

The background of the entire page is a photograph of the interior of a Gothic cathedral, likely the Cologne Cathedral, showing its high vaulted ceiling, flying buttresses, and large stained-glass windows. The lighting is warm and golden. In the lower center of the image, there is a white, semi-transparent icon of a ship's steering wheel.

**Mystical Extra Training for
Franz Bardon's
Initiation into Hermetics**

by
Ray del Sole

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MYSTICAL EXTRA TRAINING FOR

FRANZ BARDON'S

INITIATION INTO HERMETICS

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Attention

Please regard that you take the responsibility for all exercises, experiments and advices you do or follow in this book. All warnings of spiritual teachers, especially by Franz Bardon, Indian Yogis and me should be taken serious. Spiritual training is an art and science and not something to play with or for curiosity. Spiritual development takes years, whole life times, many incarnations indeed. As you are an eternal being you have time enough to proceed step by step keeping the balance in all aspects.

GOLD

When you examine the nature of chemical elements, then you can see that they all long for a higher state of perfection, the perfect balance of their particles. To reach this higher state, they join in chemical reactions. If you supply instead all necessary particles then the elements transform to their highest state, to the highest element of their type.

So all metals have the desire to become gold, to reach the perfect balance, the perfect state of gold. We can say that gold is the crown of the evolution of metals.

Everything and everyone in life long for a higher state of balance, of perfection. It is the inner plan to grow and to refine your nature to the highest possible state.

This process of transformation and refinement is called the mystical development. It unfolds the divine nature of the human being.

Ray del Sole

Little Flower

I dedicate this book to my little flower and the deep love that connects us over time and space throughout our incarnations.

Love is the greatest mystery!

In love and light,

Ray del Sole

Introduction

Imagine that you are a spiritual seeker and you are on your search for universal knowledge, for a universal system of spiritual training and development. By “coincidence” you find the books of Franz Bardon and you are astonished about his definition of magic. Suddenly you understand that magic originally means science, the holy science of metaphysics and that this original meaning was perverted, degraded and misused over time.

Metaphysics is the term for the teachings of physics on the planes of mind and soul. So Bardon’s books deal with science and how the spiritual student is supposed to apply this science for personal growth and the unfolding of the divine nature including mastery in life.

Metaphysics is as universally valid as physics and as mathematics. So metaphysics is not a matter of individual ideas or beliefs and it is not a matter of culture or tradition. Metaphysics is pure science, independent from time and place and in general valid.

But spiritual seekers are not really or not only looking for scientific knowledge or a “dry” training of abilities like Bardon presents it in his first book. Spiritual seekers long for unity with God, for enlightenment, mystical

experiences, happiness, ecstasy, etc. And so they are somehow disappointed to miss these things in Bardón's system of training.

When you take a closer look at Bardón's teachings then you understand that real and higher mystical experiences are based on metaphysical training of certain abilities. Without this training of powers and abilities no higher experiences can be made. This is simply the truth. You cannot enjoy the beauty of dancing when you lack of fitness (training).

The mystical experiences of uniting with God are in fact a matter of the last step, the tenth step in Bardón's book "Initiation into Hermetics". It seems that you have to work hard through 9 steps to be able, after probable years of training, to experience the unity with God. This feels like having to eat bread and water for 9 years until you are allowed to eat cakes in the tenth year. This is really a big disappointment and very dissatisfying for every spiritual seeker.

When you look deeper at Bardón's system of training then you see that already much earlier mystical experiences are possible and that the training provides a lot of great and interesting discoveries. But this is still dissatisfying as the spiritual seeker longs directly for the spiritual crown, for total happiness and enlightenment.

In fact the perfect diversity of highest mystical treasures and divine ecstasies is given in the third book about the

cosmic language which God uses to create. The third book is nearly all about mystical training, mystical refinement and the greatest mystical experiences reached by the work with the divine virtues and powers. But this training has a lot of requirements – long years of magical training and development – metaphysics.

In conclusion for all “normal” spiritual seekers there is a gap in the training which needs to be filled – the mystical side of the training. And this mystical side is very important to keep the flame of motivation burning, to keep the endurance and patience throughout the entire training – over years. It is the part which is interesting, which is vitalizing, which brings happiness and satisfaction.

Bardon certainly knew about this. He also knew that only those students will make progress that have already the right mystical attitude while all others have to fail because of their wrong understanding of magic and a wrong selfish attitude, just longing for power. Bardon had a comprehensive knowledge but he said only a little bit, just so much that it is enough for those students with the right attitude to make progress. These successful students are maybe 10% and the rest gets entrapped or lost somewhere in delusions or in the abyss of darkness. The divine mysteries protect themselves as only the mature souls are allowed to discover them. This was always the case, a timeless truth.

So what said Bardon? First of all he expects a mystical

nature from all students who want to undergo his training. Without a mystical attitude the whole training would make no sense at all. And then he has recommended to his personal students to read mystical literature, to make mystical studies and to do mystical exercises. For example he has recommended the work of Dr. Lomer, Yoga literature, Indian teachings and so on. These things have fallen somehow into oblivion and today most of the students are not aware of the importance of these mystical studies.

Bardon has emphasized the magical side of training for good reasons. One good reason is that it is the basis for real progress and refinement and another good reason is that the mystical training is in main a matter of the personal, cultural, traditional and religious background. So although the mystical training certainly has a basis which is everywhere the same, the “decoration” is very individual. For example, when you are a Buddhist then you will orientate yourself on Buddha with his special attributes of compassion, enlightenment and wisdom. When you are a Christian then your model is probably Jesus or the Virgin Maria. And as a Hindu you have a pantheon of gods and goddesses you can work with. So indeed the mystical practice is in main an individual matter.

Nevertheless I want to show ways of mystical training here in this book to support you in your magical training and

your spiritual development. Spiritual training always has to regard both sides, - the scientific side of magic or metaphysics and the quality side of mystical refinement, of love, devotion and unity. So indeed magic and mysticism have to go hand in hand for perfect results – quantity and quality – power and love – science and wisdom.

May this small book be able to give you hints for a good, useful mystical training, to satisfy your mystical desires and to support your spiritual unfolding.

In love, light and service,

Ray del Sole

THEORY

Clear yourself, heal yourself and refine yourself!

This is and has always been the motto of the mystics. In fact this motto contains everything which is important and it describes the whole development. It is all about clearing, healing and refinement. The original German motto is even better than my English translation: "Reinigen, heilen, heiligen!" Just three words. The last word I have translated with "refine" yourself but originally it means also to become holy, a saint, which points at the unfolding of your divine nature. Translations are unfortunately always difficult.

So this is the motto of the masters of mysticism. In fact the spiritual seeker has always to clear himself completely from all his darkness, all his bad characteristics, from his illusions, from all kinds of imbalances, from wrong ideas, from illness and so on. After this first step he is able to heal, to heal all the wounds of his soul, to heal from all the bad experiences of life, to heal his mind, his soul and his body and with this his life. Healing is always the second step. And then the seeker is ready to undergo the great transformation, the process of alchemy where he transforms his nature into gold, into the divine nature, the perfect state of a master, of a god. And then he is allowed to say that he is a real son of God, that he and our father

are one. Then the great opus is accomplished.

In conclusion you will be very busy with clearing, healing and refining over years of training and spiritual development. If you have to face obstacles, problems or blockades, then ask yourself what needs to be cleared, to be healed, to be refined. And you will get the right answer and then you can progress on your path.

The meaning of spirituality today

Today we experience a time where a lot of things have changed, -things which were valid and right for hundreds or thousands of years. As long as mankind can remember, we had religions which taught us about moral and ethics, which provided a clear conception of the world, of God, the status of a human being and creation. Additionally society provided traditional and cultural values which give a clear orientation in life, which clearly differentiated between right and wrong, good and bad behavior.

So in fact the human being had clear limitations and directives for everything in life. This made society work and life comprehensible.

Today it has changed. The human being receives today a good scientific education, has a lot of personal freedom and is not limited by his local religion, culture or tradition. Human values or values of society are no longer dominant. Everyone can do what he likes to. The individual can unfold. We can also say, – the ego can unfold. And it does.

The former values and limitations have been replaced by something new and all dominating: Money or better said the maximization of profits. Profit maximization and ego maximization cause a lot of problems as someone has to

lose to make someone else win. And indeed today a lot of have to lose as much as possible, so that a few can win a lot, – as much as possible. This is the law of profit maximization and ego worshipping. And due to this we have to face a lot of suffering, wars, hate and endless problems, – just because someone wants to make maximum profits at the costs of all others. The term “responsibility” has vanished. The term “wisdom” has vanished and also other terms like “compassion”, “understanding”, “honor”, etc. have vanished. It seems that we do not need any wisdom or compassion today. It seems that we are smarter than our ancestors. But obviously this is just an insane, dangerous delusion.

At the moment many people face the problem that they are torn between the old form of life, – their tradition/ religion with all the limitations and searching for an answer to all the problems of today. With the high level of education no one is really able to accept all the teachings of the old religions, all their rules and directives – just because we know too much today to take everything as truth. We are too independent today, too individual to follow religious authorities without questioning their authorization.

So in fact something new has to be the answer which is able to combine a high degree of education, knowledge and self- responsibility with true values which give orientation to solve the problems of today. And this answer is spirituality.

Spirituality is the core of all spiritual traditions and of all religions. When we integrate spirituality into our world view, in our life and business, then we do the best for us, for our fellow men and creation. Then we can find balance in ourselves and we can create balance in society.

Spirituality does not care about half-truths or misunderstandings in religions. Spirituality is able to look across borders, to solve conflicts, to understand others. Spirituality is based on wisdom, love and compassion. And spirituality can cloth itself in all local traditions, cultures and religious backgrounds. Spirituality is a matter of a free choice – you are self-responsible, you can believe in what fits to you personally. There is no one who says that's right or wrong. It is your free decision. You can follow Buddha or Jesus, you can take the path of a Yogi or Taoist. It is up to you. It means freedom. And freedom is the great chance of today, the freedom to choose your own, individual way which fits your needs.

And when you follow a spiritual path, then you understand that all religions and all spiritual traditions have one universal source, that we all are moving to the same destination, back to the divine source where we came from. Taking the spiritual journey just means to follow actively the foreseen natural evolution of mind and soul. Indeed we are all the same – spirits on their way back home, enhanced with amazing experiences, grown by countless challenges and at last refined to high human-

divine degrees.

We also discover on this journey that everywhere and for everyone the same universal laws of nature are valid. And certainly we are asked to study them to grow in wisdom and knowledge.

Sura, the International Theistic Federation, provides this knowledge and serves in the name of spirituality the natural evolution of mankind, of all those awakened souls which feel the wish to move on, to continue consciously the spiritual journey through time and space, through so many fascinating incarnations.

So if you like to meet likeminded spiritual souls, if you like to take part in a high quality spiritual education based on universal teachings, if you like to take part in altruistic projects and if you like to create a better, a spiritual world for all of us, then join us!

We will be happy to welcome you cordially!

With love and light,

Ray del Sole,

Initiator of SURA-ITF

Recommendation of literature

You should look for inspiring, uplifting literature, chants, mantras, videos and pictures. Beauty is divine and nourishing your mind and soul. Here are some suggestions:

Creating the Great Happiness (author: Ray del Sole)

Prayers of the Buddha of Compassion (author: Ray del Sole)

A Superior Technique for Spiritual Activation, Healing and Transformation (author: Ray del Sole)

The Ten Keys of Wisdom (author: Ray del Sole)

The Direct Path to Enlightenment (author: Ray del Sole)

Bhagavad Gita and further books with spiritual stories of India

Books of Rumi, the Sufi master (Dschalal ad-Din Muhammad Rumi)

Books about Bhakti Yoga, Kundalini Yoga, Mantra Yoga, Karma Yoga (Look for Swami Vivekananda and Arthur Avalaon)

Books about Buddhist and Hindu deities for connecting with their divine virtues and powers

Books about wisdom and the praising of God

Beautiful mantras and holy chants on youtube

Beautiful prayers, sayings and poems about loving and praising God, wisdom and virtues, high ideals, etc.

Beautiful pictures of creation, nature and of gods and goddesses, spiritual leaders, holy men, gurus, divine beings, etc.

Somehow in the Western World not much inspiring literature could be found but in the Eastern World there is a diversity of the most beautiful, uplifting, inspiring literature, - also wonderful mantras and chants which you can listen to at YouTube today. In the following chapters I will give you further information about the use of these things.

The mystical education in the past

Today useful mystical teachings for training do not really exist. Mystical training always has been a matter of initiation by the master or guru. The disciple was well chosen as a high degree of devotion, love, purity, humbleness, etc. was required. After a longer time of meditation, clearing, preparing, refining, asceticism, praying and so on, the master activated certain astral centers of the student and installed special streams of energy, - connected the student to special sources of energies from higher planes. This all led to a kind of dying of the old personality and the unfolding of the divine nature in the disciple. It can be also called enlightenment, the reconnection to God, the activation of the divine centers in the soul, the energetic system, a process of clearing, healing, refinement and transformation. This mystical education was more secret than other secret techniques and knowledge as it dealt directly with high mysteries and the divine being.

I must say that in former times many unhealthy techniques for the mystical development were used, so that also if these techniques were handed down completely, they would not meet the high quality standards of today. When you examine where the techniques originally come from then you will see that they are in main from India, the

secret yoga teachings about the activation of the chakras and the Kundalini Shakti with holy sounds, special syllables and this knowledge was based on the cosmic language like it is handed down by the Quabbalists, from India, Egypt, Tibet, etc. When you get a real Kundalini Yoga initiation, then you can use it for your mystical training. But also here one has to take care as most gurus of today are not of a high quality standard.

Today it is not feasible, not good to artificially activate certain centers in a student to transform his whole nature. This is a kind of violation including a lot of suffering. Feasible is a step by step training which leads naturally to refinement and the unity with God, including the unfolding of divine virtues and in parts of siddhis, spiritual powers and abilities.

The mystical path – an overview

In the following lines I want to give you an overview about the mystical development which you will experience when you follow the universal steps of training described by Bardon. This overview lets you understand what you can expect, what is waiting for you and in fact what you were foreseen to experience as a human being by undergoing consciously and actively your natural evolution of spirit and soul.

As Bardon says the spiritual path has two sides, - a magical side and a mystical side. Magic is the science of metaphysics, the quantity aspect and mysticism deals with the quality, the intention, the inner nature. Indeed there is no quantity, power, technique, structure without a sense, without characteristics, qualities, intention, purpose. Vice versa there can't be a quality without power, quantity. So we have two aspects of one thing. When someone follows a spiritual path then he must cultivate both aspects to make real progress. When someone wants only to cultivate magical skills and he neglects the refinement of his personality then his progress will be blocked naturally and soon as maturity is absolutely necessary. Vice versa a good soul without powers and metaphysical knowledge is very limited in his action.

As magic is nothing else than metaphysics, -science, one

can write and talk quite easily about its topics and techniques. With mysticism it is totally different. You need magical skills and techniques for mystical experiences and refinement but it is hard to talk about them. It is comparable with talking about an exotic fruit. You can describe easily form and appearance but when you are asked to describe the taste, the experience of it then it becomes difficult. Normally you would say "Taste it by yourself, then you will know!"

Bardon explains a lot about magical topics but he does not say much about mysticism. To a good degree he presumes that the student has already a deep mystical desire and understanding of his spiritual aims. This is certainly right. Without spiritual desires, intention and motivation magical training is a waste of time and also dangerous. A second aspect is that there is enough study material about a mystical, spiritual attitude. The third aspect is that by doing the magical training a mystical refinement is an inevitable side effect respectively real mystical refinement is based on magical training. The fourth aspect is that the perfect mystical training starts with his third book about Quabbalah.

Because there is not much said about mysticism regarding the spiritual path according to Bardon I try to explain some main points which are waiting for everyone to be experienced.

Mystical development means real changes of your

personality. You will definitely be not the same person you were when you once began.

Changes come automatically with the practice of each magical exercise. A first important change comes along with the mastery of the thoughts, - the stillness of mind. Normally you are not aware of the amounts of thoughts running through your mind. In fact you are permanently occupied with different kinds of thoughts and emotions. There is no break, no point where you can recover yourself from all these thoughts. The Indian masters compare it with a jungle full of monkeys or waves on the surface of a lake. So when you have reached the state of stillness in your mind and also in your soul then you experience something totally new, - the monkeys have left the jungle, the surface of the lake became clear so that you can see the ground (God), your mind is still, the world has stopped, now you are in touch with the background, the source of creation, of life. Stillness of mind is indeed very relaxing. Your mind is vast and clear like the cloudless sky. Your awareness has reached 100% and so you are able to perceive the world completely, - not with a dull, sleepy and limited awareness as usual. With the stillness in your mind you are anchored in God, you are one with God and you can receive a powerful, extreme enlightenment. Stillness of mind means that you create a mental vacuum and something like this cannot exist and so your vacuum is filled with divine spirit, divine enlightenment, a higher, cosmic consciousness. You experience God. Your intuition

and inspiration is increased, also your ability to adapt yourself to other people, to comprehend them is raised. With such a refined and clear mind your intellectual and meditative abilities are improved. Last but not least you are liberated from the slavery of the train of thoughts.

Regarding the work with the senses you will experience that your vitality in all four elements is strengthened and refined, - on mental and on the level of soul as both are analogue. So indeed your mind works much better, your perception is better and your soul feels more alive than ever before. Your will power, your intellect, your feeling/perception and your consciousness are improved, vitalized.

Later you work with vital energy and then with the elements. Vital energy exercises increase your level of energy in general. You become a power station with much more energy than normal people. This increases your health, also your energetic health protection and it increases your assertiveness in life, also your charisma and your ability to realize your wishes. The exercises vitalize your whole body and support all self-healing processes. The exercises with the elements have a great effect on the clearing, strengthening, refining, harmonizing and “expanding” of your soul including positive effects on your mind, mental body. So in fact the soul mirror work is good and necessary but the major work on your personality is done with the breathing exercises of the

elements. This work dissolves also negative character qualities and builds up positive characteristics in form of naturally and automatically cultivation. Regarding the work with the elements a deeper balance between the female and male aspects of your personality is reached. Normally you can say that men have a dominance of the fire element and women a dominance of the water element. Therefore characteristics of the water element are missing concerning men, - everything around "feelings" and empathy and vice versa women miss often characteristics of the fire element like will power and assertiveness. This is simplified and in general meaning. By the work with the element energies men learn to feel and women learn to be powerful, - simplified said. In fact the elements are balanced and so the magician feels complete in his female and male aspects.

Later you work with light, Akasha and the fluids. Light is pure intelligence, it is basic food of all processes of your mind. So by doing the light breathing exercises you increase your intelligence, your ingenuity, your intellectual abilities, you become enlightened, you enlighten your whole system. Light has also great healing powers as the body can use light directly for self-healing processes without extra work like it is needed by using vital energy. Working with light increases all analogue fire element abilities, powers and qualities. Your power of manifestation, your faith will grow.

Working with Akasha will increase all analogue abilities, powers and qualities of Akasha in your personality. Your nature adapts itself to God, to Akasha. Your intuition and inspiration is raised. You become familiar with the state of being time- and spaceless. You get to know the meaning of "nirvana", of the "nothing" which is underlying creation, which is giving life to creation, the source of all sources. In fact you can experience yourself as "nothing", so that other beings or objects pass through you. This is certainly a very strange experience.

Last but not least you become master of the two fluids, the two universal powers from which everything is made. This means you increase your power immensely to degrees of almightiness. Indeed with the mastery of the two fluids there are no limits left for you. Qualities and powers like almightiness are something unknown for normal people and have to be experienced, to be tasted to comprehend their nature. Such states have to do with immense dynamic power in your microcosm, - you as a power station and with a change of your consciousness, - spiritual authority. You become so powerful that your wishes, your thoughts already manifest in shortest time, also down to the physical plane. This can be very dangerous but as you are refined in mind and soul you can manage this responsibility.

Beside this extraordinary power, the two fluids support all healing processes in yourself and improve all analogue

abilities, qualities and powers in yourself. In fact you become the master of duality. This sets your authority in creation to the top of the triangle, there where the One is, God, divine authority and power.

At the end of “Initiation into Hermetics” you learn to manifest all four divine qualities which comes along with merging with God in his highest virtues, - qualities and powers, - you become a God-Human. This means also that you become perfect in your human nature – you are the perfect pentagram, the perfect microcosm. The merging with divine virtues means that you incorporate them, - you are divine all-embracing love, your nature is almightiness, your consciousness is divine, etc. You are no longer a limited human being. Indeed you have created yourself completely new as a god. The more you work on incorporating divine virtues the more you leave your human nature behind. Through the whole training you transform, strengthen, refine and also heal yourself to higher degrees in small steps. You expand all human qualities and powers more and more until you reach divine degrees. Parallel you dissolve and clear all negative, limited characteristics. In fact you really grow on mental and astral plane. Certainly you will not be able to think, feel and behave as limited as before starting the training or as other normal humans. I also must say that many illusions burst like bubbles as your comprehension of humans, God and creation increases more and more. Many typical human needs, wishes and habits lose their

value so that you are no longer interested in them. By all the exercises you do you are so fulfilled that it seems that you could lead a life as an ascetic and still be happy. With all these changes your relationships to yourself, your beloved ones, your partner and all people, creatures, etc. will change too. People will feel that you are something special, something divine in best meaning and so they will come to you to feel your positive energetic radiation, to ask you for advice, to enjoy your company, also to receive healing through your radiation. People and animals do this automatically on the level of subconsciousness perception. They feel good, relaxed and healthy in your company.

The next and last step of the mystical path and development is the training of the quabbalistic letters in your body, in your microcosm. With this training you proceed from perfect human nature (pentagram) to perfect cosmic nature (hexagram). The powers which you have experienced so far were already great but seen from an absolute point of view they were limited. In the universe, better said in our solar system there are the immense cosmic powers comparable with the raw and incredible powers of nature. These powers are represented by the cosmic letters of the real Quabbalah, the divine, creative language of God. By the mystical training with all letters in your whole microcosm you adapt yourself on all planes to the cosmic level, the divine level. Indeed you refine your nature to the nature of a cosmic spirit and at last to the

perfect cosmic and human temple of God. You are “the” cosmic spirit among all cosmic spirits as your nature is perfect, as you contain all letters of the cosmic language. Normal cosmic spirits contain only a few letters. For a normal human being, also for normal magicians the cosmic nature is not comprehensible. It must be experienced respectively you must adapt yourself to it by quabbalistic mystical training. Indeed the cosmic nature lies above creation and so it can't be experienced in normal life. All letters of the Quabbalah are amazing and provide many fascinating aspects. So there is very much to experience and to adapt to. A real Quabbalist is the highest authority in creation and a direct ambassador of God. You are a perfect (cosmic) being. You have reached the aim of evolution, of spiritual development. Certainly you can increase and improve all your abilities, powers and qualities through your divine missions in the coming incarnations.

After reaching this level of perfection you can merge with all cosmic spirits of the spheres through quabbalistic techniques. In fact you can incorporate every spirit with all his qualities and powers. You take part in his nature, indeed you become one with him. This provides great experiences and a deep understanding of the spirits. When you do such a training then you become cosmic in your nature more and more. Indeed it is no problem for you to forget about your human nature completely and feel yourself as God or as a god/cosmic spirit.

There are no limits left.

The whole spiritual, - magical and mystical training is full of wonders and great experiences. The greatest treasure chest is waiting in the Quabbalah training. It contains all we long for – cosmic completeness. Then the microcosm is equal to the macrocosm – fulfillment, perfection, total balance is reached.

Then the magician is perfect in his human nature and in his cosmic nature. Bardou calls this the Nirvi-Kalpa-Samadhi. Total perfection.

Before I finish my descriptions I want to speak about the nature of God in short. God can be experienced in several different ways as he has many facets. You can experience God as stillness, - stillness in your mind. When you leave the “action” of life, of creation behind you then you will discover the silence and peace of God, the source of the dynamic life, action, creation. In this aspect God is the background of creation.

Then you can receive a deep enlightenment of God which means that your microcosm is floated by high spiritual energies, light.

God can be experienced as Akasha, as something without space, time, and limitations, all-permeating, all-knowing, - as something which is not created.

When you reach a refined spiritual state then you can experience the divine consciousness. This means that you

do not feel like a human being but as a god respectively as a temple of God. Your human nature is blanked out. Divine consciousness means a state where you are super personal, completely impersonal. It is a form of consciousness which is not limited to a person or personal ideas, needs, wishes, emotions. You are neutral, objective, absolute.

When you work with the different spheres then you will meet God half way in the sun sphere as it is said. This means that you will experience your original nature in the sun sphere as you charge yourself with the energy of this sphere. The sun sphere energy is the one power which contains all different qualities and powers. Its quality is perfection. So what you have experienced in four divine aspects you experience it now in one power, - your original nature, the nature of the sun. This special power is represented in the quabbalistic letter "R" – God in his perfect manifestation, - the condensed, materialized "form" of God, the perfect temple. So indeed people throughout all ages have worshipped the sun and a sun god for good reasons. The Egyptian sun god RE or RA can be seen as a twofold quabbalistic formula which fits perfectly to the sphere of the sun.

Then you can merge with all divine virtues and powers in single form or in composite form by quabbalistic techniques. God has many virtues and when you merge with them in composite form then there are a lot of

different variations and expressions of God. In fact all spirits of the spheres represent variations of divine virtues and powers. By quabbalistic techniques you have the free choice how you want to experience God. One very high form is to melt with the first four cosmic letters which are the source of all other letters. It is the highest four-letter-name of God "Sch-A-M-Ä". A higher perfection regarding the four elements is not possible. By the use of a special quabbalistic formula you can reach the highest possible enlightenment. There you experience the original nature of God as what we call the Eternal Light. This means you experience the light of Akasha. When you study Bardon's Quabbalah you will get to know all facets of God, - all the amazing divine beauty and magnificence.

I hope I was able to communicate the mystical transformation and path in a way that the student knows what is waiting for him. Certainly everyone must taste, - experience this for himself. Intellectual studies or descriptions must be unsatisfying. And these hints must be enough.

As an old mystic once said: "Get up and become Light!"

The mystery of Shiva and Shakti

Bardon explains the symbolism of the first Tarot Card, the initiation into magic and the magician as an authority in creation. The first Tarot Card in his book is a wonderful picture with a great symbolism. I like it very much. Somewhere, I guess at the end of his book, he says that the symbolism respectively the meaning of the first Tarot Card is somehow hidden in the Yoga teachings about the Muladhara chakra and in the mystery of Shiva and Shakti. I think that it makes sense to explain this a little bit more.

The first Tarot Card deals with the magician. The magician wears a crown or a lotus with petals and a red gem in the center. Above there is a sphere with a god and a goddess in love. Now guess what this crown is and who these divine beings are. Any ideas? In fact these are hints where all the magical knowledge comes from – from old India, Tibet, Persia. The lotus is nothing else than the completely unfolded crown chakra of the master which means that the master takes part in the divine or cosmic consciousness. The red gem points at the philosopher's stone which is able to realize wishes down from the mental realms into the material world and this in a powerful way – the power of materialization. In the human body this power is the Shakti, the creative, materializing power of the master, indeed the awakened power of imagination. This female

power or goddess comes up the spine, the Shushumna to unite with the male god, Shiva in the crown chakra – the god and the goddess in love united in the sphere above the magician's head. Shiva represents the static divine consciousness and Shakti is the active, creative power which manifests creation. In fact both build a unity and they are never separated, only the male and the female aspect of the divine spirit. The point is that Shiva and Shakti are somehow sleeping, are inactive in the normal human microcosm or in different words, - the human being has not connected itself to the divine consciousness (Shiva) and the power of creation (Shakti) is sleeping in his Muladhara, the root chakra. So the great challenge for the spiritual seeker – independent from the spiritual tradition – is to connect to the divine consciousness and to awaken his Shakti and then to unite both in the crown chakra – the mystical wedding!

On the way up to Shiva, the divine consciousness, the Shakti is awakening all chakras, all psychic centers along the spine which means the full awakening of the divine nature in the human body.

And now we come to the little secret of Shiva and Shakti – they unite in love! The awakening process is a matter of love and unity can also only happen in love.

