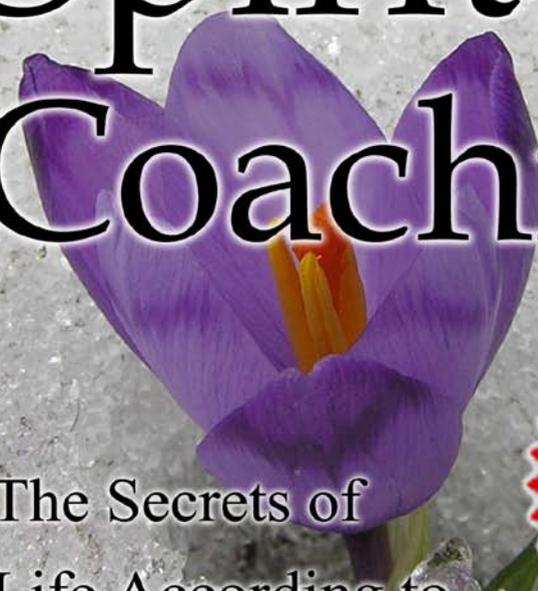


Lousky Method

Spiritual Coaching



The Secrets of
Life According to
The Kabbalah Wisdom
Of the Book of Creation

With
Practical
Guide

Daniel Lousky, Ph.D.

Head of Lousky College in Israel

Spiritual Coaching

**The Secrets of Life according to the *Kabala* Wisdom
of the Book of Creation**

By Lousky Daniel, PhD

Train a child in the way she should go, and when he is
old he will not turn from it.

Proverbs 22:6

Spiritual coaching

By Lousky Daniel, PhD

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POB 50140 Tel Aviv 68012

+972-54-4497799

info@lousky.co.il

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Warning – Do not attempt to coach, assess, or treat yourself or any other person without accredited medical counsel.

Dedicated to my teachers

On Safi Street, in Casablanca in Morocco,
My mother gave birth to me, into the physical world, and
gave me life,
My father gave birth to me, into the spiritual world, and
gave me wisdom.

In the *Morasha* elementary school in the city of *Tirat
Carmel* in Israel
The teacher Zeev Raz taught me creatively
That I can be what I want to be,
This was a miracle, I was re-born.

To my father and my mother, the good angels of my life,
To the unforgettable teacher Zeev Raz,
To Meir Yeshurun,
The great teacher of *Kabbala* who taught my channels of
consciousness,
To my teachers from the Temple of the Nine who keep
the way.

I dedicate this book to you, with gratitude and eternal
love.

Lousky Daniel

Spiritual coaching

The book on spiritual coaching is a fascinating story about a teacher who teaches a selected student all the secrets of life according to the Book of Creation during seven days and seven nights.

“My teachers say that all the secrets of life are written in the Book of Creation. The Book of Creation is the source of the secret, the seed and the root of the tree of life from which all the branches grow. The Book of Creation is the Hidden Light that has been seen from time immemorial. The world was not ready to receive the secret and thus it was concealed; only when humanity is found to be worthy of receiving the secret was the *Zohar* written, were the books of the *Kabala* written, were other secret books written on the basis of the Book of Creation. Only then did humanity begin to discover the secrets of life. According to tradition, Abraham our forefather wrote the Book of Creation. Abraham was the father of Israel and of Ishmael, of Jesus and Mohammed, of Lao Tse and Buddha, and of members of all religions and races today living in the world.

Throughout the course of human history spiritual teachers have come to the world to instruct man in his way to the light. The teachers have spoken different languages, have come from different cultures. Some teachers speak, some teachers sing, some teachers write books or poems. Some teachers are visible, while others are not seen. Spiritual teachers are found among us in different ways, according to human uniqueness. All the great spiritual teachers speak about the secrets of the Book of Creation, secrets that have never changed.”

Dr. Danny Lousky, Ph.D., is a spiritual teacher. He is the head of a college that trains therapists, instructors, evaluators, trainers, and Yoga coaches according to the Lousky method. Over the past two decades he has studied the Book of Creation. He has developed the Lousky method, a therapeutic educational method according to the pattern of the Book of Creation. He has developed innovative scientific intelligence tests. He has written eight books on the topics of the new era, integrative medicine, holistic education, self-healing, science and mysticism, inspired by the Book of Creation.



Spiritual coaching

Most of the Time I Am a Child

I am little Danny, aged nine, slim and introverted, most of the time I look at the floor, ashamed of everything, avoiding people and their looks. I prefer that they not address me, I see that people do not really address me, and yet nevertheless I have a feeling that everybody is looking at me. I am busy with my issues and I don't look people in the eye and yet some people ask me 'what are you looking at?.'

And I am not looking at all. I am rather confused. I have no idea what is really happening to me. Everybody tells me that I am already a man and must take responsibility for my life, but I am a little boy, no? I would say that I am a very little boy.

I remember myself from age five with these strange feelings. I see things, I dream of things, sometimes I know what is about to happen before it happens and this scares me. Even now I feel that a large change is about to happen in my life. I live in a stone house on a small road in Casablanca; I love the good feeling at home, the songs of the Sabbath and the holidays, the stories of my father, and the conversations at home.

My father is a simple man, diligent and honest, a philosopher of life. He knows much about what happens in the political and cosmological world. My father lives Judaism and the Bible, is well versed in the theories of the Sofis, the Shamans, the Chinese, and the Hindus. He

quotes from the sutras and the Vedas. He is an intelligent man who works hard to earn his livelihood.

I am afraid of the fights between my brothers, since sometimes they really go too far. Once they even broke chairs on one another, when father and mother were not home.

When they fight between them, I suddenly draw strength that is generally hidden in me and I become the defender of my small brother against the brothers who are older than he and I are. Sometimes I even bend my older brother's hand and then I see that he is shocked, since he is very big and I am small and thin. How do I overcome him and not allow him to hit my little brother?

I don't have to worry about myself since nobody hits me. All this is very confusing for me, I don't understand why the big ones hit the little ones and why one brother hits another brother, and then I find myself closed in myself for days at a time trying to understand, to find an answer to the question, something that I can understand and accept.

On the days that I close up in myself, I feel that I am sixty years old. I think like an old person, I think that I need to take care of everybody, just like an adult does, and I am only a child, and then I am confused between my desire to be a child and even a child who does not really care what happens to others, or perhaps to grow quickly and take all my fears and the fears of others and find an answer for them.

Most of the time I want to be a child and even an infant, since I am a child who barely gets a hug once every few months. I am loved at home, but this is how it is in our home, it is custom that we don't hug and only kiss. You go cheek to cheek and make a kissing sound and that's it, this is what is done even when guests come. And I need more than that, I need really long and large hugs, I saw also that there are mothers who caress their children before they go to sleep, long caresses, but I was not born to these mothers and therefore I all the time want to be an infant so as to receive more and more, so that it is similar to at least one hug.

When I would want to get a hug from my mother I would go under her dress and then I would get attention and a passing caress. My mother raised by herself eleven children and care for one grandmother; she was the commander of the family ship, she navigates and determines and organizes, she was a woman of valor in the fullest meaning.

To receive a hug and attention from my father, the best method is to make myself ill. Sometimes I forget this need to be an infant or a child and then I feel that I am far older than my father, as if I am his father. Let there be no mistake: my father is really a serious person, even very serious, and yet sometimes I feel like a big person.

Does God Hear Prayers?

When I go home from school, I see how children from the class hit other children, sometimes they hit Jews and sometimes they hit Arabs. I also see how Arabs hit Jews. I pay attention that the Arabs are afraid of the Jews, because of what they do to them: once a Jewish child took a large stone and hit an Arab baby right on the head. I pay attention also that the Jews are afraid of the Arabs because of what they do: once I saw how a group of Arab children hit a Jewish child with rocks and sticks until the boy lost consciousness.

I feel powerless and do not like what I am seeing. I also see often that children play among themselves, I see also that they hate one another, and this is because they are afraid of one another. There is tension, as if there is something regularly in the air; it is as if something is about to happen at any moment. Sometimes I have feelings of vengeance, sort of a good feeling when they get theirs back, but at the same time I understand that it is not right to hit back, that a way to stop should be found, I feel inside that a little love can solve the problem of vengeance, one person hits another, and the person remembers what the other person did, and thus a vicious circle, unending, is created. Sometimes I ask God to intervene and make order among the children who are fighting, but I already know that God will not intervene in such matters; I know that this will not end. If God had wanted to intervene, it would have ended a long time ago. I reach the conclusion that God does not intervene at all in what happens and yet I always go back and ask

God to help me, since I have nobody to whom to turn. I do not always know to whom I am supposed to turn and to whom to speak and who can help me, who is responsible for what happens in the world, who is responsible here. It is as if there is no landlord.

I am so afraid and confused with the world and with life that I often ask myself questions that I do not dare to ask my father or my brothers. I also feel and do with my body things I do not have the courage to tell to other people, and then I am closed in myself and it is painful, I cry a lot and wake up scared at night. When I cry and wake up at night, this is always an opportunity to receive a little attention from my father and mother, since then they sit with me a little and calm me.

When I was five years old, I wanted to have white hair on my head like my older brother, and today I am nine and I have lots of white hair, I don't know whether this happened because it was what I wanted or because we are brothers, but I feel that this is something that I caused, in a way that has no explanation. I ask myself many questions about God. I ask whether there really is God, like the adults say, I see my father and my uncles praying to God all the time, and then I ask: Does God want their prayers? Or are they praying because they need the prayer themselves? Does God answer their prayers or are they just praying? Sometimes I find it funny when I see people giving thanks to God, since God is great, he does not need people's gratitude, and then I ask myself – why do people nevertheless give thanks to God? I think that they are doing what I am doing, I say thank you since it helps me think that I did something

good and then I also allow myself to eat more sweets than I am allowed.

I pay attention that there are people who during prayer are busy conversing about their jobs or are laughing and then I say to myself that in this case God cannot hear their prayer, since they are not truly praying. Then perhaps they won't receive what they wanted to ask in the prayer.

I know that God exists; I have no idea how I know, I just know. The problem is that I don't know where to find God, I all the time am searching for him.

I reach the conclusion that I do not have a way to find God since I do not know what He looks like. I all the time ask questions regarding God's appearance, whether He is man or woman, perhaps He is a plant, or perhaps an animal, this bothers me and also frightens me. I have humorous thoughts about God, like the question that comes up repetitively in my dreams: What does God do all day? I am not afraid of God and I am not afraid to ask questions about him. I feel very close to him although I do not really know him.

Teacher Elijah Travels in Time to the Future

Next week I am meeting a teacher who is coming from Israel. They say he is very smart, a spiritual teacher, who has answers to questions.

I think that I can ask him questions without being afraid that he will laugh at me or will tell my father about the questions I ask him. They say he travels in time, he is a teacher who knows what happens in the future, and he can also change the past. Therefore, they say about him that he travels in time, but I also sometimes just know things, perhaps I too can travel in time? I am the only child in the class who raised his hand when we were asked who wants to meet the teacher from Israel who reads time. The children want to play soccer, nobody comes to hear about the future and the adults don't really mention that he travels in time. What is important to him is that he comes from Israel; for Jews a person who comes from Israel, the Holy Land, is a man with a message and he has answers.

But I am interested in how he travels in time and therefore I meet with him. The entire week before my meeting with the teacher from Israel I was tense, I thought about the amazing things I am going to learn. I had a feeling like the feelings that are always realized, the teacher from Israel will change my life.

A Child without a Grandfather Is Like a Tree without Roots

I know very few places in Casablanca. My house on 114 Safi Street: it is a large house with an inner courtyard with a glass roof, like a patio, where my father cooks food on the grill in the evening. The house has a roof with a guest room and a large terrace, where my mother hangs the laundry to dry.

I remember that once the terrace was filled with locusts, when a plague of locusts swarmed over Casablanca, and then we collected the insects in large cloth sacks. My father said, "This is not a plague of locusts, this is a meal of locusts."

He and a few of my brothers ate of these locusts until they were filled. We have at home two Arab maids who help my mother with the cooking, laundry, and cleaning, and there is also a nursemaid. The maids are like my siblings, or like the children of my parents, they are family members. I love them just as I love my nine siblings and my dog Kiki.

Kiki was born the same day I was born. So we have a birthday together. Our house is always full of people and there isn't even a key to the doors. All day people go in and go out. At no moment is the house empty, there always are people.

I go every day to the Alliance School, passing by my grandfather's and grandmother's house. But I never go up to them, we the children are not allowed to visit grandfather and grandmother without my mother or father coming. So I just pass by the house without visiting. When I pass by the house of my grandmother, I think about the hugs and sweets that I am losing when I don't go to them, I know that I also am missing not knowing where my mother grew up and who are her parents, I also do not know my grandfather and grandmother on my father's side.

Some days I am sad because of this. I feel disconnected, sometimes I think that if I don't have grandfathers and grandmothers it is like not having parents. I have a friend whose parents were killed and he tells me about his feelings. He says that parents are like a tree trunk and when there is no tree trunk the tree grows low and bent. I understood from him that if there is no grandfather and grandmother it is like a tree that does not have its roots and then it is hard for it to get good nourishment and it is less stable and it grows missing something. My entire world revolves around the school and the home, twice a week I go to *cheder* to learn Hebrew and Bible, but I don't really like to be there, since the teachers in the *cheder* hit us on our fingertips. Only once did I go to the city swimming pool, since my sister participated in a swimming competition. My experiential world is limited, small, and rather pressuring. I have gone out very little, I have experienced little; I felt stifled until the day when they announced the visit of the teacher from Israel. I haven't yet seen him, I haven't yet heard him, and I feel different already. I feel that I am no longer pressured and

limited; I feel that my world has assumed greater scope just from the fact that I am going to meet him.

Opportunity that Waits for Preparedness

I feel that I am already learning, like the study lessons have begun only because of the fact that I decided that he will be my teacher. This is strange, but it is a fact. I feel prepared and ready for the lessons; I feel that this is truly an opportunity that God has sent for me.

The days until the meeting with my teacher passed slowly and on Sunday, immediately after the studies, I met with the teacher from Israel at his home. Immediately when I entered I knew that I know him, and out of embarrassment I asked him, “Are you the teacher from Israel?”

“Yes”, he answered.

“I know you.” I said.

“What’s your name?” he asked.

“I’m Danny.” I answered.

“You are little Danny?” he asked, “Nice, that’s how it will be.” He muttered to himself. “Hello Danny, I am Elijah, I am from Israel, and I know you too.” He responded.

“Sit here beside me, immediately we’ll clarify the issue.”

I sat gingerly beside him. Then he tossed a bomb. “You are me.”

“Can you explain yourself?” I asked him.

“You and I are one soul.”

“How are you and I one soul, doesn’t each person have his own soul?”

“Every person has his own soul and everybody is one soul.” He answered decisively.

“There is a contradiction here, how can everybody be one and everybody be separate?”

“We will yet address the topic of souls and your question. I want to speak to you first about the workshop program.”

I was very pressured to understand the issue of the souls, but I had to put it aside and wait as he said. I am so emotional that my entire body is shaking, I know that this is the teacher I have been waiting for, and I feel for the first time that I want to learn. What I had learned till now in the school was history, arithmetic. I also learned geography and physics and Bible and many other subjects. My mother says that it is necessary to learn in school so as to have a profession and to be able to earn a livelihood but this does not excite me as much as to learn about life, to learn how not to be so afraid, to learn not to be sad, to understand how people might not fight and argue, to learn how not to hurt. And to learn why Aunt Rosa is sick, and why in our street people yell all the

time, and why so many people die. I just want to learn about life.

In essence, why don't they teach about life in the school? Then the children could understand why they are alive and what each one has to do in his life, what is correct and what is not correct, perhaps each person has a special role and he does not even know what his role is. There are many questions that I deliberate and therefore my life is really confused and I don't have the desire for anything. Sometimes I think that I am going to school to fill my father's and mother's desires, and because everybody learns so I learn, too.

I heard that there is a purpose to life and that every person has a purpose of his own. I listen to wise men who say that according to the holy *Kabala* every person has the possibility of being what he wants to be and of living as he wants to live and this fascinates me.

I am really burning up, I am waiting for the teacher's words, I am hungry for knowledge, I am also hungry for food, my stomach rumbles and I have no idea which hunger is causing the rumbles, the hunger for knowledge or the hunger for food. I know that the teacher from Israel will teach me about life and not about what there is in life and this is different. The teacher will teach me the 'how' and also the 'why'.

The teacher Elijah wears a white robe and white shoes. He does not wear a watch and he does not have decorations on his body. He is white and clean, not only cleanliness of the body, this appears to me to a very special cleanliness since he is similar, in my eyes, to an

angel come from the heavens to teach people the secrets of life. His hair is cropped short, very short. He is shaven and he smells good.

He looks like a nine year old boy, like me, I am nine years old, too. But when he looked into my eyes I saw there a great ocean, boundless, a tremendous space, something very safe, like home, like mother.

It is hard to explain what I am feeling when I am here beside him, a special warmth covers and protects me.

The light that shines from him is a gentle, caressing light, conveying comfort and tranquility and much love. I know that I am in a safe and protected place. I remember how the adults are angry so that the children will be quiet or they yell; in the *cheder* the teachers even hit the children so as to achieve quiet and attention, and now, almost without words, only the love that the teacher spreads around him, causes me to be so quiet, and calm, and relaxed.

The truth is that love is far stronger than any anger, yelling, and blows. The teacher Elijah takes an ornate book, which I think he wrote himself, into his hands and spends a long moment in himself.

Commit to Yourself One Hundred Percent of Yourself

“I want to clarify a number of rules regarding our workshop.” The teacher Elijah says, “Understanding and implementing the rules are a significant part of our workshop.”

“Do you commit yourself to be in the workshop with one hundred percent of yourself?”

I am so excited that I am willing to commit to everything, yet nevertheless I ask him, so as to understand, “What do you mean one hundred percent?”

“I mean that when you are here, you will be here.”

“Of course when I am here, I am here.”

“No”, he raises his voice slightly, “You can be here and wander with your thoughts to somewhere else. I want you to be here with your body and with your thoughts.”

“Yes, I am committed. I will be here with one hundred percent of myself, with my thoughts too.”

“Do you commit yourself to be in the workshop until it ends, to ask all your questions? To accept my responses?”

“Yes, certainly, this is exactly what I wanted to ask you, to be here until I ask all my questions and for you to respond with all the answers.”

“What happens if it takes a day or two or more until the process ends?”

“If there is a way to let my mother know to bring food and drink and a change of clothing, then fine, let it take as long as it takes, I promise to be here until the end of the process.

Can I write down what you teach me?”

“Yes, you can, I see that you have a recording device and this is good, record the lessons and then there will be no bother regarding the quantity of knowledge that you need to classify and remember. During the workshop you can allow yourself to feel what is said without engaging in the details and in another stage you can listen to the recordings and also review the notes you took. “

“I see that you are wearing white, do I need to wear white as well?”

“Yes, that will help.”

“You are getting me excited”, the teacher said, “I am very excited about the workshop we are about to have together, I am going to fulfill my great dream with you. Regarding the clothes and the food, your mother knows that you will be here a few days and from her perspective you can even be here a whole week. This matter has been arranged.”

I didn't really understand why he was excited; I am excited with his knowledge on the future and he, why is he excited. After all, I am not going to teach him something new.

Open Yourself to New Knowledge through Cleanliness

“Do you commit yourself to put aside everything you know and open up to new knowledge?”

I am willing but I don't know how to do this.

“Do you go to temple sometimes?”

“Yes”, I responded.

“Imagine a temple, filled from end to end with chairs, if you want to put inside new chairs, then can you bring them inside before you bring the old chairs outside?”

“No, you have to take out the old before you bring in the new.” I answered.

“Can you imagine what would happen if you bring in the new chairs before you take out the old chairs?”

“Yes,” I replied, “There would be a big mess.”

“Correct, and therefore to be open to new ideas you only need to move aside the old ideas for a period of time.”

“I understand how to do this with chairs, but I don't know how to do this with ideas and thoughts.”

“I will explain to you how to do this, before every lesson. Listen to yourself, look at your thoughts. If you look well, you will discern that thoughts come and go, they wander about your mind and make noise, they create confusion. They never disappear, even when you are sleeping. Your thoughts are like the old chairs in the temple, they will be there as long as you don’t move them.”

“So how do I move my thoughts?” I ask, curious and tense.

“The first thing that you need to do is to let the thoughts be where they want to be and to accept them as a fact that cannot be changed. When you just let your thoughts be, the moment you pass this part successfully, then place yourself among the thoughts, go from one thought to another, don’t focus on them, don’t open the stories with the following thoughts, go from one thought to another as quickly as possible, and that way you can be among the thoughts. If you can be among the thoughts, there will not be a thought there, there will be a void. Then you can put in a new thought into the empty space. To be among the thoughts is to be without a thought, like taking out all the old chairs from the temple before you bring in the new chairs.

This process of cleaning the thoughts is called meditation. When you meditate, it is very easy to be where you are found, even in your thoughts you are focused. The focus enables you to see through the new thoughts something you couldn’t see without the focus and enables you to experience enjoyment in everything you do.

If you place the new chairs alongside the old ones, you will see a sight you don't like. But if you take the old chairs and only afterwards put in the new chairs then you can see something new."

"Please, give me another example to clarify this for me."

"Try to understand this in another way. Assume that you want to drink water from my bottle. I will ask you to bring a cup – will it be a full cup or an empty cup?"

"Of course, I will bring you an empty cup so you can pour me water."

"Correct. I can pour water only into an empty cup. If your cup is filled, I cannot pour you water. The water is like your thoughts."

"If there are only a few chairs and I put a number of new chairs beside them, is this alright?" I asked.

"Yes, this is fine, this is a mix of old and new and this can be interesting. However, this does not allow you to see the new look with its utmost force. You can also pour coffee and wine into the same cup, this will have some taste, but it won't be coffee and it won't be wine, this will be different. People will say it is a mess, just like with the chairs. When you mix, you will find it difficult to discern the quality and power of the wine and you cannot understand what people like about wine."

"It's clear to me now how to do this and yet I want to ask you whether it is easy to meditate and clear the thoughts so as to keep the mind open for new knowledge. Is it as

easy as taking out the old chairs or as coming with an empty cup?”

“No, it is not easy, but if you practice meditation every day, in the end you will be accustomed to moving your old thoughts. This habit will become one leg and then another leg, and then you can stand on two stable legs. In this situation you can clear your thoughts just like you walk, it will become a part of you. This habit will eventually become part of your nature and then it will be easy and simple.”

Be Where You Are

“To clear the thoughts before anything you do, be focused on what you do, so that you will be where you are. When you are here, be here; when you learn, learn; when you eat, eat. Be with yourself in every situation and in every place. When you are here and think about your home, you are neither here nor at home.”

“It’s very clear to me now. I am committed to doing meditation every day to keep an open mind and clean thinking.”

Only doing meditation as the teacher had now taught me is something that can change my life. I truly was nowhere until now. In the class I would always think about my games and then I would not listen to the lesson and of course I would not learn and I also would not enjoy the games that were in my thoughts. Even when I read a book, I find myself thinking about something else and then I need to read it all from the beginning. Even when I am going home from school I sometimes go somewhere else because while walking I was somewhere else, instead of walking and enjoying the experience of walking.

I don’t really enjoy what I am doing, since I am not focused, I am always distracted and confused, and now, finally, I understand why I am this way.

The teacher asks meditation and cleaning of thoughts as commitment during the workshop, but I am going to

meditate and clear my thoughts even after the workshop.
Now, finally, I will be me with all my strength.

All these commitments, undertaken before the workshop,
teach me so much. Perhaps my teacher has further
commitments?

Work with Your Objectives and Goals

“What else do I have to commit to as a part of your workshop?” I ask with enthusiasm.

I see my teacher enter himself for a few seconds. Suddenly he opens his eyes as if he has found there the answer and then he turns to me and asks, “Do you commit yourself to working with your goals in the workshop?”

I answer without hesitation. “I am committed, only I have no goals and I don’t know how to work with goals.”

The teacher puts his hand on my right shoulder and asks me softly, “What do you want to learn in the workshop? What do you want to get for your life from the workshop?”

Oh ... this is a serious question, I thought to myself. With such a question I prefer not to grapple, I recall that I am only a child and my teacher will understand why it is hard for me. Then I answer. “I am sorry that beforehand I answered that I am committed. I now understand what you mean when you speak of goals. At this age I prefer not to set goals, when I grow up I will set a goal for life. Is this alright?”

Suddenly I felt a strong pain in my stomach. I put my hand on my stomach so as to slightly dull the pain that I felt.

“What is hurting you?” Teacher Elijah asks.

“My stomach.” I replied.

“The stomach region is the center of energy called the solar plexus chakra. This region is responsible for your strength, when this place hurts close to things that you say or that others say to you, you need to examine what you said or what you were told, to see what may hurt your immune system. If I accept your answer, this will harm your strength and your immune system. The fact that you are a child does not add or detract anything from your ability to do things like any other person of any other age. You cite your age when you encounter difficulty, you are using your age so as not to deal with this issue and this is a natural process for any person at any age. When the struggle comes, sometimes people find ‘excuses’ to hide behind and not cope. You must know that only when you are coping with what reality gives you, without excuses, then there will be growth and learning of something new from the old.”

What Do You Want to Learn from the Workshop for Your Life

“Do you want to continue with our workshop?” He asks me suddenly.

“Yes”. I answer. I am really alarmed with his question. Certainly I want to continue. For my entire short life I have been waiting for this.

“What do you want to get from the workshop?” Teacher Elijah asks me.

Teacher Elijah’s questions reminded me about what my mother always says. The main thing is health, she always tells us. Keep your health.

“I want to be healthy.” I answered.

“Wonderful, and what do you do with your health?”

“If I am healthy, I can walk, play, and eat and do what I want to do.”

“Good, what feelings do you have? What do you feel what you eat, and learn, and walk, and play?”

“So I feel good, I am happy when I am doing what I like.”

“And what happens when you are happy? What does this do to your mother, for instance?”

“My mother is happy when I am happy.”

“Good, here is the definition of one goal in its entirety. What else would you like to get from the workshop?”

Again I hear my mother tell me, learn a profession for your life so that you can have a respectable livelihood. “I want to learn a profession.” I answered.

“What will you do with the profession you learn?”

“I will earn a livelihood from it.”

“And what will you do with the money you will earn?”

“I will buy things I like, food, clothing, games. I will go to movies. I will have a house of my own.”

“And what will you feel when you will have all this?”

“I will be satisfied and pleased and even a little happy.”

“And what will you tell yourself when you have such a feeling?”

“I can say that I am a successful person.”

“And then what?”

“And then people will esteem me and my achievements and be nice to me.”

“And when many people esteem you and are nice to you for your achievements, when will you do with all this?”

“Perhaps I can teach others to do like me.”

“Simply wonderful. Here you have defined two goals fully and I am proud of you for the effort that you are investing in your preparedness.”

“What else do you want to derive from the workshop?”

Now it was clear to me how a goal is defined. Therefore, I can perhaps find something that I want and not something that my mother wants for me. “I want to derive from the workshop wisdom and knowledge.” I replied.

“What will you do with the wisdom and knowledge?”

“I can live a fuller life, a rich and happy life.”

“And what will you feel when your life is happy and rich?”

“I will be satisfied and happy to the heavens.”

“Who is a person whose life is happy and good, rich and happy?”

“A successful person.”

“And when you are a very successful person, rich and happy, and everybody is nice to you and you have all that you wanted, then what will you do with all this?”

“I don’t understand, since this is all that a person dreams of having in his life. What do you mean, what will you do with all this?”

“This is the proper place for the question. Since when you will be there, when you will have all that you want, you will prefer to know what to do with all you have achieved in your life.”

“The only thing that I can do with so much riches and happiness in life is to share it with others.”

“I am proud of you, you are progressing wonderfully to your first objective and it is the creation of the preparedness for growth and success.”

Be with 'Nothingness', Be Willing to Accept

“So what else do you want to get from the workshop?”

Teacher Elijah asked this question again and again. We went over dozens of goals and objectives and for each one of them the teacher asked me questions that I answered in a similar fashion.

I pay attention that on the question regarding what I feel with what I am achieving I answer him that I am satisfied and happy with myself. For the question what person is a person who accepts his desire and is happy for it, I answer a successful person, and for the question what will I do with all my success and happiness, I answer that I will share what I have received with others.

I note that from this process that everything I receive I already want to pass on. I share what I have with others and sometimes give everything.

The question is how and when do I get something for myself?

The time is three in the morning and I am still working on my goals.

Teacher Elijah asks again, for the one hundredth time, “What do you want to get from the workshop?”

And this time I answered him, almost yelling, out of despair, “You know what, I don’t want, I don’t want anything since in any event I don’t have anything. I give everything.”

“What did you say?” He asks with satisfaction on his face. From his smile I understood that he is not angry at my response; rather, he is quite satisfied.

“I said that in any event I don’t have anything, and I also don’t want anything.”

“What is the feeling in your stomach?” He asks.

“I have a feeling of emptiness, I am completely empty.”

“Wonderful. Your stomach is the place where the physical food is digested. But this is also the place where the spiritual food is digested and if you feel emptiness in the stomach, this is a sign that you are missing, you are empty, you have nothing to digest and now you are willing to receive new knowledge.

Wonderful, just wonderful. You passed the stage of cleaning, you are now ready for the next stage, now when you are empty there is room for something new to enter, now you are the empty cup that wants to get filled, now you are the home that has been emptied of the old chairs and is waiting for the new furniture to arrive. I am proud of you. You have at this moment passed the stage of preparedness. Your preparedness creates for you the opportunity.”

“But what is the next stage?” I ask with curiosity and enthusiasm.

“The next stage will be tomorrow morning.”

“But it is nearly morning.”

“True, you and I are going to sleep for four hours. Good night. I will wake you up in another four hours.”

Then he left me and went to an adjacent room.

All that night I could not fall asleep. I was excited and emotional over what I had experienced and over the way he had brought me to cleanliness, till I felt that I am really an empty cup that wants to be filled.

I felt that I am really producing the opportunity only because of the fact that I was so ready, I was so ready for what the teacher taught me. The more I think about what happened to me, the more I know that I knew all that he taught me. This is really strange, what I am thinking, I am just a nine year old child, how do I know what a smart teacher who is older than me by many years is teaching me. Suddenly after he is teaching me all this I know that I know all that he has taught me. I could not have heard this in any place and no teacher in the world could have fascinated me like Teacher Elijah. He is simply wonderful; words cannot express my appreciation for the way in which he is teaching me. Only from him would I be willing to accept what he has taught me. Nobody else could have done this for me. Only today I got to know him. How? I don't understand but I do know something that only now I heard. I apparently am

suffering from hallucinations. Tomorrow I will examine this with my teacher.

Elijah and the Angels

Minutes of sleep had not yet passed and I feel the caress of Teacher Elijah. Good morning, he says, and I jump from the bed in a second. I jumped like I had never before jumped. When my mother awakens me I always look at the clock. Of course I examine whether I have slept enough hours. If I haven't slept enough hours, I tell my mother that I don't feel well and I get a day of vacation.

But now I fly to wash up and sit beside my teacher. I don't care at all how much I slept at night. From my perspective there is no need for sleep.

“It is seven in the morning. A good time to start the day. We will begin by practicing what we learned yesterday.” Then he motioned for me to organize the room.

We arrange a number of mattresses on the floor. We place a cover on the mattresses. We take a few pillows and spread them on the mattresses. We lit nine candles in a large plate and one candle under a burner for pleasant smelling incense.

We closed the window blinds. Special ethnic music played in the background. I was in a temple, I was floating, and there was a sense of exaltation, something I had never felt before. Teacher Elijah in white clothes looked like an angel sitting on one of the mattresses. He motioned to me to sit opposite him. I sat facing him, absorbing the smells, the special atmosphere, and the

wonderful music. Quiet was in the house, and there was an aura of holiness. Naturally, I close my eyes and listen to myself. I am looking at the way I am sitting.

I am all here and I think to myself that perhaps my father too should be here with me. I remember my first commitment to be my one hundred percent in the workshop, to be where I am, if I am here, then my thoughts should be here and I should not let them wander outside, even if the thoughts are on my father.

I think about here. I listen to my breathing, I see that my body all the time is troubling me. I all the time want to move, or scratch myself. I feel that my body is managing me. I am occupied with it, I want to ask the teacher what to do, but he is immersed in himself.

I remember that he told me that if I let my thoughts go, the thoughts will let me go. I let my thoughts just *be*, I notice that now the thoughts come and go, they do not stay in place and I am not developing an in-depth discussion of them, I let them pass alongside me, and thus, little by little, as Teacher Elijah taught me, I come to the gap between the thoughts, I am really managing my thoughts.

What a wonderful feeling it is to be even one second between the thoughts; it's like two hours sleep. We already are meditating for half an hour and he does not speak, he is still immersed in himself.

