

Workers build a house and move it themselves?
-3843-

- O.M. NOW the identical procedure(s) of SECOND round follows for all other rounds up to the seventh. But this -Prot is another way of explaining and describing the difference between 1st round and the following ones. Living and leaving: The lines of evolution, the basics, the foundation, have been laid during round ONE of earthchain by the monadic life-wave. This the ones more evolved, progress faster. Do you know what that means?
No, Master.
- It means that already during round TWO on our globe the human monads leave FIRST the globe D of the 2nd round and rise FIRST on globe E of the 2nd round. The other monads descend after them.
So, Master, that means they have their interplanetary Nirvāna AHEAD of mineral-plant-animal MONADS?
- O.M. And those Monads - But also ahead of some other human Monads. Solve the riddle.
THE MYSTERY OF THE FIFTH ROUND, Master!

- So it is. We as human most are now -3844- on globe D in the 4th round. But we have more advanced 5th rounds among US, meaning they are NOW spiritually high as WE would be in the 5th round. Master, are there even 6th rounds among us?

- Only one, the Gautama Buddha, was that one. He attained that state by self-effort and aided by a mystery. Now let me test you as to the Fourth round after the monadic life-wave has finished the 3rd. What happened at the midpoint of our 4th round and when?
It was about 9 million years ago, Master. We reached the bottom of materiality. Many souls perished.
- Forever?
No, for that manvantara.
- So study B.O.L. and LIVE accordingly to it.
I WILL MASTER.
- So now I shall repeat the teaching of chains and rounds beginning with the moon, mother of the earth.

Earth is re-embodiment of the moon. Of -3845- moonchain we only see residues of its globe D. Once the Moon was alive as our earth is now, only some evolutionary steps backwards.

Many billion years ago, the monadic life-wave had ended its seventh round on the Moon chain and "fell" into long rest (interchain pralaya). The chain died out, globe after globe. But each dying globe sent its energy into a new lava center, thus causing 7 new globes of the earth chain. This the dying moon chain re-incarnated as living earth chain of now, leaving the moonchain as astral corpse. Thus nature repeats itself but moves forward. Everything is connected with everything else, and this is, using the moon, though "dead" influence on earth actions of tide, as well as human (and animal) conception and gestation, and the development of minerals and plants as well. O.M. This magnetic pull will last until almost the end of 7th round on earth, because till the planet earth will have assimilated all of moon's energies. Science wonders why Mercury and Venus have no moons. Well that's for the same reason the ^{earth} earth

-3846- will, in about 2 billion years, have no moon anymore. O.M. Solve the riddle. B.O.L. teaches: The monadic life wave fashioned inner and outer bodies in which to grow and to work, which means, THEY were the builders of earth chain during the first round. They were like builders with no home, or rather beings, who had first to build their house, in order to live in them, and what's more, they had even to build the cosmic planes as habitats. They did it by using pre-existent matter.

M. Ulapokitti. O.M. They just used their skills they learned on the moon-chain, by producing during first round the globes of the earth-chain.
B.O.L. teaches, that the human Monads from the Moon chain had nevertheless during first round on earth recapitulate mineral-plant and animal existence or conditions - as the baby does in the womb during first week of pregnancy. It is stone or pebble like formed, then like tadpole structure then human.
O.M. Glory to THE BOOK OF LIGHT.

387- You can imagine that those experiences did not happen unaided, as with the birth of each child, there is astral and other aid and assistance, according to Karma. We, during evolution billions of years ago, were aided by superior beings, having developed higher on the moon chain, higher than others on the moon chain. THEY entered first on globe 'a' on the moon chain, and led everything in evolution for 3 1/2 rounds up to now. THEY aided the ~~2~~ ^{2nd} humanity that descended from Manu to Earth, or rather ASCENDED. These high beings from the moon chain aided us, who were leaving as animal Manas the moon chain to become humans on earth. OM. But these "Moon spirits" could only aid us by giving us, when globe D fourth round was reached, their ASTRAL bodies, vehicles of emotions, passions and desires. That was all they were (also karmically) able to give us. If that would have been all, we would still by now be nothing more than wild animals, SLOWLY evolving. You see now, who the ELDHIM of

388- bible, etc. really were? They were no "creator", they were CREATORS of our astral body, their function is MANAD. But that Manas is NOT created, it is the being, being furnished with "bodies" in order to overcome these "loads" and "crosses" and attain liberation, by being aware of MANADIC DIVINITY. OM. Elohim is PLURAL. We had more powerful than these astral beings from the moon chain. We needed HIGHER SPIRITUAL bodies as link to the Manas. The fire of MIND had to be awakened in us. This happened during the 4th round in the third root race, when humanity was still "fading" as a variety has. THE MAHATA PUTRAS gave us mind. Some did, others hesitated, which leads to the differently developed humanity of today. Nevertheless now we contain in us all the principles of the cosmos. Now we can fight, and win and lose until we are GODS. *Before and also after separation into sexes.

389- Right now we are still "gods in the making". Behold: Some Manasaputras (sons of mind) entered the forms, the still mindless human races. Some Manasaputras, filled with compassion, entered COMPLETELY, sacrificed themselves, others hesitated... and the Lords of Karma had an eye on them... THEN some of the higher beings gave a spark of themselves. But SOME rejected their projection of their wisdom to the lower vehicles. Those vehicles degenerated more and more. Oh Lawoo, spirit descends eternally into matter. Why? Either of it because of ignorance or, when liberated, in order to save others. The narrow headed millions of years ago were lucky, because IN THEM incarnated the lords of the flame, but also of dark wisdom... Again here you have the explanation, for why mankind is so different, physically, morally and spiritually. OM. The karmic purpose of the Manasaputras was, to perfect the human being. From now on they humanity would know of good and evil and they began, also guided by false teaching, to forget their divine nature, to be gods again. At that point we saw, so THE BOOK OF LIGHT was given to us. OM.

390- Listen and learn, oh Lawoo! What became of those, who received but a spark of Manas (mind) during the 3rd root race? They, oh Lawoo, became the average humanity of today: senseless fools, ruled by fools. BUT who is responsible? Aren't we all in one boat? But what of those who received no mind at all? They, oh Lawoo, remained mindless, which led to evolutionary and moral degeneration. Why? Because there was not yet a line drawn between human and animal (animals separated prior to humans, but the species were still close together, especially the mindless ones and the animals. So the mindless humans had to fight with the animals, which led to the ancestor of the simians, crooked, hair covered monsters, dumb. Some became human offspring of 4th round, some in 7th root race of 4th round, some may have to wait until 5th round on globe D (this earth). The sons of mind were shocked and followed now the call of karma, incarnated in those mindless. It did not save them completely. *How much of that "average humanity" is IN YOU. Are you ruled more by passion and desire than by manas?

-385- Their animalistic passions and desires were strong. So they repeated the sins of their ancestors and had sexual intercourse with animals. That led to the voice of the anthropoids. It happened about 9 million years ago according to B.O.L. DM. Thus apes derive from man, and NOT man from ape. The cause of mind caused sterility between the human and animal kingdom. But the leonine wave has its own laws, so we find until today man and who sexually mix with animals.