The whole process is already absolutely great. Shiva, the divine consciousness, the god, is longing for his wife, Shakti, the beautiful and powerful goddess who is sleeping

in the Muladhara chakra respectively who is sleeping in matter, in the material world, the sleeping spirit in matter. The spiritual student makes now exercises to connect to Shiva and the spiritual power flows down into the lowest realms of creation, of the microcosm of the student to awaken his wife, his beloved Shakti and then she unfolds here power and flows up to unite with her beloved husband in the crown chakra, - the mystical and most beautiful wedding.

In fact it is the fire of concentration which is able to activate the Ajna chakra, the master center, then also the crown chakra, the heart chakra and the other chakras and the Shakti in the root chakra. Indeed this is a spiritualization process in steps where the whole frequency, where all energies and chakras are refined, activated and vitalized. This must be done very carefully and in best case under supervision of a master. If you start directly with the Shakti and she awakens too early, then you can burn your whole energy system including great suffering and pains. The Shakti will burn all impurities without mercy and such a transformation process is more than torture. So it is wise to do a lot of clearing, healing and balancing, also smooth awakening before you activate the Shakti.

In Bardon's system the Shakti will be awakened in small steps. In fact he also starts with awakening Shiva, the crown chakra with the stillness of mind exercise. Then he

awakens the Ajna chakra with the concentration and imagination exercises which have also awakening effects on the Shakti. Then he vitalizes the body with the vital energy breathing exercises and later with the element breathing. So the energy system can clear, heal and adapt itself to high powers. Just by undergoing the normal further training the Shakti and Shiva will unfold more and more. A perfect mystical wedding takes place due to your mystical training or later in the tenth step where you focus your whole training on uniting with God. So in fact when you are a mystical person, feeling a lot of love for God, then it can happen that you witness the wedding much earlier in your meditations. The unity stabilizes with the passing time and your increasing refinement to a divine nature. So repetition of such meditations is useful (and makes happy). In the "Practice" part I will give some instructions for such a meditation.

Coming back to the symbolism of the Muladhara chakra with the Shakti: The root chakra has four petals, a red color, a square, a lingam with a serpent, etc. It is indeed the lowest center, with the lowest, densest frequency, vibration, analogue to the material world, analogue to matter, the sleeping spirit. Here the creative power of God, of Shiva is sleeping indeed – we have to work for results! In the higher realms our imagination is the creative power to cause any wished for results, changes of our surroundings, etc. This sleeping power is symbolized as a sleeping serpent rolled around the lingam which

symbolizes procreation, creative power. The square represents the four elements and you probably know that creation is based on the number four, on the four elements. In this center of the earth, of the material plane, the slowest, densest energies are processed to flow up the spine from center to center while they are refined automatically to higher frequencies until they reach the crown chakra, pure and highest spirit. So in fact we can witness here the process of spiritualization starting from the root chakra and ending in the crown chakra. It is the process of perfect refinement of material energy to astral energy to mental, spiritual energy. While the energy is flowing upwards at the back, increasing its frequency, the high energies of the crown chakra flow downwards on the front to nourish the chakras from the highest plane down the lowest, material plane. In fact this is a cycle of energy flow. The energies come from God, flow to the material plane and then flow back to the source. The natural cycle of creation in macrocosm and microcosm.

The red color of the root chakra is the color of the energy in the chakra – red, fire element, heat, activating energy. Sometimes there is also a yellow color in the pictures of the Muladhara chakra – this symbolizes the earth element which also belongs to this center. Then we have also Brahma as the god of this center and Shakti as the goddess – Brahma the creator god – creation. These are all lawful analogies, symbols, fitting powers and qualities. You can also find the holy syllables, the bija mantras, holy sounds

which belong to this center for activation and refinement. In conclusion this work of the Indian initiates is great and wonderful. I can only recommend to study it.

When you compare the first Tarot Card, the training of Bardon and Shiva with his beloved Shakti, then you see the same roots, the universal teachings, the same milestones, stations you have to pass on your spiritual path. If you call the initiate, the master a yogi, a tantric, a mystic, a magician or an alchemist – it does not really matter as all have to pay respect to the universal spiritual path of perfection.

I personally feel a deep love for the great teachings of the East and I appreciate their beauty a lot. And when you compare the Eastern teachings with the modern Western teachings then it is like comparing the light with darkness. Indeed most modern Western teachings are just more or less bad copies of the Eastern teachings. So even if you are a “Western” mystic or magician then look for spiritual treasures in the Eastern teachings and you will find an abundance of high quality material. On the other hand you can certainly stick to your tradition or make up your mind on yourself.

So these were some hints about Shiva and Shakti and their connection to the first Tarot Card.

A few words about the alchemical process

A friend asked me to write also about this topic some lines. Obviously the transformation process is not clear for everyone. So what happens in the training, what are the effects?

Indeed we can examine general effects:

1. Activation of chakras, of the energy flow
2. Clearing of blockades, bad energies, bad karma
3. Vitalizing of mind, soul and body
4. Refinement and balancing of mind, soul and body
5. Increasing of powers and of the energy level
6. Unfolding of the chakras with their higher qualities, powers and abilities
7. Adapting of the human microcosm to the macrocosm

These are very positive effects. You can compare this transformation process with the transformation of a couch-potato into a high performance athlete and artist, - from nearly zero to 1000%.

You can also compare it with a small button cell battery and its transformation into a power plant.

The higher activities of the chakras and the stronger energy streams cause real changes in your energy system. It becomes more powerful and the structure adapts itself to these higher energies. It is a real refinement and transformational process as you whole energy system becomes alive and really active. Due to this we also speak of an awakening. Normal humans have only a slow and dense energy system but spiritual students already and masters much more have a high performance energy system with high frequency energies. It is a difference if you drive a cheap car or a formula one racing car.

All in all it is a spiritualization process where the lower frequency energies are raised to high frequency energies, with a high flow and great power. Spiritualization means refinement.

Then we have the alchemistical aspect. When you work with all these energies, with vital energy, with the four elements, then with Akasha, with light, with the fluids, etc. then you support alchemistical processes of transformation and refinement of a more or less material, imbalanced, raw nature towards a refined, balanced golden, perfect nature. All these breathing exercises support this process. In fact you wash your soul, your microcosm with universal energies to clear the dirt out, to vitalize yourself and to become more and more complete, perfect. These breathing exercises saturate you with these universal energies and so your energetic structure changes

– indeed you become a universal being. You raise your nature like a Phoenix from his ashes. You transform matter into spirit (to say it simplified). The spirit is reborn by the training.

Remember also what I said in the foreword about the natural alchemical evolution. Indeed all exercises serve this process of refinement, spiritualization and vitalization.

What is meant by transformation?

There are people who think that everything stays somehow the same while undergoing a spiritual development. They think that you stay the same person and that life stays the same. Often people do not think about what kind of changes might come. It is an interesting behavior. “Yes, I want enlightenment, I want spiritual abilities but my life should not change, I should not change...or why should it change?”

In fact when you examine a normal person in a normal life then you can see that this person and really everyone is in a permanent change. Something is always changing – just due to the fact that we are growing old and that life itself means change. We just do not realize it because we pay no attention to these changes. And certainly we have characteristics which we keep over years and often the whole lifetime. Become aware how often and how much you have changed already over the years – in all aspects.

When you undergo a kind of training or education then you experience a lot of changes in a short time. You become an expert for something which includes different ways of perception, thinking, feeling and behavior. You develop special skills, special powers, etc. You refine aspects of your personality. These all are changes which people normally are not really aware of. Life means

change and change means to be alive.

And spiritual development means personal growth. In fact you unfold your personality in a most balanced, positive way. You unfold your potential, your whole nature like a flower to flourish in full splendor.

I try to explain some of my own experiences regarding this transformation. It is not easy to translate them into language and certainly all experiences depend on your individual path.

As a normal human being you are very limited in all aspects. Due to your spiritual training you widen and break these limitations step by step. It is indeed comparable with being your whole life a couch potato, unable to leave your house, only able to sit or lie down, eat and watch TV and then you start to become aware that your body has muscles, that you can use your body to move in the house and out of the house, that there is a whole world out of your house which wants to be discovered. Starting with this enlightenment you begin to train your body, you change your behavior, you improve your endurance, your fitness, you feel more and more alive, dynamic, powerful, everything is in change and these are good feelings. And one day you are in a top performance and you run your first marathon. And then you cannot believe anymore that you were a couch potato some years ago. Try to imagine this, meditate about this process.

When I think of the old days, for example in Egypt where initiates lived as high priests in their temples, then the differences between these initiates and the normal people were immense. The high priests had their special appearance, cloths, look, the according homes, temples and these things were already really impressive. But the high priests did not cover their higher nature. They walked as gods among humans. Their higher, divine nature was obvious due to their charisma and their different behavior. So imagine you were a normal person meeting such a high priest then you were able to perceive his powerful, refined radiance, his special charisma (underlined by his cloths, his appearance) and there was something additional. If you were able to talk to him then you could perceive his very special state of mind. It seemed that he was not really there, somewhere else, in higher realms and that it needed some effort to come down for talking with you. A very strange perception, impression. During your small talk with the high priest you were able to understand this strange thing. It is a matter of the cosmic consciousness, the connection and unity with God. The initiate has a permanent connection to Akasha and so he is somehow "spacial", his mind is vast, unlimited, full of inner peace, silence, just perception, pure being (which can make it "hard" to come back to human dimensions for small talk).

When you meet a Bhakta, - a Bhakti Yogi, then you can perceive his powerful radiance of pure all-embracing love – there is nothing but love. And when you look to his face

then you see that he is absolutely happy, that his whole being is pure love. He is absolutely high and lost in love, just smiling and his eyes express the beauty of heaven. His heart chakra is completely developed and he is totally dedicated to love, loving God without limits, loving creation and all beings.

Something similar is true for all special divine virtues like power, wisdom, divine consciousness and so on. In fact you were able to meet such high developed saints and initiates in former times. And they had no need to hide their divine nature. It was obvious who they were and the differences to normal people were obvious in the same way.

Very special was also Jesus as he was a theurgist, a real master of the word – the cosmic language which is used to realize creation. It is also known as Quabbalah – see the third book of Bardou for more information. He was a perfect temple of God, a perfect expression of divine powers and virtues, a perfect divine being. And he also had no need to hide his higher nature. Due to his perfect and most powerful nature he was able to perform a lot of “wonders”. He was able to keep his high level of energy, of tension as there was no need to appear normal – total divine consciousness, total divine unity, total divine power. Simply amazing. Due to this he said that the father and he were one and due to this he was in fact a real son of God – from the same nature. So if you were a witness of

this special time, of Jesus then you would have experienced his great powers charging everything in his surroundings. He is indeed a great example of the term almightiness. A being of pure unfathomable power. Jesus has such a high tension of energy – in quality (frequency) and quantity that the smallest thought in his mind realized directly down to the material plane. Such a high tension makes you a living god on earth. These things are more than amazing and mind blowing, especially when you witness them. These degrees of refinement and absolute power are also available today but today you cannot keep this tension, you cannot live in this high divine state of mind. These things are not respected and not accepted in society today. Jesus could do it without any problems because time and culture allowed it.

In fact creation is a real “wonderland” and the more you get to know about the wonders of our wonderland, the more you are lost in amazement. The greatest human creativity is still too limited to imagine the reality of our wonderland.

But back to the topic. At last I try to speak a little bit about my own experiences – several aspects I have already shown in the examples above.

Amazing is for example to experience higher aspects of your own nature. A general experience for me was, that limitations are somehow unreal. When you get to know certain things due to your studies and when you do your

exercises, then limitations dissolve more and more in all aspects. Who should limit you? Everything is available in unlimited amounts and in all qualities. These are aspects of the divine nature or the nature of a master – no limits! In fact it is now up to you where you set (healthy) limitations. You can work endlessly, you can love endlessly, you can wait endlessly, you have endless will power, endless vital energy, your mind is unlimited, your understanding... The only thing which limits you is your physical body, the physical, material realm with its laws of nature but besides this, your soul and mind are unlimited. And because of all your energy work you are completely saturated with all kinds of energy. Due to this you feel perfectly balanced without real needs, real wishes. You feel independent, free and you can make free decision.

And certainly the refinement, clearing and healing are very healthy, very pleasant. You realize the nature of heaven in yourself although you are still in your physical body and still in the material realms. These things cause a great inner and outer harmony. You feel centered, integrated into the natural-divine order of creation. You take part in the natural-divine abundance. Your health is really stable. Diseases have no chance to get you. Due to your refined charisma people like you or love you and they listen to your words. People start to open themselves when they are near to you and they start to heal as you radiate so much refined energy. They also feel inspired.

Somewhere later you have refined yourself to highest degrees and you have become a being of light. It seems that there is any “dense” energy left in you – only high active finest light. You can feel strong streams of energy everywhere in your body, especially in the chakras.

The awakening of the heart makes you feel unfathomable high and happy and the opening of the crown chakra felt for me like cracking up my head to open for a powerful spiritual waterfall rushing through my brain, my whole body.

And then you can make a lot of the strangest experiences of which you never dreamt of. Can you imagine to experience that you are nothing, just space with a mind, where beings can fly through you? Or that you have suddenly two right legs because your leg is charged with Akasha and the mental leg with your sensation drops out of your physical leg? Or you are so high due to high meditations that you leave your body in ecstasy and happiness floating through the space?

In fact there are countless wonderful and really strange experiences which you make in your spiritual development. And all these experiences make you grow, make you wiser. And last but not least you will meet amazing beings, gods, spirits and also amazing places. You will experience and discover so many fascinating mysteries and secrets. The results of the spiritual development are indeed simply mind blowing. And when

you compare the results with the effort, time and sacrifices, then you know that all the hard training is more than worth it. All these great results are really divine gifts. And one day, when you have become a master yourself then you will pass on the gifts to your students, to the spiritual seekers which God sends your way. And this is indeed a wonderful tradition – everyone in the line of the initiates receives divine gifts and pass them on to the next generation.

The right attitude of a mystic

A true mystic should dedicate himself to the “four” highest virtues of God, the eternal light, – to all-embracing love, divine wisdom, omniscience, omnipotence and cosmic consciousness. “Four” means here the reference to the four elements. Wisdom and omniscience belong to the air element for example. It is necessary to orientate everything you do on God and on the divine virtues. Only then you behave always in the right way. Indeed it is very simple: Everything you do, do it in the name of love, do it in a wise way, do it with an enlightened mind and do it with the necessary power and trust. Indeed simple but true and useful. If you have to face a task or challenge then ask yourself, what is wise, how would a spiritual master accomplish this task, how would God do it, how can you do it, so that God is happy with the results? It is not the aim to be perfect, - the aim is to do something as good as possible, as it is feasible. The old mystics regarded life itself as a way of worshipping God, as a way to serve God, honoring God by serving in light, love and wisdom. So indeed you can dedicate your life towards high spiritual ideals. On the other hand remind yourself that you have also the right of personal happiness, personal wishes, etc. In best case you combine both, - your spiritual aims and your personal aims for perfect happiness.

Regarding duality, - light and darkness, the constructive and the destructive principle: Darkness is not an option. God is pure light and all spiritual seekers are on the way to become beings of light. And when you fear the darkness, then you have to become light to make the darkness vanish. Imagine you are a little child and you fear the darkness in your room. What helps immediately? Turning on the lights in the room. Light and darkness are two opposite poles of polarity and only one pole can exist at the same time, - light or darkness. Always stay consciously in the light to protect yourself from darkness and dark temptations. Fears, anger, hate, etc. are aspects of darkness and can entrap you easily. Set consciously the positive, opposite qualities of the light against them. If fear wants to get you, answer with self-assertiveness and trust. If anger wants to raise, answer with love, understanding and compassion. Do these things consciously to stay in the light. Ask for enlightenment, for spiritual help, for protection. Be a light in the world and stay in the light. Darkness lacks of light and longs for light, for love but do not become a victim of it. Light means abundance. Darkness means misery and being in need. Understand this. Darkness longs for salvation.

Creation is characterized by duality. We have a constructive, creative principle and we have a destructive principle. Both are parts of creation. There is no life without death in the material world. This is something which is not "nice" but it is reality (with a mystery behind

it). So the first thing is to accept this. And the second thing is to understand how to manage both principles. You are an ambassador of the positive principle and you have to respect both poles of duality. This means you embody the positive principle working for the enlightenment and progress of mankind. The negative, destructive principle you need to get under full control. Destructive forces always need to be controlled. This is valid for dangerous dogs. This is valid for all kinds of weapons, for the army, for everything which is destructive. And become aware that destruction is not always evil or bad but often necessary and also positive. When you destroy something bad, something evil or something which is waste, broken, then you do something good. Destruction is often necessary to create something new from something old. The best model for the duality of the creative and the destructive principle are martial artists. A trained martial artist is a dangerous weapon himself, a perfect tool of destruction. But especially material artists have a perfect control over their destructive power and further on are very peaceful and balanced. So in fact they represent the positive principle while they control the negative principle. They use their destructive power only in emergency cases and only as far as necessary. This is perfect. What can we learn from them? Cultivate both principles towards perfection to become a real master of duality. By mastering the destructive principle you reach inner peace, self-assertiveness, power, happiness and inner freedom. In

fact in best case you master both principles, both poles of duality in general to accomplish perfection. Later in your spiritual development when you climb the peaks of light, you will become automatically aware of the meaning of darkness, what the dark ones do, which strategies and aims they have and you understand the dark hierarchy, the dark beings and the mysteries of darkness. This is something which automatically happens. The more light you realize, the more darkness you can see and understand. But this is nothing you have to think about now or to fear in anyway. I just wanted to say that you will understand all principles of creation by climbing up your spiritual ladder.

Just have in mind to accept and to respect all principles of creation and to get into full control over the destructive principles. Also try to understand the mysteries of creation as human beings only perceive a very small part of the things which are going on.

In general cultivate a good connection to the spiritual realms, to your spiritual guide, spiritual teachers, masters, higher brothers and sisters, the angels, the hierarchy of light and God. This means to stay open for divine inspiration, divine intuition and divine guidance. And it means to pray and to communicate with the higher realms regularly. Show a grateful attitude for all the good things and blessings from heaven, ask for support, for insights, for the right understanding of issues, ask for the

power, the love and the wisdom to master all your challenges in the right way. Show your love and devotion towards God and the spiritual realms. Cultivate the unity with the divine spirit in love and light. Be a humble vessel for the divine spirit as only a humble soul is able to bear divine power and to listen to divine inspiration. This is again a part of the mystery of duality – the more humble you are the greater divine power you can bear. So indeed those masters who take part in the nature of all-mightiness are at the same time most humble and with this perfect vessels or temples of the divine spirit.

And then be aware that you are in a process of development – you are not already perfect. So observe yourself, your behavior, your thoughts, your emotions, your actions. Observe what is good, what is bad, what could be better. Work always on your refinement, on your inner balance. Also remember what Bardon said about the character of an adept, - the noble magician, always friendly, always noble, always generous, always ready to help and to support, always wise, kind and compassionate, always strong and well-behaving, always respectful, always tolerant regarding the mistakes of others but hard against own mistakes, etc. Just remember to keep on working on yourself until you are a polished brilliant which shows perfectly all colors of the divine spirit.

With these things in mind you will make good progress

and you will experience a positive, happy life.

Last but not least – do not forget about yourself completely as this is not lawful. Show respect and love for your own being, for own needs and wishes. You will experience that all kinds of needs, wishes and desires vanish more and more during your training and refinement as you become more and more saturated and balanced with divine energies. But respect those wishes, etc. which are still there and love not only God, mankind and creation but also yourself. Then everything is perfect.

Through darkness to the light

This saying contains also an old mystery. It says that we all have to go first through times of darkness, bad experiences and real challenges before we are able to make it to the light.

Darkness means here the material world with all its challenges but also the darkness of the soul, the evil, the selfishness and last but not least the veils of creation. It is our limited perception which makes it impossible to look behind the veils, to penetrate the illusions of being separated from God and creation, to perceive the higher worlds, the truth. In fact it takes a lot of effort and time to make it through the night of the soul and to awake to the light of the day. But once when all veils have fallen, then you discover yourself, the bright blue sky and the sun and then you know that everything is alright.

I like this saying very much as it contains so much truth. It reflects the evolution of mankind but also every incarnation and especially the path of the spiritual seeker. In the beginning we always or often have to face big challenges, we have to pass big tests, we have to cope with evil, with darkness, with ignorance, etc. but then things change and more light comes into life, more harmony, more stability, a deeper understanding, etc. Indeed we grow from all these challenges and that is all about,

getting the stair some steps up. So when you have to face many problems then know that this is just a dark time and that the light is already waiting for you. And when you understand that this hard time supports your progress then things might feel easier or better for you. Tests, challenges, trainings, - they all push you to higher steps of refinement and progress.

So take all your challenges with a positive attitude. Know that you win in the end, that these challenges indeed serve you, that they are your chance to grow. This makes life easier. And in fact there is not a single human being who has not to face challenges.

And once, when you return to the higher realms, after a long life on earth, then there will be beloved friends and masters who will be very proud of all you have achieved. And you all will laugh and be happy.

Are you serious?

When we look back on thousands of years of initiation and mystical training then we can see massive changes. Until today initiation and mystical education were deadly serious matter. Secrecy throughout all steps of initiation internally and total secrecy towards the public were standard. Only the best candidates were chosen to undergo the spiritual education in the temples. And only the most talented of the best ones were able to climb the ladder to become real, high initiates. Maybe you want to know what "best candidates" were. Often these candidates had at least one spiritual incarnation already and in the present life they had to show a pure, balanced soul, spiritual abilities, great will power, endurance, a great spiritual dedication and devotion, a powerful trust in God, a high intuition and the ability for inspiration, - guidance from the spiritual realms and the high priests by telepathy and similar things. So indeed these were the best from the best, the chosen ones. They were carefully selected by the high priests. Before they were allowed to undergo the first initiation, they had to pass several tests, - tests about the purity of their souls, tests about their power of belief, tests if they were fearless and untouchable by the dark side and also physical tests to check their abilities for telepathic guidance. These tests were in parts pure horror and sometimes deadly and not everyone has survived them.

Those who were so lucky to pass them moved on to first initiation ceremonies where holy knowledge, mysteries were given, often in form of a stage play with actors and it was up to the seeker to discover the meaning of it. So indeed it was not normal to speak about mysteries but to experience them in a ceremony, a kind of stage play, in special rituals. Additionally to these initiations a lot of education and training had to be accomplished and again only the best ones made real progress. This education and training took whole decades until the best ones were real high initiates, high priests, real adepts, magicians, ambassadors of God or gods and goddesses. In conclusion the training was really hard and full of requirements, full of sacrifices and sometimes really dangerous.

Only in this way the holy mysteries could be protected from profanation and only by these hard selection process a misuse of the great powers and of the great knowledge could be prevented.

These were tough times for sure. And the masters, gurus or high priests were not always kind and loving but they were often hard and merciless – to get the most out of the student, to push him to maximum progress. Once the master has chosen his disciple, the disciple has entrusted his life to him – total devotion to the master, total trust into the master as only the master was able to give enlightenment to the disciple. The master was an absolute authority for the disciple and not to question in any way.

On the other hand both were connected by the most holy and loving relationship, deeper than all other relationships of human beings. Total trust and care from both for each other. I can only say that everyone is really blessed who has experienced such an amazing relationship and life with a true master. There is nothing higher and more precious to experience in the human world. The good old times!

Today these things do not exist anymore or only as single exceptions. Today all the knowledge has been published so that every seeker is able to make his way on his own or in a group. This is certainly good and a great chance for everyone to make progress.

On the other hand so many misunderstandings, half-truths and traps are waiting everywhere and the dark side has much fun. At last the mysteries protect themselves from the immature ones as it has been always the case throughout the centuries.

More problematic is that the attitude of spiritual seekers has also changed. Most students only want to gain powers, experience mysteries, etc. without willing to undergo deep studies, to sacrifice a lot of time and effort, to work hard in the training. Most people understand spirituality and spiritual training in a superficial way – like going to a shopping center to buy some products or going to McDonalds to get some fast food. But spiritual development is no fast food, indeed it needs long

preparations and a long digestion.

And today there is no one who kicks you in your butt, who requests results from you like in the former times. There is no master who could do it. So you must kick yourself to make progress. Your will and endurance must be so great that you take every challenge successfully and this over years.

Therefore I have asked “Are you serious?” Do you take your training serious? Are you willing to pay a high price for progress? Or is it just curiosity or boredom or just a trend like doing yoga?

Become completely aware of what you really want, which aims you have set for yourself. And if it is your aim to become a real initiate, a real master, adept, a god-human, then do your studies and your training absolutely seriously. There is simply no alternative.

Also remember that Bardon’s teachings are more demanding than studying at a university. In fact you must give everything you have to climb the highest peaks and to pass all exams. The teachings of Bardon are the university of life and creation. And this university contains the absolute knowledge, not less.

So pay respect to the line of masters throughout time and space. Pay respect to Franz Bardon. Pay respect to your fellows on the path. And pay respect to yourself. Be serious in your training.

The mystery of the ego

The ego and with this selfishness are big spiritual topics coming along with big misunderstandings and big problems. Therefore I certainly want to explain at least some main points for a correct understanding of this topic and the right handling of it.

The term ego is in general occupied with a negative meaning. Why? Because people see often only the negative part of the ego. But there is also a positive aspect. Everyone has to care for himself, has to care for his needs and wishes. We simply cannot only care for others. Already Jesus pointed at this by his saying "Love your neighbor as yourself!" This really means love yourself and love all others. So in fact we have to cultivate a positive, loving and respectful "egoism" in the same way we have to care for the well-being of our fellowmen and creation in general. The divine love cares for all creatures, all beings without any exception. So love and respect yourself, care for yourself and then you are able to care, love and respect also your fellowmen. But this is not the whole secret.

Have you ever asked yourself what the ego really is?

In fact the ego is your inner child, located in the solar plexus chakra, the sun center of your microcosm. Like the big sun in our solar system, the small sun in the

microcosm is the center of the whole. The world rotates around the sun, the small one called ego and the big one, the celestial body. The microcosm is analogue to the macrocosm.

The solar plexus center, the inner child is connected to all organs of emotions, - kidneys, liver, stomach, etc. The child is the one who experiences the world. Without this child we were only a bundle of functions. This child is originally positive, joyful, playful, a real child but this child is also limited in understanding and it has needs, wishes, desires. And very often this little child experiences a lot of bad things. It gets hurt by others. It can feel abandoned, missing love and care. And if it is hurt and tortured then it can become aggressive, angry, selfish, bad. And then we have what we normally understand as the "ego".

So, guess, what does your ego really needs? More punishment? Total destruction?

Certainly not! It needs a lot of love, understanding, care and support. It needs often a deep and comprehensive clearing and healing. And then it becomes playful and happy again. Then it is lovely, a good child, a loving child, full of joy, full of curiosity for life and its mysteries.

When you start to awaken your higher centers, your heart and crown chakra, then you open the gates of the higher spiritual energies and these energies nurture also your solar plexus chakra, your little child. All the selfless love, compassion and wisdom of your heart chakra nourishes

your solar plexus chakra and supplies everything your little child needs so bad – love, care and understanding. And then everything is perfect.

The Dalai Lama has a perfectly developed inner child, solar plexus chakra which loves to connect with others, which loves, to play and to enjoy new adventures. It is wonderful to examine the behavior of the Dalai Lama.

So give all your love, care, compassion and understanding for this little child which is you, so that it may heal completely and regain the happiness of life.

And when spiritual teachers say that you have to go beyond your ego, then this means that you have to activate and open your heart to take part in the divine unconditional love, in its abundance, happiness and with this in the love, compassion and care for every being in creation, also for your own being. Love is the master key!

Okay? No punishment! No aggression! No evil asceticism! Only love! Love for your whole microcosm and especially a lot of love for your inner child! Let it heal completely from all the bad experiences it has made in this hard world!

The right kind of sacrifices

Sacrifices are an interesting topic. I want to put some light on it. Sacrifices can be understood in different ways, - as a kind of payment for positive or negative influences by beings of the astral or mental realms, as a way of worshipping a divine being or God and as a way to feed evil beings with the energy of sacrificed animals or humans. In a simplified way you can say that all blood sacrifices are evil or a payment to lower beings. Divine beings do not need and do not wish any kinds of bloody sacrifices. The scarifying of food, milk, butter, etc. is a nice idea of feeding beings and souls which can make sense. Divine beings are beings of beauty and of love and so you can say that they like it when you prepare flowers for them, nice fragrances, etc. So for example it is nice when you put some flowers at your altar and candles and maybe good fragrances.