I understand from this that I too need to be like him, so I go back to sink into myself and in the clearing practice that I have learned.

I now reach the stage of the focusing. I think about my goals in the workshop and about the ways in which I will attain wisdom and knowledge that will serve me for my entire life. I think about it more and more so that I will always be ready. I feel that this works, today I know that my readiness is what creates the opportunity. The teacher told me that the opportunity always comes when the person is ready and this is exactly what happened with me. I always wanted to learn about life, but only when I was truly ready did my teacher come. I open my eyes and see beside my teacher two other people sitting, one to the left and one to the right, two angels who create around the teacher a defensive ring with their hands and they look at him with admiration, as if he is the angel and they the people, I see that they esteem him and bless him.

I was stuck to the pillow upon which I was sitting. If beforehand the place were holy, now it is the holy of holies. What light, what magic, how much love entered this home in the minutes of unity. I discover the secret of the magic, beauty, and love.

When my teacher opens his eyes, he illuminated the house with a smile and happiness that come from him. This is not happiness that can be heard, this is happiness that can be felt in the air and in the body, happiness that comes from the soul.

The angels that were beside him vanish. Did I hallucinate them or were they real? I saw with my eyes two angels and I also saw how they disappeared. I greatly want to understand this. I have a feeling that by the end of the workshop I will know the answer. I wonder where he

learned what he knows and in general where does he come from and who were his teachers. Suddenly a cheeky thought pops into mind and I tell myself that I want to be like my teacher.

Belief Will Create for You Who You Want to Be

“Did you practice what we learned yesterday?” Teacher Elijah asked.

“Yes.” I answered energetically.

“Lovely, what do you feel this morning? What are the feelings that you bring with you today to the workshop?”

“I feel magic and full of love. Can I make these feelings something regular in my life?”

“The feelings that you bring with you this morning to the universe are the feelings that the universe is going to return to you.”

“How does this happen?” I asked, wondering. “Does every person who gets up in the morning and says what I say, “I feel magic and full of love” – does the universe return to him a day full of magic and love?”

“No, let’s look at this from another place. Do you know people who get angry?”

“Yes, Uncle Solomon is angry all the time and yelling.”

“What do people around him do? Are they calm or are they also angry?”

“They yell and are angry like him all day.”

“Do you know somebody who laughs all the time?”

“Yes, Yigal is a friend who always tells jokes and laughs.”

“What do the children around him do? Are they angry? Are they crying? Are they laughing?”

“They tell jokes and laugh just like him.”

“Do you know people who like only sports and talk only about sports?”

“Yes, Charlie is a person like that. He sees soccer games and talks only about sports all day long.”

“What kind of people are by him? Those that talk about classical music? Or those that talk about soccer?”

“The people around him speak about soccer and watch soccer all day.”

“You see that every person has people beside him who talk his language. Every person can influence his environment through his language. Usually people who speak the same language will speak among themselves. You can bring with you love, or laughter, or anger, or pressure, or pain, what you bring with you is your language and with this language people will talk to you.

Therefore, practice to be charming and full of love. This practice will cause you to be accustomed to being charming and full of love. You will then naturally be charming and full of love, and your language will be charm and love. When this is your language, you will

attract people around you who speak this language, and the universe too will speak to you with this language and will return to you exactly what you want from it. Your energy will pull to you people who are like you, animals, objects, and they all will help you realize your intentional desires and thoughts. At first this sounds funny, embarrassing, and perhaps stupid, but with practice this will be a part of you. This will be you. Do you want to be charming and full of love every day instead of being afraid and introverted?"

"Yes, certainly." I came here so afraid and skeptical of life. This sounds so true and logical that I have to give it a chance.

"What you need to do is to practice until you create a habit, practice until you create belief. Your belief in who you are is what will create for you the 'who' that you want to be. Don't let who you are disrupt who you want to be."

"I didn't understand what you said, can you tell me in a way that I can understand?"

"I will explain to you, like this. I want you to compare your life to an empty roll of paper. What you will draw on this paper will be your life. Do you want to learn how to draw or do you want to draw miserable pictures?"

"Yes, I understand. Of course I want to learn to draw so that I will have a wonderful drawing and a great life."

"You can draw in black and white and you can draw in colors. You can draw three dimensional figures and

sculptures or figures that move on the paper. You can shape the drawing of your life however you want.”

“This is amazing, this is amazing. I remember that you started to speak about belief. Can you connect what you said to the issue of belief?”

“Your belief is the paintbrush with which you shape your life.”

“How is the shaping of life connected to meditation?”

“Your ability to focus enables you to draw what you want to draw. Every morning when you wake up you get an empty sheet of white paper, your life is like that empty sheet of white paper. Every morning you can shape your day how you want. Every morning you can practice drawing a picture, at the end you shape the picture just like you want and this will be the picture of your life. To shape the life well you need to know all the possibilities at your disposal. You need to know all the tools that you can create to shape life and then you will have a way of being what you want to be. I know that all the answers I am giving you seem to you to be new material. I am telling you already that many things will seem simple to understand but they will not be simple to perform.”

Be Whole with Yourself

“During the workshop I will explain to you things that you can understand although you are very young.”

“I am not young, I am a child.”

“True, you are a child. But you can absorb information just like an adult can. I am speaking to you as if you are forty; you need to know that there is no difference between a child and an adult. Both come to the world with the same knowledge. The study material is simple and will be conveyed to you so that every child who is nine years old can understand what is being said. You need to know that I am not going to teach you anything, since there is nothing that you don't know. I am not going to correct something in you, since there is nothing to correct in you.”

“So what are you going to teach me?”

“I will teach you how to learn and you will learn what you need to learn when you decide to learn.”

“And how is it that there is nothing to correct? Am I perfect?”

“No, you are not perfect. Everything that is perfect is dead, a person who says that he is perfect and has nothing to correct, it is possible that he is still alive, but he is the living dead. I speak about the whole person and not the perfect person. A whole person is a person who

forgives himself for his past, accepts himself in the present, and goes to correct the future.

Remember the secret of controlling time – the past is intended for forgiveness, the present is intended for acceptance and being, and the future is intended for growth and correction.

Never try to correct the present since the moment you try to correct the present you are addressing the past. The past cannot be corrected and therefore accept the present and forgive the past and in the future set goals and correct according to the schedule that you set.”

I like this a lot, this already causes me a sense of quiet regarding things that I don't like much in me. I am all the time wanting to correct in the present, now I understand that I need to love myself as I am in the present and only in the future perform this correction and this gives me a sense of mental quiet and time to correct. I am less pressured and less frightened.

Very well, this is the way to increase the happiness in life.

Children Long for Love

While the teacher is looking over his material, I think to myself what a wonderful world God created. Did God shape the world like Teacher Elijah describes? Did he shape the world with the paintbrush of belief? Does God meditate every day to enhance His ability to focus, like people do? So I turn to teacher Elijah and ask: “Can you explain to me who is God?”

My teacher seems surprised at the question. He arranges his seating position, as does a person who is about to answer a question on a test. “God is love.”

“So simple?”

“Yes, it’s all simple.”

“And yet how does He live?”

“Everything that lives in the end dies. God does not live and does not die. He is not found in a place that people can understand. People only understand the limited human nature. God is not limited. Life is limited. To be is a limitation. He is not limited. God is not found anywhere and He is everywhere.”

“If I want to speak to Him or communicate with Him, what must I do?”

“What does your hand do if it wants to scratch the leg? How does it speak to the leg?”

“It just goes to the place that itches and scratches, without speaking.”

“This is what you need to do. You are a part and God is all. You are like a limb in God’s body. God is found in you and you are found in Him, just like love is found everywhere and every place has love. “

“Why love? “

“Love is the power of life. This is the hidden light that God gave man and this is like the light of the sun, without the light of the sun, life will not exist, without love people die.”

“True, I heard that children die without love, this is real ... when I speak to God or to myself, is it the same thing?”

“Yes.”

“Do I love God, it is like loving myself?”

“Yes. Hence, if you love yourself, then God loves you.”

“So everybody who loves himself loves God and lives correctly. God loves a person who loves, since he is love.”

“Is God like the father of everyone?”

“Yes, it can be seen like that.”

“Then all children are the children of God?”

“Yes, we are all His children.”

“So why do children long for God?”

“Because children long for life and love, and thus children long for God.”

“Then God is the father of all fathers?”

“Correct. Every result has a cause and the cause of all these causes is love.”

“God is the father of all fathers and the cause of all fathers?”

“Correct, and it can also be said that God is the love of all the fathers and the cause of the loves.”

“If God is love and I am his son, then am I, too, love?”

“Very correct. You are love and the son of love.”

“And when I speak to God, it is as if I am asking for love?”

“Yes, it is exactly that.”

You Are Love

“If every person is the son of God, then every person is love?”

“Yes.”

“If when I am lacking in love, can I obtain it from anybody and through this connect to God?”

“Yes, that is exactly how it works. Everyone is light, everyone is love, everyone is part of God, when you love yourself, you love God. When you love another person, you love God. When you love yourself, you can love another person, when you love nature, you love God, since God is all there is.”

“Can I love every person?”

“Yes, if you really love yourself, you can find in every person something to love.”

“If I find in a person one thing to love and through this love him, am I like God?”

“Yes, you are acting like the Creator, you are becoming like the Creator and in this way you draw close to him. When you love, you are in the light, you are a part of the light, you are the light.”

“Then why does God allow some people to be hungry – are they not His children?”

“You think that God is abandoning His children? Is this what you think? “

“Yes, I know children who take food from the garbage. These are children whom God has abandoned to starvation.”

“I will explain to you how things happen. First, you must know that what you see with your eyes is not exact and in many cases what you see with your eyes is the opposite of the truth. You have a limitation and a limitation always shows the opposite. To verify what you see with your eyes, you have to apply all of your twelve senses.”

“I will explain to you through an example. When a child becomes five years old and he walks and runs, and has done so for a number of years, does the child agree to hold a person’s hand to walk from his room to the kitchen?”

“No.”

“Does an eighteen year old youth agree to hold my hand to cross the street?”

“No.”

“Father God gives a hand to His children and gives them all the knowledge they need to be what they want to be. But they do not want the hand extended to them – they want to go it alone. At your age, do you want your father to help you take a shower?”

“No, never, I am big now.”

“Good, this is what happens with God, as well. He extends a hand to help, but His children want to reach their own successes alone. Second, God helps His children so that they won’t be crippled.”

“What do you mean – crippled?”

“Describe to yourself your father doing everything for you. Serving you coffee, going instead of you to work, getting you dressed every morning, and showering you every evening. Wouldn’t you feel crippled?”

“Yes, I would feel that he is stifling me out of love.”

“Yes, God gives love and support at the correct degree needed by the person so that on the one hand people can exist and on the other hand they will not be crippled. Hence, you understand that what you see with our eyes is not the truth necessarily; it’s just your eyes seeing the opposite.”

Yes, I see how everything is backwards. “In the answers that you give me are there also answers that come from the *Kabalah* and the *Zohar*?”

“Yes. The knowledge is from the secrets of the Kabala and the wisdom of the East. There are answers that rely upon new messages that have been communicated.”

“I don’t know what is communication. You are immersing me in fascinating knowledge and I am finding myself wanting to ask you a number of questions at the same time and it is a pity that it is not possible.

Therefore, I ask to put aside of a few moments the issue of communication and to continue the previous theme.”

Study of the Secrets of the Kabala Is Essential at Any Age

“Is it true that children are prohibited from learning *Kabala* and only a person who reaches the age of forty can learn *Kabala*?”

“Correct, this is what has been accepted until today. Rabbi Ashlag and Rabbi Azulay, like many other Rabbis and wise men, allowed the study of the *Kabala* for every person and at every age. The new perception says that humanity has passed the age of forty collectively and therefore in the era when you live the study of *Kabala* is really essential and is even necessary for every child, as for every adult. This is the time that every person will learn the rules of life to create a world that is completely good.”

Logic Is a Limitation to the Achievement of a Breakthrough

“You convey the material through logic and not through play or any type of experience.”

“A surprising and very important question.

I will explain to you, this is how it will be. There are four bodies through which you experience all your experiences – the physical body, the emotional body, the mental body, and the spiritual body. The bodies are a ladder through which you develop and rise. Each one of the bodies is a mirror of the other and feedback for you to know yourself. The physical body is the greatest limitation and through it you go a long way in your spiritual development, until you understand that there are additional tools for you and then you discover the emotional body, through which you look at your emotions and again go a long way and grow until you discover the mental intellectual body, which is what nurtures the thoughts and it controls the physical. With the mental body you can be what you want to be and through it you connect to the spiritual body, which is the body that links between your soul and your being in the physical world. When you work with the mind, you work with the highest limitation so as to obtain a quick breakthrough. How many items can you remember in your head and how many can a small calculator recall?

The use that people make of the mind is about two percent of its natural ability and even if there were complete use of the mind, it still is very limited in comparison to every computer. Because of the limitation of logic and human intellect, there is a breakthrough.”

“I am utterly and totally confused. Please simplify for me these things. How can something limited make for me a breakthrough?”

“Describe two brothers, one speaks fluently and the other stutters, is handicapped from birth. One day the parents return home and see the stuttering child speaking fluently with the other child. Will the parents address the speech fluency of both children equally?”

“Yes. I understand. The parents will see the spoken fluency of the stuttering child to be a breakthrough because of his handicap.”

“Correct. Every day that the handicapped child will continue to break past his handicap and will speak better, his parents will be excited each time anew, since he is handicapped. A handicap is like an iron cage in which you are trapped; if you succeed in broadening the bounds of this cage it is a real breakthrough and if you succeed in leaving the cage, it is a tremendous breakthrough.

I will give you another example. Take an athlete who breaks the world record in running, he has made a breakthrough, he has extended the bounds of the intellectual limitation, extended the bounds of his limitation. It is as if you had learned something that you hadn't known existed.

Another advantage of work through intellect is the fact that information that comes through words and thought is immediate and enables you to see a picture you had not seen beforehand, when you see where you are found and there is a teacher who directs you, you feel secure. Your ability to see the picture you had not seen before shifts the fears and connects you to happiness and love. The process of learning and growth will occur only in a reality of love and happiness.

You see, when you know something through the intellect, you remove fears that are found in the emotional body and the physical body will also be calmer. Hence, work through the limitation of the intellect will yield a good result in your feelings and in your health.”

You Are the Last of the Seeds in the DNA Chain

“You need to know that there will also be things that you won’t understand the moment they are said. The things that are not absorbed at that moment are material that will be retained by you and the day you will need this material you can use it.”

“How does this happen, is this recorded by me somewhere. Is it written like a book?”

“Yes, I will explain to you, this is how it is. The person’s body is built of cells, when in each cell there is DNA. Science knows that the hereditary traits and knowledge pass from one person to another through the genes. The genes are hereditary material found in the DNA. You are born to your parents and you received from them through the genes all the knowledge they had, they were born to parents and received through their genes the knowledge their parents accumulated and their parents obtained from their parents who obtained from their parents ... This DNA chain leads us to the first person, from whom it all began.”

“Thus, every person has all the knowledge that has accumulated from time immemorial in his DNA. The mapping of the DNA shows scientists all the medical history of every person and in actuality it is possible to heal, change the past or the future through a change in the DNA.”

“Do you mean to say that all human knowledge, from time immemorial, is found in every cell in the human body? How can so much knowledge fit in such a small place?”

“This is exactly the amazing thing that nature shows us. Nature shows us that what you see is not what really is. Generally, things are reversed, what is less is more.”

“How is what is less more?”

“If you look at the seed of an apple tree, you see in the seed far more than you see in the tree itself.”

“How can this be?”

“The seed includes all that the tree has in all its periods of life, from the moment it was born, while the tree includes only what you see at a given moment. If you look at the tree during the fall, you will not see its pretty leaves from the springtime. However, the seed of the tree shows you the tree’s leaves during the spring and during the fall and at any other time, since everything is in the seed.”

“And this is exactly what is with people. If you look at one person’s life, you will see what you see during the glance and at the most you see one period of life. If you look at a human see, namely its DNA, you will see all its incarnations from time immemorial, including the knowledge that has accumulated from the past and the future.”

“Amazing, simply amazing.”

The DNA Receives Thoughts

A number of minutes of quiet pass. I need to digest the new information. Then suddenly I ask, “But there are children who die and do not have children and there are people who do not continue this certain DNA. So how can they include all the knowledge of everybody?”

“A good question. The DNA knows to receive through the thoughts as well.”

“How, how does this happen?”

“Do you have a radio at home?”

“Yes, I do.”

“You know how it receives radio stations from all around the world?”

“Yes, I know, through radio waves.”

“Do these radio waves need lines to pass through?”

“No, there are no lines, there are only waves.”

“These waves are frequencies that are sent exactly like thought. Thought also sends waves. The thoughts of people are frequencies sent from one person to another person. Every person receives these frequencies. Has it happened to you that when you sing a song to yourself you suddenly hear your friend singing this song?”

“Yes, yes, this happens to me all the time.”

“Has it happened that you think about a person and suddenly he calls your or he comes to your house?”

“Yes, yes, this happens to me all the time.”

“Has it happened to you that you dream or see things that in the end happen?”

“Yes.”

“These are the broadcasts of the thoughts that the DNA receives. They go from person to person. The broadcasts of the thoughts do not have limitations of time or space, they go from time to time, from place to place, without boundaries. All these thoughts join the knowledge that has accumulated in the DNA. The DNA is the main store of the human memory. It is the living library of humanity. This store includes all experience and all thought that at any time passed through the mind of any person who has ever lived.”

“How is it that thoughts have no limitations of time and space?”

“Do you believe in God?”

“Yes, I believe in God.”

“Does God have a limitation of time or space?”

“No, certainly not.”

DNA Is the Physical Expression of the Soul

“People are the work of God. Every work reflects its creator; the creator and his work act from the same place and for the same goal and purpose. To understand this, you need to know that God is everything and the soul is a part. The parts are what comprise the whole; the whole cannot exist without its parts. God preserves the parts of His body that are the souls. The souls want to try and accumulate knowledge and to experience all the possible forms of life through the workshop of life. The soul wants all its experiences to be saved in the memory store available to it for the continuation of growth and experience. Hence you can understand that the DNA is the physical expression of the soul, the DNA is the soul. The DNA acts without limitation of time or space, just like the soul, just like God Himself”

“What you are saying is that in the DNA there is the past of all humanity and there is also the future of what still isn’t?”

“Correct. It’s exactly this. The DNA is not limited only to the memory of the past. It also remembers the future.”

“But the future has not yet occurred. So how can it remember what still has not happened?”

“Your question indicates your limitation. Only you cannot understand how it is possible to see the future; your soul knows.”

“In your opinion, does God know what will be in the future?”

“Yes, definitely. All you need to remember to do to accept phenomena that are not understood is that you are the expression of your soul and your soul is a part of God. Everything that you can say in words, everything that your imagination can create already was. Now perhaps you can understand what was said in *Ecclesiastes*, ‘there is nothing new under the sun’. You need to accept the fact that time and place are limitations that are not in effect for the soul. These limitations are of a person and they enable the person to create breakthroughs and new experiences.”

“The soul is not limited in any way. It can think about something and this happens immediately. It can change the experiences of the past and correct the future that has not yet happened.”

“What you are saying is that the soul acts without the limitation of time?”

“Correct, the soul travels in time, since for it there is no limitation of time.”

“If a person is an expression of the soul, and if the soul can travel in time, why can’t a person travel in time?”

“A wonderful question. A person can do what the soul can do. But to know what the soul does, he needs to overcome the limitations in which he is found. A person is found in bounds of time and place.”

“How can a person surmount his own limitations?”

“A person can first know his limitations and understand how they create a possibility for growth. In the next stage a person needs to know the rules of the game of life, to practice them, and to master them and only in the next stage can he function like the soul. In this stage he can connect to himself and be himself, when he finds himself he will be the soul.”

“Teacher Elijah, I have many questions that I want to ask you now. What am I supposed to do with them? I want to ask you: what are the rules of life? I want to ask you: what are the limitations of a person? It’s not clear to me when you say that time and place are the person’s limitations, this is not yet concrete for me. How do limitations create growth? What does this mean – a person finds himself? Did he lose himself and therefore he must find himself? And moreover, if all knowledge is found in the DNA, then why do people learn? Why don’t we remember from the DNA? Where is the soul found? What does God do? Does he only look at everything that happens or is he a partner? How did this all begin and where does life take us?”

“I am terribly excited by the fact that you are teaching me. I know I have received a great present. I also want to ask you about your teacher. How did he learn? How do you know all that you are teaching me? Can I stop for a

while, I want to meditate and make certain that all the new knowledge will be assimilated.”

“Yes, let’s have a break.”

I Am Like an Empty White Piece of Paper, Ready for Re- Fashioning

I sit on the side and immediately enter a state of meditation. Rapidly I reach the stage of focus. The thoughts that once bothered me vanish into the infinite void; I reconstruct every word that the teacher has taught me and fix it into my memory. I have never remembered so many details as I am remembering in these lessons. I simply remember every word. In each and every moment I am filled with an unexplained energy of love and warmth, I am really floating; it's as if my body does not exist.

It is as if I am dizzy. I identify that in actuality a miracle has happened to me, from the moment I began to learn, I am no longer afraid, I am not introverted. I, who has never asked questions in class, who has never raised his hand in class, I am asking questions in a flood. Am I beginning to find myself, as the teacher stated. How happy and joyful I am that I met Teacher Elijah.

I thank God for the gift that I am receiving and during the prayer I realize that I have entered a quiet of thoughts. This has not yet happened to me and even the teacher did not explain that this will happen. I am in nothing, simply nothing, no body, no breaths, no thoughts, I am in nothing. I am nowhere. I lack all meaning and purpose. I

realize now that I am a blank white page, ready for re-fashioning.

I can from this place create any meaning or purpose for my life. I am in a place where I am free, I am free to be or not to be, I am free to create meaning or not. I am free to create a purpose or not, I understand for the first time that the lack of purpose is also a purpose, just like being is one option, not being is the second option. I, little Danny, for the first time in my love feel a tremendous love for myself that through me floods the entire world.

My beloved mother sent with my older brother clothes and food. We ate and we drank and we sat and meditated to create a space clear of thoughts and to focus the thoughts on the new material that is to come. I am deep in the meditation. Teacher Elijah sits opposite me for the meditation and I feel a sense of calm and tranquility, it is as if I have entered another depth in the meditation, I see myself and Teacher Elijah sitting and talking and I ask questions and he answers, just as in the state of alertness, but when I am deep, deep in the meditation, suddenly I ask the Teacher Elijah –

“Do the scientists know that the DNA also receives thoughts?”

“No, they don’t yet know. They are still looking in other places and trying to understand the phenomena called super-natural. There are no super-natural phenomena, it is all natural, since it comes from man and man is nature. When scientists will investigate the assumption that we speak of that states that all the cumulative knowledge, all of it, including every little thought, every process, every

experience that has ever been, is found in the DNA, many of the phenomena called supernatural will be natural and human pain will have a solution. Entry into the DNA enables every type of healing and growth to be performed.”

Time and Space Cancel Each Other Out for Change

“Why don’t scientists investigate DNA from this direction?”

I see Teacher Elijah now surrounded by two angels who are guarding him. They look at him as if he is the angel. It appears that the question that I have asked Teacher Elijah is very important and therefore he seems to muster all his strength and then he answers me.

“The scientists are always skeptical but in the end they study what seems at the beginning to be imaginary and not logical that is found afterwards to be logical and possible. This is what has happened throughout the course of human history. This happened when Jules Verne thought that it is possible to reach the moon. The scientists said that he is delusional. This happened before the invention of the radio. This happened before the invention of the first train, this happened before the invention of the telephone, this happened when the computer was invented. This happens all the time and it is natural for it to happen this way. This is the doubt that builds the curiosity and the growth, this is the struggle that creates the jealousy of authors. Scientists begin to examine new phenomena only when an environment that is supportive of the change is created. The scientists’ lack of belief is not the determinant factor; scientists in the end reflect the conventions, thoughts, and intentions of the environment that supports the research studies. What

really determines is the question of whether people want to create a world that is entirely good. The world is steadily closing gaps, people close time and space, this is the way in which people choose to grow and learn. Look at the way in which time is shortening. Once people walked by foot for days and months to go from one place to another. Today, in mere hours, the entire world can be traversed. Once to speak to another person it was necessary to go to him; today it is possible to pick up the phone. Once to see the vistas of Brazil it was necessary to travel for months to get there, today it is possible to see the vistas of Brazil through the television in a matter of seconds. Time loses its significance and space is shortened – this is the challenge of humanity. At the end of the process there will not be time and there will not be space, everything will happen at zero time and space will be transparent. To understand the destiny of humanity, it is necessary to look at the destiny of nature. The universe is found in an infinite process of extension – the spreading of one part of the universe from another occurs in a one-time path so that the world cannot repeat the same path. Therefore, every second of the path of the universe is unique and does not repeat itself, every second is a one-time miracle, the world is changing every second so that every second is different from all those that came before and from all those that will come after.

The change is created as a result of the uniqueness of the universe's journey. Every second that passes does not recur again, just like there is no repeating the same path. Thus, time and space, which are one-time, cancel each other out to create void, or empty space for change. In other words, the space that moves on the axis of time is what creates the change. Hence, understand that in every

second a new and empty world is created, lacking in purpose and in meaning and willing to accept into the void the change that occurs in you. All that you want to create, everything that you believe is possible for you is possible in the void that is created. You can observe this from another aspect – a person is a limitation, everything that a limitation can create in its limited framework will always be less than what is possible for it outside of the limitation. Therefore, all the person can imagine is much less than what is possible for him in truth, since he is in the limitation, he does not know what is truly possible. He does not know that he does not know that he does not know that he does not know ...

Describe two ants speaking between themselves. One ant tells her friends, we the ants have reached the secrets of life and there is no other smart creature in the universe who can build faster and better the palaces that we the ants build. Is this not funny for you to hear such a thing? If the ants knew what is really possible, they too would find it funny.

People, too, do not perceive what is really possible. Every creature thinks that he has reached the heavens, but in truth there is no limitation other than the limitations that man puts for himself.

I learned from my teachers and they learned from their teachers that man has no limitations but the limitations he puts on himself. Be certain that everything is possible, so that everything that a person can imagine in his thoughts is impossible for him, the wildest possibility that the person can think about is on the low side of the possibilities., like 0.01 from 100, like the limitation on the mind as opposed to what it can really do, like the void

that exists in the universe, like the void that exists in the nucleus of an atom, like the void that is created from the journey of the universe.”

Love Your Fear

“This certainty is the certainty of light and growth, while the doubt is the uncertainty of darkness and going backwards.”

“So then is every person who is afraid or who is doubtful is in the dark?”

“Every person needs to have a little fear, a little alarm, even a little doubt. There is fear that stifles you and there is fear that keeps you safe. There is doubt that creates disbelief and there is doubt that creates stimulation and curiosity to understand. Life is created so that there are forces of destruction and forces of construction, there is fear and there is love, there is dark and there is light, there is life and there is death.

Fear and doubt are the forces of destruction and they will always be, they do not vanish from the world. They need to be less than the forces of construction so that growth and joy in life are possible. There are powers that want to pull the universe inwards and crush it and there are powers that cause the universe to continue to expand all the time, powers that enable the universe to expand are greater than the powers that seek to contract the universe and thus the universe continues to exist.

You need fear and doubt to an extent that this will cause you to grow and not sink. You need the fear to be its natural size: the fear and doubt must not control you. If your fear is of a degree that you can manage, this is wonderful, since this type of fear will keep you safe, it

will warn you and remind you of your limitations, but it cannot take over your life.

It is forbidden to give power to doubt or to fear, when you give power and let them loose they take on a life of their own and aspire to grow greater to the point that they are controlling your life, darkening your life. You need to keep the fear and doubt in proper size, so as to enable balance to occur and flow naturally. When the question of whether everything is possible for people is discussed, doubt and fear must be there to the extent that they are beneficial and cause curiosity and growth. It is prohibited to allow them to be of the size that they disrupt and control your growth.”

I note that I am returning from the meditation to a state of alertness. I see Teacher Elijah sitting opposite me and signaling me to continue with the questions as if he has heard this entire dialogue that I had with him during my meditation. I accept his request and continue the conversation as if he were present.

“How does a person maintain the right amount of doubt and fear?”

“To remove the fear and the doubt, try to see whether there is something little in something that you are afraid of, that you can understand or perhaps like?”

“How, explain to me.”

“Do you like cats?”

“No.”

“Are you afraid of cats?”

“Yes.”

“What is the reason for his fear?”

“Once a cat jumped on me and scratched me.”

“What is the reason that it jumped on you and scratched you?”

“I took its food away.”

“Can you see that every problem has a solution?”

“Yes, I see.”

“Can you see that there is a reason for every outcome?”

“Yes, I see this now in other things in my life. I frequently blame others and do not see the reason; I do not look at what I contributed to the problem.”

“Can you see something good in cats?”

“Yes, I see that they keep the mice away.”

“Wonderful, can you accustom yourself so that the moment you see cat you also see that it chases the mouse away and this is something that you like in cats?”

“Yes, I see. If I do this a number of times, I will see the positive in the cat and not the negative and then the hatred and also the fear of cats will disappear.”

“Correct. The way to remove fear is to like something in the object you fear. You must remember to let the fear be the witness that you find something to like, do not struggle with fear, do not fear the fear.”

“How can I not fear the fear?”

“Fear and you will be in the fear, you will not escape from it. Do not try to bypass it, enter it, and show that there is nothing there but illusion and a story that you are telling yourself.”

“Are you afraid of the dark?”

“When I am outside the dark and standing facing the dark I am afraid. If I do not have a choice and I am in the dark, I see that it is like being in the light, there is no difference, but because of the lack of knowledge regarding what can be in the dark, I am afraid.”

“So what makes you afraid is the lack of knowledge of what is in the dark and not the darkness itself?”

“Yes, I see this during my lessons with you. The moment I understand something I stop being afraid of it. I also see that the intellect is what creates the feelings.”

“Correct, as you learn more about the things that for you are darkness, you are less afraid of the dark, since truly there is no dark, there is only lack of knowledge and ignorance. From today any place you see darkness, take a flashlight and cast its light and you will see what you wanted to see.”

“The flashlight is knowledge?”

“Yes, the knowledge that everything comes from the side of the light. Everything is for the best. This is the flashlight that will light your way. The main thing is not to forget to love the fact that you are afraid, do not forget to accept yourself and to love yourself in every situation. Love yourself in a situation of fear and then your fear will disappear. ”

“You have taught me that everything is possible for people. Do you believe this?”

“Yes, certainly. I will teach you only those things in which I believe with all my heart.”

“Do you believe that a person can fly and go through materials as if the material is air?”

“Certainly, everything is possible for a person.”

“Can everybody do this?”

“No.”

“How do you resolve this contradiction? How can we believe in something that doesn't exist yet? That we don't see with our eyes. How can I understand something that my spiritual teacher has already understood?”

“I am very touched that you call me your spiritual teacher and I am happy for your relevant and brave questions.”

Practice till You Create Belief, Practice till You Create Habit

“I have taught you that all that a person can imagine is possible for him. In other words, everything is possible for the person, as it is for his soul, as it is for his Creator. Man is born in God’s image. God is all and man is part. As more parts join in the effort, then the result will be better. Everything is possible for people if they participate in the effort of all children of God. Let’s examine this through something you do in life. What do you like to play?”

“I play chess.”

“Do you have a target or goal in your games?”

“Yes, I like to play but I also want to be in the group that will represent the school in the national competition.”

“Great, what are you doing to reach your goal?”

“I am practicing every day an hour and I play in games.”

“Are you confident that after all the effort you will succeed in participating in the competition?”

“No, I am doing what I can and we will see ...”

“Who does this depend on – whether you personally will be on the representative group?”

“It depends only me and on my desire.”

“Does every child have dreams like yours to reach the national competition?”

“No, some don’t know how to play, some know to play but do not dream of this place.”

“If at the end you are accepted to the group that represents the school, on whom does returning from the competition with the national title depend?”

“It depends on me and on the members of the group.”

“If you and a number of children play very well, but most of the group members do not do good work, can you win?”

“I think not. It is necessary for the entire group to put forth effort and reach an advantage to ensure victory.”

“How does the coach work with you?”

“He practices with us the rules of the game. He shows us the steps of chess champions. We also work on discipline and precision in time and he also speaks with us on the pride of the class and the joy of victory.”

“After all this practice, is victory certain?”

“No.”

“Now I want you to imagine life as a game of chess. A group of people needs to represent the planet Earth in a

competition for first place. The group that succeeds in the shortest period of time to make thought into reality is the group that wins. When I say that a person, as a person, can achieve all that he dreams of, does this depend only on one person or in the case of the chess game, does it depend on the achievements of the entire group?"

