mind and to the true Most High in their Inner Mind if they learn how to properly and effectively utilize this ability. If you do not know what to do with this gift of yours, it will lie dormant and unutilized by you. It will only occasionally exhibit itself in your life, spontaneously, just to remind you that it is there. This reminder comes usually from the region of the five percent of the true human in you. That part of you wants to be aware that you have something that can help you to make a contact with the center and the Source of your life and your true self. There you can find all answers to your questions and the true happiness and joy of your life.

Some professional people call this ability of yours by an unfortunate name — “hypnosis” or “self-hypnosis.” It is called by the unfortunate name “hypnosis” when someone else utilizes this, your inborn ability, to help you shift your attention and awareness from your outer self to your inner self. It is called by the unfortunate name, “self-hypnosis,” if you do it yourself with the volitional purpose of going inside yourself for relaxation or to feel better or for any other reason that you might choose. The reason why these names are unfortunate is because they imply sleep, seeming loss of volitional control, total lethargy and many various other phenomena that give you a false impression that something is being imposed upon you from the outside. Such an apparent picture of hypnosis and self-hypnosis turns many people off and makes them suspicious of these states. Yet in a true sense just the opposite is true.

Do you remember your experiences when you day-dreamed or when you read an exciting book or watched a show and how you were totally absorbed in your inward activities? Does it strike you like sleep or lethargy or like a loss of volitional control or whatever other nonsense is ascribed to hypnosis and self-hypnosis? Is it not true that during this experience your mind is more alert and active than at any other time? Are you not the one who, by your own free will, chose to go inward, or to read the book or whatever you did for that purpose? Do you see what I mean?

Who Are You And Why Are You Here?

This unfortunate misconception about hypnosis and self-hypnosis, being dangerous and out of your control, was artificially fabricated by the behavior of the stage hypnotists whom most of you have experienced at one time or another in your life. It usually comes from the induction of trance and from the type of wording and tricks that hypnotists use to induce hypnosis. But most people do not realize that all of those tricks and specific verbal instructions to induce sleep or relaxation are nothing more than an attempt to shift your attention and your awareness from everything outside, to solely what the hypnotist suggests or to what is happening in you — inwardly. Those tricks and words have no other function whatsoever. But the way they are used, the voice which is used during such induction, the behavior of the hypnotist and his various postures give you a very false impression that something very unusual, very mysterious and, perhaps, even dangerous is happening.

Yet, I can assure you that during this kind of induction nothing whatsoever is happening to you more than what you experience when you occasionally day-dream or when you watch an exciting show or read a suspenseful book and you listen to the voices of the people in the show or read the dialogue of the characters in your book. The voices of people on the show and the dialogues of the heroes in your book have a very peculiar effect on you. They put you in a hypnotic trance so that you can actively, from within yourself, participate in what is happening with those people in the show and in the book. Usually, you are not consciously aware that such is the case. Now, the voice of the hypnotist has no more or no less effect than all those voices in a suspenseful show or all those dialogues of your heroes in the thrilling book that you read. Moreover, those kinds of voices, including the voice of the hypnotist, can have an effect on you only if you choose to follow them or to pay attention to them from your own free will from within yourself. Not even the best hypnotist in the world can hypnotize you if you decide not to follow his/her suggestions. The reason why people follow the hypnotist's suggestions, even the most ridiculous ones (such as, for example, to bark like a dog), is because they agree from within themselves to experience the effects of the hypnotist's suggestions and to see how it feels. In the moment they agree from within themselves, the suggestions of the hypnotist become reality to them and they fully identify themselves with the content of those suggestions. In fact, they become, for a moment, those suggestions. However, if they do not agree with these suggestions from within themselves, nothing will happen and even the best hypnotist in the world will fail.

It is important to realize that for any suggestion to be effective, the agreement to accept it must come from within yourself. It is not

sufficient to solicit your agreement from your external conscious mind only. Your external conscious mind's agreement may or may not produce the desirable response. Usually it does not unless it happens to be aligned with the agreement from your mind within you. On the other hand, very often, when your external conscious mind disagrees but your inward, unconscious mind agrees, you will respond to suggestions because your inward state knows better what you need to experience while your external conscious mind usually does not have that knowledge. This latter situation — the discrepancy between your external conscious mind's attitude and your inward unconscious part — gives you a false impression that the hypnotist imposes his/her will on you and that you are under his/her spell because you know for sure that you did not want it to happen consciously. But, as you see, it was your external conscious mind that did not want it to happen and not your inward unconscious mind. You do not have any conscious awareness of this situation. People see this happen to a hypnotized person over and over again. From this they falsely conclude that a hypnotist is in control of the subject's will and that the hypnotist can suggest just anything in the world to the hypnotized person and that the hypnotized person will carry out the hypnotist's suggestions, no matter how hard a hypnotized person would try to resist them. But people forget those people who from the position of their external conscious mind wanted desperately to experience a deep trance induced by the hypnotist yet, to their greatest disappointment, they were not able to have such a desirable experience. How is this possible if a hypnotist is in control of your will? Do you see what I mean? If for some important reason your inward unconscious mind does not agree to accept the hypnotist's suggestions, you will not respond to any of his/her suggestions no matter how hard you try. In fact, the harder you try to do it consciously, the less you will succeed. This is the law of your mind.

I hope, that from these considerations, I was able to sufficiently convince you that hypnosis and self-hypnosis is not something imposed on or "induced" into you from the outside or from a hypnotist. It is a gift, an ability or a tool that we all have and that we all experience on an everyday basis. Thus, hypnosis is a normal, essential, necessary and healthy condition of our lives and our personality make-up which we shift in and out of at all times without even being consciously aware of doing so.

You can see now that the only thing that a hypnotist is trying to do is to utilize this ability of yours and to make you shift your awareness or attention from the outside world to your inward world in order to solicit

Who Are You And Why Are You Here?

from your inward unconscious mind an agreement to experience this or that.

You have to remember that your external conscious mind is only a shell and that it is not truly you. The true you begins beyond that shell. So that, if I am asking for the agreement and cooperation of your shell — which is your conscious external mind — I am not asking the true you. I am asking only your shell but not you. Unfortunately, people have the tendency to think of their shells as being truly themselves. This is a tragedy and a source of many human problems and miseries and the result of the activation and dominance of the negative state as revealed in the previous chapters of this book. The negative state wants nothing more than for you to consider yourself to be that shell and to believe that there is nothing more to you than that shell. This way, the negative state can keep you out of yourself, outside of yourself, in the external world, in the world of delusions, myths, illusions and falsities away from the true spiritual essence and substance of your being and existence. This is one of the reasons why the negative state does everything in its power to discredit hypnosis and self-hypnosis and to come up with all kinds of convincing nonsense about its nature so that you will not utilize that powerful gift for becoming a better human being, that is, a truly spiritual human being. As you will see later, we can consider a special type of hypnosis a royal road to becoming a truly spiritual human being.

On the other hand, if I am by-passing your shell, and contacting something which is inside that shell, I am contacting the true you and asking the real you to go along with my suggestions. If the real you agrees, then suggestions will work. If not, they will fail. Simple as that.

When professional people noticed this unusual phenomena which they called by the unfortunate name of hypnosis, they decided to utilize this inborn human ability for treatment purposes or for the purpose of helping people to improve their lives. The professional people realized that, if they could somehow solicit an agreement of the true you (which “you” has a seat somewhere beyond your shell — the external conscious mind) to respond to their suggestions for the elimination of your various habits, problems and illnesses, you would get rid of your bad habits, personal problems or even physical and mental illnesses. Simply stated, you would get well.

This is how treatment by means of hypnosis and self-hypnosis was instituted by the professional people.

Yet, even in this kind of treatment, which utilizes your gift or ability to shift into yourself, there are too many failures and many of us do not respond to suggestions to get well.

Why is this so? Basically, there are two general reasons:

1. One is that the present understanding of the nature of hypnosis and self-hypnosis and their use is insufficient, very limited, superficial and has a wrong theoretical foundation.

2. Most people have preconceived ideas about hypnosis and self-hypnosis and they believe in all kinds of myths and misconceptions about their nature. This attitude blocks proper and more effective utilization of the possibilities that hypnosis and self-hypnosis could offer. As mentioned above, the negative state in you does not want you to have the right understanding and attitude about these tools so that you will not become liberated from its clutches and the hold which it has on you. It even uses various religious doctrines to prove that hypnosis and self-hypnosis is dangerous because it takes away or at least endangers your free will and, thus, leads you away from God. This is the typical upside down position of the negative state toward hypnosis as toward everything else. The reality is that, if you learn how to properly utilize this excellent gift of the Most High within you, it will only bring you to the true inward control and to the true free will and toward recognizing and accepting the Most High, the Lord Jesus Christ as the only Creator. There are some people who even use some literal quotations from the Holy Bible to prove that hypnosis and self-hypnosis is dangerous. These people do not understand that everything in human hands can be misused and abused and, thus, that everything can become dangerous if it is used with the wrong purpose, intent and motivation. When literal statements in the Holy Bible speak about certain things that you should not do, in the internal sense of such statements is contained a meaning that tells you that you should not do it only with wrong and evil intent and motivation. To do anything with wrong and evil intent, no matter how good it seems to be to you from the outside, is to do it from the hells, from the devil, Satan and demons, that is, to do it from the negative state, against the Most High and His/Her spiritual principles. On the other hand, to do anything at all with good, proper, positive and right intent and motivation is to do it from the Most High, from His/Her true spiritual principles and from the positive state.

This is the most important spiritual principle that you have to be aware of and accept. It is necessary to be aware of and to accept these

Who Are You And Why Are You Here?

spiritual principles into your life if you want to succeed in anything at all.

This spiritual principle is, of course, also fully applicable to the use of hypnosis and self-hypnosis. If you use hypnosis and self-hypnosis with a wrong and evil intent, purpose and motivation, and if you use them improperly with a wrong approach, you will get in touch only with the negative state in you and its hellish representatives. However, if you use hypnosis and self-hypnosis for proper spiritual purposes, with good, positive intent and motivation to be a better human being and to be a more spiritual human being, you are using a gift of God in you from the Most High, for the Most High, with the Most High and by the Most High. You, therefore, become blessed.

Why do you think you were given the ability to go inward, or to experience hypnosis or self-hypnosis, if it is such a dangerous, evil and negative tool? What would be the purpose of having anything like that in your personality make-up, if it could not be utilized for some good and positive purposes? Whatever can help you to get well, to become a better human being, a more spiritual human being cannot be from anywhere else but from the Most High because it is the Most High that desires nothing more for you than your health and happiness. This is the reason why He gave you this valuable gift in the first place. Or do you want to claim from the standpoint of your own personal prejudices or distorted understandings of the literal Biblical statements and distorted teachings of your religion, that such abilities come from the hells or the devil? Why would the devil give you something that can help you to get well? Don't you think that with such an attitude as this you are endangering yourself into ascribing to the devil the work that belongs to God? Be careful that you do not sin by such a foolish attitude.

On the other hand, professional people limit their understanding of hypnosis and self-hypnosis to a superficial explanation that hypnosis is a simple selective ability of your consciousness to alter its state, for example. This state is different from your conscious state. And because in this state your attention is focused only on one thing (let us say on the words of the hypnotist or on your own self-suggestions in the case of self-hypnosis), you can better pay concentrated attention to what is being said to you or felt by you. By virtue of this ability, you become more suggestible. You will tend to carry out suggestions more readily from this kind of state or condition, than if I were to give you some suggestions in your normal, non-altered state of consciousness. Simple as that.

Chapter Four

This understanding of and attitude toward hypnosis and self-hypnosis by professional people limits their use to a considerable degree. No wonder that there are so many failures when they treat people with hypnosis.

But there is another problem with the understanding of hypnosis and self-hypnosis as it is conceived by many professional people. They limit its use to contacting your subconscious or unconscious mind only. No mention of the necessity of contacting your true Inner Mind is ever, or only rarely made. No attempt, unless it happens spontaneously, to get in contact with other levels and dimensions of your mind and regions where various levels of your mind reside, is ever or only rarely made. And yet, this contact is crucial and vital because from those regions and dimensions most of your problems originate and are supported. How can you get rid of the negative state, manifested in you by your personal problems and miseries, unless you get to the root and source of it?

Do you remember what was said in chapter two of this book where we were discussing the important topic of what do you really consist and how many levels and aspects are there in you? Why do you think we needed to discuss that question? If you don't know who you are and what you consist of, you cannot very well get rid of your problems. Your problems are tied into the structure of your mind as described in that chapter.

Unfortunately, most professional people do not recognize the facts about you and about the structure of the human mind as revealed in that chapter. They don't realize that ninety-five percent of what we consider us is not the true us but it is only a superimposed artificially built pseudo-mind, with its three regions and nine degrees, which blocks and closes off our access to the rest of the five percent that is truly us.

But you have to know that ninety-five percent of that pseudo-mind is in the mode of unconsciousness, and only its shell, which is called the external mind, is conscious. This is the way the negative state wants it to be. It works in darkness and secrecy, afraid to be exposed and its true nature brought to light, because once you recognize its true nature, you will eliminate it. This is the reason why it keeps all of us, including professionals, in a thick darkness about ourselves and what we consist of.

So, when you hypnotize someone or when you hypnotize yourself, without proper knowledge about yourself and about what you consist of, you usually do not get in touch with the true mind, that is, the five

Who Are You And Why Are You Here?

percent in you. Instead you get in touch with some lower regions of your pseudo-mind which do contain all the information about your experiences from the moment of your conception in your mother's womb to your present Earthly time. By releasing that information, many people do get well. But do they really get well? Maybe they get rid of symptoms but do they really gain a true control over the negative state in themselves?

Another difficulty with the traditional professional approach to this matter is that most professional people do not recognize that all causes of human problems and miseries, no matter what they might be, can only be of a spiritual nature. For that reason many of them disregard the most important, if not the only, one, feasible approach in their treatment effort. Why do you think so many people, after being treated by non-spiritual means, replace one problem with another one sometimes even worse? Have you ever been a smoker? What is the biggest dread that a smoker has if he/she decides to quit smoking? Gaining weight. Many former smokers, after they quit, start to drink more or eat more, gain weight or come up with some kind of different bad habits which can even be worse. Or if a heavy drinker of alcohol quits his/her drinking he/she has a tendency to start to chain smoke and drink excessive amounts of coffee. These examples show you the obvious replacement of one problem with another one. But there are even less obvious and more hidden replacements than what I mentioned above. Like, for example, getting rid of cancer only to be choked to death on a piece of food. (I am talking here from my own professional experience.) Or getting rid of a migraine headache only to develop cancer of the colon and so on. Or losing weight only to develop severe depression. Or getting rid of severe depression only to be involved in a traffic accident and either killed or crippled for life. I could go on endlessly in giving you these kinds of examples to illustrate to you that this is what happens if the spiritual aspect, the most important one, is disregarded, is not considered or even laughed at as being a crazy idea.

This is the way hypnosis and self-hypnosis are being utilized. No spiritual considerations are taken whatsoever. The only exception to this rule is that some hypnotherapists work in the so-called life regression therapy to regress you to your previous life (a false concept of reincarnation that comes from the pseudo-inner mind and the evil, negative spirits attached to it) or they spontaneously encounter, while in deep trance, some spiritual experiences in the form of people's spiritual advisors. (See later on the issue of spiritual advisors.) Thus, inevitably all such non-spiritual efforts are doomed to failure in one way or another.

Yet, it is being revealed here from the Most High, that the main reason why these gifts, tools, and abilities in the form of hypnosis and self-hypnosis were given to us by the Most High is for purely spiritual reasons and purposes: to find our way back home into our Inner Mind and to the Most High so that we can get out of the world where everything is upside down and get into the world of the true reality where everything is right-side up.

For that reason it was necessary to develop an entirely different approach toward hypnosis and self-hypnosis. This new approach disregards the traditional limited approach and establishes a spiritual type of hypnosis and self-hypnosis. This spiritual type returns hypnosis and self-hypnosis to the original purpose for which they were given to us by the Most High in the first place.

This new approach is called spiritual hypnosis and spiritual self-hypnosis. The principles of spiritual hypnosis and self-hypnosis have been formulated in two books by the author, "Principles of Spiritual Hypnosis" and "Intensive Spiritual Hypnotherapy," with Dr. Arthur Jones. Those of you who are interested in learning more about these principles are referred here to those books.

Here are some brief answers to the question of what the crucial difference is between spiritual hypnosis and self-hypnosis and traditional non-spiritual hypnosis and self-hypnosis.

1. Most hypnotists of the traditional hypnosis and most practitioners of traditional self-hypnosis limit their use to giving their clients or themselves direct or indirect suggestions for the elimination of problems or symptoms of any kind without exploring or learning the reasons why such problems or symptoms exist and what purpose and learning they serve.

On the other hand, in the spiritual approach, no such suggestions are given until we establish the reasons for the existence of the problems; the purpose and learning they serve; their source and origin; and, of course, whether they did serve their purpose; whether they did exhaust their usefulness; and whether it is time to get rid of them and replace them with something permanently positive and good.

2. Some traditional hypnotists and practitioners of traditional self-hypnosis explore the reasons for and the source of the problems but only from the psychological or medical standpoint and only within the life-span from conception or from early childhood to the present time. Thus, this approach erroneously puts the origin and causation of all human

Who Are You And Why Are You Here?

problems and miseries into the experiences that people have during their Earthly life-span. In case of medical problems they put it into some kind of external misuse and abuse of the body or failure of the body to defend itself against illness. No considerations are given to the possibility that life neither started nor ends on this planet.

Spiritual hypnosis and spiritual self-hypnosis very carefully distinguish between Earthly events and experiences of our life while on the planet Earth, which are considered to be only the triggering devices of the problems but not causative factors, and the spiritual causes. The spiritual causes, in most instances, took place either entirely or simultaneously in all other dimensions and worlds where various regions of our mind reside or to which we are constantly being connected. This connectedness and residence happens without any conscious awareness on our part.

3. Traditional hypnosis and self-hypnosis acknowledges the existence of the sub-conscious or unconscious mind without recognizing that ninety-five percent of what is considered to be us, is not us, but a fake mind fabricated in the manner described in the previous chapters. Thus, they work, in most instances, with the fake mind, particularly with its lower unconscious parts. No attempt is made to check out whether they are in contact with the true mind and usually they take it for granted that they speak to the true human mind.

On the other hand, in spiritual hypnosis and self-hypnosis, from the very beginning an attempt is made to by-pass this fake mind and get in direct contact with the true Inner Mind and do all the work from that position only. Continuous checks and double checks are made to make sure that we are in contact with that true Inner Mind.

4. In traditional hypnosis and self-hypnosis, no attempt is made, unless it happens spontaneously and unexpectedly, to get in touch with the other worlds, dimensions and their inhabitants (where various levels of mind reside and are connected), for the purpose of soliciting their help in finding the source of all our problems and the way to get rid of them.

On the other hand, spiritual hypnosis and self-hypnosis do just that.

5. In traditional hypnosis and self-hypnosis, no deliberate attempt is ever made to get in touch with the true Source in your Inner Mind, that is with the Most High, and to work on all the issues of life, without any exceptions or exclusions, from the Most High, by the Most High, through the Most High, and with the Most High in us.

On the other hand, one of the most important purposes for undertaking spiritual hypnosis and spiritual self-hypnosis is to get in touch with the Most High in our Inner Minds and to work only from that position.

6. In traditional hypnosis and self-hypnosis everything is suggested from the outside, either from the hypnotherapists or from the conscious mind of the practitioner of self-hypnosis. These suggestions are usually derived from wishful thinking or from your therapist's or from your own conscious external mind's ideas of how you should be and what kind of suggestions you need. Very rarely do they ask their Inner Mind whether it agrees with those kinds of suggestions and ideas.

On the other hand, during spiritual hypnosis and spiritual self-hypnosis everything is derived and suggested from your Inner Mind. The ideas of your Inner Mind about how you should be or what you should feel or what kind of suggestions you need are fed back to your external conscious mind and to the other regions of your unconscious. After such suggestions and ideas are fed back to you, they are thoroughly checked and double checked with your true Inner Mind to see whether this was what your Inner Mind wanted to be suggested to you and whether it agrees to help you carry out these suggestions.

7. In the traditional approach toward hypnosis and self-hypnosis no consideration is ever given, with very few exceptions of spontaneous occurrences, to the fact that every human being has assigned to him/her, for the purpose of survival in the Zone of Displacement, certain entities that are called Spiritual Advisors. No attempt is made to engage them in working on your problems.

On the other hand, one of the important purposes of spiritual hypnosis and self-hypnosis is to get in touch with your true Spiritual Advisors. They perform a vitally important assignment of linking you to the rest of Creation, without which link you could never survive. Your Spiritual Advisors are asked to help you in working on your problems from the position and area that they represent and correspond to.

8. Traditional hypnosis and self-hypnosis rarely recognizes that the very original source of all human problems and miseries is the activation of the negative state by the actualization of that idea inborn in us that we may refuse to accept the fact that life cannot originate from any other source than the Most High. Therefore, the traditional approach does not make any deliberate attempt to define human problems from this crucial spiritual standpoint which is the only one that can have any validity.

Who Are You And Why Are You Here?

On the other hand, spiritual hypnosis and self-hypnosis gradually, slowly, cautiously, at your own pace, leads you toward this discovery and realization from within yourself so that you may recognize this and come to your own conclusions about all of this and learn how to derive everything from the Spiritual Source which is the Most High.

9. The traditional hypnosis and self-hypnosis, and especially Neuro-Linguistic Programming, tend to program you on how to be and what to do by standards and norms as defined by the traditions, conventions, customs, views and principles established in this society. They do not recognize the fact that they are using the negative state's methodologies and procedures. You cannot very well eliminate problems or the negative state by using the negative state and its problems. It would be like exorcising the devil by the powers of the devil, as Jesus Christ pointed out. This kind of approach, in an ultimate sense and in the long run, can only compound your problems (if not on this Earth, then after you get off this Earth. This is why this kind of approach is so dangerous).

On the other hand, spiritual hypnosis and self-hypnosis, from the position of your true Inner Mind and the true Most High in your Inner Mind and your true Spiritual Advisors in your Inner Mind, help you to free yourself from slavery, imprisonment and dependency on human traditions, conventions, customs, laws and principles built from non-spiritual states. Spiritual hypnosis and self-hypnosis help you to establish the Lord's principles, commandments, orders, precepts, establishments and ordinances of freedom and independence in your life as formulated by the Most High for you. No programming from outside or inside is permitted to take place at any time since you are presented with many choices from which you can choose only that which is best for you. You, yourself find out from your Inner Mind and the Most High in your Inner Mind what is the best for you and you identify yourself with that and become that way. This is how you become free from all your problems, sufferings, miseries, illnesses of any kind or whatever you have and this is how you can become a truly happy, satisfied, content, joyous, free and independent individual.

These are, then, some major differences between traditional hypnosis and self-hypnosis and spiritual hypnosis and self-hypnosis.

Once you have all this knowledge, as presented to you so far, once you absorb and have a proper understanding of what has been said so far, you are ready to learn the proper procedures for practicing your spiritual self-hypnosis. You do this for the purpose of getting in touch with the truly human five percent within you. You do this for the purpose of

getting in touch with your true Inner Mind in that five percent, with the Most High who resides there and with your true Spiritual Advisors who link you to the rest of Creation. You do this for the purpose of liberating yourself from all things that are not yours, that don't belong to you which were artificially imposed on you by the negative state which you accepted as reality. You do this for the purpose of establishing in your life a meaningful, fulfilling, satisfying, happy, joyous, loving, kind and wise style of life.

Let us proceed now with the outline of the proper and right procedures for establishing the spiritual self-hypnotic trance.

There are two important steps that you need to take in order to actualize your gift or tool or ability from the Most High.

1. To learn how to induce spiritual self-hypnosis.
2. To learn what to do and how to proceed when working on yourself and on your problems, once you have definitely established your spiritual trance.

We shall address ourselves to the first step.

HOW TO INDUCE SPIRITUAL SELF-HYPNOSIS

In a general sense, you can induce your spiritual self-hypnosis in two ways.

1. You can do it on your own, entirely by yourself, by following the exact procedures as described below.
2. You can do it by asking a professional spiritual hypno-specialist, or, what we call a facilitator of spiritual trance, to teach you how to establish your own spiritual self-hypnosis.

In the second case, the facilitator will put you in spiritual trance by demonstrating to you the methodology which is described below. While in that trance you will learn or you will subsequently be taught how to do it yourself.

The problem with the second way is that, at the present time, there are very few facilitators of spiritual trance in the world and in the United States who can do it properly by following prescribed procedures. Recently a special organization was established, called the Spiritual

Who Are You And Why Are You Here?

Transformation Center, which, among other things, will serve people with just that purpose. You can get in touch with the Center, and ask for assistance.

However, although the second way is preferable to the first, most people will not have an opportunity to meet anyone who can help them to learn how to properly utilize their gift for going into spiritual trance. This is the reason why the Most High requested that this book be written so that people like you can be instructed in the proper procedure for getting in touch with your Inner Mind and with the Absolute Source in your Inner Mind — the Most High, on your own without any facilitators. You have to learn to be your own facilitator.

If you follow the proper procedures step-by-step and if you are ready to benefit from this spiritual methodology, you will most certainly succeed.

Here are some steps which you need to take in order to establish a spiritual self-hypnotic trance.

FIRST STEP

Find yourself a quiet, comfortable place in your house or wherever you are at the time, where you will not be disturbed. If possible, take your telephone off the hook. Sit down in the most comfortable chair that you have in your home, preferably a recliner. If you do not have a recliner or a comfortable chair, lie down on the bed or the couch or whatever you have which is comfortable, have a strong thought that you are not going to fall asleep, and be very alert. Be careful if you are lying down on the bed because some people have a tendency to associate lying on the bed with falling asleep. This is the reason why you need to concentrate on a strong thought or idea that you are not going to fall asleep but that you will remain alert for the purpose of experiencing spiritual self-hypnosis.