But real sacrifices are something different. So what can or should you sacrifice to God? Certainly no animals, no food, etc. because God has no needs and you cannot pay God for something.

The only things you can and should sacrifice are all the dark energies, qualities in you. Sacrifice your darkness, your hate, your anger, your fears, all bad thoughts and emotions, all your bad behavior. This is the only real and

lawful sacrifice. Think about it!

And additionally you can sacrifice your time and effort to make progress on the spiritual path. This is also good and lawful and for this sacrifice you will receive priceless gifts, - abilities, insights, blessings, etc.

God asks you for nothing. God is only giving. And it is up to you if you want to receive, if you are ready and willing to receive. Open your heart and you will receive his love. Open your spirit and you will receive his light. Balance yourself, purify yourself, clean and heal yourself and you will take part in the natural-divine abundance.

It is all up to you. Sacrifice consciously all the dirt of life which you have collected throughout your incarnations. Release the darkness from your soul to get healed completely. Refine yourself to take part in the divine nature.

The right sacrifices are good sacrifices!

How can you sacrifice your darkness?

Maybe you remember that in some traditions they used to have a fire, a holy fire on the altar. When you do your meditation then you can imagine such an altar with a holy fire, a divine fire which is able to burn all your darkness. It is a spiritual fire. This spiritual fire burns all your blockades, all your bad vows from former incarnations, all bad thoughts, bad emotions, bad influences, etc. but it does not hurt you in any way. It has a great clearing

power, purifying power on you. So if you like you can step into this spiritual fire with your whole microcosm to get completely purified. When you sit in the fire, then the fire clears not only your aura but it permeates you and burns all the darkness inside of you too. And you should consciously ask God to accept your sacrifice for example like this "Father please accept my sacrifice. I offer you, your holy fire all my darkness so that I shall become purified completely by these powerful flames: I offer all my bad emotions, all my fears, my anger,.....I am so grateful that your holy fire purifies me completely. Thank you Lord, thank you divine fire for burning my impurities, for making me crystal clear!" Here is important that you really feel the process of making the sacrifice and how the flames burn your impurities. It makes it easier to focus on all bad things stepwise – your fears, your hate, your bad habits, your blockades, and so on... Try to sense how they are burned completely. And after this clearing you can leave the fire in gratitude. In fact this is a very holy ritual.

You can use it from time to time to clean yourself.

You can also use the idea to dive under in a holy river which washes your mind, soul, your whole microcosm completely clean. It is connected to the primary symbolism and power of baptism.

Or develop an individual meditation. Maybe with light for example.

How to live in a spiritual way today

Depending on your culture, tradition and the place where you live, a spiritual life can be quite easy or quite hard. Especially in the Western World life and business are characterized by the darkness of materialism, atheism, profit maximization and the belief in the ego. Materialism is in fact the hell for spiritual people as it lacks the spiritual-human values and the beauty of heaven. So the question occurs, how to survive this “hell” of materialists, atheists, satanists, etc. But this is not all. When you proclaim that you are a spiritual person with spiritual values and a positive behavior then you can get a lot of problems – similar to the problems you get when you say that you are an alien. People do not understand your attitude. They might think that you are stupid, suffering of some kind of mental disorder, that you miss scientific education or that you do strange things. You can get big problems if you do not follow the masses, if you do not long for much money, a big house, a big car, if you do not show bad characteristics, bad behavior, etc. Indeed it is possible that you are perceived as a stranger, where people start to think if you are dangerous or only mentally of small means. This all can happen.

When you think of the old times where spirituality was absolutely normal and where spiritual seekers were

respected then you can become a little bit melancholy.

On the other hand we face today so much fundamentalism, extremism and science makes people believe that religion is nonsense. This makes it is comprehensible that so many people call themselves atheists and don't want to come into touch with religion or spirituality. I also have to say that there exist good souls among the materialists and atheists, sometimes with higher ideals and values than so-called religious people.

In conclusion the world is not easy for human beings today and especially not for spiritual people. So what can we do?

The first and general measure is to find likeminded people, to gather in the same area, to live as neighbors and to work as colleagues. This strategy can ease life very much. Remember the saying "Birds of a feather flock together." In fact try to find likeminded people and create a network where you can support each other. Look for good areas where spiritual people are welcome and where you can settle. Look for good companies where spiritual people work and where you can get a job. Networking and community is very important and powerful. It is the spiritual family idea which includes, love, care, understanding and mutual support.

When you find such an area to live and to work then this is the best case as you can feel free to live your life in a spiritual way as it feels right for you. If this is not possible

then join a superregional or worldwide network of spiritual likeminded people and share useful information to increase the quality of your life and business.

Regarding business – if you have to work among materialists, maybe with a bad attitude then it can be wise to keep silence about your spiritual attitude and to show just a normal positive behavior. Certainly we have to respect the materialistic and the atheistic belief as these decisions are a matter of the free will which God gave to us. Another option is to create your own business, maybe with a partner, where you can show a spiritual management and appearance to the public.

In general look for areas to live, to work and to spend your spare time which are healthy, which have a positive, natural atmosphere, where you feel well and where you can relax and recharge easily. It is not really recommendable to live in the center of a megacity with all the bad energies, the trouble, the stress, millions of people, without nature, with bad air, much traffic, etc. This is not healthy.

Regarding your spiritual behavior – most important is to behave in a positive way, where you show your dedication to the high values of humanity, - positive characteristics like being friendly, generous, open, showing compassion and understanding, caring, being noble, showing a refined character, etc. Then the “inner” side of spirituality, your prayers, your meditations, your worshipping of spiritual

teachers, God, gods and goddesses – these things can be done in a sacred place, for example in your spiritual trainings room where you can create an altar with statues, candles, pictures, flowers, etc. Indeed the mystical activities were always hidden from the outer world. They took place in the holy chambers of the temples where only the initiates and the students were allowed to enter.

Especially today this is a good thing. And I must say that this secret practice has also further reasons, - reasons of protection, of keeping negative influences outside and the mystical practice holy. So in fact the mystical life is an inner life and not a demonstration for the public. Keep your inner treasure secret and holy so that they cannot be dragged into the mud. People have unfortunately a tendency to drag high and holy things into the mud, to make them profane.

When you think of a temple, then this temple has an outer appearance but the divine spirit, the divine treasures are hidden inside.

Last but not least: Today a lot of psychopaths or sociopaths live and hold key positions in companies, in justice, in the government and everywhere in society. These people have a great superficial charm, a high intelligence, a great manipulative character, no conscience and no compassion. They are driven by selfishness, power, money, fame, etc. And they have no scruples to reach their aims at all costs – certainly not at their own costs. So when you

meet such a person then don't let yourself be manipulated whether by his charm nor by promises, etc. These people are really dangerous and the best thing you can do is to get out of their sight. If you are already a victim of such a person then become aware that no good wishes, no good behavior, that nothing at all will help to change him to the good. And equal what you ever will do for him, he will kick you directly if it fits into his plans. I speak here especially about jobs and managers who are psychopaths.

All in all – take good care and always try to get the most out of life, business, etc. There is no one who forces you to suffer more than necessary and in most cases your fate is up to you. You can determine where you live and for whom your work. You determine you conditions of life and business. You just have to become aware of your chances, of the good things which are waiting for you. And last but not least – ask God and your spiritual guide for divine guidance, for the ability and power to make the right decisions. The spiritual realms are always available for support, blessings and guidance. You are not alone. Always remember this.

The spiritual partnership

I don't want to say much about this. It is obvious that a true spiritual partnership should be based on mutual respect, true appreciation, care, deep love and understanding, etc. Here two souls meet who are in deep resonance and who go together a good part of the way which is called life.

You can enrich your relationship by seeing in each other the god and the goddess, the divine male and the divine female pole of duality, of polarity and only when you unite in love then you reach number one – true unity, feeling complete and perfect. So indeed worship each other as a god and a goddess in true love and appreciation. See the divine in each other. This you can do in a meditation or consciously in a certain time or for special times of making love. In all cases make yourself beautiful and unite consciously with your divine nature as a god and as a goddess. This is certainly a wonderful thing.

And also in everyday life – show each other how much you love and care. Celebrate love! Celebrate the woman, the goddess! Celebrate the man, the god! Celebrate the unity of both!

Remember always that love is the greatest mystery of God and creation and that it expresses the greatest beauty and

highest happiness. And indeed it is a real gift to be able to celebrate it with a partner.

A last hint – study the work of Mantak Chia about the alchemy of love, also tantric teachings to enrich your sex life in the spiritual dimension.

Spiritual children

Children are very special. They arrived recently from the higher realms and have still a good connection to God. They also have still the ease of the spiritual realms, this playful, positive attitude, the joy of life and the curiosity for the wonders of life. Often they also remember that they are souls and that they have incarnated before already. Children can be great teachers for the grownups. They can teach so much which most adults have lost already – the simplicity of life, being open and authentic, showing true love, compassion and care for others, the joy of life, the happiness to be alive, the appreciation of the wonders of creation, the gratitude for the smallest things, being spontaneous, being full of energy, being direct and being a part of the greater whole. It is wonderful to watch little children. They always remember me of heaven.

So indeed children are a great inspiration and they bring so much joy and fun into the world, the serious, boring world of the adults.

Really important is to understand that these are souls in small bodies, humans which cannot express the whole personality just because their bodies are not developed, grown up already. So one should pay respect to children. One should listen to children and one should treat children in a respectful, positive way.

Parents are in fact the guides of their children to support them, to help them to understand how life works in the present incarnation. Being a guide like the spiritual guides, is a big honor and comes along with a great responsibility. Become aware of this special task. You have no rights about your children but you have the holy duty and honor to guide them to a self-responsible life. You can and should help them to unfold a balanced, healthy and happy personality. And when you do it in the right, in the best way, then you receive their love, their appreciation, their respect and their friendship. But be always aware that children are not your property, - no one is your property. We are all free souls and we all have to show mutual respect, care and understanding.

So see your children as a great gift and as a great task to support them to grow up to happy persons who are able to use all their skills to live in a responsible, positive and spiritual way.

Children are very open for spiritual teachings as they still have the natural understanding. So you can teach them all about the beauty of God, the human soul and creation.

Further on you can give them feasible spiritual exercises – if they are interested – to unfold in small steps their abilities, their skills of imagination, of concentration and meditation. At this age all these things feel natural. You can also narrate great stories about Buddha or gods as well as wonderful fairy tales, etc. Children are also very

receptive for beautiful music, for mantras and holy chants. They also like singing and dancing. It is all good for their development.

If your child should show any imbalances, maybe imbalances which are signs of problems from a former incarnation, then organize spiritual healing treatments or hypnotherapy to heal this as early as possible. Healing is easier and faster in the youth and there is no higher sense in suffering. So take care about the health and the inner balance of your children.

Give your children all the love, all your care, all your compassion, your guidance, your wisdom and your knowledge. Give them all they need to grow up in best way, so that they become self-responsible, good adults.

The healing of the world starts with the raising of our children. Think about this.

The flower and the gardener

This is a story to get attuned to the beauty of spirituality. We all are flowers in the divine garden. Enjoy it and meditate about it:

Once upon a time there was a little flower which was breaking through the surface of the earth. For a long period she was sleeping as a bulb surrounded by the earth, feeling safe and warm. But then it happened that she felt an impulse to awake from her dreams, to grow. And so the day came when she broke through and saw the light of the day for the first time. It was an amazing moment. She never thought that it would be so great, so overwhelming to see the light, the sunlight and the wide blue sky. She was full of joy, completely fascinated about this new world, about the fresh air, the freedom, the endless space which was so different to the dense earth where she has been sleeping so long.

While she was thinking about this new period of life, a gardener came and leaned over the young flower, examining her from all sides. With a smile he said "Welcome my little baby flower! I have been waiting already for your break through and there you are! I am the gardener. I will care for you and help you to unfold your beauty." The baby flower responded "Hello gardener! Thank you for your cordial welcome! I am so happy to

have made this step. I have never imagined that this world is so wonderful. And you will care about me. This is great! Oh gardener, can you answer me some questions as I am new to this world?" The gardener said "Sure, I will answer all your questions! What do you want to know?"

"Where are we?"

"We are in the garden of God. It is the largest garden which exists with the most beautiful flowers in the greatest diversity."

"So I am one of a diversity of flowers in the divine garden. Where is God?"

"Look up to the endless sky. There is the sun, the divine sun. The flowers in the garden receive the divine light and so they can grow and unfold their beauty. The light is an expression of the love of God which shines permanently and which nourishes all the flowers, the whole garden. God loves his flowers and all flowers love God, the divine sun. And maybe you can see the sun smiling when you look to it. And do you feel the love in the light, the joy when you open yourself to the light?"

"Yes, I can, it is so wonderful. I am full of divine joy and I love God so much. I will unfold my whole beauty to make God happy, to praise God. It is all about love, right?"

"Yes, it is all about love, beauty, harmony, about the unfolding of your nature."

“This is so great!”

“Yes, for me as the gardener it is a great honor to work and live in the divine garden and to care about the development of all these wonderful flowers. It is the best profession to be a gardener here. I enjoy it so much.”

“How about the sky, the earth, the rain, the wind and the night?”

“These all are aspects of God. The earth is your mother, who keeps you like a baby in her womb, who nourishes you and gives you the basis to grow. The sky is your father with the sun and the clouds. It is the spirit which nourishes you from the other pole of polarity as you need both to grow. The rain is the principle of life which is pulsating through your veins in form of water. The wind is caressing you and the night gives you time to rest, to dream. So you receive all you need to feel good, to grow and to unfold your beauty to cause happiness and joy for everyone who sees you.”

“Thank you, my dear gardener. I understand. It is so beautiful and perfect. And what is your secret?”

“I am a flower too but I am already grown up and so I have the honor to help all my dear brothers and sisters, all the baby flowers to grow and to unfold all their beauty. And one day, when you are grown up, you will become a gardener too, to serve the development of the flowers in this divine garden.”

“This is great. I have never thought about it. What a wonderful life!”

And with every passing day the little baby flower grew more and more, caressed by the wind, nourished by the rain and mother earth, loved by the sun and nursed by the night. From time to time the old gardener came to see if everything was fine. With much love the gardener cared about the flower and so the flower unfolded her complete beauty. When this happened, God and his gardener were so amazed, so happy and all other flowers joined in to praise their sister and the love which was flowing in the air.

This wonderful garden still exists and every day new little baby flowers break through the surface of the earth to unfold their beauty for the pleasure of God and his gardeners.

The garden is secret but can be found by all true seekers.

PS: Did you know that you are indeed a flower, a beautiful being, awakened to the divine sunlight and now growing and unfolding to flourish in divine beauty and happiness? Think about it! And think about all your fellow men that are still sleeping, dreaming... And imagine creation as a wonderful garden, a real paradise with a diversity of amazing flowers...

Jesus, the great mystic

The soul who incarnated as Jesus was something very special and I do not mean with special that he has founded a new religion. Jesus is a great example of a perfectly developed mystic. He was amazing and although not many reports about his life and teachings have survived, it is enough to know who he was. I have examined his childhood and the secrets of his teachings and I am really fascinated of him and all the sign which are proof of his nature.

Jesus was in first place a master of the word, a true Quabbalist according to the definition of Bardon and with this, Jesus was a divine spirit, a true son of God, from the same nature, a cosmic being, where the microcosm was completely adapted to the nature or the macrocosm. So indeed he was someone beyond the normal human understanding and it is no wonder that he was able to perform all kinds of wonders. When you undergo the quabbalistic-mystical training of Bardon in his third book, then you can increase your level of power to divine levels of almightiness – you can become a divine power plant and your wishes realize in moments, also down to the material plane. A normal human being and also a normal spiritual student has no idea what it means to bear such levels of power, of energy.

Jesus was an enlightened being and he knew exactly that only love is able to heal the people and the circumstances on earth. By using the power of the word, he could have killed easily all the evil people but this was not the solution. It had no sense. It has also today no sense. We all return to earth and then life goes on, more or less in the same way until we have learned our lessons to behave better, with more love and more understanding. So the solution can only be to teach, to be a model for better behavior, to show compassion and understanding, etc. In this is what Jesus did, he tried to show the people the right path, back to the father. He tried to heal the Jewish religion from corruption and somehow he initiated a new religion.

Still today Jesus is a model for all mystics and spiritual seekers. He shows a great connection to God, his father, our father. He shows us how to speak with God, how to pray, how to be thankful. He teaches the secrets of the mystics, for example this loving, devotional attitude towards God, where you know that your father gives you all that you need, that you only have to believe in this and be grateful for his gifts of love. On the other hand he shows the immense power of his connection with God. He says "The father and I are one!" What is more powerful? What is a clearer statement about his nature? So you can orientate yourself on Jesus, on his way to do things, on his attitude. Indeed Jesus was a temple of God and all his powers, all his knowledge was a result of his connection to God. The divine spirit lived in Jesus and expressed

himself through him. The source of power was God, not the body of Jesus. Although you are in the end of the same divine nature like God, you receive all your powers from God. No one is independent from God, from the source of life.

Then we have the great sayings from Jesus like “Those who are without guilt should throw the first stone!” On the first view you can say “Oh, yes, true, but nothing special.” But on the second view, from the understanding of an initiate, this sentence shows deepest truth about karma and judgment. In fact there is not a single human being without having done bad things in former incarnations. So even though you might be “good” and selfless in this incarnation, there were other incarnations where you were evil, destructive, etc. And therefore no one has the right to judge others or to throw the first stone.

At last – Jesus was a great master, a divine spirit in a human body. It is good when you honor Jesus in his powerful posture where he is one with the father, where he gives blessings to the world. Such pictures and statues you can see at old cathedrals like for example at Notre Dame in Amiens and Chartres. It is not good to worship the dead corpse at the cross. It is in a way satanic. And Jesus did not die for the sins of the people and he did not take the bad karma of these people. So please believe in the powerful divine Jesus and don't praise a dead, tortured corpse.

Jesus can give you good inspiration for your mystical practice as he was a perfect mystic, a great master independent from religion and culture.

Some words about Buddha

The spirit who incarnated as Siddhartha Gautama, later known as Buddha, was a divine being, similar to Jesus, an incarnated god and spiritual master. I just want to speak about a few points which are very interesting. When you examine Buddha, then you can see that he was already a high developed divine being when he incarnated but even though he underwent the teachings of asceticism which were practiced in this time. He lived first as a prince, then as an ascetic and then he received officially his enlightenment to start his own teachings. In fact he studied actively the practices of his time, - asceticism to understand the spiritual situation of his time, what was the present status of knowledge, of ideas, of techniques and how useful were these things for real spiritual development. In fact every initiate has to undergo such studies if he wants to improve teachings and techniques for the present time of his incarnation. Only then the initiate is able to speak the same language, to understand the spiritual seekers. And this did also Buddha to realize his spiritual path of compassion and enlightenment. Indeed he was on his divine mission to serve mankind with high spiritual knowledge, showing mankind a way of spiritual development.

Love, compassion and enlightenment are aspects of true

mysticism. So certainly Buddha and Buddhism have a special focus on the mystical development, - on the unfolding of the heart and crown chakra.

I must admit that I have a deep connection to Buddhism as I was a Buddhist Lama in a former incarnation and I still feel a deep love for this spiritual tradition.

Further on you will find high teachings of magic and about the five elements in Bon Buddhism and in the tantric form of Buddhism. So it makes much sense to study Buddhistic teachings.

The nature of Vishnu – meeting gods

Vishnu is one of the highest gods, of the three most famous gods, the Trimurti in the Hinduistic pantheon. As people love to say: Brahma is the creator god, Vishnu the maintainer god and Shiva is the destroyer god. So this is very simplified but I don't want to give here all details about them.

When you examine Vishnu, then you see his picture with his attributes, his symbols and probably you will read also some words about his "biography". Wikipedia says: "Vishnu is described as the all-pervading essence of all beings, the master of and beyond the past, present and future, the creator and destroyer of all existences, one who supports, sustains and governs the universe and originates and develops all elements within. He has a divine blue color of water-filled clouds and as having four arms. He is depicted as holding a padma (lotus flower) in the lower left hand, a unique type of mace used in warfare known as a gada in the lower right hand, a Panchajanya shankha (conch) in the upper left hand and a discus weapon Sudarshana Chakra in the upper right hand."

When you take a look at Vishnu from the perspective of an initiate, of someone who has studied the science of metaphysics, then you can make interesting discoveries.

Vishnu is indeed a being of Akasha and he shows all qualities and powers of Akasha. He was before the creator appeared to realize creation, indeed he manifested Brahma out of his self. Akasha itself manifested the creator and in fact the creator needed a meditation to become aware of himself – like it is said of Brahma. So, Vishnu is without limitations, without space and time. Vishnu is all-connecting, all-permeating. Vishnu is the great maintainer, the Lord of harmony, of order, the one who is the source of life and creation, the source of permanent upholding of the whole manifested world, of all planes of existence. Vishnu is the primordial spirit. Due to his Akasha nature he has as symbols

the lotus – which means purity, perfection, and perfect beauty,

the mace – the destructive aspect of Akasha (imbalance cannot stand Akasha and is dissolved directly),

the conch – a wind instrument which means the power of sound (this is connected to Akasha and it is a very important aspect of the power of the word/Quabbalah/the cosmic language of creation)

the discus – which means the circle, chakra – perfection but also the cycle of time; remind yourself of the magical circle, it has the same meaning. And then, certainly, the perfection of Akasha can destroy the imbalance, the evil which causes imbalance and everything which depends on time and space. Akasha means total harmony and nothing which is created can withstand Akasha. (Here we have

connections to Maha Kali with her destructive qualities, also Akasha)

So you can see that his attributes are analogue to his nature as his nature is Akasha. Further on he wears a garland with five gems – representing the five elements. And the color of his skin – light blue – can be understood also as an aspect of Akasha – where Akasha “meets” the air element. But it is also possible to understand this as a hint for the finest water element, as the nourishing, maintaining aspect.

I had the chance and honor to meet Vishnu and to experience his wonderful nature. In fact Vishnu has an amazing, wonderful Akasha nature and I felt a deep love and deep connection while meeting him. It was like meeting an old, beloved friend after a long time. I am very grateful for this meeting. When you unite with Vishnu, then you can feel an inner bliss and very special happiness which comes from the divine self, the first self, the bliss of Akasha.

In fact all gods and goddesses are very special and it is always fascinating to examine their divine nature, their special qualities. Shiva is for example also very fascinating. When you unite with Shiva, then you can feel his blissful state, a special state of awareness and knowing, a state of perfect stillness of mind, where you know exactly what is ahead, what is coming. He has also this inner smile, an all- permeating understanding,

nothing can escape his understanding. His nature is very fine, pure, enlightened. Everything he does, he does it in a perfect way. Very fascinating.

As you can see, both are of divine nature and both have their special qualities and it is great to unite with them and to meet them. In fact you can examine all known gods, goddesses, the so-called angels according to Bardon's descriptions and all special Buddhas and deities.

The meeting and uniting with deities is an aspect of the tenth step in Bardon's book or better said, it is something which you can do from this step on. It is absolutely up to if you want to meet divine beings, which you want to meet, if you want to unite with their nature during meditations or if you are on a kind of mission where you have to become a certain deity for a limited time to give blessings, to perform a ritual, etc. When you think of the Dalai Lama and his Kalachakra ritual, then this is a case of application or when you think of many religions where they use masks and ritualistic dances to unite with certain spirits or gods. So in fact it is a wide field and you are free to follow your intuition.

The practice of uniting with a deity belongs to the mystical practice. Although it is a high practice, you can use it directly from the start of your training. This is only a matter of your mystical attitude and your love for a god or goddess or deity or Buddha, Jesus or the Virgin Mary, etc. The more you love and worship a divine being, the easier

and better you can unite with its nature, - take part in its beauty and energies. I have written some further explanations about this practice in the chapter about theurgy and in the practical part of this book. In general trust your divine guidance, follow your higher intuition and then you will know how to realize this and other things in your meditations.

The universal religion

We have many apparently different religions and spiritual traditions here on earth. The origin of them all is the universal or cosmic religion. It is comparable with a flower which has many blossoms but it is still one flower. Some blossoms are younger, some are older, some are closed, some completely unfolded, some are perfect and some are damaged. Then there are blossoms which emphasize a special color and others which lack of special colors. So simple. Can you imagine?

I want to explain it a little bit deeper as it is very important. In former times people have known that the material plane is not the only one where life exists, where beings dwell. People were aware that the universe is full of life on a multitude of planes which just differentiate in their density. This is comparable with the different aggregate states. So all peoples around the world knew that there are planes of existence where the so called deceased live between their incarnations, that there are planes where higher beings today called angels live and that there are planes where the spirits of nature dwell.

One day in our history materialism was born and all old knowledge, all wisdom and all experiences have been wiped out and proclaimed as idiocy. The consequence is that all experiences which do not fit into the materialistic

world view are not allowed to exist and so they are simply ignored or banished.

Meanwhile the materialistic science has discovered quantum physics. The scientists were astonished that these small quanta showed that everything is in interdependence and that thoughts can be enough to influence processes in scientific experiments. In different words – the new discovery turned upside down the materialistic understanding of nature completely. The door was opened to the magic world of the old cultures and their knowledge. Meanwhile there are many scientists who rediscover this old wisdom.

In conclusion – people have known always that we live in a multidimensional universe and our materialistic scientists have rediscovered this today (to some degree).

On the higher planes of existence, the mental and astral realms, all beings know about God and creation as on these planes it is an obvious fact which you directly experience. And all beings worship the source of life as they know that they are born from this source and that God gives life to them. Without God - no creation, no creatures, no life. Without roots - no plant, no blossoms. Everything which has unfolded as creation and creatures is in unity in God. So everything which can be found in creation comes from God – for example love, intelligence, awareness, power and so on. God is like the sun for our earth. Without the sun - no life on earth.

On the higher planes these things are well known and something no one would discuss. Everything is transparent, it is not veiled like on earth. Therefore all beings are natural followers of the universal religion or cosmic religion.

This cosmic religion with its natural love and worshipping of God has incarnated in the different religions and spiritual traditions according to the culture, tradition, maturity and understanding of the different peoples. This is comparable with a human being who wears different cloths but stays the same. From an outer perspective you see in main the differences and maybe you think it must be a different person. But from the inner perspective you know that it is always the same person, the same content in different cloths.

As you know, differences lead often to fears of the unknown and to war, also to the idea to have to proselytize others. Unfortunately the human being is quite limited in his understanding and so a lot of misunderstandings together with misuse appeared in nearly all religions. Only the spiritual traditions as a refined form of religion survived in a high quality.

Simplified said are religions for normal people and the inner teachings, the spiritual traditions for the mature souls to start their spiritual development consciously. Due to this we speak also about exoteric teachings and esoteric teachings, - outer and inner teachings with great

differences in quality.

What are the consequences, the next steps?

Clearing, healing and refinement, also back to the roots. Nothing else helps to make progress for a better future for mankind and creation. We must orientate on and reconnect to the cosmic religion and its universal teachings. We must clear, heal and refine our religions to keep the good and to get rid of the bad. We must replace misunderstandings and imbalances by truth and harmony. We must show all people the different ways of spiritual development so that they can go their individual way to experience their true nature, the true nature of God and creation.

This is much work. But as always – a long journey starts with a first step.

PS: We have to differentiate between normal religious teachings, the inner teachings and the universal or core teachings. It is like a pyramid. At the top, first section, there are a few but most important core teachings which are universally valid. In the second section are the inner teachings which represent the different ways for spiritual development with a lot of details, knowledge and techniques. And in the third section, the bottom of the pyramid, there are the religions with their diversity of appearances in their cultural and traditional context. Here

we find truth, a lot of half-truths, opinions and bad teachings.

Appointment with an angel

Today I have an appointment with an angel. Not a human angel as you might think although I would have enjoyed such a meeting. But indeed there are some similarities between (female) angels in human appearance and the real spiritual angels from the higher spheres. Both are embodiments of beauty. And beauty is divine. But enough philosophical thoughts - the angel is appearing.

"Hello angel! I am so fascinated by your manifestation. It is like a dream, like magic! And you are so different to what people think of you. You are so powerful and your charisma is so divine! Amazing!"