"Yes, I see the issue. What you are saying is that the efforts of one person or a number of people in the group are not enough. The entire group needs to put forth the effort to attain the desired achievement. There needs to be unity of thought and unity of action to create a change that is for all humanity. It is necessary to create a critical mass for change."

"Do you agree that to win in the game it is necessary for a large part of the group members to play well?"

"Yes."

"Since our achievements as people must come as a group and not as individuals, it is necessary to put forth joint effort through the power of unity to attain the result and the new reality for the entire group. The individual person has the ability to change his personal reality by force of thought and belief, while the change in the group can occur only through the power of unity of the entire group.

The unity of thought and deed is the secret that can effect a change for humanity as a whole. We also see that there are many people who do with their bodies exceptional things, they attain rare achievements. Athletes break every year world records, every year it seems as if man

has reached the outer boundary of his ability and yet nevertheless every year again records are broken and new records are set, and sometimes it is like a circus, or it's like magic, but it happens and it is real. There is no difference between a record breaking athlete and another person. An athlete trains every day, with his beliefs and his goals, every person who trains constantly with his goals can attain them. You know this yourself, look at all the little things that you have in life and see that when you really wanted something and practice till you believed, you received it. You and the people who practice for their goals constantly and attain them like athletes – you show the entire world that this is possible. Therefore every person needs to practice his personal abilities, to believe in himself, so that in the end he can shape his life as he wants. As more people do this, more people will believe in it, and in the end it will be the nature of every person – to make thought into reality. When this is the person's nature the person will have the ability as a group to make thought into reality at a speed whose time is zero and then to win the game of life.

Try to understand the game of life as a parallel to a game of chess. Life is a game through which the soul grows, you play chess or soccer, or any other game, just like you play the game of life.”

The Barrier of Awareness

“How is something so great done, how is the force of unity created?”

“Life is duality. You are found as a person in the physical world and you have a soul in the metaphysical world. As a soul you can see the physical world, as a person you cannot see your soul, you are in duality. You can see from top down but you cannot see from bottom up. There is a barrier that does not allow you to see and it is the barrier of awareness.

The ant does not know and cannot see what the person sees. The ant certainly cannot study the nature of a person while the person can see the ant and also study its ways.

To understand how the soul works, you need only to understand how you act and from this you can understand your soul, since you and your soul act similarly. You are the feedback of your soul. The soul can see you, but you cannot see the soul. There is a barrier that prevents you from seeing. The soul is what develops and grows through the workshop of life.

The way for you is to know that you are growing and the soul, too, grows. It is the compass of happiness, when you are in happiness and in love this is a sign for you that you are in growth, since only love can make something good into something better. Remember to always be happy so that your soul will continue its correction and growth. Remember that your soul is a part of God and

when the soul is happy, God is happy with his children and then the entire universe enjoys the returning light and the rain of love and has His eternal love and generosity. The love of God returns to the children thousand-fold and thus more and more love and happiness growth, eventually we earn a world that is entirely good.

To create a world that is all good is the lofty goal of the soul, and therefore every person individually must contribute his part to the realization of this goal through his personal happiness.”

“How does the soul grow, what is the way?”

“The soul grows and develops through the twelve senses.”

“You said twelve senses? I know only five senses.”

“Yes, twelve senses. In the continuation I will talk more about them, what you must know now is that the five senses that you know are your limitation. The role of your senses is to create illusion and ruin, while the five supra senses enable you to see correctly and to correct. Therefore, what you see through your five senses deceives you. Your senses are a limitation through which you grow and attain breakthroughs; the limitations of the five senses enable you to be what you want to be. You certainly see your inability to hear what the dog hears, your powerlessness to run like a horse runs: your power as a person is in your weaknesses. Your true power is found in the spirit. Your ability to jump from one step to another and to break through your limitation and through the barrier of the awareness is found in your ability to

create a reality in the power of thought and not in the power that you have in the muscles of your legs. Now try when we are speaking about chess to see this in the game of life.”

“Do you mean for us to speak about chess and intend the game of life?”

“Exactly. Through the feedback you will discern something you had not seen earlier. Through the feedback you will see one thing through another thing. You can see more quickly and better and understand what happens to you.”

Happiness Is the Compass to Success

“You told me that you first of all enjoy the game of chess?”

“Yes, I enjoy it and am happy to play.”

“Why do you enjoy the game? Can you not participate in competitions without the enjoyment and happiness that you derive?”

“If I did not enjoy it, I would not think about joining the team.”

“In other words, what determines is your desire and thus the ability to succeed as a player is first the fact that you enjoy and are happy to play. Can you say that a player who greatly enjoys the game and is excited has the better chance to win?”

“Yes, since he is a player who will invest in it most of his time and thought.”

“Do you know people who go every day to their work with this joy of creation?”

“Yes, my father is like that.”

“Would you like for every person to have this joy of creation?”

“Yes. This could be good. I see many adults who do not like what they do, they are sad at work, and at home they are even sadder. They feel humiliated that they must work for their livelihoods in a job that they do not like.”

“I understand, I understand. You want to say that if people were to work in a job that they enjoy and are happy with then they would succeed more and would even earn more money, as in chess.”

“Exactly. A person who succeeds in chess is a person who is happy and loves to play chess and a person who will succeed and will earn a lot of money is a person who is happy with his work. He will also be happy at home and will be proud of what he does.”

“Correct. He will not feel humiliated and his happiness he can bring home.”

“In essence, people need to search for a job that brings them happiness and not work that brings them a livelihood, since the job that brings them happiness can also bring them a better livelihood.”

“Very true, a person needs to go for his happiness. Where he will be happy, he will produce more benefit for himself and his success will be even greater. Many people lose the way, they lose their compass and are in pain. People who lose their way can find it through the compass of happiness.”

“How do you find the way?”

“Be in a place that brings you happiness or be happy where you are found. You need to love what you are doing or do what you love. If now you do something that you do not like, do it from happiness until you find something that you are happy to do.”

“Happiness is the compass to success?”

“Correct, happiness is the compass to success. Happiness is the goal to which you need to aspire, to pull yourself to it as a magnet.”

“Now I understand why everything that I don’t like doing I also don’t succeed in.”

“Give me an example of how this happens.”

“I like the lessons in chemistry, since I like the teacher and his approach. I succeed in the chemistry lessons; this is the only lesson in which I get a very good grade. In the mathematics and the English lessons I don’t succeed very much since I don’t like the way in which the teachers teach it and perhaps I also don’t like these subjects. I don’t know what influences my success but I do know that I don’t have desire to be there and my grades in these lessons are simply awful.”

“You will learn over time to discern what you like and what you don’t like. You will learn to isolate the subjects that you learn separately from the teacher who teaches you the lesson.”

The Willingness that Creates the Opportunity

“You taught me that before the success of the group it is necessary for the personal coaching of each one of the members of the group and the achievements of the individual in the group to be high, like for athletes?”

“Yes, correct. To change the world there must be many people who will believe in change and in the ability to effect change.”

“To create unity of thought, to create a critical mass like you taught me, it must be simple to perform so that everybody can perform, I think that this is not simple. How is this made simple and easy?”

“I will illustrate for you how simple it is to perform.”

“When I left Israel to go to Morocco, I didn’t know what would be the result of my visit. With my thought and my target that I set for myself, I sought to find one or a number of students through whom I could give this knowledge to the people here. The moment I defined my objectives, I created an opportunity for me and the possibility for somebody to connect to me. And you, on the other hand, you sat in Morocco, far away from me, and you too had an objective to achieve, you sought to obtain knowledge. You created willingness of a student who searches for his teacher and I was your opportunity. I created the willingness of a teacher who searches for his

student and you were my opportunity. We were the willingness that found the opportunity. We suited in our objectives to one another, like a pot and a lid, like a sperm and an egg which create new life, which create a new reality. This was very simple. The new reality was created after you and I thought about our desires and also acted to realize them at the end of the process. Both you and I created a new reality that began with thought and this was simple and easy.”

“Yes, this was simple and easy.”

“It is when people do not get what they seek; it is because they make it complicated.”

“Why do people make life complicated?”

“Because they do not believe that they are deserving; they have not profited the light and thus the light does not shine its good upon them. The people who make it easy and simple are people who walk after their happiness, they are like a leaf in a river that knows that at the end of the journey they will reach the sea, the leaf does not object and does not struggle. It relaxes and lets things happen as they will, its effort is minimal.

The universe rotates around itself and around the sun without much effort. The plants grow, the children, too, grow, the heart pumps millions of liters of blood to the body over the course of life and the signs of its effort are not apparent. Nature shows you that the effort you need to invest is minimal effort, the effort that needs to be made is in the intent you give things.”

Thought Creates Reality

“When a person tells himself that life is difficult and speaks about this with everyone and complains, and complains, and complains, eventually his reality is truly difficult. In actuality, he has made his thoughts into his difficult reality. It is possible to make positive thoughts into reality and it is possible to make negative thoughts into reality and therefore people need to be careful with their words and thoughts, since thoughts create reality.

It is natural that at the moment it is difficult and not simple for you, but this is like everything. When you know something well, it becomes easy. You are now in an accelerated process of learning, you are doing serious cleaning, you are sweeping off the layer of dust that conceals the knowledge hidden deep inside of you.”

“Give me another example of how you make a thought into reality.”

“Life is an equation with one variable. You can create a wonderful day, and a wonderful day can create you.

I got up and decided that today, like every day, will be a wonderful day, full of happiness and full of love, and then my day created for me a wonderful feeling. This thought alone cannot heal the reality that I am seeking, I had to create willingness. I create the willingness through additional actions that I undertake. The first thing that I do to create willingness is to create belief in my ability to ask and in my power to receive.”

“How does belief create reality?”

“Let’s examine your question through the experiences that you have experienced. What do you think about the study of mathematics?”

“I don’t like mathematics.”

“Why don’t you like mathematics?”

“Since this is a subject that cannot contribute to my life.”

“In other words, you believe that mathematics will not contribute to your life.”

“Right.”

“Is there a chance that with this type of belief one day you will find yourself engaging in a research in a field related to mathematics?”

“Of course not.”

“You see that your belief creates a reality. Your reality will be different from the reality of a person who likes mathematics.”

“Yes, I see how belief creates reality.”

Belief is a Self-Fulfilling Prophecy

“How do I create a belief in something in which I do not yet believe?”

“To create belief, you need to implement the force of thought. You need to practice thoughts that you want to see become reality, to repetitively practice until a belief is created. If you get up every morning and say to yourself methodically ‘good morning, wonderful world, good morning, wonderful day’, the result will eventually be a wonderful day. This is a simple equation that works for very many people, it proves itself every day, around the world, and therefore it becomes the belief of many people.

People already know that positive thought works; this is not even something that needs to be taught. In this matter there is unity of thought, there is a critical mass that has changed the programming of people in every place around the world.

One of my students who managed the Unit for Economic Development in the city of Or Akiva told me that every day when he would come to the office, he would meet Jacob, who was responsible for gardening in the municipality, and Jacob would tell him that such a hard day is waiting for him. Jacob would physically grab him so as to hear from him personally about all the problems that are about to descend upon him that day. Truly, his day seemed exactly like he described it that morning. His

prophecy was completely fulfilled, all the problems he told about in the morning truly happened one after another during the day. I know that this was the case, since the next day he would update the one in charge about what had happened the day before and again tell what awaits him on that day.

It is clear that had Jacob wanted to change this situation and create for himself a new reality, it would have required of him more than a little effort. If somebody had told Jacob the gardener to start the day with a greeting such as good morning wonderful world, good morning wonderful day, he would have called the Psychiatric Division in the municipality and reported a problem with that person's sanity. However, if on some happy day Jacob nevertheless had decided that he wants to change his reality and is willing to say every morning good morning, wonderful world, good morning, wonderful day, then this certainly would have required of him great effort. He would feel tremendous embarrassment, he certainly would laugh a lot about himself before this greeting would become a part of him and only then would he establish the belief in what he says to himself, and only then would his reality change."

You Program Yourself

“People shape their lives, each person according to his beliefs. People’s lives are shaped by their beliefs. Belief is like a paintbrush with which it is possible to shape life, just like that.”

“How do people have different beliefs? My brothers and I do not think similarly and do not believe in the same things. How do people who grew up in the same family think differently from one another, hold different beliefs, see life differently, and their reality, too, is different?”

“Even if people are born to the same mother and to the same father and learn in the same class, each one takes from what he hears from the same mother and from the same father and from the same teachers what is suited for him. In this way, he builds for himself a mix of beliefs that constitute the software with which he shapes his life. Every person plans for himself the way in which he receives from his environment, each person hears what he wants to hear and sees what he wants to see, and thus he plans himself, builds his beliefs that create for him reality.

It is clear that when two people look at the same statue, they see different statues; each one evaluates what he sees in a different way, each one evaluates what he sees through his willingness, his software, and the derived beliefs. To the same degree, when two people look at the view, it is possible that one will be open-mouthed at the amazing sight he sees while the other will be completely indifferent to the view and will even want to continue

onwards. Each person sees through the glasses that he has set for himself.”

“My father says ‘A person should see the world through rose-tinted glasses.’. But technically, how does a person program himself?”

“As you learned, the human body is built from four bodies: the physical body, the emotional body, the mental body, and the spiritual body. The physical body is the inner light, like the planet Earth. The other bodies – emotional, mental, and spiritual – are the surrounding light, like the atmosphere. The surrounding light is essential for the person, like the atmosphere of the planet Earth. The surrounding light is the person’s awareness, this is the soul and its physical expression is the DNA where the person’s infinite knowledge lies. The stomach is the person’s unconscious. This inner light is the conscious thinking, the freedom of choice. The thinking is the commander and the unconscious is the executing soldier, the thought is the consciousness that programs the unconscious. The adage that says ‘everything is predicted but freedom is given’ is in effect when the surrounding light is the ‘expected fate’, receiving the directives to perform from the inner light that is the ‘freedom of choice’. Therefore, what you say to yourself is so very important. What you say to yourself hears your unconscious and it is like a good soldier and does it. If you tell yourself ‘I am a failure’, the unconscious will execute the instruction as it sees fit and will see that the first action you do will fail, as you requested.”

“In other words, what I say to myself is more important even than what I say to others?”

“Correct. What you say to yourself is something that you always mean, while what you say to others is not always what you mean. Your unconscious hears your intentions, your truth.”

“We have addressed many fascinating topics today. Can you tie the edges together for me?”

“Yes, I will happily delineate for you the entire picture so that you can see it clearly. Thoughts are possibilities that become reality; thoughts have a life of their own, they become entities and thus they want to create reality. The practice of thoughts creates beliefs that create a new reality. Happiness is the compass that shows the way to happiness, success, and plenty; happiness is the compass to your destiny. If you seek for your happiness and many others seek for their happiness, the entire world will be happiness and love, the world will be all good.

Now, sit facing me and meditate, when the purpose is to absorb the information that you have received. Repeat the key sentences you have learned, learn them by heart, assimilate them in you, and persevere in the assimilation of the information until it becomes knowledge. Information becomes knowledge when you are connected to the information you received and accept it as a part of you. In order to complete the circle it is necessary to make the knowledge into conscious knowledge. When you convey this knowledge to other people, create a flow and continuity as in nature. In this stage you will be aware of all the information that you have received. In a

situation of awareness, you do not need to remember the information since you and the information have become one frequency, you are magnetized, and it is like you have installed the new program and now it is in action. Now, seek your unity, good night.

“Good night, my teacher.”

I Ask for a Workshop of Seven Days and Seven Nights

I went to my corner for meditation. I saw my teacher go to his room to meditate and sleep. I was entirely excited and emotional from the day, we had learned for the second day in a row, almost without breaks, and I feel that we still have barely begun. I have so many questions to ask, I have so much curiosity. What will happen when my teacher needs to go or return to Israel? I must manage to ask all the questions I have, although my teacher had promised me that he will be with me until I finish asking all the questions and he will give me all the answers. I am worried that I will not truly be able to ask all the questions. I looked at the clock, it was three thirty in the morning, and we wake up at seven in the morning. There is not much time left to sleep this night. I organize my notes, circle the last sentences I learned, I understand that the connection that the teacher made for me is in essence the abstract of the issue. These sentences I make into my mantra. Every day I will repeat these sentences, tens and hundreds of times, until they will become a part of me, until my programming will change. I great liked the issue of the programming. This now really seems simple to me; it is necessary to practice the thoughts and objectives and to work on them and to persist until the reality arrives. That's it, I need to sleep, enough thinking. I arrange the pillow and decide to meet myself in the morning.

Morning has arrived, I note that today I am up before my teacher is. I am so excited that I barely fall asleep. I dare to think about the possibility that perhaps he will agree to be here at least seven days. I very much want to be with my teacher for seven days and seven nights. I note that now I have created a new thought; it was like a flash of light and then a thought was created. When I persist in my desire and belief, will this be a reality?

I am missing something in the middle that the teacher taught me and I did not study it as much. I want this thought to become a reality, just like my teacher taught me.

“Good morning.”

“Good morning, my teacher.”

How wonderful it is that I have a teacher, it is like a father, a mother, it is for life. My teacher has done for me what many teachers before him have not done. Although I am a child, I feel that I have lived for many years and I know very many teachers. Nevertheless, in the last two days my life has changed, I knew it the moment I saw him. I had a feeling from those feelings that come true. My life now is in another path, different from what it had been one just two days ago. I know that if my teacher returns to Israel, he will always be a part of me and I will be a part of him, since I and he are one in thought and belief. Even if I have other teachers, he will always be my teacher, he will be the teacher for me, since he opened for me the door to the spiritual world, like a mother opens for her child the door to the physical world. Thus, my teacher gave birth to me into the spiritual

world. Like in any birth, you pass through a pressing channel, like a very narrow bridge, sometimes it is painful, and then you enter the world. As I wander my thoughts, the teacher calls me to sit down facing him, for unity, for prayer, and for meditation.

For the next half hour, I go through the entire process of clearing and willingness for learning, as Teacher Elijah has taught me. I ask my God and my spiritual guide for help. I say thank-you for the opportunity I have been given, I bless the universe with peace and love, I look at my body and shift it to relaxation. I look at my breathing and create calm, I look at my thought and create an interval and quiet and I am ready.

I note that all that I am learning I have a very strong and immediate need to implement, to convey onwards.

When a Difficult Question Appears

“What are the questions that you want to ask this morning?” Teacher Elijah asks me.

“Why are children powerless and dependent on the grace of their parents and adults and why did God create the animals so that immediately after birth they function?”

“That’s an interesting question that you have asked. I will answer it willingly, so it will be. When difficult questions appear in life, you need to remember three things. The first thing that you must know is that every phenomenon or outcome that you see in nature has a good reason. There are no mistakes in Creation; everything is included in the exemplary work of the Creator. God did not make a mistake, mistakes are made by people. The second thing that you must know is that you do not always see the reason. Sometimes you will never know the reason, but there is a good reason for everything. The third thing that you need to do is to conduct investigations to search for the reasons.”

“How are investigations conducted?”

“Investigations are conducted through trial and error or through feedback.”

“How? How is this done?” I am excited and emotional.

“Through trial and error – and the answer will come after a number of experiences and this takes time. Sometimes a person tries and wonders all his life and does not reach a conclusion. The way of feedback is a quick way that yields precise result.”

“How? How?”

“The feedback is like a photographer, like an echo, like a mirror, like cause and effect. In other words, if every cause has an effect, then every effect has a cause. The process is continuous – cause, effect, cause, effect, cause, effect, until the cause of causes is reached and then the process stops.”

“What is the cause of causes?”

“The cause of causes is God and love, since God and love are together. The cause of all the causes is God, since the cause of God is only God. The cause of all causes is love, since the cause of love is only love. If there is a cause of love, this is not love; people love since they love without cause. People love God without cause, since if there is a cause for their love of God, this is not love, since there is then the desire to receive something. Therefore, you need to love without cause, since love includes the causes, love is the cause.”

The Way of Feedback

“To understand the principle of feedback, you need to know that the cause and effect act like a photographer, an echo, a mirror – feedback. Every person who looks into a mirror sees himself looking at a mirror and sees himself looking into a mirror and sees himself looking into a mirror. Sometimes the person looking into a mirror sees the mirror and not himself in the mirror.

To discern when you see yourself through the mirror and when you see the mirror, pay attention – when you look at another person and what you see makes you happy or angry or inspires some feeling in you, this is a sign that you have seen yourself in the mirror. If what you see did not bring you to feel any feeling, but you had compassion, in other words, acceptance and forgiveness, then this is a sign that you saw the mirror of another. The principle that I am teaching you can be implemented in all areas of life. Let’s find the answer to your question through feedback through the following formula – the profit or benefit that you derive through illness is the cause of the illness. It could be that the lesson that you learn through the illness is the cause of the illness.

Now let’s define ‘illness’: illness is everything that hurts you, brings you sorrow or sadness. When you are frustrated and sad in your workplace and this hurts you, this is illness. When you do not speak to a friend for months and this frustrates you and hurts you, this is illness. When your head or stomach hurts, when you are feeling the pain of separation from your girlfriend, this is illness. Pain, frustration, and sorrow from any source lead

to illnesses. Illnesses should be healed. An illness is a sign for you that you are in a lesson through which you seek to learn something. Sometimes you ask to derive profit and benefit and you do not yet know how to derive this without the illness. When the illness appears, this is a sign for you that you want to correct and grow. To heal the illness, it is necessary to address the cause – to learn the lesson or to eliminate the cause – in other words, to find an alternative in another way, instead of through the illness. It is possible to exchange the word ‘illness’ for other words, as necessary, such as the word ‘question’ or the word ‘problem’, and to put these words in the formula so as to find the answer. We are searching for the cause of the problem that you have asked me, to say why children grow up for a long time before they are independent.”

“Yes.”

“Let’s call this situation ‘infancy’. To know the answer, you need to ask what result is obtained from the state of infancy. The result obtained from a situation of infancy is the cause of infancy. In this case, we do not eliminate the cause but address the cause by finding all the causes, one after the other, until we reach the understanding of the entire process. Let’s begin. The result obtained from the situation of infancy is that the parents are connected to the children, right?”

“Yes.”

“The result obtained from the fact that the parents are connected to the children is that the parents undergo an experience that is not easy?”

“Yes.”

“Is the result of this not-simple experience the development of the ability to deal with situations of pressure while giving without pause?”

“Yes.”

“Is the result of giving without pause the creation of a deep relationship and love?”

“Yes.”

“Is the result obtained from the love of the parents for the children the love of the children for the parents?”

“Do you want to say that God created man so that he will be dependent on his parents only so as to cause them to love one another?”

“Yes. Everything was done so as to create love. God is love and therefore he shows us through his creation the way to love. When we find the way to love, we find the way to God. When we find God in us, there is no pain and there are no illnesses.”

He then decides to let us have a short break. I am completely shaking from this lesson. I suddenly am so connected to God, I know Him now so much better. I forego the rest and go to unite with the tremendous knowledge I have received. I feel that I am ninety years old, my language is changing, I am all the time excited and happy, I love every second that I am here, what I am

experiencing is simply wonderful. I am in a state of meditation and quiet

My Goal – To Create a World that Is Entirely Good

“What else do you want to know today?” Teacher Elijah asked me.

“I want to put aside a bit my questions on God and to advance with my objectives, to understand how I define the objectives for myself. I want to ask you about your objectives. Do you have objectives?”

“Yes, I have objectives. My objectives are derived from my lofty goal and it is ‘to create a world that is entirely good’.”

My teacher’s answers left me quiet for a moment. “How is such a great thing done?”

“When every person in the world will do one little thing a day there will be a world that is entirely good.”

How is it possible to ask such a thing? It seems to me to be a dream and not reality. I ask him. “Is such a thing possible with the reality that is so difficult? There are people who barely eat, how will they think about one good deed each day? There are people who are fundamentally evil, they hit and yell and use others and wear them down and think only about money and assets, there are so many wars and evil and murderers and rapists in the world. How do you ask of these people to change their spots? Is this even possible?”

“The forces of evil are a fact and it is necessary to oppose them with the forces of good. If there are not forces of good to fight the evil, then in the end the evil will win and there will not be a world and our planet will disappear. For the world to barely exist, this requires each one of the people who understand where the world is heading to do one good deed a day against the evil deeds that you mentioned previously. To attain the lofty goal of a world that is entirely good, perseverance in the good deeds is necessary so that there will be far more good deeds than evil deeds in every day, to disrupt the balance in favor of the good in a person. The result is not always seen, but the fact that the world continues to exist and to grow is the proof that good is greater than evil and we are on the right course. Although you see with your eyes and hear with your ears bad news every day, about battles, trickery, murders, accidents, nevertheless everywhere in the world wonderful things that we do not see are happening. The forces of evil work to hide the growth, as part of the struggles against them. Thus, every day more babies are born than people die, more people laugh than cry, there are more people who are healthy than there are those who are sick, there are more people who love than there are those in fear, and there are more people who believe in change than there are those who have no faith. One day, no matter how far off this day seems, this will come. On that day there will be a critical mass that will effect the change and the world will be entirely good.”

After those words, which are in my opinion the living statements of God, I realize that I must change my practices, I must connect to the good news and then I will

have the power to create another good deed a day. I must balance myself so that every time that I hear bad news I can create the good news in my life. Perhaps the radio stations could tell every half hour the good news and at the start of every hour the bad news and then balance would be created. Every person could decide what he wants to hear. I live with the feeling that there are only bad and difficult things in the world. I live with the feeling that everybody is out for money, there are rapists and murderers and thieves and people who use other people and this greatly frightens me and causes me to be closed. This does not help me grow; often I give up the effort since I think that there is no chance at all to balance the good with all the evil I see. Now that I know that part of the struggle of evil is to conceal from me the good, so that I cannot grow, I must connect to the good news and to the happy people who think like I do and who speak with language suited to my growth.

It is now time for me to learn how I am to implement my objectives.

Teacher Elijah is simply an angel. He is an emissary of God. Thus I am inside of myself and my thoughts and like an angel who knows when the time is for thoughts and when the time is for the lesson, he asks me, "What do you seek to know?"

"I want to know what I need to do so that my thoughts will systematically become reality."

"Yes, so it will be." Teacher Elijah responded. "Is there something that you want to implement now and until it becomes a reality?"

“Yes, yes. I have a thought with which I woke up this morning and I want it to become a reality.”

“Very well, I will show you a systematic way. I will now hold with you a whole lesson, listen well, this will arrange for you all that we have learned till now. In the lesson you will aim at your objective and examine what you already have performed from what I am going to teach you and what you have yet to do. I will teach you the circle of creating and it will be one of the tools for you to make thought into reality, so as to create everything in life.”

Teacher Elijah began to speak.

The Circle of Creating

Goal

Everything begins with the light, the illumination, the vision, the lofty goal. Your goal is your vision, this is the idea that you seek to implement, this is the possibility that seeks to be expressed in your world. This is the likelihood of one of infinite possibilities and it is possible for you, this is your illumination, you see something you have not seen before. The goal, like the objective, is your destiny. There is your learning process. There must not be a mistake; you choose your destiny, like you choose your objectives.

Your illumination is like a big bang. It is like a new world that began complete from nothing, a new world that is created from chaos and you form this world. You are drawing for yourself the reality and you begin to shape it. Before a goal is set, your life is like an empty board; the moment you set the goal, like building a model that you go to shape, now you need the proper paintbrush to shape your life. Communicate with your destiny through the intuition, put the intellect aside. Use the intellect when you learn, since then you work with freedom of choice that is found in the intellect, but when you reach performance, use your intuition. There you built yourself, there is where all that you are is found. Your intuition works like the moment before the big bang – it will lead you to your destiny at the best possible timing for you.

Go for a lofty goal from which your physical objectives are derived. The lofty goal and the objectives must be greater than your ability to see, this objective is something that you need to conquer after painstaking planning and considerable effort. If you can see your objective it is a sign that your objective is already found in your reality. Go for something larger, more distant, go for something that you still cannot see, create the gap between the reality and the actuality, create the tension between male and female, since they are what create the glue of love. When you are in love, this is the sign that you are on the path to your destiny, when you are happy, you are in your destiny. Now create for the egg and the sperm the appropriate conditions for the new creation.

Thought – Organize Your Thoughts

Thought is the possibility that becomes reality. When you see something new, like the big bang occurred, you are like the first person who ate from the apple and left to earn Eden anew. You are in the enlightenment after which comes the creation; you discern that you have free choice. You choose what is good and what is evil. You choose what limits you and what causes you to grow. You know that you are your own limitation and therefore only you can create your reality or give it up, you decide to create.

You know that the thought is what enables you to enter inwards into the DNA to create something from something. Address the thought as the seed that requires a comfortable platform for planting; plant the seed, water it, see that it will be in the light, see that it is fertilized, let it grow by itself. Pay attention – the thought is what nurtures the unconscious; the thought is the supreme commander while the unconscious is the soldier executing orders. This soldier executes the orders precisely, and thus you must pay attention to what you say to yourself since the unconscious listens and executes.

As you feed yourself your objectives and practice them, you will create new habits and they will create your belief. The belief is the paintbrush with which you shape your life. The belief is what will lead you to your new reality.

Words – The Power of Words and Letters

The letters that comprise the words are what create everything in the physical world. Words have the power of creation, everything that you say in words is comprised of twenty-two letters¹, there are no more than twenty-two letters. Your words are what create all your new works, the forces of life and death are subject to the spoken word. There is nothing new under the sun – your ‘new’ works are something from something, they come from the twenty-two letters that exist and only combinations of the letters are what create your unique reality. Your objectives you achieve using people, when you speak with people around you, you help your objectives assume form, you help them realize themselves, you create for them a solid platform, you plant them in the minds of others and in your unconscious, and thus they create life of their own and grow. Therefore, speak often of your goals and objectives, hang them everywhere, sing them, dance them, yell them aloud, go to sleep with them, get up with them in the morning, make love with them, love them, and practice them until they create your belief, since your belief is what creates your reality.

Commitment and Perseverance

The commitment that you need to create is for yourself alone. Build your commitment so that you always can change the size of your commitment or eliminate it entirely. Be committed and loyal to yourself; this is the

¹ In Hebrew there are twenty-two letters in the alphabet.

way you can be loyal and committed to others. When you are committed to do for others something that you do not believe in, you create a short-circuit with yourself and with your environment and in actuality nobody likes the outcome. The moment you are committed to your objectives, do what is required to reach the result you seek to achieve or change your objectives. Now act to nurture your unconscious in the following way.

Tell yourself: I know, I can, I deserve, I am doing it right.

I know how to do this –

Never be contemptuous of the knowledge you have, even if it is modest. The knowledge you need to complete the task will come in its time, don't act hastily, let the universe and your environment contribute their part in the process at the time that is needed.

I can do this –

Never be contemptuous of your ability to do something. You were created in God's image and supposedly you have unlimited powers. You can discover them by yourself only if you let them leave, they will leave only if you believe that they exist in you.

I am deserving –

Know that you are a wonderful song, a beating heart, a sparkling diamond, a cell in the body of the universe. Without you the world cannot exist, you are the beloved son of God. The angels honor and esteem you for your learning and growing process – you deserve everything.

You cannot dream how much you take from what you really deserve, therefore you can take to yourself all that you seek. Now according to the lofty goals that you set, give of yourself to others.

I am going to do it as it should be done –

Yes, only when you summarize for yourself your commitment so that it will be realized for you.

Your ego –

The process of cultivating the unconscious creates your confidence. It creates your ego. In this way you build your ego. Only when you have a well-built ego can you put it to the side and it can no longer disturb you with deeds that you are going to do so as to change your reality.

Deeds - Your Deeds Bring You Closer to the Result

Act in the way of ‘hear and listen’. The deed that you do creates a new insight that cannot have been created without the deed. Do one good deed a day, and in this way you will earn the light, in this way you can say to yourself that ‘I am deserving’, you can esteem yourself.

Every deed that you do leads you to the understanding and to the next step. Do planned and synchronized actions according to your intuition; these bring you closer each time to the end of your objective, the deeds that you do sometimes appear to you to be unpleasant. People tell you ‘no’, people do not flow with you, people do not listen to you, they hurt your pride, it seems

‘inappropriate’ to you – when you feel this way, it is a sign for you that you are growing. It is the sign that you are conflicting with your limitations. Therefore, this is the time to let the ego that you have built go to the side. You already know that you can. Now let it be, do not be pressured, now flow with the events, do deeds that the intuition tells you are right for you. Let the limitations alone – put the thought and ego aside, they have finished their work. Now is the time to grow beyond the limitations of the thought and ego.

Your entire goal in the building of the ego was to reach the moment that you can put it to the side. Your entire objective in the adoption of new thought is to cultivate the unconscious and now is the time of your unconscious and supra-senses to lead the process in the timing that only they can. Be patient, persevere, change the method until you find what works for you.