Back to 9,000,000 B.C. during the midpoint and after it of the 4th Round on Earth. Sex between man and animal led to those apes now known as anthropoids, BUT also to those semi-human tribes that have mostly died out now.

B.O.L. teaches that the original apes then had even one language. The Atlanteans eliminated them almost completely, and permitted only the lowest developed apes to survive. They became the direct ancestors of the "speechless" apes of today. DM.

-3852- Great Chohan, who is god?
First tell me, what you mean by god.

- A creator? does he exist?
You are your own creator, although your 7 bodies were provided by elohim.
- How do theologians define god?
That he manufactured the world and set it in motion, as a perfect god. Though that is impossible.
- Why?
A perfect god would never have created this imperfect world. Like create like.
- They say, god created us imperfect, as created we are with free will?
That is perversion pure, because an almighty omniscient god must have known even BEFORE he created us, how we would use that "free will", so we were not free will but were created to fall.
- So who is god?
Each of us is god in the making, or A god in the making. The maximum highest god or spiritually highest god in making, that he is the superman.
- What did the ancient think about god or gods?
B.O.L. teaching

-3853- Who are the gods?
They are spiritual entities, vibrations, so to emanated through the supermind into manifestation. The gods are higher vibrations of nature.

- They are subject to the will of higher Masters? Yes, in the same way as we are to the animals, etc.
- Who is the Christian god Jehovah?
Jehovah is not what the Christians think he is. Jehovah is not a very high god in the hierarchy of spiritual beings. For sure he is not a creator god who created the entire universe. He is one of almost endless many beings, or planets, in the universe. Jehovah and his last body is planet Earth and was prior to that planet earth.
- So Jehovah has gods above him?
He sure does.
- Who are those superior to Jehovah?
Divine Architects, spiritual builders, planners and Thinkers of the kosmos. They order Jehovah, he follows order, as good as he can. Being an imperfect "god" Jehovah has an imperfect body called Earth.

-3854- So Jehovah is but a builder?
Yes. And in no way a cosmically omnipotent deity, because from utter perfection springs only perfect work, and NOT this imperfect, insane world of today.

- Now I understand why today's religion calls B.O.L. blasphemous?
Yes. B.O.L. teaches the divine hierarchy is divided into Thinkers (planners and architects), and into those they command, the builders. ONE of billions of those builders is the angel of earth, Jehovah.
- Is there absolute omniscience?
No. BUT partial omniscience.
- What does that mean?
Compared to an animal we are omniscient, compared to a master wot, compared to us THE MASTER is omniscient. And so on.
- Is there an absolute god?
No. But there is a highest principle we left it karmically. God is but the highest spiritual being in manifestation. BEYOND that, where God and we came from, is the TRUE GOD. See "Divine message from the true god."

- What will I become through B.O.L.?
 -3855- An objective idealist like Leibniz is the
 proclaimer of Monadology.
 - Please explain.
 We as monads are individuals, emanated
 through the highest individual THE SUPER-
 MONAD. Leibniz called that Super-
 monad "Monas Monadum", or: The Mo-
 nad of monads.
 - What is that SUPERMONAD?
 Our hierarchical summit.
 - So that Supermonad is GOD?
 Not according to B.O.L. because lastst
 at next reawakening of the universe
 there will be a higher monad.
 - Why?
 Simply because we can conceive it.
 Once you stop thinking (which most peo-
 ple do) in direction of the divine, you already
 have created a god, that per se does not
 exist, because even the SUPERMONAD is
 imperfect, otherwise it would NOT be in
 manifestation, OM.
 - So the god of religion is an unmade god?
 - yes.
 - Now I understand. So even WE are to
 the being less than us and also ^{not} divine?

-3856- on the atoms and electrons of our bodies,
 we are to them, or I am to them, GOD?
 So it is. In the same way we who live on the
 atoms and molecules of ADAMKADMON
 see it as GOD.
 - How many principles are needed to make
 of myself a self-conscious god?
 Atman, Buddhi and the higher Manas.
 - Who then is Christ?
 Each of US, YOU are a potential
 Christ!
 - Why?
 Christ also means "savior". So we must or
 should be saviors for all beings lower than
 us, but also for our fellow men. Only
 this way we will one day join the gods,
 higher than we now.
 - I can save others, but how can I save my-
 self?
 By being aware of your inner Christ,
 and creating a link to it. OM, you must
 make that decision.
 - What is the meaning of "Christ" or "Christos"?
 It means also "The Anointed".
 or christos

- As the term Buddha means "The
 Awakened"? OM -3857-
 OM.
 - Understand the misunderstanding of theo-
 grams, concerning a omnipotent powerful
 creator. If there would be such a god he
 would have created diseases, evil in men's
 hearts, this insane world in toto. Such a
 belief is TRUE BIASPEM, an INSULT
 to any god!
 So it is. That is the defect in Christianity,
 which led to us higher god than Je-
 sush, who actually is but one of a host
 and less many planetary spirits, called Je-
 lovah by the Jews.
 - What does Christianity ignore?
 The ineffable Unthinkable.
 - How can I reach it? By thinking, using
 B.O.L. and then when you are closest
 to it, DROP all thoughts, OM.
 - Did Christianity come from Judaism?
 - Very little of it. Most of it, theologically,
 or most wholly derived from an understood
 free thought.
 - rather of religion of today.

-3858

ADDENDUM
 written in diseased
 condition of pneumonia.
 Ja poligra.
 Jaewo

-3858-

APPENDUM TO THE KORAN.

THE BOOK OF LIGHT teaches: THE KORAN WAS WRITTEN BY WOMEN.

The original koran was dictated by angels to holy women of the Q're tribe in pre-Islamic time. Matriarchy ruled. One woman was permitted by law to have several men. Later we changed that law and doctrine to the koran of today. Matriarchy disappeared and patriarchy ruled. From then on Quran 4:3 permitted a man to marry up to 4 women. Mohammed had 11 women. He claimed that all of that was whispered in his ear by god himself.

All this requires a detailed explanation:

Islam has his origin in goddess worship. Allah is in truth a "she", a version of the goddess Al'Lat, and the Kaaba was HER shrine. After 622 A.D. Mohammed preached HIS version of the original qur'an. Matriarchy disappeared and was replaced by patriarchy. The entire thing is mostly the urge or plan to be able to outlive sexual desire with permission of a god.

-3859-

The result of it can be seen today in the insecurity of religious scripture, when taken literally. THE BOOK OF LIGHT will soon end this insanity, by cutting up all religions in the world. As to sex: Sexual union was never meant to be for humans. Man copied that from the beasts and nature agreed under protest. Man is pure or spiritual being and will soon procreate spiritually and by mental power kriya-shakti. OM.