SECOND STEP

Make yourself very comfortable in that chair or bed or couch or whatever you have. Place both your hands with palms down on your thighs. **Do not cross your legs or feet and do not touch your hands or intertwine the fingers of your hands under any circumstances.** At all times, during the first steps of induction, your hands must rest on your thighs and your feet or legs must be uncrossed.

THIRD STEP

Once you make yourself comfortable, close your eyes and take a very deep breath. Start to breathe slowly, deeply and regularly. Continue to breathe in this slow, regular, rhythmical, deep way for several minutes until you experience that you are completely, totally and comfortably relaxed.

FOURTH STEP

Tell yourself, silently, as you are breathing slowly, deeply and regularly, something like this:

*“By my own free will, by my own free choice, I choose to go inward to the center of my being, to my **true** Inner Mind, to the five percent of the true human in me for the purpose of learning how to be a better human being and a truly spiritual human being.”*

Repeat this type of statement several times.

FIFTH STEP

Once you silently say those words or similar words you start to concentrate on your forehead either on the middle of your forehead, from the inside of your head, between your eyes, or, if for some reason, you are not comfortable with that kind of concentration, concentrate on the middle of your chest in the region of your heart. If you are not comfortable with concentrating either on the middle of your head or on the middle of your chest, imagine in your mind's eye, while your eyes are closed, an object of your choice such as, for example, a pendulum, a ring or a coin or anything else that you come up with which is pleasant and comfortable to you.

SIXTH STEP

As you are concentrating on, let us say, the middle of your chest, observe your breathing and slowly start to count silently in unison with your breathing from one upward as far as you want to go. As you are counting, tell yourself silently, that with every count you choose from

Who Are You And Why Are You Here?

your own free will, by your own free choice you will go inward to your true Inner Mind into the deep state of spiritual trance.

SEVENTH STEP

Suggest to yourself, in the process of counting slowly, that from your own free will, by your own free choice, you are inviting your true Inner Mind to take over everything in you — your entire mind, your body, your vocal cords, your hands, your fingers, your thoughts, your feelings, your will, and everything else that you consist of. Ask your Inner Mind to take over everything in you without any exceptions or exclusions. Tell yourself that you are your Inner Mind. Everything else that is not your Inner Mind is not the true you.

EIGHTH STEP

Request your Inner Mind, which is always in you and listens to and observes what you say and what you do when it perceives that you are in a deep trance, sufficient for you for that particular moment, to have you lose any desire or wish to continue to count.

NINTH STEP

When you perceive that you have lost any desire for counting, make the following request to your Inner Mind and to the true Most High, the Lord Jesus Christ in your Inner Mind, Who is always there and listens all the time:

“From my own free will, Lord, by my own free choice, I am asking that from this moment on, while I am in this spiritual trance or going into this spiritual trance, only You and my true Inner Mind are constantly and continuously in charge. No fake, pseudo-inner mind, from the area of the ninety-five percent in me that is not me, nor anyone or anything else connected to the ninety-five percent of the pseudo-mind, will ever be allowed to interrupt, at any time, to resist or to insinuate itself into this process so that I am not misled, misguided or misused in any way or manner. I am also humbly asking You, Lord, in my Inner Mind to eliminate from me and to protect me from any kind of

interference from the external, conscious mind; from my own wishful thinking, self-fulfilling prophecies, subjective projections, preconceived ideas, personal predisposition, unrealistic expectations and anticipations; from any kind of biases, superstitions, prejudices or any kind of false religious impositions or belief systems that I might have or cling to. Help me, Lord, to keep my mind open and to be flexible and accept any experiences that will come even if, for some important reasons, nothing will happen for some time or in my first attempt to establish contact with You. Please remove any egoism from me or any conscious or unconscious evil or wrong intent or motivation in approaching this important task.”

TENTH STEP

When you are through saying that from the bottom of your heart, and it has to come from the bottom of your heart otherwise it will not work, ask your Inner Mind to allow you to experience in your arms and hands a light feathery feeling. Tell yourself something like this:

“Inner Mind, please make my right arm or my left arm or hand, or both simultaneously — the choice is yours, as light as a feather. Let that arm and hand or arms and hands float by themselves toward my face until the fingers of my hands will touch my chin or my face. As these arms and hands are floating by themselves (it has to be by themselves without any conscious effort on your part from the position of your external mind), help me to get into a deeper and deeper state of inwardness and self-hypnotic trance to the fullest of my potential, all the way as far as I need to go inward in this first attempt to do my spiritual self-trance. I understand, Inner Mind, that there are no limits to how deep within I can go. The only limits are the ones that I put on myself. But, because I, from my conscious external mind, have no idea what is the best and most appropriate level of the depth of inwardness for me to experience, I let you decide this important issue and I let you place me in that level, as my hands and arms are floating to my face. So that at

Who Are You And Why Are You Here?

the moment my fingers will touch my chin or my face, it will be a clue, a signal for me to be at that, designated by you, Inner Mind, level of spiritual self-hypnotic trance.”

ELEVENTH STEP

Take your time for the tenth step to happen. Should you have no experience of hand or arm levitation, do not be discouraged, it only means that you don't need to experience it at this time. In this case, proceed with the eleventh step.

After your fingers touch your chin, request your Inner Mind to put them into the same position they came from; on your thighs, and request your Inner Mind, as it is putting your hands and arms back onto your thighs, to deepen your trance even more. Once your hands are back on your thighs (or if they stayed on your thighs without the experience of arm levitation), request the following from your Inner Mind:

“Inner Mind, first of all, I would like to thank You for everything that has happened so far and at this point I would like to request You to take over my hands and make them numb from my wrists to the tips of my fingers so that I have no conscious feelings in them whatsoever. Let them disappear from my conscious awareness or at least let me have no influence on the movements of my fingers except for having a sense and recognition that they move and which finger or hand moves. Please, You be in charge of my fingers entirely as well as everything else in me.”

TWELFTH STEP

Tell your Inner Mind:

“Inner Mind, I would like to communicate with You. For the purpose of this communication, I would like to establish first a signaling from You through my fingers.

If I ask a question and the answer to it is, ‘Yes,’ lift up the forefinger on my right hand or the forefin-

gers of both my hands, but not on the left hand independently without simultaneous lifting of the right forefinger. This finger or fingers will always mean, whenever they lift, a 'Yes' response. If your answer is 'No,' then lift the middle finger of my right hand upward or both hands simultaneously. The lifting of the middle finger will always signify a 'No' response. If the answer is, 'I do not know,' then lift my ring finger. However, Inner Mind, you know everything about me and there is nothing hidden from You about me and, therefore, if this ring finger lifts on either hand, it will signify that my external or my conscious mind is leaking in this process or that something or somebody from the fake pseudo-mind is trying to interfere. Thus, lifting of the ring finger will always signify an 'I do not know' response."

Please, note here: should this be the case, that is, if the "I do not know" finger lifts, repeat steps nine through twelve as many times as needed until you get a different response than "I do not know." The "I do not know" response always means that the negative state in you is strongly interfering with your trance state. By repeating steps nine through twelve, you, at the same time, deepen your state of inwardness considerably and at one point you will get a true response from your true Inner Mind.

"If the answer is 'I do not want to answer your question because it is either inadequate or it is not time for you to know the answer in this trance-work,' then, Inner Mind, lift my small finger on my right hand or on both hands simultaneously. The lifting of the small finger will always signify the 'I do not want to answer' response."

"If you did not understand my question and want me to repeat it or to rephrase it, then, Inner Mind, lift the thumb of my right hand or simultaneously the thumbs, of both my hands. Thus, the lifting of the thumbs will always signify 'I did not understand the question. Please repeat it or rephrase it.'"

Who Are You And Why Are You Here?

THIRTEENTH STEP

Once you designate the way to communicate with the Inner Mind, for the time being (at one point your Inner Mind will be able to use your vocal cords to speak to you with words as well as with finger movements), you ask your Inner Mind the first important question.

“Inner Mind, are you willing to communicate with me? Am I ready to get in contact with you and establish a spiritual relationship with You and with the Most High in You? If you are willing and I am ready, please, without my conscious effort, disregarding my wishful thinking or wrong intentions, let my ‘Yes’ finger lift above my thigh. If you are not willing, then, please, lift my ‘No’ finger. If for some reasons I am not ready yet for this type of experience, please lift the ‘I do not want to answer your question’ finger.”

Watch for the response. If you get no response at all, that is, if no finger is moving, you have an influence from the negative state. In this case, take a break and repeat the entire procedure from the very first step to step thirteen, until you get some kind of response.

If you get a “No” response, it means that you picked the wrong time, wrong place, wrong condition, or wrong situation which is not favorable for communication or for the establishment of the spiritual trance. Ask the Inner Mind to give you a sudden idea, or a sudden thought, about what is wrong and why it does not want to communicate with you. If you do not get any idea or response in your thoughts, try a different time, different place, different day or different conditions.

If you get an “I do not want to answer your question” response, it means that you are not ready for this type of spiritual methodology. Work on yourself for a few weeks in the regular trance, without any contact with the Inner Mind, by simply telling yourself that at one point you will be ready. And when you are ready for such a communication, your Inner Mind will let you know by giving you a desire or a strong urge to re-read this book and after re-reading it, to make a fresh attempt to follow these procedures again.

If you get a “Yes” response, proceed with the next step.

FOURTEENTH STEP

Say:

“Thank you, Inner Mind, for your willingness to communicate with me. I appreciate your response very much. Please help me to go into a much deeper state of inwardness as we are communicating. Please let nothing disturb me or bother me or interfere with my trance. Let everything be utilized by you, all those outside noises or anything else which is happening around me, to deepen my spiritual trance and not to lighten it so that I can always go deeper until we are through with this particular session.”

FIFTEENTH STEP

After you have said that, speak to your Inner Mind in the following way:

“First of all, thank you, Inner Mind, for everything that has happened so far. Inner Mind, only you can know for sure how deep I am in trance. From the standpoint of my own conscious mind, I have no idea or feeling of how deep I might be in trance. But you know, because you know everything about me. For that reason, I would like you to indicate to me how deep I am in trance by the following methodology: we shall use fingers again for that purpose. If I am in little or no trance, then lift the thumb of my right hand which is, as you know, the ‘I do not understand your question. Please repeat it or rephrase it’ thumb. If I am in a light trance, then lift my forefinger which is my ‘Yes’ finger. If I am in a medium trance, then lift my middle finger, which is my ‘No’ finger. If I am in a deep trance, then lift my ring finger which is the ‘I do not know’ finger. If I am in a very deep trance, then lift my small finger, which is the ‘I do not want to answer your question’ finger. If I am in a deeper trance than that, then lift the thumb of my left hand. If I am even deeper than that, then lift the forefinger of my left hand. But if I

Who Are You And Why Are You Here?

am even deeper than that — after all there are no limits to how deep I can go — then lift the middle finger of my left hand. But if I am even deeper than that, then lift the ring finger of my left hand. If I am even deeper than that, then lift the little finger of my left hand. But should I be at this point already in a spiritual trance, then lift my entire right hand.”

(The spiritual trance starts at this point, that is, at the point when your entire right hand lifts. This is beyond the ten fingers of your hands.)

“If I am even deeper than the entire right hand, then, please, lift my left hand. And, finally, if I am on the beginning of the plenary state of spiritual trance, then lift both of my hands.”

The plenary state of trance is the most profound level of trance that you need to achieve in order to get in touch with the Most High in your Inner Mind and with your Spiritual Advisors in the Spiritual World. The plenary state of trance means that state which includes and involves all levels, degrees, aspects, steps and dimensions of your being and existence and of the totality of your entire mind. Nothing is left out. This is the ultimate goal when you work with spiritual trance and it is the ultimate goal of life to be and to exist in the plenary state at all times. Now, watch for a response and see what kind of response you get.

SIXTEENTH STEP

After you get a response about the depth of your trance, should the indication be that you are in a lesser degree of the trance than the plenary state of spiritual trance, ask your Inner Mind the following question:

“Inner Mind, is the level of trance that I am experiencing right now, sufficient for me to experience today and to do what is needed to be done or to be experienced? Or should I go deeper? If it is sufficient for today, let me know, Inner Mind, by lifting my ‘Yes’ finger. If I should go deeper than I am right now, then lift my ‘No’ finger.”

Watch for a response and if the “No” finger lifts, you have to deepen your trance.

SEVENTEENTH STEP

Deepening your own trance. The best way to deepen your trance is by imagining, visualizing and picturing yourself at your favorite fantasy spot or place or doing something you like to do the best. What is it that makes you happiest and puts you into the most peaceful, serene, comfortable, delightful and pleasant condition? What kind of scenery do you like the best? Picture that situation, visualize it, re-experience it. As you do that, ask your Inner Mind, in the moment you reach the desirable level of the trance, from the standpoint of your Inner Mind, to lift a finger, or one hand or both hands, which will correspond to that level of trance. In the moment you experience that lift, give yourself silently, but with strong emphasis, the following suggestions:

“From this moment on, no matter what I experience, no matter what is going to happen to me, no matter what I hear, what I feel, what I see, inwardly or outwardly, everything without any exception or exclusion will be incorporated by my Inner Mind to deepen my trance, not to lighten it, to deepen not to lighten it, until the Inner Mind perceives that we are through and I am ready to come out of my trance.”

EIGHTEENTH STEP

Once you are at this point, you ask your Inner Mind the following question.

“Inner Mind, are we ready to proceed with the work that needs to be done? If we are ready, then lift my ‘Yes’ finger. If we are not ready, let my ‘No’ finger lift.”

If the “No” finger lifts, ask your Inner Mind to let you know how soon you can start working on your problems. Ask your Inner Mind to flash in your mind a certain number which would be the number of days that you need to wait in preparation for working on your problems. When the number flashes, make sure to verify the correctness of that number through the finger lifting in the following manner. Say:

“Inner Mind, the number that just flashed in my mind, is this the number of days that I need to wait in preparation before we can start to work on my

Who Are You And Why Are You Here?

problems? If this is not the correct number, then, please lift my 'No' finger."

If the "No" finger has lifted, repeat the request to flash another number in your mind until you get confirmation through the finger movements that you have the right number of days.

If you are not ready to work on the problems, it means that you need to put yourself in this kind of spiritual trance every day, a minimum of twice a day, but preferably three times a day, and give yourself suggestions as follows:

"I am suggesting to myself that every day in each and every way I am becoming more and more ready to work on my problems. From my own free will, by my own free choice, I am determined to go through this until I am able to contact my Absolute Source in my Inner Mind, the Most High, and be introduced to my Spiritual Advisors and to eliminate with their help all negativity, all evils and all falsities from my life in any form, disguise and condition no matter how hidden or secret or apparent they are. And I am doing this without any ulterior motivation, without any wrong or evil intent. The purpose for which I am pursuing this task is to come back home to the positive state and to become a better human being, a more spiritual human being, a true channel of the Most High. I want to do the Most High's will in all respects and to fulfill the purpose of my life without any obstacles or hindrances and to be the way the Most High made me. I want the five percent of the truly human in me to take hold of me and gradually repudiate and eliminate the artificially induced ninety-five percent of the animalistic tendencies. At one point of my life I want those animalistic tendencies to be replaced with ninety-five percent of everything human in me, which is from the Most High. The remaining five percent I want to be assigned to the idea that I have freedom of choice to reject the acceptance of my Source, the Most High, and His/Her spiritual principles. I am doing this only for one purpose — to contribute my best toward the ultimate elimination of the negative state from the entire Creation and for the purpose of putting it

in a dormant and deactivated condition. Should I have any ulterior motivation or wrong intention, in the process of this preparation I am now asking for all help from my Inner Mind and from the Most High in my Inner Mind, in unity, oneness, harmony and in conjunction with all my Spiritual Advisors, to get rid of any traces of these kinds of ulterior, wrong, false, bad, evil intentions and motivations. This I am asking for the purpose of approaching my work on myself with purity of heart for the sake of all in the Most High's Creation from the position of unconditional Love and Wisdom, unconditional Good and Truth, unconditional Objectivity and Righteousness, and unconditional Justice and Judgment."

Repeat these kinds of suggestions with variations every day, at least twice but preferably three times a day, until the day when you are ready to start to work on your problems. Of course, these suggestions have to be repeated at the level of trance that you experienced at the moment when your Inner Mind gave you the number of the days that you need to wait. You always put yourself back into that particular level of trance or a much deeper trance, since with every session you can go deeper and deeper all the time, and then repeat these and similar suggestions to yourself until the appointed time.

However, very often the Inner Mind refuses to divulge the length of time you need for this kind of preparation. For very important spiritual reasons, it prefers not to indicate the exact number of days or weeks you need to wait. Instead, the indication is that you should ask this question every time you are in your spiritual trance. Ask as follows:

"Inner Mind, please check me out thoroughly and indicate to me whether I am ready to start working on my problems today. If yes, lift my 'Yes' finger. If not, lift my 'No' finger."

Repeat this procedure until, at one point, you get the "Yes" response, at which time proceed as outlined below.

If, however, you get a "Yes" response, meaning that you are ready to start work on your problems, proceed with the next step as described below under the heading, "What To Do and How To Proceed Once You Have Established Your Spiritual Trance."

Who Are You And Why Are You Here?

It is important to remember, from the spiritual standpoint, you cannot properly start work on any of your problems until you reach the spiritual level of the trance which is designated by lifting your right hand. The reason for this is that if you are in a lighter level of trance than the spiritual trance, you are subject to too much interference and contamination from the fake pseudo-mind and your own expectations, anticipations, wishful thinking and self-fulfilling prophecies. You want to avoid all that garbage. Of course, the best level of the trance that you will learn to work from is the plenary state of spiritual trance, that is, when both your hands will go up.

NINETEENTH STEP

Once you finish your work on your problems for that day, you are ready to bring yourself out of trance. You will simply state:

“Inner Mind, I am profoundly and deeply thankful to you for all your work with me. I am looking forward to working with you in my next spiritual trance session. Please, help me to go even deeper in trance and make it much easier than the first time. In my next session, in the moment that I recline in the chair or lie on the bed, and the moment that I close my eyes and take a deep breath, let me shift instantaneously into the level of the trance that I experience right now and, from that moment, help me to go much deeper. When we are ready to proceed with whatever we need to do, let me know by lifting my ‘Yes’ finger. Do you agree to do this for me?”

(Watch for a response. Usually and in most instances you will get the “Yes” response.)

“Once more, Inner Mind, thank you very much. And now, please bring me out of this trance and help me to shift comfortably to the external level of my awareness feeling very fresh, alert, clearheaded, in an excellent, delightful, pleasant, comfortable mood, full of energy and vigor, full of determination to do my spiritual self-hypnotic trance continuously in a better way all the time throughout my life.”

If the trance-work is done just before you go to sleep, do not phrase your post-hypnotic suggestions like this. Instead, say:

“Help me now to fall into a deep, natural, physical sleep and to have a very pleasant, comfortable, refreshing, recuperating night’s sleep and help me to wake up in the morning at the appointed time completely refreshed, alert, clear-headed, in an excellent, delightful, pleasant, comfortable mood, full of energy and vigor and full of determination to go immediately, the first thing in the morning, into a deep spiritual trance and contact you and to do whatever we need to do, before I go to perform my everyday duties and obligations that I have on this planet Earth.”

These nineteen steps give you an idea of how to induce a spiritual trance. You are advised to study this induction technique carefully and memorize it if possible. Follow it as precisely and meticulously as possible. Any deviation from this procedure can cause you a lot of trouble because there is always the danger that, if you don’t follow these procedures, you will get in touch with some areas of your pseudo-mind and its negative inhabitants. You will learn later how to thoroughly and carefully check out whether you are in touch with your true Inner Mind and its true, positive inhabitants.

WHAT TO DO AND HOW TO PROCEED WITH WORKING ON YOURSELF AFTER YOU ARE IN DEEP SPIRITUAL SELF-HYPNOTIC TRANCE.

Once you have firmly established your spiritual trance, before proceeding with anything else, it is necessary for you to follow the next important rule.

The first thing that you have to work on with the assistance of your true Inner Mind is all your personal problems. It is extremely dangerous to try to do anything else before all your personal problems are worked out. Before proceeding further you must work out all those problems which your Inner Mind indicates you need to work out. Do not be impatient or try to do anything else, such as, for example, regressing yourself before your physical birth in order to find out what happened to you before that time (as many people, unfortunately, do). Or to try to contact your Spiritual Advisors or the Most High in your Inner Mind.

Who Are You And Why Are You Here?

Such an attempt is an attempt from the position of the negative state, that is, it is from your problems. When you attempt to do things from the position of your problems, you will get in touch only with the negative state or that part of your mind which is not you but, in fact, is the pseudo-inner mind or any other region of the fake pseudo-mind or of the artificial ninety-five percent in you, and their negative inhabitants.

What is the negative state? You always have to remember again and again, as was said before, that the negative state is not here or there, it is not outside somewhere over there, but the negative state is all your problems, it is in you. As long as you cling to and hold on to your problems, and live in your problems, you are in the midst of the negative state and the negative state resides in you.

Therefore, it is only logical and understandable that, as a first step in your work on yourself while you are in deep spiritual self-hypnosis, you concentrate all your efforts on the elimination of your slavery to and dependence on your problems.

You also have to remember that you are a multi-dimensional being, that is, that you live, reside and are connected to, by the various regions of your true mind and the pseudo-mind, all other dimensions, both in the true Creation and in the Zone of Displacement.

How does this connection take place? Through your various affections, feelings, thoughts, attractions, desires, wishes, wants and similar states of mind. By your negative, bad and adverse states of mind you attract to yourself and connect to yourself all the evil and negative spirits and entities in the Zone of Displacement. Your problems feed them and they, in return, feed you back your problems. This is how problems are perpetuated and maintained throughout the negative state and the entire Zone of Displacement. It is a mutual feeding on miseries that are considered to be delicious.

On the other hand, through your various good, positive, loving, kind and peaceful affections, feelings, thoughts, attractions, desires, wishes, wants and similar positive states of mind, you attract to yourself and are connected to all positive and good spirits and entities who reside in and come from the positive state of the Most High's Creation.

Of course, you are not consciously aware of such attractions and connections. For all practical purposes, from the standpoint of your external mind, the way you live on this planet, no such entities or spirits even exist. But the situation is entirely different when you go into a deep state of spiritual trance, in which you are able to overcome the gross

Chapter Four

limitations of your external mind and of all scientific and religious superimposition, prejudices, biases and superstitions which are only a shell of what you truly are. In this state you are able to be fully aware of the presence of those entities and spirits with you and in you and of how they relate to the various states and conditions of your mind and life. The awareness and perception of those entities and spirits is not necessarily a visual one, but they can be presented in many other ways and modes of perception that are available to you. We shall speak about it later.

In view of this important fact, it is very obvious that any attempt to get in touch with these various entities and spirits prematurely before you have worked out your problems, is very dangerous because you are able to relate to them only from the position of your problems. And since that position attracts and is connected to the negative and evil entities and spirits only, you will only get in touch with the negative and evil spirits or with the fake pseudo-inner mind. These types of spirits and entities like nothing better than for you to try to get in touch with them before you have worked out your personal problems. This allows them to lie to you and to mislead you by very often even pretending to be Jesus Christ, the Most High, God, the Holy Spirit or various archangels or similar positive entities. This they do for the purpose of seducing you and keeping you permanently in the negative state. Once you get in touch with these kinds of entities and spirits in you, you tend to be in awe of them especially if they claim to be Jesus Christ. And, of course, you tend, unfortunately for you, to follow and abide by their misleading advice. Unfortunately, at the present time, under the presently existing spiritual conditions on planet Earth, they can speak in big beautiful words of love, in big beautiful words of wisdom and deceive you by their seemingly loving and wise words and advice. They feed you all kinds of lies about yourself, about reincarnation, about God, about Jesus Christ and about the negative spirits and entities. Usually the content of such speech is derived from your wishful thinking. They perceive your views, your opinions, your desires, your wishes and your belief system and speak from that. Thus, they are feeding you your own pipe-dreams, your own wishful thinking and self fulfilling prophecies.

This is one of the reasons why it is necessary to follow the prescribed procedures in the process both for putting yourself into spiritual trance and during your work on your problems while you are in a deep spiritual trance so meticulously.

So, with this important warning, which can be considered a matter of life and death, so to speak, you proceed in your first step of what to do,

Who Are You And Why Are You Here?

once you are in a deep spiritual self-hypnotic trance, and once you have made your first contact with what you think is your true Inner Mind.

FIRST STEP

The very first step, before you proceed any further, is to test vigorously and severely whether you are in contact with your true Inner Mind. You say silently to your Inner Mind:

*“Inner Mind, as you know so well, there is that ninety-five percent in me, which was super-imposed on me and which encapsulated you and separates you from me, or what I think is me. For that reason, I have to make sure that I am in contact with my true Inner Mind. Am I in contact with my true Inner Mind? If I am, then my ‘Yes’ finger will lift or if it is a false Inner Mind or a misleading negative entity or spirit, then my ‘No’ finger will lift. At this point, Inner Mind, by my own free will, by the power of my choice, **which power is always positive because it is a direct endowment of the Most High in me**, I hereby choose that only my true Inner Mind is in control of my finger movements and everything else in me.”*

“Because I exercise here the power of my free will, which I have directly from the Most High, by the Most High, through the Most High and with the Most High in me, no one or nothing else in me or outside of me will be able to influence my finger movements except my true Inner Mind, unless I personally give such permission, should there be a future necessity to do so for some important learning.”