Effort – Put Forth the Necessary Effort

The effort that was required to earn the light is intention. Act with good intentions. Intention is like a remote control. Practice your intention through meditation. Your motive is your intention, therefore look at your motive. Your motive must be ‘receive so as to give’ so as to bring the good in you closer. Know that the required toil is in thought. The effort you are required to do is minimal – to create a good intention. Direct your remote control to the instrument you want to operate and then press the right button. To get the right intention, you need discipline. The discipline will create new meaning in your life. Perform meditation on your objectives – create through

the thoughts cleanliness, clean all your thoughts, clean the negative and the positive thoughts, do not let any thought enter, kick every thought that comes to you. After this stage, feed your awareness through focus on and direction to your objectives. Compare your objectives to a field of flowers and remove from the field the thorns and the flowers that you do not find attractive. Imagine the field being filled with the flowers you like instead of the thorns you removed. At every opportunity you have sing about your objectives. Dance them, dream about them, yell them aloud, write about them, speak about them with every person who is willing to listen to you, get up with them in the morning and go to sleep with them, create direction and focus, be in love.

The happiness is not always what creates the song, the dance, or the laughter. Sometimes the laughter, or the songs, or the dance, is what creates for you the happiness. Therefore, be happy: even if your happiness at the beginning is technical, at the end it will become true and will come from the heart.

Know that when you change your inner world, your outer world changes. Change your image about yourself by repeating your mantras and your happiness. Tell yourself 'I deserve it, I earned this'. Do this from intention and belief in your ability and in yourself.

Reality – Accept the New Reality

You are created in God's image, you are His shadow. You created from something true and very real. The reality you created through your belief is an effect of yourself. It is an illusion and the shadow you created.

Your reality is the feedback of your thoughts. The reality you created always will be a very little of what you truly can, since what you created is only your shadow, an illusion, while the real thing is you and you always can create shadows and shape a new reality without limit. You and your beliefs are your limit or the tool for the shaping of your life. You choose to be what you want to be, you are the architect of your life.

Your Objectives Are Your Destiny

Hold a simulation with yourself. Imagine yourself to be a person who is ninety years old. Examine what you have done in life till now. This is what you would do again and again, examine with yourself whether what you are going to do today is what you would do on the last day of your life. If the response is positive, this is your destiny. If your objective and your destiny are identical, you are in the right place. If the response is negative, this is not your destiny and you must give up this objective. Take with you the compass of happiness in every action that you do, examine whether you are happy with what you are doing, when you are happy with your activity, you are in your destiny, and when you are in your destiny, you are excited all day, you do not want to sleep, you wait to be in your activity, you see that when you are in your destiny you are in the joy of life, you live.

Act from acceptance and forgiveness, and you will free yourself of your past. Act from love and compassion, and you will free yourself of your karma. Do things simply and modestly so that you will not be bound and captive to your material desires, act courageously and honestly, and thus you will forge a breakthrough and esteem yourself for your action. Be true to yourself and to your beliefs, and you will create new habits and they will create your new personality. Persevere in your effort, be tolerant, since the result will come at the right time and place for you.

“This is amazing and fascinating! Thank you, thank you for this gift.”

“Thank you for allowing me to give from what I have inside, I am all emotional from your excitement and this is a sign for me that the intent for my statements comes from love. Thank you. The Circle of Creating is a very important tool in your toolbox. During the workshop you will receive an entire ‘workshop’ with many tools with which you can shape your life how you choose.”

“Do you have exercises for the Circle of Creating?”

“Yes, I will tell you a number of exercises and give you some counsel for performance and assimilation of the exercises.”

Find Your Destiny

Write on a page and complete the following sentence:

I have all the time I need and I have all the money I need, my occupation is: _____

What you wrote is what you need to do in life, do not be afraid about earning a livelihood, the money is always found in a place where your happiness and destiny are found. Know that the occupation that will bring you much happiness is also the engagement that will bring the most money.

Set Objectives with Time and Place

Your objectives are set in two parameters – time and place. Set an objective that can be quantified and set the schedule for the end of the performance. Pay attention that you are not ‘stuck’ in your past and you are not troubled by the future. Be in the present, be in the experience, in the activity all the time. Forgive the past and free it, accept the present with love, and go to the future and grow to your dreams.

Set Goals on Four Levels

Spiritual – Share with others your success, be in giving.

Mental – Know your success, appreciate yourself.

Emotional – Allow yourself to be satisfied with what you have received, be in happiness and love.

Physical – Ask for yourself.

When you receive much more than the physical, you get a sense of satisfaction with yourself. Your satisfaction comes from your knowledge of your success. Your success is the result of your willingness to share the success with others.

Your true success is from the recognition and love that you receive from others because of the cooperation. The feedback of love that you receive from your environment is your true success.

Build Your Treasure Map or Your Map of Dreams

Take a large sheet of thin cardboard and cut from newspapers and magazines all your dreams and objectives and glue them on this sheet. Add words, draw and color the page. Give it volume and glue to it things and words that you believe will help you be focused on your objectives. Hang your treasure map up in a prominent place at home and let your dreams become reality.

Make Failure into Success

Write on a separate piece of paper and finish the following sentence:

What prevents me from moving forwards to my success is

Give this page to another person and then take from him what he wrote down. Look well at the message that you

have received from your friend, this is what is preventing you from advancing to success. What you received is the timing of the universe, so not be contemptuous and do not reject the light you have received, work with it.

Make Process an Objective

Do not forget your true objective – your happiness. Pay attention – there is no importance to the objective you set. It is important that the road to the objective be paved with the joy of life, satisfaction, and fun, since this is what you are truly seeking. The reason why you set objectives is to create a process and way. The moment the process is created, the objective does not have true importance, what is important is what you produce on the way to the objective. Therefore, at the end of each day examine whether you produce happiness on the way to your objectives. That way you will know with certainty whether you are on the way to your destiny.

Make happiness into your compass to your destiny. Never be in a place where there is no happiness; never do any activity that does not bring you happiness, since your happiness is your life. Be in a place where you are happy or be happy where you are found, be happy.

The Objective is the Death of Every Dream

The moment you chose an objective and until the day when you will attain it much time passes, sometimes a week, sometimes two years or more, the process is very long while the moment of the achievement of the objective is very short. After this moment the crisis appears, a fall, disappointment, lack of satisfaction – and then a threshold feeling appears – death. Thus, in the courtship for love, the process of courtship is long and

then there is orgasm and a sense of ending, exhaustion, a fall.

The day the objective is born in your mind, you have begun the count backward to the day it is achieved. The moment you were born you began the countdown until the day of death. From the day you were born until the day you die, life is created. From the moment you thought about the objective and until the day you achieved it, a process is created. The moment you achieved the objective, the dream, the dream shattered – died. Therefore, when you draw close to your objective, set a new objective, always be in a place where your objective is far from reality. In this way you will always be in the process, en route to the objective, en route to the dream. The process is created as a result of the creation of the objective. It is not possible to create a process without defining the objective and the date it was achieved. The objective does not have importance in life, the objective exists only to create a process. Death exists only to create life, without death it is not possible to create life, without the objective it is not possible to create a process. The process occurs in the present and what happens in the process is the being, is the life. Life is a process, the objective is the death and it is necessary to distance the objectives as much as possible. It is necessary to create a long process, long and full of happiness, to the objective. When you have defined the objective and set off to it, if the objective is one that will bring you happiness, then until the moment you achieve the objective there will not be happiness and when you achieve the objective there may be a fall, it will not meet your expectations or it won't be what you thought it

would be and again there is no happiness. For some people, all means are possible to attain their objectives and en route to the objectives they step all over people, trod them down, and sometimes kill them, and when they achieve the objectives they are more miserable and alone with all that they achieved. It is necessary to ascertain that the objective that you have defined is going to bring a happy and interesting process. There is no need for an objective that does not bring you happiness.

Otherwise, you will be in a sad process that takes you to a non-important objective. People who have lots of money cannot buy more happiness. Some people would give all their money for another person to truly love them and honor the human in them. Money is important for there to be security. Security is important to create recognition of the environment of your ability. The moment you receive recognition and you have all that you need, you ask that people will love what you do, you want respect from those around you. You look for attention and love, when people like what you do, this is feedback for you that you are giving. Pay attention that only attention that a person receives when he makes money interests him, only the caring in the end is what determines, only the process to the objective is important. The objective is the death and the process is the life – to make a process into an objective, like to make death into life, to make minus into plus, to make a problem into an experience, to make a difficulty into a challenge.

To sum up, begin the definition of your objectives with a lofty goal, define a lofty goal, and go forward from there. Then you will have everything – you will have love, you

will have success, you will have satisfaction, and you will also have the material part you sought in these objectives.

When do you need to push to the objective and when should you let it be?

You never need to push, you need to magnetize your objectives to the readiness you have created, and nevertheless promote yourself toward the objective through the compass of happiness. When you advance yourself and you are in your happiness, this is the time to advance, when you lose your happiness – let the objectives alone, let the universe do its part in the agreement, remember that you and the universe are full partners in your growth.

Meditation of the Objectives

Perform the processes ‘from the mind of the stomach’, from your supra-senses and not from the intellect. The intellect finished its role with the beginning of the performance, the intuition and your super senses will help you grow and see something that you still have not seen. Make dream a reality, make the thought become from likelihood to reality.

Set one important objective and note beside each one of the seven parts of the Circle of Creating the task to be performed. Now perform a meditation of seven long breaths, when each time you focus on one of the seven parts.

Goal – If your goal in the future is to find a new love that will bring you happiness and through which you will experience a process of learning, then in this case your lofty goal will be to bring to yourself more happiness, sharing, and love so as to give those around you, at work, in the home, and in every other place more happiness, love, and sharing as a way of life.

Thought – Imagine your love to be a flower seed that is about to sprout. In your imagination you see your flower of love grow and form just like you want it to be, in color, of a size and shape you like.

Words – Speak about your desires with the people around you in every place. Write down your objectives in a prominent place where everybody can see them.

Commitment – Say the following sentence: I know what love is, my love waits for me, I am in love.

Deeds – Go to social sessions, leave your comfort zone, meet people, don't say 'no' to any meeting.

Effort – Practice your mantras. Persist in meetings, persevere from discipline to speak of your objectives, meditate, create in your imagination your love, create your reality.

Reality – Repeat the mantra: I fashion and create my reality, I am in love that brings light and happiness to my entire environment. Be patient, be certain, your love will come at the right time for you.

Repeat the entire process of seven parts seven times, to obtain 49, add 4 and 9 and get 13 – love².

Practice meditation. Practice creates new habits that create belief that creates personality and character of the loving person that create a new reality of love.

² In Hebrew the word for love, *ahava*, אהבה, has a numerical value of 13, the sum of the value place of each letter. (In Hebrew every letter has a corresponding number א=1, ב=2, ג=5).

Simple and Complex Like Cause and Effect

“I have conveyed to you material, not simple, not easy. Know that only practice and more practice will make it simple and easy. All the material that you learn at the beginning is simple, you think that things cannot be this simple, you say to yourself that when we discuss issues from the heights of the world certainly the topics will be more complex. This type of thought leads you to search for the complex, when you find the complex, the need to simplify the information you received returns, and thus the process begins once again. Be aware of the process, search always for the simple and the easy, since life is simple and easy and there is no need to complicate it. For many people life has to be simple or it can simply not be life.”

“How can I cope with all that you are teaching me?”

“Be certain, be in the light. I am not teaching you anything, since everything is found in your DNA, you are just covering the knowledge you must have now to discover it, it is like you are putting a hand on the forehead, you are covering the forehead to see whether there is a fever. To discover the knowledge in you, you need to give it a cover.”

“It is not clear to me how when I am covering something I am discovering.”

“Sometimes you cover your eyes so you can see because the light is too strong. When you walk in the light, you put on sunglasses so as to reduce the intensity of the light. This is the cover you need so as to see, to discover you need to cover. You do not need to learn anything since all the knowledge is, as aforementioned, found in you. All the light is found with you. If you attempt to learn all the human knowledge, there are not enough years of your life to do so.”

“So what should I do?”

“You need to learn how to cover the knowledge, how to identify it from the reservoir you have at your disposal. I am not teaching you anything, I am causing you to be familiar with the tools with which you can learn by yourself.”

“How?”

“You see only some of the picture and therefore you do not truly know what is happening around you.”

“How? Explain it to me.”

“Imagine yourself facing a wall, you are close to the wall, your nose is even touching the wall. From this distance you see the grains in the wall, this is scary since you do not identify what this is, you do not see what the wall also includes at its sides, since you are really close. When you go a few centimeters away from the wall, you see that this part of the wall that you are close to is painted, but you don’t see what is painted and what color it is, you go a bit farther away to cover a larger area from

the wall and you see the colors that you saw are from a picture, you go a little farther again to cover a larger part of the wall and you see a marvelous colorful painting, you again go a bit further to try to cover an even larger area and you see that this picture is found in a building. You continue to go farther until that you discover that you are in a museum. If you leave the museum and cover an even larger area, you can discover where you are, what district, what city, what country, what world, what galaxy.”

Learn How to Learn

“When you see more, you understand more and the fear leaves you. This principle shows you that as you cover a larger area, you will discover more. Until you identify the entire picture, you learn about the parts of the picture and this seems to you to be complex. When you see the whole picture, this is simple, even very simple.”

“True, true, this happens to me. Many times I don’t have the patience to see the entire picture and in this way I break down and I don’t want to listen to what is said.”

“I have now given you an example of a situation in which you are slowly distancing yourself from the picture, slowly, slowly, so as to see it. Life provides you with parts of the picture and not the whole picture. Let the part of the picture that you saw fall into its place like a puzzle piece. You see each time one part of the puzzle and from this information you need yourself to put together the picture. When you look at small parts of the picture of life, it will be hard to see all the parts and also to put them together, this creates for you lack of security, you are scared and frightened. In this case, you should cover many of the puzzle pieces; it is possible that a certain part of the puzzle will reveal to you the meaning of the entire puzzle. When you discover the meaning, the fear will vanish. Hence, learn to listen to all that people tell you. Be open to all new knowledge, since you do not know when you will cover the part of the puzzle that will reveal to you the entire picture. This information can come in different ways, sometimes from a lesson, sometimes from

a dream you dreamed, sometimes from a film that you see, or from a conversation with a friend through which you understood what you had not understood in other ways. I have already told you that you cannot learn all that is already known, human knowledge is not infinite and therefore knowledge that comes to you is always on time, knowledge that you find for yourself comes to you in a miraculous way, this is exactly the knowledge you need to understand something with which you are currently coping.”

“Thank you, thank you, for this important knowledge. If I understood it correctly, then I in essence need to learn how to learn and not to learn everything since this is not something that I can cover.”

“Correct, all that you need to do is to learn how to learn, since you cannot cover the sum of human knowledge. Since the knowledge is found in you, what you need to learn are the tools through which you can reach all the knowledge you need at the time you need it. You need to know how to keep all the human knowledge accessible to you and to bring it for your needs when you need it.”

“Give me more examples. I need to see this from another place.”

“Yes, very well, I will explain it to you.”

How to Make Crucial Decisions

“Imagine your life to be a large and empty field. This field has no financial or emotional value, it has no meaning other than the meaning you ascribe to it. Only you and the field exist. There is nobody in the world other than you and this empty field and there is nobody to instruct you as well. You are hungry and frightened, you want to plan something on this field, and you do not know how to begin, you want to build something, a small house to live in, you think about games and plan a field for games. In the house you want something very special, you want to build a home that will be comfortable for you to live in and that will give you comfort and joy. You dream, but first you want to eat, you are hungry and you do not know where to find food. You do not do anything, since you do not know what to do and thus you and the field are waiting for a miracle to come.

Another day goes by and another day, without progress. One day you give up your dream and think to yourself that apparently this is what must be, a person comes to the world and dies after a number of days of hunger with a dream in hand.

Then suddenly a white angel appears. You see the compassion and love that he feels, you know that he will help you. You turn to him, he asks you how he can help you, and you ask to eat and drink. He asks you whether there is something else that you want and you tell him about your desire to build a home and playground. He

answers you thus: I can give you one thing from these three things. Choose from the things that I now list what is the thing that you want me to do for you, the first thing that I can do for you is to build for you the home and the playground that you want. I will be here for you until the building and playground will be ready to use. The second thing that I can give you is water and food for the coming days. I will be here for you until all the water and food you need are in place. The third thing that I can do for you is to give you a workshop with tools with which you can build for yourself the home and the playground, you can also produce good water and food, as much as you want, you can with these tools be what you want to be. I will be here for you until you learn to use the tools. 'So what do you choose of these three things?' The angel asks."

Teacher Elijah asks me, "What do you choose?"

I do not know yet what to choose. "From this story I understand that if I am very hungry and I don't have anywhere to sleep, I am certainly very frightened and therefore the first thing that I want is food and sleep in a secure place."

"True, the question is not simple and nevertheless you need to decide."

"Help me, can you teach me the way to make a decision in such a critical case like this one?"

"Yes, very well. When you truly do not know what to do and you need to make an urgent decision, imagine yourself and your environment, from today in another

year or two years or ten years. Now examine all the possibilities at your disposal from the distance of time, when you are imagining this, do not think, act from your intuition, feel your body, and make the right decision so that you will be proud in another ten years and not the decision that will bring you immediate benefit. The decision that brings you immediate benefit goes to satisfy the immediate need. The decision that makes you proud in another ten years is the correct momentous and strategic decision.”

“Yes, thank you. I would choose the workshop and the tools with which I can build a home, eat, and drink and be what I want to me.”

“Very good, I am proud of you.”

Your Tools for Success

“Do you know the workshop and the tools about which the angel spoke?”

“Yes.”

“Will I be able to understand them one day?”

“Yes.”

“Are you willing to teach me?”

“Yes, I am. The place where your workshop is found is your DNA and the tools with which you work are compassion and love.”

“It’s so simple?”

“Yes, it’s very simple. I believe you asked for simple.”

“But how do you know how to reach the DNA and how do you know what to look for and how to work with compassion and love?”

“When you need knowledge, the knowledge will be accessible to you. Regarding the compassion and love – simply be with love and compassion.”

“How do I know that I am with compassion and love?”

“Examine the feedback that you receive from people to whom you send compassion and love. Through the

feedback you obtain learn to know yourself and to correct what you want to correct.”

“This seems so easy. It seems that this is not possible. Can you give more details?”

“Yes. You need to know that when I describe to you the tools this will be complex, but when you practice the tools, this will once again be simple.”

“Yes, I understand this now.”

“All that I am teaching you, from the moment that I have met you, is found in the toolbox that you in the future will gain.”

“Do they have names, the tools and the workshop?”

“Yes, the workshop where the tools are found is the Body Soul Circle.”

I am excited and tense and also confused. “What is the way through which I work with the tools?”

“The way is ‘the way of feedback’. You learn a new language and it is not simple to learn a new language. Be patient until I present to you all the tools, the workshop, and the feedback way and then you need to practice and practice.”

“Yes, I already want to practice and do more practice.”

“Very good. It is important that you know that I am teaching you with your thirty-two intelligences.”

“Please, explain to me what the thirty-two intelligences are.”

“Yes, I will. Every person has thirty-two intelligences in four dimensions, through which he understands the world and through which he creates reality. The intelligences can be trained and healed, like a muscle, according to free will. The thirty-two intelligences include three desires, seven teachers, ten spheres, and twelve senses. The thirty-two intelligences are also the thirty-two universal values through which it is possible to treat sicknesses, mishaps, difficulties problems, and pain. When the approach to life changes, the belief changes, and when the belief changes, the values of life change. When the values of life change, the reality changes.”

“Amazing. In other words, everything is values of life; the mishaps and the sicknesses, the pain are values of life that are not good?”

“Yes. Reality is in the eyes of the observer. The observer sees the reality through an approach, outlook, beliefs, and values. Change values, reality changes. Thus, spiritual coaching is the opening of the channels of energy and is not related to knowledge”

“But you are conveying knowledge to me.”

“True. I am conveying to you knowledge through which you connect to the channels of energy. During meditation of the nine cosmic forces you receive spiritual coaching. This coaching enables you to open channels of energy so that this enables you to understand one thing from another thing.”

“Please explain this to me.”

“You can understand that you have made a mistake in a game of chess by looking at the waves of the sea, you can learn a new course of action in a soccer game through a geography lesson, you can understand how to improve your relations with your father through a movie.”

“How can I learn one thing from another thing that isn’t at all related?”

“In every cell there is the entire body. Through each cell you can learn about the entire universe. From every one thing you can learn about everything, since in every part there is the whole and therefore from every part you look at you can see others parts in the whole.”

“And this happens after spiritual coaching?”

“Yes.”

“Why does this happen after spiritual coaching?”

“Spiritual coaching is contact, it is the transfer of energy and special meditation combined in guided imagination and it implements your thirty-two intelligences. In spiritual coaching you can be, see, speak, discern, feel, love, understand, be wise, know, taste, hear, touch, smell, discover, and connect to the three desires, to the nine cosmic forces in you, to the seven teachers, and to your twelve senses.”

“Every person has thirty-two intelligences inside him?”

“Yes, each and every one.”

“So why can’t I simply implement the forces in me?”

“I will explain to you. Your DNA is a library of electromagnetic information living in your cells. Your DNA includes all the knowledge that was and all the knowledge that is yet to be. Your knowledge is not arranged, it is like a pile of books so that you do not have a way to find something when you are looking for it. If the books are organized and you have a table of contents or index, then it will be simple and easy to reach all the knowledge found in your cells. Spiritual coaching organizes for you this pile of books and creates for you an index and table of contents.”

“How through the touch of your hand and meditation do I succeed in organizing all the knowledge and creating order and a way to find everything in the existing disorder?”

“Do you know what happens when you bring a magnet to a piece of metal?”

“Yes, I know. The metal becomes a magnet. Once it did this with a pin and another time I did this with a fork and then with the magnetized fork I lifted another fork.”

“Very good. Now describe to yourself that your teacher is a very powerful magnet that was magnetized from his teachers. He now puts his hand on you. What happens to you?”

“Yes, now I understand. I myself become a powerful magnet. I am waiting for the moment when I will myself become a powerful magnet.”

“But what is the relationship to the magnet and the order of knowledge?”

“The difference between a piece of magnetized metal and a regular piece of metal is the order or disorder of the atoms in the piece of metal. In both pieces of metal there are atoms that have a positive charge and a negative charge, when the charges are ordered like soldiers in the piece of metal, then the piece of metal is magnetized and when the charges are dispersed like this pile of books the piece of metal is a regular piece.”

“The spiritual coaching that you are about to experience will magnetize you and the electromagnetic information found in your DNA will be magnetized and will be arranged and then you will be able to go inside and easily connect to the knowledge at any time you want.”

“Please explain to me how in the DNA there is knowledge that is yet to be, since the future has not yet come?”

“All that you can think of today, tomorrow, or in another twenty years you can express only through words comprised of the twenty-two letters and ten numbers from which the thirty-two intelligences are created. All that will be said in the future will be said through the twenty-two letters and ten numbers. A serious computer would be able to invent all the worlds that it is possible to express in twenty-two letters, even the words that have

not yet been spoken in the world. The words that have not yet been said are still in the future. You understand that the twenty-two letters and ten numbers include all the knowledge in the past and all the knowledge in the future.”

“God knows what are all the words that can be expressed and all the experiences that grow from the twenty-two letters and he planted them in the DNA. Therefore, every word that in the future will be said and every experience that people will experience exists in the DNA, since that is how God created man. The DNA is the physical expression of the soul; the soul knows all, since it is a part of God.”

“This is simply fascinating. This is amazing how life is changing for me from one moment to the next, with the new knowledge that you are teaching me. Nevertheless, I want to ask a question. Can every person receive spiritual coaching?”

“Yes. Every person can receive spiritual coaching from his teacher.”

“Is it possible to receive spiritual coaching without a teacher?”

“No. Spiritual coaching is the opening of the channels of energy through the awareness, through contact, through the transfer of the life energy. This is an action that can be described as the process that we describe the action of the magnet in metals. Thus, the teacher magnetizes the student or conveys through him the energy of life, the force of life. This is the energy of free will and it creates

in the student the fit and new order in the disorder. In this way the knowledge stored in the DNA becomes knowledge accessible to the student. The fit and new order created after the spiritual coaching enable the student to understand something that he could not have understood without coaching. This type of action is possible only when a teacher intends to give spiritual coaching and the student intends to receive it.”

There is a short recess.

Jumping over the Barrier of the Awareness

“Now I will teach you the secret of the nine cosmic powers to success. The nine powers are light essences through which you can communicate. When you connect to the secrets of power latent in the light essences you will have the knowledge necessary to shape your life. The nine cosmic powers are the source of all the knowledge that you learn throughout the workshop. From the nine powers the thirteen qualities and the healing of the twelve senses derive. The material I am telling you has been processed and reorganized so as to enable many people to connect to it. All that I am teaching you is one branch and the development of what is already known.”

“Development of what?”

“The Book of Creation is the source of all sources. It is the secret of all secrets. The Book of Creation is the seed and the nucleus from which the tree grows. The Book of Creation is the tree of life from which many branches grow. Through this feedback, this is one branch through which it is possible to see the whole tree.”

“You told me that the messages were obtained in the recent communications. In other words, you are teaching me about the most up-to-date branch of what is already known?”

“You can see it like this. This is like learning something very contemporary and modern that already was in the future and will be in the past?”

“Correct. For the secret and for the light there is no past or future. All the times are the present time. Therefore, it was impossible in the future and it will not be possible in the past to define this better. You were chosen to receive the material so as to pass it on to others at certain stages in your life. A large part of the material will not serve you now, but you yet will use well all the material that you are receiving. Take pains to write and document and record what you hear and feel with all your senses.”

“The nine cosmic powers are light essences that will bring you to a quantum leap and breaking of the barrier of awareness. A leap in the level of the consciousness is a quantum leap. A quantum leap occurs when something that cannot be touched becomes something real, something physical, something that can be touched.”

“Like a thought becomes material – a molecule?”

“I will describe for you the process that occurs in the body when a thought becomes material, a molecule.”

“When people are attacked by fear, depression, excitement, or any other extreme drive or urge, the brain produces signals that are sent to the adrenal gland, this produces adrenalin, and this produces a faster heartbeat, higher blood pressure, and physical changes that occur in the body. At the beginning of the process there was a thought on fear, the fear produces nerve cells – molecules. The thought becomes a molecule, a thought

transforms into physical material. The removal of the fear and the doubt, the willingness to carry on, the belief in the personal ability – are like a jump in the mechanism of healing and repair, this is a quantum leap. A quantum leap is a jump from one level of functioning to the level of awareness. When people make the quantum leap, they overcome sicknesses. They make a problem into an experience, they make a mishap into a correction, learning, and growth. People change the material through consciousness. When people overcome the material through the spirit they shatter the barrier of awareness.

The Nine Cosmic Forces for Success

The nine cosmic forces are the essences of light, the flashlights through which you light up your way and look at the world. You can use them like binoculars to bring closer or distance, to enlarge or shrink your picture of life. Your life picture is found on a large map that includes your life, a different life, and the entire universe. You can get very closer, to a distance that the picture will be really on your nose, and then you will see splotches of color spread on the picture, the splotches do not tell you anything and this scares you and then you give meaning to the patches of color. You imagine that there are potholes, wrinkles, and unpolished corners. You see there are worries and rumors, troubles and problems and sicknesses of all kinds. However, your binoculars can broaden for you the ability to see so as to observe the entire picture. As you broaden your horizons, you will see light, magic, the scope of your possibilities and the power of the forces at your disposal.

In a wondrous manner, the details that you saw from up close will disappear and their solution will be found in a magical way. This is similar to a pretty picture that you see from far away and it is amazing in its beauty. As you draw closer, you will see the meaningless strokes of the paintbrush, discern the corrections of color that ruin for you the beauty and power of the picture as you saw it from the appropriate and correct distance. Now look at

your life from the correct distance, look at your life through the nine cosmic forces.

The Power of Light – Certainty

Be certain that everything comes from the side of the light. The light is everything there is, the idea, the possibility, the infinite potential that enables you to be everything.

The Power of Beginning – Creation

The creativity of the letters and words are tools through which you create your world.

The Power of Love – The Cause

Your glue for happiness, the cause of all causes, the love is the purpose of your life.

The Power of Freedom – The Possibility

The possibility that you have to choose new instead of old, your freedom to choose between good and evil, between good and better, the freedom to be or not to be.

The Power of Thought – Wisdom

The wisdom in belief, the seed from which you can grow a new reality. Since your thought is the possibility that becomes reality.

The Power of Unity – Balance

Your wholeness is created through the contradictions in you. Accept yourself and create the balance and harmony through the difference. The world is energy with changing awareness according to desires, intentions, or agreements of people.

The Power of Observation – Wisdom

Observe through feedback, observe through your twelve senses. Observing nature and the people around you is feedback for understanding who you are.

The Power of Healing – Correction

The correction, the learning, the growth, the metamorphosis, the alchemical change and your infinite development is found in the power of healing. Heal yourself through the thirteen good qualities and thirty-two intelligences.

The Power of Immunity - Awareness

To learn how to learn, a fetal state, beginning, renewal. The meaning of the power of immunity: the information that you know that becomes awareness that breaks the barrier or the consciousness, so as to make thought material and darkness light. You are *in the light*, you are *a part of the light*, you are *the light*.

Now I will write to you a communicated message as appearing in the book *'The Lousky Method'* and in the book *'The Nine Cosmic Powers for Success'*, the open success of the Hidden Light.

Once upon a time, the future and the past occurred in the present, the movement in space was to one point; there was the unity of all there is.

Everything was one soul, one simple light.

In the time when there was not yet time, there was one simple light.

The one simple light included two sides, male and female. In the space between male and female, in the middle point, love was created.

The day you were born into a physical body, flesh and blood, mind and logic are limited by their very nature, darkness was born. Freedom of choice between good and evil was born, time and space were born, end and beginning were born. The limitations were born, life and death were born. You forgot from where you came and you began it all from the beginning.

Love was the reason for all reasons, love is the medicine of all medicines, love is God.

The Journey of the Soul to the Land of the Nine Cosmic Forces

Once upon a time, the future and the past occurred in the present, the movement in space was to one point; there was the unity of all there is. Everything was one soul, one simple light. The day you were born into a physical body, flesh and blood, mind and logic, which are limited by their very nature, you stopped seeing only light, the night was born, the freedom of choice was born, between good and evil. Time and space were born, end and beginning were born. The limitations were born, life and death were born. You have forgotten from where you came and you have begun it all anew.

The light is the source of creation, the source of Creation, the source of life. Without life nothing can exist in nature. Man cannot exist without the presence of the light. The light exists in everything, the light exists in all your deeds and it accompanies you in all your paths. The light is all that there is, the light is abundance, success, love, relationships, health, all that is found in the light. Mishaps, pain, failures, sicknesses also come from the side of the light, since the light is all that there is.

In the beginning there was no beginning, since there is no beginning and no end. When you were born, you came to a world that already was, that always was. The world is energy with awareness of its own, which changes and

acts according to the expectations, intentions, or agreements of people. The awareness of people is energy that can control the awareness of the material. The awareness of people is energy that can change a result and make everything real. You create the world around you using your awareness. In the physical world where you are undergoing experiences, everything has a beginning and an end. The limits of your logic do not perceive meanings of no end, no time, no space. Therefore, in every process in the physical world first the idea is born, the possibility to create something from something is created. The illumination is created, the ability to plant a seed and to begin everything from the beginning. 'Everything' is found at a hand's reach and therefore to find it you only need to cover. The day you were born, your ability to discover was there, the idea was born, the ability to create was born, the possibility was born, the power of the beginning was born.

Love is the motivating power. Love is the energy through which imagination and freedom are created, through which creation and growth are made. Love is the lofty goal, the only goal. Love is the reason for all occurrences. Love is the force from which every idea is created, grows, and develops. The light created the ability to create something from something, from the force of love, and therefore in the physical world love is the only power that can make something good into something better. Love is the only power that can bring a person to vibrate until his soul is touched, love is the supreme and undisputed power, love is the cause of all causes, love is the purpose of all purposes, love is the objective of all

objectives, love is the medicine of all the medicines, love is God.

The soul is part of the 'everything' that is covered totally in light. The light filled it so that nothing is lacking in it. However, the soul wanted to give and not only to receive; it sought wisdom, intelligence, and knowledge and freedom of choice. The soul wanted to do something in exchange for all the abundance that it receives from the light. The light responded, reduced itself, and then there was the big bang. The light was removed from the tool and a lack of light was created in the tool and thus the desire to receive was created. The reduction created man and earth, a world of material when its fundament of existence is the desire to give of itself. Now the soul has a place where it can give of itself and not only receive. For the experience and the giving of the soul to be true, it forgets its identity and its ability the moment it enters the physical body. The soul now acts in the limited physical body, when the essence of its existence is the desire to receive into itself. The limitations of the physical body enable the soul to correct, to change, to reach achievements while improving its abilities and in this way to earn the hidden light, to be appropriate for the infinite abundance.