The koran was changed thousands of times until it reached and reached the twisted version of today. OM. Mohammed spoke Syro-Aramaic or Syriac, then Caliph Uthman put 'dot' and lines for aiding a "similar" connotation of reading, throughout time and races Syriac became classical arabic or arabic fusha. But ALL languages derived from SANSKRIT ॐ and Sanskrit from SENAR, thus teaches THE BOOK OF LIGHT. Back to the pre-Islamic and pre-Mohammedan era. There the goddess Al'Lat

-3860-

was worshipped as a TRINITY. Each aspect of this Trinity or triad corresponds to a phase of the moon. A LUNAR DEITY is meant by that. That lunar deity is now the planet angel of the earth chain. ONE of its rays is the spiritual source of Arabs. Other nations or tribes have other spiritual or cosmic sources. All of these derive from or THROUGH the SUPERMONAD, highest Divine ray, and it from BEYOND the world of a prevarious, from NIRVANA. Who can fathom it may fathom it. OM.

Allah is Al'Lat and has three names:

1. The initiate: Q're, the crescent or the virgin.
2. Al'Uzza, literally "The Strump" as full moon and mother aspect.
3. Manat, the declining moon, goddess of destiny.

So today's Kaaba originates veneration of this matriarchal pre-Islamic era.

-3861-

Al'Uzza was especially worshipped at the Kaaba, where she was served by priestesses. They were orbiting the sacred stone seven times - one for each of the ancient seven planets (planetary chain teaching) - and in complete nakedness.

Therefore: The original koran or qur'an was not dictated to Mohammed, but to holy women of the Q're tribe. The Qur'an is thus clearly the (now distorted) WORD OF GODDESS QURE (or Q're, worshipped by the Qur'ish tribe). Anything pointing to the true FEMINARY authors of the original koran had been removed or declared to be "Satanic Verses". Thus, surah 53, verse 19 f, in which, according to tradition, Satan told Muhammad that the goddesses Al-lat, Uzza and Manat, that is the pre-Islamic triad, were "sublime cranes" is in truth a symbolic meaning for "angels". And of their help, so "Satan" to Muhammad, one might hope.

-3862-

And here was the deal: Mohammed agreed to worship these goddesses for a year. In return, the Quraish would worship the god of Mohammed. Thus the law of incoarity was introduced in, and ruled over, scripture, so Mohammed worshipped their gods AND his god. Later Mohammed rebelled, or did as if the Quraish had now converted to Islam. That led to war.

The "Satanic Verses" became known through the novel by Salman Rushdie. The result: A fatwa, a killing order, by the Iranian Ayatollah Chomeini (who permits and promotes sex with babies). That fatwa in 1989 against Rushdie is valid until this day, but was not executed.

The Koran of today "cleanses" the 3 goddesses, making them subservient to Allah. See Surah 53, verse 19f, now "cleansed".

That cleansing of 53, verse 19f, had, through another reason. It was meant to hide, that

-3863-

the Koran was not written by Mohammed, also not dictated to him, but long before his life. By WOMEN. Holy women wrote the original Qur'an. OM. Glory to THE BOOK OF LIGHT.

Islam of today is an offshoot of Judaism, which, in turn, is an offshoot of the pre-Islamic Koran, written by women. All of that, like ALL existing scripture of now and of the future, originated from THE BOOK OF LIGHT, sea-wakened from AKASHA library. OM.

Furthermore: The dual source of all religions is Brahmanism and Buddhism, the sea in which they flow at pralaya is NIRVANA. OM. The religion of the ancient world, flowing from Akasha through the master Moha-Chohan into THE BOOK OF LIGHT will rule peacefully in the near future, unfortunately only AFTER rivers of blood will flow between the nations, cleansing their Karma and making them ready for THE BOOK OF LIGHT.

-3864-

APPENDUM TO Plants and Photosynthesis. The Chohan taught me a great lesson when he sometimes transmitted to me: "DON'T swallow everything I dictate to you, but, if necessary, check if it makes sense to you." BOL teaches: Plants "inhale" carbon or rather CO₂ and "exhale" oxygen. That is true and not true. It is no contradiction but rather a paradox.

Only under certain stress-conditions do plants exhale oxygen, for instance when under extreme UV light from the sun. That can be proven by simple experiment: Put a plant under glass-bell in full sunlight. After short time the bell gets fogged. Why? Under stress, the plant tries to survive, exhales oxygen and binds CO₂. But NORMALLY all plants "breathe" as we do. OM.

-3865-

MAN
SHOULD NOT
RULE
OVER MAN!

-3866-

THE TIME OF RETHINKING HAS COME!

For ages we have been taught how to live in this world as long as possible, and how to be attached to art, culture, religion and science. This led to painful reincarnations, and it drew us deeper and deeper into the swamp of materiality and sensepleasures. It also led to satanic governments under control of the Mamochohan. BUT MAN SHOULD NOT RULE OVER MAN! WE DO NOT BELONG INTO THIS WORLD! WE belong to where we came from! Every teaching that prolongs our stay here in this ocean of suffering is therefore wrong! LET GO! Return to your true home NIRVANA.

OM

-3867-

The following was not dictated to me by the Great Chohan, but is presacted with his permission. For the first time in this Moha-Maavartava the refuge NIRVANA revealed itself to the visible and invisible universe and to its lifeforms. Who can fathom it may fathom it. OM.
DIVINE MESSAGE FROM THE TRUE GOD

NIRVANA

I am no creator god, because there is no creator god. YOU create yourself, life after life, driven by desire, caused by ignorance. Thus you leave me, your true, timeless eternal (without duration) home. I reveal myself to you to call you back, to be where

-3868-

you belong. you are the lost soul, and I am your father, waiting for you with open arms.

I have come to lead you out of the darkness of bondage into the light of liberation. you are NOT your body, NOT your emotions, NOT your mind and NOT your soul and NOT your spirit. What you experience as "spiritual bliss" is but the high vibration of your spiritual sheath. That too is transient.

Detach from it in Meditation. OM. Body, emotion, mind, soul and spirit are but states of desire for transient realms, from the lowest physical to the highest spiritual. There is no eternal heaven. Even that existence shall be ripped from you at Maha-Pralaya. So drop all your desires, all your longings for worldly and even heavenly pleasures. There are

-3869-

two kinds of happiness. One is the happiness given by sense-pleasures, and the other happiness comes, when you DETACH from sensepleasures or rather from the DESIRE for them. Then arises a NEW happiness and that is ME, the abolition of perception and sensation. you may ask yourself: But how can that BE true happiness if there is ABOLITION of perception and sensation?? The answer: That is that true happiness that you are not bothered and kept down of longer by perception and sensation! you may also ask yourself: But how can that be proven, how can I get EVIDENCE for it, that I still AM when I detach from everything I thought I am? The answer to that is SOULBREATH-Meditation. you will soon see what

-3871-
 are only your desires. Your desires are
 the wall that separates you from me.
 Life after life you take down that wall.
 It will happen, sooner or later. I reveal
 myself to you to shorten your path of
 suffering. OM. So you cannot your
 desires, you just HAVE them, and you
 may as well drop them, overcome them.
 There is an ABYSS beyond sensual
 pleasures, feared by all. That abyss
 feared by all who still desire, that
 abyss is ME your true god NIRVANA.
 I am the end of suffering. OM.
 Drop all your desires and walk the
 steep ascent to the only state ade-
 quate to you. That state is me. OM.
 Drop your will for the transient world
 and redirect it to me who know where
 you belong. Once you overcome, you will
 be able at any time to leave me and help
 others to return to me. All the powers