Angel: "Nice to meet you, too! Human beings do not know who we are and what we are. They still have this old Christian image of us in their mind, - with wings, an instrument, white dress, golden hair and so on. But you see, we're not really looking like this."

"Right! You are much more fascinating, a wonderful appearance, so much power and radiance, so much beauty and light! You are a divine being, aren't you?"

Angel: "Yes, we are not really messengers of God as people think. We are manifestations of the divine spirit. In sum we are the manifested divine spirit in all its aspects, in all its virtues and powers. You know, the divine being itself is

beyond creation. You would call it eternal light or the sphere of light. It is the purest form of being, of real unity beyond creation. From this sphere creation started - through us. In sum we are the representatives, the ambassadors of the highest being. We have not only manifested creation but we still keep creating and maintaining creation. We are those who work behind the veils of the material world. It is comparable with a movie or a play, - people do not perceive the director, the preparation and the whole stuff which realize it."

"Ah, yes, I understand. And back to your appearance. Why does your appearance change sometimes?"

Angel: "Our appearance has a secret. It is symbolic! So in fact we are pure spirit and we appear according to our divine virtues and powers in a symbolic form. In this way you human beings can understand us better. On the other hand our appearance depends on the maturity of the person which perceives us. It is somehow all about communication and understanding. It is a universal principle to use analogies and symbolism. Images are the language of creation."

"Okay, so when you are perceived with wings, then this is symbolic and means that you are a being of the higher spheres - and not a material being."

Angel: "Right. So it is!"

"And your very impressive charisma is just the expression

of your divine powers and virtues. I can really feel your divinity. It is simply amazing!"

Angel: "Also this is true. We are made of divine spirit, virtues and powers. So our nature is divine. And due to this we have a powerful, divine radiance."

"So and you are maintaining the whole creation that it keeps working and further on you care about new creatures, new inventions, etc."

Angel: "Yes, from your point of view, we are very busy. But you know, we are beings which are beyond time and space, and we take part in the cosmic consciousness and further on we have many supporters. Creation is in fact a great form of interaction and cooperation. All beings are serving each other, - more or less consciously."

"This is great, fascinating, wonderful! Mind-blowing indeed! I have heard that you are also something like teachers, like professors, - right?"

Angel: "Yes, we are the teachers of mankind. We care for new inventions, for progress, for new ideas and developments. What you call inspiration or intuition - this are we! We send to the fitting persons at the right time the right ideas. We are the keepers of the whole knowledge of creation. And by the way - we are very happy when a human being, - an initiate travels to the spheres to be taught by us. For the mature ones we unveil all of our treasures."

"Wow! So I can get all information about creation and the development of mankind, also about the past and the future by visiting you in the spheres?! This sounds great! This sounds like a perfect initiation into the secrets of the universe. By the way, can you tell me something about the human evolution?"

Angel: "This is a very big topic. The human being is meant to experience all ideas of God, to experience himself as a human being with all his limitations and problems and then to unfold his divine nature to experience a world without any limits. You are also meant to experience both - light and darkness, and to become light through darkness. Creation is full of mysteries and when you follow the universal path of initiation you will get to know them all. In the end you will be of the same nature like we are. You will represent the sum of us, the perfect image of God on all planes of existence, a macrocosmic being. Then you have finished your journey and holy missions are waiting for you until the day you decide to return to the sphere where everything comes from."

"Oh, this sounds like a very long journey and a lot of adventures. But it sounds great! Could you say something about all the problems we are facing today on the material plane?"

Angel: "Mankind has come to a point where it has to decide which way it wants to take for the future. After thousands of years with spiritual traditions, religion and

a holistic view, you are in a period of materialism, atheism. You see all the problems which came along with this dark philosophy. Everyone is asked to make his decision either for a materialistic world or a spiritual world. There are people who do not want to return to God, who instead want to be gods in the material realm. They neglect their inner divine nature in favour of an outer pseudo divine appearance. Unfortunately these people build the elite of the material world. But most of the normal people are awakening and they feel their natural need of spirituality, for harmony and the unfolding of their higher nature. Certainly this will be a fight but most of the people will make it."

"Aha, this is the thing with the free will, the free decision for good or bad, for God or against God. Probably we all have to make our own experiences so that we can differentiate between good and bad. But certainly all our problems are made by ourselves. We are responsible and not you or God. Unfortunately people tend to look somewhere else for the guilty party instead of taking own responsibility. The human being is quite strange but has so much potential."

Angel: "Yes, the human being has both. On the one hand he lacks of everything, - he has fallen out of the natural order but on the other hand he can be a perfect temple of God, the perfect image of God, the crown of evolution. Human beings are indeed like children which are playing but do

not realize what they do and who they are. It is all a matter of growing up, of becoming adults, - initiates. And this is just a matter of time. And this time includes good times and bad times, - depending on how fast the children learn their lessons."

"Thank you! I have learned so much today from you!"

Angel: "You are welcome! Everyone can learn from us. It just takes a request as we cannot force people to ask us or to follow our advice."

"Yes, you are right. Thank you again! We will meet in the spheres!"

Angel: "I know that we will meet again. My mind is beyond space and time. See you soon!"

Taking a walk with God

Today is a very special day, as I am going to have an appointment with someone who is known throughout all times, worldwide, receiving the greatest worshipping but at the same time hiding himself from public.

In Hollywood they would say that he is a very special celebrity. No one has seen him so far and no one has spoken with him – apart from a few chosen ones. So it is an honor for me to make this interview today.

In a few minutes he should appear. I hope, I look smart enough for such an important meeting.

“You do!”

Oh, is it possible that he can read my mind?!

“Yes, I can!”

Oh, then I must take care of my thoughts!

“Calm down! In fact I know everything about you, equal if it is your past, your present or your future. There is nothing you could hide from me. So take it easy!”

This is reassuring. I feel instantly better.

“I know.”

“Okay, Dear God, thank you very much for your kindness to

appear and to take a walk with me. I really appreciate your efforts. But, where are you, I just hear your voice?!"

"You are welcome, my son. I am not limited to a form or a body. I have no limits at all and so I am not forced to appear in a visible way."

"Aha, very interesting. But this feels a little bit strange for me to talk to someone who is not limited like human beings or creatures in general. Would you mind to take a visible form? Just for me?"

While asking, a human being materializes in front of me. It is a young man in a perfect shape, a perfect appearance and it seems that he consists more of light and finest matter than anything else. He has an overwhelming charisma and radiates all divine virtues one can think of – pure power, pure wisdom, pure love. He radiates pure beauty, perfect harmony. I am amazed by his majesty. I guess he looks somehow like we imagine an enlightened being, maybe like Buddha or Jesus. His radiance is so powerful that I am near to keel over. He wears a simple robe which underlines his perfection.

I am deeply shaken by his appearance and powerful mystical feelings are storming my soul, lifting me up, making me tremble in joy, happiness, love, ecstasy and deepest devotion. I cannot help myself, I have to throw myself in deepest humbleness to his feet to show my unlimited devotion.

He raises his right hand, smiles and blesses me with his powerful light, emitting from his hand. The light is flooding my mind, my soul and it seems that I am losing myself, that I am dissolving in pure ecstasy and happiness.

After a while, he lets me regain my consciousness, understanding where I am and what is happening. I am still high, more floating over the ground than really standing on my feet.

“Get up my son, I know that you truly love me. Ecstasy and bliss are my nature and sometimes it can be hard to bear them.”

“Yes, I am still full of ecstasy. I am so high. Your nature includes everything which one can dream of. Your nature is total fulfillment.”

God smiles to me in his appearance and omniscience is lying in his smile.

“You are here, because you have questions, my son. So let us walk together and let us speak about what is moving you in your mind and soul.”

“Yes, father, you are right. You know that people have a lot of questions regarding your nature and the world we live in. Maybe I can help a little bit to clear some points and to find answers. It seems that mankind is always suffering, has been suffering and will increase suffering in the future. I think, only you can help, only you can bless us with enlightenment, with true love, true compassion and

true understanding – for better conditions on earth, for real peace and happiness. And if people knew about you, they would behave in a different, better way. And so we come to one of the biggest problems – why are you invisible, why do you not show your majesty to us, why do you leave us in darkness, instead of letting us experience your divinity, your light? Why are you so hard to reach?”

“Good questions, my son. You probably know that I have manifested creation out of myself, that creation is an expression of myself, of my unlimited creativity. And although my primary nature is spirit you can find me in every creature, in the diversity of creation, in yourself and mankind. There is nothing what has not emanated from me. Creation is the playground for my countless children. So when you do not see me then you simply miss the wood for the trees. I am everywhere in all forms, all appearances and there is nothing but me but most of you human beings are not able to perceive me. Creation is showing my perfection, my intelligence, my laws and my love everywhere, in all processes, in all cycles of life, in all beings but most of you are not able to comprehend. Most of you are too busy to look for me. Many are searching somewhere outside but you can find me in yourself, in your awakened heart, in your unconditioned love, in your harmony and beauty and certainly also in your conscience. You see, I am everywhere and there is nothing without me, nothing but me. It is just a psychological problem of a limited perception which makes it hard to

realize my existence for many people, especially those who worship “dead” matter. So become aware of the wonders of nature, or the wonders of the human being and then you get first impressions of me.”

“Ah, okay, I understand, in fact you are just too great and too unlimited, to realize that it is you who we meet daily in form of ourselves, others and creation. It is a little bit like when you ask an ant if she is aware of the elephant on which she is crawling. The elephant is just too big to be comprehended by the small ant. And when we try to discover you outside then we can find aspects of you but when we look inside, in our minds and souls, then we can find your higher aspects, indeed what we are searching for all the time – love, happiness, wisdom, understanding, etc.”

“Yes, my son. You can experience my nature in all aspects and on all three planes of creation. The highest aspects of my nature you will find in your soul and in your mind, your spirit. And as you know, mind and soul are invisible. Only the expression of mind and soul through the physical body can be perceived and this is one reason that people misunderstand the physical body as the real human being although it is only its outer, most dense appearance, its vehicle, - like a vessel which is made to contain water or a car which is meant to transport you. But a car should be never confused with the driver as the driver is of a completely different nature than the car.”

“Yes, father, I understand what you are pointing at. This is also a big problem that our perception is limited to the physical realms and we are not able to experience the realms of mind and soul, the spiritual realms. Many of us feel somehow abandoned, left alone, without your love and guidance.”

“My son, my love is radiating permanently like the rays of the sun but it is up to you to receive my love and my guidance. You just have to open yourself for me, for my light and then you receive, then you know that I am there, that I care for you.”

“Yes, I know that you love your children. But why is the material world separated from the higher realms? Why are we not able to take part in the beauty and happiness of the higher realms?”

“Everything has its sense in life and creation, my son. The material world is also called the “kingdom” because all realms and all different beings meet here while in the higher world the beings are separated according to their refinement and perfection, respectively to their nature. So the material world is something special, indeed a playground, a place where you and everyone can make experiences, where you can experience the diversity of life and creation, where you learn what it means to be limited and where you can grow and unfold your unlimited nature, where you can experience what it means to take part in the divine nature. Additionally I gave you freedom, the

freedom to make your own experiences independent from me. Only “without” me you can experience this freedom. You can make good experiences and bad experiences, so that you learn to differentiate between light and darkness and to be able to choose the light consciously while you control the dark, destructive forces. There is no other way to let you grow to a self-responsible being, to a real son or daughter of me, to an authority in creation. When you think of your own children, then you can understand me. Parents love their children but they know that their children need freedom for making own experiences, so that they can grow and become self-responsible and ready for life. And this is the same with humans on earth. I give you the freedom for making own experiences because I love you and want you to grow. Can you understand?”

“Yes, I see the wisdom of your concept. You know, many people complain about the evil which is happening to them and why in general mankind seems to be so bad. We have so much destruction, so much selfishness. It is hard to bear.”

“My son, I know how much you all suffer. But it is you who are responsible for all the evil which is happening. It is your selfishness, your hate, your bad habits and characteristics which cause all these problems. No one has told you to behave in this destructive, self-destructive way. No one told you to hurt each other and cause this immense suffering for mankind and creation. As soon as

you understand that you are responsible and that you can cause changes for a better world, then a change will happen. But for most people it is easier to blame me because I do not intervene, with respect to your freedom. And many people hope for someone, a messiah, who clears up the mess on earth. But why should I send someone to care about the dirt, the chaos which you are responsible for. It is your job to care for that. It is your challenge to grow up and take responsibility. Understand this and become free of these chains of darkness!”

“Father, you are right. We simply have to grow up, and probably quite fast to get not lost in the abyss. But yes, you are right, the greater the threat of darkness, the faster the awakening and the growing towards real self-responsibility!”

“Yes, my son. Probably you already have noticed how many people are awakening from their sleep to become active, responsible and to make changes. I have sent so many servants of the light on earth to reveal the long guarded and hidden secrets of spiritual development from all spiritual traditions. The people are now mature enough to choose consciously the right path to unfold their divine nature, to gain real understanding of themselves, of me and of creation.”

“Yes father, our time has come. We need to grow. We need to understand. And yes, I have become aware how many masters have incarnated to unveil the holy teachings, so

that everyone can undergo a spiritual training. This is wonderful! I am so grateful that this happened as it was so hard during all the centuries to get real initiation into your mysteries. Tell me, father, why do we have to undergo at all a special training to unfold your divine nature and to gain real understanding of everything?"

"See, my son, my nature is so powerful, high and refined, and compared with the nature of normal human beings, we are worlds apart. Our natures are so different, that we are separated, so that a normal human cannot comprehend my being, my nature, my powers and virtues. In fact you can only understand what is of the same or similar nature like yours own. So a normal human understands the thoughts, feelings and the behavior of a fellow man. A holy man understands another holy man. And a person who has unfolded its divine nature understands me, my divine nature. In fact there is no other way to refine yourself to divine degrees, so that you are of divine nature and only then you will be able to comprehend my being and to take part in my powers, my cosmic consciousness and in all of my virtues. Only then you have reached your foreseen aim of evolution, of your spiritual development of mind and soul. And this is also the problem, that most people do not take part in my nature and so cannot perceive or understand me. Due to this problem all religions were invented, so that those who are not able to connect to me by themselves, get connected and supported by higher initiates, by priests. All my higher teachings have been

simplified for the normal people to become comprehensible and useful for life.”

“Thank you, I understand. Yes, so the spiritual training is just a shortcut to our normal evolution, the development of mind and soul throughout the countless incarnations towards divine degrees, a natural development like we know it from flowers or trees. They start in the earth, grow and grow and unfold more and more their nature until they are grown up, flourishing like they are foreseen to be. Yes, I understand now also the function of religions, to connect those to you, who are not able to do it by themselves. Mmh, we face just the problem that most religions are corrupted, full of mistakes and that the real teachings have been lost somehow to good degrees. Instead of love and compassion, most religions teach strange rituals, hate, suppression of women and war against other beliefs.”

“Yes, my son, all what was good in the beginning became corrupted by time, by selfish people and people who were no real initiates. But there is a natural rule: Only those things which are based on truth will live forever and all half-truths, lies and misunderstandings, all the evil have to vanish. This can take quite a long time but that’s the way. So you can see that very old religions or spiritual traditions still exist after thousands of years just because they are built on truth while others came up and vanished by themselves in a short time. The younger religions have

to undergo a phase of growing and refinement while the older ones have already reached their state of flourishing and perfection. This is the circle of life which is valid for every creation and creature.”

“I see. We have so many different religions and spiritual traditions, certainly with several similar main aspects, but what about the cosmic or universal religion?”

“This is true, my son. All religions and spiritual traditions emphasize different aspects of me. For example Buddhism emphasizes my cosmic consciousness and my compassion. Hinduism is showing the great diversity of creation on the higher planes, the great amount of gods and goddesses and their function in creation. Yoga shows the four paths of holiness which lead to me and are indeed the four parts of the one path to perfection, called Maha Yoga. The mystics have emphasized their love and devotion for me to unite with my spirit. The magicians emphasized mastery, power and the science of metaphysics. Indeed mysticism and magic are the two sides of the one path to perfection. And so you see that depending on time, place and culture people found their ways to worship me, to connect to me and to develop themselves. I don't want to speak of all religions or spiritual traditions here as it would be too much but my examples may be enough. And yes, you are right. Beyond all relative man-made religions there is the one, eternal and perfect religion, the cosmic religion. This religion is based on love and understanding.

It is the natural form of religion which all beings of the higher realms follow. It is so simple. All beings know about me as the source of life and so they love me naturally and worship me. In this relationship they receive all they need for life from me, the source and they are happy to serve me and with this to serve creation. All parts serve the greater whole and the greater whole serves all parts. And this is true for the smallest creatures up to the most powerful divine beings. Certainly every true initiate takes part in the universal religion and serves me, creation and mankind. From this cosmic religion all other, relative religions were born and all spiritual traditions were the keepers of the higher, inner teachings for those who were mature enough to undergo true initiation and spiritual development. The inner teachings have been kept secret to prevent them from misuse of the immature people.”

“Ah, okay, I understand. So indeed the highest form or religion is at the same time the simplest form – just based on the knowledge that you exist as the highest authority and the source of life and that we as your children love you naturally and so receive all we need and that we serve the greater whole for the benefit of all. Very simple and very simple to understand. And such a smart concept. So it is all about love, service, community, care, understanding. So easy! Why do we have these complex religions on earth when everything is indeed so simple?! Probably the human need to make everything so complex that no one is able to comprehend what is really important. Typical human

behavior! This reminds me of Jesus: Treat everyone like you want to be treated – with love, appreciation, respect and care!”

“Yes, you are right, my son. Indeed the highest truths were always simple.”

“Father, could you please say something about karma and fate?”

“Certainly, this is also a very simple topic. You know, the whole creation is based on the laws I have given to it. So everything in creation has a cause and analogue effects, consequences. This is neutral and valid for the positive principle and the negative one. The agglomeration of karma, of effects is called fate which has a major influence on the circumstances of life respectively on the development of something. This means that the good and the evil things which happen in life, have their causes, somewhere in the past of the people and are nothing else than the fruits which they have to reap. On the other hand, once you have understood this law, you can consciously set positive causes to reap good fruits and you can balance your negative karma by selfless, altruistic service. The initiates of old India called this the path of karma yoga. In fact all real initiates are karma yogis, servants of the light, of creation. Service is always an expression of true love and wisdom.”

“Thank you, father. So again we are asked to develop the ability of differentiation between light and darkness, to set

only positive causes to reap good fruits and certainly to serve creation as when we serve the greater whole, the greater whole can serve us, the single parts. Father, Franz Bardon, the great initiate and messenger of the universal teachings, has said that the Akasha principle is going to unfold also down here in the material world. Could you explain this a little bit for us?"

"My son, the Akasha principle is the divine principle of harmony. So Bardon meant that the material world is undergoing a dynamic process of balancing for more harmony, more peace, for a better understanding and more compassion among the human beings and in creation. But further on it means that all abilities and special things of the higher spheres will find their equivalent on the material plane. For example you know the ability or phenomenon of telepathy which belongs to the characteristics of initiates. In the material realms you use now mobile phones which make conversation over any distance possible. Or take the inner vision – today you have skype for example or TV. And the internet is somehow the equivalent for the Akasha Chronic, for the all-connecting, cosmic mind with unlimited memory of everything. Much more will be invented and these developments will support the unity of people on earth, the sharing, understanding, compassion and friendship. And these things lead to working together successfully on finding solutions for the present problems of mankind."

“Very interesting and good prospects! Thank you, father! Before we come to the end of our walk and with this to the end of our conversation, I have a few further questions. I must admit that I wonder sometimes about those who are called prophets of you and their teachings. Could you clear this?”

“My son, look, in parts I determine to send my initiates on earth for high, divine missions to teach mankind or to support important phases of development and changes. These initiates are my servants and they deliver my words. But there are also a lot of more or less spiritual searchers and further on people with mental disorders, also bad people who all have impressions of the higher realms, who think that they meet angels or me and who think that they are chosen to bring people my teachings. But in best case when these are spiritual seekers, they are not completely refined and so they get only some true aspects of my teachings mixed up with half-truths, misunderstandings and depending on their purity, maybe also with extremism. In other cases it can be delusion, maybe really extreme, evil illusions. And these problems led to many bad traditions which have nothing in common with the high universal teachings and my divine nature. So indeed, my son, you should delete all destructive teachings from religions, everything about hate, war, disfiguring of the human being, extremism, blind belief, etc. and then you should emphasize all teachings about unconditioned love, compassion, care, respect, understanding, wisdom,

happiness, balance, peace and harmony. Then you have cleared the religious teachings from the evil and from the half-truths and you have reinstalled my true teachings. So in conclusion not every prophet is a real prophet and not all religious teachings are real divine teachings. In fact most teachings belong to the man-made, relative teachings, to half-truths, to culture and traditions but not to me. Additionally many teachings were perverted by time for misuse of religious power, for control and bad influences. It is the challenge for the followers of these teachings to differentiate between light and darkness to reach freedom and truth.”

“Thank you, father. Thank you very much for explaining all these topics for me. I hope this interview will serve our brothers and sisters in the world. Father, would you like to give a last advice or hint to us?”

“My beloved son, all those who hunger for wisdom and initiation into my mysteries will receive what they are looking for. Love and devotion open all doors. Ask and you will be given, as Jesus said. My advice for all my children who read this interview is to start their spiritual journey consciously. It is time to awaken, time to unfold your divine nature, time to spread love and understanding, time for friendship and cooperation. Open your souls for my love and light and receive! Realize your highest nature, come back to the source you have started from, once, long ago. Take part in the great opus, the spiritual evolution of

mankind and creation. And please know that life can be seen from two different perspectives, - the limited human point of view and the unlimited spiritual point of view of the higher realms. Free yourself from limitations and become aware of your unlimited nature. Free yourself from the illusions of your limited mind. Take part in my divine nature. I truly love you, my children, without any conditions, just waiting for you to discover me. Open your heart and you will receive my love. Open your mind and you will receive my light!"

Again I throw myself in front of the feet of God in the appearance of this enlightened being. And again I am flooded by his power, by love and light. I am high, super high. I am pure ecstasy. I receive his blessings.

"My son, thank you for being a messenger of my words! You and I are one. You are my true son, a brother of the light. Go on with your mission. May my love and light shine through your mind and soul! May you be a good example for your brothers and sisters! May you serve them well!"

"Yes, father, I serve your will, your divine plans. Thank you for all your love and blessings!"

The appearance dissolves but I am still full of divine spirit, radiating like a sun. And yes, I know, we are here to serve, to share love, compassion and wisdom. We are all brothers and sisters, friends, family and it is up to us to make the most of our life on earth, to experience real

happiness.

About light and darkness in the human world

Light and darkness belong to the principle of duality and can be found everywhere in creation. Fascinating is that there are people and organizations which proclaim to be right, good and perfect. Indeed all organizations proclaim for themselves to be good. All religions proclaim this and nearly all people you ask proclaim to be good, to be a part of the light. So when all are good then why is so much darkness here on earth?

Good and light can be very relative terms which simply depend on your own perception.

It is quite strange when you ask people respectively religions, traditions about their self-conception and everyone says "Look, I am the only one who has found the truth, who has the right belief, the right laws for behavior, the right God, the right religious tradition AND all others are evil, unbelieving, doing wrong, trapped by Satan, Lucifer, etc. AND all others have to be missionized or they are lost in hell, are worthless, etc." So who is right? Who is the owner of truth and who has the right to condemn all others?

It is somehow like in a big kindergarten where every child proclaims to be the best one and all others are simply

stupid. In fact the world is a big kindergarten and so this behavior is quite normal and must be expected.

So on the one hand we have this never-ending discussion and on the other hand we have another interesting phenomenon. Completely independent from any form of organization, religion, secret society, spiritual tradition and so on, the principle of light and darkness shows up everywhere. This means everywhere we have representatives of good and evil. Most people are normal, some are good or bad and a very few are really good or evil. The extremely good or evil people are often in a leading position in any kinds of organizations.

What really matters is always the personality, the person which cloths itself in any kind of religion, belief, organization, etc. If the person is a good soul then it doesn't matter if the religion, belief, etc. has mistakes or dark sides. The good soul ignores the evil and balances it by its positive attitude. On the other hand when a person is evil then a positive religion, belief or whatever cannot help. The evil will misuse the good cloths, the good structure. This has been happening throughout the centuries in all cultures, religions and traditions.

Unfortunately we obviously have more bad people and misuse together with bad organizations than any form of good and light. Selfishness, desire for power and domination are quite typical for human beings.

If we want to change anything for a better life on earth for

all of us then we have to dissolve the evil everywhere, in all organizations, religions, traditions and beliefs. It is always the evil which causes problems, destruction, suffering and pain. The good is good everywhere and cares for positive circumstances of life.

So indeed the primary task is to cope with evil people and when this is done further steps of clearing, healing and refinement can be initiated. This is valid for all aspects of society, culture and religion.

Cloths are made and worn by humans, - not the other way around.

And there is only one thing which can be valid and good for everyone – the orientation on the absolute light, the divine and human values, - virtues. Then all relative differences in the diversity of mankind do not really matter anymore. In contrary they become positive and fascinating.

Uniting with God

I guess that it is time to talk about what it means to meet God, to unite with God. It is the tenth step of Bardón's "Initiation into Hermetics" and also the whole third book about "The key to the true Quabbalah" deals with the uniting process regarding all divine virtues, powers and states of mind. It is the most important and highest mystical training which provides the experience of God in all aspects.

When you start your spiritual journey as a seeker then you know the experience of spiritual feelings, of love, devotion. You long for God, for unity and enlightenment. You live for higher ideals. It is a strong desire which motivates you to study, to do spiritual exercises, to make progress on your path. Probably you make good and bad experiences, you learn to differentiate between light and darkness. In fact you have to cope with a lot of challenges, - the material world with its darkness, your secular duties, the differences between you and "normal" materialistic people, your old karma which can be quite bothering and then the challenge to find your individual path and to manage all the demanding exercises. So in conclusion the spiritual path appears often as the rocky single trail which is not easy to walk.

Then the question is what is waiting in the end for you?

What are you going to experience? Will it be worth to undergo all this pain, this hard life full of sacrifices? Or would it have made more sense to do what everyone does, to follow the majority, to live a normal more or less materialistic life?

From step one to step ten it is a long journey full of hard work. So what is waiting for you in the end?

So far you have got some more or less cursory glances of the spiritual world, the spiritual beauty, love and happiness. You know that more must be waiting for you, much more and this is true. God provides a divine treasury for everyone who undergoes the effort of training.

But there is a general problem. Everyone has to undergo a process of transformation, of refinement to be able to understand and to receive the divine treasures. Indeed it is a process of flourishing, the flourishing of all your energetic centers, your chakras which represent aspects of your personality. For example only when your heart chakra is flourishing, you are able to feel all-embracing love and divine wisdom. Only when your Ajna chakra is flourishing, you know what mastery and power mean. Only when your crown chakra flourishes, you take part in the cosmic consciousness.

On the other hand when a center is not active, not flourishing, not refined then the person has absolutely no idea of the corresponding quality or power. The best comprehensible example here is “sexual desire”. Every

adult knows sexual desire. Every adult has experienced sexual feelings. But a young child does not know what this should be. Why? Just because the sexual center is not developed, not flourishing so far. The same is true for spiritual feelings. Materialistic people cannot understand "spiritual desire" as the necessary centers are not developed, still sleeping. And when you are a spiritual person, then your centers for spiritual, divine energies are in a process of development, are not completely flourishing and so your understanding, your experiences of the divine nature are more or less limited. So this must be understood. In fact the spiritual seeker or student cannot really understand God, divine virtues and powers as long as he has not completely refined himself and experienced them on his own. Indeed you can read a lot of books but this is only intellectual knowledge, this is not replacement for own experience. Due to these general problems only hints can be given what it means to unite with God, to take part in the divine nature.

Regarding Bardon's universal teachings, everything starts with the concept of a "personal god form". Bardon asks his disciple Dr. M.K. "What is your personal god?" So what is your personal god, your god form? It is your concept, your idea of a personal, individual god with divine qualities and powers. This concept is absolutely individual, personal but always includes the four divine virtues according to the key of the four elements: Omnipotence (fire), Omniscience or wisdom (air), all-embracing love

(water) and immortality (earth). Omnipresence belongs to the Akasha element and is connect to the state of mind.