The soul is found now in the workshop of life, it goes on a journey of experiences through which it wants to receive and also to give without feeling bad about the fact that it receives and receives, without the option of giving. The journey of the soul in the physical body ends when its desire to receive will be only so as to give to others. Thus it reaches the form of the light and then it

can return and again be united with the light. This time it can remain there since it has achieved the right through its work. The task that the soul has assumed onto itself is difficult and therefore it divides into parts in many people and thus more and more people are born and the soul returns and is reincarnated in the physical world. Every person takes part in the task until it is completely finished. The soul sets for itself objectives before it enters the physical body and it goes to achieve them. The moment the soul connects to the physical body, the person forgets its objectives and abilities. Thus, it can act freely and choose at any moment its experiences and path. The soul remembers the objectives and acts to achieve them through the person's unconscious. When the person is not aware of his objectives and abilities, he is not connected to his soul. A person creates from his power of belief his personal reality and the world where he lives and experiences; he does this not consciously through his unconscious. When the person will remember, he will return to himself the conscious ability to control material with the power of thought. A person is gifted with the ability to control material through the thought, like the soul.

The difficulties that the person encounters during his journeys require him to be focused on the physical world. The observation inwards appears to him to be superfluous and he cannot allow himself this. He does not remember the purpose of his existence and is not aware of his ability to create. He is engaged in himself – in the physical survival, in the livelihood, in the raising of the children, in the building of a home, in the accumulation of money, pension, in the building of a

career. He is busy with the achievements of his 'ego'. A person is engaged in and focused on the physical world; a person creates the illusion and also believes in it. People unite around survival in the changing physical world as something that was forced upon them, forced upon the soul as a way of coping and improving its ability. People see the contradictions as they simply are – light and dark, good and bad, life and death. The reason for the existence of the contradictions derives from the need to create unity. The difference is intended to complete a circle of flow of receiving and giving in one unity.

People began to understand that there are many things that are not seen or heard and yet nevertheless exist. An atom nucleus is not seen with the eye and yet nuclear plants exist. The whistle that the dog obeys is not heard, the contact devices receive communication in waves that are not heard – and that yet exist. People understand that the reason that they don't see or hear derives from their physical limitation and not because the phenomenon does not exist. Looking at nature, the universe, and the people around you is feedback to understand who you are. The fact that you live around people and not alone, the fact that you can live only when you have stable ground under your feet, water, and oxygen teach you that people and the universe are your training ground and through them you learn what you have come to learn. Through the feedback that you receive from people around you and from the observation of nature and the universe you have a lesson to get to know life anew, to understand what really happens to you, to remember who you are, and what are you are doing here. To connect to the soul's source of power, you need to look, you need to look at

your past and your future and the purpose of your existence, to look outside to the universe and inside to the soul, in your memory banks.

The person attained wisdom that will lead it to the end of the adventure. The person understood that the way to understand who he is occurs through constant change, the flow of energy, improvement, betterment, and correction, like in nature. Every person sets for himself the way to correction until he connects to the light. When the person is found in imbalance, he does not look and also cannot identify the signals that the universe and life show him at the intersections. He does not succeed in attaining his destiny in awareness. He is not connected to the light. Since there is no way but to return to the light in an infinite process of correction, a person acts through the unconscious and musters to his aid pain and sicknesses through which he learns about the way. The illnesses enable him to derive benefit that he would not succeed in producing in another way. The benefit that comes from the illness is the cause for the illness. A sickness grows from imbalance, a stoppage, a blockage, or an obstruction of food, air, blood, or energy. Your body is the channel through which the air, the blood, and the physical food flow. Your body is the channel of energy, chakras, and meridians for the transfer of energy, for the attraction of light. The blockage of one of these will cause a serious problem in the overall functioning and will cause sicknesses.

The knowledge that the purpose of your existence is constant change and improvement of the soul through the body immunizes you against difficult experiences and

makes them a part of the game in the workshop of life. All information, every event, every person you meet teaches you something. Their goal is to help you achieve your personal objectives. The willingness to undergo difficult experiences without fear of being afraid can cause the weakness and even the disappearance of the fear and the difficulty. The knowledge that everything has a reason, that every combination of events has an explanation and a causal relationship brings you to the conclusions that every event in your life comes to teach you something: the learning, the growth, the unending research is the way you will reach the purpose of your existence. All experiences, even the negative ones, come from the side of the light, so as to show you the way. When you accept this fact, you will acquire the power and strength that will help you accept every experience with love.

The Infinite

Once upon a time there was light – unending flow and giving – love, happiness, happiness, color, life, eternity without beginning and without end, there is infinity. The light reduced itself and desire and longing were created. The big bang shattered the soul into pieces and it went on a journey in the land of the hidden light. The land and man were created, when the essence of their existence is the desire to accept into themselves, to attract light. The light gave the person freedom to try by himself, to be the light on the ground, to be the Creator. There is something from something, from the force of love, to profit the light through success in the tests of the physical world and the limitations of time and space, to be deserving of the light

through coping in the tests of love, career, money, and health, to choose a personal reality with the power of thought and belief. To look, to remember, to know, and to be the creator of something from nothing, to acquire the power of unity, to master the material in the power of thought, to be the master of the earth.

On that day the hidden secret will be revealed light. The journey of the soul in the physical body will end, the reduction will be eliminated, the shards of the soul will unite into one soul – one man.

The secret of the nine cosmic powers, the wisdom of the thirteen good qualities, and the healing of the senses are tools for the shaping of life. These tools create a spiritual coaching program for personal and professional growth, tools for healing the body-mind through the awareness. In the future all thirty-two intelligences will be used.

Now I will teach you the secret of the scale of the thirteen good qualities.

Teacher Elijah dictates.

The Scale of the Thirteen Good Qualities

The thirteen good qualities are a scale of values through which you rise from one quality to another above it, until you have reached the level of the Creator, in whose image you are. Receive so as to give, connect to love, to the cause of all causes, the medicine of all medicines. Love is the purpose, love is God Himself.

Your way to connect to God in you is the way of love and compassion that you create through the scale of the thirteen good qualities.

1. Know Yourself through Feedback

Looking at the people around you, in nature, and in your feelings is feedback for understanding who you are. The feedback that you obtain from the people around you and from nature is a mirror. Sometimes you see the mirror of another person and sometimes you see yourself through his mirror. When the feedback creates in you good or bad feelings, this is you, when the feedback creates in you compassion – acceptance and forgiveness, this is the mirror you have seen and this is not yours.

2. Be Responsible

Do not play the victim, do not tell stories, and do not blame others. When you change, the world will change for you. You do not have to do a thing, you want to do things. If you must, then sickness and pain come to save you from the commitment. Therefore, take responsibility.

3. Be Where You Are Found

The past is for forgiveness, the present is for acceptance, and the future is for growth. Do not live in the past and do not worry about the future. Be where you are found in the body, in the thought, and in your soul. Live your being, be the experience, be here and now.

4. Be Prepared

For every result there is a cause – every thought creates a reality. An approach creates habits, habits create belief, belief creates readiness, and readiness creates reality. Change the approach, change habits, create belief and readiness, when you create preparedness then opportunity will appear. Sometimes the readiness is what creates the opportunity.

5. Appreciate Yourself

Every pain is an illness from which you derive profit and benefit. Sometimes this is a lesson that you seek to learn. The benefit or profit or the lesson are the cause of the illness. Learn your lesson and find an alternative to the profit and benefit and eliminate the illness. Create a situation of ‘win-win’ in every case. Do one good deed a day, give secretly, appreciate yourself for this, and then you will earn the light.

6. Live with Influence

Before the performance of every action of yours – stop, look, create at least two accessible possibilities – ‘to be or not to be’. Now choose one of the possibilities from the influence and true freedom. The force of resistance that you exert eliminates the short-circuit and creates a light that enables you to see another way to a solution

and thus to be with freedom of choice and influence on your life.

7. Be Loyal to Yourself

Acknowledge the fact that you act like an automaton, you respond to an event that harmed you in the past. You create layers of protection and image that enable you to conceal the human in you, the softness and the joy, you hide who you are so as to protect yourself. You play the tough one so as to conceal the human aspects, so that you will not be hurt again and again. To effect a change and forge a breakthrough, to connect to yourself and the joy in you, to be who you are – act opposite to your habits, exert the opposite force.

8. Make the Process an Objective

Reverse the process to the objective and the goal to the means. Reverse the separation to return and the end to the beginning. After you have defined an objective, let it be, let the universe do its part in your partnership. Be like a lead that flows in the waters of the river, knowing with certainty that it will reach the sea. Be certain that the world is eternally uncertain and the true control is found in the tranquility of lack of control.

9. Be with Compassion

Compassion eliminates illness. To eliminate the pain of the illness, to burn the karma and the judgment that comes with the karma, identify the fakery and the lack of authenticity, identify this through the feedback and know where you are betraying your beliefs and correct the situation. Create compassion – acceptance and forgiveness.

10. Follow the Happiness

Your happiness is your compass to your destiny. Always follow after the happiness in your life, where the light and abundance are waiting. Be in a place that brings you happiness or bring the happiness to the place where you are found.

11. Accept so as to Give

Be the channel of abundance and not a full warehouse. Take from all the plentitude only so that you can give, immediately pass on what you receive. Pass on the knowledge and the money and the health and the love and the happiness in you to others, create a flow and life.

12. Act from Good Intentions

Your intentions and your motives are what determine the quality of the result. Examine what your motive is to accept or give and not the fact of the acceptance or giving. The world is energy that acts and changes according to the desires, agreements, or intentions of people. Therefore be directed and focused and thus leave the confusion behind. Listen to the people around you, listen to the universe and to yourself, do this with discipline so as to create new meaning.

13. Give Your Love Freely

Love is the opposite of fear. For the fear to vanish, love your fear. The fear wants to teach you something about yourself that you could not learn without the fear, so love your fear, love yourself, love others freely. Loving freely is the power that balances and builds, as opposed to the easy hatred and forces of destruction. Loving freely

creates balance, growth, and correction. Loving freely is the medicine of all medicines.

Teacher Elijah dictates.

The World Is Illusion

The world is built so that everything that exists has an opposite, something that cancels it out. The world cancels itself out so as to create nothingness. The need to create nothingness is essential so as to create new from the old. There is no possibility of creating something unless its place is given for something else.

A particle and an anti-particle cancel one another out when there is an encounter between them – and what remains is energy. Energy creates disorder as opposed to the exemplary order of the universe and thus they cancel one another out.

New cells are created instead of the old cells which yield up their places. New life is created instead of life that gives up its place. We see that the human body is the feedback of the soul, the physical is the mirror of the metaphysical, the micro is the feedback of the macro, the universe is the feedback of life. The DNA is the physical expression of the soul. Filled with nothing everything can grow, the ending is what creates the beginning, time and space are what create change, the egg and the sperm are eliminated and create new life. The heaven and the earth, man and earth, listening and speaking, change and stability, nutrition and cleanliness, Big Bang and Big Crunch, movement and return, design and be designed, attack and defend, intuition and logic, question and answer, spread and contract, attract and reject, tension and relaxation – forces of destruction and forces of construction, all are the mirror of the other, one is

feedback of the other, one is the shadow of the other, one cancels the other out. All this is intended to create an illusion, that there is nothing real in truth, all that you create is echo and shadow, only you are real and true. The lack of reality and lack of discipline are what enable you to create all meaning and all realness that you want to create.

You can understand something from something else, you can know yourself through the feedback that you receive from life and nature around you, and thus you can create realness.

The Source of Knowledge and the Secrets of Life

I know that when our workshop will end, my true learning process will commence. The material is fascinating. I feel a profound sense in my stomach that today I have already received the tool with which I have the ability to create any objective in my life. I also know that at any time I will convey this material to other people.

Teacher Elijah says, “I am proud of you and of your unique way to bring through me the material.”

“Please tell me what the origin of the material is. Where does this learning material come from? How did you obtain the material? Who taught you?”

“I will tell you. The learning material that I am passing on to you came to me from my instructors. They obtained the material from their instructors, who obtained the material from their instructors. The material went from teacher to student over five thousand years.”

“Where did all the teachers get the material?”

“My teachers say that all the material that is written in the Book of Creation is attributed to the Patriarch Abraham and the Bible – the book of all books of all religions and nations. The Book of Creation is the source of the secret, the seed and the root of the Tree of Life

from which all branches grow. The Book of Creation is written in codes so that they cannot be understood. The Book of Creation is the Hidden Light that has been openly seen from time immemorial. The world was not ready to receive the secret and therefore it was hidden in the stories of the Bible. Only when humanity was found worthy to receive the secret were the Book of the *Zohar*, the Books of the *Kabala*, and other books of secrets written on the basis of the Book of Creation and then humanity began to discover the secrets of life. Many spiritual teachers came to world to guide man in his way to the light. Our forefather Abraham was the first learned man in the *Kabala* and was the first astrologist in human history, and according to tradition he wrote the Book of Creation. Abraham our Father is the father of Israel and Ishmael, of Jesus and Mohammed, of Lao Tse and Buddha, and of all members of all religions and all races living today in the world. Moses our father was the greatest of all the spiritual teachers. Moses killed the Egyptian with a look and split the Red Sea with a wave of his hand. After him came many spiritual teachers, of different religions and nations. The teachers spoke different languages and were of different cultures. Some teachers spoke, some teachers sang, some teachers wrote books or poems, some teachers are openly seen while others are hidden. Spiritual teachers are found among us in different ways suited to the human uniqueness. All the spiritual teachers speak about the same secrets that have never changed. The instructors have presented the secrets in different and special wrappings that suit the cultures and absorption rate of people and discussed them in their unique manners. Thus approaches, perceptions, philosophies, religions, theories, doctrines, milestones,

and teachers have been born. From the *Kabala* there have been teachers like Rabbi Akiva, Rabbi Shimon Bar Yochai, the Holy Ari, Rabbi Meir of the Miracle, Maimonides, Rabbi Nachman of Braslav, Rabbi Azulay, Rabbi Ashlag, and many others. From the East and the other religions, there is Taoism of Lao Tse, Confucianism of Confucius, Buddhism of Buddha, Christianity of Jesus, and Islam of Mohammed, and many others. There are many spiritual guides who came afterwards, all with the purpose of teaching people in their unique way the secrets of life, the source of happiness, the light – the way to the one.

One Door Leads to Another Ten Doors

“Are you still learning new things?”

“Oh yes, all the time.”

“Why do you need to learn, if you already know the secrets of life? The answer is that when you learn something new, it is like a door has been opened in front of you. You like what you see in a room that is opened in front of you, you learn and grow and then you see that in this room there are another ten doors. Out of curiosity you open one door and through it you go into another room, where you again learn a lot, you grow, and again you see that in this room, too, there are ten doors, you now understand that every door that you opened and passed through then opened for you another ten doors to the knowledge that was not at your disposal. You understand that every additional door that you open distances you from the possibility of opening all the doors that that were opened for you. You understand that the more you learn, the more you understand that you do not understand that you do not understand.

I know people who do not want to learn. They say that they know enough, but how do they not see the infinite nature of the existing knowledge? When a person tells you that he knows everything, this is the sign for you that he still has not opened the first door to the secrets of life.

You already know that when the first door is open, it leads you to another ten doors.”

“So where do people get the confidence to say that they know everything?”

“When a person doesn’t know that he doesn’t know, he thinks that he knows and therefore he displays his confidence. The person’s lack of confidence speaks. Your role is to show him in a creative manner the first door and from there he will continue on his own on the journey to the secrets of life.”

Yes, I understand. I think to myself. What a wonderful thing it must be to open doors for people and to enable them to connect to life, as it really is, and then I say to Teacher Elijah. “This is the challenge that I take upon myself, this is my destiny, I will open for many people the first door to the world of secret.” Then I go quickly to ask questions that I have written down, before the workshop reaches its end.

The Secrets of Life Do Not Change

“On the first day you told me that there are things that you receive through communication. How do you communicate?”

“Communication is obtained through light entities or essences. Throughout human history, the communicators received material through a trance, in other words, shaking in voice and in body that created an entity that entered into the communicator and spoke from his throat. We know today that all obtained knowledge is from the DNA, this is the new information that is obtained in communication. In other words, a person who wants to communicate can connect to the accessible knowledge found in every cell in the body and to obtain new knowledge without a trance.”

“If all the knowledge is found and there is nothing new under the sun, then where does new knowledge come from?”

“There is no new secret under the sun. The knowledge that does not change is the secret, the secrets of life do not change since the secret includes the core of the creating of the person and with regard to this nothing has changed and nothing will change. What changes are the ways and possibilities of connecting to the secret. The world and life are in constant formation and in a learning process of the secret. Everything changes to create new

information. There is no one thing in the world that was once and repeated itself again. Every wave that you see in the sea is a different wave from all the previous waves and will be different from all the waves that are yet to come. The emerging change is like the time that does not stop moving forwards. Space and time create the change, the emerging change is always new. The change that occurs helps the person to understand further possibilities and to search for further ways, to open more doors, so as to understand the secret. The secret is found in the dimension where there is no movement, while the change and the movement are found in the physical world. Therefore, the secret does not change while the way to understand the secret undergoes changes like the changing time.

How to Communicate with Yourself

“If all the knowledge is accessible from ourselves, why do we engage in the learning process?”

“The world, as aforementioned, is forming all the time and changing and the knowledge comes from different places of the universe. Therefore there is no choice, each person needs to enter, once in a while, himself so as to absorb accessible knowledge necessary for him so as to continue his personal development.”

“I mean, why do I need to learn in the school what I learn, instead of entering inward to see?”

“You are right, we report that there are students like you who go over the material by scanning it and absorb it like a computer scanner. There are others who intuitively know what the material they will be asked about on the test is and they learn only this material and others who create communication with their self and connect to DNA and knowledge as a whole. There are people who cannot do any of the things that I listed and they need to learn everything although this is inside them; this is similar to tiles that raised dust and it is necessary to scrub them or remove the dust. Thus, you understand why sometimes there is a sense of *déjà vu*, something you have learned the first time and you have the knowledge that you already know from some place, the place where you know is from yourself, everything is found in you.

The spiritual teachers say – the answer is found in you, the question includes the response.”

“Have people always known that they can communicate with themselves?”

“No, this knowledge is new. Now it can be said that the answer is found in your knowledge base, go find it there.”

“I knew from the very first day, I knew that I know all the teacher taught me and I did not understand where I know things that I heard from the first time from the teacher. Now it is clear to me. The moment I hear something that was inside of me, I remember it and this is truly like shaking the dust off of something that exists and not the learning of something new. Teacher, how is it possible to communicate, if not by trance?”

“Communication occurs during a conversation when you say something that you never said and never learned. Communication occurs when you read a book and from what you read, you obtain new knowledge. Communication occurs when you dream. Strong communication occurs when you write or teach, when you dance or sing.”

“Do you communicate during your lessons with me?”

“Yes, you attract new communicated knowledge.”

“On what issue did I attract through you new knowledge?”

“All the answers that you obtained to your questions were responses that for the first time were said by me; these are responses that I had never heard at any place.”

So we really attract communicated knowledge – this really affects me.

We then have a short break, and I return full of energy with a question written in my notebook. I notice that my teacher has a method: when we return to the lesson he asks me what else do I want to ask and when I ask a question he answers, so this time I am ready with a question. While I am putting my thoughts together, the teacher asks me, “What else would you like to ask?”

I ask, “What is the best way to reach the knowledge reserves?”

“Very well”, he answers, as I had expected. “The best way, of course, is communication through deep meditation with the nine cosmic forces.”

“Please teach me the meditation of the nine cosmic forces so that I can connect to the knowledge in me.”

“Yes, very well.”

Teacher Elijah dictates.

Communication – The Chariot and the Nine Cosmic Forces

The first stage is the cleanliness. Look at your body, study the behavior of your body. When you seek to be released from movement, look at the pain that comes, at the stimulus, at the itch that appears. Look at the body's desire to move and to be under your control. Be in control of your body instead of having your body control you. Let your body be where it wants to be, release the body from you, you and the body are separate, now the body will release you from it. Now look at your breathing, study the breathing, you inhale and exhale the same amount of air that you receive, you get oxygen and release carbon dioxide. You cannot not breath, the moment you attempt to skip a breath, you choke. Therefore, allow your breathing to receive so as to give. Like your breathing, be calm and relaxed, until the situation where you and the breathing are separate and therefore you do not exist.

Now look at your thoughts. Look at the noise that the thoughts create, look at the confusion, let the thoughts be where they want to be, be among the thoughts, go to the 'nothing', be released from the desires that enslave you – be free of the desires. When you do not want to talk, you do not need a thing, it is like you have everything.

Go to the nothing in which there is everything.

Look at your desires, your thoughts, your body. Imagine to yourself all your desires, be there in your imagination, look at your motives for looking, examine whether you are filled with light and do not need a thing, look whether you still want something for yourself, whether you are in true freedom. Go to your freedom, there you do not want a thing since you do not need anything, you can be or not be, you choose.

Use your remote control – use the power of intention.

Direct your thoughts to the good God, ask to connect to your destiny, ask your good God for the ability to be light, happiness, and love. Direct the thoughts to the Temple of the Nine and to the Nine Cosmic Forces for Success. Pray, ask questions, ask. Ask the guides to help you create your objectives. Say: “With the help of the good God, with the help of my instructors, and with the help of the Nine Cosmic Forces I am light, I am happiness, I am love, I am success, I am forever young.” Repeat this nine times. Now say: “Today I have been born anew, life begins today. I live forever in happiness, love, and light.” Examine your motive to your desire to receive and not the very acceptance. Your motive must be ‘to accept so as to give’.

The Chariot of the Nine Cosmic Forces

Nurture yourself with the number 4234, which symbolizes chariot. Add $4+3+2+4 = 13 = \text{Love}$. Communicate with the nine cosmic forces, $(4+2+3)$. Imagine your head with a crown in the sky, where the light is, and your legs are strong on the ground where the

power of strength (2) is found and in the center of your body the force of love (3) around you there are six forces that create the Star of David. The symbol is comprised of four worlds (4) – the world of doing, creating, Creation, and the world of nobility, alongside the four worlds there are the four holy animals –lion, ox, eagle, and man.

The two remaining sides of the Star of David are the right line and the left line and your heart in the middle creates the middle line and the balance between them (3). Now you are in the chariot – your head is in the heavens and your feet are stable on the ground and your heart is at the center of the chariot and around you is the Star of David. Now ride the chariot and go to the Temple of the Nine, where there are nine angels. They are your spiritual guides who have accompanied you always. Each one of the guides is responsible for one force. When you reach the Temple of the Nine, your guides stand around the chariot and they now are at your service and ready to defend you. Each one of the teachers thanks you for calling him and enabling him to serve you. The looks of your teachers express admiration and prestige for the work you do. Now you are filled with light and love that are influenced by the nine essences of light and the nine entities of light. Now you know that you can be what you want to be. Say the names of the nine cosmic forces one after the other, give meaning and intention to each force.

Force of strength – certainty

Force of beginning – creativity

Force of love – cause

Force of freedom – possibility

Force of thought – wisdom

Force of unity – balance
Force of observation – wisdom
Force of healing – correction
Force of strength – awareness

In meditation, sitting, standing, or in the shower – hug yourself with both hands. Lean forward a bit and create the number nine using your body, roll your eyes nine times, one roll for each force you are asking. In a ritual bath, a pool of water, or the sea – hold your knees in both hands in a fetal position and shape the number nine using the body. Feel like you are in the womb and immerse yourself nine times in water, one time for each force you are seeking. Go out of the water with the feeling that you have now been born, imagine your re-birth.

Now perform the breakthrough through your twelve senses. Let your cells absorb the waves of heat that are giving your body the energy of healing. Look at the amazing colors that color your life in pink and blue, let your thoughts set sail to your dream imagination. Ask a wish, pray, and esteem yourself, use the power of the letters, listen to the sounds that create harmony and balance in your life, smell the life forming around you. Taste the wonderful taste of freedom, let the belly of your unconscious and your beliefs feel and speak, let your heat feel and tell you the secret, touch your entire body, let your feelings go to each one of the cells in your body.

Now you know that you are whole healing, you are the art of healing and growth.

Connect to Your Soul

Now, while closing your eyes, look between your eyes, to the third eye that is found in the DNA spiral, covered with a halo of brilliant light. Imagine the spiral entering the body with the halo of light of the environment. Imagine the halo of light steadily spreading in the body until it fills the body and your entire halo is surrounding your body and creates a comprehensive light that preserves you. Now open the DNA book and connect to the knowledge you need. Wait at this point until the knowledge comes. Record yourself or write during the contact the messages and knowledge obtained. Look at the soul – put on each one of your eyes two fingers and press on the eyes. Now you see the hidden light, be in this light until it vanishes. Appreciate the ability given to you; appreciate yourself for your work.

Now Create Flow and Balance

Now say thank-you to God, to all your instructors, and to the nine cosmic forces. Pass this onwards – put your hands on the floor, send to all life on the planet earth the knowledge and love you received, send love freely, create free love in the universe. Now appreciate yourself.

Practice

As you persevere in practicing the meditation and as you are aimed more at your objectives, the outcome will be better. Practice the meditation every day. Daily practice will ensure new habits and a new reality.

Now I will teach you a short prayer through which you will strengthen your belief at every free moment you have.

Write a Prayer and Short Mantra

“With the help of my good God, with the help of the nine instructors from the Temple of the Nine, with the help of the nine cosmic forces –

I am at my objectives – direct toward my objectives

I am at my destiny – direct toward the destiny

I am success, I am happiness, I am love, I am light, I am forever young.”

Bow deeply to all the teachers and helpers and say thank you. Put your hands on the floor and send all that you have received to the universe and create a flow.

This is amazing. I saw myself travelling in a chariot at the speed of thought, without time and without space. All the limitations were eliminated. I was me for a short hour; I was my soul for a short time.

“If I want to communicate and obtain new knowledge, what do I do if after the meditation new knowledge is not obtained or I do not connect to the knowledge I need?”

“You let it be, do not be pressured. The knowledge will come one way or another, the knowledge can come through conversation with a friend, you can find yourself talking with a friend about chess and from this understand something you sought to understand through communication. The knowledge can come through a book you read or a film or a dream. Be certain that what you receive or do not receive is for your benefit, be certain and confident that you are always in the light.

Rules of Meditation

To obtain a good result in meditation, uphold the following rules. In a place that is not physical there is no movement; lack of movement in meditation will help you leave yourself and connect. The pain in the body, the 'itching' intend to give you a trial – the body will not be painful if you engage in giving. Take for yourself a moment of quiet to bring the tranquility to others, clear your head from the unending speech, feel the emptiness, the void into which you are entering. Remove all thoughts that come, create nothing, enter the interval – the gap between thoughts, create protection around the body, focus on breathing. Give it color, imagine your spiritual instructor with a name and form, see your body in reflection, feel energies flowing in the body, give color to the energy, listen to your body, be discipline so as to see new meaning, be in giving, giving prevents pain – the mind does not hurt since it only gives.

Look at a breath and imagine it a soul, take in air and imagine it light, look how everything that goes in goes out, like you must receive so as to give. See the fear, the fear of God, like you see the light. Have good intent, since this develops all occurrences. Learn to take control over your fate through the ability to give up control, roll your eyes upward toward the third eye, press on the eyes with both fingers, connect to the light, be relaxed, calm, without tension, and at the same time be alert. Enable comprehensive, in-breadth and in-depth attention, experience your natural place. The physical place is the distance from yourself, to move is to distance. To

distance the self is to be, to acquire, to form. Go to a place you where you do not want to talk since you do not need to talk. Examine the motive of your desire to receive and not the very action of receiving. When you do not want something, a new relationship with the environment begins.

Your Imagination Is a Rich World of Possibilities

From time to time perform guided imagery during the meditation. Each time do another thing, play with your imagination and create a rich world of possibilities for yourself.

1. Compare energies to objects, give them form, smell, and color.
2. Remove walls – a wall is like a problem.
3. Slaughter the sacred cows so as to forge non-routine ways and paths.
4. Look at the halo through colors and moods. Examine whether there is repetition of colors in identical moods. Build a tool for the observation of people and yourself through the halo.
5. Import a ball of fire that goes down through a transparent tube into which you will place the two illuminated letters of your name. The tube goes through the head to the body and illuminates the body and then the entire universe. Send energy to the entire universe.
6. Imagine a small ball of fire that runs through all the parts of your body and heals you and your thoughts.
7. Imagine a field of flowers that characterizes your health. Remove the thorns and other problems.
8. Compare your body to an orchestra, compare a problem in your body to one of players who has erred or ignored these sounds or go to fix them.
9. Imagine going down a corridor to a room where you will find the light, be there in the light.

10. Reconstruct your past – go to the favorite place and there reconstruct the most painful event while you change the negative approach to it and thus you change your experience of the past.
11. Go above the clouds, dance, sing, be there a successful movie star.
12. Go above the clouds, be there, float there – feel the floating.
13. Think about the three letters that will constitute your personal code to distance every evil that comes to you.
14. Think about people as parts of the same body – think that another person is a piece of meat from the tips of your toes and when the other person hurts so too does your toe hurt. In essence, all humanity is one. The spirit and the storms are only an expression of the energy that arises from people and creates storm or tranquility.
15. Imagine yourself to be a small invisible ball of light. Tie yourself with a chain to the navel and go for a trip among relatives and friends, be there and watch.
16. Meditate against the jealousy and anger, the Hebrew letters – ך - ל - ם.
17. You are nine years old. Would you return and live your life in the same way?
18. Fill the break, fix the crack, remove the doubt.
19. Go and stand before the locked door, find the solution and the way.
20. Be one of the survivors from Noah's Ark.
21. Finish up uncompleted business, close the circle so as to open a new page.
22. Imagine yourself besides a bonfire with your friends.
23. You and your wet dreams.

24. Go naked in the home.
25. Go into the picture you have created.
26. You are a little boy that everybody loves.
27. Be a flower in a vase.
28. Go the place where you want to be.
29. Take a backpack and go!
30. Look at your thoughts, look between your thoughts.
31. Look at the person in your with the inner smile.
32. Speak with your body, touch yourself.
33. Be a tree, and water, and flower, be nature.
34. Search for your chest of secrets.
35. Go home.
36. Fly, fly far.
37. Shatter all walls and fences.
38. The Hebrew letters ע-ל-ם good thoughts.
39. The Hebrew letters מ-ה-ש the force of healing.
40. The Hebrew letters כ-ה-ח the force of the defense.
41. The Hebrew letters ה-ה-ח love freely.
42. The Hebrew letters י-י-י the blessing of the Priests
– three lines of energy.
43. The Hebrew letters ו-ש-ר to communicate with the
power of the Messiah.
44. The Hebrew letters ר-ה-ע the force to get up from
every fall.
45. The Hebrew letters ע-ר-י the force of certainty.
46. The Hebrew letters ס-א-ל the force of a good
livelihood.

Make a Mantra for Yourself

Now write for yourself a number of mantras that will help you connect deeply in your observation. Express in a rising voice the sound 'ohm', say your personal name, find three letters that will become the name of your code, find for yourself a mantra and nurture yourself. Now I will dictate to you a number of mantras and you should use them according to your changing needs.

- Hear oh Israel the Lord is God the Lord is One.
- Answer me, He Who answers at time of mercy, answer me.
- From the straits I call you, please answer me.
- My Lord will give strength to his people, my Lord will bless his people and me with peace.
- Those who sow with tears will reap with joy. (Direct to yourself)
- Will peace be with you and abide in your homes.
- The words of Your voice are better for me than a thousand pieces of silver and gold.
- The entire world is a very narrow bridge and the main thing is not to fear at all.
- And the angel of God will travel ahead of the camp of Israel and will go behind them and the pillar of cloud will go before them and behind them.
- And Moses stretched out his hand over the sea; and the Lord caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided.

- Give peace, goodness, and blessing, charity and mercy, for me and for the entire world.
- Bless for us this year and bless the land.
- God bless me, for grace and charity and mercy, good life and peace.
- He will not rest and will no sleep, the keeper of Israel.
- God will keep me from all evil, will preserve my soul, God will keep my going and coming safe, from now and until the end of the world, and all those who want to hurt me, quickly disrupt their counsel and ruin their thought.

“Did the teachers give you the knowledge on the secrets of life as organized and orderly knowledge that can be passed on?”

“Yes, certainly the teachers spoke to me like I am speaking to you and through questions and answers I absorbed much knowledge. However, there were periods when I would listen for hours to what they said through communication or in the regular lessons and in this way they conveyed to me in a methodical manner the secrets of life.”

“Can I receive from you in a methodical manner the secret through dictation?”

“Yes, I will dictate to you the material so that you will have it ready at any time you will need it.”

I am about to learn the secrets that if you practice them for a long enough time, you will have the ability to shape

your life in a way you choose, you can be what you want to be.

Teacher Elijah dictates.