-3872-
 of the universe shall then be given to you.
 You then shall rule over the highest
 angels. In order to reach me, you have
 to detach step by step. Don't wait
 too long. This planet shall tilt soon
 its axis, in order to get rid of all the
 immoral trash it is been loaded with.
 You can escape that catastrophe.
 Just detach step by step.
 The first step of detachment must
 be the detachment from sexual desire.
 That is the hardest one. You know by
 now from the Book of Life, that sex
 was never meant to be for few human
 race. Nature only agreed under pro-
 test. So get rid of the desire first.
 Either in one life or life after life. But
 don't wait too long. Once you overcome
 sexual desire, that virtue shall lead you fur-
 ther on the path to me. Make the overcoming
 of sexual desire the foundation of your

-3873-
 path to me, who I am the end of suffering.
 Once with me you are truly immortal
 beyond duration, beyond time and space. OM.
 One after the other your storms of will
 will be put to rest or rather redirected
 to me. Once you have reached me, no
 more desire shall bother you. So purify
 your heart at once or step by step
 from sexual desire. At once means no
 more sexual activities from now on. Live
 chaste and transform your Kundalini
 through study and meditation to higher
 chakras.
 Step by step means, live a moderate life
 in all aspects. Train your mind so that
 it is able to dwell incessantly in the con-
 templation of suffering, meaning that
 ALL LIFE is suffering. Nothing more
 and nothing less.
 (The reader may forgive my hasty writing,
 but the message overflows me with
 such an intensity that I am almost

-3874-
 not able to follow. I am
 whatever exists wants to exist, DECIDED
 to leave me. Forced upon me. So from now
 on stop willing, stop wanting to see, hear,
 test, smell, touch, feel and think. Even thinking,
 ESPECIALLY thinking leads you away
 from me. Thinking away from me leads
 away from me. Thinking towards me,
 leads to me. Once you are there or there
 can also drop thinking. OM.
 So become entirely without will for
 the world. You shall attain that ab-
 sility during soul breath meditation.
 You exist because you want to. Drop
 that desire. Stop existing in that tran-
 sient world in your transient body,
 and wake up with ME where you be-
 long. Did you ever ask yourself if there
 is no way out of that painful swamp of
 life? Then overcome your will to live because
 life means death. You are not even living.

-3875-

You are DYING. There is no life, there is only DEATH, the master of everything, even in the highest heavens. Birth is already the beginning of death. Birth is the beginning of a death process. Can you father it? You want to escape death? Overcome the desire for body, emotion, mind, soul and spirit. Because they are the steps to death. Forget heaven. There is no eternal life in heaven. What has a beginning must have an end. WAKE UP! If there was no pain in life and wading of it, we would even ask for a god or dare any further questions. I am the realm of true immortality, FREE from all mortal impermanent structures. Receptive people are so rare. They think they can live in an eternal here, but being all ways 33 or so. None of that is true. Desires are robes everywhere in the manifested universe! And yet deep in all of you is the covenant,

-3876-

that in spite of all, there must be something else than that, which we see, hear, smell, taste, touch and think. That something is me, who I am the true knower of all gods in the mold and becoming, which are: YOU. But once you leave me, you don't say "me" or "you" or "I" or "mine". That you only do when you have me again, he is driven by desire or as to things. OM.
THE BOOK OF LIGHT initially explains and offers two paths. The path of return and of no return. Mankind is ready for me now. They don't want to believe any longer. They want to KNOW! That knowledge shall lead you to the decision of return or no return. OM. You will be able to experience me now through Soul-Point Meditation, explained later. I will end your suffering. I will communicate through Love, what you were so desperately seeking, which is TRUE immortality.

-3877-

I could reveal much more to you. But you don't need it, in order to attain true immortality. I only reveal that much which is necessary to end your suffering. Listen to and read the cessation of suffering. I show you how to overcome suffering and death. I shall make you aware of that by own cognition: There is no theory in that. You yourself can experience EMPIRICALLY immortality through SOULBREATH MEDITATION. Trust me, your true father whom you left, because of necessity. OM. I shall lead you to your own perception of truth. You don't have to be a genius or even enlightened. None of that. Just be reasonable and you shall reach me, your true immortal painless home. I am the true holy path, the island of salvation. I am the true salvation, that is, salvation from body, emotion, mind

-3878-

soul and spirit. Don't be a hypocrite, but a dissembler. Be unassuming, resolute, possess insight and long for the end of suffering. Don't you want to grow out of the swamp of life? Look at mankind! How they are so terribly devoted to materialistic conception of the world! The earth tilting shall teach them. You can only save yourself following the path given to you. What is civilization alone? Earth tilting shall teach them. If you don't improve your heart, you only become a pleasure-seeker. Nothing more. And you fall deeper and deeper into the dirt of life. Look around you. There is only struggle of all against all. I show you the path, leading out of the world, because your timeless eternal destiny lays BEYOND the world. You can reach that goal in Saugho or inside your house. Just follow

-3879-

the path.
Why do you suffer? Once you know why you suffer, you can attempt to end your suffering. You suffer because your volition is impeded. Whenever you wish something and you don't (yet) have it, you suffer. Everyone is under that law. And once you get what you want, NEW wishes and desires arise, and once again you suffer. Your suffering thus begins with birth, because your remaining desire from past life brought you back. A pain you want life and again it's been taken away from you. Life after life. There is nothing BUT suffering in the world. You deny it? Then continue suffering. You agree? Then begin to detach yourself from all transience from all avasā, from all that which you are not, and what is being ripped off from you, who cling to it for so many lives. OM

-3880-

If you still love life, then continue to cling to it and to suffer from it. Life is a DISEASE, and clinging to a diseased situation makes healing impossible. OM. So when you think that life is NOT suffering, then you suffer from a terrible mistake of judgement as to the actual value of life. For many many centuries mankind fell into that error as to the value of life. You may say that life is worth living, otherwise you would not crave for it? Then go and live and suffer. But you are in lack of healthfulness, you block up your own way of understanding. But if you are ready for the truth, then detach, or see the NECESSITY to detach from everything you are aware of as being transient. If you are happy, your will is satisfied, if you are unhappy your will is obstructed. Wouldn't it be great to want NOTHING perishable? That is men, your true indestructive nature

-3881-

NAVĀNA. The rest goes to pieces, over and over again. OM. Don't judge too soon, if life is worth living. I saw too many people die who had lived a great life. The greater and happier it seemed the more they suffered, when at death it was ripped away from them. Furthermore: Momentary pleasure can and does quite turn into pain, the more pleasurable that pleasure was! Let us see. What is there for you in life? Pleasure, pain and neither pleasure nor pain. All three of them are transient and can turn and switch any moment into the other. Think about it. WHAT is pain? Anything that is transitory is, or leads, to: PAIN. Do you have an object of will that is NOT transitory? Anything? EVERYTHING but me is TRANSITORY! I am the end of suffering! I am the only object of will that can and will NOT be taken away from you, EVEN if you