“Now, with this proclamation of my free will and my free choice, I am humbly, in modesty and humility, requesting my true Inner Mind to indicate through my finger movements, whether I am in contact with my true ‘Inner Mind.’”

Watch for a response. If you get a “No” answer, repeat the above formula and request your true Inner Mind to come through and indicate its presence by lifting your “Yes” finger.

Chapter Four

If you get a “Yes” response, proceed to test your Inner Mind in the following way:

“Inner Mind, I would like you to take over my vocal cords now and speak to me directly, or if it is not yet appropriate for you to speak out loud through my vocal cords, speak in my thoughts, and tell me whom do you worship and serve?”

The following answer should be received if you are in contact with your true Inner Mind:

“I worship the Lord Jesus Christ, Who has many other names, and Who is the Most High, and the Holy Spirit, One Indivisible God, the Creator of the entire Creation and the Supreme Lord, Master and Ruler of all that is, including all hells, the negative state and the entire regions of the Zone of Displacement.”

This or a very similar answer has to come through. It has to be **the Lord Jesus Christ, the Most High, One Indivisible God**. No other answer than this is acceptable. This is also true regarding anyone who belongs to any other religion than the Christian religion because such names as Jehovah, Adonii, Shaddai, Elohim, Allah, Krishna, Vishnu, Buddha, Great Spirit or whatever name is used in your particular religion, are nothing else but various different aspects of the same ONE GOD WHO IS THE LORD JESUS CHRIST. This is an indisputable fact. This is what is being revealed here by the Most High. Either you accept it or you do not accept it. You have your freedom of choice. If you do, you are safe to proceed. If you do not, you would be better off not to use this methodology because you would be misled by the negative entities and spirits who would reinforce and confirm your own misleading belief system or whatever you have. Such a reinforcement and confirmation of your own belief system, or whatever you have, is extremely dangerous for your future spiritual progression particularly at the time after your departure from planet Earth. You could find yourself in a much worse situation than you were in even during your stay on planet Earth. This is the reason why I would strongly advise, for your own future sake, not to proceed further or to use this spiritual methodology unless from the bottom of your heart you can accept this fact about God.

Since the Lord Jesus Christ is the same as God, the Most High, Allah, Krishna, Vishnu, Buddha, Great Spirit, or whatever name you use, the

Who Are You And Why Are You Here?

presented test-formula is universally valid for everyone without exception and exclusion, not only for people on this planet but throughout the entire Creation of the Most High.

Once you receive the appropriate answer from your true Inner Mind, as described above, the next question to ask is:

“Inner Mind, what is your attitude toward the Bible?”

The true Inner Mind of everyone, regardless of any belief system, will answer in a similar fashion:

“The Holy Bible is the true Word of God. Thirty-five books in the Holy Bible contain the inner, higher or internal sense which is clothed in the literal sense.”

(For your information, these thirty-five books in the Holy Bible, containing this important internal sense, which makes the Holy Bible the Word of God, are as follows: Genesis, Exodus, Leviticus, Numbers, Deuteronomy, Joshua, Judges, the First Book of Samuel, the Second Book of Samuel, the First Book of Kings, the Second Book of Kings, Job, Psalms, Isaiah, Jeremiah, Lamentations, Ezekial, Daniel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi; The Gospel in accordance with Matthew, the Gospel in accordance with Mark, the Gospel in accordance with Luke, the Gospel in accordance with John and the Revelation of Jesus Christ.) After you have received a satisfactory answer to this question, the next question you ask is:

“Inner Mind, what is your true understanding and knowledge of the so-called literal, continuous, physical reincarnation of one spirit into the same world of the negative state?”

The only acceptable answer to this question from the true Inner Mind, even though you are a firm believer in reincarnation, is:

“There is no literal, physical reincarnation of the same spirit into the same place two or more times and particularly into the negative state of this planet. The Lord Jesus Christ, being an infinitely and absolutely loving and wise God, would never place people in the same situation two or more

times. This is a regression and not a progression. There is no stagnation in the Lord's Creation. Everything proceeds in progressive steps. Reincarnation means regression or return to the same place which is regressive and not progressive."

If you received this or similar kinds of answers to all of your questions, you can be sure that you are in contact with your true Inner Mind.

Remember, any deviation from the meaning and content of these types of answers to these questions, formulated above, always, without any exception or exclusion, signifies that you are not in contact with the true Inner Mind. Instead, there is a contamination either from your fake pseudo-inner mind or one of the negative spirits or entities is attached to or insinuated in one of your problems, which is blocking access to your true Inner Mind.

Under presently existing spiritual conditions on planet Earth, this rule is the only valid one. Later on, when you make contact with the true Most High in your true Inner Mind, you can ask the Most High yourself whether this is true and why the presently existing spiritual conditions on planet Earth require such a meticulous and seemingly rigid following of these steps and procedures, and such a vigorous and severe testing. You will be surprised to find out the true answer.

After you have finished these tests and you have received satisfactory answers, you may proceed to the next step.

STEP TWO

As you know so well, we are all aware that we have some kinds of problems. Very few people would dare to claim that they are free of any problems. If any of you are making such a foolish claim right now, during the reading of this book (unless you have gone through the work on yourself thoroughly in the state of spiritual trance or self-hypnotic trance), you had better go into trance immediately and find out what you are avoiding or escaping from.

People can have all kinds of problems. These problems can be physical or mental or emotional or intellectual or sexual or personal or spiritual. If you are a woman you can have all kinds of menstrual disorders, especially menstrual cramps, infertility, being unorgasmic, that is, unable to experience orgasm, or having frequent miscarriages.

Who Are You And Why Are You Here?

You might be a lesbian and have difficulties with being that way; or you may have many other similar problems. If you are a male, you might have problems with maintaining your erection, that is, suffering from impotence or premature ejaculation or not being able to impregnate your sexual partner or you might have problems with your own sexual identifications and are homosexual, or a child-molester, or you masturbate excessively, or have a desire to expose yourself, and similar problems. Or you suffer from frequent common colds, or you have sinuses or asthma or bronchitis or all kinds of allergies or emphysema or tuberculosis or a peptic ulcer or colitis or constipation or diarrhea or vomiting or nausea or lack of appetite or too much appetite. Or you or your children used to have problems with bed-wetting, or you have urinary retention or incontinence or nervous frequency, that is, you have to urinate or to have bowel movements too often and similar disorders. Or you may have muscle spasms, back-aches, slipped disks, sciatica, or arthritis, bursitis, wry neck, rhinitis, headaches, and all kinds of aches and pains in various parts of your body. Or you may suffer from diabetes, neuralgia, hypertension, that is, high blood pressure, or tics or various heart conditions or various forms of cancers and various other kinds of physical or so-called physical illnesses. Or, you may suffer from some type of neuroses such as phobias, anxiety, hysteria, obsessions, compulsions, severe insomnia or you may suffer from various types of psychosis. Or you may suffer from various types of personal problems such as inferiority-superiority complex, lack of confidence, negative thinking, guilt feelings, worries. Or, you may suffer from the state of perfectionism, negativism, egoism, selfishness, self-centeredness, sadism, masochism. Or, you may suffer from depressions, feelings of unworthiness, or disobedience, or aggressiveness or passivity or laziness or indifference, or impatience, or inefficiency, or indecisiveness, or procrastination. Or, you might suffer from stage-fright. Or, you have a tendency to seek too much attention. Or, you may suffer from habitual lying or you have been delinquent or criminal. Or, you might be a severe or light smoker, or drug user, or an alcoholic or heavy drinker. Or, you might have a severe problem with food intake and you are obese and overweight, or you bite your nails or you have difficulties with learning or remembering, suffering from an inability to recall or retrieve what you learned. Or, you have difficulties in studying and taking examinations. Or, you have various speech disorders such as stuttering or stammering. Or, you suffer from hives, acne and all kinds of skin disorders or anything else for that matter. It is very likely that you have at least one of the problems described in the medical and psychiatric books.

Chapter Four

As you see, the list of problems people can have can go on endlessly, forever. I am pretty positive that from the above partial list of problems, you found your own somewhere.

I want you to be aware that all of these problems without any exceptions or exclusions can be worked out by means of spiritual hypnosis and spiritual self-hypnosis if you are ready, open and eligible for such a procedure. You have to ask your own Inner Mind, when you are in deep spiritual self-hypnotic trance, whether you are ready, open and eligible. It will indicate whether this methodology is proper and right for you to apply and whether through this methodology you can permanently get rid of the problems you have or are habituated to. You have to be aware of that for certain spiritual reasons, as a result of your free choice, sometimes you need to use a different methodology for getting rid of your problems than spiritual self-hypnosis.

Otherwise, you would deprive yourself of the very important learning that such an opportunity, that is to be treated by some other methods, provides for you. This is the reason why it is always necessary to ask your Inner Mind what is the best methodology to use for getting rid of each particular problem. Don't be surprised to find out that you may resolve certain problems through the spiritual methodology that is presented in this book, while you will be advised to resolve some other problems with some typical medical, surgical or psychological methods. But be aware that, once you are consulting your true Inner Mind about what is best for you, even if your Inner Mind indicates that you should have surgery or use some prescribed medications or some regular psychotherapy, that advice comes from the purely Spiritual Source and, therefore, because you are following the advice of your true Inner Mind, you are following the spiritual path. The typical medical, surgical or psychological methods or means for getting rid of your problems are, in fact, in such instances, tools for the manifestation of spiritual learning. Therefore, in this connotation all those so-called non-spiritual procedures are the results and consequences of purely spiritual ideas.

The next thing that you have to be aware of and that I want you to bear in mind is that very often what you consciously think your problems are, is not necessarily so from the standpoint of your true Inner Mind. Very often those problems are only a disguise or covering for some deeper problems of which you are not aware on your conscious level or from the standpoint of your external mind. Of course, even coverings and disguises, as any other true problems, are always, without exception or exclusion, of the spiritual origin and source. After all, your external mind doesn't know anything about you. Usually it only guesses and that guess

Who Are You And Why Are You Here?

may or may not be correct. But even if it is a correct guess, it is only a guess and this is the reason why you need to check it out, in this second step of the prescribed procedures, with your true Inner Mind. For your information, once the real problem is resolved, in many instances, the covering or disguise of the real problem or that cover up or disguise which you consider to be a problem, disappears spontaneously without any further necessity to work on it.

So, you ask the following question of your true Inner Mind:

“Inner Mind, thank you very much for your cooperation.”

(At every point of your communication with your Inner Mind, **never forget to thank your Inner Mind for everything no matter what it is.**)

“I would like you to explore me thoroughly and find out whether those problems that I think I have –

(At this point, enumerate all your problems one by one, which you think you have.)

are real problems or are they in addition to some other problems that I am not consciously aware of? Or are these problems only coverings and disguises behind which are the real problems? Now, if they are the real problems, and we have to work on them first, then please lift my ‘Yes’ finger. If, however, they are not my real problems but only coverings and disguises, then lift my ‘No’ finger. And if, by any chance, they are in addition to some other problems that I am not consciously aware of then lift my ring finger. In this case the ring finger will no longer signify ‘I don’t know,’ but it will signify some kind of third alternative.”

Watch for the response and then proceed to the third step.

THIRD STEP:

Any response in step two (you really know what your problems are; the problems you think are your problems but are not and are only coverings and disguises of the real problems; and the problems that you

are aware of are in addition to some other problems that you are not consciously aware of) requires at this point, after you thank your Inner Mind, the following inquiry:

“Thank you, Inner Mind. The next question I have is whether it is your choice or whether you should indicate to me in advance the number of problems that we have to work on before I am ready to meet my true Spiritual Advisors. Or, instead, should we take one problem at a time and proceed until you, Inner Mind, indicate to me that now we are ready to proceed with the next step? If you want me to know in advance how many problems we have to work on, then, please lift my ‘Yes’ finger. If it would not be beneficial for me to know this in advance but, instead, we should work on one problem at a time as they come, then my ‘No’ finger will lift.”

If you get a “Yes” response, then proceed as follows:

“Inner Mind, how many problems do we have to work on before I am ready to proceed with the next step? Inner Mind, please use my fingers to indicate the number of problems. Each finger, starting with the right thumb of my hand will signify one problem. I have ten fingers. Please lift that finger on my hands which corresponds to the number of the problems that I have to work on.”

(The count goes from the thumb of the right hand all the way to the small finger of the left hand.)

“If by any chance I have more than ten problems to work on, then lift my entire left hand.”

Should your entire left hand lift, proceed as follows:

“Inner Mind, I am now designating my fingers as follows: the thumb on my right hand will signify eleven problems, and so on until the small finger of my left hand which will signify twenty problems. Please lift that finger which will correspond to the number of problems that we have to work on. If by

Who Are You And Why Are You Here?

any chance I have more than twenty problems, then lift my entire left hand.”

If your left hand lifted again, repeat the procedure with upgrading the counting until you get the precise number.

When you have the precise number of the problems that your Inner Mind wants you to work on before proceeding to the next crucial step in your work on yourself, **make sure** to double check the correctness of the response like this:

“Inner Mind, the indication is that I have to work on, let’s say, six problems before I can proceed with my next crucial step. Is this the correct answer?”

If you get a “No” response, repeat the above procedure until you get the confirmation that this is a correct number.

STEP FOUR:

Once you have established the number of problems that you have to work on or, once you establish that you need to take one problem at a time without knowing in advance the number of the problems, you are ready to proceed with the next step. (An important note of warning. The indication from your true Inner Mind of the number of the problems that you have to work on does not necessarily mean that you have to work only on those problems and nothing else or more. It only indicates and signifies that you have to work out certain problems on your own with your own true Inner Mind before you are ready to be introduced to your true Spiritual Advisors, to convert and liberate your own true Shadow and establish direct access to the Most High in your true Inner Mind. It will be brought to your attention later on if there is something else or some other problems that need to be worked on and removed from your life. Certain problems are of such a deep spiritual nature that they can be worked out only with your own converted and liberated Shadow and all other Spiritual Advisors, or only directly with the Most High. See about this issue later on. Or, in most instances, the physical and psychological aspect of any problems have to be worked out first before their spiritual aspects can be revealed with the help of the true Spiritual Advisors and the Most High.)

Next, you ask your Inner Mind:

Chapter Four

*“Thank you, Inner Mind, for your indication;
and now I would like to ask You if we are ready to
proceed to work on the first problem?”*

Usually, you will get the “Yes” response. The “No” response usually means that you need to take a break, or to start working on your first problem in the next regular session that you will have with yourself. Check it out with your Inner Mind.

Once you get a “Yes” response, proceed as follows (if you know consciously what your problems are).

*“Inner Mind, how was this problem triggered?
When was the first time it appeared in my Earthly
life?”*

(At this time you do not ask anything about your experiences in the specific Intermediate world. This can be done only with the help of your converted and liberated Shadow and your true Spiritual Advisors and only under the presiding of the Most High in your Inner Mind.)

*“And what were the subsequent events in my life
that supported and reinforced that problem? Please,
bring it to my recollection **step-by-step**, event after
event, so that I may know and understand what
happened and how it happened and what I am
doing wrong to have this problem.”*

At this point you either can ask for the Inner Mind to speak through your vocal cords to tell you what happened and how it happened or to give you the exact memories of what happened and how it happened or, simultaneously, both. It is up to your true Inner Mind to decide which way it wants to proceed since it knows what is the best and most effective way for you.

In the process of this work you will be shown what went wrong and how the problem was triggered and started to plague your life.

Once all events of your life, related to the triggering, supporting and reinforcing of that problem are revealed and are clear to you, ask your true Inner Mind the following question:

*“Inner Mind, please, reveal to me the lessons that
I have been learning from this particular problem.
Have I learned my lessons properly? Has this*

Who Are You And Why Are You Here?

particular problem exhausted its usefulness in my life and is it time that I am free of it and get rid of it?"

If the learning occurred and the problem exhausted its usefulness, then you are ready to proceed with the next step. In most instances, if you are at this point, you have learned your lessons and the problem that you are working on has exhausted its usefulness for you and for the entire Creation. Everybody throughout the entire Creation learned from that experience and it was placed permanently in the Universality-Of-It-All. Therefore you are ready to get rid of that problem. Otherwise, I can assure you, you would never have arrived at this point in your life. You would not even have any desire to do your spiritual self-hypnosis or maybe even to read this book.

Should there be an indication from your Inner Mind that you don't have a conscious awareness of your real problems, and should your Inner Mind indicate that you are ready to learn what the first problem is that you are not consciously aware of and that you are ready to work on, then proceed as follows:

"Inner Mind, as I am counting from one to seven silently in my mind, I would like to ask you to bring suddenly to my memory and recollection the nature of the problem which I am consciously not aware of but which is the one that I need to work on first. Help me to remember and to recall the exact nature of that problem; how is it manifested in my life; what the symptoms are of that problem in my life and in my behavior; how that problem was triggered; at what point of my Earthly life that problem was triggered; what other events of my life played the reinforcing and confirming role for that problem; and anything else that I need to know about that problem. So that, when I finish counting, suddenly I will know."

At this point, proceed with counting and, if necessary, repeat the counting several times until you are able to fully recall everything related to the first problem which you were not consciously aware of up to that point. When you have it, do exactly what was described in step four and after you have done that, proceed with step five which follows. (Sometimes you are given a smaller problem or two or more to practice

on — so that the bigger ones are easier to handle. Also sometimes it takes several trance sessions to learn all of this.)

STEP FIVE:

Once your Inner Mind reveals to you the true nature of your first problem, or any subsequent problems, once you know what the particular learning was from having and perpetuating that problem, you are now ready to remove that problem. (Note, that I am not giving any concrete examples of case histories, since what I am presenting here are the results of numerous concrete case histories from my professional career. The reason why it is not appropriate to give you such a case history is because each case is very different. The learning for any person, even though having exactly the same type of problem, is very different. No generalizations are possible and, most importantly, you are the only one who can be your own case history example. People, who would have the tendency to look for similar experiences and learning, would waste their precious time on someone else's experiences, instead of concentrating all their attention on their own specific, unique and unrepeatable experiences and learning which are the consequences of their own problems. This is the major reason why it would be damaging to the spirit of this book to feed you with all kinds of case histories. However, if you are interested in case histories, you can read them in "Intensive Spiritual Hypnotherapy" and "Principles of Spiritual Hypnosis" and in some chapters of "Reality, Myths and Illusions.")

There are several steps that you have to take at this crucial point.

First, from the bottom of your heart, in your thoughts and feelings, you have to ask the Most High for forgiveness and mercy. The Most High, as Jesus Christ, came to this world to provide everyone, who confesses his/her sins, repents and shows a desire to change, with an opportunity to be saved and to offer everyone mercy and forgiveness. By virtue of this fact you are constantly eligible for the Lord's mercy and forgiveness.

However, mercy and forgiveness cannot be given to you unless you ask for it through the process of confession of your sins, repentance, and removal of your sins. The Most High, being Absolute Freedom, and respecting your free choice to be the way you are or want to be, no matter how miserable that way is, would never impose on you any of His/Her mercy and forgiveness. The Most High, the Lord Jesus Christ forgave you and showed mercy for you a long time ago when He/She came to this world, conquered the negative state, subjugated all hells and put the

Who Are You And Why Are You Here?

entire Zone of Displacement with all its regions, dimensions and levels under His/Her control. So, all you have to do, is to ask for mercy and forgiveness by following the described procedures in this book.

So, the first thing for you to do is to confess your serious problems which are all sins, whatever they may be (perhaps one of those, enumerated problems, in step 2), one by one, as you are working on them with your Inner Mind in your spiritual self-hypnosis. Then, after confessing that particular problem-sin, you repent by showing remorse for polluting, poisoning and contaminating your spirit, your soul and your body and all their aspects, levels and degrees with that particular problem. And then you ask your Inner Mind to help you accept the Most High's mercy and forgiveness.

The reason why you have to undertake this first step is that, by accepting that problem as a part of your life, you denied your true essence and substance. Your true essence and substance is the direct endowment of the Most High in you. Thus, you denied the Most High and repudiated the Most High from that part of you which was given to that problem. Regardless of how much you confess your devotion and belief in the Most High, as long as you cling to and agree with your problem, with your current style of life, which derives from the negative state in you, you deny the Most High and the Most High's being and existence. Remember, the Most High cannot be in your problems. The reason for this is that all problems that we have are sins. Only the devil or evil spirits can be in your problems because only the devil or evil spirits can be in your sins. Thus, you stole from the Most High what was originally His/Hers and you gave it to the devil or evil spirits, that is, to the negative state. You did so in the moment you decided to allow that problem to enter your life and to dominate your life. In this sense, you became a thief and a robber. It doesn't make any difference how much you claim that you are a Christian, a church goer, a Bible reader, an attendant of prayer meetings, a performer of all kinds of ceremonies, rituals and so on and so forth. As long as you cling to and are enslaved by your problems, you really do not believe in the Most High. You are deceiving yourself and all others around you if you claim that you do believe in the Most High and that you are a follower of the Most High or a new-born Christian. You have chosen to let the devil or evil spirits dominate your living, and usually adversely affect those around you (by their choice).

It doesn't make any difference that you volunteered to come into the negative state for that purpose, that is, to experience those kinds of problems. As long as you identify yourself with anything negative and

Chapter Four

problematical, you become an activator or participant in the activation and maintenance of the negative state and its dominance within you. By that act, you repudiate the Most High from you, with the exception of the five percent of the true human in you. Please, do remember that, after all, when you were volunteering for your mission, a way out of the negative state was provided for you and you accepted the conditions of that way from your own free will and by your own free choice. You are now hereby being reminded of that way and of those procedures of how to get out of the negative state.

There is no other way. This is the reason, or one of the many reasons, why the Most High, as Jesus Christ, came to this world so that you could be provided with the possibility of activating this way. This one way is loud and clear: First step, confession of your sins-problems, repentance and asking for mercy and forgiveness of the Most High and for activation of your ability, desire and wish to change successfully and effectively.

The second crucial and important step in this process of getting rid of your problems-sins is that you, from the bottom of your heart, show mercy and extend forgiveness to everyone else, without any exception or exclusion, no matter who it is; who, for some reason or another, participated, or who you think and believe participated in triggering, reinforcing and perpetuating your problems-sins. But again, remember please, that all those problems enumerated in step two above, as well as any other problems under the sun, are sins. Do you remember that example which I quoted before in this book from the life of Jesus Christ on Earth when he said to the physically ill person, “Your sins are forgiven”?

You cannot go any further, not one tiny little step further, unless you are willing from the bottom of your heart to forgive and to show mercy to all people in your life on Earth, who participated, or who you think participated in triggering, reinforcing, maintaining and perpetuating your problems from the moment of your conception in your mother’s womb to the present time. Again, no one person can be excluded from this process of forgiveness and mercy. And not only that, but it is crucial and vital that you continue at all times, on a daily basis, to show mercy and forgiveness to yourself and others as needed and when needed.

If you are not willing to forgive and to show mercy to them from the bottom of your heart for all their seeming wrong doings toward you; if you want to continue to hold your grudges against them and be angry at them and hate them, stop right here and go no further. You are wasting

Who Are You And Why Are You Here?

your time. You will only bring upon yourself more devastating problems than you have had prior to this time.

You can be shown mercy and forgiveness by the Most High only if you also show mercy and forgiveness to all others who need your mercy and forgiveness. It doesn't make any difference if the above mentioned people in your life continue to hold grudges against you, or to be angry at you or hate you or mistreat you as they always have done. This is not the point. The vital, crucial and important point is for you to realize that you have to forgive them and show mercy upon them, regardless of whether they forgave you and showed mercy to you. Once you do that, once you change your attitude toward them, you will be surprised at what will happen in their relationship with you from that point on.

So, if you fulfilled the requirement for these two steps, you are ready to proceed with the third step.

Thirdly, by accepting mercy and forgiveness from the Most High, and by showing and giving your own mercy and forgiveness to others, you are ready to show mercy and forgiveness to yourself. Now you need to forgive yourself for everything that you have done to yourself and others, or you think and believe that you have done (whether or not you really have done it!).

Now, from the bottom of your heart you have to forgive yourself and to show mercy upon yourself for all those hardships, miseries, sufferings and problems that you have been allowing to torment you, to plunder you and to destroy your spirit, your soul, your body and all their levels, aspects and degrees.

If you are not willing, for some reason or other, to forgive yourself and to show mercy upon yourself, stop right here and do not go a step further, because you will be in worse trouble than you have ever been before.

How can you accept forgiveness and mercy from the Most High or show mercy and forgiveness to others, unless you are willing to do the same for yourself? Are you not a part of the same whole? Is the Most High not in you? Is the Most High not in others? If you did not forgive yourself, you cannot truly forgive others either, and then you cannot truly apply the Lord's forgiveness and mercy to yourself at all because it depends on the other two acts of forgiveness.

On the other hand, if you think that you have forgiven yourself, but didn't want to forgive others and didn't accept the Most High's forgiveness, you deceived yourself and others into believing that you had

forgiven yourself. The reason for this is that one act of forgiveness stems from another and there can be no forgiveness or mercy unless all three occur at the same time. If you separate them, you remain a slave of the negative state. Unwillingness to show mercy and forgiveness in all of these three aspects means that you have a problem in not being able to forgive in one or two or all three aspects of this act of forgiveness and mercy. This is a serious spiritual problem. At this point you are strongly advised, before ever proceeding further, to explore with your true Inner Mind, why it is that you find yourself unwilling or reluctant to accept the necessity of these three acts of forgiveness and mercy. Whom are you serving by this kind of terrible attitude? This only points out and means that you have to take into consideration that there is a possibility that, perhaps, for some reason or other, you allowed some evil, negative spirits or entities that block you from going through this vital and crucial act of mercy and forgiveness to possess you, or to insinuate themselves into you or attach themselves to you. Remember, please, that the entire negative state is built on hate, anger, hostility, viciousness, violence, destruction, grudges, revenge, retaliation, cruelty, unforgiveness and all other similar atrocities and abominations.