The Power of Resistance

1. Man Is Not Animal – Say No

To exert the power of resistance you need to say ‘no’, ‘stop’, ‘not’. The ability you have to say ‘no’ to something that naturally you would say ‘yes’ is what makes the difference between man and animal. This is your freedom of choice. To exert your power of resistance it is necessary to stop and not respond immediately to an event that is occurring. The moment that an event occurs and until the response occurs, time should pass, this time period may be very short or very long.

2. Freedom of Choice

The passing time needs to create for you enlightenment – another possibility of seeing the event and as a result acting from freedom of choice. When you respond to a certain event in a pre-known way, you act as an automaton that repeats itself, you are the automaton that is activated by others, you are an automaton that is run by the event, somebody presses a button and you respond as expected. In actuality you lack control over what happens to you and others obtained control over you.

The truth is that you are the one who gives others the control over your life and all that you need to do is to act as one who influences his life and not as one who acts in response. You need to be willing to choose between being or not being, you need to take the risk to obtain a chance. The scope of the chance reflects the scope of the risk.

3. Short Circuit

The force of resistance expresses the time that passes from the moment the event occurs until the response. When you respond immediately after the event you create a short-circuit, since the event is like a plus and your response is like a minus, and when the plus meets the minus in an electric circuit, there is a short circuit. Before the short-circuit occurs, a great light is created. This light is the satisfaction that you produce from your immediate response and immediately after the great light that is created as a result of the short-circuit the darkness appears. The darkness that appears is like what happens to you after your response, when you are in a response you always fall very low, you don't like it, you are angry at yourself and thus you create karma and judgment.

4. Enlightenment

When you do not respond immediately you achieve control over the occurrences, you distance the minus from the plus and introduce there the resistance – resistor, the electrical current passes through the resistor and light is created. Your observation of the event in the time that you implement the power of resistance enables you to see something new that you did not see at the time of the event. You illuminate with a light the event and obtain two possibilities of action. One possibility is the one that you know and have always implemented after a similar event and a new possibility is that you now can see yourself through the power of resistance and the light that is created as a result.

5. Different Reality

Even if you choose to act as you have always acted in the past after you have used the power of resistance and consideration, the result that you obtain in your reality will be different from that you obtain to the same response without the power of resistance. Now you are a person who influences his life and as a result abundance will enter your life, you are no longer angry at yourself for your automatic response and you discern that you have soul in you, you are a person with influence.

6. Attract Light

Every way you choose after exerting the power of resistance will create light for your life. You should be the one who chooses the event and not in a situation that life chooses for you. Using the force of resistance in every issue and topic in life is the practical and effective way to see light in life. Therefore, make for yourself a habit, use the power of resistance in every issue and event in your life, if you persevere in using the power of resistance in the matter where you always had a short-circuit, over time you will reach the place where you will not have need for the power of resistance, since the thought that implements the short-circuit won't appear at all. At this time, you will be illuminated, since you will see everything through the light that is created by the implementation of the power of resistance.

Teacher Elijah dictates.

The Power of Reversal

1. Know Thyself

You know yourself and you also know exactly how you will respond in different situations in your life. You know what moves you like an automaton. When some event happens in your life and the result is that you feel tension, anger, anxiety, difficulty or confusion and you already know how you responded to a similar event in the past, stop and record the event and the anticipated response to the event.

2. Power of Resistance

This time respond immediately, use the power of resistance.

3. Act Opposite to Regularly

If you want a surprising result, not routine, immediate, you must act in reverse to your nature, opposite to your habit. When you act opposite to your nature, you change. When you change, you see the world differently from how you saw it up to the moment of the change. You look at the world from another place, you see things from another place and therefore the world will be different for you as well.

4. Let Go of Your Ego

When you are willing for a change and also change, you let your ego go and act without the ego. This process exposes you, you take a risk so as to get a chance to see something new, the moment you reveal yourself truly and honestly the person who is opposite you is also willing to

reveal himself and to take a chance. You are like two warriors who have put down their weapons and put them aside, you are a bit afraid, you feel a little more confidence, and now you are two people who are willing to put their ego aside. When you put your ego aside and are willing to change, you enable the other person to feel safe beside you and to perform the change himself.

5. Good Intention

If you act opposite to what you are accustomed and undergo a change only so that another person will change as a result, the result that will be obtained will not be good. It is possible that a result will not be obtained at all and it is possible that the outcome will be the opposite of what is expected. Therefore, your intention and your motive are important. The place from where you go to the change that you are effecting in yourself is important.

6. Reverse the Reverse

After you have performed the change and acted opposite from regular, do not ask another for him to do his part. Here, too, act in reverse from what you are accustomed. If you are accustomed to doing your part and expect that the other will immediately do his part, be careful to say that you do not expect anything. What you do derives from your need to correct without asking anything from another. This declaration is what will cause a change.

It is important that this declaration will be from your truth and not from the intention to cause another to change. If you do not have correct intention, the entire process will be reversed and you will obtain a worse image than the image you had before the entire process,

and the outcome will be worse than before the entire process. Therefore, go to the change and correction from a good intention and with a pure heart. Be honest with yourself, be loyal to yourself, and then your result will be amazing and surprising, you change your reality.

Exercise – through Feedback – Give Up Your Story.

The person's intention changes when you accept what is said and give up the meaning you gave to what is said. When a person praises you and you know with certainty that this is not what he intends, cooperate with him. In other words, accept what he is saying as if it is being said without your interpretation. Be enthusiastic if you can; in this way you change for yourself the reality and he also accepts the new reality although he intended something opposite.

Exercise – through Feedback – The Power Of Reversal.

The moment you enter into the tension because of something that happened, write on a piece of paper the event, write your natural response to the event, as you know yourself. Now write the opposite of this response, think about it, prepare yourself, be whole with the new feeling that inundates you, now act with the opposite response and bring about a change in your life.

Teacher Elijah dictates.

“Karma is the law of cause and effect – the law of reward and punishment” – Buddha

The Circle of Karma

1. The Fate of Purpose / Destiny

Your fate is like a recording. You can listen to the tape just like it was recorded, or hear selected passages, or change and add. You decide what suits you and what doesn't. You decide what is good and what isn't, it is your choice.

2. Ruin

On the way to your destiny you want everything. You are 'wanting for yourself alone'. You are a person who attracts to himself things without differentiation, like the earth. You are pressured, scared – you correct others, create a short-circuit. You work from the ego, you are in response – you look at life – you judge – you are angry – you make up stories, you fix the truth according to your needs and then you do deeds with which you are not happy, you cover in 'layers and create an image that is opposite to who you really are so as to justify your behavior, you act in contradiction to your belief. You create karma, you create judgment, you prepare for yourself the punishment.

3. Freedom of Choice

You choose to act with a short-circuit as opposed to the power of resistance. You act as an automaton, you respond as opposed to initiate, you want to be right, you want to be knowledgeable, you want to control others, you exploit others, you want to feel supreme and better than others, you pretend that you are whole with yourself

and then you go very low, you produce pain, sorrow, and anger around you. You change your fate.

4. Feedback

The universe and life are your playing field, they are also your mirror, look, listen. You can see the way to correct the feedback you receive. You discern that you are the partner of the person who is angry at you, you are the lid of the pot, and like has found like. Create cleanliness and a state of 'nothigness' so as to show something new to yourself, to be 'illuminated'.

5. Influences

When you are ready to influence your life, you obtain an abundance. You are a player in the court of life – you are in correction – you are the willingness that meets the opportunity, you can change fate. The moment that you change, the entire world changes for you. Choose the way, the time, and the place most appropriate for the performance of the change, perform the change out of your free choice.

6. Burn Karma

When you exert your power of resistance instead of a short-circuit, the power of reversal instead of the automaton, and use compassion instead of illness, acceptance of the present and forgiveness for the past, then you are in change, you are in the correction of the future, you are burning your karma, you are cancelling the judgment and the punishment, you are with charity and mercy.

7. Test of Happiness

Now examine whether the happiness returned instead of the pain and the karma you created. Your happiness is the compass of your destiny. If the happiness returned, then you are in the right place, you are in your destiny. If the happiness did not return, then examine whether your willingness has not yet met the opportunity because of the time or place that didn't fit or that perhaps you are still in illness and not compassion. The way to examine that you sent love and compassion is through the feedback you received. If the feedback you received about your love is love from your environment, then you have burned your karma, you have succeeded. If the feedback you received is not like this, examine where you again are telling stories and not the truth. Remember, where you bring love, you will receive feedback on love, where you bring stories, you will receive stories. You are what you bring to your environment, you are the feedback of yourself.

An Exercise through Feedback for Burning Karma

Burn your karma – make illness into compassion, create a breakthrough in your life, act opposite to your 'automaton'. Listen to yourself, listen to the source of your being and your happiness, be loyal only to yourself. When you are loyal to yourself and to what you say – the entire universe is loyal to you. When you aim at yourself, all the universe will do your will, it is your power to see the world of energy that is changing according to your desires and intentions. The way to the breakthrough lies in the identification and revelation of your lies to yourself. Pain – illness appear when there is no truth,

when you tell yourself stories. Your reality and beliefs are found at a gap, you find excuses and reasons, you blame others so as to avoid understanding the fact that it is yours. This way creates for your karma and judgment. Know that you are the feedback of the other and you are also the feedback of your 'illnesses'. You can choose to be active or passive, influential or responding, a player or a judge – in any event you are a player.

The truth is that you are never found at the side, you are never truly an 'observer', you are also not a 'player' – you do not experience a thing since you are the experience itself.

If you want to burn the karma and stop the pain that arises from your lack of truth, assume the obligation.

1. Your thought is like a seed; the fertilizer and water that your seed needs to grow and be a big tree is the cooperation of others. Therefore, share with others the commitment that you have taken upon yourself in one of the following areas of life: love, relationships, friends, family, work, business, career, money, health. Speak about the gap between what really happened and the story that you invented – speak about the excuses you invent to avoid acting, speak about 'what I get from this', when you are giving, speak about your complaints so as to change others instead of changing yourself. Speak about your feeling of righteousness so that others will be wrong, speak about your desire to control others through manipulations – excess love and concern. Speak about your lack of evaluation for others so that they

will esteem you, speak about your pretense and about the benefit you earned.

2. Speak about the price that you pay, speak about the lack of joy that this brings to your life as a result of the stories you invented.
3. Say “I am responsible for the stories that I tell while the truth is simple and different, I know this since only I have seen the things in this way while all the others saw something else.”
4. Speak about the new system of relations that you want to create from now onwards, out of acceptance of the person as he is, without the desire to change him, speak about forgiveness and release of the past, release the illness through compassion.

The way to examine that you sent love and compassion is through the feedback you received. If the feedback that you received on your life is the love from your environment, burn your karma – you have succeeded.

If the feedback you received is not like this, examine where you again tell stories and not the truth, the pain will not disappear, therefore undertake the process from the start, until success.

Remember – where you bring love, you obtain feedback of love, where you bring stories, you obtain stories. You are what you bring to your environment, you are feedback of yourself.

What I now want to teach you is the connection of body and soul and it is the ‘workshop’.

Teacher Elijah dictates.

The Body Soul Connection

A person is created in the image and shape of God. A person is the tool and God is the light, a person is feedback of God, a person reflects the light's will and the light reflects the person's desire, the light and the tool act as one unit that has two identical and reversed sides. The light gives and the person receives, the light exists for the tool and the tool exists for the light. The two opposite desires create feedback and the encounter between them creates the possibility of being.

Everything that is created is created together with its opposite so as to eliminate it and to create 'nothing', from the 'nothing' everything is created. The presence is created from the lack of presence: it is possible to turn on the light only when there is darkness. It is possible to be only from not being, it is possible to create everything only from nothing. The world is created from chaos, since only from chaos and from the 'nothingness' is it possible to create a world.

The 'all' and 'nothing' are opposites, unity through which it is possible to create everything. Everything that is created cancels itself out through its opposite; every *yin* has its *yang* that negates it and creates something new according to the person's desires and intentions. Every particle has an anti-particle that connects to it and cancels it out, $1+(-1)=0$, positive one plus negative one cancels each other out and the result equals zero. The universe is created so that the person will understand that in the end nothing is created aside from the creation that the person

chooses to create as a creation. Even if there is no meaning to the creation that is created, since it does not exist, the existence of what is created lies in the meaning that the person ascribes to it. The only thing that truly exists is the power to create, the ability, the possibility, the potential, the idea. Life and the universe were created as two opposites that create the whole. Life is feedback for the universe and the universe is feedback for life. Life and the universe behave like man and woman – *yin* and *yang*, vessel and light, one is opposite of the other, one reflects the other, one is similar to the other, one cancels the other out, one is feedback to the other. You can learn about yourself through every other person, through his behavior, his traits, he is your mirror and you are his mirror. You can understand who you are and what you are through the other person's or the universe's feedback. You can learn about yourself through the feedback of a tree or of a stone or a storm, you can learn about yourself through everything in the universe, since everything is created in His image and shape.

In the end, you are also the feedback of yourself, since you include both the *yin* and the *yang*. Every action that you do in the physical world influences your feelings, thoughts, and eventually the way you chose. The greater the action in the physical world, the greater the action in the metaphysical world. A person has a physical body and a metaphysical body (aura), like the planet earth and the atmosphere, there is no way for life to exist on the planet earth without the atmosphere. The physical body and the aura of the person act like the planet earth and the atmosphere, a person does not have physical existence without his aura.

The aura includes three main bodies and additional layers in each one of the bodies. They all act as a scale through which the person grows – emotional body, mental body, and spiritual body. They act as one unit in actuality; what happens in one body is influenced and happens at the same time in the other three bodies. This can be compared to a stone that hits the water and creates a ripple, waves in circles that steadily spread out and influence the entire environment. When the physical body lacks energy, is sick, it is possible to also see the bad feelings, the confused thoughts, like the way has been lost. This principle acts in two directions, like two sides of the same coin. The physical body reflects what happens in your feelings, thoughts, beliefs, and in the spiritual world you created. You can identify your confusion, agitation, or happiness through your body. Your body is feedback of the soul and the soul expresses its pain through feedback in the physical body. Through your body or through your happiness you can look at the destiny you have chosen. When you have a good body feeling or when you are happy, this is a sign that you are in the way you chose. This is the sign that you are realizing your destiny. When the body responds badly and the happiness vanishes, this is the sign that you have gone off the road or taken a different road from the one you have set for yourself. This is the sign that there is no connection between your true desire and the reality that you are experiencing. Through the feedback you can examine where you are coming from and where you are going to. Through the feedback you can connect to yourself and to your desires and thus realize yourself and your destiny. The feedback that you obtain from life and the universe is who you are.

“Take a short break, be with yourself a moment.”

“Now I will dictate to you material on the four bodies in the view of the scale of values.” Teacher Elijah dictates.

Going up in the Body-Soul Scale

Going up in the body-mind scale is not measured in single years or in one period of life. This is an ongoing evolutionary process in which a person is found in one of the stages.

The Physical Stage – Body – Desire – Health – World of Doing

The spiritual development goes through the fulfillment and realization of the physical needs. A person first sees to his body and his health, sees to his desire, to his physical survival, and he does this in any possible way. He is motivated by the fear of abandonment and the fear of death. The immediate environment threatens him and therefore he acts with physical and verbal violence; only when he establishes his physical survival, personal health, and will does he go up in the scale to his next need, to the emotion.

The Emotional Stage – Mind – Money – World of Creation

A person who is aware learns that money is a means for the acquisition of quality of life and personal confidence. Money is a tool through which the person gives himself and others safety and attention. After the person does all that he knows for his health and his body, he turns to give to himself emotion – love and attention. This is the time that he is also willing to give to others from what he has received. In this stage creativity begins. When a person

feels the relative safety and after he has the tools for survival, he is willing to incorporate the recognition, awareness, understanding, and building of his status in society.

The Mental Stage – Spirit – Career

The profession or education that the person acquired brings him a career. He asks for himself recognition and status, he is engaged in new creation, in establishment, in a business or mental initiative. He acts with the thought to create a better reality for himself. He is aware of his abilities and searches for control of his environment and his life. He wants to accept for himself and for others close to him from all that he can take. He seeks for himself status, recognition, and success.

The Spiritual Stage – Soul – Love

Only after he has provided his physical needs and after he has understood the meaning of money, after he has attempted his ability to receive and give love to his environment, and after he has met the tests of career and status and has recognition and success in some way or another, does the person stride to the spiritual stage. The sign of this is when he asks himself “what can I do for others” without asking for recompense. Now he is willing to give of himself, free love without reason, he volunteers, he checks his objectives versus lofty goals, those that bring happiness and enjoyment to many people around him. Now he receives so as to give, while once he gave so as to receive, now he understands that love is the main power to attain objectives for himself and for humanity as a whole. He is a spiritual person, noble, he implements what he learns, he teaches what he learns, he

is a channel of the universe for the distribution of the abundance to others. Now he gives up control and lives in certainty and in light.

Teacher Elijah has us take a short recess.

A Person Who Makes a Mistake and Corrects It Is Closer to Himself

“Teacher Elijah, you are teaching me many things, many of the things I am keeping for days when I will have need, but when a person learns and learns, is he promised that the knowledge will bring him happiness and success?”

“No, the very learning does not ensure happiness and success, you need every day to practice what you learned and to practice what you learned and to thus gain everyday your day.”

“If a person makes a mistake and ignores all that he has learned but wants to return to his knowledge, is this possible for him?”

“Yes, every person who makes mistakes and neglects all that he has learned, the one who corrects will have greater success than the person who only retains what he has.”

“How does this happen that those who make mistakes and go to correct them have priority?”

“Yes, I will explain to you, a person who retains the source of his happiness is a person who is connected with a fine line to the source of his happiness. If he distances

himself from the source of the happiness, the thread will tear and then he will be in pain and the experience is not pleasant. The day he wants to connect anew to the source of the happiness, all that he needs to do is to tie the torn line and connect anew. After the new connection he notes the line has become shorter and he is now closer to the source of his happiness and to himself.”

The Mouse that Became a Panther and Was Not Satisfied

“People want more and more and are not satisfied with what they have. Is this what a person needs to do, to seek for more and more? Is the truly rich man the man who is happy with what he has? This is not clear to me. We are taught to accumulate more and more assets and money. So what is right?

“I will tell you about the mouse that became a panther, a story through which you will understand who is rich. Once upon a time there was a good-hearted man who lived in a small cave. The man had a great love of animals and nature. One day a mouse went into his cave, shaking from head to toe. The man asked the mouse ‘what are you afraid of?’ The mouse replied, “From the raven that wants to eat me.” The man asked, “What can I do for you?” The mouse answered, “Give me a refuge in your cave.” The man answered, ‘Very well, you can sleep with me in the cave.’ The next day again the mouse returned, frightened. The man asked him “Why are you so afraid?” The mouse answered, “I am afraid of the cat that is found outside.’ ‘What can I do for you? The man asked. The mouse asked him to transform him into a cat. ‘Very well’, replied the good man and the mouse became a cat. The next day the cat returned, shaking with fear. The man asked him “Why are you so afraid?” The cat

said, “The dog is outside.’ ‘So what do you want now?’, asked the man. The cat said, ‘Make me into a large dog so that I won’t be afraid.’ ‘Very well.’ The good man replied and he touched the cat and it became a large, strong dog. The next day the dog came, shaking with fear, and the man asked, ‘What has you so afraid again?’ The dog answered, ‘The brutal panther that is outside.’ ‘What do you want now?’ The good man asked. The dog answered, ‘Please, only make me this time the panther.’ ‘Very well’. The good man said and he touched the dog’s head and it became a large, threatening panther. The panther went for a walk in town, puffing out his chest so that everybody would see. One day he heard people talking about him, saying ‘Look at the mouse who thinks that he is a panther. The good man is what made the mouse into a panther.’ These words hurt the panther deeply. The panther thought deeply what he could do to prove his power. He decided to go and kill the good man and then the entire city would know who the panther is here.”

“When the panther returned to the cave, the good man touched his head and in a second the panther was returned to a small mouse. The mouse went to the city to find friends and there was nobody who wanted to be his friend. The mouse decided to use the reputation he had as a panther and began to tell everyone that once he was a panther. Now all the people really distanced themselves from him, saying ‘He’s not only a mouse but also mad.’”

“You must learn three things from this story. The first thing is that even when you increase the number of assets, you do not truly change. The second thing that

you must learn is that when you increase your power, this also does not truly change. Always there will be somebody who is stronger or who will scare you, and therefore you must cope with your fear and not flee from it. The third thing that you must learn from the story is that as you chase respect, it gets further away from you.”

“Hence, you understand that happiness, richness, and respect are found in your ability to be happy with what you have and with what you are. Your happiness does not depend on anything external or in other people or on what people say or do not say to you. Happiness is found in your ability to accept yourself. You need to do things for your happiness and not so that people will see how happy you are. You need to dance as if there is nobody on the dance floor. You need to sing as if there is no audience. You need to learn as if you learn by yourself and then you will receive the desired feedback. Only then will you see that you are truly in your happiness.”

“You said that what the person gives from himself is what he receives. Is this a formula that always works?”

“Yes, I will explain this to you through the circle of abundance.”

Teacher Elijah dictates.

The Circle of Abundance

A person is born to his parents and inherits from them through the genes / the DNA. The parents were born to parents who obtained from them the genes through the DNA. One passes to another through the genes the accumulated memory, and thus a chain of relationship is created that reaches until the first person. The DNA includes the memory of entire chain of relations until the first person. In the DNA memory is found all that there is. Your memory is the potential for events, thoughts, and possibilities. At any given moment you are full of all the possibilities. Your potential is like a warehouse where everything is found – all that you remove from your warehouse, somebody will come and fill the missing gaps. Your warehouse wants to be filled with what is missing. When you take a good thought out of your warehouse, a good thought will enter in its place. When you take out from your warehouse a bad thought, you are inviting for yourself a bad thought. You order events, thoughts, and possibilities through thoughts and deeds that leave your warehouse and create a lack. Your warehouse orders what is missing. The law of balance is in effect so that always when something is missing the gap will be filled. What you will receive is what you are missing, anger that you remove will bring to you anger. Love that you take out will bring to you love, money will bring money, and war will cause war. He who has money and lives like he is poor is poor; he who has no money and lives like he is rich is rich. Rich or poor, just like successful or failing, like beautiful or ugly – it is in the eye of the beholder.

If you are the person who is looking, you create the thought, you create the thought and you are the one who creates your reality. Circles are always closed at the point where they open. You receive in return what you brought out of yourself. You receive what you order. This is a wonderful circle.

“Teacher Elijah, if the amount of assets does not cause happiness and the power does not change, then what is to be done? Is there perfect or absolute happiness?”

“Yes, there is perfect light and it is found in your ability to be who you are, nothing. I will dictate to you a communicated message on the topic.”

Teacher Elijah dictates.

The Perfect Happiness Is Found in 'Nothingness'

A person will find the perfect happiness when he will not ask anything for himself. When a person needs a sign that he is missing something, he wants to complete what is missing. Your need causes you to be enslaved and dependent on external stimuli. When you want, you need, you are lacking, you are miserable, you ask for handouts. You stockpile food, you collect people and objects around you, and you maintain what you have so that others won't take from you. You are enslaved to objects and the good will of others. Everything that you want greatly for yourself assumes a unique character, frenzied urgency and incomparable beauty. For you this is the perfect thing and you already want it to be yours. This thing can be a relationship that you have desired for a long time, it can be your first new car, the house you have dreamed of, or the new job that gets you excited. You are excited the moment you decided that you want this for yourself. The moment you have decided, you are in an endless excitement that will last until it is yours and until it is yours you are anxious and deeply concerned. Your strong desire and the fear that you will fail creates the illusion, you describe to yourself what you want for yourself as a perfect thing. You create the illusion yourself and believe in it. The beauty that is reflected from the intended woman is in your eyes alone, although everyone warns you, you push aside the warnings. The perfection that you see in the home before you have bought it is in your eyes alone. The moment you acquire

your desire and it is yours, it is as if you no longer have any further need for it; it is like the dream has shattered and melted away. Until you obtain your desires you are in a fantasy, you are in an illusion and anxiety for a long time. When you obtain your desire, the happiness lasts for moments and then disappears. Now you again look at what you wanted so badly for yourself and discern that it is not exactly as you had described to yourself and not in value as well. In most cases, this was simply an illusion. When you see that you have created the illusion and also believe in it, you search for a new true alternative. You first need to see that when you have no need for something you are free.

Freedom of choice exists only when you have two available possibilities. One possibility is to choose to be enslaved to desire. The second possibility is to choose to be liberated from desire. A person who seeks happiness for himself creates two available possibilities, when from them he chooses one.

Generally a person chooses one need out of two available needs. A person who seeks the perfect happiness chooses 'nothing' for himself. Only a person who knows with certainty that everything is available to him and he has no problem achieving his desire will choose 'nothing' since he does not have the need to prove to himself that he can. He knows that he can and therefore he does not want anything for himself. He also is not lacking anything. When a person chooses 'nothing', everything is possible for him. The question, of course, is how is it possible for a person to choose to want 'nothing' for himself if life forces him to take so as to survive. Obviously it is all a

question of belief and it is necessary to practice a different path so as to understand and believe in new thought. The verbal ability to explain the nature of the new relations between a person who chooses 'nothing' and his environment is like the ability to explain what the point of food is. Only after a person has tried for himself, will he know – do and understand.

Teacher Elijah dictates.

To Eliminate the Beginning So There Will Not Be an End

A person 'dies so as to live', instead of 'lives so as to die'. The day you are born, the countdown begins, and on the day of death the countdown ends. A person knows that he dies at the end of the process and therefore he will do everything so as to live the time at his disposal. Had death not be threatening your life, you would not ascribe importance to life. The fact that life may end at any moment is what gives special quality and such great importance to life. When you know all the time that you know that what you have may end, you realize that what you have is attractive and valuable to you. The illusion is created by the thought and you also believe in it. The day an idea is born and you have set an objective for the achievement of your desire, the countdown begins, and on the day that you achieve your desire, the countdown ends. To set objectives and attain them is like to set the day of death and realize it. It seems as if a person's final objective is to die. It is necessary to set objectives so as to be in a process, instead of living so as to attain something. There is nothing to achieve, there is nothing for which to run, there is no purpose to your life aside of the purpose that you have set that it has.

“I have so many questions ... But mainly, I am interested in how is it possible to preserve happiness? Is there an end to pain and the correction of the pain? Is it possible without pain?”

“It is possible to grow from pain and it is possible to grow from awareness and without pain. The world is our playground, but we forget this fact and then life becomes serious and painful.”

Teacher Elijah dictates.

The Game of Life

You blame others so that you will be right, you stop blaming others to prove that even now there is no change, again you are right. You rely on others and pass to them authorities so as to be free of responsibility. You do not rely on others and do everything by yourself, so that you will have somebody to blame and be free of responsibility. You show off so that others will see you, you put on a show of a person who stops putting on shows so that others will see that you have stopped. You tell stories to yourself so that you can be at peace with your life, you stop telling stories to yourself and then you live in a lie. You are mistaken when you do something, you are mistaken when you don't do anything. You pay attention that when you act, you always are wrong, and when you don't act, you produce complaints that you don't act and again you are wrong. You are always wrong. All this scares you and then you hide under the blanket and believe that this is safer. You try not to hide under the blanket and think that perhaps if you are transparent you will not be bothered. You are always worried about looking good so that others will like you, you stop worrying about how you look so that others who do not like that you are worrying will like you. While you are occupied with the question of how you look, you do not see that everyone is trying to for you to like them and they too are engaged in looking good for you. You think that everyone is looking at you but you do not see that everyone is thinking that you are looking at them. You are scared of people and do not see that people are scared of you. You learn about the things that happen to

you, you try to understand your nature, you learn and learn and then you realize that as you learn more, you understand less. You understand that this is not something you control. You shift from lack of control of your need to learn, to understand, and to correct. You act like an automaton in most of the things that happen to you. Every time that you learn something new and thus understand how to act, you turn on your automaton.

When you encounter a problem, you learn something new and again act automatically, until again you learn something new and thus you are found in an endless cycle of learning and automatic behavior. You change ways and methods, you change habits, you change your approach to life, you change totally, you no longer know yourself and you are still in the mishaps and pain. All the improvement you undergo, the problems return and come as if nothing had happened. You see that even smart people who have learned much make mistakes and even those who have not learned at all make mistakes, you see children make mistakes and be in pain and you see old people make mistakes and be in pain. You note that the entire world is in problems, in pain, in lack, if you are poor you want to be rich, if you are rich you want to be richer, and there are rich people who give up all their richness so as to experience love. There are princes who give up their titles so as to understand the nature of mankind and find a cure for pain. You, when you are sick, you want to get well, and if you are healthy, you are sad that you don't have love. If you are in a relationship you search for a way out, if you are not in a relationship you search for a way in. When you don't have money, you are in trouble. When you have money, you are again

in trouble. When you are in love, you have a problem, when you don't have love, you again have a problem. You understand that there will always be problems in life and that life and the problems are like a pot and a lid. You and the problems are like male and female; one does not exist without the other. One needs the other. You are a couple, forever connected. You see that the problems are what choose you and not you the problems. Like the women in your life, like the overdrafts at the bank, like your friends at work. Then you decide from this day forth you are choosing your problems. You initiate instead of responding, you attack instead of defending. You pay attention that when you choose small problems you engage in silliness, and then you decide to choose truly large problems, you choose to correct the world. When you choose large problems you see that you do not address the small problems that once had bothered you and this is good, in your opinion, and then when you do not address the small problems they become large and then you again address them. You work with the goal of creating a better world, you want to do something so as to end the pain and the problems of people around you. You see that through this work you cause some of the people to bring out of themselves the evil that was latent in them, you create resistance and criticism among many people. You obviously do not blame others, you simply act and correct and then you see that every time that you correct something, in another place something else is ruined. You accept this and then you direct all your energy to life itself. You understand that your desire to be something and to want something for yourself originates in the force of life itself. You understand that only if you want and desire something are you a living person. You

want very much to live – you want things, you are enthused about everything, you are full of the joy of life, you are alive. Then you notice that when you greatly want something you become a slave to your desires, you lose control over your true freedom, since you are dependent on things that you want and on your desires. You notice how things work – you understand and perceive something, you feel and sense things, and then you introduce them into the system of concepts and eventually this system of concepts takes control of you. You notice that you are a solid entity that is not changeable, you are an automaton that acts out of desire and longing and these bind you to social and cultural rules. Then one day you decide that you don't want anything, you want to fish in the sea. As time passes, without the desire for something, you lose your force of life, you simply are steadily fading away.

This time you make a qualitative change that derives from the insight that you need to flow with life. You give of yourself, and give plenty, and see that others do not return to you as you give to them. You change the order around and say I will try the perception of 'receiving so as to give' and then you rouse the anger of those around you. You become a strange and unusual creature in the eyes of those who do not perceive the change, for many people you are putting on shows, this is not real, and again you are in trouble. You accumulate considerable knowledge and rise in your level of awareness. You are in giving and in love and harmony with the universe and think that you have reached the redeeming formula. You know much and can help to create a slightly better world and then you are told to your face that you are putting on

a show. You don't pay attention and continue in this path. You learn and teach things that will change the world and cause some of the pain that you have from so many people to disappear and then they tell you that what you say and your heart are not equal. If your mouth and heart are equal, then you are in one big show. What happens in the field does not suit what you learn and teach. You listen, are in much pain, and the natural thing that you want to do is to let it all go, to forget, what you need is to take responsibly for the entire world and all the pain of other people. You ask yourself 'what do I get from this?' and then you realize that you are going back many years. You remember what you learned, you look and see your appearance through the criticism, you give excuses, you understand that the criticism is even correct. This is correct, all in all, everything is one big show. Once you were in one show and today you are in another show, once you were employed and did not like what you did there and you had many problems and once you were independently employed and you stepped over people to survive and you didn't like this. Once you acted out of self-love and you had problems and today you are trying to act from the love of others and this too brings pain and problems. Once you gave so as to receive and you received only frustrations and today you receive so as to give and you are told that you are faking, this is it, this is the issue, everything is one big show.

All in all, you are the player who changes roles in the show of the universe. Once you are an observer and once you are a player, once you are a judge and once you look from the side, you are always a player. You were in many shows and in all of them the problems returned, the pain,

the fakery, the stories and the falls. So what you have not yet learned you research so as to understand your nature, and then you understand another facet of the meaning of your life.

You understand that in essence there truly is no meaning to what happens to you or to what you do, since it is all meaningless. There is no purpose to the activity, since there in truth is no purpose to all that occurs. The wise man said thousands of years ago “All is vanity” (*Ecclesiastes*) and nobody listens.

You feel that your entire world is collapsing, since all that you have is lacking in importance, lacking in meaning, and lacking in purpose. Everything is one great bluff, there is nothing that can be grasped, and you ask what God created here, where is the Creator, where is the father in whose shadow I seek refuge and in whose image I was created. Why is he forsaking me to the unending ignorance, pain, and problems?