Depending on your cultural background, your religious background or your original spiritual tradition, you choose a fitting personal god form. This can be the concept of a Buddha (you as a Buddha) or a deity like in Hinduism or some kind of Christian Saint or as a magician with the special outfit or as a kind of high priest, a king or queen, etc. It is very individual. When you have found the ideal, perfect fitting god form for yourself, then you start meditating to create the energetic image and to connect all divine virtues to it. After a good amount of meditations you can unite with this image, with this personal god form to take part in its divine virtues and powers and the very special state of mind. Then you are able to experience God in yourself, in your temple, your microcosm. Then you can act like God, as an authority in creation.

With the passing of time, you get more and more connected to your personal god, to the divine virtues and powers and the higher state of consciousness. This means that the higher divine nature integrates itself more and more in your refined human nature.

But what does it mean to unite with your personal god form, with divine qualities, powers and a special kind of consciousness? In main it means ecstasy, pure ecstasy. You are high, high from experiencing the divine nature. Divine nature is mind blowing. And although you unite

with a personal god form, your human personality is expanded to a superhuman, super personal state where you are a divine being, unlimited and no longer a limited personal being. God or the divine spirit is not a person and not personal. It is impersonal, objective. And so your personal consciousness is replaced by this higher, divine consciousness for the time of your unity. On the energetic level it is comparable with filling a vessel with a new content. The divine spirit enters the temple, your microcosm, your personality. And the vessel must be ready to receive. The vessel must be refined, pure and open to receive the divine spirit with its powers. During your magical operation or your meditation, you are filled with the divine spirit, you are united with God and later you get back to your normal consciousness but you still feel the high energies in yourself. It can take a while until you are human again. The more you unite with divine nature the more you get used to these energies and the more you integrate them naturally in yourself until it takes only a very small shift to be completely in your god mode. And one day you are more in your god mode than in your human mode and it might feel difficult to return. But at last, - it is our natural development to unfold our divine nature completely. The more you take part in the divine nature, the more you think, feel and act as a servant of creation, in an altruistic way. You do not ask for yourself, you ask for mankind, for creation for God's plans of evolution. You expand yourself to a superhuman being.

You become a temple of God, an ambassador of God, a servant of the divine will and wisdom.

Bardon describes in step ten several methods to unite with God:

1. the mystical passive manner
2. the magic active manner
3. the concrete manner
4. the abstract manner

Certainly a master should be able to use all methods but in the end he will have a favorite way. The mystical way is most wonderful as it is the way of true and deepest love, devotion. It is the way where you unite with the divine spirit in love. You are the pure vessel, the perfect temple, waiting for the divine spirit to enter. Love is a great power and it unites what belongs together, what longs for each other. God's love is unconditioned and eternal and so it is up to the seeker to show his love, to open, to desire, to call for unity. The unity in love brings a great ecstasy. You are overwhelmed from feelings of love, your whole nature becomes love. It is the way of the mystics.

The magical, active way is to use your great power to call on all divine virtues and to unite with them. It is an ecstasy of pure will power, of absolute power, of authority and mastery, of being a kind in creation. You express your will to unite and this is what happens. The ecstasy of

power is great. It is the opposite of the unity in love. It is the way of the magician.

Then you can unite in a concrete manner or in an abstract manner. For the concrete way you take your personal god form. And later you are so experienced that you need no form, no image, that you unite with the divine spirit, the divine powers and qualities directly. Indeed it is the highest technique or way to unite. To explain it a little bit more, - concrete means that you put something abstract into a form. The divine nature can take a diversity of forms but originally it is abstract.

Then Bardon talks about meeting deities. Deities, gods, goddesses are “forms”, expressions of divine powers and qualities. And so you can unite with every deity, with every god form from every religion. For example you can unite with Shiva by taking his form and uniting with his virtues and powers. You can unite with one of the Buddhas of the Tibetan Buddhism. You can take part in the divine nature of every divine being. This can be useful or necessary for your missions.

When you are able to do all these things, then you have completed the first book, the aim of your human development.

In the second book you integrate all macrocosmic energies by visiting the spheres – as a side effect. This is also a way of refinement, of uniting with the higher mental, cosmic energies, powers and qualities. And additionally you get to

know God in form of the one, all containing power, the power of the sun sphere. Its energy contains all powers and qualities of all spheres. It is the one power, the divine power, it is our original divine nature. When you experience this special energy, then you know what oneness means. It is the macrocosmic initiation, the macrocosmic experience of unity with God.

Then, in the third book, you learn everything about all facets of the divine nature, of divine virtues, powers, abilities, states of consciousness and all ways of ecstasy. You are initiated completely into the nature of God. And this is more than mind blowing. It goes beyond all human ideas of God, of creation and of the human being.

Here you use the original creative powers of God to integrate the whole divine nature in your microcosm. Then your microcosm is in perfect balance with the macrocosm like Trismegistos taught. Every single divine power is mind blowing, amazing, wonderful, very special, with many facets, with many ways of application and meaning. In fact you are in the divine treasury, enjoying the experience of all divine treasures. And as this is "not enough" you can combine single divine treasures, creative powers to receive more special virtues, powers, states of consciousness and ecstasies.

By this most comprehensive mystical refinement you develop your macrocosmic nature to the maximum. You transform yourself to a cosmic, divine spirit, a true son or

daughter of God like Jesus said. Jesus was also a true Quabbalist, one of the highest initiates on earth. With this step you change your nature from five to six, from human to divine, from microcosmic to macrocosmic. Then you have reached your highest spiritual aim, the perfect unity of microcosm and macrocosm. On this basis you can create like God creates. You can recreate all divine beings, "angels" and you can take part in their nature, their powers, their virtues. This is truly absolute power. But this is not the end. By the use of a very special formula you can unite with the eternal light beyond creation, the highest sphere. This enlightenment is also for Quabbalists very hard to bear.

And when you have experienced all these wonders, this divine beauty and perfection, then you know that all your sacrifices, all your suffering, all your hard work, all the years of studies were worth it.

Unfortunately I can only give these few hints and not more. And I did not speak at all about the other side of the coin, the magical development with all its treasures. But I guess that these hints are a good prospect to follow your own individual path to the experience of unity.

The sun is shining permanently. In the same way God loves all his children. It is just up to us to comprehend and to open for the divine love, to make steps towards the divine spirit to embrace him.

May you experience the ecstasy of unity in this life!

The divine virtues

I think that it is useful to get some clarity about the nature of God, especially his virtues as we can see here, how important the idea is, to balance the microcosm with the macrocosm, to make the microcosm analogue to the macrocosm. All what we can find in God, we can integrate and experience in ourselves.

In his book "Initiation into Hermetics" Bardon focuses his description of God's nature on the four main virtues omnipotence (fire), divine wisdom and omniscience (air) and all-embracing love (water), which are bound by the cosmic consciousness (earth). As this is the first book of initiation, this description is enough for the moment.

When you move on in your initiation process then you discover that there exists a whole science of the nature of God which is called Theurgy or cosmic language or Quabbalah, etc. Then you see that this topic is like a real science at a university which needs deep studies. Bardon has explained this highest and holiest science in his third book "The key to the true Quabbalah". This book contains already a great amount of information but you can probably write much more about it.

I want to speak a little bit here about the divine virtues to give you an impression about what is waiting for you, for

your studies and especially for your own, personal experience and work later.

It all starts with the keys of wisdom, the divine mathematics and in fact we deal in main with physics, - metaphysics. I don't want to go into depth here and only want to start with number four – four like the four elements, the basis of creation. All divine virtues and powers are born from four mothers, four primary element powers. The first power which was created, was the fire element in its omnipotence, then the air element appeared as divine wisdom and knowledge, then the water element in its purest form, life itself and at last, the earth element as the origin of form and matter, of individuality. From these four primary powers all other powers emanated. So this is interesting as it follows the principle of mathematics and also physics.

I will list here “some” main virtues to give you an overview, an impression:

Divine wisdom and knowledge, highest enlightenment (air)

Pure power in form of the electro-magnetic fluid (earth)

The fire of integration (fire)

Wisdom and love (fire)

Cosmic consciousness, all-permeating (Akasha)

Total harmony (earth)

Happiness, fortune, wealth, abundance (water)

The creative power (fire)

Divine Providence, divine spirit (earth)

All-embracing love, ecstasy (water)
The power of belief, of manifestation (fire)
Divine majesty, divine beauty, divine harmony (air)
Perfect water element, primary life (water)
Ecstasy (water)
Divine justice, divine perfection (earth)
The perfect vessel, perfect devotion, mysticism, spirituality
(earth)
Divine perfection, divine individuality, embodiment of all
laws (earth)
Divine power (fire)
Omnipotence (fire)
Power and control over the elements (fire)
The primary being, the first self (Akasha)
Divine love (water)
Divine love, all-permeating (Akasha)
Joy (air)
matter
transformation

This is a very short list with only a few keywords. In fact the divine virtues are very complex, also regarding their energetic nature. As you have probably noticed, there are virtues which seem to appear more than once. This is true and this is a matter of the different energetic natures a virtue can have. For example we have several different forms of power with different forms of focus. There is the primary fire which is the father of the “core fire” and the fire of the manifesting belief. Then we have the integrating,

stomaching fire of the mystery of Eucharist. We have pure electric power and electro-magnetic power in different forms and so on.

All single virtues have a lot of powers, qualities, special states of mind and are connected to special abilities and applications. Their meaning differs from plane to plane and we regard here four planes (including Akasha).

And then all single virtues appear in uncountable combinations in creation, also for application purposes.

And then all spirits of the sphere are created with and from the divine virtues. Simplified said, when you combine ecstasy with wisdom/knowledge, with core fire and with divine spirit then you get a spirit which inhabits these virtues, their powers and abilities and who cares for abundance in life. This spirit is called NASI and consists of four creative powers or cosmic letters.

Due to this it is said that a Theurgist is able to create like God does, - by the use of the divine creative powers, virtues, the cosmic language.

Regarding the refinement of the human microcosm, the student integrates all divine virtues, powers and abilities into his body, - his mind, soul and energetic system. So he integrates the macrocosm into his microcosm which means total balance, perfection between both. With this he becomes a true child of God, a true image of God, like Jesus pointed out.

When the student works with these energies then he can use them to activate and to develop the corresponding abilities. For example when you work with the golden energy of perfection then you will activate the genius inside of you, you become ingenious. Or when you work with the energy of the primary self, Akasha, then you can increase your intuition to the maximum. And this is true for all kinds of abilities as they are reflected by the variety of divine virtues.

At last, the divine spirit with all his virtues expresses himself in the spheres and especially in the spirits of the spheres. These spirits are all of a divine nature and they are something completely different to what we call "ghosts". So indeed you will meet the divine in all its forms in the spheres. Here I must also say that the term "Angel" is not good or useful. "Gods and goddesses" fits better.

Interesting is also the differentiation between Akasha and creation (four elements). Students probably think that Akasha is Akasha and that there is no more but in fact also Akasha has some different aspects, different qualities. We differentiate among Akasha love, cosmic consciousness and the first, original being. And this is also simplified.

Important is that only training and with this direct personal experience lets you understand this complex science of the nature of God. The intellect itself cannot do this. After making experiences you are able to transfer your understanding into the intellectual language.

I hope I was able to give an overview, an introduction to this topic. This holy science is waiting for you. It is the end of the search. It is the highlight of the spiritual development. The divine treasury.

About theurgy and the invocation of deities

Actually I didn't thought about this topic for this book but a good friend asked me to give some explanations. Theurgy and the invocation of deities is indeed a topic for those who are already very advanced in the spiritual training. It is a topic of the spiritual university and not for primary school or high school.

The term theurgy is misunderstood. Theurgy does not mean normal magic and a normal magician is not a theurgist. A theurgist is someone who has refined completely his human nature to divine nature and so he is a macrocosmic spirit, comparable with the divine spirits of the spheres with the difference that his divine nature includes ALL divine virtues and powers which is not the case for the divine spirits of the spheres. They consist "only" of a few divine virtues and powers according to their task field and competence in creation. So in fact a theurgist is a perfect image of God on all planes, a perfect, divine being, a perfect temple of the divine spirit. A theurgist is a god in a human body. He is able to create from nothing like God does, - by the use of the creative, cosmic language which is also known as Quabbalah. The practice is described in Bardon's third book "The Key to the True Quabbalah".

As a real theurgist you are able to create all divine spirits, powers and virtues in yourself and in every space, object or room you want to. This is certainly the highest expression of power, of almightiness.

In fact the invocation of deities or divine spirits of the spheres is the training of a further Tarot Card. Then you can unite with every divine being, its divine nature, its powers, its virtues. Here I must explain that every divine spirit has its own very special nature, knowledge, virtues, powers and abilities, so when you unite with its nature then it is always a special experience, a special composition of divine aspects. And certainly when you invoke divine spirits in yourself then you get a deep understanding about them.

What a theurgist is and what a theurgist does is simply beyond normal human understanding as there is nothing which can be used for comparison. In fact you cannot say that theurgy is like this or that, - something which a normal human being or a normal spiritual student already has experienced. But one day every true seeker will access the spiritual university level and then you make your own experiences.

Bardon gives some hints about the invoking of deities in the tenth step. He says that this is possible and a part of the later practice as an initiate. This is certainly true and I must say that meeting gods, goddesses and divine spirits provides the most wonderful experiences as everything is

divine (to say it in a simple way).

When you look at the practice of the Buddhists then you can see that they have exercises where they create and vitalize the image of a god or goddess to unite with him or her (for special purposes). The Dalai Lama for example is a master in this technique and unites with the Kalachakra deity to give initiations, to dissolve bad karma, etc.

Certainly you can take part in the nature of all kinds of gods and goddesses without any limitations. The Indian pantheon is very rich of deities and worked out in a most beautiful, most perfect way. Every deity has special virtues, powers, abilities and task fields. The attributes are symbolized in many ways, so that an initiate is able to understand the nature of a deity directly by examining its symbols. But certainly for every god and goddess you can get a comprehensive description including which prayer, mantra or ritual you have to use to make contact and to receive blessings and support.

If you want to work with deities, if you want to experience their nature, then you can use their mantras or their prayers. But you can also use a meditation technique. Here you take your asana, calm down by some breaths and then you focus your awareness on the picture or statue of the god or goddess. Become completely aware of all the virtues, powers, of the symbols. Meditate about this deity. The longer you concentrate on the god, the more you meditate about his nature, the more you unite with him

(Samadhi). Imagine that you are one with the god or goddess. Imagine to take part in the divine nature, in the divine virtues and powers, feel yourself as the god or goddess. The more often you do such exercises, the easier and better you can unite with deities. And the more you are refined in your own nature and the more spiritual training you have accomplished already, the better will be the results.

Then you can do a second exercise. You are in your asana, in the right mood for meditation and now connect your awareness to the god or goddess and imagine that you are now in the sphere of this being, that you sit in the divine energy field, in the atmosphere of this deity, that the energy field is permeating you, so that you unite with the divine energy and that you are surrounded by the divine energies. This can be a very interesting experience.

A third technique is to connect yourself to the energy field of a deity and to inhale this energy or to let an object or room inhale. In this way you fill yourself or the object or room with the special divine virtues, with the special spirit of the deity. You can also ask the deity to bless your object or room. These techniques belong to the sanctifying of temples, churches, holy objects, holy statues, etc. Often the priests use special rituals and prayers to get the wished for results (as they are often not initiated in magical practices).

As always – make experiments, make exercises, do

meditations, try things and look for works in best way for you individually. In fact is all a matter of training. As we say in Germany “A master does not fall from the sky!” which means that you have to work for mastery, that you have to undergo a training to reach mastery in the end.

Initiation into the cosmic fire

Here I want to honor the old fire worshippers, the Zoroastrians or Parsees and with this the magicians. As already Bardon explains it, the magicians, - the priests and initiates of the Zoroastrians, were the highest initiates in the universal teachings. Magician means originally nothing else than being a mighty, powerful person. Certainly magic and the initiation into the universal teachings are as old as mankind.

So why have they been worshippers of fire?

The core or secret are the symbolism of fire and the initiation into it. The first element of creation is the fire element and in its highest quality fire means almightiness. Further on it is the divine fire which keeps creation alive, moving forward. Fire is the basis of vitality.

So indeed the initiates worship the divine fire in its aspect of omnipotence, as the first element, the first expression of God. When you study the cosmic language then you can see that the letter SH (or Sch in German) is the first and highest letter, the primary letter which is in a state of manifesting – somehow still between the divine primary state beyond creation and the beginning of creation – indeed a mystery itself. The main point here is that when you initiate yourself into the divine fire, the almightiness

then this means bathing in fire, being burned in this fire, being refined, spiritualized in this fire and this means highest ecstasy. This is a form of primary ecstasy which you could keep forever, bathing in pure fire. It is the greatest and highest initiation a human being is able to receive. Those who have tasted this fire, who have been burned in this fire automatically worship it with greatest love and devotion.

The magician is a man of power, as I have explained it – magic, might, to make, Macht, maechtig, - all these terms in English, German and in other language like Latin and Greek – magus, magos, etc. have all the same origins. And so it is clear that the magician gets his highest initiation into the primary divine fire.

By the way, fire is certainly also a symbol for purity and enlightenment.

During the spiritual development the master undergoes a lot of initiations, initiations into divine powers, divine virtues, divine mysteries and also divine beings, gods and goddesses. The absolutely highest initiation is into the primary being of God beyond creation. This is a form of enlightenment which is really hard to bear for high developed magicians and absolutely unbearable, probably deadly for normal humans. And this initiation can only be received by the use of a special quabbalistic formula.

All these things are waiting for you and a lot of more fascinating and mind-blowing experiences.

The salvation of darkness

Darkness is a part of creation. Darkness has a diversity of qualities and meanings. Darkness is dullness, darkness is evil, darkness is destruction, darkness is the waste of creation. I don't want to speak about all these forms of darkness. I want to focus on something different. While the destructive principle has its function in creation, the dark "waste" is meant to become recycled and the human evil longs for salvation.

When you examine the chain of many incarnations of a human being then you can see that a lot of evil happens, that this soul does a lot of evil but also has to bear a lot of evil, certainly the soul experiences also a lot of good things but this is not the point here. We are meant to make good and bad experiences.

One day in this personal evolution, the soul comes to the conclusion that it is better to be good, also society and religion expect people to be "good". Being good means to neglect the evil. It means to judge other people who are evil and to judge yourself for evil ideas and emotions, for evil behavior. This is logical and comprehensible. But the problem is that some kind of separation takes place. Your good part is shown officially and the evil part is hidden, waiting to come out, - more or less according to your personality. The forbidden, "evil" parts are the bad

characteristics like egoism, hate, aggression, envy, greed, pride, etc. Quite often a splitting takes place – the good soul versus the evil soul – which leads to major problems as you neglect a part of yourself. The general problem is that society and religion say that you have to be good, that evil has to be punished/neglected but they do not say what you should do with your hate, your aggressions, your greed, etc. So in most cases these negative parts of yourself are suppressed. They are abandoned. But you cannot really abandon parts of yourself, you cannot split yourself, you need your inner unity. This separation brings illness, psychic diseases, big problems.

So what is the right way to deal with negative aspects of yourself?

First of all it is necessary to understand that it is a natural part of the human evolution to make good and evil experiences. There is no single human soul who has not made evil experiences, who was not a perpetrator. Everyone was evil, quite often. Everyone was selfish, a bad guy. So this is just normal and for everyone there comes the day where he has to overcome these bad times to move on in his evolution.

In the next step you have to understand that everyone takes full responsibility for what he has done and that the Lords of Karma force everyone to balance his actions. So everyone is treated equally without no escape and no advantages. So everything is in order, is working in respect

to the universal divine laws.

Third step: Bad characteristics are a natural part of yourself like the good characteristics. You have to accept this. And you have to accept them.

And now in the fourth step you have to integrate them, you have to overcome the splitting, the separation, the suppression and the abatement. The aim is healing. Healing and unity in your microcosm. And now I tell you a secret. All the evil, your evil is like an abandoned child, a child what is not loved, not accepted, what is tortured, punished, neglected. And you can only heal when you show love and understanding to the evil, to your evil parts. It is the primary secret of evil – the lacking of love and understanding. When you are filled with love then you cannot be evil, you cannot become evil, you cannot develop any evil ideas, emotions. And when you miss love, when you are not accepted then you become evil, then you can become mad, destructive, then you hurt because you have been hurt. So in fact love is the key to deal with evil, especially with the evil in yourself. Love is the great and omnipotent medicine, the alchemical solvent of darkness, the power which transforms darkness into light. This is the great mystery of light and darkness, that darkness has to be redeemed and transformed by pure unconditioned love.

So in the fifth step you embrace all evil aspects of yourself with true love to transform them, to integrate what was

abandoned, to heal, to become whole again. This you can do in one or more meditations where you produce a lot of love energy to integrate, to heal and to transform all bad energies, all bad aspects in respect to the divine wisdom.

And then darkness will experience salvation, the salvation for which darkness is longing so much under great pains of suffering like an abandoned child without love.

In this context I want to refer also to the fairy tale “The Beauty and the Beast”. The Beauty is the pure, divine soul who redeems the lower nature, the Beast, the “evil” by unconditioned love. Through this pure embracing love the evil / the beast is transformed into its real nature, in its original nature, a nice prince. Here we see the mystery of love, of light and darkness, of spirit and soul. And in fact, what we perceive as the evil, the darkness it is nothing else than the transformed light, the abandoned light which has lost its beauty.

The spiritual path deals a lot with the ability to see behind the scenes, to discover the true and hidden nature of beings, of phenomena. And it deals a lot with healing, with integrating, with transforming, with becoming whole and complete again.

It is our “job” to transform the material plane, to transform the darkness in creation into its original nature, into light. And this starts with the transformation of the dark aspects of ourselves.

As soon as we have integrated the higher forms of love, we feel complete, one and we are in control. Then darkness has no more power over us. Then we have gained our original, natural-positive state of being.

So embrace with love all aspects of yourself, your sadness, your depressions, your anger, your selfishness, etc. and let it all heal and integrate by the amazing transformational power of love. This is the best thing you can do for yourself and for your spiritual development.

The playground called earth

When I was young, I saw all the problems which mankind has to face and I thought that people just lack of knowledge to make the necessary progress into a happier future. Indeed every spiritual person sees the problems, the suffering, the evil in the world and due to our spiritual empathy these circumstances make us suffer too. And it is our deepest desire to help, to serve, to bring relief and light into this darkness. For many spiritual people comes a time where they are simply overwhelmed by the amount of problems, of suffering, of evil actions. Then they collapse and ask for the sense of it. "Why does God allow this all to happen? Why are humans so dull, selfish and evil? And why I feel so helpless? What can I do?" Typical questions. Certainly it is natural and good to want to bring relief and light to the world. And certainly it is necessary. But it is not the whole truth. It is the limited human perception of the world which simply misses a major part, the background, the higher sense of it all.

I try to explain it a little bit, so that you receive orientation for yourself and your life. Only when you know where you are, who you are and where you can or should go to, - only then you can make the right decisions for the destination of your journey called life.

So what is this world? What do we do on earth?

The earth, the material plane is indeed a playground, also a school and for some a university. It is the school of life, providing countless chances to make good and bad experiences by own will to grow in your personality, to develop Viveka, - the ability to differentiate between light and darkness and certainly to develop and realize your divine nature, your original nature. We all are nothing else than children playing on the stage of life, trying different characters and roles, experiencing great adventures, being sometimes sad and sometimes happy. Life on earth is really a kind of big great stage play which includes all imaginable topics, all kinds of tragedies, comedies, serious things, etc. And we are all the protagonists. And only when we leave this world we become aware that this was a stage play and that we are originally actors and not the characters or roles which we have played. (This is a mystery itself.) What is deadly serious here on earth is often something strange of funny when you perceive it as a soul in the higher realms – the same like in a stage play.

I certainly cannot explain these things here in details but try to understand that the things which happen here on earth have often a different quality from the spiritual perspective. For example let's take the topic war. Imagine two soldiers fighting very hard, trying to kill each other. They are deadly serious and their situation is deadly serious. Maybe they also hate each other. So nevertheless both are killed and they leave their physical bodies, going into the light as it is said. They receive deep healings, they

meet their beloved ones and their spiritual guides. And they also meet each other, discussing their lives with their guides. And meanwhile their consciousness has changed completely and they have both a very deep understanding of the higher sense of their incarnations and of the roles they have played. And when you watch them then you might see them laughing, embracing each other and sharing their experiences. In this higher state of consciousness everything what happened appears in a different light as a deep comprehension is now there. Maybe they discover that they have met often in incarnations and that there was something which had to be balanced or to be experienced for further progress. And everything is good and right.

In conclusion equal what we experience, everything in life has a kind of message for us, something to learn, something to understand, something to accept and to respect.

Another small example. You are in Africa, in a desert area where people suffer from hunger and you see a small child dying in the arms of his mother. A great tragedy, very sad. Now when you ask the soul which has left the small body of this child then the soul might answers "It was okay for me. I have decided myself consciously to undergo this experience to comprehend what it means to be hungry and to die from hunger. In my last incarnation I was a wealthy man and I had everything in abundance. I was not able to

comprehend what hunger means.” You see here that it was his own decision, that he was able to make important experiences which certainly have positive influences on his behavior in the future. On the other hand we are asked to take everything bad and evil serious. We have to show empathy, compassion, love, care. We have to bring relief to all suffering creatures. In fact these things are two different realities, two different sides of one bigger reality. And for everything in life there is a reason. So always try to ask why things happen and what the higher sense or reason might be. Don't judge others, don't prejudge people, don't blame God for the responsibilities of humans and take things serious. We are here to make experiences – all kinds of experiences and we are here to balance our karma account, to clear the evil, the bad and to heal our wounds.

Another interesting aspect of the earth is that it is the meeting point for all kinds of beings, from all different realms and from all different degrees of spiritual maturity. Due to this it is also called the kingdom, number ten, containing all other numbers, being complete and reflecting number one. So in fact we have only here the possibility to meet great saints and also the most evil guys. In the higher realms all souls are separated according to their degree of maturity. This is similar to the differentiation where fish has to live in the water, birds flying in the sky and animals walking on the earth. Everyone has his place. The more refined your soul is, the

more refined must be the place you live. This is an aspect of the law of analogies.

When you examine mankind, then you can see that mankind is in a kind of dynamic development, a process where new things are discovered, tried out, where bad things are tried first to neglect them later, where the positive principle wins in the end. Indeed it is a dynamic balancing process, going up and down and up again to evolve step by step. When you think of a child, then at first it is very small, cannot do much but eating and sleeping, then one day it comes into puberty and makes (maybe) much trouble and one day it is grown up. Here it is also a dynamic balancing process, a development. Here you could say "This is not good, we must save the child, or we must save him from puberty, or we must do this or that..." But indeed there is no "must" because it is natural, it is a development with ups and downs. What does a child need? Support, guidance, love, care, etc. but it needs not to be saved. And the same is true for our earth, for the development of mankind. We need some guidance, a lot of love and compassion, sometimes correction and in general a good orientation on positive values. But mankind does not need to be saved. Suffering and evil are parts of this playground, of the school of life, parts of the stage play. It is a part of the concept of creation to be able to make good and bad experiences and so to be able to learn and to grow.

I recommend to meditate deeply about these things.

So in conclusion it is not the aim to save the world – from what? We are asked to show compassion to all creatures. We have to accomplish our duties, to play our roles in a positive way. We have to support each other in the process of growing and learning.

And how can we do this in best way?

We have to refine and develop ourselves first before we are able to serve the world and the development of mankind. We have to become wise, loving and powerful to accomplish altruistic missions.

So become a light yourself to make the darkness of the world vanish!

Develop yourself and then you can work on the development of mankind.

That's how it works.

PRACTICE

The mystical training in general

As I have already explained, the real mystical training is a part of the magical training and a matter of higher steps of development. But certainly you can do “normal” mystical training which does not require high abilities or a high degree of refinement. This “normal” training is an additional training to the teachings of Bardón with supportive power, helping you to feed your spiritual desires and to keep your motivation. Further on you can do a lot of good for yourself and for your fellow men, for creation as a whole when you undergo the additional mystical training.