If you are not willing to forgive and show mercy in these three aspects, you are, unfortunately, allowing yourself to be an agent of the negative state from the hells.

In cases like this, you need help from a professional spiritual hypnotherapist and, if you want to go further in your process of spiritual transformation by your own free will and by your own free choice, then you better get in touch with someone at the Spiritual Transformation Center and ask for help and assistance.

After you complete these three steps in the act of mercy and forgiveness, you are ready to proceed to the next step.

The next step is to visualize, to picture and to see (if you have difficulties with visualization and imagination then please think, feel, hear, sense or whatever way you can) a brilliantly white light coming from in front of you, from above (which is always toward the East, in the spiritual hypnotic and self-hypnotic trances. No matter which way you turn, the East will always be in front of you, and above), as from the sun. The sun is rising. Request the presence of the Most High in that sun and in your Inner Mind to send a beam of light to your forehead and let it enter you and take out that problem for good and forever. Visualize the full flood of white light coming from the sun, from the above, and engulfing you and penetrating you and everything in your spirit, soul

Who Are You And Why Are You Here?

and body. Visualize that light shattering, eliminating and removing the problem or all damaged, sick, weak cells or whatever you have. And visualize that light taking out all that blackness and darkness and everything and everyone else related to that problem together with that problem itself. Let it all be discharged from you at your feet. Repeat this process seven times until everything at your feet, as well as in the rest of you, is pure white light. See that blackness, darkness and ugliness dissipate and disappear into nothingness.

After you have done this, proceed to give yourself the following or similar suggestions:

“By my own free will and by my own free choice; by the power of the Most High’s Divine Love and Divine Wisdom and His/Her Divine Mercy and Forgiveness and by the power of my true Inner Mind and my own mercy and forgiveness; by the power of my decision to identify myself fully with my true Inner Mind, I am freeing myself, I am liberating myself, by the three aspects of the act of mercy and forgiveness, from everything related to this problem and to that problem itself”

(indicate here by words what the problem is that you are getting rid of)

“for good and forever. All consequences, results and outcomes of that problem”

(again, name the problem by its specific name, such as cancer, smoking, weight problem, drinking, nail biting, whatever you have)

“are being abolished, stopped, nullified and they will no longer have any impact, any influence on or interference with my life. I am no longer a slave to that problem. I now am giving myself back to the Most High. And I am humbly asking the Most High to fill that spot or place in me, which I allowed that problem to steal from me, and the true Most High, and to occupy me, with pure unconditional love and wisdom; with pure unconditional good and truth; with pure unconditional charity and faith; with trust and confidence in the Lord and myself; with objectivity and righteousness; with justice and judgment; with mercy and forgiveness; with compassion and empathy; with kindness and gentleness; with

Chapter Four

modesty, humbleness and humility and all other positive attributes of the Most High's true nature and His/Her Creation."

If you have a physical problem which caused damage to your tissues or cells such as in cancer, for example, after you discharge those sick, aging, putrid, black, nasty, ugly cells from your system by the above described procedure, you add:

"and fill that place and organ or tissue, with new, strong, healthy and rejuvenated cells. I am asking you, the Most High, my Lord, the Savior, the Redeemer and the Maker and my Creator, in modesty, humbleness and humility to reform me, to regenerate me, to renew me, to rejuvenate me and to transform me into Your true likeness and image. Protect me and safeguard me, my Lord, from falling back into any habits related to that problem or back into behavior patterns and a lifestyle that were the result of that problem."

You can add any other similar suggestions to yourself.

Once you finish all these steps, you ask the following questions of your Inner Mind:

"Inner Mind, are these suggestions acceptable to you the way I formulated them? Are you willing to help me to carry out and to become these suggestions so that they now become my true life? Does the Most High in you accept my humble request for help? If yes, then lift my 'Yes' finger, and if no, then lift my 'No' finger."

If, by chance, you get a "No" response (a very remote possibility, if you have followed the outlined procedures properly), ask your Inner Mind to reveal to you what was wrong with your suggestions and with your procedures. Usually, somewhere along the line you either didn't understand, or follow, the proper procedures. You will get a proper response and then make the necessary corrections in accordance with the suggestions of your true Inner Mind.

If you got the usual "Yes" response, ask your Inner Mind, after thanking it, the following important question:

Who Are You And Why Are You Here?

“Inner Mind, is there anything else related to this particular problem that we have to work on?”

If you get a “Yes” response, proceed to explore further from the position of your Inner Mind what other aspects of that problem you need to work on. Work on that problem until at one point, when you ask the above question, you will get a “No” response. Working on one problem very often can take more than just one session in your spiritual self-hypnotic trance. To make sure that you have the correct answer, double check with the following question to your Inner Mind:

“Thank you Inner Mind. Have we resolved this problem permanently, for good, forever, as long as I keep up with my regular everyday work on myself?”

(The description of maintenance of your new spiritual condition and life will be given in the next chapter of this book.) If the problem is really worked out, you will get the “Yes” response. Otherwise, continue working on that problem until it is eliminated by repeating the procedures described in the above steps. Then ask:

“Is there anything else for today?”

If “Yes,” ask what it is and do what you are being told. If not, with thankfulness and gratitude to the Most High and to your Inner Mind, bring yourself out of your spiritual trance by the procedure described above in step nineteen of the induction of spiritual self-hypnotic trance.

STEP SIX:

Once you complete the work on the first problem, you are ready to take the next step. Before you proceed further, I want you to be aware of the following important, crucial and vital fact and procedure that you have to follow every time you are doing your spiritual trance-work. This rule is absolutely necessary and valid every time you go into your spiritual self-hypnosis, even if it is done the same day. Never skip or miss this procedure. Whenever you are contacting your Inner Mind at the beginning of each of your sessions (please, no exceptions or exclusions), you repeat the security checks with your true Inner Mind as described in step one of this part.

Why is it necessary to do so every time? You have to remember that in-between sessions you are back in your external mind and in the external world where the negative state fully dominates. During that

Chapter Four

period of time, you are subject to all kinds of pollution, poisons, contamination, traps, attacks, bombardments and many other things of the negative state which want you to remain in its clutches and traps. Therefore, when in the next regular session, you shift back to your true Inner Mind, you can never be sure whether you are in contact with your true Inner Mind or with your fake pseudo-inner mind. For that reason, if you don't want to be deceived and misled, you have to go through the regular security checks as described in step number one of this part. Later on, after your Shadow is liberated and converted, you will learn a more reliable, simplified and faster security clearance in this respect. But, until that time you have to start each of your sessions with the security clearance as described in the first step of this part.

After you have established your next spiritual trance-state and contacted your true Inner Mind and performed the proper security checks, you ask your Inner Mind, first of all, to help in purifying and cleansing you from any possible contamination, pollution and poisons of everything evil, negative, bad, wrong and adverse that might have occurred in-between your sessions. Ask your Inner Mind to direct the brilliantly white light of Divine Love and Divine Wisdom of the Most High from the sun into you and thoroughly wash you, cleanse you, and fumigate you in your entire essence, substance, body, spirit, soul and everything that you have from all garbage of the negative state until it is all gone from your system. Ask your Inner Mind to indicate to you if you have done anything wrong or inadequate or erroneous or made mistakes between sessions. Let it be brought to your attention, work on it, ask for mercy and forgiveness and eliminate it with the white light. Once you are through with this, or if the answer was "No," that is, there was no contamination or wrongdoing in any way in between your sessions, then ask your Inner Mind, after you thank it for the work which has been done so far, the following question:

"Inner Mind, are we ready to proceed to work on the next problem?"

(Of course, this question is valid only if you have more than one problem at the moment or if your Inner Mind indicated that you need to work only on one problem.) If the answer is "No," ask your Inner Mind what should be done in this session; what kind of work you need to do on yourself; what kind of suggestions you need to give yourself and when you are going to be ready to work on the next problem.

Once you get a "Yes" response, proceed to work on the next problem in exactly the same manner as described in steps four and five.

Who Are You And Why Are You Here?

It is absolutely necessary for you to follow all the steps as described in those procedures without ever leaving anything out. You are well advised to re-read the content of step number four and five of this part many times, and if possible, almost memorize it, so that you strictly adhere to those steps in the process of the elimination of your next problem. You have to repeat each step exactly as described in those two steps in working on every aspect of your problems. Failure to do so can bring total disaster and compound your problems under the pretense that the problems were worked out. The negative state would like very much for you to violate and deviate from these procedures so that it could sabotage and undermine your efforts. Remember, this procedure was revealed directly by the Most High for the purpose of giving you, if you choose to accept it by your own free will and your own free choice, an opportunity to free yourself from the slavery to all your problems and, thus, to the negative state. If you follow these procedures meticulously, you can never go wrong especially if you follow the act of mercy and forgiveness in its three aspects at all times.

And in exactly the same manner, as described in steps four and five, without leaving anything out of those steps, you will work on the rest of your problems which your Inner Mind says you have to work on. You will do so until your Inner Mind tells you that this is all and that it is time for you to go to the next crucial point in your spiritual transformation process. **This type of spiritual work on yourself can be considered a process of your spiritual transformation or being born again.**

Once again, if you are interested in learning more about how this work is done by concrete examples, as well as what follows next, you are advised to read chapter two, part two of "Intensive Spiritual Hypnotherapy," (pages 90-332), and chapter twelve and fourteen of "Reality, Myths and Illusions." These parts in those two books, as well as some parts in "Principles of Spiritual Hypnosis," (pages 154-164 and 201-232), are mostly simple dialogues which can be easily understood by anyone who can read.

**HOW TO LIBERATE AND CONVERT YOUR TRUE SHADOW;
HOW TO EXORCISE POSSESSIVE, INSINUATING OR
ATTACHED EVIL, NEGATIVE SPIRITS AND ENTITIES;
HOW TO EVOKE YOUR TRUE SPIRITUAL ADVISORS; HOW TO
ESTABLISH PERMANENT CONTACT WITH THE MOST HIGH;
AND HOW TO WORK WITH YOUR TRUE SPIRITUAL FAMILY.**

Once you are at this point, and you have been given firm confirmation by your true Inner Mind that you are ready to take your next vital, crucial and important step in the process of your spiritual transformation, you have to proceed as follows:

STEP ONE:

While in a deep state of spiritual trance (by this time you should be able without any difficulties to be in a plenary state of spiritual trance represented by the lifting up of both your hands. To make sure how deep you are, occasionally double check it with your true Inner Mind as you were taught in the steps for induction of spiritual trance at the beginning of this chapter), transport yourself in your imagination to the top of the high mountain. See yourself, picture yourself, visualize yourself, or think yourself, feel yourself or hear yourself or however you do it best, on the top of a high mountain, with a nice leveled top, with green grass where you can comfortably stand, sit, relax and work. You can get yourself to the top of the spiritual mountain by one of the following ways.

1. If you like to climb mountains, climb until you reach the top and then relax there.

2. You can see yourself, picture yourself, imagine yourself, visualize yourself, think of yourself, hear yourself, feel yourself or however you do it, lying on a brilliantly white cloud which is taking you toward the ridge of the mountains that you can see far ahead. That cloud will come over the ridge of the mountain and you can scrutinize all tops and summits and find yourself a summit that is spacious, well leveled, and has a beautiful cover of green grass and a nice huge boulder, and perhaps even a nice, beautiful flower garden.

3. Or you can be lifted to the top of the mountain on a special lift made for that purpose (as in the Swiss Alps, for example).

4. Or, you can find a comfortable paved road that leads to the top of your spiritual mountain and drive up in your car. Just before reaching the top, you will park your car in a special, safe place which will be provided for you as you are driving up. After you park the car, get out of it and walk the rest of the way, a very short distance to the top.

5. Or, you can get to your spiritual mountain top in any other way you wish or want to, or in the way which is the most comfortable and effective for you.

Who Are You And Why Are You Here?

Once you are at your spiritual mountain top you need to have the following arrangements:

In front of you, no matter which way you will turn, will always be the East side of the mountain. The sun will always be above you, shining, above the horizon, in the summertime 10:00 o'clock morning position, with a clear beautiful day with blue skies. On your right side, or to the South, no matter which way you turn, will always be a huge rock or a boulder (very big). On your left side, or to the North, no matter which way you turn, there will be a visible path leading down from the mountain top into the plain far below, through a gate which you will see on the left side of the mountain or on your left side. A mist or a fog lies over the plain. As mentioned above, you can have, if you wish and like, a nice beautiful garden on your mountain top with a waterfall of crystal clear and pure, cool water. There will be no snow, or ice, or cold on your spiritual mountain top even if you like snow and ice.

The above described arrangements have to be established permanently and no deviation from them is permitted. Any deviation from these arrangements is very dangerous because it breaks the proper meaning of spiritual correspondences and allows the negative and evil forces to contaminate, to distort and to pollute your process.

The spiritual mountain top corresponds to the heavens or to the spiritual world or to the positive state or to the true Creation of the Most High. The East corresponds to the Most High. The sun in the East corresponds to the abode of the Most High. The warmth, which radiates from the sun, corresponds to the Most High's Divine Love, Good and Charity, and the emanating light from that sun corresponds to the Most High's Divine Wisdom, Truth and Faith. The right side, or south, in this connotation, corresponds to the mighty power of all truths of the entire positive state of the Most High's Creation. The rock or boulder corresponds to the foundation of that truth in faith, trust and confidence that the truth of the Most High always prevails because it is from good. The waterfall or crystal clear water corresponds to the pure truth that purifies and cleanses from all falsities, badness and evilness. The flower garden corresponds to the Most High's peace, calmness, serenity and tranquility that always accompanies the positive state. The left side, North, the path down to the plain's gate, fog, mist, and the plain correspond to the different aspect of the negative state and all hells that you need to conquer with the help of everyone and everything on your spiritual mountain top. At this point, the gate on your left side or the North side of the mountain, through which the path goes down to the plain or to the hells, is open. The open gate symbolizes that you have not

Chapter Four

yet completed your process of spiritual transformation and that you are not entirely free from the dominance of the negative state in your life as manifested by all your problems-sins. You are still connected to the hells. You are only at the beginning of this process.

Now, do you see why it is so important not to deviate from these arrangements on your spiritual mountain top? If you deviate from these arrangements, you violate the universal laws. In order to activate the negative state, they had to re-arrange and violate the order of the universal structure of the Most High's Creation as represented by the true correspondences. The reason why no snow and ice are acceptable on your spiritual mountain top, even though you might like them, is because snow and ice are cold to the touch and anything cold signifies lack of love. You cannot do anything good or build anything properly if love is lacking. Therefore, it is not wise to have ice and snow on your spiritual mountain top.

Once you establish yourself firmly on your spiritual mountain top, the following rule will have to be followed from now on **without ever violating this rule or deviating from this rule.**

From this moment on, all your work, without any exception or exclusion, even if you go into trance just to relax or for some other important reasons, will be done on your spiritual mountain top. From now on, whenever you go into your spiritual trance, the first thing you do is to go to your spiritual mountain top, before doing anything else. I repeat here again, that you will be doing nothing whatsoever, while you are in trance, unless you are on the spiritual mountain top. Even if the Most High Himself/Herself will appear to you and tell you that you do not have to be on your spiritual mountain top and that you can work someplace else or without being there, do not believe it. Do not buy it. Such advice, whether it comes from the so-called Most High or from the so-called Inner Mind or anyone else, is an indication that you are dealing with a false Most High, a false Spiritual Advisor or a false, fake Inner Mind. **This is the golden rule of this methodology.** Either you follow it or you will be in trouble.

While you are at the top of your mountain, check carefully whether everything on your spiritual mountain top is exactly as described above. Should any changes or deviation be present, it signifies that your spiritual mountain top has been contaminated by the negative state. You have to explore with your Inner Mind and find out what has happened, why it has happened and what should be done about it. (Of course, you ask your Inner Mind these questions only after the thorough security

Who Are You And Why Are You Here?

clearance and check of your Inner Mind!) When you learn the reasons for the change, eliminate those reasons, correct everything which needs to be corrected and arrange everything on your mountain top the way it is supposed to be. Only after this is done are you ready to proceed to your next step.

STEP TWO:

The first question which you ask your Inner Mind (after thorough security clearance and checking out the arrangement on your spiritual mountain top as just described above) is whether it is time for you to meet your true Shadow. Your Shadow will have to come up from the plain to the top of your mountain, through the gates, along the path. It will join you so that you can liberate and convert your Shadow from the negative state. Again, this is a rule from which it is dangerous to deviate. **Do not proceed any further until you have your Shadow liberated and converted.**

What does the Shadow represent in your life and who is your Shadow?

The Shadow is your spiritual counterpart who represents everything negative, bad and unpleasant in you and your life. It also represents all the precious energy, strength, vitality and creativity which you have been wasting throughout your life by your futility, foolishness and yielding to self-destructive, self-denying, self-defeating desires, wishes and lusts for the wrong type of pleasures (such as, for example, pleasure in smoking, drinking, drug use, or similar destructive “pleasures”), to greediness, egoism, violence and things like that. The Shadow is a spiritual being, independent of you, who resides in or has an assignment in the hells. The reason why this particular Shadow is attached to you is because it represents your link to the hells. It is a part of your Shadow’s assignment to remind you of your negativity and your problems by putting you in all kinds of embarrassing situations, causing you to make all kinds of mistakes and causing other problems. This is done for the purpose of awakening you from your spiritual blindness and sleep and giving you and itself an opportunity to get out of the hells and away from the negative state. Of course, this latter part of your Shadow’s assignment in your life remains hidden and secret even from the Shadow itself, so that the enemy in the hells will not detect this important secret mission and assignment. For all apparent purposes, your Shadow, before liberation and conversion, is a loyal subject to its masters in the hells.

Chapter Four

This is what your true Shadow signifies and represents before its liberation and conversion. After its liberation and conversion it becomes one of your true Spiritual Advisors either in male or female form. Before liberation and conversion, your Shadow can have a very nasty and ugly appearance and it can appear to you in any form or even in many changeable forms (some kind of ugly animal or monstrosity or demon or insect or similar form). It also can appear in a distorted humanoid form or even in a perfectly human form but with some striking characteristic such as, for example, black and dark clothing.

After you receive an affirmative answer from your Inner Mind that you are ready to encounter your Shadow, look to the left. Go to the open gate and call your true Shadow to come up from the plain and the fog and join you on the top of your spiritual mountain. Encourage your Shadow to come up for the purpose of making friends.

Observe whether anyone or anything is coming. If no one appears, turn yourself to the East and ask your Inner Mind and the presence of the Most High in your Inner Mind why no one has appeared. Listen for the answers and follow the instructions which you will receive at this point. Many of you will be afraid and frightened at this point. However, it is the negative state in you which is causing that fear, fright and terror because it doesn't want you to proceed further. It knows that, by this step, it will lose its hold on you. Therefore, if you are encountering fear or fright or any other adverse emotions or reactions at this time you are advised to concentrate on the feelings of love, mercy, compassion, and forgiveness in you. These feelings will eliminate all negative emotions from you. You also ask the Most High in the sun to protect you by engulfing you in white light that cannot be penetrated by anything evil, dangerous, hurtful or harmful to you. Such an arrangement usually eliminates your fear and dread.

The other thing, that you have to be very cautious about at this point, is that, whoever or whatever appears through the gate from the left side, will not necessarily be your true Shadow at first. It may or may not be your Shadow. You have to prepare yourself to vigorously and severely test anyone who appears through that gate.

So, at the moment someone or something appears at that gate, no matter how ugly or fearsome it looks, or how natural and normal it looks, don't get panicky in any manner or way but, instead, maintain your feelings of peace, love, compassion, empathy, mercy and forgiveness. These feelings are your undefeatable weapons. Never forget this. Also, remember, that whoever or whatever comes through that gate likes, very

Who Are You And Why Are You Here?

often and in many instances, to pretend to be very powerful, very fearsome, very harsh and very uncooperative. But the truth of the matter is that those pseudo-people are neither powerful, nor fearsome, nor do they have any control over you no matter how much they like to pretend this to be the case or how much they are trying to convince you that you are in their power, in their possession and that they will destroy you or that they have total and absolute control over you. Please, do remember that their power and control over you is only as much and to the extent that you believe and give them that power from your own free will and by your free choice. The more you are afraid of them, the more they have power over you. The more you love them and show mercy, forgiveness and compassion to them the less influence or power they have over you. So, under any circumstances, do not be taken in by anything that they say. Remember that they are habitual liars and deceivers. As long as you are aware of these important facts, nothing whatsoever can happen to you and you are completely safe at all times.

Once someone or something appears through that gate, fearlessly and courageously, with love and compassion and with all positive feelings, approach that entity and ask it the following questions:

“Who are you? What is your name? What do you represent in my life? Why are you here?”

At this point, you have to be aware of four possibilities:

1. Whoever or whatever appeared through that gate can be your true Shadow.
2. It is a deceptive, evil, negative spirit or entity which came to mislead you, to threaten you, to intimidate you and interfere with your process.
3. It is an evil and negative spirit or entity which is using the opportunity to come out of the hells and to be liberated and converted to the positive state.
4. It is an evil and negative entity which is insinuated in you or possesses you or is attached to you. For some reason, through some of your attitudes, views, habits and problems, you allowed that entity to be part of your life.

At the moment of the appearance of the entity through the gate, no matter in what shape or form, turn yourself to the East, to the sun, to the presence of the Most High in that sun and in your Inner Mind and ask to

Chapter Four

be enlightened as to the true identity of this entity. Also ask your Inner Mind through the finger signaling the following question:

“Inner Mind, from the presence of the Most High in you, in the presence of the Absolute Truth and Good and Absolute Love and Wisdom in the Most High, please, determine the true identity of this entity. If this entity is my true Shadow, then lift my ‘Yes’ finger. If it is an evil or misleading, interfering spirit or entity, then, please, lift my ‘No’ finger. If it is an entity which, from the bottom of its heart, wants to be liberated and converted to the positive state, then lift my ring finger. However, if it is an evil spirit, which I allowed for some reason or other, to possess me or to insinuate into me or to be attached to me, then, please, lift my small finger which means ‘I don’t want to answer your question.’”

After you receive an appropriate response, proceed as follows.

To make sure that your response is correct, direct a beam of brilliantly white light on that entity, coming from the East, and engulf it in white light. Have the entity say:

“The Lord Jesus Christ, One Indivisible God, Creator of the entire Creation and the Supreme Lord, Master and Ruler of all that is including all hells and all regions of the Zone of Displacement.”

Make sure that the entity repeats this formula in this manner. Don’t leave out this formula and especially the words:

“Lord Jesus Christ, One Indivisible God.”

The refusal of that negative entity to say those words is suspect. Be aware that you are dealing with someone who is not your true Shadow. If the evil entity is the one which wants to interfere, it cannot say those words in that exact manner. It can neither survive the intensity of the white light for too long, nor can it endure for very long, your own feelings of love, compassion, mercy and forgiveness. When the entity tries to say those words it usually mispronounces them or comes up with an entirely different formulation. When you intensify your feelings of love, mercy, forgiveness, compassion and empathy toward that entity even more and ask for the greater intensification of the brilliantly white light from the East, from the presence of the Most High in the sun, then the entity

Who Are You And Why Are You Here?

usually runs back to the hells through the gate. However, before it does so, unless it runs back immediately without your having the opportunity to say anything more, it is your duty from the position of your love and wisdom to offer that entity an opportunity for liberation and conversion to the positive state. At that point you will proceed like this:

“I am going to read you your rights and privileges. As a being who lives by the stolen principle of life from the Most High, you have certain rights and privileges which are eternally yours as a gift from the Most High. I would like to take this opportunity to remind you of those rights and privileges. You are not locked into one state and condition forever. Neither are you condemned to be an evil spirit for eternity and to remain in the hells. You have an eternal gift from the Most High which is the gift of the ability to change and to choose. You are being presented here with the greatest opportunity of your life to use and apply that gift and to choose to change. That is, to convert from the negative state to the positive state and to be liberated from the hells. In order to do so, you need, from the bottom of your heart, to confess your sins to the Most High, to repent, and to ask for the Most High’s mercy and forgiveness. If you mean what you say or what you will say, you will be put in the front of this mountain, you will kneel down on your knees, facing the sun where the presence of the true Most High is, and you will do what I say. You will be engulfed in a very intense light by which you will be transfigured from the ugly, evil, negative, hellish form, which you appear in now, into a white and bright spirit. After that, you will receive a new name from the Most High and two angels will appear, the servants of the Most High, and will take you to the special division of the New School for Spiritual Re-awakening, Re-learning and Re-structuring. There you will undergo a process of total transformation from a negative, evil spirit, into a positive and good spirit within the time it is necessary to accomplish this task at your own pace. Be aware, if you don’t mean what you say and if you are trying to deceive, you will not be able to survive being in that intense white light of the Most High’s Divine Love and Divine Wisdom. You

will be instantaneously transported to the deepest hells where you will be locked up to bear the consequences of your evil deeds, actions and deceptions. Having read you these rights and privileges, I am hereby asking you, what do you choose? You either choose to be liberated and converted from the negative state or you will have to go back to your own hell. But you cannot stay here because your being here is contrary to my choice and my free will.”

(For a more detailed text of this reading of rights and privileges to any negative and evil entities, see chapter three, part two in “Reality, Myths and Illusions.”)

Several things can happen with this type of evil entity.

1. It will disappear at the moment you direct the white light at it or when it is trying to say the words about the Lord Jesus Christ being One Indivisible God, and so on.