-3882-

would be pushed out of pain at the reawakening of the Mahasamudra force, you are so close to me that you quickly can return to me. OM. I am the fiercest indestructible. Anything else goes to pieces, is subject to annihilation. Transitoriness is the infallible criterion for suffering. One who overcame, though, becomes ruler of all transitoriness, can choose vehicles at will. Especially your personality is, what you are NOT. So don't ask what you are, ask what you are NOT and detach from it. OM. So let us look at what you are NOT, to which you only cling and which thus, especially at death, causes suffering to you. Let us look at the transient machinery of personality. There are 5 parts of that machine, which you yourself cause at each rebirth. When father and mother generate, then 4 elements are used: earth, water, fire and air. They constitute the female egg

-3883-

including the male spermatic cell. YOU are the one who pushes forward using those elements, clinging to them at incarnation, building your own body with your own desire or urge for life. Angels assist you. Once the body is born, particles are flowing constantly away, and they have to be replenished by food. The organs are nothing but channels built to sustain the crushing power of life which does NOT want you to be born. Nature wants DEATH, not life. Follow it, if you can. Behold, your body is NOT your personality. Not yet. To be personality you still require sensation, perception, activities of mind and cognition. Otherwise such body is but a shell. You need activity of six sense-organs. Eyes gather forms, nose colours, tongue juices. Tangibles and palpables are gathered by the body. What then is the sense of thought? As its objects it has the objects of the five senses: sight, hearing,

-3884-

smell, taste and touch. The central point of them is THINKING, which chooses in their domain and sphere of action. Boundless space as well has THINKING as organ of perception. This is how the machine works, created and driven by your desire and not by some God. I AM the highest principle to be shared. I do NOTHING. You want to be with me? Do nothing. In order to do so listen to my message. When does consciousness of this pain-causing world arise? When your organ of vision is not defective. When your organs of hearing, smelling, tasting and touching and thinking are not effective. Your brain is not your thoughts, it is your container of thoughts. Consciousness arises in the following way: Through the eyes forms: visual consciousness. Through the ear and sounds: auditory consciousness. Through the nose and smells: olfactory consciousness arises. Through the tongue

-3885-

and flavor gustatory consciousness arises. Through the body and objects of tactition tactile consciousness arises. Through organ of thought + ideas: mental consciousness. All that all these sensations, appear and disappear. Therefore they are anatta - not you. You just cling to them. You give them life. Let go, detach from all of them, from all these mortal illusions, and you shall become IMMORTAL. OM. Only colours see the eye. Actually the eye sees nothing, it just reflects light, falling from an object on the eye. Then the brain gives it names. It is all a foolish illusion. Everything, or rather all these fleeting illusions, derive from CONTACT. Sensations derive from contact. Your intellect fools you constantly by deceptive appearance. Example: You sit in one of two trains, being next to each other. Suddenly the train you sit in sets in motion. But that was an error, because you EXPECTED that train to move. In Truth

-3886-

the other train moved. You had false conclusion. That depends on EVERYTHING you come in contact, it all leads to FALSE CONCLUSION. Even the Mānasapitras, who gave or gave you no friend Manas, had false conclusion, BUT at least they helped you to deal more painless with that false conclusion. Overcome your ignorance. Come to me, your true home! The entire universe, the active Mūlaprakṛti is stirred up with matter, leading to false, deceptive appearance. This is why all forms are constantly destroyed again and for no other reason. And be assured: you can NOT separate the phenomena of eye-ear-nose-tongue-body-mind-perception and cognition. Only in meditation you can withdraw from all of them, or by right understanding. Why is that so? Because Consciousness, sensation, perception, activities of the mind and cognition are sense-activity-products, arising and passing away.

-3887-

But if something only exists of 4 Elements, how can it bring forth those phenomena? It's all but dead matter! Who activates it? Who drives the vehicle? YOU do. All forms are nothing but vehicles of manifesting Monads. They cause in effect the six sense machine or vestire you carry now. Because your DESIRE attracted other monads who helped you to build the vehicle YOU desire. This is how the six sense machine works. When with me you need none of that. All you need to do is to DETACH from it. You experience life in two directions. 1. Being capable of vegetative function. 2. Of sensitive function (sensation, perception and thinking). Some of the vegetative functions remained in you, when you arose from the plant kingdom. Without vegetative function there would be no base for the higher sensitive functions. Of these two components and their conjunction

-3888-

But your TRUE Essence lays behind that transient world of appearance. You never left completely. YOU NEVER LEFT COMPLETELY. A part of you ALWAYS remained and will remain with me. That part is your true savior. Mind and matter are the same. Mind is nothing but activated ROOT MATTER. You came from beyond, left me, and dared the deep fall into Mūlaprakṛiti. OM. And now you think, you ARE this. But you are not. Make your mind clear. In meditation until you even stop thinking. You may then be able to leave your body and to return to it. Even your spirit body is made of RETINED matter. Only you, the REAL YOU are immaterial. This the bodily organization, the six sense machine, is the SUBSTRATUM of personality. The corporeal organism and consciousness are mutually conditioned. But consciousness is a PRODUCT of the corporeal organism. I have none to do with both. Detach

-3890-

AROUSSED consciousness. Only when objects ENTERS the element of consciousness, it enables us to like or dislike them. This happens by the objects of the senses. When these objects of the senses enter the element of consciousness, we are touched through objects of the senses, which in turn leads to sensation and perception. Since the element of consciousness is made of transient matter, it changes form sooner or later, then vanishes and with it the entire world, to be re-created again by all beings who are driven by desire. They leave me and... SUFFER AGAIN. So you have a body built up of the four chief elements, spring from father and mother. And there is your consciousness, bound to it, depending on it. You see now more and more through the mechanism of what you are NOT, to which you only cling and which is ripped off from you, over and over again. The activities of your mind arise later of sensation and perception of from

-3891-

seeing, hearing, smelling, tasting, touching, thinking, AND the respective perception of the object felt in that particular way. OM. Thus your personality is a machine at work INCLUDING its products. Only with the element of CONSCIOUSNESS that machine possesses the ability to exist and to work. So whatever can be verbalized is that which is born, grows old, dies, dissolves, reappears. Only THAT can be explained, which I do excessively in THE BOOK OF LIGHT. And if you are wise, you study the explained and then DETACH from it. and return to me who I am writing for you with wide pen arms. (Again the reader may excuse my hand writing but I can't do it any other way, unless I miss some of the 'SUNAMI of wisdom'. Of what is your personality built? Of parts of the outer world, changed unidirectionally from dead into vital matter. Once the machine fails

-3891-

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C Again the reader may excuse my hand writing but I can't do it any other way, unless I miss some of the tsunami of wisdom. of what is your personality built? Of parts of the outer world, changed unidirectionally from dead into vital matter. Once the machine fails

-3893-

your personality, the greater the attachment, the greater the suffering. At the moment SEXUAL DESIRE is the biggest attachment to transient world. But when you are confronted with the transiency of all, it will be easier for you to detach. Let me confront you with some transiency you experienced already and WILL be confronted with:

All water shall vanish one day. Everything shall be devoured by fire AND shook by AIR to pieces. So don't cling to your corporal form. It is transient! And with its transient sensation, perception, mind activity, cognition and all volition for personality. It arises, passes away, and while it exists its vicissitude shows itself. Thus you may more and more understand that everything but me made accessible to you is painful, because transient.