In parts it consists of special meditations to raise your awareness, your spiritual motivation for development, your deeper understanding of God, the human nature and your place in creation. In other parts it helps you to refine yourself, to experience high spiritual feelings and to open yourself for divine inspiration and guidance. And then there are parts of the training which help you to balance your karma and to become an ambassador of the spiritual realms. So indeed there are different aspects which can be trained individually, depending on your personal needs, wishes and your situation. So I recommend to read through the book and to make the exercises as it feels right for you. In parts you can individualize them to make them

fit to your religious, cultural or traditional background. For example we find in every religion an expression of divine love, equal if it is Jesus, the Virgin Maria, Buddha, the Moslem mystic Rumi or an Indian goddess or Venus, etc. And certainly you can connect to the divine love directly in an abstract or concrete way.

So in all cases just follow your inner divine intuition and you will know what is right and useful for you. Also have in mind that you have gone through many incarnations already with different cultures and religions. So when you are for example a Christian and you feel a deep connection to Buddha or Vishnu, so you can use this for your meditations too. Don't think that you are limited in any way.

Most of all I wish you great experiences and wonderful results with your mystical training! May it satisfy all your spiritual needs and desires and may it support your magical training, so that you flourish like all other beautiful flowers in the garden of God!

The use of mantras and chants

The Indian culture provides a fascinating diversity of mantras and also beautiful chants. Mantras are sentences with a certain purpose, in main the worshipping of a deity and they are repeated normally quite often. From the metaphysical point of view, these mantras are able to connect you to gods, goddesses, spiritual powers, virtues and positive influences. So when you repeat a mantra consciously then you connect to the corresponding spiritual being, power or virtue and you can receive blessings, healing, inspiration, guidance, support, etc. In parts you connect to the realms of these beings and you can communicate with them, meet them. So mantras make contacts and they draw positive spiritual influences to you with uplifting, empowering and refining effects. Mantras in fact help you to connect to the divine, spiritual realms where normal human beings have normally no direct access – mantras are the bridge to divine powers, divine consciousness, divine support and divine virtues. So when you want to experience a special divine virtue then you can choose the fitting god or goddess or deity and then you can come into contact with this special energy. Buddhists and Hindus have an amazing diversity of these higher beings together with mantras of worshipping, so that you will find for all purposes a fitting being and a fitting mantra to connect you. The Western religions have no

gods, etc. but they have angels with the same qualities, powers and functions. So in all cases you will find a fitting being for your requests.

Mantras and holy chants have in general positive, nourishing influences on you. They are high quality food for your mind and soul and help you in your mystical development.

YouTube provides today a lot of high quality videos with professional mantra singing and holy chants, often with beautiful photos. I recommend to choose the best ones for your individual collection and to listen to them regularly. And if you like and can then you can sing them on your own, but listening is already powerful and great. It is also useful to get a deeper understanding of the mantras, their use, the higher beings, etc. so that you can make consciously the right choice for yourself – what you need and wish for.

Last but not least – when you examine normal pop music and especially trance, electro and dance music, then you can find really uplifting, spiritual music, mystical songs. This music you can use to bring yourself into the right mood for spiritual ecstasy, for powerful prayers for unity, to express your love and devotion. Check for example:

“Halo” by Beyonce (indeed she talks with God in her song)

“Ecstasy” by ATB (love and devotion)

“Marrakesh” by ATB (love and devotion)

“Thank you” by Alanis Morissette (humbleness)

“Guardian” by Alanis Morissette (protective love and care)
“Desert Rose” by Sting (total devotion)
“When love takes over” David Guetta (the joy of life!)
“Rhythm Divine” Enrique (loving God, unity)
“La Puerta del Cielo” Enigma (they has several good songs)
And several more...

When you listen to these songs and when you can feel these deep emotions, this longing, this love for God, then you know what mystical desire is, then you can show all your love to God, so that God unites with you in deepest love and ecstasy. Mysticism is all about great feelings for God, love, desire, longing, devotion. The mystic is the great lover of God and the divine spirit answers this love with enlightenment and unity – light and love!

(The mystical way of uniting with God belongs to the tenth step of Bardón’s training. But certainly if you are so advanced and refined to realize this technique then you should use it as much as you like to feel the deep connection with God. If you are able to do it, then this is a sign of a long spiritual development and training in a former incarnation – at least one, often many more. So good progress already and indeed you have incarnated to realize all divine virtues, starting as a holy person. “Holy” means to have realized already one or more divine virtues in yourself. “Perfect” means to be able to realize all four main divine virtues in yourself – perfect unity with God according to the first book. The magical way of uniting

with God is to call on the divine spirit, using real power. It is the active, powerful way of uniting. A master has to be able to use both ways. Additional also both in the concrete and in the abstract manner.)

Here is a list of mantras and youtube videos (- get the Indian versions of the mantras with underlying music as they have a higher quality. I have given examples in form of links. Look for the most beautiful versions you can find.):

“Healing Waters” – a guided meditation by Ray

(<http://www.youtube.com/watch?v=P5rvuep4nuU>)

“Moola Mantra” (<http://www.youtube.com/watch?v=9ebpgVj3Wtg>)

“Namah Shivaya Mantra”

(<http://www.youtube.com/watch?v=aq-CKdT6IG4>)

“Mother Ganga Mantra” (http://www.youtube.com/watch?v=S_bjv1bucAw)

„Babaji Mantra“ (<http://www.youtube.com/watch?v=rabSOIP9i-c>)

„Hrim Seed Mantra“

(<http://www.youtube.com/watch?v=znMlImhH5OV0>)

„Maha Lakshmi Mantra“ (http://www.youtube.com/watch?v=FTdwrs_TzCA)

“Lord Vishnu Mantra” (<http://www.youtube.com/watch?v=Cy6RetDoaLw>)

„Maha Gayatri Mantra“ (http://www.youtube.com/watch?v=Sl_ExU46KXE)

“Buddha Amitabha Prayer”

(<http://www.youtube.com/watch?v=Kxht0KDwWeg>)

“Hymn to the Divine Mother Akasha”

(<http://www.youtube.com/watch?v=BUlcMJjboEo&feature=youtu.be>)

“Presence (invocation)” (<http://www.youtube.com/watch?v=PApDjC236o4&feature=youtu.be>)

“Om Hraum Mitraya” (<http://www.youtube.com/watch?v=uzd8leox040&feature=youtu.be>)

„Heart Sutra Mantra“ (<http://www.youtube.com/watch?v=vSR1L9IN03g&feature=youtu.be>)

“Maakral Shivayanamaha”

(http://www.youtube.com/watch?v=z0_z7umKiQA)

“Om Mani Padme Hum” (<http://www.youtube.com/watch?v=bbgHZWwyhcQ>)

“The Oneness Mantra” (<http://www.youtube.com/watch?v=n9uVYkpHJdw&feature=youtu.be>)

“Lightness of being Mantra”

(<http://www.youtube.com/watch?v=B2XkzZR4ROU>)

“Ganesh Mantra” (<http://www.youtube.com/watch?v=h2rFVPCSPE>)

„Gayatri Mantra“ (<http://www.youtube.com/watch?v=liLbdwpVR38>)

„Magic Money Mantra“ (<http://www.youtube.com/watch?v=RMfiRHVfiHI>)

“Kubera Mantra” (<http://www.youtube.com/watch?v=uJH3i5S-dGk>)

“Durga Mantra” (<http://www.youtube.com/watch?>)

[v=M5HFonbhew](#))

“Green Tara Mantra” (http://www.youtube.com/watch?v=LqBP27_8fiE&list=PL0B472F43B25A03FC)

And many more...look for Hinduistic, Buddhistic mantras, also for Sufi music, Yogis, Gurus, etc.

About bija or seed mantras

The Yogi tradition and the Buddhists know special sounds which have an activating effect on the different chakras. So every chakra is connected to a certain amount of special sounds, so called bijas, syllables or seed mantras. When you sing these sounds in a special way then you can awaken the chakra with its qualities and powers. In parts you will find these bija mantras also on YouTube but I recommend to look for good literature if you want to make own experiments.

In general you can sing or repeat these special syllables loud or with a low voice or just on the mental plane. Equal how you do it, always imagine to speak them directly in the space of the chakra.

A loud voice has activating effects on the material plane. A low voice has effects on the astral plane, - astral body, soul. And a mental voice has effects on the mental body, the mental plane, your spirit. Make some experiments. Most important is the activation of the soul – so use a low voice. But certainly equal how you speak the bija, it has effects on all planes. It is just a matter of how you access your microcosm.

The bija sounds are very powerful as they are based on the cosmic, creative language. But you should care that you

Speak them in the right way – only then they can unfold their power. Look for the right pronunciation in the literature or at YouTube or in the internet.

The use of photos and pictures

Today there are so many high quality photos and pictures available in the internet. You can find wonderful pictures of creation, of nature, spiritual topics, of gods and goddesses, deities, spiritual leaders, holy men, gurus, divine beings, etc. Again, - you will find a great diversity of higher beings, etc. in the Eastern World – Buddhism and Hinduism. All the pictures of higher beings have a connective power for the viewer. You can connect to the spiritual realms of these beings, to their powers, divine virtues, etc. to receive positive influences, blessings, etc. So for example you get a poster of Maha Lakshmi and you consciously connect to her by using her mantra or by praying to her. You can ask her for her blessings, for insights, etc. And you can try to feel her virtues, her powers, her divine being. You can try to unite with her to take part in her divine nature. You can also take a special Buddha, for example the medicine Buddha for health issues or Mahakala for protection or the green Tara for fortune, etc. The Hindu and the Buddhist tradition consciously use the worshipping of higher beings to support the own spiritual development and so can you. Maybe you have a favorite holy man, a guru or spiritual teacher, then take his photo as a poster for your wall. Let his charisma inspire you as you connect via the photo to his mind and soul. And certainly you can send him or her

your love and gratefulness. You can meditate with him. You can ask him and wait for answers. Many things are possible. You can also try to feel his nature, try to connect to his enlightening power, his love and wisdom. The Dalai Lama can be a great inspiration when you use a good photo of him. There are several well-known holy men and women in India who radiate their holiness, their wonderful energies, where you can connect easily to divine love and wisdom, to a refined holy nature.

In fact the biggest problem for normal human beings is, that they have no idea how divine virtues feel like and by themselves they cannot make such experiences (without much training). So it is very useful to connect to the higher qualities and powers indirectly by photos, mantras, etc.

When you show love, appreciation, gratefulness and openness towards a master, guru, holy man, divine being, etc. then you will receive his spiritual influence and this has an enlightening effect on you. In India it is called satsang. During a satsang the guru is surrounded by his students. The students love their teacher and the teacher loves his students. By this wonderful and holy connection the students receive the high spiritual radiation, energy of the guru. They receive his spiritual influences which have a healing, refining and uplifting effect. This is the secret of satsang. The students bath in the energies of the guru which makes them grow, unfold and refine. Gurus have always great effects on their students. This is certainly

also valid for divine beings, gods, Buddhas, etc. Just open yourself to the divine.

So you can collect the most inspiring pictures and use them as posters in your rooms, maybe also together with a candle or some flowers, some joss sticks. And certainly you can pray to the Buddhas, the gods and gurus daily or for special purposes. You can ask them for protection, for guidance, for enlightenment, etc. Just be aware that you really connect to them on higher planes – it is all reality and the material pictures are just a help to make this connection easier.

Movies as a source of inspiration

Today we have a great diversity of movies, also YouTube videos from all around the world. Movies are narrations of human fates but also of the stories of gods like in Indian movies or of saints, gurus, spiritual seekers, of great adventures, challenges, ancient times, etc. There are also movies about the magical side of life, about the spirits of nature, about fairy tales, etc. All these movies and videos can be an inspiration for you, for your life, for your spiritual journey, for a deeper understanding of your challenges. Narrations are a major aspect of creation. Creation has to tell a lot of fascinating stories about human beings, gods, angels, the good and the evil, etc. So use this source consciously to get inspiration. Besides many other things, there are for example great movies about avatars teaching spiritual seekers in India, where spiritual powers are shown, where you can get the taste of experiencing the life of a Yogi. Have a look on YouTube to find something fitting, ask others what has inspired them. I personally love movies. They can offer so much – like good books but enhanced with music and pictures. Choose what supports you in best way. Discuss things with like-minded people.

The use of inspiring literature

The saints, the holy men and women, the great spiritual teachers have passed down on us worldwide wonderful stories, sayings and poems. These holy writings connect us to their higher perception and to their feelings, their spiritual world. One of the most holy and most uplifting writings is the Bhagavad Gita. It is a “must” for every true spiritual seeker. Certainly there are several other stories and poems, especially from the Hindu and Buddhist tradition but also from the Moslem Sufi tradition and a few from other religions. All these wonderful writings can shift your consciousness and your feelings into the higher, spiritual realms, - can connect you to divine experiences, to great feelings of deepest love, devotion, happiness, enlightenment, worshipping of God and the deities. Reading these writings has a lot of wonderful effects on you and it is real high quality food for your mind and soul. So in fact every spiritual seeker should have a collection of the most wonderful books from all over the world to honor the divine spirit in every culture worldwide.

Indeed it is all about connecting you with mind and feelings to the spiritual realms, to the divine world, the world of wonders, of highest happiness and ecstasy. So connect yourself consciously and enjoy it, feed yourself regularly with all these wonderful things.

You can also read the biographies of holy people, of spiritual seekers to get inspiration from their adventures, their challenges and their experiences of God.

Get everything which is uplifting, inspiring, guiding, giving answers to your questions, motivating, supporting, spiritually charging, etc.

About fairy tales:

Some fairy tales are spiritual mysteries which have been clothed in tales. Every initiate can easily discover the spiritual core of a fairy tale if there is one. Fairy tales can be full of symbolism with a deeper teaching or meaning. Two fairy tales with a deeper meaning are “The sleeping beauty” and “The beauty and the beast”. You can try to discover the spiritual meaning of them. If you read on I will give you some hints:

“The sleeping beauty”

The princess is the soul and the prince is the divine spirit. The beautiful, pure soul, the princess lives in the kingdom or castle, - the material world and is sleeping but one day the powerful divine spirit, the prince discovers her, fighting through all obstacles, the roses with the thorns, the veils of Maya and awakens the soul, the princess by his love and certainly in love they unite – the mystical wedding of the divine spirit (male principle) and the pure soul (female principle). In fact nearly all human beings are sleeping souls in the material world waiting for the divine

spirit to unite in love.

“The beauty and the beast”

This is also a very interesting story as it deals with the mysteries of the material world, of the soul and of love. The beast is not a real beast, it only appears as one. In fact behind the appearance of the beast there is a beautiful, rich soul. When a soul incarnates in the material world then it takes a certain form of appearance, somehow like a mask which covers more or less her true higher nature. Also people who appear in a rude, bad way can be completely different when you meet them as souls in the higher worlds as the consciousness changes. So in conclusion we can say that the material appearance and behavior can be quite different to the real soul – therefore the prince (soul) enchanted as a beast (material body, incarnated). This is one aspect that there is a big difference between you as a soul on the astral plane with a higher consciousness and you, incarnated, under a kind of mask, maybe as a beast because of bad life circumstances.

The second aspect is the mystery of evil. What appears as evil can have a pure core. Imagine an actor who has to play an evil guy. The evil guy is reality but the pure, neutral actor is also reality. This secret belongs to the most interesting mysteries in creation and can only be understood in the right and comprehensive way after a long training. And it is not the right place here to explain it as far as possible. Just have in mind that not everything

which appears as evil, is evil in its core.

The third aspect is that true love is able to restore the light, to dissolve the veils of Maya, to uncover the true nature. This is one of the mysteries of love. Love lets you see the soul behind the mask, behind the material appearance. You probably know this, someone appears to be “ugly” but you can sense the good heart inside. Love is the greatest power, the greatest medicine, the best treatment, the greatest solvent for darkness, the greatest transformer of darkness into light. And certainly, only by the love of the pure woman the beast is able to transform into its original nature of light, to leave his mask behind.

In conclusion:

When you read fairy tales and old legends and when you perceive the deeper, spiritual meaning then it is wonderful to take part in the story with your mystical feelings, to feel the beauty of these teachings, these mysteries of God, of the soul and creation.

In former times it was normal to narrate fairy tales, to pass them on to children and so many secrets survived the centuries, waiting for their discovery. Old legends and fairy tales are often full of truth, of things which really happened on the astral plane which was perceivable from the material world in former times as both planes were very close. So it is no wonder why people were able to see gods and spirits of nature, why they talked with each other and why so much magic happened. But today the planes

have separated more and the veils of Maya are stronger. And so many people think that the old tales are just inventions. But this is not true. It is a part of the initiation process to discover the truth of fairy tales and legends by yourself, the higher realms and their dwellers.

Try to discover the hidden truth, the spiritual mysteries and teachings in the narrations of our forefathers. It is really amazing to do so.

A poem of Rumi

The Guest House

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,

Some momentary awareness comes

As an expected visitor.

Welcome and entertain them all.

Even if they are a crowd of sorrows,

Who violently sweep your house

Empty of its furniture,

Still, treat each guest honorably.

He may be clearing you out

For some new delight.

The dark thought, the shame, the malice,

Meet them at the door laughing,

And invite them in.

Be grateful for whoever comes,

Because each has been sent

As a guide from beyond.

("Say I Am You"),

Rumi

I have picked this poem as an example for your meditations. Such poems have often a deeper sense. When you discover this secret then it can help you to grow, to comprehend higher truths. And it is a perfect possibility to train and to raise your awareness. Normal people have an awareness of maybe 20-40% but a master has 100%. Buddhists have a great focus on developing the maximum of awareness and they are masters of understanding, of perception and of discussing topics in depth. The exercise "stillness of mind" leads to the highest degrees of awareness, where you become a perfect mirror for what is happening, for others and then you really understand. But as long as you are full of own ideas, emotions, how should you be able to perceive, to understand perfectly? How can a dirty cup receive tea without changing its taste? It is the purity of the mind which allows total awareness and total understanding of everything in creation. Think about this! Become a perfect, pure cup to receive the tea in its original true nature. Only then you will know the tea.

Back to Rumi's poem. So when you read such a poem then you can make up your mind in seconds about the meaning "Ah, he is talking about emotions and that we should

welcome them as maybe we can learn something.” But this is not good and not the right access. So get into your asana, take at least half an hour and then read the poem again and again and become completely aware of what he is saying in fact. Don't let your mind move somewhere else. Don't mix the message of the poem with your own ideas. Clear yourself, become pure and open, try to connect to the spirit of Rumi, to his understanding and perception of the world and then you have good chances to comprehend his message in all aspects.

So, you can try it and then you can read on as I explain here the meaning now:

Rumi says that the human being is a guest house respectively works like a guest house. Frequently new guests come in and stay for a while and then they leave again. Regarding the human being these guests are all kinds of emotions (also thoughts), good ones and bad ones. When guests arrive in the guest house then they change the state of the guest house. If a Samba group joins then the guest house will be a happy place, with music, dancing, fun, etc. For this period of time the guest house has a very positive state because of its guests, the content. If people from a funeral come in, the state of the guest house will be quite sad and dark, again just because of these special guests. The same is true for emotions or thoughts. When you have good emotions then you are in a good state - because of your content. When the good

emotions leave and bad emotions arrive, then you are in a bad state.

Important is here to differentiate between the guest house itself and the guests, respectively between you and your emotions and thoughts. Guests and emotions are something temporary but they are not the house itself or you. And here we come to an important insight: It is wrong to think that you and your emotions are the same. You are just a kind of vessel or guest house for thoughts and emotions which are in resonance with you. And the next point is that you as the owner of the guest house decide who you take as a guest and who not. Rumi does not point at this aspect but it is one. Rumi is talking about normal people and the poem is also in main for normal people. Due to this he says that one day good guests join and another day bad ones come, also that really evil guests can arrive which steal in your guest house and demolish it. This means you have good days, where you are happy and you have bad days where you are sad or angry and then there are days which make you break down, where you feel violated, smashed to the ground because maybe someone cheated on you or because a beloved person died. So in a normal life all these things happen but your guest house – you still exist and life goes on and other guests / emotions will come. So indeed Rumi asks you to face the truth of life, the ups and downs and also the disasters – just because this is life. And then we come to the next important point. He talks about HOW you should

behave regarding your guests. He says that you should keep ALWAYS a positive attitude with inner balance, love, natural joy, happiness, that you should be always friendly and interested in who is coming – like a good innkeeper (great metaphor). And why should you behave in this way? Because your emotions and the events of life are only temporary while your guest house, your soul is eternal. So it makes not much sense to suffer because of your guests but it makes a lot of sense to stay in a positive serene mood. And instead of getting lost in emotions, you should show interest for your guests. You should ask yourself consciously why these guests arrive now, why in your guest house, what you can learn from them and also how long they stay – so in fact what is the message behind your guests? And Rumi goes on and says that all guests have a lesson for you as they are connected to a higher sense, - they want to tell you something, they want to teach you and you are meant to understand your lesson, to grow. Why do bad things happen? Because somewhere someone has made a mistake, a wrong decision and why? Because he lacks of knowledge, good qualities, wisdom, love, power...Do you understand? In fact your guests are in resonance with you! So when you are in a bad resonance for bad events and bad emotions then you must ask yourself why and how you can change this. And now think of Bardou – first step, where you have to become aware of your thoughts, where you have to learn that you and your thoughts are not the same as thoughts are only guests in

your mind. And then later where you have to differentiate between the good guests and the bad ones.

And here again we come to an important point: Your mind belongs to the Akasha element which is free of attachment, which is more a focus of perception, a place where thoughts and feelings are processed but your mind is not the same, never the same like your thoughts and emotions. But thoughts and emotions are always in resonance with your nature, your personality. So and the higher aim in the spiritual development is certainly to liberate yourself, to understand that you are just the "guest house" and that you decide which guests are supposed to live in your house.

And the last point of Rumi is his sentence "Say I Am You" which means to really understand your emotions, your thoughts and to do not treat them as aliens as this cause massive problems. He wants you to accept your emotions as this is the first step for healing, for letting go, for releasing the bad guests, pain, suffering, sadness, anger. Acceptance is a matter of love, of wisdom and of understanding. So there is no need to fight your guests. It is good to examine them, to understand them, to accept them and to release them.

This is the deeper meaning of his poem. And it is good to understand it. It makes you wiser!

Concentration, meditation and Samadhi

This is an old topic which every spiritual seeker has to understand. We can say that there are three important states of consciousness respectively in the spiritual training – concentration, meditation and Samadhi. Concentration becomes meditation and meditation becomes Samadhi. It is all a matter of the passing time (and training).

So, what is concentration? You can concentrate yourself on an outer object or sensation and you can concentrate yourself on an inner object, for example a thought, idea, feeling, inner sensation. Then we also differentiate between something abstract and something concrete. So you can concentrate on the idea of love or on your beloved partner, for example.

Concentration means that your mind is focused on something and indeed it is a permanent flow of concentration, of awareness between you and your object.

When this flow of awareness, of concentration continues for a certain period of time, you become more and more aware of the nature of the object you focus on. In fact you start to study the object, you try to understand it deeper and deeper, you look at all its aspects, you become more

and more familiar with the object. And this is called meditation – the consciously study of something.

And when this meditation continues, then you feel how you and the object become more and more one. Your awareness unites more and more with the object and this is called Samadhi, the state of unity of the observer and the object. In its highest sense Samadhi means the unity of you and God as a result of your process of concentration and meditation.

So, concentration means the permanent flow of awareness towards an object. Meditation means the intensive study of an object and Samadhi means the unity of the observer and the object. Altogether it means that you withdraw yourself, your awareness and your activity from the material world towards the “inner” world, that you focus yourself on the mental and astral planes, on thoughts and feelings. In fact you shift your outer work/experience to an inner work/experience. The old Yogis had a special body posture where they closed all channels of the senses with their fingers – to do not see, hear, smell anything. But this was more symbolic than for real training. This shift of awareness, perception and activity from the outer world to the inner experience is a natural process, a side effect of concentration and meditation. But it is useful to understand it.

Concentration, meditation and Samadhi, - these three steps or states of mind are the basis for all the spiritual

training, for research, for the development of higher abilities and certainly to meet God and to take part in his divine virtues.

In the Western World we have a phenomenon which expresses a deep misunderstanding of meditation and causes loud laughter in the Eastern World. There are people and “teachers” who think that meditation means to sit and doing nothing else, - often the “students” fall asleep. And for some reason they expect enlightenment or higher insights just by sitting and doing nothing. This is certainly absolute nonsense.

Meditation means always work, mental work, often including the soul and emotional work, independent from the physical body. So when you look at someone sitting in a meditation posture and “doing nothing”, he is in fact very busy but not in the outer world.

So what is the sense of concentration, meditation and Samadhi?

Indeed they are the basic tools for your whole spiritual training and development. When you practice concentration with all your senses then you activate, vitalize and refine your mind. Meditation will increase all the faculties of your mind, your intellect, your awareness, your sensation, etc. And Samadhi is certainly the crown – in all normal cases of spiritual research and most important for the experience of the divine being in all its aspects. When you make research on the divine qualities

and use Samadhi to experience them in yourself then this has refining, transforming effects on you. You will unfold your divine nature step by step.

The experience of unity is a matter of Akasha, the nature of mind. Your mind is independent from time and space and so your mind can unite with the object of your concentration. This happens automatically after a certain amount of time passing by. When you work with Akasha consciously in your magical training then Samadhi will become easier, natural and you can connect your mind with everything and every being independent from time and space. This just as additional information.

The right preparation for meditation

So you know now the basics of the spiritual training. Then the next question is how you start your concentration/meditation. When you study the Yoga literature then you find maybe a dozen important postures and maybe 50-100 further postures for all kinds of specific purposes and meditations. You can calm down as you do not need all these postures but in fact only one. The great diversity of postures or asanas has traditional reasons but also secret ones and in main it is physical training for health and to strengthen your will, patience and the flow of vital energy in your body. These things are a matter of Hatha Yoga which is in fact only a preparation step towards higher practices of Yoga. But Hatha Yoga is in the Western World very famous and misused as dull gymnastics and fitness training without respects towards the deeper spiritual sense. So in fact you do not need Hatha Yoga for real progress in your spiritual development. You can activate your centers, chakras also with other, easier techniques and you can keep your health and fitness with normal fitness training.

The only thing we need is one good posture for best results in concentration and meditation. Franz Bardon has described this special asana, posture and it is indeed the simplest and best posture you can find. You choose a

comfortable armchair, put your feet on the ground, your hands on your thighs, your spine vertical and that's it. You can lean your back against the armchair to ease your training but if you can, you can/should keep your back free, especially for breathing exercises where you breathe energy with your whole body. But it works also with your back leaning at your armchair, - no problem. Most important is that your physical body can relax completely and that you can keep this posture for at least half an hour up to one hour. For the good flow of energies, it is important that you keep your head and spine vertically. The feet on the ground support your contact to the earth. Your hands are normally not needed, so they rest on your thighs. Optional you can make special mudras with your hands – special hand postures with a special symbolism for special meditation topics. But this is just an option. You can read more about mudras in the corresponding literature (Buddhism/Hinduism). The mudras can connect you (in best case) to certain states of mind and soul respectively to certain spiritual energies but this is a matter of training or/and of initiation. You can read the literature and make some experiments if you like. As I have said, the normal asana is enough for the normal training and for meditations. The key for success lies often in the simple things and not in the complex ideas where people search for answers.

So you have now the right body posture. The next step is to relax your physical body and to find inner peace for your

mind and soul. The main problem is that life provides a lot of information and stress, so it can be hard to calm down and to withdraw yourself from all the thoughts and feelings from your daily duties. The second point is that you do not need your physical body for meditations or other mental/astral exercises.

The old Yogis found out that you can balance your mind and soul by conscious breathing in a natural, deep rhythm. So just focus for a while on a natural, regular and deep breathing. Every time you exhale, you release more and more of your stress, bad emotions and bothering thoughts. Every time you inhale, you inhale vitality and peace. And when you keep this conscious breathing for a short while you can sense how you calm down, how your body relaxes and how you feel better and more balanced. And now you are ready to accomplish your exercise or your meditation.

If you feel that your body is not really relaxed, maybe suffers from tension in the muscles then it makes sense to do some stretching before the meditation, also shaking your body, so that your muscles become loose and if you still feel uncomfortable, then you can consciously tense all your muscles and consciously release the tension. Then you should be in the right physical state for your meditation.