2. It will try to say these words but they will be said with some perceptible mistakes or mispronunciation.

3. It will go in front of the mountain and go through the procedure of transfiguration. In this case, if it is deceiving you and the Most High, it will be seized with feelings of great anguish and in that state, transported back to its hell where it will be locked up and bear the consequences of its evilness, negativity and deception. However, if it means business, and confesses its sins from the bottom of its heart and repents and asks for the mercy and forgiveness of the Most High, it will be transfigured into a white and bright spirit. After that it will be given a new name, and then the two angels will appear and take it to the New School for Spiritual Re-awakening, Re-learning and Re-structuring, to the special division of that school for demons, devils, Satan and evil, negative spirits who want to be liberated and converted. (For more on the New School, see various messages in “Messages From Within” and through various chapters in “Reality, Myths and Illusions.” The New School for Spiritual Re-awakening, Re-learning and Re-structuring was created and established personally by the Most High specifically for such a purpose, among many other purposes. That New School was placed by the Most High in a very unusual and peculiar position and state, known only to the Most High, where it has connections to all levels, degrees, spheres of the entire Creation, as well as to all regions, levels, spheres and degrees of the entire Zone of Displacement, from the deepest hells to

Who Are You And Why Are You Here?

the planet Earth. That school was opened on, to what corresponds in the spiritual world, June 1, 1982.)

If the evil entity came for the purpose of liberation and conversion, proceed as above with the deceptive entity.

Read it its rights and privileges and then place it in the front, to the East side of your spiritual mountain top. Have it face the presence of the Most High in the sun, kneeling down, confessing its sins and repenting, asking for mercy and forgiveness. After that have it transfigured into the white spirit, given a new name and taken by the two angels to the special division of the New School in the spiritual world.

After you have done this, try to get your true Shadow to come. Make sure to repeat security checks with any subsequently appearing entity because it is not uncommon that another attempt will be made to deceive you again by sending another imposter. Before sending that imposter back, always read it its rights and privileges first, giving it an opportunity to be liberated and converted to the positive state.

After your true Shadow appears (it could very well be at the very first try), proceed as follows. Ask:

“Are you my true Shadow? Inner Mind, is this poor creature my true Shadow? If it is, lift my ‘Yes’ finger. If it is not, then lift my ‘No’ finger.”

If the “Yes” finger lifted:

“What is your name, sir / madam?”

(Usually you will get a name.)

“What do you represent in my life?”

(Usually it tells you what it represents in your life without any hesitations.)

“If you are my true Shadow, say the words, ‘The Lord Jesus Christ, One God Indivisible.’”

(The true Shadow has no difficulty in saying these words, because it is, after all, a hidden secret agent of the Most High in the hells. Therefore, deep inside of its Inner Mind it knows the truth and longs for it even though it is not consciously aware of this fact.)

Chapter Four

“Stand to the East and be engulfed in the brilliantly white light of the Most High’s Divine Love and Divine Wisdom.”

(The true Shadow can endure that light without too much difficulty.) After this, give your Shadow the free choice to become friends with you, to be liberated and to be converted into your true Spiritual Advisor. Sometimes the Shadow agrees with you about the feasibility of such liberation and conversion without any difficulties or hesitations. At other times, it may not agree with you and you have to insist on it. Tell your Shadow, you deeply and profoundly apologize and ask for its forgiveness for any mistreatment and disregard that you showed for it throughout your Earthly life, not giving it an opportunity to be friends with you and to work together with you. Make sure to remind your Shadow that he/she is not locked into one state or condition. Encourage your Shadow to try to experience the positive state with an important condition that if it doesn’t like the positive state, it can always revert back to its former condition. (Of course, once the Shadow or any other negative spirit experiences the positive state, it will never again want to go back to the negative state. This is the way it is.)

“After all,”

tell your Shadow,

“you are not locked forever into the positive state either, unless you choose to be so.”

Now, this kind of talk is very convincing to your Shadow. (For a concrete illustration of the liberation and conversion of the Shadow, you are strongly urged and advised to read in part two, Chapter Two of “Intensive Spiritual Hypnotherapy,” and Chapter Fourteen in “Reality, Myths and Illusions.”)

After the Shadow agrees to join forces with you and starts to work for you, and not against you, you will advise it to turn itself to the presence of the Most High in the sun to the East of the mountain. From this position have your Shadow confess its sins, repent, and ask for mercy and forgiveness and for transfiguration as well as for the first step in transformation into a true Spiritual Advisor. Give your Shadow a choice of which form it wants to assume — male or female form. After transfiguration is accomplished, he/she is given by the Most High in the sun, a new name. From that moment on, the newly liberated and converted Shadow will be enrolled in the New School. And at the same time, he/she will always be present on your spiritual mountain top, in all your

Who Are You And Why Are You Here?

spiritual self-hypnotic trances. He/she will no longer be called 'Shadow,' but, your true Spiritual Advisor. Again, this is an important and vital rule to remember: after your former Shadow is liberated and converted into one of your Spiritual Advisors and starts to attend the New School, he/she has to be present always, without any exception or exclusion, whenever you go to your spiritual mountain top. Again, I repeat, no exceptions or exclusions are permitted from this rule. The absence of your former Shadow, now your true Spiritual Advisor, from your mountain top, signifies that there is something terribly wrong with your attitude, and the way you are proceeding or going. In such a case, you have to immediately explore, with your Inner Mind, to find out what went wrong in the interim, before you do anything else.

After transfiguration takes place, and the process of the transformation of your former Shadow starts (by the act of his/her enrollment in the New School), have your newly acquired friend and ally kneel down again in the front, in the presence of the Most High in the sun, in the East, and request that presence to give your former Shadow a flaming two-edged Sword of Truth, that combats all evils and falsities, and a Holy Bible. From this moment on, your former Shadow will always be equipped with extremely important tools from the Most High, for helping you to conduct security checks and clearances on every incoming spirit on your spiritual mountain top, and, of course, checking himself/herself and also your own true Inner Mind, interior mind and exterior mind.

Once your former Shadow receives the Sword of Truth and the Holy Bible, request him/her to turn that Sword toward himself/herself and tap himself/herself seven times on the left shoulder and then seven times on the right shoulder. After that, have him/her open the Holy Bible to the Gospel according to John, First Chapter or Third Chapter, and place it against his/her forehead, then against his/her heart and then, finally, against his/her solar plexus (the pit of the stomach). If he/she is your true former Shadow and not a deceptive one (some of the very cunning and sophisticated, hellish, evil spirits are capable of penetrating your stronghold on the mountain, all the way to this point), he/she will get stronger, more powerful, more radiant, more happy, more himself/herself. After this, request him/her to say whom from now on he/she is going to worship and to serve in his/her life. You should get the following response:

"I will worship, acknowledge and serve the Most High Who is the Lord Jesus Christ, One God Indivisible, Creator of the entire Creation and the

Chapter Four

Supreme Lord, Master and Ruler of everything that is, including all hells and all regions of the Zone of Displacement.”

When the converted Shadow declares this important formula of worship, you will ask Him/Her the following question:

“What will your attitude be toward the Holy Bible?”

The response to this question should be as follows:

“The Holy Bible is the Word of God. Thirty five Books in the Holy Bible contain the inner, internal or higher sense which is clothed with literal sense. The literal sense expresses only seeming or apparent truth, while the internal sense contains the real truth of the Most High.”

After you receive this or a similar response, proceed with asking the following question:

“What is your understanding of the concept of literal, physical reincarnation?”

The only acceptable answer to this question is as follows:

“There is no such thing as literal, physical reincarnation of the same spirit into the physical body and onto the same planet through the physical birth in the mother’s womb. The only thing that can be reincarnated is the will, intent, and desires of that spirit but not the spirit himself/herself.”

Any responses that differ from these signify that you have an imposter. In case it is an imposter, proceed with the formal exorcism as described below.

When this is completed, he/she now will become a mighty warrior of the Most High’s peace corps — a peace-bringer and a peace-keeper and the guardian of the gate to the hells. From that moment on, this gate will be locked and sealed and no one will be able to open it contrary to your free will. From now on, your former Shadow will be in charge of your power, of your strength, your vitality, your energy, your fun, your humor, your laughter, your relaxation, your good physical, mental and spiritual

Who Are You And Why Are You Here?

health; of your creativity. Also, from this moment on, he/she will become your chief security officer, so to speak.

If by any chance, he/she is not your true Shadow, but an imposter, he/she will suddenly shrink and disappear entirely, as he/she is testing himself/herself with the above procedure. In this case, you will have to start all over again as described above, until you get a truly liberated and converted Shadow.

Once you have your former Shadow in this position, as a security officer and an officer of peace, have him check out your Inner Mind, whether you are or are not dealing with the true Inner Mind. Picture, visualize, see and imagine your true Inner Mind in your form standing next to the peace officer and your security officer, in the front, on the East side of the mountain facing the sun and the presence of the Most High in that sun. Let that form of your true Inner Mind be engulfed with the white lights and have the security officer tap you on your left shoulder seven times with the Sword of Truth, then seven times on your right shoulder. After that, have him/her press the Holy Bible, as described above, against your forehead, your heart and your solar plexus. If you are dealing with your true Inner Mind, the form of the true Inner Mind will become radiant, stronger, happier, and immensely delighted and joyous. If not, that form will shrink and disappear. In this case, you have to continue to bring out another form of your true Inner Mind on the mountain top, until you get your true Inner Mind. From this moment on, you are safe, except that you have to repeat this procedure of security check every time you go back to your mountain top in your spiritual self-hypnotic trances, even if it happens the same day, as already mentioned before.

Thus, the first thing you do when you go to your spiritual mountain top is have your chief security officer, first of all, check himself/herself out, by tapping his/her shoulders seven times on both sides and by pressing the Holy Bible against his/her forehead, heart and solar plexus, and by repeating the words:

“I worship the Most High who is the Lord Jesus Christ and Holy Spirit, One Indivisible God, Creator of the entire Creation and the Supreme Lord, Master and Ruler of everything that is, including all hells and all regions of the Zone of Displacement.”

When he/she checks out, then have him/her check out your true Inner Mind. Should he/she disappear in the process of checking himself/herself

out, it only means that some penetration by the negative forces occurred in between your sessions. Once again, call upon your chief security officer who, at this time, will come from behind the Rock on the right side. Have him/her check himself/herself as described above. Repeat this until you really have your true chief security officer on your spiritual mountain top. Then proceed by checking whether you are dealing with your true Inner Mind. When you are sure you have your true security officer and your true Inner Mind, explore the reasons for penetration of your spiritual mountain top by the negative forces. Do not proceed further until you have learned those reasons and have removed any possible wrongdoing on your part which allowed that penetration (if any). Sometimes this is done for the purpose of learning and demonstrating that the negative state never sleeps.

But, there is a fourth possibility which we mentioned above. What should you do, should one of the appearing evil negative entities or spirits be from the fourth category, the one whom you allowed to come into you and who either possesses you or insinuates itself in you, or is attached to you? Should this situation occur before your true Shadow is liberated and converted, put that negative entity on “hold,” by encircling it with an intense bright, white light without allowing it to come out of that circle. (It usually cannot cross the circle of light.) Keep that entity in that circle without dealing with it until you have your Shadow liberated and converted and equipped with the two-edged Sword of Truth that combats evils and falsities, and the Holy Bible. Remember, do not do anything with that entity until you have your Shadow liberated and converted. After you have done that, release the evil, negative entity from that circle and have your chief security officer read to that entity its rights and privileges. However, before you ask your chief security officer to read that entity its rights and privileges, you have to make the following important statement. (You are well advised to memorize this.)

“First of all, I deeply apologize and ask for your forgiveness for allowing you, by some of my problems, foolishness, and stupidity, which I am going to find out about after you are gone, to possess me or to insinuate into me or to be attached to me.

(Whatever the case may be.)

Secondly, you are able to be in me only because I allowed it to happen by my own free will and by my own free choice. In fact, I invited you by my own free choice. Why I did that, I am going to find out

Who Are You And Why Are You Here?

immediately after you are gone. But now, by my own free will and by my own free choice, by the power and authority of the Lord Jesus Christ, One Indivisible God, and by His/Her Divine Love and Wisdom, Divine Mercy and Forgiveness and Divine Compassion and Empathy, as well as by my own, I hereby forgive you unconditionally for everything that you did to me or for what I allowed you to do to me. By this act you are hereby being exorcised, expelled, eliminated and removed for good and forever from my life or from any aspect of my spirit, my soul, or my body, or my behavior or anything else. You will no longer have any hold over me. You are an impostor, an invader, of the territory and home which belongs to the Most High. I am giving you a court order for your eternal eviction from the territory and home of the Most High, so that the Most High can once again repossess what is His/Hers. However, because you are also a being with a free will and the ability to choose, I am now going to ask my friend and ally, my chief security officer, to read you your rights and privileges.”

(Your former Shadow knows the exact wording of the text of the rights and privileges, as described above, and particularly in Chapter Three, part two in “Reality, Myths and Illusions.”)

After this, proceed with the reading and see what that possessive, insinuating or attached spirit will choose. If it chooses to be liberated and converted, make sure that the peace officer or your chief security officer, taps that spirit seven times on both shoulders and presses the Holy Bible against its forehead, heart and solar plexus and has it say whom it will be worshipping and serving from now on in its life. It has to repeat that formula of worship and the other two points as formulated above. If that spirit survives this, he/she is given a choice to be a male or a female. A new name is given to him/her by the Most High, after which two angels appear and take him/her to the special division of the New School. If it doesn't want to be liberated and converted, have your chief security officer and the mighty warrior of the Most High's peace corps, grab that evil entity, open the gates, and throw it through the gates back to the hells with the final words of advice. The words of advice are as follows:

“Once you are back in your respective hell and locked up to bear the consequences of your foolish

Chapter Four

choice, and all the other evil deeds and acts of your life, I urge you to reconsider everything that you have learned from these experiences and to continuously remember that you are not locked in your hellish state and condition forever. If you, at one point, start to desire from the bottom of your heart to recede from your evil and false way of life in the hells, cry for help. You will be heard and helped and you will be shown the way out of the hells and to the New School. The Lord has mercy upon you.”

With this final statement, the mighty warrior of the Most High’s peace corps, after throwing that entity out through the gate into hell, will lock the gate again and put a permanent lock and seal of the Most High on the gate so that no negative, evil spirit can break or open it. (For more on the process of exorcism, read the second part of Chapter Two of “Intensive Spiritual Hypnotherapy” and Chapter Fourteen, in “Reality, Myths and Illusions.”)

Immediately, after this is done, request your friend, ally and new Spiritual Advisor to help you to bring to your attention what it is in you that allowed that kind of evil and negative entity to be present in you and to be part of your life. Your new Spiritual Advisor has full knowledge of this fact. After you have learned why, and after checking the verity of it with your true Inner Mind through finger movements, get rid of anything which was inviting that spirit into you in the manner and way described in steps four and five in the part about working on your problems. Your new Spiritual Advisor will help you in the process of purification and cleansing from that problem, by putting you under the waterfall and scrubbing off everything of that nature; and then by putting you in brilliantly white lights that will purify and cleanse you from everything that allowed such insinuation, possession or attachment.

Be aware that exorcism of such a negative spirit, if it occurred at all at this point, doesn’t mean that there are no more negative and evil spirits insinuating themselves into you or possessing you or being attached to you. It only means that it is not yet time at this point for such an exorcism. Also be aware that it is possible to have more than one original Shadow. When you have the first Shadow liberated and converted, ask him/her whether you have more than one Shadow. And if you do, ask him/her to determine whether you should bring them out immediately or later. Proceed as advised by your former Shadow. Make sure always to check out with your Inner Mind through finger movements, whether this is true. And make sure that your chief security

Who Are You And Why Are You Here?

officer checks very carefully, with the Sword of Truth and the Holy Bible, everyone who comes through the gate and have them repeat the formula stating whom they worship, as described above. Thus the liberation and conversion of the remaining Shadows goes in exactly the same manner as was described above in the case of the first Shadow.

STEP THREE:

After all these things are successfully accomplished, you ask your new Spiritual Advisor the following important question:

“My friend (ask him / her by the first name), from your standpoint, are there any other problems in me that we need to work on first before we can proceed further?”

Make sure that the answer to this question comes simultaneously from your new Spiritual Advisor and through the finger movements from your true Inner Mind. If there are any problems that you need to work on, ask your new Spiritual Advisor to tell you, or to bring to your full attention, what those problems are. Then work on them in the exact same manner and way as prescribed above (in the section on working on your problems). When you are finished, ask your new Spiritual Advisors whether the problems were worked out to his/her satisfaction, to the satisfaction of your Inner Mind, and to the satisfaction of the true Most High in your Inner Mind. Because your new Spiritual Advisor is now a part of your true Inner Mind, it speaks only from the position of your true Inner Mind as well as all other subsequent Advisors. Remember, they never speak from themselves, but only from the position of your true Inner Mind. This is also true about the true Most High, Who, after all, is always present in the center of your true Inner Mind.

After all problems are worked out, from the standpoint of your new Spiritual Advisor in your true Inner Mind, you are ready to proceed with the next step. Check your readiness with your new Spiritual Advisor in your true Inner Mind as to whether you are truly ready. If he/she indicates that it is time to proceed, then go to the next step. Should he/she indicate, from the position of your Inner Mind, that it is not time yet, continue to work on your spiritual mountain top with him/her only until the time comes when you are fully prepared and ready. He/she will let you know when it is time.

STEP FOUR:

At this point, you can ask your first Spiritual Advisor (who is your former Shadow) whether he/she knows how many true Spiritual Advisors you have altogether. If he/she does, request him/her to reveal to you the number of your Spiritual Advisors, if you are ready, of course. If he/she doesn't know, wait until you either contact your next Spiritual Advisor, or until you contact your Highest Spiritual Advisor who is usually the Most High. They will tell you for sure.

Before proceeding further, you need to be further informed of the concept of the Spiritual Advisors. (For a more detailed account of this particular issue and its principles, please see "Principles of Spiritual Hypnosis.")

First of all, there is a minimum number of Spiritual Advisors that you need to be in contact, in touch and working with at all times, regardless of whether you are a male or a female.

Secondly, **there is no maximum number of Spiritual Advisors that you can have. However, less than the minimum requirement means you are not through with your process and that something is missing.**

The minimum requirement is to always have four Spiritual Advisors. One is your former Shadow, whom we have dealt with already in the previous step.

One is your male Spiritual Advisor who represents such qualities as truth, wisdom, rationality, faith, trust, confidence; positive self-concept, self-image and everything related to the principle of masculinity in you. Again, it doesn't make any difference whether you are a male or female.

One is your female Spiritual Advisor who represents such qualities as love, goodness, compassion, empathy, kindness, gentleness and everything related to the principle of femininity in you regardless of whether you are a male or a female.

One is your Highest Spiritual Advisor, who is usually the Most High or a representative of the Most High until the appointed time when you are ready to meet and contact the true Most High directly.

The Highest Spiritual Advisor represents and is the source of your life and the integrator of everything positive and good in you and of everything of truth and wisdom in you. He/She is the ultimate center of

Who Are You And Why Are You Here?

everything alive in you and from Him/Her you live, you breathe, you move, you are, and you exist at any time of your being and existence.

Under no circumstances is it possible for anyone to have less than the four above mentioned types of Spiritual Advisors, because without the principles that those four Spiritual Advisors represent, the balance of your life would be violated and you would cease to exist. This rule applies to any human being without any exceptions or exclusions whatsoever.

If you initially encounter less than four Spiritual Advisors, it never means that you have less than four. It only means that you are not yet ready to be introduced to them until you work on yourself more.

However, all four Spiritual Advisors are always with you and in you. Otherwise you could not be alive regardless of whether you are or are not consciously aware of their presence or whether you are or are not encountering them in your spiritual self-hypnotic trance on your spiritual mountain top.

One of the major functions of your Spiritual Advisors, besides maintaining the life-support system in you, is to maintain a link between you and the rest of Creation. Without such a link, you would not be able to survive because no one in the Zone of Displacement can have life from the Zone of Displacement itself.

Because your Spiritual Advisors represent a link between the specific aspects of your mind and your personality to the rest of Creation, they know everything about all the principles in you that they represent. Therefore, they know your problems, your weaknesses, your shortcomings, your sensitive spots, your liabilities and your limitations. But also they know your strengths, your stamina, your potentials, your advantages, your gifts, your talents, your equipment and the best way for you to free yourself from your problems and miseries. They also know the kind of life that will be the most satisfying, joyous, fulfilling, meaningful and happy for you. This is the reason why you need to work with your Spiritual Advisors from the position of your true Inner Mind. They represent your true Inner Mind and enable your Inner Mind to function and to survive in its entrapped, closed-off and encapsulated condition. By that entrapment and encapsulation, your Inner Mind, from the five percent of its activated mode, cannot reveal all its content and knowledge directly. It can do so only from and through your true Spiritual Advisors who are in your Inner Mind and who are not limited, encapsulated or entrapped in the negative state as are you and your Inner Mind. This is

Chapter Four

the arrangement of the situation of everyone who is in the Zone of Displacement. This is an agreed upon condition under which we stay in this Zone. There is no other way possible for anyone as long as we are in the Zone of Displacement.

You can, of course, also ask your Spiritual Advisors yourself, why you need them besides the reasons which were mentioned above and described in “Principles of Spiritual Hypnosis.” They will be more than happy to inform you.

Having acquired this brief, preliminary and necessary knowledge and information about your Spiritual Advisors, you are now ready to proceed with bringing out your next Spiritual Advisor.

Have your chief security officer, your first Spiritual Advisor, stand by with his/her Sword of Truth and the Holy Bible, ready to check out anyone who is going to appear.

Look to the right toward the huge Rock. Request, from the position of your true Inner Mind, that your next Spiritual Advisor, whom you are ready to meet, come out from the right side, from behind the Rock or boulder. Wait a few minutes for someone to appear. If no one appears, together with your first Spiritual Advisor go behind the Rock, and see if there is anybody behind the Rock.

If nobody is behind the Rock, make a request to your first Spiritual Advisor to explore and discover why nobody appeared to you or why nobody was found behind the Rock. Turn yourself, both of you, to the presence of the Most High in the sun, in the East, and request humbly that the reason for this situation be revealed. After the reason is revealed and proper adjustments or preparatory work is done, repeat the procedure again.

If anyone appears from the right side, from behind the Rock, or if anyone is hiding or is concealed behind the Rock, you will go to that person, together with your chief security officer and introduce yourself to him/her. Give him/her your names. Ask for his/her name. Ask who he/she is, whether he/she is your true male or female Spiritual Advisor, or one of the true Spiritual Advisors, and what he/she represents in your life. That is, what kind of principles of your mind he/she is connected to or symbolizes. Check out any answers that the appeared entity is giving to you, through your finger movements from your true Inner Mind, who recognizes its own Advisors only too well. Have the appeared entity go to the East side of the mountain, kneel on his/her knees and look to the presence of the Most High in the sun, be engulfed in brilliantly white

Who Are You And Why Are You Here?

lights from the sun and proclaim loud and clear, who he/she worships and serves. He/she must repeat the worship formula as indicated above.

After this entity properly declares whom he/she worships and serves, ask him/her the following question:

“What is your attitude toward the Holy Bible?”

You should receive the same type of response as when you asked the same question of your converted Shadow. Following the proper answer to this question, you will ask the third question:

“What is your understanding of the concept of literal, physical reincarnation?”

Once again, you should be getting a similar response as outlined above with the testing of your converted Shadow.

Any deviation from the content of the above described answers, without any exceptions or exclusions, signifies that you are dealing with a negative, deceptive spirit. In a case like this, proceed with an exorcism in the manner described above. Never fail to give this kind, or any kind of negative spirit, the opportunity for conversion by reading them their rights and privileges.

After that, your chief security officer will check him/her out by tapping both his/her shoulders seven times and by pressing the Holy Bible, open at the Gospel according to John, Chapter One or Three, against his/her forehead, heart and solar plexus. If he/she is one of your true Spiritual Advisors, he/she will undertake all these tests with delight, pleasure and gratitude and will pass them with flying colors, so to speak. If not, he/she will disappear from your Spiritual mountain top and then you have to repeat the procedure over and over again until you have your next true Spiritual Advisor.

You have to remember, again and again, that you have ninety-five percent of the fake mind, fake pseudo-worlds and their fake inhabitants in you. From that position the negative state in the hells is trying to contaminate and penetrate your process and your spiritual mountain top, with everything in its power, in order to mislead and misguide you in a wrong direction agreeable to the negative state. They do everything to undermine and to sabotage the process. This is the reason why such a meticulous and, perhaps, laborious security check must be done every time you go back to your spiritual mountain top in your trance, even if it

is on the same day. There are no exceptions or exclusions to this rule, as was already pointed out before.

After all this is done, invite your second Spiritual Advisor to be a permanent member of your Spiritual Family on your spiritual mountain top and engage him/her in working with you on your problems from the position of his/her representation. From this point on, whenever you go back to your spiritual mountain top, it is absolutely vital and crucial that that Advisor also be always present actively participating in your process, or whenever you are on your spiritual mountain top for any other reasons.

After that, you ask your new Spiritual Advisor, if there are any problems that need to be worked on from his/her standpoint or from the standpoint of the things that he/she symbolizes and represents in your life. If he/she indicates that there are such problems, proceed to work on them with the help of all Spiritual Advisors present. In this case, it is the first and second Advisors in succession, but in equal importance. Work on indicated problems until all problems are worked out in the exact manner as described in step four and five of the section, "How to Work on Your Problems." (By now, you should know those steps and the procedures described, by heart.)