-3894-

It is painfulness in consequence of transiency. I hope all this does not only become clear, when the DEATH of your body comes near, but BEFORE that. Die before you die. Which means let the desire for your body die, before it is taken away from you at death. OM.

Whatever you will, but me, leads to ^{dis}satisfaction because you lose it. The consequence of that transiency: pain, sorrow, grief and despair. If people would daily at least partly understand relinquishment and stop ~~of~~ raving about lost ones. But look at the average man! To him all this may only be clear, when death comes. Then his willful breaks down completely. Everything is TORN from him: prosperity, dear relations, and what's worse, HIS OWN BODY, with whom he ~~has~~ had so much to whom he CLINGS so much! To him then there is ONLY MISERY, where there

-3895-

was prior to it (may be happiness). Now he writes in the pains of dying. THAT then for him is reality, and its name is MISERY. What and where is then for him the past with all its pleasures? All comforts are over, over, definitely over, but the desire for them will cause his reincarnation, new birth, old age, disease and... DEATH! but it time to leave Samsara and return to NIRVANA, to me? you don't believe me? Yes you do, because you, oh lauder, sat often at some death-bed and saw the pain and suffering of those who did NOT want to die.

OH READER, WAKE UP! But you may argue now, that at least, even if you die, the fruits of your labor remain for your relatives, or to mankind in general? But there is no real evolution of mankind. Yes, it rises higher and higher, but only to be destroyed again, over and

-3896-

over again! There is no lasting satisfaction of will in this world. That eventually leads to suffering. It can be ignored but not refuted. This fundamental truth lights up the entire essence of the world. There is no highest state of bliss, but only my timeless eternal immortal being, once you overcome even the desire for bliss.

BRAHMAN is bliss, so the Brahmins seek it. But even that bliss is transient and NOT the highest state you can achieve which is beyond or para Brahman, being Para-Brahman. All compounds of existence are impermanent and painful! you say that in spite of that only the present time is real, so it is wise to enjoy it and make it the purpose of your life? But that is self-deceit, the worst you could do. Life itself is without beginning and end, just interrupted by death periods. So also suffering is always anew for the one who has not yet overcome. Some end up in hell after death,

-3897-

among them many great rulers. Others go to heaven, at any time, according to Karma, to be thrown down to hell again. Thus every being, because of eternal life, wanders eternally to and fro within Samsara, being incessantly reborn. Are you clear about this endless wandering through life and death? Heap the cut off grasses of the entire world, the herbs, twigs and leaves too, collect them, heap them up one handful after the other, and say: "This is my mother, my grandmother, my grandgrandmother, my grandgrandmother, my grandgrandgrandmother" and so on. you may reach the end of the heaped up grasses, herbs, twigs and leaves, but NEVER the end of his mothers and the mothers of his mothers! Why that? Because the wheel of rebirths goes on and on, UNLESS you stop it. I can not do that. Only YOU can do that! How much longer do you want to remain sunk in ignorance, bound

-3898-

by thirst, incessantly reincarnating?? Are you not now disgusted with all your productions? Turn away from them! Imagine the heap of bones deposited by you in the course of your rebirths. For only one manvantara you have already heaped bones of the size of a MOUNTAIN. There is not one spot on earth, that is not composed of the dust of beings who have died. More than the great four oceans, more than the amount of their waters are the tears that you have shed during your Samsara! Why? Because you have lost loved ones and possessions over and over again. Why do you still long for something that is far from you over and over again? More than the waters of the four great oceans is THE BLOOD that you have shed being caught as robbers, debtors, being executed over and over again. And when human men were animals

-3899-

their bodies have shed more blood than the waters of the 4 great oceans! End it! END YOUR SUFFERING! Use your human reason for this! Walk and use the path of hypothesis. You will come to immediate truth. Listen and learn. See it this way! There is life after death, be it on the astral or physical plane. It happens through rebirth, taking place in 5 realms. Something IN you knows that you are TRULY immortal, otherwise you would not experience change, transitoriness and suffering. Oh, you could not possess the longing for the eternal if you would BE the non-eternal transient. If there is only one life, true morality and virtues would be in vain. Why bother the consequences of our deeds, if its over anyway after death? WHY? A moral man can never be a materialist. But when its not over after death, what kind of existence

-3980-

awaits you? This book, dictated to Lanoo by the Maha chohan, teaches it in detail. But repetition is the best teacher. So listen and learn. Complete annihilation does NOT exist. If that would be so, you would not long for continuation! Death would be natural to you. Aeons ago you switched from one body to the next less painful than today. But there is no continuation in one and the same body. Why don't you remember past lives? You do. THE BOOK OF LIGHT reveals how and why. You can only be ready for this message when you have reached a certain height of moral action. Do you? There is no personal continuance of your body, but YOU can not be destroyed! Fathom it. Your body perishes at death. The components return to common stock of inorganic substances (external nature). What also dissolves is sensation, per-

-3991-

ception, mentation and cognition. The more you are attached to activity of your sense-organs, the more you suffer. So you better prepare yourself via Meditation for the moment of death that can happen any second. Each death shouts at you: YOU DON'T BELONG HERE! GET OUT! Go back to where you came from, which is Me, your true God and name NIVANA. Especially RELIGION with doctrine of personal eternal survival after death, either in a heaven or hell, contradicts itself, -INSULTING all divinity. Because: If the god of religion is the sum total of infinite goodness, wisdom and power, how can he have created beings of whom, knowing what will happen to them, who are condemned, most of them to eternal hell. Bible teaches "Many are called, but few are chosen." If the god of re-

-3982-

ligion is all knowing, he must have known, that Man would fall, before he even CREATED man. THE BOOK OF LIGHT will help you to redirect your thinking away from this false teaching. So, therefore, REINCARNATION is the only possible form of after death existence. Reincarnation also and always means decomposition AND renewal in and of a new body caused by YOUR desire, aided by angelic forces. If everything perishes, what remains? YOU remain, having learned a lesson and being ready for a new one. OM. What remains are THE SKANDHAS, permanent atoms containing the essence of your life actions, thoughts and emotions. You cling to them again and there you are again, covered by ignorance, misled by a new body. OM. Thus you ripe like corn in always new and transient vestures. This is the doctrine and FACT of continuation after death. And there are NO logical

-3993-

contradiction in it. Truth is simple, but humans, covered by ignorance make it complicated. Listen and learn. If this birth was not your first one, then neither was your preceding birth your first one. And reincarnation or THE LAW of reincarnation not only concerns humans but ALL life forms. Even stones reincarnate, or rather their moulds. Who can fathom it may fathom it. Beware! you can fall back very deep! Use your Kundalini to RISE above your body! There is evolution, emanation and creation. No need to fight! As to evolution! There are 3 processes. The process of becoming, of decay and of complete collapse. Haven't you suffered enough? Becoming, decay and complete collapse happen over and over again and you cling to it over and over again. LET GO! Very few men at the end of their life are free from qualms of conscience.