Regarding the time for a meditation:

Half an hour per day is good and normal. 45 minutes is

good. 60 minutes is much. In some special meditations you can sit for more than 2-3 hours. But this is the exception. So try to orientate your training on half an hour per day or maybe half an hour in the early evening and some extra time for meditation or exercises in the morning. Find your individual fitting rhythm and try to keep always the same time. Rhythm and regular training are very useful and supportive for your training as your body/soul/mind get used to it and prepare automatically for a perfect meditative state.

In most cases the best time for your spiritual exercises is the early evening. Your business is done, your homework is done, you take a break to relax, maybe you have eaten something already and then you are free for meditation. And after your spiritual exercises you have the whole evening to share with your family and friends.

Most meditations can be done in the early evening. When you make exercises with energy breathing then it is necessary to release all the energy, otherwise you can be too charged, too active for sleeping. So energy breathing is better in the morning or in the afternoon. But you will see this for yourself.

Then there are exercises which need to be practiced directly before sleeping. These are all techniques where you influence your subconsciousness – autosuggestion and autohypnosis work best short before sleeping as your subconsciousness is most active at night and can process

your affirmations, your positive thoughts.

At last there is a special case which is based especially on misunderstandings. Indeed there is absolutely no need to get up in the night for exercises. When Buddhist monks get up at night for chanting mantras, then this has a special purpose, - the use of the sleepy state to shift the consciousness easily to the higher realms by the use of the mantras. But as you are no monk, it makes no real sense for you, in contrary you will get problems to stay awake during the day and to accomplish your work. So in general you have to differentiate between full-time Yogis, monks, priests and spiritual students who live in the material world with all the corresponding duties.

The right place for meditation:

Choose a place which provides good feelings, vitality, where you feel comfortable and safe, certainly also undisturbed. Keep this place for your whole training as you transform the energy there in a positive way which supports all your exercises. In best case take care that no one else sits in your armchair – to prevent unwished influences. And you should not use your sleeping room as you build up too much energy which can cause problems for a deep sleep. Maybe you can create a beautiful place for your meditations, with flowers, candles, maybe pictures of holy teachers, gods, statues of gods, Buddhas, etc. Something like a personal altar which fits to your own spiritual attitude. Such a positive decoration is inspiring

and uplifting for you. Here you can speak your prayers, here you can ask for insights and here you can connect to your beloved teachers or divine, enlightened beings.

Just follow your divine guidance, your intuition and then you will do everything in the right and happy way. And certainly with the passing of time and training you will have further useful insights and good ideas to improve everything if necessary.

There is nothing you could do wrong and if there is something which does not really work or which feels uncomfortable then just change it as long as you feel better. Trust in yourself and into your higher inspiration.

Maybe a last useful hint here – increase your time of concentration in steps – don't use force, do it with love, with joy, then it is good. Your mind, soul and body, - your whole energy system has to adapt itself to the new training, to the higher flow of energies and the higher activity of your chakras, your centers. And further on your whole system needs time to transform and to change the structure to cope with the new challenges, the new work. You can compare it with joining a fitness studio. It is not wise to take the biggest available dumbbells and to make repetitions until you lie flat on the floor. Wise is to increase your training in steps over a good amount of time so that your body is able to increase its fitness and to make your muscles grow. Everything in life needs time, time to change, time to grow, time to refine and fruits

should also only be reaped when the time is right. So take your time, there is no need to hurry. And so step by step your abilities of concentration and meditation will grow and refine. Everything is always just a matter of time and training.

The mind – a jungle full of monkeys

When you start with concentration and meditation exercises you will probably notice that your mind is more or less occupied with countless thoughts or that different thoughts are popping in without being asked. So this can be a problem.

The old Yogis knew about this problem and compared the mind with a jungle full of monkeys jumping around, making noise and being bothering.

The mind was also compared with the surface of a lake full of waves, so that you are not able to look down to the ground.

When thoughts are coming in, jumping around in your mind, you cannot concentrate yourself on something, clarity is missing, you are disturbed and you cannot bundle your awareness – like a laser beam on your target or object.

So how do you cope with a group of monkeys?

You can ignore them. When you ignore thoughts then you do not feed them with your energy, your awareness and so they will leave.

You can ignore them while you keep your concentration on your object. Then your awareness perceives only the object

after a while. This is the focus of perception.

You can calm down and liberate your mind by conscious breathing. Every time you inhale, you inhale peace and clarity and every time you exhale, you exhale all bothering thoughts.

You can also use your imagination. Imagine that the thoughts vanish more and more, that you are in a sphere where you are completely undisturbed, free from unwished thoughts, that you are protected from unwished influences during your meditation.

And last but not least you can consciously switch from your life to your spiritual training. You can make a ritual for example. You imagine that as soon as you enter your spiritual training room or as soon as you sit in the arm chair, you leave all thoughts and emotions of life and job behind you and enter the spiritual realm completely. This is like going from one room into a different room, - with a different atmosphere and a different purpose.

And certainly you will experience that automatically the thoughts will decrease and your concentration skills will increase just by regular training.

At last – why is stillness of mind so interesting?

When your mind gets still, when you are free of thoughts, then you connect to the divine spirit, to Akasha, the primordial spirit, the source of life and creation. Then you can receive enlightenment, divine guidance, divine

inspiration, also healing. When you train this state of mind, then you increase your awareness to highest degrees. Buddhists have a special focus on the higher awareness and indeed it is a milestone on the spiritual path for every true seeker.

Intuition and inspiration

Today we live in a world which is dominated by the intellect. People believe that the intellect works in a scientific, secure way and that the intellect is able to understand and to solve all problems. This is a nice belief but it does not correspond in any way with reality. Even if you meet someone who is absolutely convinced about his superior, scientific intellect, you can examine that he follows his beliefs, his instinct, his intuition, his desires, needs, the manipulation of himself by others, etc. and that his intellect is primarily used to justify his behavior. This is just psychology. The intellect itself is too limited to process all the available information to find the right answer for a normal problem. You can use the intellect to calculate something or to analyze something but for all bigger questions in life your intellect is not the right one to ask for answers. We human beings use our intellects less often as we think. Our behavior and our decisions are driven in main by subconscious impulses, also by intuition, the right or good feeling or by instinct or just by upcoming emotions.

In former times this was absolutely clear and the intellect was seen as the servant of intuition. In fact this is the lawful order.

What means intuition?

Intuition is the sum of all the information you receive – 100% - while the intellect is only able to handle maybe 10% or less. Intuition means also a higher perception of information which includes a deeper understanding of a situation or a problem and the ability to behave in the right way, often without the need to use the intellect. And then intuition means also divine guidance and a last information in form of visions, pictures or symbol in your mind. Intuition is always holistic and it gets more information than what is visible.

Inspiration is similar but means to hear information. Maybe you have read stories where someone heard a warning in his mind or heard “hints”, for example “to look there for something”, etc.

Spiritual people often have a good intuition or are inspired - because of their refined nature and their higher abilities. A spiritual master has a great perception, higher intuition and inspiration as he is very open for the divine guidance from the spiritual realms. He is also connected to Akasha, - his mind is like Akasha and so he is able to penetrate everything with his mind, with his understanding.

The stillness of mind exercise is very important to open to the divine guidance, to divine intuition and divine inspiration. Also the third eye or forehead chakra together with the heart chakra are very important for the cultivation of these abilities.

The better your intuition is developed, the better, happier and more successful you will master all your challenges in life and on the spiritual path. Divine guidance, a high intuition and inspiration are most precious. Due to this Bardon asks the student directly in the first step to develop stillness of mind – to activate and unfold the crown chakra and with this the divine connection, the divine guidance.

You can develop your intuition and inspiration with concentration exercises on your heart chakra in combination with ears and forehead chakra. Your divine connection and direct knowledge you develop with the stillness of mind exercise and with concentration exercises on your crown chakra.

It is also useful to pray, to ask for divine intuition and inspiration. Open yourself consciously to the divine guidance, to divine messages, information. And do this with a grateful, loving and happy attitude, with appreciation.

The more you get used to this way of receiving information, the better you will be able to differentiate if these ideas come from yourself, your subconsciousness or from your divine consciousness, your crown chakra or from your heart chakra or your forehead chakra/third eye. The more conscious you are about getting higher information the more you trust in them and the easier and faster you can implement them. And certainly you can and should use your intellect, the servant of your higher

intuition for the best possible implementation.

As I love to say “Follow your divine intuition – always!”

The use of the first Tarot Card

You can use the first Tarot Card for your mystical training. Get a good photo of it from the internet or scan the photo in Bardon's book. Take care of a high quality. Refine the colors, etc. a little bit with Photoshop or Photo Elements. Now take a portrait photo of yourself. Cut your face out and cut the face of the magician in the Tarot Card out. Now replace the magician's face with your face. Print it as a poster or larger photo. Now you have the first Tarot Card with your face, - you as the magician, the authority in creation, master of the elements, etc. You can use this print to make concentrations exercises and for deep meditation. Just sit in your asana in front of the photo and study it with your eyes (visual concentration). Become aware of all details. Try to understand its deep meaning. Try to unite with its symbolism. Try to feel yourself being the center of the universe, the magician, the master. How does it feel to be a part of the Tarot Card, to be united with the divine spirit? Can you set your mind into it? Can you really feel it? Can you feel to be a magician?

When you repeat this concentration and meditation work, then you create a powerful vision of yourself as a magician and this vision has a great tendency to realize itself. It is in fact your destination and this destination will draw you towards itself for complete realization. So in

fact the more powerful your vision of yourself in the first Tarot Card becomes the more powerful you are pushed to its realization.

You can increase this effect by using your imagination. You start with visual concentration, then you meditate about it, you try to connect yourself to it, unit with it and this all with open eyes so far. But you can go further. Try to imagine this picture first as a vision, as a picture with closed eyes and then, later imagine yourself as a part of this vision, so that the Tarot Card feels like reality. You are in the center, your crown chakra completely open and developed, below there are the earth and creation, the man and the woman, etc. and above there is Akasha, at the right the sun and the left the moon. Try to feel this all, make it reality. When you are able to do this – vision + feeling + unity – then it becomes really powerful, a really powerful thought form wrapped in astral energies and ready to realize in a powerful way. And now you can add in this meditation your oath or your proclamation that you want to become a magician, a true adept, a real master, respectively you thank God for being one and that all you need for this realizes in a happy, lawful and successful way including the support of the spiritual realms.

Indeed this is a great and powerful exercise with long term consequences and effects. So know exactly what you do! (Remember here the four pillars of the temple of Salomon which Bardon describes.)

You should keep your first Tarot Card secret – for your practice only, to protect it against unwished influences. It is useful when you add it to your altar, your training room so that you see it regularly.

By the way – if you have problems with creating an altar or putting holy pictures on the wall, etc. then you can also use a kind of closet or locker which you can lock with a key to keep your privacy. There are closets which you can fold out, so that you can put photos on the side walls of it.

The development of viveka and wisdom

Viveka is a term from India, from the old Jnana Yogis, the masters of wisdom. Viveka is the ability to differentiate between right and wrong, light and darkness. It is an aspect of wisdom. The ability to differentiate goes along with a deep understanding of God, mankind and creation. Wisdom is the crown which you can receive in your spiritual development. As you remember, only a king or a queen wears a crown, a real authority in creation, an ambassador of God. So wisdom is a quality of a highly refined spiritual soul.

Wisdom is a matter of Viveka, or a refined, divine soul and also deals with the laws of creation. These laws are connected to the first ten numbers, to mathematics and physics, metaphysics. Most important are the first 4 numbers and the laws they represent. One represents God, two stands for duality, three for the three planes of creation and four represents creation itself. In fact it is a science itself and if you want to gain wisdom you have to study and to understand the laws. I have written a book about wisdom and the laws of creation. I recommend to study it and to meditate deeply about the interrelations of the different laws and their metaphysical background.

Also become completely aware of the meaning of Viveka. In fact this ability belongs to the law of number two, the understanding of duality. You need to be able to differentiate clearly between the two poles of duality, polarity. Maybe you have noticed already that especially today the brothers of darkness try to sell dark ideas to the normal people by telling them that these ideas are good, enlightened, positive. It is not good to get entrapped by the dark ones, by their propaganda, their lies, all their evil ideologies. Sometimes it seems to be hard to see if an idea is good or evil, so sharpen your understanding, your intellect, increase your awareness, become light yourself and protect yourself against the temptations of darkness.

About soul refinement

The refinement of the soul is the greatest challenge on the path. Imagine that you live in your house for your whole life time already and suddenly you become aware that you have never cleaned up the rooms, that you have never made it look beautiful. Imagine this! And in fact that's the way it is. When you ask people but also spiritual students about the last time they have worked consciously on cleaning their souls from bad characteristics, bad behavior, bad emotions and thoughts, what do you think they will answer? And when you ask them about the last time, where they have consciously cultivated positive characteristics, etc., what do you think that they say? What would you answer? And what would you answer, if I ask about the balancing of your bad karma? Have you done anything to balance your karma account?

In fact most people would answer with wide-eyes and a big question mark on their face: "What? Why? How?"

The problem is the missing awareness for these things together with the missing of knowledge how to work on them. For everyone is it clear that everything in life needs maintenance, cleaning, cultivation, etc. We maintain our bodies to stay clean, fresh and good looking. We maintain our cars, flats, all our property but we do not really maintain our souls. We have not cultivated psychic

hygiene where we consciously support positive feelings and characteristics and consciously neglect bad emotions and qualities.

No one has taught us how to develop our souls or to clean them from negative things.

In general a conscious handling of these matters makes much sense. Every pupil should learn such things at school to benefit in life and later in business.

For all spiritual students the cultivation of the soul including conscious psychic hygiene is most important. Bardou has described the use of the soul mirrors and gave a few techniques how to deal with bad characteristics. And certainly all his energetic techniques will serve the cultivation of the soul, the refinement towards divine degrees.

As the whole topic belongs to the mystical side of training I want to focus here on the main points, also to clear misunderstandings.

First of all, - why do we need a refinement of the soul at all?

The whole spiritual development has the aim to adapt the limited, imbalanced and impure nature of the human microcosm to the universal, balanced and perfect nature of the macrocosm, our solar system, the macrocosmic divine being. This is meant with refinement. So in fact the human nature is not in any way equal to the divine nature

and if we want to experience God and divine virtues and divine powers and divine abilities, then we have to refine our human nature to divine degrees as all these things are a matter of a divine nature. This is comparable with a couch potato who wants to have the same abilities like a triathlete – without adapting yourself by hard training, you won't be able to show this performance.

Then balance and health are absolutely necessary to bear the great powers which run through your energetic system due to the hard training with all kinds of energies. If your system is not in perfect health, not in balance, then however you want to be able to stand the “high voltage” of the universal powers in your energy channels, in your nerve system? No way! Health and perfect inner balance are also qualities of God, of the divine nature.

The third aspect is that all these great powers have to be controlled in a most responsible way. Someone who is immature, unrefined, raw, selfish has a great tendency to misuse his powers for bad or low purposes. This is truly dangerous and opens the way to total self-destruction. When a child plays with a bomb, then the bomb has a great tendency to explode, to destroy everyone around the child and the child itself. This happens faster than one might be able to imagine. The abilities and powers of a spiritual student and even more of a master can cause massive destruction easily and fast and this means a great amount of really bad karma returning to its source

quickly. (Karma shows up quicker for people in a spiritual training than for normal people.) So indeed an unrefined soul is in high danger when it is working with powers. For example you do the element breathing without any refinement. You still feel hate and aggression in yourself in special situations. So when you work with the fire element, then it is quite possible that you not only increase your will-power but also the energy of your hate and aggression. And maybe when you meet someone who normal makes you angry, you might go to beat him up or kill him because of your superhuman level of aggression and rage. This is certainly not good. Another example is sexual desire – if you are not in control of it and you increase this desire with the fire element then it can happen that you rape someone just because your desire has increased so much that you lose completely control. So power needs control and bad characteristics or desires absolutely need to be controlled otherwise the dangers are incalculable. Certainly I speak here about worse and worst cases but do not underestimate increased desires and bad characteristics. If you do not control yourself – who else should do this?

Forth aspect – when you unfold all the potential beauty and harmony, all the great abilities and states of mind and soul which come along with refinement, then you experience happiness, satisfaction, inner wealth, success and probably also outer wealth, a rich and happy life with people who love and appreciate you. A refined soul is

always loved and appreciated by everyone and by all beings of creation. And all this makes life good.

In conclusion there are many good reasons why you and everyone else should refine your soul.

Next question – how do I work out the soul mirrors in the right way?

The soul mirrors which Bardon describe are indeed the basis for all further works on your soul. The main aim here is to get to know yourself, to answer the question “Who am I really?” So in fact you can have a different image of yourself than of who you are in reality. Often people like to think too bad of themselves or to cover flaws, bad behavior, etc. So one task is to get a realistic image of yourself. You can do this by good meditations and by asking friends and relatives how you appear in their personal perception. This perception provides also mistakes but then you compare your own perception with those of the others and find something near reality. You have also the option to make a psychological test about your personality which is often very interesting and useful. Just have a look in the internet or look for a corresponding book or ask a coach, psychologist or psychotherapist. And here we are already at the next point, - what is important? What you did “hundred years” ago or what you did recently respectively what you do now, in the present time? So certainly it is most important how you feel, think and behave now and not how you did in your far past. The

human personality is changing permanently more or less. If you would go back maybe some years, then you reanimate old character flaws by thinking about them, by remembering what has happened and why, etc. So close your past and focus your research on your personality on the present time. Answer yourself "Who are you NOW?"

Bardon provides lists with characteristics according to the four elements, good ones and bad ones. These are useful hints for your meditations. Take enough time to find out who you really are, how you think, how you feel, how you behave and certainly consider in which situation you think, feel and behave in a certain way.

You will discover that you sometimes have both opposite qualities, - for example sometimes you are impatient and sometimes it is easy for you to be patient. So it depends on the situation. Discover why it feels hard sometimes and why it feels easy in certain situation. Understand why you act and react with a certain behavior in certain situations. Become completely aware about what is happening and how you behave.

After long meditations and a lot of research you have two soul mirrors, one white and one black, with four categories according to the four elements. Maybe there are some qualities which you cannot assign. In this case these qualities are often complex and consist of more than one element. In best case you can differentiate the bigger quality into smaller parts with single elements. If not then

just assign them to the dominating element.

In the next step you are asked to differentiate the quantity aspect. You have to answer how often and how powerful a quality shows up and this in three categories: Very powerful, normal and low. This certainly depends also on the situations where the qualities are connected to. For example when you are a commander in the army then you use your will power daily and so this quality is very powerful. When you are a professional speaker then your communication skills and qualities are very good developed. So the circumstances of your life and business have great effects on your personality. When you quit your job in the army and become a priest in the Third World, then you change your personality to some good degrees because you feed now different characteristics, - compassion instead of assertiveness. Here you can see how you can influence the development of your personality – it is a matter of your activities and your environment.

Okay, now you have all results. Probably you have made some kind of list. From this list you can see which element is dominating in the black and in the white mirror and where your biggest problems are and also your greatest resources. If you like you can use excel to create a chart to illustrate the results. You can do this also on a paper by hand. And if you like you can draw a circle with four fields, the four elements, - one circle for the white mirror and one

for the black. Then you start to write down your biggest qualities starting from the center into each field. Then limit these segments with a line. Do the same with the normal and the lower qualities, so that you have in the end three segments for each field/element. Then you can color the segments with the colors of the elements, - the stronger the quality segment the stronger the color. This will provide a good visual overview. Something like this is probably also feasible with using excel.

Now you can see how the elements are distributed in your soul. This is the basis for your work on refinement. The aim is to cultivate all four elements to the same degree for perfect balance, a perfect circle. The main technique to achieve this aim is the breathing training with the four elements. But this training should be started first after clearing the soul from the worse and the worst character flaws. And this is exactly the next step.

So how do you get rid of bad characteristics?

Bardon speaks about a few different ways which can be used, - certainly you can use them as you like. But I recommend a combined technique which I describe now:

Bad characteristics are always a combination of bad thoughts, bad emotions, bad behavior and with this they are unwished psychological patterns. A pattern is something which describes always the same process of action with a key stimulus, a pattern of reaction and the

analogue effects. For example you are a man and you cannot stand it to accompany your girlfriend on a shopping tour. Already thinking about a shopping tour makes you mad. You become stressed. You are impatient. You get angry. You complain and maybe you get aggressive and also loud. You start to blame your girlfriend. You offend her, putting pressure on her to finish her shopping tour. Now your girlfriend becomes aggressive and your relationship has a big problem. After several hours you regret your behavior. But unfortunately it is always the same.

Another example: You are a lazy guy. When you see work from far away, you hide yourself immediately. You invest a lot of energy to save yourself from all kinds of work. You know that you are lazy and that this causes a lot of trouble with your family. It is always the same, - the same pattern: There is work, the key stimulus, which makes you think "Oh, no! How can I escape? Where can I hide? What kind of excuses do I have?" and certainly you have according feelings – you feel bothered, stressed. And then you start your pattern of behavior – looking for a chance to escape and thinking about an excuse. Then you hide yourself somewhere and you know that you get problems by your family because of your bad behavior. You know that it is not right but it is an unconscious behavior and you have no real control over it. So you repeat it always.

In conclusion, when you watch yourself, then you will notice such patterns which repeat always in the same way, with the similar key stimulus, similar reaction and similar problems.

Another example: Imagine you are really stingy. Every time someone asks you for some money, you react in a stingy way and people do not like you for this. But it is a bad characteristic which you haven't really questioned so far and which is somehow a part of your personality. On the other hand you have noticed that this is a problem for you as it causes problems in your relationships with others.

So what can you do regarding these patterns? They are in main unconscious, - taking place on a subconscious

level. So you have to become aware of them as a first step. Only when you are aware of your patterns of behavior and the key stimulus, you can change your thoughts, your emotions and your reactions, your behavior. So become completely aware of all your bad patterns and examine how they process. Write them down in all details.

Next aspect: Characteristics consist always of a quality and a certain amount of energy and structure (pattern). You probably know people who can get easily very angry. Very angry means that they have a lot of angry energy. If you were able to withdraw this anger energy, these people were no longer able to become angry. Energy is like fuel. When you have much fuel then you can do a lot. But without fuel you can do nothing. When you supply fuel to your bad habits, your bad characteristics, then they work perfectly. If you withdraw fuel, then your bad behavior cannot show up because it simply lacks of energy. This is simple physics, here metaphysics.

In conclusion you can withdraw the energy from your bad characteristics and your bad behavior. On the other hand you can consciously supply fuel to the good characteristics, to good behavior. This means you consciously cultivate positive qualities.

And here we come to the next point: According to the law of duality there always exists an opposite good quality for every bad quality. For example polarities which you

certainly know like love and hate, patience and impatience, diligence and laziness and so on. As you also know these characteristics, ways of behavior, all these thoughts and emotions, these patterns are a matter of energy, fuel. And you can decide if you want to supply fuel for the bad behavior or for the good, for impatience or for patience, for stinginess or for generosity, etc. In fact you can only show one pole of duality at the same time and not both. You can be stingy or generous but not both. So in fact you can replace the bad pole by the positive pole. You can give energy to the good quality instead to the bad quality. This is a matter of a high awareness, of a clear understanding of the process and self-control.

These were the three main aspects which have to be understood and now we come to the technique itself. How do you dissolve a bad quality and replace it by the opposite positive quality?

The basis are your soul mirrors. The first step is to become completely aware of the process your bad qualities show up in life. Examine consciously how you behave. What is the key stimulus? What is the situation where your bad quality shows up? What are your thoughts? What are your emotions? How do you react or which behavior do you show? What are the effects, the consequences? Do you regret it? What would be better? Which kind of behavior would be better? So when you have answered for yourself these questions, then you understand your bad

quality/pattern/behavior really. You have raised your awareness, which is most important. With this step you have lifted the quality/behavior from the subconscious level up to the conscious level where you can intervene and come into control, so that you are able to change it.

Now think about each bad quality and find the right positive opposite quality, for example you show impatient behavior and patient behavior is the positive opposite. And now you meditate deeply how a positive behavior can or should look like – instead of the old, unwished, bad behavior. Create a detailed vision of this new, positive behavior. Simulate the process in your imagination, in your meditation. Repeat this simulation again and again and enrich it with positive thoughts and positive emotions. In this way you feed the new quality, you supply fuel to it. The more you repeat this positive process, behavior in your imagination, the stronger you make the positive quality and the easier you can implement it in life. In fact it is a kind of positive training with great effects as it works like bodybuilding. When the situation in reality occurs where you have shown your bad behavior so far, you can show now your positive behavior – you have trained it so often already that it will work. Just do it with full awareness, full control, examine your thoughts, your emotions, your behavior and enjoy the positive reactions of your environment. You will experience that a positive behavior is not as demanding as you eventually thought before and you will be happy about the positive effects

which motivate you to keep and to increase your positive behavior. These are new, good experiences. And this technique you can use for all your bad qualities. You can start working on smaller problems or directly on the bigger ones, on one at the same time or two or more. This all depends on your personality. Follow as always your intuition and make experiments what is feasible for you and what not.

Then you can use a second technique to support the first one. This technique is based again on physics/metaphysics. So you know that your bad quality has a certain degree of energy and if you do not feed this energy, the quality cannot show up any more. (A quality or behavior is fed by the use and repetition of it.) Then you have also the option to dissolve the energy consciously by meditation.

Take your asana, calm down and now focus your attention on the idea that a certain quality has a certain amount of energy. Now become aware of your natural breathing and now combine your breathing with the idea that every time you exhale, you exhale wasted air AND the energy of the bad quality. So every time you exhale, the energy of the bad quality together with the bad thoughts and bad emotions is released breath by breath until it is completely dissolved. Indeed you have only to exhale using your imagination to exhale also all the bad quality energies. This exercise of conscious exhaling you can enrich with

asking your subconsciousness about how much energy of the bad quality is still left. For example you start to exhale your impatience with all mental impatience energies (thoughts) and all emotional impatience energies (soul level). When you start this, your level of impatience energy is at 100%. Then you exhale this energy, exhale and exhale and exhale. In between you ask your subconsciousness "Dear subconsciousness, how much of the impatience energy is still left?" Then somehow an answer appears in your mind – for example 65%. Then you continue – exhale and exhale and exhale.... And you ask again "How much impatience energy is left?" Waiting, then the answer appears 40%. Then again - exhale and exhale and exhale and gain the question and the answer maybe 25% is left. And this goes on until you have reached 0%. Then you can ask "Dear subconsciousness is the impatience energy completely dissolved?" "Yes!" Very good, job is accomplished. It can be the case that for some reasons you cannot reduce the bad quality energy any more, that it stops somewhere. Then you can ask "Dear subconsciousness, can I reduce/dissolve the impatience energy completely?" And then the answer can come "No!" And then you have to ask "Why?" Become still and open and wait for the reply. And maybe you hear or have the insight, the answer that there is a blockade which has to be dissolved first or that you need a kind of healing, etc. So indeed there can be good reasons why you have a bad quality and then you have to heal first the reasons before

you are able to dissolve the bad energy. In this case you can consult a spiritual healer, a coach or a psychotherapist to help you or you do a self-healing session like “healing waters” on YouTube or autohypnosis like in my book with violet or white light. This is up to you. In conclusion, in best case you are able to reduce the bad energy a lot or completely just by exhaling it and then the positive quality can be realized easier. Certainly you can use this technique also to increase the positive quality.

Imagine that you are surrounded by the energy of the positive quality, for example you sit in the center of a space full of patience energy and every time you inhale you fill yourself with patience energy. In this way you give consciously fuel to your patience quality in your soul. It is just a matter of your imagination and meditation. The more you repeat this technique, the easier you will be able to show patience in all situations.

So in conclusion you can support your first technique of conscious behavior change with the conscious exhaling of the bad quality energy and the conscious inhaling of the positive opposite quality energy. And this you can do for all your bad characteristics, step by step, taking enough time and training. And so you get rid of all bothering things and at the same time you refine yourself, strengthen the good sides of your personality. And then you are ready for the higher alchemical training with the four elements to increase your element powers to a maximum

including deepest clearing, healing and balancing of all elements in your soul, your astral body.