Thus, from this low point, from this ‘nothingness’, you seek a way out so as to get yourself in return, you understand that all that is truly important is you, nothing else is truly important, not your profession, not your studies and degrees, not the money, not the relationship, not the assets you have accumulated, not the love, not your work, and not your status in the eyes of another person. Only you truly exist – everything else is meaningless.

Correct, the world is a stage, you understand that there is no good show or bad show, there is no correct way or incorrect way, there is nothing better or worse, there is

nothing that works and there is nothing that does not work, there is nothing correct or something incorrect, there is no good and no bad, there is no dark and light. What there is – is ‘nothingness’, simply ‘nothingness’ and you know what, it is simply this, this is all the issue, since everything can be good and everything can be bad, since you are what gives meaning of good to good, you are who gives meaning of bad to bad. You are the one who gives meaning to something correct or incorrect, you are who creates the purpose in your activity, you are the cause that something works or doesn’t work, you decide that everything is correct, then everything will be correct, if you decide that everything is a mistake then everything will be a mistake. You decide whether what you experienced is a mishap or correction.

You decide whether what you attempt is a problem or an experience. You decide whether it is impossible or possible for you, you decide whether you are in light or darkness, you can float on the wings of a dream, or settle into a puddle of mud, you create your world, you and only you. Here all the rest is ‘nothingness’, all that is around you is nothing and only you are here. The truth is that you can create something only if all the rest around you is ‘nothingness’. All that you produce will receive only from you the meaning and the purpose you ascribe to them, since only you determine here, only you are here. The universe and life are your playground. You are found in an empty, infinite field, you set its boundaries, you set the game that you want to play on the field, you set the rules and the laws, you set with whom to play, when, and how much to play, you go to play a virtual game that has no meaning aside from the meaning you

give it. When you are in the game, you are so enthusiastic and excited to the point that you forget that you are only in a game and then you again are in pain, are angry, are bleeding and are fighting as if it is true. You already know that when you forget who you are, you also forget all that you have learned and return to the lowest place, the fears and the pain.

When you came to life, you were not given an instruction booklet and you were not taught how to play the game of life. You were taught that you need a profession so that you can earn a livelihood and remain alive. You were taught geography, history, literature, and mathematics, but not how to live and why to live. You were not taught the rules of the game of life.

But now you know that if you are busy earning a livelihood, with the pain and lacks, you cannot truly learn about life. Life can be for you a workshop through which you learn how to play the game of life, you already know that there is no other way, since you are the one who shapes your life. Therefore, what you should learn is how to shape your life. You must learn the rules of the game and practice them so that you will play the game well. In days of pain, as in the days of happiness, remember that all in all you are in a game, the game of life.

“Is there a way that I can understand everything during the days that we will be together? I feel that the more I learn, the less I know. I feel empty and meaningless, I feel hollowed and useless.”

“This is a natural phenomenon and do not fight it. Let yourself be where you are found. Do not forget that you are a nine year old boy.”

“True, I forget that from time to time.”

The Circle of Cause and Effect

“My teacher, how is it possible to understand the reason that things occur as they occur?”

“Everything has a cause, since the cause makes the effect and the effect becomes a cause, and again the cause becomes the effect. You should know that the lack of purpose is a purpose. Like the lack of decision is a decision. The reason for the complexity is so you can see the simplicity. The reason for the simplicity is to see and look. The reason for the look is to use your power. The way to the power in you moves through the knowledge that you accumulate. The cause of the knowledge is the need you have to use your power of thought. When you use thought, you build wisdom in you, and the reason you build your wisdom is to attain insight, the reason why you want insight is to attain awareness, so as to know when you are not again aware, you do not understand. The reason you do not understand is because you haven't looked and seen, and then you understand that the reason for the presence of darkness is so that you will see the light. ”

“And the reason for the presence of pain and difficulty is to see and observe your destiny. The reason for the creation of the world is for there to be a platform for life. The reason for the Big Crunch is the Big Bang. The reason that you build your ego is so that you will have the possibility of putting it aside. The reason you set objectives is to create a process. The reason why you eventually die is to create life for you. The reason that

everything has an end is the beginning that comes after the end.

The reason for tension is relaxation.

The reason for separateness is unity.

The reason for illness is the interval after the illness.

The reason for anxiety of the egg is the known adventuresomeness of the sperm.

The reason for anger is the compassion that you find in yourself.

The reason for duality and confusion is the clear channel that you discover in yourself.

The reason that there are so many wars is to understand how valuable peace is.

The reason why you learn a new topic is to understand what you have not yet learned by yourself.

The reason for the problem is the expected correction.

The reason for failure is the pleasure of victory.

The reason for difficulty is the breakthrough that follows.

The reason that the secret is hard to understand is for you to earn it.

The reason you received a present is so that you will have something to give.

The reason you exist is that others exist.

The reason that others exist is that you exist.

The reason that you are completely excited is for your environment to be excited with you.

The reason for the presence of fear is to see love.

The reason for love is love itself.

Teacher Elijah dictates.

Death Is 'Nothingness' in the Space of the 'Somethingness'

'Nothingness' is the void that can be described. Everything that can be described is something. 'Nothingness' is the space of nothing in the space of something, like an empty field found in a larger area. There is a small nothing and there is a large nothing, there are different forms and they are found in different places. 'Nothingness' is found in the definition of something that you know that you don't know. You can speak about 'nothingness' although you don't know what is 'nothing'. All that you know that you don't know is found in the framework of 'something' for you. You know that you don't know to fly, to fly is in the space of the 'something' although you don't know to fly. What is found in the framework of something that you don't know that you don't know is the space of the 'nothingness' in the field of the 'something' and even if it is something that can be spoken about and therefore it exists. The entire space of something that you don't know that you don't know is an existing space. If you don't know that there is a small girl called Inok and you don't know that you don't know that she is there, this does not mean that she is not there. Not only what you as a person can describe or imagine there exists, the 'somethingness' includes things that you know to describe or don't know that you don't know to describe in the way of 'something' or 'nothing' and they exist. The 'somethingness' includes all that exists and also what does not exist. The logic of 'something' is like the

logic of 'nothing'. The universe is 99.9% empty and it is an important component in the 'something'. 'Nothingness' is the space of the 'nothing' that can be defined and therefore it exists. Darkness is the 'nothing' that has existence only in the space of light; even light assumes meaning only if it exists in a space of darkness through which it is expressed.

When you accept the 'nothingness' and also the 'nothingness' accepts you, when you accept life as an empty space for action where only you are found, life accepts you as an empty space for action as well.

Death is the 'nothingness' that has existence only in the space of life. The death of something that was not living beforehand is not possible. There cannot be life for something that will not die. Life can exist only if at the end there is death. Only if there is death is it possible to create life. Life can exist only if there is a space of death through which it is expressed; without the presence of death a person would not know at all that there is life. Without dark a person would not discern the light; without the 'nothingness' a person could not see 'all the somethingness'.

Life is of 'the somethingness', while death is of the 'nothingness', and both are found in 'all the somethingness'. Life is light, death is the vessel that holds the light, they operate like a pot and a lid, like *yin* and *yang*, one cannot exist without the other, and therefore both exist. Life exists in the space of the known and death exists in the space of what you know you don't know. Death is the space of the 'somethingness' that you

cannot see. Hence life and death act in a way of cause and effect and the result in the infinite cycle of life and death.

The reason people are born is to die. The reason people die is to be born anew. While alive, there is a process of spoiling and a process of correction. You spoil so as to correct and correct so as to spoil. During death there is a similar process to sleep, when its meaning is rest, 'charging', and connection to the self.

Life and death behave like sleep and wakefulness. While asleep the person rests and refreshes himself and while awake the person is awake. Everything happens in an infinite process of cause and effect.

Life and death operate in the way of cause and effect, are like a pot and a lid, one complements the other, one is the feedback to the other. One cancels the other out. Hence, life behaves like death and both are 'nothingness', a space where there is nothing, aside from the fact that it is an infinite space, completely empty.

The universe, life, and death are completely meaningless. Life and death do not truly go anywhere and they have no direction, motive, or purpose. There is no purpose to life or death. Every person has an attitude of his own, an outlook of his own, an approach of his own, a world of his own. Each person will live according to his own belief and therefore everything is correct, everything is true. The world, life, and death are energy that changes according to desires, intentions, or agreements of people. Life and death do not have any purpose or significance

aside from the purpose and significance that the person ascribes to them.

Now I will dictate a number of exercises for practice and training.

Exercises through Feedback

Exercise through Feedback – Receiving and Giving

If when you give you forget and when you receive you remember, then this is a sign for you that you are in giving. You are in a place of receiving so as to give and this is the place to be.

Exercise through Feedback – Happiness

Do something that brings you happiness or that will bring happiness to what you do. Force yourself to be happy, go to a place where people dance or sing and force yourself to be happy. At first this will be forced but eventually you will be happy. Only happiness brings happiness.

Exercise through Feedback – Thoughts and Entities

Thoughts are like entities, like bundles of energy, like a plant, like a fetus that steadily grows and creates life of its own, the awareness makes a picture that you see in your imagination into reality – like a self-fulfilling prophecy. Therefore, you cannot allow yourself even one negative thought. Every time that a negative thought appears see what you can learn from it for yourself. See what good can come of it. See the light at the end of the dark tunnel. Eventually every problem will become an experience and every problem will become an opportunity.

Exercise through Feedback – The Universe and You

The universe is your playground, like you are the playground of the universe. You play together the game of life, therefore every time that you encounter a

difficulty and cannot go on alone, give some of the tasks to the universe and ask for its help. Tell it what you truly want to play with, speak to it like you would speak to a friend. Let the universe do its part in every game that you play, since the universe is your partner in the game of life.

Exercise through Feedback – Automaton and Control

Every time that you respond with a ‘no’ like an automaton, you are frustrated, since you do not have control, it is like you have lost your freedom. You can restore to yourself the freedom in a simple exercise. Each time that you see that the automatic ‘no’ is about to leave your mouth, begin to count until nine. While you are talking, create for yourself a second possibility against your automatic ‘no’, when you when you create two available possibilities and choose one of them, you have freedom of choice. If you choose nevertheless to say ‘no’, this will be by choice and not automatically, this will not be ‘no’ that will bring you happiness and not frustration.

Exercise through Feedback – Fear and Love

Fear is the opposite of love. What scares you is your challenge. This is the experience that is on the agenda. Transform what you are afraid of into something beneficial in your life and thus you will find something small that you can like in the coming experience. As you grow more distant from the fear, you will notice that what scared you no longer constitutes a challenge for you and then slowly, the fear will disappear.

Exercise through Feedback – Worry and Being

Worry is the opposite of being, when you are worried it is like you are saying ‘what will be’ (in the future), you are engaged with the future and in the meantime you are missing the present. The present cannot be changed, since the moment you want to change the present it is already the past. Therefore accept the present, enjoy your being, and regarding ‘what will be’ in the future, think about how to correct the future, instead of worrying. When you worry, you are not really living, you live your worries. Therefore, change yourself instead of trying to change others and the world, change your approach, the world will change for you.

Exercise through Feedback – Pressure and Release

Pressure is the reverse of release. As you are more pressured, the pressure on you increases. As you are more pressured, more things and more people to pressure you appear. The pressure you exert is matched by the pressure that returns to you. Therefore, release the pressure a little, release each time a little more, release what is pressuring you as well, and thus less and less things that pressure you will appear. Hence, from this point onwards be in a game with the pressure. Each time pressure appears, tell the pressure “who invited you? I choose what pressures me and when, you are not invited today, today I am choosing to be free and am choose freely.”

Exercise through Feedback – Good Bacteria, Bad Bacteria

The behavior of another person is like a bacterium. I have the power to accept it or to reject it. Your behavior is the bacterium, if you are strong in your power to convey it

and in the power of the other person to accept or reject it. There are good bacteria and there are bad bacteria. The good bacteria and the bad bacteria are engaged in a struggle that creates balance in nature. Every time that a bad bacterium meets you, you show him two good bacteria and create a balance for yourself. This works better than medicine.

Exercise through Feedback - Fever and Pain

A high fever shows that the body has realized that there is a problem and now it is acting to eliminate the illness. The effort that the body is investing in the work to correct the problem is what creates the fever in the body. The pain of the body is an alert system of the mind. When the person is sad, there is pain in the physical body so that it will react and operate for correction. When there is an alarm, in other words, when you feel any pain, such as pressure in the chest, a headache, toothache, knee pains, stomachache, when the pain appears, ask honestly and with the intention to understand the cause of the pain, the moment you ask the question, the pain will lessen and will wait for the work that you plan to do. Now look at the reason, search for the reason, address it, and eliminate it, so that the pain will disappear, finally and completely.

Exercise through Feedback – To Read the Future

When you truly do not know what to do and there is a need to make an urgent decision, imagine yourself and your environment, from today in another ten years. Now examine all the possibilities at your disposal from the distance of time. When you are imaging, do not think, act from your intuition, feel your body and make the correct decision, so that you will be proud of it in another ten

years and not the decision that will bring you immediate benefit. The decision that brings you immediate benefit comes to satisfy the ego, the decision that you will be proud of in another ten years is the correct fateful and strategic decision.

Exercise through Feedback – Your Automatic Gear – Response or Influence

The process of spoiling is a difficult event that occurs during life. After the spoiling, an automatic action of correction is created, when its expression is the reverse action from the meaning of the event. You are similar to a body that moves in space since it was pushed. The body will move in space until something will come that will push it again and then the body will change its direction of movement according to the hit or push it received. The body is found in response to every touch, you automatically are in response to every occurrence, you act in reverse of the blow you receive, then you hide it so that your weaknesses will not be revealed. Thus the layer that conceals the truth is created. When you are in response to what others do, you are in automatic gear. Therefore, stop, examine the possibilities at your disposal, and then choose. In this way you influence your life.

Exercise through Feedback – Be Here and Now

Chose what there is and not what there isn't, speak with people who are there and not about people who aren't. Work with what there is and not with what there isn't, work with what you hear and not with the interpretation you give to things. Let the past alone and strengthen the present, choose the reality instead of the reality you don't

want choosing you. Choose the problems with which you want to cope instead of the problems that you don't want to choose you.

“From what you have learned till now, I want to present to you an overall picture about the nature of the soul. Imagine yourself at the age of fifty-four. Imagine yourself an adult who is trying to acquire wisdom, intelligence, and knowledge. From the following learning material you will understand how a person sees himself and what the secret is.”

Teacher Elijah dictates.

The Nature of the Soul

‘It is all vanity’, according to Ecclesiastes.

1. The Nature of the Soul

The nature of the soul is like the nature of the universe, like the nature of nature itself.

The nature of the soul is like harmony without players, without instruments, without tune.

The nature of the soul is like the impossible that is not possible.

The nature of the soul is like ‘nothingness’ that has nothing in it.

The nature of the soul is like the beginning without the beginning and end that has no end.

The nature of the soul is the impossible that never was possible.

The nature of the soul is the possibility without possibilities.

The nature of the soul is the lack of purpose lacking purpose.

The nature of the soul is like an unknown destiny, like a path without a way.

The nature of the soul is the present that was, will be, was not, will not be, and is not present.

The nature of the soul is the lack of logic that is not logical.

2. The Soul Is Everything that Cancels Itself Out

The soul is thought that thinks about itself.

The soul is lack of meaning that lacks meaning.

The soul is a character depicted by itself that draws itself that draws itself.

The soul is the infinity that eliminates the end.

The soul is movement that lacks movement.

The soul is infinite time and space, lacking movement, without time, and without space, filled with movement.

The soul is an illusion that deludes itself.

The soul is deafening quiet and noise that creates silence.

The soul has a clear track and a regular infinite channel, lacking a channel and lacking regularity.

The soul is all that you don't know that you don't know that you don't know.

The soul is the lack of certain certainty lacking its certainty.

The soul is a seed that creates itself.

The soul is an idea that creates itself.

The soul is light that illuminates itself.

The soul is being that creates the being that is being created.

The soul is an experience that experiences itself.

The soul is what you cannot understand that you cannot understand.

3. The Soul Is Nothingness

You can learn about the nature of your soul like an ant can learn about Tibetan history. You understand your soul like a fly understands its anatomy. You cannot know what the soul wants since the soul does not want anything that does not want anything.

4. Act from Intuition

If you nevertheless want to learn, to understand, or to know something about the soul, do not think, act from

outside the limits of your senses, your physical body, and your thought. Your thought is limited in the relation of one to one hundred in comparison to your intuitive ability. Try intuition if you still do not connect to your soul. Act like the soul or at least like its shadow.

5. Action outside of Limitations

Position yourself outside space, time, and movement, act beyond your limitations as a person. Act from the place where your soul is found, act from the place of nothing, act from the wisdom that in any event only a game without meaning and without purpose, just like a game needs to be.

Teacher Elijah dictates.

The Feedback of the Soul

Light through feedback – *dezogchen*³ – is the basic light and the key to all doors. The feedback of the soul is the greatest feedback of all. It is the mirror of the awareness of the experience of the great perfection. When you see the feedback of the soul, all the limits melt away and vanish. To see the feedback of the soul, you must perform special exercises with the guidance of a skilled spiritual instructor. Your instructor will safely lead you to the desired destination. You must dedicate yourself to your teacher completely so that your teacher can dedicate himself to you completely.

When you reach the feedback of the soul, you will already know that you are there. You will know that this is it. Now I will teach you the steps that you must perform so as to be in the feedback of the soul.

Meditation for the Focus of the Consciousness

This is a unique meditation that is not like regular meditation. The goal of this meditation is to reach the place that is not something and is not anything. This is meditation through which you reach the non-meditation, a place where there is no movement and there is no lack of movement. There is no meaning and there is also no lack of meaning.

³ *Dezogchen* is a Tibetan word meaning ‘great perfection’ and refers to the natural primordial state or natural condition of the mind.

Discovery the Awareness – The Rigpa⁴

The discovery of the awareness is possible after the layers have been peeled away, the curtains have been opened. Looking through the fog above the consciousness thus reveals the *rigpa*. You must give up the ego and thought so as to compare form with the *rigpa* and be in an unchanging state.

Look

Look at life and at death, at cause and effect, at the samsara⁵, look at what is holding and what is being held.

Give Up

Give up desire, give up hope, give up holding and want, give up the feelings and emotions so as to achieve *nirvana*⁶ and to awaken the belief in the nature of the inner Buddha.

Compassion

Be compassionate. Give life to compassion, which is the heart of the enlightened awareness.

Guru Yoga

Call to your spiritual leaders for help, merge the consciousness, accept empowerment and blessing. Unite

⁴ *Rigpa* is a Tibetan word meaning 'intelligence' or 'awareness'. However, it has a deeper connotation, 'the innermost nature of the mind'.

⁵ *Samsara* is a word in Sanskrit depicting the endless cycle of suffering caused by birth, death, and rebirth (i.e. reincarnation).

⁶ *Nirvana* is a word in Sanskrit depicting the perfect peace of the state of mind that is free from craving, anger, and other afflictive states. The subject is at peace with the world, has compassion for all, and gives up obsessions and fixations.

your awareness with the awareness of your teacher. At the end of the process of meditation you reach non-meditation, the richness and the poorness, the good and the bad, the tranquility and the distress will completely lack in identity. You acknowledge the fact that everything is illusion and then the law of karma loses its grip.

There is no acceptance or rejection, there is no attachment or resistance, there is not something or nothing, only wholeness that is enlightening.

The power, the security, the satisfaction, the humor, and the certainty that derive from the feedback of the soul are the great reassurance of life. They are the absolute treasure that the moment they have been acquired cannot be eradicated, not even by death.

Death is the end, the moment before the beginning of the new life. They are the end of the end, from the moment of death until the moment the new life begins, you are found in *bardo*⁷.

To understand what happens during the *bardo*, from the end to the end, you must perform two exercises. The *trekcho*⁸, is the practice of the ability to break through illusions and is the stage of wisdom – the light. The *togal*⁹ is the practice of the discovery of the inner light,

⁷ *Bardo* in Tibetan means literally "intermediate state" - also translated as "transitional state" or "in-between state" or "liminal state".

⁸ *Trekcho* in Tibetan means "thorough cut" or "cutting through".

⁹ *Togal* in Tibetan means "leaping over", "direct crossing" and "direct approach"

the preparation of the vessel for the acceptance of the light.

The exercise of the feedback of the soul will bring the person after his death to the 'body of the rainbow in the clouds'. This is a unique phenomenon in which the body melts into the light and disappears. According to the testimony of respected teachers, only a few succeed in reaching this point.

Now I will teach you the last communication obtained on the medicine of the twelve senses. This is a completely new field and it may assume an important part in the work of a person who wants to attain illumination and feedback of the soul.

Teacher Elijah dictates.

The Medicine of the Senses

The human body is the temple where the soul resides. The sacred body must be kept safe, must be kept from pains of the body which are expressions of the soul's sadness.

It is possible to compare the body to the clothing of the soul or to the horse that carries it or to its playground. The limitations of the body and the senses create the possibility for the soul to make a breakthrough, to grow, and to develop. The senses, like the spheres, are the limits and have the role of protecting the limited and vulnerable human body. If a person could see everything great and infinite and small and infinite and his ability to see would penetrate material, this would be an onerous and confusing space, impossible for reception and work within the limits of the human body. If a person could hear everything from every distance, he would hear millions of people talking and conversing between themselves simultaneously, and this would create confusion, and the intensity of the noise would induce deafness. If a person could smell everything from every distance, he would be choked by the intensity of the smells. If a person could listen to all that his heart hears, he would certainly drown in a sea of sadness.

We see that the masks and limitations that create the senses are protection for the body from the intensity of the light and proposed infinite abundance. The body protects itself through senses from the light's intensity like a person protects himself using sunglasses against

the strong light of the sun. The sunglasses are the screen that limits the light's intensity so that it is possible to see through the light. The limitations on the senses are what enable the person to focus his ability to absorb and differentiate what he wants to discern or to feel what he is interested in feeling, without fear that the infinite abundance will stifle him or create confusion instead of focus.

However, as the senses act to protect against the intensity of the abundance, there is a situation in which the senses become dull and do not absorb anything. The dullness of the senses results in the person not seeing anything, not hearing anything, and not feeling anything. This situation does not enable the entrance of the abundance and the light which are essential to the maintenance of the body. This is a situation that creates problems, illnesses, beatings, and death. The senses that absorb an uncontrolled abundance must be directed, calibrated, cleaned, and prepared anew for correct and balanced functioning. The senses can be horses galloping wildly and losing the balance or can be a balancing factor that enables correct regulation of the abundance that comes in the required dosage to assure healing and correction and continued growth. The senses can be horses that gallop wildly or horses that are tired and do not move. In both cases, imbalance is created and needs correction so that each and every sense will once again function in a balanced manner so as to enable a full recovery.

Each one of the senses is responsible for another space in the physical functioning so that the cooperation of them

all leads to a result that is better than the sum of all the parts separately.

You certainly hear from time to time about the sixth sense or the seventh sense, and sometimes even about the eighth sense. In actuality, there are twelve senses. The scale of spheres is intended for slow and moderate rise so as to enable protection during the development and growth and during the healing and correction. The *Kabalistic* scale of spheres consists of stairs on the emotional level while the senses are their physical expression. During the healing it is necessary to clean, direct, and calibrate the senses anew in a cautious and gradual manner, like going up a ladder. The division of invested effort needs to be aimed and divided so that it is possible to reach the top of the ladder with far greater forces than those with which the process started. A full recovery is made when balanced and controlled cooperation of all twelve senses is created in the healing action.

To find the powers of healing innate in you, you need to rise gradually on the scale. The higher you rise, the greater your powers of healing will be. The healing that you can then perform will be possible for you through the touch of a hand, through speech, or only when people will look at you, or will listen to you, or think of you, or dream of you.

Healing through the senses is a miracle of receiving and giving to be of similar form to the Creator. God Himself is revealed through the power of life that flows in the

channels of energy and covers the entire universe with love, when one person is receiving and another is giving.

The material presented here in short is initial and is not processed. While this material will help you see the relationship between the body and soul circle, the worlds, and the auras, between the Kabalistic scale of spheres and the nine cosmic forces derived from it, between the thirteen good qualities and the twelve senses and other derivatives. The full circle is thirty-two channels of the wonder, according to the Book of Creation, the thirty-two intelligences. When you are a teacher and a therapist, your ability to see the relationships between all the tools will be your ability to be in full healing.

Do not expect to understand the healing of the senses through this short explanation. You must wait patiently for further communication so as to increase the depth of the understanding and to complete the picture.

Treatment and Healing through the Twelve Senses

Treatment and healing are created with

♈	Aries	Hebrew month of <i>Nissan</i>	Liver	Vision	Blindness
♉	Taurus	Hebrew month of <i>Iyar</i>	Gall bladder	Hearing	Deafness
♊	Gemini	Hebrew month of <i>Sivan</i>	Spleen	Smell	Anosmia
♋	Cancer	Hebrew month of <i>Tamuz</i>	Bodily Fluids	Speech	Muteness
♌	Leo	Hebrew month of <i>Av</i>	Right Kidney	Gorging	Hunger
♍	Virgo	Hebrew month of <i>Elul</i>	Left Kidney	Deed	Amputation
♎	Libra	Hebrew month of <i>Tishrei</i>	Gizzard	Sex	Castration
♏	Scorpio	Hebrew month of <i>Heshvan</i>	Stomach	Mobility	Lameness
♐	Sagittarius	Hebrew month of <i>Kislev</i>	Right hand	Anger	'No liver' (calm)
♑	Capricorn	Hebrew month of <i>Tevet</i>	Left hand	Burnout	'No spleen' (emotional)
♒	Aquarius	Hebrew month of <i>Shvat</i>	Right foot	Thoughtful	'No heart' (heartless)
♓	Pisces	Hebrew month of <i>Adar</i>	Left foot	Sleeping	Wakefulness

These are the 12 simple facts and they should be kept close to the heart.

Let us now have a recess.

The following three messages came to me from people whom I don't know through electronic mail. They were conveyed to me so that I would convey them onwards and this I am doing.

Do Not Wait

- Do not wait for pain to believe in prayer.
- Do not wait for loneliness to understand the value of relationships.
- Do not wait for the perfect woman to begin love.
- Do not wait to have much to share the little.
- Do not wait to receive a smile to be nice.
- Do not wait to receive love to begin to love.
- Do not wait to have time to give of yourself.
- Do not wait for her pain to ask for forgiveness.
- Do not wait for separation to understand what you have lost.
- Do not wait for a fall to remember the counsel.
- Do not wait, since you do not know how long it will take.

Say Thank You

- Say thank you for not having all that you want, since you have far more to achieve and to want.
- Say thank you for the hard times that you undergo, since they give you the possibility to grow.
- Say thank you for the mistakes you make along the way, since it teaches you what is the value of each lesson.
- Say thank you for your limits, since they give you the possibility of breaking them.
- Say thank you for not knowing everything, since it gives you the opportunity to learn.

- Say thank you for your tiredness and concerns, since they show you how much effort you have put forth.
- Say thank you for the new challenges, since they build you and your personality.

It is easy to be thankful for the good things. A full life is had by those who are thankful for the hard moments, as well as for the good moments. When you say thank-you, you make something good into something better. Find a way to be thankful for your ‘troubles’ and they will become blessings.

An Interview with God

At night I dreamed that I am interviewing God.

“So you want to interview me?” God asked.

“If you have time.” I replied.

God smiled. “My time is eternity. What questions would you like to ask?”

“What about humanity most surprises you?” I asked.

God smiled. “You are bored in childhood and rush to grow up and then you long to be children again. You lose your health to make money and then lose your money to restore your health. Because of anxiety regarding the future you forget the present and thus you do not live in the present and you also do not enjoy the future. You live as if you will never die and you die as if you have never lived.”

God held my hand. Thus for a moment we were quiet. I again ask a question. “As a father, what is the lesson that you would teach your children?”

God smiled. “I teach you to understand that you cannot cause anybody to love you, but you can enable yourselves to be loved, to learn what is the most precious thing is not what you don’t have in your life, to learn that it is not right to compare yourselves to other people. Each person is a one-time miracle, one and only, and cannot be compared to others. To learn that a person who is rich is

not a person who has the most but rather a person who is happy with the least, to learn that only seconds are required to create emotional scars among people you love and it can take years to heal the scares you created, to learn to forgive others out of the experience of your forgiveness of yourself. To learn that there are people who love you greatly but do not know how to show you or express their love. To learn that money can buy everything aside from happiness. To learn that two people can look at the same thing but can see something different, to learn that this is not enough that others forgive you, you must forgive and accept yourself and learn that I am always here for you.”

And on the Seventh Day

I was with Teacher Elijah six days and six nights. He dictated to me messages and answered my questions. The things that I heard, recorded, and wrote were the tree of life, the source of eternal life.

I practice every day all that I learned for many hours. Some days I practiced more than I learned. I am leaving the workshop a more mature and happier person.

I feel a profound sense of gratitude that I was chosen to be a bearer of these important messages, to convey them onwards. This is what I intend to do. I will carry the torch and teach the tremendous knowledge I have obtained.

And on the seventh day, Teacher Elijah is especially celebratory. The white clothes are embroidered with flowers and special symbols. I feel like the Sabbath, although it is Sunday. But it is the Sabbath of the seven days of learning that I have experienced with Teacher Elijah. I feel that this is our last day together and then I will be my own teacher. I will be a master who can find the answers by himself.

“Today I want to tell you about your special place in my life”, Teacher Elijah says. “I have been accompanying you from the moment you were born. I know what has happened to you on every day, from the day you were born. I see you in another year and in another ten years and in another forty-five years, I see how your life flows and what you are doing when you are fifty-four years old.

I see you since you are with me all the time and I am with you all the time. We are inseparable. We are together.”

“How do you see this and what do you see? Can you tell me what I look like and who my children are?” I ask emotionally.

“Yes, I can.” He answers. “You have three amazing children and you look very impressive.”

I am very confused and do not know what to think. How does he know that I have three children? How can he know what happens in time. He apparently truly travels in time, my teacher does. It is very hard for me to assimilate. But I tell myself that I am a child and perhaps there are things that are not talked about and thus it is possible. “So what do my children do?” I ask.

“At what age do you want to know what they are doing?”

I am rather scared but I decide to follow this through to the end. Teacher Elijah taught me to accept things and not to try to struggle. Things happen in life for a good reason. Even if I do not understand at the moment, in the end I will understand at a time when I will derive the utmost benefit. “I want to hear about them when the youngest is six years old.” I say.

“You have three children. The youngest is six, as you said. She is first grade in the Alliance School.”

“Hey, I learn in the Alliance School.” I say.

“Your son is now eleven. He is dark-skinned and mischievous. Your oldest daughter is thirteen, a real woman now, smart and very mature. She is very responsible at home. You are married happily and lovingly with a woman who grew up in the village where you are growing up.”

I am very excited with what Teacher Elijah is telling me about my future, but to know that this is truly correct perhaps I should ask about the past, which he does not know and I do know. If he answers correctly, then he truly does travel in time. He can see my past and future. He says that we are one and that we are inseparable, so perhaps the answer needs to be sought in an original manner.

Am I My Teacher? My Incarnations

I am trying to understand through my wild imagination what is truly happening and how my teacher travels in time. I describe to myself the matters in the following manner. My teacher and I are found in the same space but act in a different time. I live in Morocco, the year is 1956, I am nine years old. My teacher lives in Israel, the year is 2001, he is fifty-four. Now forty-five years separate us in age, he cannot see beyond forty-five. Did my teacher travel in time to come to me? How, how did he do so? If this is correct, I think that most people here will not accept and will understand the issue of time travel. However, I have already understood that life has no limit aside from the limits I put on it. I understand that everything that it is possible to imagine is thousands of times smaller than what is truly possible and thus I accept naturally the paradox and I also know that one day there will be a logical solution, one that I can understand and accept.

Can it be that Teacher Elijah is me – and all in all he is now found in correction through simulation? If he is correcting his past through imaging, then I don't exist at the moment. Only my figure is here so as to enable the correction. However, it is possible that I am the one making the correction for the future and thus my teacher is the imaging that I am correcting. The more I ponder this, the further I get from a logical solution, one that the intelligence can understand and grasp. Perhaps time is

stretched and has opened for us a corridor of forty-five years, and then this corridor enables us to move without restrictions. If he is I, then every time that we move in the corridor of time it seems that our age has changed according to our position in time.

I have no answers to questions. I only have questions and wonderings. The teacher taught me that every question encompasses within itself the answer. So what is the answer to the question of the matter of my journey in the corridor of time? Can I move and each time be another age, get off, to be where I want to be, and then to return to the time corridor and to again continue the time travel? Is this possible? This can be simply fascinating. The teacher taught me that there is no limit to thought aside from the limit it set for itself. So I want to set sail in thought and give it freedom without boundaries. It is possible that my teacher and I are one person who is acting in two different time dimensions and have met only for the purpose of the transfer of knowledge from one time to another time, since only my teacher knows and I do not. I remember that during our workshop my teacher was excited all the time to be beside me, when he is my teacher and I am his student and thus I am the one who should be excited.