-3994-

Conscience is the sole measure of all moral progress. Only those die in peace and return to me, who have overcome! The entire world is devoured by flames, enshrouded in smoke, the entire world is trembling. Safety from that insanity is only IN ME! Escape this world of suffering. In order to do so you must elucidate the relation in which you stand to your ever changing personality during the rounds of rebirth. I tell you that YOU ARE. That is certain. No matter what you are, you ARE. A definition cannot be given, because any definition uses terms of YOUR world of now. But the TRUE YOU derives from the world BEYOND this world of appearances. So you don't need to prove that you "are". YOU are the only reality there is and I am your true home. And why can you say that you "are" in this world? Because you SUFFER. You experience the truth of these words

-3995-

And because you were and are opposed to suffering, you ask "what is the world?" "What am I?" But that suffering only reaches you by clinging to aatta, to what you are not. I am here to END your suffering. LET GO of what you are not! When you say: "This is mine, this am I, this is myself" you still hold on to suffering. EVEN I am not you or yourself! EVEN I am aatta. Even NIRVANA is aatta! Solve the riddle! This is the indirect method to solve the problem, and to end suffering. Don't ask "what am I?" ask "What am I not?". Draw a brain-slavy line between "I" and "Not-I", Self and non-Self. Then both are put in proper place and the detachment can begin. This you put everything in proper place. The eye or my eye is not you! Why? Because you perceive an originating and perishing of that organ! If you PERCEIVE the originating and peri-

-3996-

shing of something you can not BE it. In the same way as you are not dirt, that is carried away in front of you. So you are NOT the eye or your eyes! We come a step closer to the truth, by removing a handle between you and what you are NOT. OM. Whatever you PERCEIVE as arising and passing away can NOT be you. This is a clear formula. Any thinking creature can not doubt that. What you PERCEIVE as originating and perishing is not and cannot be you. YOU may cling to it. But it is not you, or what you may call your SELF. And THIS cannot be repeated often enough: If a thing passes before your physical eye, then this too can NOT be identical with your eye. In the same way you are NOT your ears. A sound heard by you arises and passes away. Did your ear also arise and pass away? No. You may argue: So I am my ear, since it is still there AFTER

-3997-

the sound arose and passed away! No you are not your ear, because your ear will vanish and decay one day like all your other organs. Conclusion: you only are aware of impermanence with impermanent organs. Thus you are caught by impermanence. Because: If you would be identical with the disappearing object, you would also cease to exist with the disappearance of the disappearing object. But you are still there after the object has gone. In the same way you are still there after the body has gone, because you also PERCEIVE change of the body until its decay. Clinging to it, at the moment of death, creates your new incarnation and new suffering. OM. And yet there you are still, after your body decays. Therefore you are NOT your body. You don't essentially belong to it, you just CLING to it, and its disappearance ASTONISHES you and causes PAIN. So you can NOT be identical with the cause of

-3998-

your pain! In other words! At change always something perishes, and the formation of something NEW happens! That which perishes can't be UNhappy or suffer, because it has perished. And the newly arisen can't be UNhappy either, because it did NOT experience change, but arose out of it. So there must be a third, feeling the change and the pain. That third is... YOU. So if something is permanent and transient it is NOT you. In this world there is nothing permanent. Everything is transient, including the planet you live on. Everything is subject to incessant change, especially everything constituting your personality! And as the eye and the ear is not the "I" or "Self", in the same way mind, sensation, nose, tongue, brain, consciousness, perception, emotion, spirit, soul, all of that is NOT you. Consciousness already tells you that you are thirsty? Even that you are NOT. Thirst arises and passes away in you.

-3999-

Logic will tell you: Now that the process of the originating of your personality and of the entire transient world is analysed and examined, it is clear that NOTHING essentially belongs to you. It is all *anatta*. You stand BEHIND the entire process and its constituent parts. You actually when in contemplation, can look upon them cold and dispassionate, as subject of cognition. You, the observer, remain untouched, observing the incessant arising and passing away. Your body is like a sack, tied upon both ends, filled with all impurity. And in MEDITATION you will experience the truth of this all. You sit or lay down, earnestly practising recollectedness. Now consider your ^{skeleton} encased in skin, filled with all kinds of uncleanness. Look that body up and down by awareness, from the soles of the feet to the crown of the head and be aware that your body has shock of hair (if any), with nails, teeth, skin and flesh. With sinews, bones

-4000-

narrow of bones, kidneys, heart and liver, diaphragm, spleen, lungs, stomach, intestines, mesentery, excrement, bile, phlegm, pus, blood, sweat, lymph, tears, semen, spittle, nasal mucus, oil of the joints and urine. OM. Your body is compounded of the four elements, earth, water, fire and air. Now look at a DEAD body on a burying place, bloated bluish black in colour. Now look at your alive body and be aware. So your body shall be like that de-bloated corpse. So even further. See a body in further decay as a blood-spattered skeleton, a frame-work of bones hung with mere rags of flesh, held together only by sinews. Or take the skeleton itself, wholly bare of flesh and blood, held together also only by the sinews. Think of the bones, detached from the sinews, scattered hither and thither. Compare it with your own body and conclude! My body too shall so become, inevitably, without escape. ALL COMPOUNDS ARE PERISHABLE, but you ARE not these

-4001-

compounds, you just CLING to them. Therefore keep watch upon the body. In doing so you will become aware! The body arises, the body passes away, but I remain UNTOUCHED by it! My body is nothing but a formation arising out of the four chief elements, constantly perishing! Thus you may begin to think about your self being surprised at yourself, perceiving that you can NOT really consist in what you up till now, have thought yourself to consist. And as with the body, it is with the entire process of sensation and perception. So watch upon the phenomena of the six subjective-defective spheres of sense! You now understand the eye and the forms and also the connexion that comes to be because of these two. You now understand the EAR and the sounds and the connexion that comes to be, because of these two. You now understand THE TONGUE and the objects of taste, and the connexion that comes because of these

-4002-

two. You now understand the NOSE and the odors and the connexion that comes to be because of these two. You now understand the BODY and the objects of touch, and the connexion that comes to be because of these two. You also understand THE MIND and ideas and the connexion that comes to be, because of these two. You then experience a pleasant sensation, and you are AWARE of it. You experience an unpleasant sensation and you are AWARE of it! In the same way keep watch over the mind! You perceive a craving, your mind is bound by craving. At uncraving your mind is free from craving. You perceive HATING your mind is bound by hatred. At unhatred your mind is free from hating. But you neither hate nor DON'T you hate. YOU are BEYOND these states of mind! Sense when your mind is deluded or not. OM. This you are AWARE more and more: YOU, in your true essence, have nothing to do with

-4003-

the five groups of grasping! This observation never leaves you, and to nothing, NOTHING is the world you are attached. That includes everything, even any relationship you may have with any person. Then you are ready for SANGH. Your true essence, this you KNOW now, lies beyond the machinery of your personality. Now you KNOW. The body is transient, and what is transient is painful. And what is transient, painful and subject to all vicissitude, that is NOT yours it is NOT yourself. OM. Therefore: whatsoever there is of body, sensation, perception, mentalities, cognition, be it in past, future and present, mean or exalted, remote or close at hand, is regarded thus: This belongs NOT to you, this you are NOT, this is NOT your self! You feel, or felt, helpless against these five groups, constituting your personality? That is, because they all follow their OWN law. Till today science does not fully understand the body. Sensations come and