When all necessary work with this Spiritual Advisor is finished, or the indication is that there are no problems from the standpoint of that particular Advisor, you ask both of your Advisors in your true Inner Mind, whether it is time for you to go to the next step. If they indicate that it is not time yet, work with them or be with your two Spiritual Advisors in your true Inner Mind, as long as they indicate that it is necessary to work, or until you are ready. Then proceed to the next step.

STEP FIVE:

In step five, you gradually evoke or bring out all the rest of your Spiritual Advisors, one by one, in exactly the same manner as described in step three and four. Never, ever, fail to do the security checks as outlined in those steps. Failure to do so may cause you a tremendous setback or loss of your presently held spiritual position and progress.

After you check out each incoming Advisor in the described manner, always ask him/her, **before ever proceeding further**, whether there are any problems that you need to work on from the standpoint of that particular Advisor, and what he/she represents, symbolizes or corresponds to in you. Only after you have worked on these problems, or

Who Are You And Why Are You Here?

if there was an indication that nothing needed to be worked out from the standpoint of that particular Advisor, you may proceed with bringing out your next Spiritual Advisor **if everyone already present on the spiritual mountain top agrees**. Each subsequent session in your spiritual self-hypnotic trance on your spiritual mountain top must be done with the presence of all Spiritual Advisors brought out so far, with their full, complete and active participation in your process or work, or whatever you do, without any exception or exclusion whatsoever. If anyone is missing, you may not proceed further until you have discovered from the present Spiritual Advisors and your Inner Mind, why someone is missing and what it signifies. Work it out so that the missing Advisor can either return or be replaced with someone else, if the missing one was there for only a brief time or on a temporary basis in the form of a helper.

When you have all your Advisors brought out, with the exception of your Highest Spiritual Advisor, and when they are all properly engaged in active work with you, ask them if you are ready and if it is time for all of you to meet your Highest Spiritual Advisor. If not, work with all other present Spiritual Advisors and your true Inner Mind until all of you are ready for this step. When you become ready, and they will indicate to you the proper time, then proceed with the next step.

STEP SIX:

At this time, you and all of your Spiritual Advisors will align yourselves in the front, on the East side of the mountain, toward the sun, and request, in modesty, humbleness and humility, the Highest Spiritual Advisor to come from the East, from the sun, and join you on the spiritual mountain top. Remember, the Highest Spiritual Advisor always comes from the front, from the East, and from the sun. Sometimes the Most High sends His/Her representative first who will prepare the way for the Most High to come to your spiritual mountain top. If this is the case, proceed with the security checks in exactly the same manner as with any other Spiritual Advisors, as described above. The chief security officer, together with all other Spiritual Advisors, will tap this new representative on both His/Her shoulders seven times, press the Holy Bible in the manner described above, and have Him/Her confess and profess loud and clear, whom He/She worships and what His/Her attitude toward the Holy Bible and reincarnation is. If all these tests are passed, you have a true representative of the Most High on your spiritual mountain top. If He/She is an imposter, He/She will disappear. In that case, repeat the procedure until you get the right one.

Chapter Four

When you have the right representative of the Most High, ask Him/Her to help you in your preparation to meet your Highest Spiritual Advisor. Ask Him/Her what kind of problems there are in you which were concealed from you and the rest of your Spiritual Advisors, and which are known only to Him/Her, that you need to work on further before you are ready to meet your Highest Spiritual Advisor. Work with them until they are properly worked out in the exact same manner as described previously. When everything is worked out and you are properly prepared, the representative of the Most High, at one point, will invite the true Most High to your spiritual mountain top as you are all facing the East and the sun in the East. When the Most High descends to you and is on your spiritual mountain top, His/Her representative usually departs and subsequently visits your spiritual mountain top only occasionally, and only if and when needed.

When the Most High appears, it is necessary that He/She be tested in the exact same manner as any other Spiritual Advisor. The chief security officer taps Him/Her seven times on both shoulders and presses the open Holy Bible against His/Her forehead, heart, and solar plexus. Then the Most High is asked who He/She really is. The following answer should be received from the true Most High:

“I am the Most High, the Lord Jesus Christ and Holy Spirit, One God Indivisible, Creator of the entire Creation, and Lord, Master and Ruler of everything that is, including all regions of the hells and the Zone of Displacement.”

When you receive this type of answer, proceed by asking the other two questions about the Holy Bible and reincarnation in exactly the same manner as above, and expecting the same type of answers as in step two and four.

The true Most High, not only does not object to such testing, as very often the fake and false Most Highs do, but the true Most High insists that such testing must be done on Him/Her also, because of the possibility of the appearance of the false Most High who will mislead, misguide and destroy you. I want to assure you that what is being presented here in this respect is upon the Most High’s request and advice personally. So, do not ever hesitate to test the Most High in the same manner as any other Spiritual Advisor because of thinking: “Who am I to test the Most High in this manner?” If you don’t you will be in serious trouble without ever knowing whether you are dealing with the Most High or whether you are dealing with a false Most High, an imposter.

Who Are You And Why Are You Here?

Would you like to take advice and guidance from an imposter? Do you see what I mean?

This is the reason why the Most High developed this procedure and requested that everyone of us does such thorough screening, testing and challenging of everyone who appears on the spiritual mountain top, including the Most High Himself/ Herself. This is done by the will of God, Lord Jesus Christ, the Most High, One God Indivisible.

If those tests are not passed and the fake Most High disappears, repeat the procedure until you get the true Most High. Remember, very often the true Most High permits several imposters to appear before He/She comes in order to test you and all your Spiritual Advisors, to determine whether you are going to follow the procedures that He/She personally developed. Never forget that.

After all tests are finished, and you have the true Most High with you, ask the Most High if there are any other problems that you need to work on from the standpoint of the Most High. If there are, ask the Most High to bring them to your attention and to help you to get rid of them through the exact same procedures and steps as outlined above in steps four and five on, "How To Work on Your Problems."

After everything is worked out, ask the Most High to thoroughly search you, examine you, and explore you for the purpose of determining whether any evil, negative entities or spirits are possessing you or are insinuating themselves into you or are attached to you. If they are, ask the Most High to take them out of you together with bringing to your attention anything in you that allowed them to be in you. Ask Him/Her to remove them and put them to the left side and with the help of all present on the spiritual mountain top, proceed with the exorcism in the exact manner as described above in step three of this section. Don't ever leave anything out of that procedure.

After the exorcism is finished, speak to the Most High in the following or a similar manner:

"My Lord, I am asking You in modesty, humbleness and humility to fill me completely with Your Presence so that You are in me and I am in You; and so that from this moment on I can do everything only from You in me, and I in You; and so that I can serve You without any ulterior or egoistic motivations or intentions in the best possible manner, in accordance with my best abilities and to the fullest

of my potential and capacity. Protect me and safeguard me from ever falling back into the trap of and enslavement to the negative state and its hells. Help me to be the way You made me originally from You, and the way You want me to be so that I do only Your will. Let Your will be my will. Let Your choice for me be my choice. Let Your desire, wish, want, be my desire, wish and want; and let Your Divine Providence be my life and my law which I practice, live, and exercise in my everyday living.”

After you have said these or similar words, you will have the ecstatic and deep emotional feeling that you have finally arrived back home. Now you are really home.

When all this is done, proceed with the next step.

STEP SEVEN:

Ask the Most High whether it is time to unite all the principles of Love, Good, Charity, Justice, and Femininity in you with all the principles of Wisdom, Truth, Faith, Judgment and Masculinity in you as represented by your true female and true male Spiritual Advisors. If the answer is “no,” ask what other work should be done on yourself in order to make you eligible and ready for this important step. Work with all your Spiritual Advisors and your true Inner Mind under the auspices, guidance, and leadership of the Most High presiding on your spiritual mountain top until you are ready to take this crucial, vital and important step. (Note: again I would like to remind you that, from this point on, whenever you are on your spiritual mountain top, all your Spiritual Advisors, including your Highest Spiritual Advisor, the Most High, always have to be present on your spiritual mountain top. You should not proceed a step further in doing anything until you find out why someone is missing and what should be done about it. Remember, the Most High is part of you and, therefore, the Most High is always with you and is more than happy and willing to be present on your spiritual mountain top at all times as a manifestation of that indisputable fact that He/She is always in you and with you and that without Him/Her you cannot survive for a fraction of a second.)

When you are ready, request the Most High to perform unification of the above mentioned principles in you by and through the symbolic performance of marriage of your true male Spiritual Advisor and your true female Spiritual Advisor.

Who Are You And Why Are You Here?

Here you have another important rule that you have to learn and to remember: Only the Most High can and may accomplish such a unification and, therefore, only the Most High can marry people. No one else can do that. A marriage that is not performed by the Most High, has no validity or result, or impact in any respect whatsoever, as you can so vividly see in the pseudo-marriages that exist on this planet. You may find out why there are no true spiritual marriages possible on planet Earth from various messages in “**Messages From Within**” and throughout the book “**Reality, Myths and Illusions.**” You are strongly advised to read them. In the Zone of Displacement and the planet Earth, which is the Zone of Displacement of the natural world, or the natural Earth, there are only pseudo-marriages and pseudo-families that have no validity from the standpoint of the spiritual world or the true Creation.

Once this spiritual marriage is performed, the process of your integration as a true spiritual being may begin. With this act, you have taken your **very first step** toward the process of your integration as a spiritual human being, as a true likeness and image of God. From this moment on, if you follow the procedures described in the next Chapter (Chapter Five), of this book, you will be progressively more and more integrated without any difficulties.

When this step is taken, you are ready to take the next very vital and crucial step in your Spiritual Transformation Process. However, before you go to the next step, make sure to check with all your true Spiritual Advisors and particularly with the true Most High, to see whether there are any other problems or anything else at all that needs to be done or worked on before you can proceed further. If there is, request everyone present to help you to work it through and to remove anything from your life that doesn't belong in you, that is not from the Most High, by the Most High, through the Most High and with the Most High in you. Remember to replace all those negative things with something positive and good which stems and comes from the Most High's Absolutely Positive Nature as described in the Chapter before. This should be done anyway at every point whenever you have any problems to work on with every singular Spiritual Advisor and with all Spiritual Advisors together including the Most High. Never forget to replace or fill the spot, your previous problem occupied, with something positive and good which comes from the Absolutely Positive Nature of the Most High. You may request the Most High or any of your Spiritual Advisors to tell you or to advise you about what you most need to be filled with, or to acquire, in order to be a better human being and a more spiritual human being. They will be more than happy to give you such advice.

STEP EIGHT:

Once you accomplish all of this, you may ask the Most High now whether you are ready and whether it would be beneficial and useful for you to be regressed backward in time to the very moment when you were made into a unique, self-aware and permanently living being, entity or spirit. This means to take you all the way to your home base, where your life started. If by any chance your life started from the ideas of two creatures in the hells, or you are a volunteer who came from the hells, the answer to that question will be “No.” The reason for such an answer is because you don’t want to go back to those kinds of conditions (unless, of course, there is an important spiritual reason for going back). However, in this case, you will be permitted by the Most High to be regressed to the time when you were in the Zone of Displacement of the specific intermediate world in order that you may learn how your specific problems were acquired as related to your incarnation to planet Earth.

If you came to this world by any of the other five means, as described in Chapter Two, usually you are permitted, at some time during your work on yourself, to be taken back to the place, state, condition, situation where you were created as a unique, self-aware, and permanently living being or entity. There you will be able to meet all members of your true Spiritual Family.

You may at this point request that the Most High take you, together with all your true Spiritual Advisors, back to the very moment when you became a unique spirit. Then request the Most High to lead you step-by-step through all levels, degrees, spheres, worlds, galaxies, planets that you went through before your incarnation on planet Earth. Make sure that you are allowed to remember all the things that happened to you while you were in that specific intermediate world. Explore there, the following issues: what kind of problems you acquired there. How those problems relate to the problems that you have been working on so far in your spiritual self-hypnotic trances and that were manifested during your life on planet Earth. What was the reason and purpose that you acquired those specific problems there? What was the necessary learning and type of manifestation of the nature of the negative state that those problems provided for you and for the entire Creation? Why did you choose to incarnate on the planet Earth into those specific problems? Why did you choose the type of parents and their genes and the type of racial, economic, political, geographic, personal, hereditary or any other conditions that you have had in your Earthly life? What kind of specific and true spiritual purposes, goals and learning have those problems been serving? Have all those problems exhausted their usefulness and, thus,

Who Are You And Why Are You Here?

their purpose? Is it now time to be free from all of them and to make a new and fresh choice and to proceed with the next step of your life's assignment on this Earth?

After you receive answers to these questions and after you have gone through all your experiences before your incarnation on Earth, and after you have removed all the problems that you are ready to remove, you are ready for the next and the final step in this process.

If for some reason, you are not ready to learn all the answers to these questions, and if you are not permitted to entirely remove all the problems that you acquired at that time, it means that the usefulness of that situation for your learning and the learning of the entire Creation has not been exhausted and you need to learn more. In this case, you simply ask the Most High, in conjunction with all your true Spiritual Advisors to help you to fully fulfill your purpose for being here, from the standpoint of the newly learned and acquired insights about all of this. However, you do have to remember that, even though you are ready to know all of this, and to get rid of all of these problems that were acquired in that world, please, bear in mind that the process of this learning and removal takes quite a lot of time, and sometimes can continue for the rest of your Earthly life. So don't be impatient and discouraged or disappointed and learn to be satisfied with whatever is given to you and whatever you are ready for. The true Most High in your true Inner Mind knows how much you can or are ready to know and how much it is safe for you to know.

STEP NINE:

During the activation of what was outlined in the previous step, you will be given glimpses of bits and pieces of your previous life. Gradually, step by little step, you will be able to put those bits and pieces together as a jig-saw puzzle. This will allow you to gradually come to the realization of the answer to the most important question that you have: specifically and uniquely, who you are, why you are here on this Earth and what your specific mission and assignment is. Of course, the answer to these crucial questions can never be fully and exhaustively answered while you are on this Earth and in your physical body. The reason for this is for your own protection. The Most High very carefully makes sure that you learn as much as is useful, proper, right and appropriate for you to know about yourself and your mission on Earth. No more no less. You have to remember that to be here is to be in the enemy's territory. You don't want your enemy — the negative state — to know who you are and

why you are here. If such knowledge were divulged to you fully and completely, while you are here, your enemy would know it also, immediately. Having such vital knowledge and information, you would become very vulnerable and would easily be destroyed. This is the reason why it is not advisable for you to know the entire picture of who you are, why you are here and what your specific, private and intimate mission and assignment on this Earth is. However, from what will be revealed and shown to you and to the extent it will be revealed and shown to you, you will be able to have sufficient knowledge and understanding to make your life the way it is supposed to be: happy, content, joyous, pleasurable, delightful, free, fulfilling, satisfying, purposeful, productive, constructive, creative, peaceful and full of fun, humor, laughter and smiles, and so on and so forth.

After all, this is what you are after and this is the way you deserve to live your life as a man or woman of God. Remember if you are at this point of your work on yourself, you truly have become a man or woman of God. This is what it means to be a man or woman of God, or a holy man or a saint. Any other understanding of the concept of these terms is futile and foolish.

Of course, there is a higher understanding of the question, “Who Are You?” It is not related that much to your being on this Earth. Your being on this Earth is only a small part of it. The higher knowledge of “Who You Are,” cannot be acquired during your stay on this Earth. You don’t even need to know that during your stay on the planet Earth. Such knowledge is a crucial part of your eternal spiritual progression, during which you know yourself better and better in progressive steps. Of course, this process goes on to eternity. This is a motivating factor — to know yourself better and better and to be more and more the true image and likeness of God in that process of knowing yourself better and better — of your eternal continuation and your eternal life as a unique, self-aware and self-fulfilling, self-actualizing and self-realizing individual and person.

In concluding this Chapter, I would like to bring to your attention the following facts:

1. As mentioned many times before, everyone who is willing, open and ready may and can succeed in the methodology presented here. However, there are two conditions for succeeding in the application of this new spiritual methodology. One is your willingness to give up all the belief systems you have held so far. Please, sometime during the work on your problems, while you are in a deep, spiritual self-hypnotic trance, ask your

Who Are You And Why Are You Here?

true Inner Mind, your Spiritual Advisors and, most importantly, ask the true Most High whether what I am saying here or about any other issue is correct. Ask if it is possible to succeed in your effort if you are determined to continue to wallow in your old belief systems, no matter what they are. Weren't those belief systems what kept you in bondage and slavery to the negative state? Do you see what I mean? Why didn't they help you in your life the way they were supposed to or promised to?

Secondly, in order for you to succeed, and I cannot emphasize this strongly enough over and over again, it is crucial, vital and important to follow all procedures and steps as described in this book, as they were derived from the theoretical foundations on which they were built, as reflected in the first two Chapters. Any deviation from the procedures and from the application of each step will lead you astray and into ultimate failure and doom. Once again, I advise you to ask your true Inner Mind, your true Spiritual Advisors, and, most importantly, the true Most High why this is necessary and whether these are the procedures, tools and steps that were revealed directly by the true Most High, to give people a more practical means, next to the Revelation contained in the Holy Bible, for their spiritual rebirth.

2. Any problems, no matter how minute or unimportant or how big and important they are, be they spiritual, mental, emotional, intellectual, physical, social, economic, personal, medical, and so on, without any exception or exclusion, can be resolved by the proper application of this spiritual methodology. After all, all these problems are only symptoms of deep spiritual disturbances or disorders within you. This is true only if you carefully check with your true Inner Mind and your true Spiritual Family, while in a deep state of self-hypnotic trance, whether you are ready for it and whether this spiritual methodology is the treatment of choice for you from the standpoint of your true Inner Mind and your true Spiritual Family. However, bear in mind that even though this spiritual methodology might not be a treatment of choice for some or all of your problems in any category, it doesn't mean that you cannot benefit from or use this spiritual methodology in your everyday living and spiritual growth. By all means you can, and everyone is advised to do so regardless of whether it can help you with your personal problems or in treatment of the problems.

Once you have established from your true Inner Mind and from all your Spiritual Advisors under the auspices, guidance, leadership and presiding of the Most High, the best way of getting rid of your Earthly problems, you may and can, very effectively and successfully, use this spiritual methodology to help the other usual methods (such as, for

example, surgery) to heal you better, faster and without any complications and to help you to get rid of the problem completely. Also, you can use it for checking out carefully whether the problems of that nature were resolved completely and what else should be done to resolve them to your full satisfaction and benefit.

3. It is important to realize that this spiritual methodology was given to us by the Most High for many reasons and not only for the sole purpose of treatment or working on all of the Earthly problems that plague us. It is by no means limited to this purpose no matter how important this purpose is. It serves other equally important purposes, such as, for example, to know yourself better; to understand yourself better; to know and understand other people better; to understand and to control your nature better; to learn more easily; to have access to the spiritual world and other dimensions of the Most High's Creation or regions of the Zone of Displacement; to discover new, better, deeper, more transcending spiritual ideas and thoughts and ways and how to apply such thoughts in the best possible manner in your life; and, of course, most importantly, to ask your true Spiritual Advisors and the Most High, what to do and how to apply this methodology in the best possible manner; thus, to use it as a tool of choice-making and decision-making which can help you to make the best and most appropriate decisions and choices for yourself. Moreover, it can be used for confirming the verity and usefulness of the advice you usually get from other people and from your external mind and the verity and usefulness of all kinds of religions, spiritual claims, sects, cults, and various other spiritual trends or anything else for that matter.

This spiritual tool is given to us by the Most High for the major purpose of being free and independent of anything and anybody. Instead of listening to what other people say, or what your spiritual pseudo-leaders or your spiritual teachers, or gurus or swamis or ministers say, you can use this tool to go directly to the Most High, inward, to your true Inner Mind and get the answers to all your questions, right from the Absolute Source where it really counts. In this way, this tool serves you invaluablely.

It is important to realize at this point that the usual attitude of the negative state toward communication with the Most High and the spiritual world and your Spiritual Advisors, is that it is very difficult, very dangerous and impossible. While the truth of the matter is that to communicate with the Most High directly within your Inner Mind (being sure to follow these procedures), is the most normal, the most natural,

Who Are You And Why Are You Here?

the most appropriate, the most healthy, the most desirable, and the most spiritual thing to do. This is what the Most High wants you to do.

4. At all costs, avoid using this spiritual tool and gift from God, for any egoistic or selfish reasons, motivations, intentions or egoistic gains, such as, for example, to ask which horse will win the race or what number or card you should play to win in a Las Vegas or Reno casino. Unless such information is volunteered to you by your true Inner Mind or by any of your true Spiritual Advisors, you never personally solicit it. If you do, you will most certainly lose further access to your spiritual mountain top, your Spiritual Family, and to your true Inner Mind. Remember, your Spiritual Family, and particularly the Most High, knows all your needs. If you learn to rely on Him/Her and to have faith, trust and confidence that the Most High knows what is best for you and that everything has its purpose, time and place, you will be provided with everything you **really** need.

5. The key to success in this spiritual methodology is to approach it with modesty, humbleness, humility, open-minded-ness and in the spirit of mobility and flexibility, without any projections, expectations or anticipations. You have to realize from the onset of your working with this spiritual tool, that, from the standpoint of your external conscious mind, you really do not know what you need and what you lack and what your real problems are. You think you do. You think you need this or that, or that you need the same things that your neighbor has and unless you also have it, you become frustrated, unhappy, bitter, resentful, angry and demanding because you also want it. You, of course, also ask God to give you the same things as your neighbor has. But God will not give it to you because God knows only too well that if He gave it to you or listened to your foolish and arrogant whims and granted you your whims, it would ultimately destroy you spiritually, or cause you such tremendous misery that you would find yourself in a much worse condition than you have ever been before.

This spiritual tool is given to you to enable you to find out whether you really need what you think you need and whether you lack what you think you lack. It is also given to you to learn how to utilize, to actualize, to realize and to manifest to the fullest of your potential, with thankfulness, gratitude, appreciation, and complete satisfaction that which you already have from the Most High. You have all your talents, gifts, abilities, tools and your unique life. Do not waste your precious time and energy on envying other people's possessions and running around complaining to others about your imaginary needs and trying to bilk people out of what they have.

If you were to concentrate all your time, effort and energy on manifesting, utilizing, improving, actualizing and realizing all which you have, and not on that which other people have, you would be in excellent shape and condition. Do not allow your gifts, tools, abilities, and your life to be idle, dormant, underutilized and lazy.

One of the reasons why this spiritual tool is given to you is for finding out the extent of your abilities, gifts, talents, and tools and how to go about using them in the best possible, most useful and beneficial manner and way for mutual benefit, common good and sharing with all in the Most High's Creation. In this respect, as in any other respect, all you have to do is to ask the Most High in your true Inner Mind, in conjunction, unity and oneness with all your true Spiritual Advisors and your true Inner Mind, to find out about all of this. If you ask for this kind of understanding and for this kind of unselfish purpose, you will be shown to your satisfaction and happiness, what to do, how to proceed and how to be fully satisfied with what you already have.

6. It is important for you to realize that one of the major purposes of this new spiritual methodology is to reverse the situation into which you were born as far as the structure of your mind is concerned. As you know from Chapter Two of this book at the present time you consist of ninety-five percent of everything which is not you, and only five percent which is truly you and truly Godly.

One of the purposes for your being here is to reverse this state and condition, so that ninety-five percent of your being and existence becomes truly you and Godly, and only five percent is kept for the maintenance of your freedom of choice. You need to have that choice in order to be alive. The way you start this process of reversion is by identifying yourself more and more with your true Inner Mind, with your true Spiritual Advisors, and, most importantly, with the true Most High in you; and by putting your external mind and the entire pseudo-mind under the control of and into the service of the true Most High in your true Inner Mind. The Most High knows how to utilize that artificial pseudo-mind to your best advantage and how to gradually incorporate it into your true Inner Mind so that, at one point, you start to do everything, without exception or exclusion, from the position of your true Inner Mind and the Most High in it.

This is one of the major purposes of your work with this spiritual tool — to start to be your true Inner Mind and to start to think, to feel, to will, to act and to do everything without any exception or exclusion only from the position of your true Inner Mind, which is truly you; and from

Who Are You And Why Are You Here?

the position of the true Most High in your Inner Mind and the true Spiritual Family in your mind; and not from the position of your external mind which is only a lousy shell but not truly you.

7. And, finally, remember that everything takes its time and has its place. Do not expect immediate results or do not be disappointed or discouraged if things in your life are not changed within a few days after you start to use this methodology. Although there is an Intensive Spiritual Hypnotherapy methodology, described in the book, "Intensive Spiritual Hypnotherapy," (in which you can experience profound changes after four days and four nights in subjectively distorted time-frame reference, when one hour equals one month, and four days and four nights equal eight years), bear in mind that not everyone is ready for this kind of drastic, revolutionary approach. In fact, at the present time, very few people are really ready to benefit from this intensive methodology. However, more and more people will become ready for this intensive methodology in the near future.

Therefore, remember, if you do want to have good results with this spiritual tool, you have to show your true Inner Mind that you really mean business. This means that you have to diligently, patiently, enduringly, consistently and intelligently apply this tool in your life. If you persevere, without giving up or becoming discouraged, you will most certainly accomplish your goal as soon as needed and as designated for you by your true Inner Mind and your true Spiritual Family and, most importantly, by the Most High in your Inner Mind.

Also, remember that different people require a different time and pace. Therefore, never compare your pace and your accomplishments and results with anyone else's. Only your true Inner Mind and the true Most High know, together with your Spiritual Family, the safest, the best and the most appropriate pace and time in which you need to start initiating deep and profound changes in your life.

If you rely on your true Spiritual Inner Mind and its Spiritual Family, and, most importantly, if you rely on the true Most High, your Creator, Maker, Redeemer, Savior and your Everything, instead of comparing yourself with someone else or someone else's results and accomplishments, you will never go wrong.