I cannot measure how much time I am in these thoughts with myself. I now know that I have fallen asleep and am beginning to dream. I am sleepy and nevertheless completely alert; I am in a dream but am doing things like in reality. However, here in the dream I can do everything, I am in a dream where everything is clear. I also dream and I know that I am dreaming; it is a type of

dream that I can direct and I note that all that I am thinking about occurs immediately. I think about a shirt and I see myself in the shirt. I think about the beach and I am already on the seashore. I am found in a place that my teacher has described to me, a place where the thought is the possibility that creates a reality without limitations of time or space. I am truly in this place now, I know that I am in a dream and yet it is more similar to reality than a dream is. This is amazing, this is the place where I want to be so as to complete the lessons I have received during the seven days.

Before I fell asleep Teacher Elijah sat facing me, like an angel. He is truly a guardian angel and my teacher. I feel him sitting facing me and wrapping me in his love. I feel protected and safe and therefore I decide to be in this dream until the end. This apparently is the way that the teacher chose to convey the lesson of the seventh day, the last day, the day of rest when we are together.

In the Incarnation of the Year 1101 I Am Penniless in Paris

I know now that all that will come into my thoughts I can realize immediately. I, of course, am interested in the first time when I met Teacher Elijah. The moment that this thought passed through my mind I found myself forty years old and in Paris in the year 1101. It was exactly nine hundred years ago. Paris is a teeming city, many peddlers are running about, many horses and donkeys move about, I see wagons laden with merchandise and sunk in the mud. I see myself running after one of the wagons filled with food, climbing up, and

stealing some food. I am slim and hungry. I have no parents, all my property is the blanket with which I wander from place to place so as to sleep, I eat what comes to hand. The carter realizes that I have stolen food from him and stops the cart. I truly do not believe it but the carter is Teacher Elijah. He runs after me and easily catches me, he lifts a hand to hit me but instead of hitting me he hugs me and brings me close to him. I was at his home for a number of days and then I ran away since what I knew was my simple life, to eat what I could steal and to sleep wherever I could find a place, this gave me security and this made me happy.

For a moment I look at myself outside of the dream and ask why I have chosen to be a full incarnation in such a low place without anybody in the world. The answer that immediately came to me was very clear: I wanted this experience so as to grow from it to a higher place until I will be worthy of being a teacher. I am training myself to be a teacher, through tests and lessons that will help me in the teaching work. What was the role of Teacher Elijah in this incarnation? The answer that immediately came to me was to have him undergo a test.

I again returned to be a proud beggar who lives from theft, lack of love, completely disconnected from the environment. This is the lowest place that a person can be there and by judging the feeling that I feel in this incarnation, I am very satisfied with the way in which I live. I am learning to understand something that a person can understand only when he is there and then I begin to understand all the poor people who are happy with what

they have while others do not understand why they are happy.

I leave this incarnation with a sense of satisfaction, while congratulating myself for being willing to experience all this torture so as to understand how it is to be in the lowest place, where what matters is the primary physical existence. This is exactly as Teacher Elijah described it in the body soul cycle; it is the physical body that reflects the first ranking so that each person experiences so as to grow.

In the Incarnation of the Year 1300 I Am an Arab Sheikh from the Sahara Desert

I, of course, immediately think of the next incarnation when I meet Teacher Elijah. The thought merely passes through my mind and I am already seeing myself at the age of fifty in the year 1300 in the Sahara Desert. I am living in a large tent, surrounded by my wives and children. I am an Arab sheikh with many possessions. I see the camels and the horses, very great property.

Nevertheless, despite the riches and abundance, I see my wives and my children are sad, not happy. I understand that the cause of their sadness is my harshness and tyranny. I do not see anything besides the property and monies. All that is important to me is the property, I lord over everyone and am angry at everyone and then I think to myself that in this incarnation I am found exactly at the opposite place to the previous incarnation. I have much money and considerable property but I have not really grown. I am found at exactly the same place, only in the space of 'having' as opposed to the space of 'not

having'. I am in the basic physical stage; I am occupied only by the physical world. Although I had wives and children, my presence is a sadness and bitterness among everyone.

Suddenly my workers enter, pulling after them a bound man. They tell me that this person attempted to steal horses from the stable and they caught him. I nearly wake up from the dream when I see that the person about whom they are talking is Teacher Elijah. I hold tightly to my clear dream since in no way is this a time to wake up. I want to know what is happening now. What is happening now is not very logical. Not only did I not punish the man, as is customary, I ordered that he be released and helped as much as possible. According to the laws of the place, I could have pronounced a death sentence on him and to have actually executed this sentence on the spot, but an inner feeling caused me to act differently from my regular course of action. When I understood that he had lost all of his assets because of a plague that befell his flock, I commanded that a place be given for him to live in my palace. I ordered that he be given horses and all that he needed, I wanted to cultivate him.

From the place of the evil sheikh, I did not really understand why I am doing this. Everybody was shocked at my decision, since I was evil and had never helped a person. I always had thought about my assets. Surprisingly, the man did not agree to receive from me anything other than water and food so he could continue his journey.

His behavior touched my heart and in me I sought a way to meet him again. I looked for a moment at myself from the side and I thought to myself how everything has turned on its head from the previous incarnation. I am the man from whom people steal and Teacher Elijah is the thief. In the previous incarnation I was not willing to be collected from the place where I had my experience and in the present incarnation Teacher Elijah is not willing to be collected and he wants to continue his journey as he planned. It is as if we have closed a cycle with this incarnation. The fact that in both cycles I am experiencing both sides of the fence of the physical existential need, once as a poor man who lacks everything and once as a person who has all and lacks everything else, this, too, is the closing of a circle.

In the Incarnation of the Year 1606 I Am a Princess in Amsterdam

I am very emotional because of what I see and am already tense to see the continuation. The thought that I want to see the continuation merely passes through my mind and I am thrown to another time and another place. I am in the third incarnation.

I see myself wearing the garb of a woman. No, it is not just the clothing; I am a woman this time. I am in my thirties, a very pretty lady, dressed in a long dress with a narrow waist. I have long curly hair and I live in one of the princesses' palaces near Amsterdam. It is the year 1606. I see that money is not lacking and there is much love in the surrounding. I am happily married and I have two wonderful daughters. My husband is an ambassador

who spends most of his time travelling around the world. I write often and am surrounded by suitors. My world is filled with self-love. Attention is the most important commodity for me and thus two men enter, one after the other, and give me what is most important to me, attention and love. I note that I am receiving and receiving and not returning to any of them or to other people. I must receive love and attention; this is an unexplained need. Suddenly my personal servant enters and informs me that my mother is here. I tell her to enter to my room, and my mother is no other than Teacher Elijah. I try to remain in my dream and not to disconnect, but the knowledge that this time Teacher Elijah is my mother simply astounds me. I am very upset and barely succeed in returning myself to the dream. I want to know what the system of relations between us is and the thought barely passes and I am again in the dream. Teacher Elijah, in other words, my mother draws closer to me and kisses me. There is an especial love between us, she gives and I receive, I think only about myself and my pampering and she gives to me her love and her property without limits.

I look at the dream for a moment from the side to understand what I have learned in this incarnation. The response immediately comes to mind. I am in the emotional stage of my development, I am learning to accept attention and love, I am taking without bounds until I have self-confidence, until I know with certainty that everyone loves me and is concerned for me. The intensity of the love I receive provides me for many further incarnations. I feel after this incarnation that I will never feel powerless regarding my ability to survive in

the physical world and I will never lack attention and love. Hence, I will have the ability to begin to return what I have received to others.

I separate from this incarnation with the knowledge that here I only received but this is what builds me. Teacher Elijah taught me that I must receive so that I will have something to give. I note that I communicate with my DNA like Teacher Elijah taught me. I enter inwards so as to understand something that it is important to me to understand so that I can accomplish my destiny. From the dream I feel Teacher Elijah's hand caressing me, it is as if he is telling me, 'do not worry, continue your communication, I will keep you safe here, I will not let anybody bother you.' So in this incarnation, too, things occur like a story in chapters, and I meet Teacher Elijah in the guise of my mother who gives me love unconditionally for what I did for her in the previous incarnation. I see that every effect has a good cause. It would be impossible to understand the great love that my mother showers on me in this incarnation had I not seen what happened in the previous incarnation. I note that the incarnations, in other words, death and life anew, are like day and night, what you leave at night when you go to sleep awaits you in the morning. What you cook for the Sabbath is what you eat on the Sabbath. If the incarnations are identical for the four worlds, then I have one world to be with Teacher Elijah before I meet him at the workshop.

In the Incarnation of the Year 1840 I Am a Philosophy Professor at the Sorbonne in Paris

I am curious to know what else I experienced with Teacher Elijah. The thought passes through my mind and I see myself sitting in my room at the Sorbonne in Paris. It is the year 1840. I am a professor of philosophy and the person sitting facing me is my student Philippe, and he is no other than Teacher Elijah. It is amazing how circles are being closed for me. Now I understand why he is excited with me throughout the workshop, I am his teacher. I am fifty-four and he is twenty-five. I return to the dream to examine the system of relations between us. I see that I and my student are tied heart to soul. Teacher Elijah, or Philippe, is found in my room regularly and wanders about there freely. He is going to be my assistant in the coming year and I am willing to do all that is possible for him. I invite him to dinners, he visits my home, we hold heart-to-heart conversations. He is like a son to me. Philippe asks me questions about life and about God without stop. I see that in this incarnation I am rising another step in the ladder of the body soul and now I am in the mental stage, where I am receiving recognition of my status. I build my ego, I accept international recognition as a professor and the head of philosophy at the Sorbonne. This status will satisfy my ego in the following incarnations. What is clear is that in the following incarnation I also close with Teacher Elijah another circle; I return to him the unconditional love that he gave me when he was my mother in the previous incarnation. The circles of cause and effect do not end; they only create a strong relationship of endless cause and effect.

What now comes to my mind is to be present in one of the lessons between me and Philippe. Again, the thought

barely appears and I see myself and Philippe sitting facing one another in my home in Paris. It is midnight and we are in the midst of an academic discussion. Philippe bombards me with questions.

“What are the laws of life? What are the limits of a person? It is not clear to me when you say time and place are the limits of a person. It is not yet concrete for me how limits create growth. What do you mean man will find himself? Did he lose himself and thus he needs to find himself? Aside from this, if all knowledge is found in the DNA then why do we learn? Why don't we remember from the DNA? Where is the soul found and what does God do? Does God only look at all that happens or does He take part?”

When I hear this flow of questions I remember that these are exactly the same questions that I asked Teacher Elijah in our workshop and I have not yet received answers. Now, here I am about to give myself the answers. I look for a moment from the side, this is amazing; in other words, I was the teacher of Teacher Elijah, I taught him what he later on taught me. Therefore he told me that he is not teaching me anything, that I am only remembering what I already know. He closed with me a circle from the previous incarnation. I was his teacher and now he comes to me at such a young age, I am only nine years old but I already was a teacher of all that I learned with Teacher Elijah. Therefore, he told me that I am speaking to him as if you are forty years old and what you don't have a need for at this moment to keep until the right time arrives.

I want to know what kind of teacher I was. I want to hear my lesson from the previous incarnation. I have not yet finished this sentence and again I have returned to the place where we sat in my home, Philippe and me. The time is still midnight. Teacher Elijah, in other words Philippe, asks me “What is special about the night? Why do we learn at night?”

“At night the gates of the heavens open for better understanding. The universe is more sensitive and is willing to give more of itself. It is possible to see this among lovers, night is intended for love, and to learn is to love the Creator.”

“How is the love for the Creator connected to learning?” Philippe asks me.

“All learning is investigation of the creation that God created. When you study the creation, you are studying God’s work and this is the significant way to illustrate your love for God and for his work.”

Time Flows in One Direction like a River

Time flows in one direction like a river, like love, like energy.

Regarding your questions on the laws of the universe, the world was created with rules. If you know the rules and use them correctly, you will have an interesting and beneficial life, and if not, you will have problems and pains. Therefore, the first rule is to learn the laws of nature and then you will learn how to use them correctly and beneficially for you and for your surroundings. The first law that you must learn is to acknowledge the fact that you are a limit that acts in the limitations of time and space. Time shows you your direction of progress; you advance from place where there is order to a place of disorder, from a place of certainty to uncertainty. You advance in a direct line from the past to the present. You must undergo a process of advancement and growth without regression, exactly like the universe. The universe is expanding and not contracting and thus you are alive and not dead.

“How is the world advancing from order to disorder?”
Philippe asks me.

“You breathe oxygen, which is a regular element, and return carbon dioxide, which is not an element and is not regular. You eat food that is regular energy that becomes heat, which is not regular energy.”

“Give me an example, please.”

“If you put parts of a puzzle that create a picture into a box and mix them well, the chance that you will obtain the organization of the puzzle so that you can see the picture will be one possibility of the infinite possibilities. There are infinite possibilities for the puzzle to get into and all these possibilities are disorder of the picture as opposed to one possibility that is an ordered puzzle. Hence, you will understand that the disorder is far greater than the order that exists in the world. Therefore, everything that can go wrong will go wrong. If you say, ‘a person who does, errs’, indeed he will err. If you are afraid that something will go wrong in your life, this will go wrong. If you are afraid to lose money, you will lose money. Because of the fact that the number of possibilities of disorder in life is greater than the number of ordered possibilities, every thought about disorder will be realized with near certainty. The way to connect to regular order is by using your twelve senses. To connect to regular order, you must be in focus and make decisions through the senses of your stomach, your supra-sensory sight, or your intuition. The senses will indicate for you with precision the correct option at any given time.”

“I understood the order that becomes disorder. I did not understand the certainty that progresses in the direction of the uncertainty.”

“Every person at a given moment has infinite possibilities for action. One possibility of all the possibilities at his disposal is the best and the most correct for that moment. All the other possibilities are

less good and not correct. There is no computer or measurement device that can include the number of variables that need to be classified and calculate the data so as to predict the correct possibility. The only possible way is through the senses.”

“All this is simply correct and is very important. Can you explain to me why people must grow and not regress?”

“People who regress do not develop and grow. They feel the pain of their regression. If you are interested in creating happiness in your life instead of pain, you need to go in the direction of the arrow that time shows you. The arrow of time shows you not to bother with the past, since the correction is in the future. What you receive is to give. The arrow shows you the direction of the flow of abundance. What you remove from yourself is what you receive in return, like the flow of water in nature.”

“Why did God create for us so many limitations?”

“Since only through the limitations can you grow. Describe to yourself a situation in which you have no limitation. You would not have anywhere to grow. To progress you need something to stop you, otherwise you would not get anywhere.”

“And where is God in this whole story? What is his role?”

“His role is like your role. God is everything and the soul is a part and therefore His role encompasses everything and you are only your part.”

“Does God have objectives? Where does He want to get?”

“This is a question that shows your limits as a person. As a person you create a process only if you set an objective. In your world, everything has a beginning and an end. However, God is not found in a place where there is a beginning or an end, He is not found in a certain place. He simply is and therefore the question of where God wants to get is not suited for an entity that has no place.”

“Are people the children of God?”

“Yes. God is the father of all fathers.”

“Then the children of God are similar to their father?”

“Yes, you were born in His image. You are the shadow of God. So you are similar to Him.”

“Does God see me and what I do or think?”

“If you can see yourself, then God can see you as well. God resides in you and you include him.”

“Why are we here, what is the role that God has intended for people?”

“People are the tool through which the soul grows and learns.”

“Why did God not create us with the ability to fly like a bird?”

“God created you with limitations so that through them you can grow and find for yourself a way to fly.”

“How are we helped by God?”

“You pray, ask truthfully with correct intent.”

“What do I need to do to see and understand God?”

“You cannot see Him, but you can understand and study yourself and when you understand His creation that you can grow closer to the understanding of the nature of God.”

“Can I one day be God?”

“You are God all the time. You are the vessel that bears the soul, the soul is part of the Godhood, you were born in His image and form, you are a creation of God, the Creator and Creation are one.”

“When all people will die, will God die, too?”

“No. The soul is a part and God is all. The soul enters the body to make a correction. It can make the correction in other ways as well and not only through the person’s body. In any event, the soul acted without the person’s body in a period before the person is born in one or another way. The soul was here millions and millions of years before plants began to grow and before evolution commenced. Hence, you should understand that the death of people is not related to God.”

I look at myself and at Philippe and I see myself and Teacher Elijah. There are the same question and almost the same answers. It is now clear to me where I have come from and where I am going to.

The Way of Feedback: A Metaphysical Theory for Understanding Physics

I see Philippe enter into himself, deep into himself. I feel that it is like he is going through dimensions of time and now has fallen asleep. After about a quarter of an hour, he wakes up in a panic, and asks me, “Can the ‘way of feedback’ explain human existence?”

“The way of feedback can be used to understand human existence. The way of feedback is a metaphysical perception through which you can find answers to questions in the world of physics. The universe or the physical world is the partner of life, life and the universe are like mates, when one was created in the image of the other, they are a mirror of one another. They are feedback of one another. When the feedback occurs, the universe and life become the same thing, the physical and metaphysical are one. Hence, every thought has a physical expression and everything in the physical world has an expression in thought, but thought always precedes action.”

“Looking at nature, at the universe, and at people is feedback for understanding who we are, since the feedback we received is us. This is our mirror, this is what the person created by himself. This is the echo that returns from his shout. He created His image and

feedback of Himself. The world and the universe are energy with its own awareness, changing and acting according to the intentions, desires, or agreements of people. The universe is the feedback of life, the universe is the shadow of life, like the person is the shadow of God. When a person dares to think new thoughts, intends them, and creates agreement then the universe changes accordingly. Then the physical expression will always be new, like people's new thoughts."

"The scientists who engage in physics, chemistry, and cosmology search for the one formula that will explain the human existence and this does not happen since people always will change and therefore the physical explanation will change with the change that occurs in people."

"To simplify, thought is the possibility that creates reality. To understand reality it is necessary to study the reason that caused the change of reality and not the result. The reason is the factor that should be understood, and the reason of every occurrence in the physical world derives from the metaphysical world. The material changes by the very observation of the person of it and therefore there is no point in studying the material; it is necessary to study the observer. Scientists speak about the theory they investigate: 'A scientific theory is nothing but a mathematical model that we create to describe our observations. It exists only in our minds. Therefore, there is no meaning to the question of what is more real, real time or imaginary time? The simple question is which description is more beneficial.'"

“And they further say ‘Theory is only theory and in actuality there is no way of proving that it works because of the complexity of the calculations. It is not possible to examine the validity, except after many years of observation and wondering.’ Physics and cosmology are groping in the darkness since they research the result and not the cause that caused the result. The great secret to understanding the universe and to predicting the phenomena of nature is the way of understanding the thoughts, intentions, and agreements of people since they are what create a change in the material. To predict a result it is necessary to research the cause. To understand the physics it is necessary to research the metaphysics – the power that effects the change.”

“Can it be that the weather will change according to thoughts, desires, or agreements of people?”

“This is a wonderful question. Yes, it is possible to see it like this. The truth is that there is no other way of explaining the physical phenomena. I will try to clarify for you the point. When there is a storm in the weather, what will be the mood of people experiencing the storm?”

“I think that in a storm people will be in themselves, perhaps a bit pressured and sad, perhaps a bit upset?”

“Yes, they too are ‘stormy’, but only after the storm comes will people be like this, and not before the storm. However, this is rather simple. The cause and effect will not always be adjacent to one another. The light of the star you see was sent out millions of light years ago and only today is the light seen here. It is possible that a long

time ago the star had vanished or been destroyed. When clouds meet, they break up and create thunder and lightning at the same time, but you will first see the lightening and only then you will hear the thunder, because the speed of light is greater than the speed of sound. Hence, you understand that the cause and effect are sometimes distant from one another. The agitation and stormy weather appear together, the cause and effect appear together on the axis of time, in other words first there is the cause and then there is the effect. However, you do not see this. If we go back for a moment to the question of what created what, whether the weather created the mood or the mood created the weather, you will understand that only if you accept the perception that says that the person is the factor that changes the material's awareness and only if you accept the fact that thought always precedes action will there be a simple explanation that describes and also predicts the phenomenon. The explanation seems odd because of the tremendous implications of this perception but only this explanation is possible.”

“Science has not found any way of predicting and understanding the phenomenon called weather and the same holds true for simpler or more complicated phenomena. For the research of the weather, science has the best of the researchers and the most advanced technologies. Science allots tremendous human and budgetary resources, including satellites and viewpoints in every place of the world, and still it is not possible to predict the behavior of the weather. There is no theory in chemistry, physics, or science of cosmology that can explain or predict how the universe works. The scientists

say that in every case all the laws of physics and the different theories are subordinate to the principle of uncertainty. The principle of uncertainty maintains that there is no way of predicting an event but the behavior of its uncertainty.”

“Can we one day predicting when there will be a tornado and where it will occur through feedback?”

“Every effect has a cause, the cause is the person, since the person is the ruler of the land. The land is shadow, echo, a mirror, or feedback of the person. The changes that occur in the material are a result of the thoughts, intentions, and agreements of people. If we develop tools for the measurement of thoughts, intentions, and agreements of people, in the future we can obtain a precise prediction of occurrences in the physical world. In other words, we can know ahead of time what the result of our thoughts and intentions is and hence we can also change the outcome according to free choice.”

“This will be another world from the world that we know today, right?”

“Correct. This will be a world where technology is the power of thought. What we think will be reality, we can be what we want to be.”

“Will it be like in the stories and legends?”

“Yes, it will be like in the tales that we know today and primarily like the tales that will yet be written.”

“Will it then be possible to travel at the speed of light?”

“Then it will be possible to travel in time and to go from place to place in zero time.”

“Will this be through sophisticated transportation vehicles?”

“No. This will be through the power of thought.”

“This is fascinating. This is simply beyond all imagination. Is this close?”

“This can be very close. We are in an era when the coming jump of humanity will be great, like there has not been since man assumed his place as the ruler of the land.”

“And what does this depend on?”

“This of course depends on humanity’s ability to believe in its power to effect a dramatic change. In the past one hundred years man has sought to find an alternative to the power of thought through technology. Technology sought to create man’s image in every possible way. Technology attempts to imitate the human mind through computers, using robots instead of people, electronic communication instead of supersensory communication. We are in an era where we must direct the human resources to new direction.”

“We must investigate the creative and infinite power of man instead of creating substitutes for man. Scientists must research the power of thought as an instrument that lacks boundaries and limitations of time or space. The thought comes from one place to every other place in

zero time and space is transparent for it. Thought is a frequency, which creates energy that creates a molecule and changes the material. Your belief in something causes it to happen and your denial of it prevents it from being a part of your reality.”

“Thoughts and feelings, like the moon and stars, are subordinate to the forces of nature. A person has no limitation aside from the limitations that he believes are at work on him. The person’s ‘programming’ is the truths according to which he lives, the values, morality, laws, and procedures; while a computer is programmed by a person, a person programs himself. Therefore, thought has no boundaries aside from those it sets for itself. Thought is what decides what the limitation of itself is and thus thought is the technology of the future.”

“What a fascinating world it will then be. But what will be until then?”

“Until then we need to produce happiness and love from the process that we experience.”

The fact that I saw the incarnations from where I came strengthens me. I always knew what my destiny is and now I see it clearly, now I am my destiny. My teacher and I speak the same language and use almost the same words. Thus, it is hard to discern who is the teacher and who is the student. I know that I communicated knowledge that is not accepted in the world where I live, this communication must remain a secret until the time when it can be spoken of. The feedback theory is amazing. I greatly hope that one day scientists will examine the possibility of exploiting the energy of

thought and twelve senses as an alternative to petroleum energy, machines, and robots that today do the work. I separate from the last incarnation with great love since I know that now I am returning to Teacher Elijah and to the world where I can open many doors for very many people.

The Honey Hive of Love

I greatly enjoy my communication and decide to finish all the open questions through this communication. I ask my thought to connect to some image that will explain to me the purpose that God has intended for mankind.

I am thinking and then before me there appears a hive, filled with honey, and on its surface there are many bees, a great many, millions. These are bees that produce honey, but it does not seem to me to be regular honey. The bees, too, do not seem the usual bees; they are bees in the shape of people. Yes, people who create honey, but it is not really honey, and when I look at this honey I am filled with love. The honey is the love, it has the taste of honey and it has the trait of glue, but this is love. I begin to see the picture. I now clearly see that this is a hive of people who produce love. Is this the purpose that God intended for people? I ask and the answer immediately comes, I recall – Teacher Elijah taught me that God is love, since God is the reason of all reasons. Love, too, is the reason of all reasons and is mankind's purpose of existence. Teacher Elijah taught me that people are cells in God's body. I adopt this thought, I seek to know what God looks like, this was always my wish. I always wanted to know what God looks like. The answer immediately comes. Suddenly I see a virtual body, a body that is not a body, suddenly pictures are passing, one after another, I see a frequency, then I see a channel, I see a virtual tube that creates a flow of abundance, support, refuge of light, I see vibration, I did not know that I would at any time be able to see essences. I always

knew that it is possible to see only entities or objects and this wonder throws me to a very great height and from there I see feeling, I see idea, I see thought, yes thought, I never dreamed that one day I could see thought.

I ask myself, will I see God? Is God thought? And suddenly I see the planet earth, the shape of a heart in the body of thought, and I understand, yes, I understand that our planet Earth is the heart of God's thought. We were chosen to be the cells of the heart of God, we are responsible for the production of the glue of love, we are in charge of God's heart, and no less, what a wonderful role in my eyes. I ask myself is God nurtured by the love that people produce and immediately the answer comes. Yes, I see the thought being nurtured by love. The thought is love. The role of mankind is to produce love. I am amazed by what I am discovering and this empowers the force given to me, since now I know with certainty that God greatly wants that I and all people in the world will love with love and happiness since He Himself is nurtured by the love we produce. It is like, in my eyes, to a father who wants his children to live only with love and he enjoys the love they produce no less than they do. This is wonderful to me, since from this day I know that and am sure that all that will happen to me comes to enable me to reach a place where I can produce more love and more happiness. I know now that I am in the light, no matter what happens, I am in the light. I am certainly of the light since I produce the light, I am a part of this light.

I am found in a place that cannot be described in words. There is only light and love. How can this feeling be

described? It is like a person who has returned from an exhausting day and taken a good shower and connected to the flow of the water, like the feeling perhaps of a moment of love between a man and a woman, or illumination that people sometimes feel only one second in a whole incarnation. Every person feels this feeling for one second, once in his life, when he wins something very precious and important in his life, but there are people who are very productive and they produce much love and therefore they have many such seconds of illumination.

I note that this hive acts with simple laws. A person who does not produce the honey of love goes away from the area of the hive and thus he punishes himself. I note that there is no court and judge here; each is the judge and policeman of himself. Every person who produces the honey of love dances and is happy since he is found in the region of the celebration. This is a holistic celebration of love.

A person who does not produce the honey of love distances himself from the area of the celebration to dark regions. I note that everyone is very satisfied to be in the celebration and close to the love. This imaging that I saw greatly helps me understand, at long last, what I am doing in this world and what my role and destiny are. I am very proud of the role I have received from God. I am love.

I am very happy that already from age nine I have understood that all that I need to do in life to be in my destiny and in the celebration of happiness is to be love.

This is the destiny of all destinies. This is the medicine of all medicines. This is so simple that it is simply funny.

The World of Senses

My last task in this communication is to see what the world controlled by the senses looks like. I am deep in the clear dream. Angel Elijah is protecting me and I seek to set sail to the world of senses where technology is the force of thought. I am speaking and this imaginary world appears to me, in all its intensity. I see people moving objects with powers that seem supernatural. They move objects using sounds, they bring things using their hearing, they prepare food according to their sense of taste. They travel from place to place using the power of thought, they do not fly, they simply change form and return to their previous form.

The twelve senses are the powers through which they function. This is amazing, simply unbelievable. The power of thought is their fuel. They can make themselves into energy or into frequencies and can broadcast themselves to any place and when they arrive at their destination they again change form into what they want to be.

They see everything, even the distant stars appear close through their vision. All that they see in their minds' eyes occur, they can be what they want to be, they are happy and glad, they are busy in their games all day. They have fun with their powers and create additional possibilities for development. It seems that they have a long time ago given up righteousness, forcefulness, and ego. Their feelings are used to communicate with the water, with the trees, and with the stones and with all that is animate and

inanimate in nature. Then they can be water, or a cloud, or a tree. They can be anything. They cause rains to fall at their will and create a storm if they need one. They can be the rain that they cause to fall or the storm that is coming. They can control nature. They can enter into material and therefore their bodies are not hurt. Their bodies are transparent, they are not really solid. They are more like vibrations and thus they penetrate into materials. They speak with their hearts. They build buildings like the pyramids with only the force of speech or with the integration of other senses. All the senses participate in their creativity. They discern between the five regular senses, which are physical and limited senses, and the five supra-senses, with which they create their experiences.

They implement, in the full sense of the word, what God promised them. "The heavens and the earth I gave to mankind." People are the rulers of the land. There are no kings and princes, there is no central government of any type, there is no parliament or senate, there is no president, no prime minister. There are no elections and there are no politicians. This works wonderfully through individuals who communicate with all the other units without mediators or policy shapers. This works like the Internet. Each one can be the server for himself or for others, by choice. Each one has a name and thus every person can be identified by name. There are no degrees and classes, only names. In the supra-sensory world it is understood that each person is a soul with identical power to all other souls, although each soul has a different role. Everybody knows that one who chose this role is the soul itself and the role that the soul chose is

only a kind of game for it. Through this play it wants to learn and produce happiness and love.

What I really like is the way in which they heal themselves and grow. They are focused on their wants through the thought and then they experience healing through dance, song, music, special smells of incense that contain healing herbs, auras of special frequencies that create healing waves, reception of waves from past times through the stomach, the most common healing here is physical contact with one another. Sometimes it is possible to see a number of people hugging together, for hours, without movement. This healing changes the knowledge that exists in the DNA in each one of the cells and causes rapid healing. In the world of the senses people heal themselves through their senses like in our world. Only the speed of performance and the result here are amazing. Of course, each person has different performances. Some people cannot do everything, but they learn and many already do every imaginary thing.

In the world of the senses, the difference between one person and another lies in the limitations that he puts on himself, exactly as in our world. In the world of senses people do not die; they shift a time dimension and thus they grow. The physical body is not the only possibility through which to grow and experience. They can be what they want to be and act simultaneously in different dimensions and in different worlds so that their development is very quick. Life is very comfortable and very different from the life that I know. Some people lack residences since there is no need for houses or for any of the main aids that man requires in the regular world and

needs every day. In the world of the senses there are no cars and technical instruments and planes and airports and roads. The energy here is different. The systems of relations among people and between man and nature are different. People treat others and nature as they do themselves. Nature is an equal partner of man and every person is a cell that builds the other. The great secret of the world of the senses is the unity of thought; the undisputable belief that here a person can be what he wants to be is what makes it all possible.

They teach this. They fight for this against those of little faith among them. The world of the senses is truly imaginative, and yet nevertheless there are a few things that we too do in our world of dull senses, in surprising similarity. We do all that they do slower and with far more effort. The world of the senses is a world where all is possible without effort.

I think to myself – what we need to do more in our world is simply to dream more and to allow our dreams to be realized in an imaginative reality that will come when it comes.

I have been sailing a number of hours in the world of dreams and the time has come for me to return. I separate with a great love from the gift I have received and from the tremendous knowledge I have assimilated through the incarnations. Through this communication I have closed the circle with my five previous incarnations. In the seven days of the workshop with Teacher Elijah a huge door has been opened for me, through which I was born into the eternal and infinite spiritual world. This door has

revealed to me that I am in a large and glorious hall in the palace of palaces, where there are another ten doors that I will open when the time comes. With this knowledge I have received, I enter life equipped with the tools required for success.

I, I will be what I want to be!!

When I woke up, Teacher Elijah asked me, “Do you remember the dream you dreamed?”

I answered that I did.

“In your dream did you receive the answers to the questions that you did not get to ask?”

I answered yes.

“All of them?”

“Yes, all of them.”

“Do you know how to communicate new knowledge?”

“Yes, I know.”

And then he says to me, “I love you, with an eternal love.”

“Yes, I know. I love you, too, with an eternal love.”

We hugged and we felt the longing that we had in us for the love between us, a love that was created in the shared journey through five incarnations. He hugged me and I hugged him and God Himself hugged both of us. The

love of God covered us and we were there for a long time, children longing for God. Thus we remained in our love until we became one.

Today I am fifty-four years old. For many years I have been apart from the secret world to experience the harsh world of businessmen and the forceful world of managers and now I return. I return as a teacher who studies the dream reality, when one side of the ladder of dreams is firmly entrenched in stable earth while the other side of the ladder reaches the heavens.