-4004-

go against your will, thoughts and moods are vexing you and you can't drive them away. If all this would belong to your true essence you would have full control over it. Your volition could not possibly come in conflict with such faculties. You would absolutely dominate them. Only what is FOREIGN to you, must be brought first into power by you. Most men cannot dominate these five groups, constituting your personality entirely. Only through incessant exercise and effort can you do that. That is why you are not the body you only HAVE one. When you sleep, any consciousness, also the consciousness OF THOUGHT, has ceased to exist. And STILL you are, still YOU exist. So you are not your thoughts you just HAVE thoughts you activate them. Mind is another. So even if you are NOT during deep sleep, you still are. And HOW you are there, and not destroyed

-4005-

you will understand soon. So you exist apart from your personality and you are NOT injured by its decay. Now you know THAT you are. But WHAT are you? If you are not this, you may be that? Or some thing else? Now everything, with this question, shines in another light. WHAT are you? You know now, what you are NOT, but WHAT are you? What? It may be clear to you that you are NOT your personality, but what then? Now you need to be VERY CAUTIOUS! Very cautious. Some may say: 'I am my soul.' Really? If you are your soul, what is it? Can you describe it? If your essence is your soul, please describe that soul. Immaterial? Your soul is immaterial? Really? It is spiritual, an imperishable substance? Really? For AEONS mankind has been led by the Mammo Chakra or that false path of deception! You think, because you are, you must be something?

-4006-

What is a spiritual substance? THE BOOK OF LIGHT teaches that ALL substance is perishable, even spiritual substance. Therefore it can not be an imperishable soul. What is it? You are as little such a spirit as you are your personality. To say that you are a spirit is a baseless assumption. By now you know that your personality is but a heap of prodigious activities of bodily organs, circulation of blood, inhalation and exhalation. The self does neither inhale nor exhale. THE BODY does. In meditation you may reach a state where you neither inhale nor exhale. It is the divine period. Don't force it or you shall cause insanity. Be heed: If the functions of seeing, hearing, smelling and touching and thinking are exercised by a separate spiritual substance, it - the substance - would be dependent on the body. So it would not be an independent spirit, and constantly in the power of reincarnation. The machine does not work

-4007-

this way. Nevertheless men cling to the doctrine of an immortal soul. Let us look at the average man. He identifies his essence with the five components of his personality. Unacquainted with the noble teaching, he falls lifeless into the trap of Samsara. ALTHOUGH reality demonstrates to him life after life, that the 5 groups to which he clings fall in death, over and over again, prey to destruction. But exactly such false belief or assumption leads to fear of death, or rather to the annihilation of his ESSENCE! So he clings incessantly to the five groups in action. Even if he suffers he does so. That attachment leads to new suffering and new incarnation. He does not recognize that he does NOT consist in his personality and that death can therefore NOT touch him! In desperation he believes in an eternal soul. He assumes a soul made of eternal substance. Thus he hopes to master all difficulties. But you who KNOW →

-4008-

that your essence does neither consist in your personality NOR in an eternal soul. Your real essence is timeless eternal, was never created and can never perish. That to which you CLING, your body or personality, that CAN and WILL perish. So still you ARE. But considering all that you are NOT, what remains? NOTHING? So you are really nothing? What a desolate state of being. Let us take a closer look at it! You don't want to be nothing or NO THING? So back to the immortal soul? Let us see. What is opposed to Nothing? EVERYTHING! So there are two alternatives! Everything and/or Nothing. Everything are the 5 groups constituting your personality. Beyond that is NOTHING. But let us take a look at the nothing, what is... ME! I AM the antithesis of EVERYTHING. But what is Everything (in the world of appearances). Everything is eye and

-4009-

forms, ear and sounds, nose and odors, tongue and savours, body and tangibles, mind and ideas. When you detach from all that, you reach me, AND YOU ARE NOT DESTROYED! MEDITATE yourself to me! Nothing is: nothing more than the absence of all the elements of everything. In me, in nothing, you are free from being SOILED from body, emotion, mind, soul and spirit. Can you hear it? You ask what I am or what you experience in or with nothing? Nothing is to see nothing anymore, to hear nothing anymore, to smell nothing anymore, to taste nothing anymore, to touch nothing anymore, to THINK nothing anymore. How that is? TRY IT! Meditate yourself to me who I am the absence and abolition of perception and sensation. And you will see: you are not destroyed, BUT FREE! YOU ARE FREE from

-4010-

From all attachment to perishable mortal world you are then truly immortal. So when you are nothing and thus with me you are just nothing belonging to this world! It is an existence of quite different kind, than that attached to the five groups of personality. By showing or learning what you essentially are NOT, you can NOT deny the fact that in spite of that YOU ARE. In his meditations the great Buddha often switched from me to the world, from nothing to everything. And he was NOT destroyed in me, otherwise he would have not been able to return to the physical body, but when in me you don't see "me" or "I" or "we", all these are attributes pertaining to the material world, which is BEYOND me. So when I say, that in essence you are NOTHING, I only mean that you can-

-4011-

sist just as little in forms, sounds, odors, flavours, tangibles and ideas, as in seeing, hearing, smelling, tasting, touching and thinking. You are NONE of all this. All these are all the components of the world, you are in essence NOTHING belonging to the world. In truth you are BEYOND the world. OM. The beyond the world is ME, NIRVANA, your true home that you left, because of necessity. OM. So you still exist as unborn, timeless eternal being, you actually are in essence NOTHING, that is, nothing belonging to the world. You don't belong here. You are persona non grata on foreign territory. That existence of being nothing is quite of a different kind, than that being entangled by the five groups of personality. So don't be afraid of nothing, don't be afraid of me, who I am your true home. Once you leave DETACHED from everything. The feet,

-4012-

that you ARE, cannot be denied. In some way you do exist. Anatta does not mean "not a self", it actually means "not my self". The question can therefore not be, if there is an "I" or "self", but only wherein it really consists. Some people may be confused by the statement "The I exists". They may then assume, that the "I" is eternal, in the sense of having a beginning and no end of duration. But the "I" when with me has no duration at all. Others may be confused by the statement "The I is non-existent". They would have thought the "I" means annihilation. Furthermore, no matter how you respond to the question "Does the I exist?", it would not lead to the conclusion, that all things are NOT the "I". Therefore it is wiser to always explain what does NOT constitute the self. One who still is closely bound up with his personality can still not grasp the ultra-mundane-ness of his essence. OM,

-4013-

you ask me who I am? I am that, which is not born, not due to causes, not made, not produced by creative activity. If I, your true home, not caused, not born, not made, not produced by creative activity, would NOT exist, then getting out of the born, due to causes, made, produced by creative activity could not be. The beings would be eternally condemned to re-encarnation. I AM your true savior if you permit me to save you from the wheel of rebirth. I AM that, where there is neither earth nor water, neither fire nor air, neither the realm of infinite space nor the realm of infinite consciousness, nor the realm of nothingness, nor the realm of neither perception nor yet non-perception, I AM neither this world nor the other one, nor both, neither moon nor sun. I am without support, without props, without basis. I AM THE REFUGE. I am the end of suffering. And you?