CHAPTER FIVE

**HOW DO YOU CONTINUOUSLY, PROPERLY
MAINTAIN YOUR SPIRITUAL, MENTAL, EMOTIONAL,
INTELLECTUAL AND OVER ALL WELL-BEING AND
HAPPINESS WITHOUT BACK-SLIDING OR REVERTING
TO YOUR PREVIOUS UNPRODUCTIVE AND SELF-
DEFEATING LIFESTYLE, OR WITHOUT
STAGNATING IN ONE PLACE?**

**HOW DO YOU FULFILL TO YOUR, AND YOUR
CREATOR'S SATISFACTION, THE PURPOSE OF YOUR
LIFE ON PLANET EARTH?**

**DOES YOUR PERSONAL, UNIQUE, SELF-AWARE
INDIVIDUAL LIFE END WITH YOUR PHYSICAL DEATH?**

**WHAT HAPPENS TO YOU AFTER YOU LEAVE
YOUR BODY AND THIS EARTH?**

Once you have completed all the work on yourself in accordance with the steps, procedures and methods, as outlined in the previous Chapters; and once you remove from your life all the symptoms of all those kinds of problems which your true Inner Mind, your true Spiritual Advisors and the true Most High indicated that you needed to work on, you are now ready to proceed to live your life in accordance with the newly acquired insight and understanding of its meaning. By now you should have some idea who you are and why you are here.

One of the most common, usual and devastating errors and mistakes that most people commit, after they complete this important work on themselves in the process of their spiritual transformation, is that they rest their case. They falsely believe that, since they completed their work, and since they have some idea who they are and why they are here and that since they freed themselves from their problems, they no longer need to do anything about themselves. Or, if they need to do anything at all, it is only occasionally and marginally when they need to ask for advice or to make an important decision or when they are back in some kind of trouble or difficulties.

Who Are You And Why Are You Here?

Because of this, it is necessary to warn you very strongly not to fall back or to make such a fatal mistake. If you do, the negative state has won its case, and you have lost.

You have to remember again and again, that you live in a world where everything is upside down, where evils and falsities of all kinds, both obvious and also hidden, disguised and secret, are in full dominance and ruling. You also have to remember that, once you succeed in putting everything right-side up and in the proper, Godly order in your personal life, it doesn't mean that everything else around you or that all the other people that you know and relate to have it right-side up and in proper, Godly order. Therefore, your situation, from this point on in your life, is very peculiar and can be compared to a swimmer who swims against the tide or against the strong flow of a river. This means that in the moment you stop swimming against the strong current of the river of the upside-down life on this planet, or in the entire Zone of Displacement, that current will carry you, unfortunately, not only all the way back to where you started, but all the way down to its miserable source. Thus, in a case like this, your life gradually becomes worse than it has ever been before.

For that reason, as long as you live on this planet and in your physical body, you have to learn how to swim against this current continuously without ever stopping.

You have to realize the following crucial, vital and important fact: You live in the world of your enemy — the negative state. Approximately two-thirds of the people on this planet are agents of the negative state who incarnated from other regions of the Zone of Displacement — various levels of the hells. They incarnated here for only one purpose: To maintain, perpetuate, fuel, continue and expand the pseudo-life of the negative state with all its atrocities and abominations. They do this in the most successful manner both in an all-out straight effort, by being evil, mean and violent (as you see in bloodshed and crimes, etc.), and also in the most cunning, disguised, secret manner (particularly in the name of God, under the disguise of various religions, false spirituality, under various charitable organizations and similar matters). Of the remaining approximately one-third of mankind, approximately ninety-five percent become, in one way or another, entrapped, enslaved and suffocated by the negative state in that they become preoccupied solely with Earthly, worldly, outward, external, and valueless matters and possessions to which they become habituated and to which they cling with all their Earthly life and heart. Only approximately five percent of that one-third is free and constantly swimming against this current.

Chapter Five

With such a serious situation on this planet, as well as in all other regions of the Zone of Displacement, the prevalent mentality of mankind is very negative. For this reason, the atmosphere of this world is continuously being flooded with all kinds of evil, bad, negative, adverse, atrocious and abominable thoughts, feelings, will, desires, wishes, wants, lusts and deeds. If you add to this all other flooding of a similar nature, from all other regions of the Zone of Displacement, which are being constantly channeled and transmitted into this world by the agents of the negative state, you will find yourself in a very precarious situation — breathing the spiritual, mental, emotional, intellectual and physical air of all these atrocities and abominations. It means that, regardless of whether you are or are not consciously aware of these important facts, you are under constant and continuous bombardment, attack, flooding, pollution, poison and contamination of this type of mentality of the negative state, around the clock.

You also have to remember, that the negative state has a hold on you through the external structure of your body and the way your spirit is entrapped in it. Do you remember what was said about this fact in Chapter One and Two of this book? How the pseudo-creators came up with a structure of mentality and its body form which entrapped you in such a way as to keep you in the externals of your life and prevent you from directing things from the internals, from within yourself, which is from your true Spirit where the Most High is? This is what I am talking about. The “natural” arrangement of life on this Earth is such that it forces you to be outside of yourself and to derive everything from that outside. You constantly have to worry about your everyday living, providing for your family, for your community and so on. You have to have a job and you have to make money in order to be able to survive. Or you are a housewife who has children that you must take care of. All your time around the clock is preoccupied and filled with these kinds of external matters. As you remember, the negative state fabricated the animalistic way of child birth to bring people into this world in a state of total helplessness, dependency and ignorance so that a new-born baby cannot survive a moment without your constant care and attention. These kinds of situations take all your attention, all your efforts and all your precious time.

The negative state also invented money through which it enslaves you, forcing you to be preoccupied with providing basic needs for your family and for yourself, and to trap you into greediness and the attachment to material goods and possessions as the source of your false security. These and any other similar pseudo-inventions of the negative state were carefully planned and designed to keep you out of your self, to

Who Are You And Why Are You Here?

keep you busy with external matters, worldly matters, so that all your time is taken away from you.

Because of this entrapment and set-up of the negative state on Earth, if you stop doing your work on yourself by means of the spiritual methodology revealed to you in this book, you will gradually lose all your accomplishments and you will acquire a new set of problems and miseries which can be much worse than anything experienced before.

As I said at the beginning of this Chapter, the failure of many people to continue to do their spiritual trance-work regularly, is the major problem. People foolishly complain that they don't have time to do such work. They usually come up with numerous excuses why they cannot do it the way it is required, prescribed and needed. But if you stop for a moment and explore your daily activities, tell me, how much time in your day do you waste on useless and meaningless activities? Just look at your day and tell me, how many hours you waste on watching television or any other shows? Or in idle talk with your neighbors or colleagues? Or in bars drinking your cocktails? Or in various sports activities? How many hours do you spend playing golf, tennis or jogging or any other similar activities? Or reading newspapers and books that have little or no value?

Now, don't get me wrong. There is nothing wrong in such activities in themselves and by themselves. What is wrong with these activities is that they rob you of the precious time that you could devote to yourself for the purpose of working on yourself on a daily basis in your spiritual self-hypnotic trance. By doing such work on yourself, you could accomplish much more in all other aspects of your life than through just the above mentioned or similar activities.

The wisdom of this situation is that you distribute your time equally in such a way that you find equal time for your work on yourself in your spiritual trance for the purpose of maintaining your accomplishments and furthering your growth and progression. This means that, for example, if you watch television every evening for three hours, you cut it down to two hours. If you play golf, tennis or whatever two hours a day, you cut it down to one and a half hours. If you spend two or three hours in bars drinking cocktails, you cut it down to one hour. And you do the same thing with all other similar activities.

Suddenly you come up with two or three hours of time which you can easily spend on yourself, distributing those two or three hours in such a manner that you do your spiritual work a few times a day. If you do that, you will really start to see a difference in your life.

Are you not worthy or do you not owe it to yourself to be free and happy and to constantly maintain your spiritual, mental, emotional, intellectual, personal, social, sexual, physical, financial, environmental and any other well-being and happiness? Do you see what I mean? Why do you think people so often end up depressed, unhappy, miserable, discouraged, disappointed, dissatisfied, sick and in all kinds of other troubles? Do you believe it is because they don't have enough time to watch more television? Or sit longer in the bar? Or play golf longer? Or jog longer or whatever they do in their leisure? And that they have to work all the time? Well, I can assure you that just the opposite is true. They get this way because they spend too much time on those activities without giving any food to their spirit and soul.

Do most of you eat three times a day and drink water or liquid several times a day to give your body the needed energy, strength and good health? How many hours do you spend on drinking and eating? And what happened to the proper nourishment for your soul and spirit? Because you do not properly feed your soul and spirit you end up depressed, unhappy, miserable, discouraged, dissatisfied, disappointed, sick and having problems and all kinds of negativity. Your soul and spirit are constantly undernourished or underfed to the point of being in a continuous dangerous condition of starvation. If your body needs three meals a day and a certain amount of water, in the same way your spirit and soul need at least two or three meals a day to maintain their good health, strength and shape or well-being. Remember that physical food corresponds to good and love and physical water or drink corresponds to wisdom and truth. Just as food and drink is needed for the body to survive, so is the spiritual food of love, and good, and the spiritual drink of wisdom and truth constantly needed for your spirit and soul.

How to feed your spirit and soul and how to maintain, grow and progress further in everything that you have accomplished so far through this regular spiritual tool — spiritual self-hypnosis, will be explained to you in the following points. Remember, this spiritual tool is being given to you for the purpose of properly caring for your spirit, soul and your body in all their aspects, levels and degrees so that you are really in the state of constant well-being and happiness.

1. It is absolutely vital, crucial and necessary that you do your spiritual self-hypnotic trance a minimum of two or three times a day. The ideal situation, condition and time for practicing your spiritual self-hypnotic trance is before your three meals and before any other activities (such as jogging, playing golf, tennis or whatever you do at your leisure

Who Are You And Why Are You Here?

and regular time). You wake up in the morning (if needed, get up much earlier than your usual time — do not avoid facing reality by escaping from it into sleep and being sleep-hungry. You can determine from your true Inner Mind and your true Spiritual Advisors how many hours of night sleep you really need to keep you fresh, alert and healthy). Go to the bathroom, clean yourself up and dress. After that, you immediately go into your self-hypnotic trance, to your spiritual mountain top and spend as much time there as your Inner Mind and your true Spiritual Advisors indicate. Don't worry about being late for your other activities or work because your true Inner Mind and your true Spiritual Family know exactly when you need to be there and they will tell you to stop and switch to your external mind in time.

The second session that you have during the day is, if possible, during your lunch break before eating anything. Again, spend as much time in your spiritual trance as your Spiritual Family indicates without being worried about running out of time. Your third session on your spiritual mountain top should be before your dinner time or just after you come home from work or start to prepare dinner. Never, ever drink any alcohol before your sessions. Drinking alcohol prior to your sessions opens the door to the negative spirits who enter your trance and contaminate your spiritual mountain top and distort the entire procedure. Again, spend as much time in your spiritual trance as your Spiritual Family indicates is necessary.

2. When you go into your spiritual self-hypnotic trance and when you establish yourself on your spiritual mountain top and everybody is present, the very first thing you do before anything else is done is the thorough security check of everyone on your spiritual mountain top including your Inner Mind, your interior mind and your exterior mind. The security checks are always performed in exactly the same manner as described in the previous chapter. Your chief security officer starts with himself/ herself, then proceeds to everyone else including the Most High, and your true Inner Mind, interior mind and exterior mind.

Ask your true Inner Mind and your Spiritual Advisors to distort your sense of time so that five minutes would be like half an hour, or as long as needed, to complete this vital, crucial and important security check. In the spiritual world, or on your spiritual mountain top, five minutes can be expanded for as long as needed giving everyone plenty of time to be thoroughly checked out. This is one of the valuable phenomena not only of spiritual hypnosis, but of traditional hypnosis as well. Should the security check indicate that your spiritual mountain top has been penetrated by imposters or false minds, do not proceed further until you remove all

imposters and fake minds. As always, explore the reasons for such a penetration and make appropriate amendments. Do all of this in the manner described in the previous chapter.

3. After the security check is completed, the next step you have to take, before anything else is done, is a thorough purification, cleansing, wash-out, fumigation and repudiation of all pollution, poisons, contamination, problems that you are constantly exposed to just by the very fact that you live in the midst of the active, dominant negative state. Make sure that your spirit, your soul and your body are thoroughly cleansed, washed and purified from all negative, bad, evil, adverse, and false thoughts, feelings, desires, wishes, emotions or whatever you have. Request your Spiritual Advisors and the Most High to bathe you in a bath of the pure, crystal clear water of truth, and wash off all the dirt and filth that you have acquired by living in the world of the negative state in the same manner as you wash off all the dirt and filth from your physical body and your physical hands as a result of your working in various activities.

After that, have them put you in the rays of the sun and engulf you in the brilliantly white light, penetrating all the pores of your spirit, soul and body and take out everything which doesn't belong in you, discharging it out of your system at your feet and dissolving it into nothingness. Repeat the procedure seven times (again here, you may distort the time as above), until the Most High in conjunction with all your Spiritual Advisors proclaim you totally pure and clean. Request them to fill you with everything positive and good and to protect you in-between sessions against any adverse, negative or bad states, conditions or events.

4. After purification and cleansing is completed and you are pronounced clean, communicate with each Spiritual Advisor in succession, starting with your chief security officer and ending with the Most High.

The following communication with each individual Advisor, in the presence and with the assistance of all other Spiritual Advisors and the Most High, without any exceptions or exclusions, has to take place. You ask each Advisor, by his/her name, the following questions:

“From your standpoint, (name), from the standpoint of what you represent in me, have I done anything wrong, bad, evil, negative, false, sinful, damaging, destructive, inadequate, inappropriate

Who Are You And Why Are You Here?

and contrary to the Most High's will? Have I acquired any new problems or sicknesses or illnesses or anything else of that nature in-between sessions? Anything at all?"

If you receive a "Yes" response, request that particular Spiritual Advisor to bring everything to your attention so that you may know exactly what has gone wrong and why. Ask him/her how you can learn from and improve that situation and how you can prevent yourself from doing it again. When you receive the answers, proceed to ask the Most High for mercy and forgiveness and to blot out your transgressions so that you don't need to bear the consequences and outcomes of such deeds. Ask the Most High to help you in protecting you from transgressing in that manner again.

After this is accomplished and you resolve your false errors, mistakes or sins, forgive and show mercy to yourself and to all others who inadvertently participated in that situation, if anybody at all was involved. (Very often we sin through bad, wrong, negative and adverse thoughts, feelings, wishes and desires without anyone else's involvement.) After this is done, ask that particular Spiritual Advisor if there is anything else that he/she wants to say or to relay to you or to work on in this particular session. If the answer is "Yes," proceed to do whatever is being advised and suggested to you. If not, never forget to finish talking with each particular Spiritual Advisor by asking the following question:

"Is there anything I can do for you? Can I be of any help and service to you?"

And similar questions.

Once you have finished talking with the first Spiritual Advisor and working on any problems that you acquired in between your regular sessions, or if there are no problems from the standpoint of your first Spiritual Advisor, proceed to the next Spiritual Advisor. Repeat this procedure in exactly the same manner with each and every one of your Spiritual Advisors, including the Most High, until you go through all of them. The Most High will summarize and will point out what is needed to be done and how you should proceed for that day. Always end your conversation with each Advisor by thanking him/her and then thank all of them together, and ask if you can be of service to them and how.

Again, you can ask your Spiritual Family to distort your time so that you have plenty of time to do all this important work which you need.

Chapter Five

(For example, half an hour can be expanded in such a manner that it will equal three hours or more if needed and as needed.)

If you do this procedure every time you are in self-hypnotic trance, any possible errors, mistakes, problems, sins or anything at all adverse that you have done or have been contaminated by; or if you are contaminated by any physical or mental illness or problem or virus, or whatever you have in-between your regular sessions, it will have no time to take hold in you and cause you any troubles, problems or illnesses. Remember, as long as you are on this Earth and in your present physical body, you are constantly subject to every kind of error, mistake, evil, falsity, problem, illness and every kind of adverse event. No one can prevent that. However, the purpose here is not to keep you from falling into the problems (which is an impossibility anyway under presently existing spiritual conditions on this Earth), but to protect you from these problems, or whatever you have and to prevent their taking hold of you and starting their devastating, damaging work on you. Don't allow those problems, or whatever, to contaminate you in between sessions, to enslave you and to habituate you to them. If you follow these procedures faithfully, you will retain the freedom, independence, happiness, joy, delight and pleasure in your life and all the other felicities of a true spiritual being that are available to you constantly from the Most High in you.

5. In addition to your regular sessions with your Spiritual Family on your spiritual mountain top, as indicated above, there is another vital and important security activity which can be considered an integral part of your work on yourself.

You devote the time that you cut out of useless reading of newspapers, journals and valueless books to reading the Holy Bible on a daily basis. You read one Chapter in the Old Testament and one Chapter in the New Testament from those thirty-five books which were designated by the Most High as having an internal or inner sense (as enumerated above).

Why do you need to read the Holy Bible? The reason for it is that the Holy Bible is an external means through which you maintain contact with the rest of the Most High's Creation. While your spiritual self-hypnotic trance is a tool for internal contact with the Most High's true Creation, the Holy Bible maintains that link with the externals.

In order to be a truly spiritual being and a happy human being, it is necessary that you incorporate the daily reading of the Bible in your

Who Are You And Why Are You Here?

work on yourself. By doing that, you not only learn something important for yourself, but, most importantly, you make it possible for all the inhabitants of the other circles of the Most High's true Creation to participate in your life and in everything which is happening in your world through you from the external position. Otherwise, they could not be part of that external world because they are not able to be in the externals directly by themselves. You are their connecting link.

Do you know what one of the most common requests of all your Spiritual Advisors is when you ask them, "How can I be of help to you?" The usual answer is to read the Holy Bible on a daily basis because it allows them to be connected to the most external degree of this world. From that position they can contribute immensely to the elimination of the negative state. As you know, the negative state is grounded in the external world and the external mind. It doesn't make any difference if you, by your conscious external mind, do not understand or perceive the internal sense or all ten levels of the internal sense of what you read in the Holy Bible. Your Inner Mind understands; and all who are connected to you from other dimensions understand it perfectly. By the literal or external sense of the Holy Bible, your external mind is kept in contact with the internal inner worlds. It is extremely valuable to your external mind to be aware of various spiritual issues which it would otherwise never be aware of. In this way your external mind can raise questions of a spiritual nature, connect itself to your true Inner Mind and become its true channel and servant the way it is supposed to be in the first place.

One of the many reasons why the Most High is giving you this tool in the form of spiritual self-hypnosis, which puts you in direct contact with your true Spiritual Family and the Most High, is that you may ask all of them, when you are on your spiritual mountain, after reading the Bible daily, what is the real meaning of what you have read and how it is applicable to your personal life. As you are shown in some brief illustrations what one level of such an internal sense of the Holy Bible signifies, you will be very much surprised to learn the truth about the true structure, content and meaning of the Holy Bible and how it is applicable to your everyday life. For more on this issue, see Chapter Eighteen, "On the Structure, Content and Meaning of the Holy Bible" in "Reality, Myths and Illusions."

Once you read the previously mentioned thirty-five books in the Holy Bible from cover to cover, don't put it aside. You are not finished reading. Start to read those books in the Bible again, from the beginning to the end. You will be surprised to find out how much you missed during the first reading and how many new aspects of truth will be revealed to you.

Chapter Five

It is inexhaustible. Remember, the inner sense of the Holy Bible contains ten various senses or meanings. This is true of every word, of every letter and every iota and punctuation sign. The infinite Divine Wisdom of Divine Love is contained in those thirty-five books of the Holy Bible.

Because of the important, crucial and vital function of the Holy Bible, as described above and in Chapter Fourteen of “Reality, Myths and Illusions,” it is necessary to read the Holy Bible as long as you are on this Earth and as long as the negative state exists. (Even after you depart from this Earth.)

6. If you want to avoid making mistakes as much as possible and acquiring new problems in your life, it is very vital and necessary that you learn and make it a rule in your life not to make any decisions or choices in any respect, without any exception or exclusion, from the position of your external mind only. Remember, again, your external mind is only your shell, not the true you. It cannot make the right decisions or choices. In most instances, it decides and chooses contrary to your best interest, from the position of the negative state. (After all, it is made from the elements that were fabricated by the pseudo-creators.) Regardless of how good, reasonable, promising or exciting such a choice or decision seems to be, do not be deceived by it. The only proper, correct, right and valuable choice and decision that you can make, which is in your best ultimate interest, is from the position of your true Inner Mind, from your Spiritual Family and, most importantly, from the Most High, regardless of how unattractive or unprofitable such a choice and decision might seem to be at the moment.

Therefore, the rule here is that you always go inward, to your spiritual mountain top and to your Spiritual Family and ask for their advice, discussing with them your conscious thoughts, feelings, desires and preferences, and comparing your desires and preferences with their advice. And, of course, follow their advice. Remember that their advice always stems from and through you. Your preferences, choices and decisions, from the position of the external mind, are always from the position of the negative state and not from you. This is the reason why, if you follow advice coming from the negative state, you will ultimately lose, no matter how good and satisfactory the situation seems to be in the interim.

If you follow this advice, as indicated in point number six, you will never go wrong. This is another reason why you were given this spiritual tool by the Most High. Use it and do not hesitate to ask about anything no matter how trivial and unimportant it seems to be to you.

Who Are You And Why Are You Here?

7. Some people have a tendency to come to the foolish conclusion that you may become addicted to your spiritual self-hypnosis and that you may develop some kind of bad habit, running to your spiritual mountain top with everything. This, supposedly, makes you dependent on this and not free. Be aware of such stupid and foolish statements. This is exactly what the negative state wants you to believe.

The true reality of this matter is that the exact opposite is true. Remember, your external mind is not you but is only a lousy shell concocted from the elements of the negative state. To derive everything from and to rely in everything on your external mind is the same as deriving everything from, and relying on everything in the negative state. You become a slave of the negative state, thinking that you are free. This is exactly what the upside down position of this world is all about. The slavery and bondage is considered to be freedom and independence, and the true freedom and independence is considered to be slavery and bondage. This is true about everything in this world.

Whenever you go inward, to your Inner Mind, to your Spiritual Family and most importantly, to the Most High, you go to your true "Self," to yourself. You go to your true home. Don't you want to make all your decisions and choices from the standpoint of your true self? Is this not true freedom and independence? Therefore, do not ever hesitate to go inward for everything. Do not ever be afraid that you are becoming dependent on and habituated to your spiritual self-hypnotic trance. After all, on whom are you becoming dependent? On your true self. Isn't it what Earthly life is all about? To learn how to depend on and to rely exclusively on yourself?

8. It is important to realize that, even though you feel great and there are no conceivable problems that are bothering you or plaguing you at the moment, and even though you don't feel like doing your regular spiritual session, it is more necessary than ever to have your regular session. The reluctance to have your next spiritual session is a problem in itself. You fell into some kind of trap set for you by the negative state. Whenever such a situation occurs you are therefore advised to go immediately to your spiritual mountain top and explore why you were reluctant to do so, and what kind of a trap you fell into. Moreover, even if all your Spiritual Advisors tell you that you do not have any problems up to this point and nothing should be done in this respect, it does not mean that there is no other business for you to attend to or that you don't need to just simply be with your Advisors, relaxing and resting together and recuperating from all the hassles of everyday living in this world on the spiritual mountain top.

On the other hand, if you don't have any problems to work on in this particular session, it doesn't mean that you will not get one or more problems during the time in between sessions.

9. As you are working on yourself more and more, and, if you are following all procedures and steps properly, as described in this book, your going into your spiritual trance will become easier and easier and will take less and less time. At one point you will realize that all you have to do is simply close your eyes and you will be instantaneously on your spiritual mountain top.

But, there is another important step that you will be able to accomplish in this respect. At one point in your work, if you do it faithfully and regularly and in accordance with the rules set forth, no matter what, you will find yourself constantly being aware, even from the standpoint of your external conscious mind, of the presence of all your Spiritual Advisors with you on your spiritual mountain top. No matter where you are or what you are doing, you will be and do everything with the awareness that your Spiritual Family is with you and that you are doing it all together.

When you reach this important turning point in your life, it will signify that now you really have become your true Inner Mind. Now your external mind is really integrated into your Inner Mind and you have become the real you.

Do not be afraid that, if you are seeing your Spiritual Advisors continuously and hearing their voices, as they interact with you, that you are losing your mind, as some foolish professionals would like you to believe. If you were losing your mind, your life would be disintegrating, and everything would be falling apart and would not be in a well balanced, well organized, well composed and a well aligned state, which state is the result of your work on yourself with this exquisite spiritual tool. In this respect, just the opposite is true. You are regaining your true mind. This is the most natural, the most normal, the most healthy, the most appropriate and the most desirable state to be in. The other way around, not being able to communicate with your true Inner Mind, with your true Spiritual Advisors and the Most High in this manner is an unhealthy, unnatural, abnormal and undesirable state to be in.

10. Once you have worked out your original problems; once you have gotten rid of all the symptoms that plagued your life; and once you have acquired a certain knowledge of the world from which you came and about the problems you acquired in that specific intermediate world, you

Who Are You And Why Are You Here?

become eligible to start on the path of learning who you are and why you are here. Because this is an all out life effort and task, you will need to do your daily sessions also for this reason. Thus, in every session, step by little step, you will be able to learn something more about specific aspects of yourself, your mission and the purpose for which you chose to come to this planet and into the negative state. This knowledge will contribute more and more toward your integration and wholeness and will make you continuously happier and happier, more and more joyous, more and more content and more and more satisfied.

The Spiritual Advisors in your Inner Mind, under the auspices, guidance and leadership of the Most High, will be able to reveal to you in each session some bits and pieces about yourself and your mission which you will be able to put into the jig-saw puzzle of your life on this planet. As long as you do everything else in your sessions, as described in the previous steps, as long as you follow those procedures and steps meticulously and don't skip or neglect doing your spiritual sessions entirely, you will be entitled to learn more about who you are, why you are here and what your specific mission is on this Earth. When you are through with the security checks and with that important, crucial and vital process of purification and cleansing, when your work on whatever was needed is finished, you may request the Most High to take you home to where you came from or to the specific intermediate world and to allow you to re-experience and learn whatever you need and whatever can contribute to a better understanding of yourself, your mission and your life.

11. In the process of your work on yourself in your spiritual self-hypnotic trance, you will gradually be able to develop tremendous mastery and control over the negative state and self-control, as well as self-discipline. Everything in your life will become more organized, more orderly and more disciplined. One of the signs of being a true spiritual being and of being your true Inner Mind, is that, being truly yourself, is the mastery of the negative state, self-control and self-discipline. Remember, that the negative state is always messy, smelly, out of control, disorganized, undisciplined, unruly, disobedient, rebellious and constantly opposing everything. As long as you still have these kinds of characteristics of the negative state in you, you are still in bondage and slavery to the negative state.

Request the Most High in your true Inner Mind and all your Spiritual Advisors to remove everything from your life which is causing and supporting these kinds of characteristics in you. Ask them to help you to develop true control, true order and true discipline in your life. The Most

Chapter Five

High's Creation is always orderly, organized, elegant and cohesive. After all, the Most High is law and order Himself/Herself. If you are disorganized and undisciplined, you are in opposition to the Most High.

Ask the Most High to reveal to you what the true law and order signifies from His/Her standpoint as applicable to your personal life. This request is made so that you can avoid falling into the illusion that law and order, or the demands, prescriptions, taboos, dictates and expectations of Earthly institutions, organizations, religions, traditions, conventions and customs are things that you must follow. Usually they are not, except those that are reflected by the Ten Commandments. The Judicial system incorporated these Ten Commandments into their laws through the influence of Divine Providence. Always check everything out with the Most High in your regular sessions.

12. In the process of your work on yourself, you will acquire the most beautiful spiritual qualities that you will need to develop and to adopt in your life; modesty, humbleness, humility, flexibility, mobility and tolerance; understanding, respect, acceptance and appreciation of others, the way they are, without ever trying to impose on them your ways or your views, or your style of life, no matter how you would like to and no matter how much you think your way is exquisite and good. Remember, what is good and proper for you can be very damaging and inappropriate for others. But, also, don't allow them to impose their views, ways and style of life on you. You will stop manipulating, using, and misusing other people and yourself, and you will be able to develop an ability to keep other people from manipulating, using, or abusing or misusing you. Simply stated, you will be able to say "No" when it is proper and right and "Yes," when it is proper and right. You will also stop being possessive, envious and jealous of everyone, and you will stop allowing others to be possessive, jealous and envious of you.

Thus, you will become free of egoism and self-centeredness and you will truly start to love God, others and yourself.

This is the most difficult task to accomplish and it takes time to develop this kind of highly mature, wise and spiritual attitude. You have to work on it continuously in your sessions with the Most High and your other Spiritual Advisors and your Inner Mind and ask them to help you and to show you the best and fastest possible way to become like this.

The ultimate goal of your sessions is to acquire and to reach a condition in which you permanently love with the wisdom the Most High, more and more, above all and above everything, from all your heart, from

Who Are You And Why Are You Here?

all your soul, from all your mind, from all your spirit, from all your body without any ulterior motivation or merit seeking; to love Him/Her through actions, through deeds, through life, by performance of use, and to love others above yourself with permanence and wisdom; and, finally, to love yourself for the sake of the Most High and for the sake of others with wisdom and without any egoistic or ulterior motivations or intentions.

You are advised to ask the Most High to teach you what it is and how it is manifested in everyday life to love the Most High with wisdom, above all and above everything; to love others with wisdom above yourself; and to love yourself with wisdom for the sake of the Most High and others. You will be shown and taught how this can be manifested in your personal, everyday practical life and living.

When you get to this point, you truly have become a man or woman of God. You truly have become you. At this point you will be aware of who you are and why you are here and what your specific assignment and mission is in relationship to this planet Earth.

13. It is very important for you to establish with the true Most High, with your true Spiritual Advisors and with your true Inner Mind, while you are in your spiritual self-hypnotic trance, what the approximate and right measure and time is to be devoted to each aspect of your being and existence. This is to say, what the proper and right proportion is for you personally, in which your spiritual, mental, sexual and physical needs should be fulfilled. For example, how much food do you need and what kind of food? How much drink do you need and what kind of drink? How much time do you need for fun, sex, humor, and relaxation? And, most importantly, how many times a day do you need to do your spiritual self-hypnosis? Do you need to drink any alcohol, and if you do, what is the safest limit which would not allow the opening of the door for the negative spirits to enter you? How frequently and for how long do you need to take vacations from your work, where to go, how to spend your free or leisure time in the best possible manner, how to perform your duties and obligations at work and at home and all other issues related to your everyday life.

Only your Spiritual Family, your Inner Mind and the Most High know exactly what is spiritually proper, right and appropriate for you. Remember, different people have different needs because they are all different and unique. No generalizations are possible or desirable in any respect but particularly in this respect. Why do you think that I was advised by the Most High not to include in this book any concrete case

histories? So that you would not be tempted to follow such examples and, if you are really interested, so that you would read other books in which such examples are present.

One of the most crucial principles that you have to realize is that only you, from the position of your true Inner Mind, can set such an example in your own life as needed and as suitable for you. No one can set an example for you. You don't want to become a slave of somebody else's example, do you? That would defeat the purpose for which this book was written or dictated by the Most High. The ways and means to accomplish all these things and goals and how to establish the proper balancing of your life are contained in this book and all the other six books, and particularly in "Messages From Within."

14. As you are working on yourself in the manner described above, you will start to realize that your going inward a few times a day (determined by the Most High — how many sessions you need to have a day and what is the best for you in this respect) and your reading in the Holy Bible on a daily basis, and your becoming more and more yourself, is what true prayer is all about. This is how you pray to God. All other types of prayers that you were taught in the churches, with the exception of the Lord's Prayer, as recorded in the Gospel according to Matthew, Chapter Six, verses nine through thirteen, are useless and futile and have no spiritual value or meaning whatsoever. This is true especially about those long prayers that you hear in various Protestant churches and about the prayers to all those poor saints and Mary, mother of Jesus, in the Catholic churches, and about all those incantations and repetitious words in all churches on this Earth. They are all corrupted and contaminated by the negative state. Ask the Most High in your true Inner Mind whether this statement, and this point, as well as all points in this book, from its beginning to its end, are correct.

The reason why the Lord's Prayer is an exception to this rule is because, in its internal sense, all true spiritual principles of any true religion, spirituality, and of the entire Creation of the Most High are summarized. Therefore, to confirm and to evoke these true spiritual principles in your life, you are advised to finish each of your trance sessions, after you have thanked everyone and your Inner Mind, with the Lord's Prayer, which goes as follows:

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

Who Are You And Why Are You Here?

BREAD. AND FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS. AND DO NOT LEAD US INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE. FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER, AMEN.

15. If you do all these things, if you follow all these procedures step by step, as revealed by the Most High in this book, you are, in fact, fulfilling to your own, and to the Most High's satisfaction, the purpose of your life on planet Earth. This is what the general and specific purpose of your life on this planet is. This is the path and the way to God, the Lord Jesus Christ, the One Indivisible God, that you are here on this Earth to find and to follow. It will lead you back to your lost home and to your lost true self.

The more private, intimate and personal goal of your life on this Earth and the ways to fulfill it to your and the Most High's satisfaction, can be revealed only to you directly by the Most High as you are practicing on a daily basis what has been described in this book.

16. Once you have fully and completely fulfilled the purpose of your life on this Earth, regardless of whether it takes you one minute or one hundred years to stay here, in Earth's time measurements, you are ready to leave this Earth and to be transferred to a different dimension.

At this point I want you to realize that, before you came to this world, you chose for your own, and all others, in the Most High's Creation, important spiritual reasons and learning, the way and the manner in which you are going to separate yourself from your external shell which is entrapping your spirit on this Earth. It can be by an accident, or by sudden death or by a slow death, by so-called natural causes or by suicide or by some kind of physical illness. It can be a death by simply walking out of your body in peace while you are in physical sleep. Whatever means you chose, will serve its purpose of liberating you from the bondage to the body which was originally fabricated by the pseudo-creators.

As it has become obvious to you from the reading of this book, your life neither starts nor ends with your being on this planet in this particular body.

What happens to you after you leave this body behind? Or, what people foolishly call death? If you die suddenly or in an accident, you are awakened immediately. If you die by illness or natural causes, you are

Chapter Five

awakened on the third day after your physical death. Whatever the way may be, you are awakened in a special dimension, a courtyard, so to speak, of the general intermediate world. It is not in the same specific intermediate world where you were trained before your incarnation to this planet. In this “courtyard” you are introduced to your new state. If you were very ill or totally insane and psychotic, you will be treated for your condition. Then you will be given a new body which is not subject to decay or the aging process as it was with your Earthly body.

After you stay for some time in that preliminary place and condition (the length varies depending on the spiritual, mental, emotional, intellectual and physical conditions with which you came there), you are transferred to the general intermediate world where you undergo the process of re-evaluating all your experiences and your life style while you were on the planet Earth. This process of re-evaluation is, what is called in the Bible, the Last Judgment. This is your personal Last Judgment. You are your own judge, accuser, defender, jury and sentencer. If you were an agent of the negative state and didn't convert to the positive state while you were on planet Earth, you are presented with a choice to be liberated and to be converted to the positive state after going through the process of repentance, confession of sins and asking for mercy and forgiveness for whatever evil you did to others and to yourself. If you agree to convert, you are sent to the special division of the New School where you will be transformed into a positive spirit. During that transformation process, you undergo all kinds of operations, genetic manipulations and other spiritual procedures that we do not know about. Sometimes they can be very painful and arduous. After you complete your transformation, you will be given an opportunity to choose to be and to do whatever you want to be or to do in the positive state of heavens.

If you do not choose to convert, you will find the most suitable place to your liking, in the society of the hells (different hells than that from which you incarnated on Earth), where you will be engaged in useful work and live in your own style of life which does not stem from the Most High. Occasionally, you will be given an opportunity to recede from your style of life there. After you have learned all your lessons, and you are ready, you will be able to ask for help. You will be given help and sent to the New School for spiritual, mental, emotional, intellectual, sexual and physical transformation.

If you are not bound for the hells or the New School, you will first undergo a process of the elimination of everything false and evil or everything which does not belong in you that still clings to you that you brought from planet Earth. And, again, after that, you will be given a

Who Are You And Why Are You Here?

choice and an opportunity to continue in your spiritual progression to eternity in the society of the heavens of your choice.

This is a very brief, and very general description of what happens to you after your departure from this Earth. (You can read more on these issues in Swedenborg's book, "Heaven and Hell," and Dr. Starkes', "A Doctor Goes to Heaven;" although, since the time these books were written, many changes have occurred in the spiritual world. Therefore, many statements in those books are no longer valid.)

One of the many reasons why the Most High has given you this new spiritual tool (as described in this book and in the other six books, the list of which appears at the end of this book), is to give everyone an opportunity to go through the process of liberation from everything evil and false, while still on this planet. This is done so that you do not need to go either to hell or to linger for too long in the intermediate world; and so that you do not become trapped in the painful process of self-condemnation, self-punishment, purification and cleansing.

The farther you are in the process of continuous purification and cleansing through this spiritual tool, while you are still on this Earth, the easier it will be for you when you get there, and the faster you will be back home or on a new assignment of your choice. (Never in the same place or state.) Some of you, who will become advanced in using this tool and methodology on yourself, will have to stay in that world only seven days in Earth time, or the minimum requirement necessary for re-adjustment to the true spiritual world. The maximum time you are allowed to stay in this intermediate world at this time is four years in Earth time. It is to your spiritual advantage to stay as short a time as possible in that world because delaying and lingering there is not a good sign of your spiritual well-being. You can avoid that necessity by applying in your life, while you are still on planet Earth, everything that you have learned from this book.

17. Every human being who has ever been sent to this Earth, has been equipped with everything necessary for proper survival here and for finding his/her way back to the spiritual positive state. Everyone is continuously given various opportunities for change and for realizing what the truth is about all this. No one is prevented at any time either from finding out the truth or from changing or from remaining in slavery to externals and, thus, to the negative state. Nothing is lacking in anyone to accomplish this goal successfully and effectively. All you have to do is to look and see, but to look and see from within yourself and into yourself and not from outside of yourself. If you look at everything from the

outside world, you will see absolutely nothing. No other worlds, no other dimensions, no other beings and entities, no life hereafter, and you will deny everything that has been written in this book or any of the mentioned books. However, if you make an effort and start to look inside, and then from the inside to the outside, you will be able to discover many worlds, many dimensions, that you have never even dreamed about or imagined in your wildest imagination. Which way and from which position are you choosing to look and see from now on? The choice is yours.

18. And, finally, it is important to realize that no one is forced to believe and to do anything that was written in this or in any of the other six books. You have God-given freedom of choice. From this position you be the judge of everything which was presented to you. The only thing you are requested to do is to go inward and ask your own true Inner Mind and the Most High in your true Inner Mind about all of these things, following exactly the prescribed procedures by this methodology and spiritual approach. If you don't like what you find, you can always revert to your previous condition. Once again, the choice is yours.

Please, do not miss this opportunity and give yourself a chance to learn the truth. After all, "THE KINGDOM OF GOD IS WITHIN YOU." (The Gospel according to Luke, Chapter Seventeen, verse twenty-one.) Where else do you think you can find true happiness, joy and freedom from your problems and miseries?

CONCLUSION

DO YOU NOW REALLY KNOW WHO YOU ARE AND WHY YOU ARE HERE AND WHAT IT IS TO BE A TRULY SPIRITUAL AND HAPPY HUMAN BEING, AN INTEGRATED HUMAN BEING?

After you have read this book and practiced what has been advised for you to practice, you should be in a better position to answer the question whether you really know who you are and why you are here and what it is to be a truly spiritual and happy human being, that is, an integrated human being.

Although the answer to the question, “Who are you?” is multi-dimensional and its answer is part of your eternal spiritual progression, the second question, “Why are you here?” can be answered in progressive steps, as you work on yourself. The answer to the second question is always revealed to you when certain aspects of your mission have been fulfilled and completed. Then you will be told what it is. As you noticed from the previous chapters, you cannot know in advance the entire content of the mission which you have on Earth and its very specific, personal, intimate and private manner and way purely because of security reasons. But, you will be learning, step by little step, even that aspect of the answer, as you are applying the described spiritual methodology in your life.

As to whether you have learned what it is to be a truly happy, spiritual human being, that is, an integrated human being, depends on what you find out from your own true Inner Mind and from your own true Spiritual Advisors and, most importantly, from the true Most High in your Inner Mind once you make contact with them. If they answer that the content of this book is true and it comes directly from the Most High, and that it is His/Her Revelation, then you will know for sure the answer to this question. Should you get, by any chance, a negative response, then you have to ask them about all of this and about all these questions and have them explain it to you. Then you will know for sure, at least, what the answers are for you personally and subjectively.

There are some concluding remarks I would like to offer.

1. No one can or may know the Absolute Truth because no one is absolute but the Most High. Therefore, only the Most High knows the Absolute Truth because He/She is the Absolute Truth. However, the

Conclusion

various aspects of this Absolute Truth are revealed by the Most High in relative, progressive steps. Whenever you are ready to know something new and different, it is revealed by the Most High through someone on this Earth. One step usually succeeds the previous step. Very often and not unusually, what was valid, proper and effective in previous steps, is no longer valid, proper and effective in the presently revealed step. This continues with every newly revealed step. Each new step requires the development of a new methodology specific to its content and structure.

2. For the presently existing spiritual condition on planet Earth, the spiritual approach and methodology presented in this book reflects the content of the new step which we all face and are ready to know. The knowledge and the content of this new step has been revealed in this book and in the previously mentioned six books. This knowledge and Revelation and its methodology will be valid, proper and effective as long as this step remains and until the time when it exhausts its usefulness. At that time a New Revelation will be given by the Most High through someone else about the nature and structure of the next step, at which time a new methodology relevant to that step will also be developed. How long the presently existing step and its methodology will last and be useful, only the Most High knows. It is not up to us to know the times, days, or seasons in these matters. (See the Acts of the Apostles, Chapter One, verse seven.) However, bear in mind that this step, this new step, has just begun and we are at its very beginning.

3. If you have read this book up to these very words, you have become eligible to receive a higher understanding of the content, meaning and purpose of your life and human life in general on this planet. Whether you will or will not acquire this higher understanding is entirely up to you. It depends on how determined you are in applying this God-given tool and the proper procedures for its utilization, as described in this book, in your life. The more you apply it, the more you will know and understand. Be aware that he/she is blessed, who hears, knows and **does it**.

4. There is nothing more important in the entire Creation than the proper and correct knowledge of the Most High, others and yourself, and the subsequent application and practice of that knowledge in your life. The spiritual approach presented in this book was designed for this higher purpose and need. With it you may, if you choose, enter the gate of that knowledge and practice and start on the path of eternal spiritual progression. This spiritual progression is determined by the gradual acquirement of greater and greater, better and better, more and more profound knowledge of the Most High, of others, and of yourself and its

Who Are You And Why Are You Here?

more effective, useful and unique application in all aspects of your spirit, soul and body.

5. It is important to realize that, because you are not absolute, you can contain within yourself only certain unique aspects of the Most High in which aspects the Most High is present in His/Her totality. But He/She can relate to you only from your own aspects and through those aspects. No one else in the entire Creation from eternity to eternity, had or will ever have the same aspects as you do. Thus, in everyone of us the Most High appears and is experienced entirely differently. This is one of the reasons why it is necessary to know ourselves better and to know others better. By knowing yourself better, you know better that aspect of the Most High which is uniquely represented in you and which, then, you can share better with all others. This is the way in which we share the Most High in us with all others. By knowing others better, we start to know other aspects of the Most High better, as they are represented in others and share those aspects with ourselves, enhancing and enriching our knowledge and practice of spiritual life to infinite proportions. The only way we can know God is to know Him in ourselves and others. Being relative and created, we cannot know God from God, in Himself/Herself, and by Himself/Herself. We could not survive such knowledge. But we can know God in us and in others.

The spiritual approach and methodology presented to you here, as of this moment, becomes one of the major tools for acquiring this type of knowledge and its practical application and use.

6. One of the most important spiritual principles of the true Creation is that whatever is and exists, is and exists for mutual benefit, common good and use. No matter what you do in your life, if you do it for this spiritual purpose, it is Godly, positive, right and highly useful and spiritual. On the other hand, no matter what you do, regardless of how nice, how charitable, good and proper it seems to be to you and everyone, if it is not done with the motivation and intention for mutual benefit, common good and use of all, it is negative, evil, ungodly, unspiritual and useless as far as your own spiritual state is concerned.

The spiritual methodology presented in this book allows you to define and practice everything from the spiritual position of mutual benefit, common good and use as the only feasible source of proper, right and Godly motivation and intention. As you know, the content and the nature of your intentions and motivations is what counts. For example, if you gave a million dollars to some charitable organization, and the primary intention and motivation was to avoid tax payments, or as a tax write-off,

Conclusion

or for the sake of your reputation, your contribution is of no spiritual use to you personally, because it was not done from the position of pure love, unconditional love, or for the reason that it is spiritually proper to help such an organization.

7. Whatever is not derived from the Most High, by the Most High, through the Most High and with the Most High, can never be positive, proper and true regardless of how exquisite and beneficial it seems to everyone. The reason for this is that only the Most High, as the Absolute Good and Truth Himself/Herself, can be the true source of everything positive, good and true.

One of the reasons why you have been given the spiritual approach and methodology, described in this book, is to be able to learn and distinguish carefully that which is and that which is not from the Most High. And for accepting, incorporating and creatively utilizing in your own unique manner that which is from the Most High and reject all else as garbage that could only pollute, poison, contaminate and ultimately destroy your spiritual endeavor.

8. From everything that you have learned in this book, you can conclude that true joy, fun, happiness, delight, pleasure, ease, comfort, peace, health, satisfaction, fulfillment and everything positive and good can be achieved and acquired only by spiritual means. These spiritual means are well defined in this and the other six books. No matter how hard you try to achieve and to acquire this desirable state for your life by any other but spiritual means, methodology and approach, you will never permanently succeed. Do not forget that your life does not end with the death of your physical body. In fact, it will just truly begin. What are you going to do with all those other approaches, means and methodologies that are not truly spiritual, as described here, when you arrive at the threshold of the spiritual world where no other laws and principles apply except spiritual ones? Again, the choice is yours. You are free to accept all of this or to reject all of this.

But, by your ability to choose freely anything you want, you prove the point that you are a spiritual being regardless of whether, from the position of your external mind, you consciously agree or do not agree with this statement.

The ability to choose is a God-given gift to all of us through which we can live and function. Whatever God gives us is always of a spiritual origin, for, "GOD IS SPIRIT, AND THOSE WHO WORSHIP HIM MUST

Who Are You And Why Are You Here?

WORSHIP IN SPIRIT AND TRUTH.” (The Gospel according to John, Chapter Four, verse twenty-four.)

9. Whatever has been revealed and outlined in this book has a direct relevance to one of the many aspects of the Second Coming of Jesus Christ. You have been given a precise methodology and procedure for getting in contact with the Most High, Who is Jesus Christ, in you. You have received proper tools for thorough security checks for everyone who appears on your spiritual mountain top. You know now what to do and how to do it. Jesus Christ can now become a very personal experience for you. From this moment on, you can relate to God, the Lord Jesus Christ, as to your true personal parent, friend, advisor, teacher, counselor, provider, protector, etc. If you choose so by your own free will, this can become reality for you. As of this moment, Jesus Christ is not there or here but in you, in your Inner Mind. You do not have to go to any place in the Universe to find your true Creator. He/She has always been in you and with you.

Through the negative state, by your preoccupation with and devotion to the valueless external matters you have kept yourself away from realizing, accepting and applying this indisputable fact in your life. This fact is one of the major ideas of the New Revelation. The true meaning of the Second Coming of Jesus Christ is in the fact that God is in your Inner Mind and you can relate to God within yourself by going into your Inner Mind.

The Second Coming of Jesus Christ has many aspects and levels of understanding and interpretation. As revealed by the Most High, Who is the Lord Jesus Christ, one of the most crucial, vital and important interpretations of His/Her Second Coming is the very acceptance and application in one's life of the New Revelation and its new methodology and procedures as described in this and other books (see the list of recommended reading at the end of this book).

If you faithfully and loyally go to your Inner Mind, to the Most High within your Inner Mind, the Most High, in the form of Jesus Christ, will come to you and will establish an eternally lasting relationship with you. From Him/Her you will be able to discover and learn the true meaning and interpretation of other aspects of the Second Coming of Jesus Christ as related to you personally and privately.

The ability and gift to communicate directly and personally with Jesus Christ, Who is the true and only Most High, via the methodology

Conclusion

described in this book, signifies and reflects **one of the most** important aspects of the Second Coming of Jesus Christ.

In view of this fundamental fact, do not miss this opportunity to meet your Savior, Redeemer and Creator — the Most High, Lord Jesus Christ, Holy Spirit, One Indivisible God, for He/She says:

“BEHOLD, I STAND AT THE DOOR AND KNOCK. IF ANYONE HEARS MY VOICE AND OPENS THE DOOR, I WILL COME IN TO HIM AND DINE WITH HIM, AND HE WITH ME.”
(Revelation of Jesus Christ, Chapter 3, Verse 20.)

This is the most valuable aspect of the Second Coming of Jesus Christ. Either you accept this fact and the New Revelation or you reject it. The choice is yours. So is the consequence. In such a choice and its consequence is its objectivity, righteousness, justice and judgment. The true meaning of the Last Judgment is contained in our ability to choose and to bear the consequences of our choices.

In conclusion, allow me once more to repeat the words of our Lord Jesus Christ in the Gospel according to Luke, Chapter 17, Verses 20-21:

“THE KINGDOM OF GOD DOES NOT COME WITH OBSERVATION; NOR WILL THEY SAY, ‘SEE HERE!’ OR ‘SEE THERE!’ FOR INDEED, THE KINGDOM OF GOD IS WITHIN YOU.”

This book does nothing more than to show you a way to go within yourself — to the Kingdom of God.

WHERE ELSE DO YOU WANT TO GO?

END

RECOMMENDED READING

Francuch, Peter D.

Principles of Spiritual Hypnosis.

Santa Barbara, Spiritual Advisory Press, 1982, Revised Edition.

Francuch, Peter D.

Fundamentals of Human Spirituality.

Santa Barbara, Spiritual Advisory Press, 1982.

Francuch, Peter D.

Messages From Within.

Santa Barbara, Spiritual Advisory Press, 1982.

Francuch, Peter D.

Four Concepts of the Spiritual Structure of Creation.

Santa Barbara, Spiritual Advisory Press, 1983.

Francuch, Peter D. & Jones, Arthur E.

Intensive Spiritual Hypnotherapy.

Santa Barbara, Spiritual Advisory Press, 1983.

Francuch, Peter D.

Reality, Myths and Illusions.

Santa Barbara, TMH Publishing, Ltd., 1984.