All in all you see that the refinement of the soul is feasible, that you can do it. And become completely aware of the fact that as soon as you have cleaned yourself from your bad sides, you have liberated yourself from all main chains, blockades and obstacles on your path, that you have made real progress possible. Further on you have increased and strengthened you positive resources which will support progress as well and last but not least you will experience great benefits in your life and business, also your health will become better. A refined, balanced and cultivated soul has only advantages and indeed a lot of them. Become aware of these facts.

A last point, - when you look at your white soul mirror, then you see that it becomes also more balanced by replacing the bad qualities with their opposite positive qualities. Further on you can add good and useful qualities in the same way by using the described techniques. For example you want to integrate, develop and strengthen a new positive quality, maybe a friendly, positive, charming appearance in public, for all kinds of meetings. So far you behave normal or a little bit reserved and you just want to appear more positive. You start to meditate about this quality, how it shows up, of what it consists, the details, the state of mind and soul, how it shows as behavior, etc. For example you understand that

you have to smile, that this smile should be real, coming from a positive attitude, from your heart, being open, friendly, active, etc. This behavior and attitude you can simulate with your imagination in your meditations. With every repetition you train it, you make it more and more a habit, you give it energy and structure and so it feels easier and easier to show it in reality. People will like your new appearance, giving a positive feedback which makes you happy and strengthens your positive behavior. Additionally you can do meditations where you sit in the center of a space which is filled with this friendly energy and you inhale and saturate yourself with this friendly energy easily and naturally. So simple and so effective.

You find this idea to inhale qualities already as the first breathing exercise in Bardón's training. In general become creative and use all techniques in best way to benefit. All Bardón techniques are very simple and can be applied in a diversity of ways for a diversity of purposes.

Additional points: Certainly you should in general ask God and the spiritual realms for support and blessings for the work on your soul. And certainly you can use showers, baths and going to the toilet to release bad energies, also regarding your psychic hygiene. So every time you use your toilet, your shower, you release all your bad energies. And it is always the same technique: You combine a natural process with your conscious imagination in a useful way.

The mystery of Eucharist

Probably in all religions and spiritual traditions you find rituals where you drink or eat something which is blessed. Most people know for example the so-called Eucharist where Jesus shares bread and wine with his followers, saying something like “Eat and drink because this is my blood and my body.” So certainly Jesus and his followers were no cannibals. Most of all sayings have a deeper meaning, a symbolism which has to be discovered. So when Jesus says this then he means that he shares his divine nature by sharing wine and bread – because he has blessed both before.

The mystery of Eucharist is to incorporate a higher nature, higher qualities, powers, energies by eating or drinking blessed food or drinks. This process of incorporating spiritual energies is a matter of digesting – on a mental, astral, energetic and physical plane. You take something to integrate it into your own nature. And this means change. The letter C in the cosmic quabbalistic language is the letter of Eucharist. It is the fire of the stomach which lets you incorporate all qualities which you wish to have in your own nature.

This idea to incorporate something for transformation, for growing can be used every time you eat or drink something. You can use it for your own development and

training.

I recommend to use normal, cool water for Eucharist with drinks and healthy good food. So, the water is very useful to influence your body quickly, just because your body consists of water in main. When you impregnate food then this takes longer and has denser earthly effects. And cool water has this natural magnetism which is also useful.

So you can prepare your drink or/and your food and then pray to God, the angels, etc. to bless it so that you incorporate the divine spirit by eating and drinking. Do this consciously. You can also check the different taste and also the higher, stronger radiance of your food. While eating/drinking meditate consciously that you integrate the divine spirit into your nature, into your mind and soul and also into your body. You can do this daily or in special situations. There more often you do this, the better are the effects. It is in fact a way of healing and refinement of your nature with influences on all three planes of your microcosm.

You can ask in your prayer for general blessings, for the divine spirit but also for special purposes like health, clearing, healing, refinement, spiritualization, strength, special qualities, powers and abilities.

Then you can also bless or charge and impregnate the food and drinks by yourself. You can charge them with vital energy or light and you also can bless them with your own hands letting your energy flow into them. Charging

food and water with vital energy 3-7 times is quite easy. Just let them inhale the vital energy while you inhale air – it is just a matter of imagination. Then you can impregnate them with your wish, with a program, with thoughts and feelings. For example “This meal will support all healing processes in my body.” Or “This meal will strengthen my concentration skills.” And so on...

When you do your energetic breathing exercises then you can and should charge a glass of water with the energy 3-7 times. Impregnate the water with the idea of total mastery over the energy or element. When you use this technique then it supports your training very well as it eases the work with the energies, especially with element energies. You will be able to make them denser and to use denser forms of the energies. This is normally a real big challenge.

In general always combine all available techniques to put as much effort, time and power into reaching your aims, one most important aim, for example mastery of the vital energy – concentrate on it, meditate on it, use autohypnosis for it, impregnate your food and drinks for it, pray for it, impregnate your breathing exercises for it, and so on...

In conclusion what is called Eucharist is a very powerful and useful technique for making progress in magical aspects in for refinement in the mystical aspect.

Psychic hygiene

The world today is not peaceful, is not balanced, not happy, not spiritually uplifting. Indeed it is quite the contrary. We have to face every day problems, stress, people with bad emotions, anger, fears, diseases, etc. All this is energetic pollution, environmental pollution on the mental plane, of the thoughts, of the minds and on the astral plane, of our feelings, emotions and with this a pollution for our whole energy system. Additionally we have to face wasted and bad energies in the food and in the water, in bureaus and in our flats or houses. Whole cities are full of wasted energies, environmental energetic pollution.

And what do we do? We get influenced, we nourish us unconsciously from these wasted, bad energies and we wonder why we feel so bad, full of stress, imbalances, low energy, with psychic problems, health issues and many difficulties in our relationships, at home and in the office.

We simply miss a healthy, balanced way of living with good energies. So on the one hand you have to care consciously about better, healthier conditions for your life, for your home and for the place you work, also for good relationships. On the other hand you have to get rid of all the bad energies and you have to protect yourself against negative influences and also energetic vampirism.

Indeed these things are big topics where you can write big books.

So what can you do in general besides maintaining a positive lifestyle?

You have to increase, strengthen and regenerate daily all kinds of positive energies, positive thoughts, positive feelings, including a positive exchange of energies with your family, friends, coworkers, fellowmen, creation, etc. You have to care about a good energy quality and quantity in your area, your surroundings, your home, your office, your care and simply everywhere where you stay.

You have to release and dissolve all kinds of bad energy and bad influences daily from yourself and the places you live and work.

You should protect yourself against bad people, energy vampires, imbalanced people and you should meet good people, healthy and happy people, spiritual people.

For example you can increase your level of energy, of vitality by doing daily vital energy breathing exercises. This is most useful and healthy. It increase and strengthen also your natural protection against all bad influences and helps your microcosm to clean and heal itself.

Then you can do breathing exercises also with your office and your home as it is just a matter of imagination. Let your home inhale and exhale.

Use this breathing technique: Inhale vital energies and

exhale wasted and bad energies (including bad thoughts, stress, bad emotions, etc.). You can use this for yourself and for your rooms. Imagine that when you inhale that your room inhales fresh vital energies and when you exhale then your room exhales all bad and wasted energies. Repeat it until you have the impression that your room is full of vital positive energies and free of wasted energies. When you do this daily then you need only maybe 7 or 10 breaths.

You can do this exercise also with a second person or an animal to support its health and wellbeing.

Additionally you should always ask God and the spiritual realms for blessings, clearing, healing and support of your spiritual work. So certainly you can ask to bless your rooms with positive influences and to help to clear them from all negative influences. You can ask to be cleared, vitalized, etc. for yourself, your family, your boss, your coworkers, etc. Just ask and do your exercises regularly for your benefits.

And as I have said already you can use all chances to combine natural processes of clearing and excretion with your imagination of getting rid of bad influences, bad emotions, stress, etc. For example you are under the shower and you wash your body. So you can add the idea, the imagination that by washing your body, you also wash your soul from all bad qualities, all bad emotions and that you wash your mind from all bad thoughts. And certainly

the water takes all the bad energies into the drain.

Regarding energy vampires: There are people who misuse you as a psychic trashcan to pass on to you all their emotional rubbish which makes them feel better, liberated and directly after polluting you with their psychic waste, they leave you for doing something better. Indeed you are misused as a psychic trashcan or a toilet. You probably have made already such experiences where people unload their anger, aggression, their depressions, etc. and feel better afterwards while you feel like a trashcan then.

Then there are people who suck your energy. Indeed they withdraw your energy and you are left with a low energy level. These are the real energy vampires.

And certainly there are those people who do both – they suck your energy and leave their waste at you. These are very “nice” people for sure. The question is now how to get rid of these people to stay clean and vital. The problem is that these psychic vampires and polluters have a great instinct to find fitting victims easily and once they have checked that you are the fitting type of victim, they get you and keep you for years if possible. The next problem is that they create an energy channel to you to withdraw energies faster and to unload their waste easier. So in fact after a short time you are really connected to them.

What to do?

1. First of all you have to become aware if you are a

potential victim or not. Do you feel regularly like a psychic trashcan? Does someone regularly suck your energy? Especially when you are a nice person and a good listener, then you become easily a victim.

2. You have to cut off all energy channels to these people. Use your imagination and focus on the idea that there is an energy channel connecting you and the other person, a highway of bad emotions and the energy supply. Now take imaginary scissors or a knife and cut this channel. Now this channel dissolves completely and your energetic connection to the other person is cut.
3. Avoid the further contact with the other person and if there is no way to avoid him or her, then keep the contact short. Stay friendly but also straight and show/define the boundaries of your communication. "Sorry, I would love to talk with you but I have an appointment and have to go NOW!" or "Sorry, you have my compassion and understanding but I cannot listen to your issues. I have to go now!" Something like this. Be friendly and say NO! The vampire/polluter will look quickly for another victim for sure.
4. If you have still problems or if you have to live or to work in a contaminated area then it is wise to use shields of protection. Take your asana, get into a meditative state and then imagine that you are

surrounded by a golden sphere. This golden sphere blocks all bad influences, bad emotions and bad thoughts which try to reach you. All these bad energies drip off and go down into the earth (where they are bound and recycled). In the first time you have to create such a shield consciously short before you use it – it is just a matter of your imagination. Later it appears automatically when you want to use it. This is a matter of training and repetition. You can also combine your golden sphere with a kind of ritual, for example when you press the index finger tip with the tip of your thumb together then your sphere is active and when you open your fingers then the sphere dissolves. Here I have to say that it makes no sense to keep a shield permanently. We have to stay in touch with other people and cannot block everything as it would change our perception and way of communication and behavior. In conclusion you can use this golden sphere as a good shield for all cases. It just needs some training and some experiences to see that it really works. And please do not use the program “Return to sender!” as it makes things worse. Let the bad energies flow into the earth to release the emotional tension and to keep your surroundings clean as far as possible. One of my students has implemented this technique very fast to protect himself against all the bad thoughts and

the complaining of his friends and family – to keep himself positive and full of success ideas and feelings. It simply works great in all kinds of situations and forms of application. Protect yourself! Also in unhealthy areas like hospitals, doctor's practices, public spaces, cemeteries, etc.

5. You can increase and stabilize your energy by the use of crystals. Green crystals have clearing effects, violet ones clear and heal, also kill bad energies, normal rock crystals increase and densify your energy, black tourmaline dissolves bad energies and pink rock crystals have a healing effect. As crystals have activating effects on the lower chakras one should not wear them for too long – only for a certain situation to increase your energy level with further effects (clearing, healing, protection). The easiest way to use them is to take two crystals in the size of pebbles into your pockets of your trouser. This is a good place to wear them. The crystals should be maintained. Clear them from bad energies by using alcohol or cold water and recharge them in the sunlight. Additionally you can ask the spiritual realms to bless them for certain purposes. I personally prefer the black tourmaline and normal rock crystals. Make some experiments and look what you like the most or what fits individually for you in best way.
6. In general you can ask for protection, support and

healing. The spiritual realms will be with you if you ask.

7. And last but not least – by undergoing your spiritual training you will increase and strengthen your natural level of vitality in such a way that you will stay in good health automatically in most situations. Your natural energetic radiation will keep all kinds of bad influences on distance and your energy system will heal quickly as you have a lot of energy for such processes. And if you feel really polluted or weak then take a good bath with a lot of sea salt to get cleared and vitalized easily. Most healers use this after long treatments to restore their health and energy.

As you see, psychic hygiene is feasible and will help you a lot to keep your life in balance. Health is most important for everything, for a happy life, good business and progress on the spiritual path. Integrate psychic hygiene consciously into your life and it will become a good habit.

How to deal with bad karma

When you focus on the refinement of your soul, on a happy life and on progress on the path, then karma is a big topic. In fact we have already made a very long journey with many incarnations and countless experiences. During this journey good things happened but also bad things, things which we regret and things we have to balance. And then we also have to cope with the imbalances in ourselves, caused by diseases, injuries, accidents, wars and bad behavior. In fact it is all about healing, getting into balance, correcting old mistakes, etc.

For example if you had some injuries in your last incarnation then it is possible that you have still problems with the corresponding body parts in this life. But the doctor cannot find anything. Another example – if you were raped in a former incarnation then it is possible that you have big problems with sex in this life.

Everything in this life is an effect of former incarnations. The journey just continues. It is up to you to balance your experiences, your actions to be able to enjoy a happy and successful life, to make progress on the spiritual path. You must clear yourself from bad experiences, you must heal your old wounds and you must balance your debts. And as soon as you have accomplished this, you understand what harmony and freedom mean.

Further on you must understand that your life works like a planned holiday trip with fixed main stations, a sight-seeing program and fixed destinations. So in fact before you start your incarnation you fix the main lessons for your life, the main persons to meet and the main events and you do this all to be able to make a good degree of progress, - spiritual progress, balancing of old debts, healing yourself and certainly new experiences as a human being. Certainly you can only accomplish a defined, limited part of all tasks which are waiting for you. This means that your karma is spread over many incarnations and in every life you have to cope with a portion of karma you can process. For spiritual seekers it happens often that they have to face big amounts of old karma as spiritual training is all about clearing, healing and refinement. We often have to face an acceleration of karma. This often means to face a lot of obstacles and problems which make life hard and progress also very hard.

So what can we do to balance our karma debts and become free?

I recommend professional help. It is very important to manage your karma as soon and as comprehensive as possible to become free for a happy life and real progress on the path. You can use spiritual healing treatments, healing treatments from the angels like BDevine offers them, past-life-therapy and hypnotherapy. These are the

most effective treatments. BDevine has a healing session in form of a YouTube video which you can use for free but you can also ask her directly for special purposes of healing and further information about your problems. Look for her website and her offers. She can help you in karma clearing, the dissolving of bad vows, etc. and in general healing of problems. The main advantage is that the angels have the deepest understanding of you and your problems and that they have the necessary power to help you most effectively. Normal spiritual healing treatments can tell you about your energetic imbalances, about blockades in the flow of your energies, about problems with your chakras, etc. This information can increase your awareness and understanding of yourself very much. Past-life-therapy can give deep insights into your former incarnations and all the problems, causes and effects which are corresponding. These insights are also very precious and useful for you to understand yourself and how karma works. You can receive great healing and balancing effects by undergoing a past-life-therapy. Then I recommend the hypnotherapy in general as a most effective tool to manage all kinds of personal problems. Only hypnosis is able to access problems directly at their roots in the subconsciousness and also to activate useful resources there.

When you orientate yourself on these recommendations, then you can help yourself in ALL problems quickly and most efficiently. A wise spiritual seeker looks forward to

clear and heal himself as soon and as fast as possible to be free for a happy, successful and healthy life, for good business and for good progress on his spiritual path. Old bad karma provides the worst obstacles and blockades in all aspects of life, so get rid of it as fast as possible.

Besides this most professional way, you can work on these issues also on yourself by using own spiritual powers, own ways of autohypnosis and own healing meditations but this is the hard way. You find several techniques for these purposes in my books.

Karma Yoga – selfless service is also a good way to balance bad karma. I have written about this in a later chapter. All in all it is the old knowledge: Think good, feel good and behave good for yourself and all others in creation. Love and compassion are the keys to happiness, health, success and abundance everywhere in life. When you follow this simple wisdom then you can only cause positive karma which helps you also to balance old karma debts.

A last point: Karma starts in general or often in form of so-called karma seeds, as very small issues, bad characteristics, bad behavior, etc. When you raise your awareness to the maximum then you become aware of these small seeds early enough to dissolve them before they start to grow, unfold and before they are able to cause major problems and major damage. So indeed karma or problems need always time to grow and the earlier you get

rid of them the better it is. Unfortunately most people wait until the bad karma becomes a giant monster and then it is too late to stop it without really big damage. So always be aware of your status, of the smallest bad thoughts, emotions and bad behavior to dissolve them immediately and replace them by the positive opposite before they start to grow.

And know that equal what kind of problem you have – somewhere is a cause for this problem and somewhere is a fitting solution. And if you cannot find them by your own, ask early enough professionals who can help you. Don't waste precious time! And never underestimate problems.

When you follow these suggestions then you are free to unfold your divine nature in best way. Karma provides always the biggest chains which keep you from progress in general. And this is not necessary.

The art of materialization

I have written about this topic already in my books and so I want to speak about it here only short. Every advanced spiritual student should be able to realize his wishes and every advanced student is able to do it because a good and quick realization is in main a matter of a refined and powerful personality. The realization of wishes is most of all a matter of energy. When you have a lot of energy in a high quality, then you can realize without effort your wishes easily. For example it happens often that your wishes realize already when you are still thinking about the right concept.

So what do you need in best case for a quick and good realization of your wishes?

Be free of any blockades, obstacles, chains, bad influences, sabotages of yourself (subconsciousness) and others

Have a clear vision and concretize it by meditation

Add much mental power to your wish by meditation and imagination

Add much emotional power to your wish by producing happy and grateful feelings (for your wish being realized already)

Open yourself for all positive influences from the spiritual realms and in life as the ways of realization are countless

Pray for support and be thankful for receiving it
Always handle your wish as being already realized
If you like then use autohypnosis or a meditation short
before sleeping

Due to this work you will change your behavior for a good
realization of your wish and you will be drawn into the
necessary situations, meeting the necessary people
Show the intention that your wish should realize in a
positive, lawful way (maybe also in the right time and
place)

Be always open for the best possible solution

Be sure that your wish fits to you and that it is feasible
according to human and to spiritual standards

In conclusion the main points are:

1. Get rid of all blockades
2. Concentrate yourself and all your energies on this
one wish
3. Produce a lot of mental and emotional energy

Then your wish will realize in a good way. A true mystic is
so refined and powerful that all his wishes realize quickly
and good.

The spirit of the temple

There are places on earth with very special energies which support healing processes or the activation of a higher perception or which support spiritual activities, holy rituals, etc. These are natural places. Then we have also artificial buildings like churches and temples which are often built in such places and which additionally contain a certain temple atmosphere or a certain kind of spirit – special spiritual energies. Indeed these are very powerful places for powerful spiritual operations and higher experiences.

The mystic knows that he himself is already a temple, a house of God, of the divine spirit. But the temples or churches are “outer” temples of a higher spirit and then creation itself is the biggest temple of the divine spirit. (Today not all houses of God contain a higher spirit, sometimes they contain the opposite.)

I personally love all Buddhist temples, nearly all Hindu temples and a few churches (for example). All temples have their special energetic flavor, their special spirit and they are connected to the spiritual realms, to special gods or goddesses or special spheres. My favorite cathedral in Europe is the Notre Dame in Paris. This church is connected to a high spirit of the Mercury sphere. The spiritual energy there is amazing and powerful. It is

probably the energy of the first spirit of the Mercury sphere which is worshiped by the Jews and also by the Templars. When you connect to this spirit you can feel the untouchable power in your soul – absolute power, absolute truthfulness, absolute success, straightforwardness, authority, etc. This “absolute” is typical for JHVH and the Templars and it is here a matter of Mercury, the heart chakra, the air region. The Templars got the initiation into JHVH in Jerusalem and built a lot of cathedrals but I have found so far only one cathedral which still has this spirit.

I must say that I love this cathedral and its spirit and if I were living in Paris I would go to this church regularly for the ecstasy in this spirit. I have made a photo of the holy inner space of Notre Dame and used it for the front cover of this book.

My second favorite church is the Sacré-Coeur also in Paris. Sacré-Coeur means holy heart, - the heart of Jesus containing and expressing the all-embracing love of God. And you can feel this love there, this holy form of love. It is very beautiful.

Maybe you have also your favorite place in nature full of great energies or also your favorite temple where you connect to the spiritual realms. Use these offers consciously. Check different holy places or special temples where you feel great, inspired, uplifted and use these spiritual energies for your own development, for

recharging, for feeling a deep unity with God or a god. Here you can take part in a higher nature easily. Here you can connect to special powers and qualities. Use it!

And I tell you a little secret: Even if you are far away from your favorite temple or place then you can connect to it and its energies in zero time in your meditation – just imagine that you are there in this holy atmosphere and you will be! The higher planes are independent from time and space and so you can easily connect, bridge the distance and take part in the spiritual energies of your temple or place.

Meditation on enlightenment

Take your asana, calm down, close your eyes and now imagine yourself as the center of a space which consists of pure spiritual light, finest light, the light of the divine spirit. This light is pure intelligence. You are in the center of this great spiritual light and while you inhale and exhale in a natural, regular and deep way, you inhale this wonderful divine light too. You can feel how this divine light fills more and more your mind, your mental body, your soul and this feels simply great. And maybe you are able to sense the divine spirit, this superior intelligence, how the divine spirit activates your higher centers, your chakras, how your crown and heart chakra get into resonance with this power, how they start to blossom, to unfold, how more and more powerful energies enter your system, your soul, how you become more and more enlightened. And maybe you can feel a powerful stream of spiritual energies in a vertical flow through your whole body, your head, spine and feet, activating and refining, also healing and clearing you. Just continue with your natural breathing. And if you think that it is enough for today, then you can leave this space of divine light consciously to return to your training room and it is up to you if you want to keep this light in yourself to let it continue its work in you or if you want to exhale it or to use it for blessing people.

This light will increase your intelligence, your ingenuity, your understanding, all your mental abilities. Open yourself to the divine light, the divine spirit, be thankful and humble, be a perfect vessel, a perfect temple and show your love and devotion.

Enlightenment can happen fast and easily when you have the right attitude. Nevertheless it is a process of refining yourself, your energy system so that you get into resonance with the higher spiritual energies, that you can connect, receive and store these high and fine energies. So take your time, do this meditation often, produce a lot of love, devotion energies and open yourself completely to God.

Enlightenment can happen already with doing your stillness of mind exercises and indeed you can combine both – become still when you are in the center of light, of the divine spirit and let yourself be filled, be enlightened by this light.

Meditation on death, the finiteness of all things

This is a traditional topic to increase the awareness of the seeker for the material world and the quality of death in comparison to the spiritual realms and the eternal life. In fact this meditation can help you to increase your spiritual motivation, your understanding how important it is to make as much spiritual progress as possible.

Take your asana, take some deep breaths and relax. Now look at your life. A certain part of your life is already gone and another part is lying ahead of you. Maybe you have experienced already 20 years or 30 and so maybe 50, 60 or 70 years are ahead and then you die. When you are really active, then times goes by very quickly. Some people live more in their past, a few in the future and the spiritual ones live in the present moment, in the time of Akasha. The past has gone and the future hasn't realized so far. So in fact the present time is the only real time we can experience. The whole phenomenon of time is just a stringing together of moments of the present, of Akasha. Where do you live? And why?

When you look back on your life so far, was it good? Have you wasted it? Have you used it for progress, for the unfolding of your inner treasures? What have you done so

far with your precious lifetime?

Did you know that lifetime is really precious? Have you thought about how much effort an incarnation costs? How much preparation and planning in the higher realms and then how much effort to become a grown up to take life into your own hands, to be able to make your own experiences, to be able to learn your lessons, so that you can grow in the end (hopefully)? And when you look back – do you have the impression that you have wasted this precious gift called life or if you have used it in a most positive way for yourself and for the benefit of others, of creation? Have you honored God with the way you live? Have you honored your teachers, your family, your SELF? Or have you been selfish, stubborn, playful? Have you hurt others? What have you done with your life so far?

And when you look into your future, - what is waiting there for you? Something boring? Some kind of routine? A life of duties, without fun, without growing, without balance? A selfish life? Or a life where you can be proud of when it comes to its end?

Imagine you are very old – thanks to the grace of God you became old – and now it is time to leave this world. How do you feel? Satisfied? Peaceful? When you look back – have you done the best possible for you, for your beloved ones, for those you take responsibility, for society, for creation?

Are you really ready to leave the material plane or are

there still tasks you haven't accomplished, things which you are not at peace with? Do you regret something? Is there something which you want to show, to say or to express to someone? Love? Appreciation? Have you always expressed your love and appreciation towards everyone? And what about your disputes in life – were they really important? Were they really necessary? What have you gained from anger, hate, disputes, from being selfish? Anything really good?

And now are you ready to leave your physical body? Are you ready to welcome the angel of death to take you to the higher planes? Are you ready to leave all your material things behind, - all your property, your beloved ones? Are you read for the great journey?

And what is happening with your body? Probably your physical body is quite old, maybe weak, maybe sick, - foreseen to die, to decompose, to rot. Ashes to ashes, dust to dust... everything has to return to its original nature, - matter to matter, spirit to spirit...

Are you aware that you are spirit, a spirit in a soul, a soul in a body? Are you aware that you are not your physical body, that this is just a physical vehicle to enable you to make experiences of life in the material world? Are you aware that you are not dead matter but living spirit, a soul, originally at home in the astral worlds?

Are you aware that you leave everything which consists of matter behind you, when you leave this world? Money,

property, your car, your house, your cloths, your books, - all your material treasures you have to leave behind yourself, when you die – dead for the material world and alive for the astral world. How dependent are you on all these material things? What do you miss the most? Your smartphone? Your money? Or can you easily say good-bye to the material realms, to all the material objects? And what do you think now, how important are all these material things, money, property, etc.? Are they so important to sacrifice other things, precious time, love, friendship, inner peace, happiness, health?

Do you fear the death? Or are you looking forward to meet old friends and beloved souls on the other side? And what are you going to tell them? How about your conscience? Can you really say that you have got the most of your incarnation? What will your spiritual guide say to you? What was good? What bad? What could have been better? Where have you wasted your precious time on earth? Where did you lose your balance? Where you a benefit for others, for the world? Will someone miss you?

In conclusion:

Normally you are completely absorbed in your everyday life and life just happens – as long as it lasts and suddenly it is over. Then you have some moments - facing death - to reflect on your life and to make important decisions for your next incarnation. And the big question – at the end of your life – is if you are satisfied, if you can leave in peace

or if you are shaken by all the bad you have done, all the things you regret.

So it makes a lot of sense to reflect NOW on your life and on yourself and not when it is too late to change anything. It is useful when you become aware of all the limitations of the material world and that you understand that you cannot take all your material “treasures” with you when you have to leave this world. There is only your spirit, your soul left and your personality, your knowledge, your abilities are the true treasures, your progress – only these personal things you will take with you on the travel to the higher realms. So and when you understand that you must go “naked”, leaving everything behind but your own soul, then you will see the material world in a different light. You will question a lot of things, if they are really important and if they are really worth it to sacrifice good things, human things. You will understand more and deeper the true human values, spiritual values and probably you will show more love, more appreciation towards everyone in your life. And all these thoughts will help you to live a life in harmony, in gratitude and happiness. And then, when your time has come, then there is nothing to regret, nothing to be sad about, then you are ready to go, to leave in peace and you can say that you have done everything in the right way with deep respect towards life, towards God, towards the laws of creation. And there won't be any real attachment to the material realm. You are free to go home, home where you belong to,

where beloved souls are waiting to welcome you, where the existence of God, of angels, etc. is obvious for everyone, where all the heavy chains from the material world fall off you, where you feel the liberty of your being. There are good reasons why the higher realms are called "heaven" – you feel so much easier, lighter and your consciousness is vaster.

So become completely aware of yourself and of the life you lead. Ask yourself what is really important, what are the real values in life and if certain things are really worth it to fight for or against, to become angry, to sacrifice something. Raise your awareness!

Understand that death is a quality of the material world. Understand that you are an eternal being and only a guest, a visitor in the realms of matter, of death. When you understand that you are a soul and not a dead physical body, then death loses its horror, then you know that your journey continues, that holidays from the weight, the heaviness of matter lie ahead, - heaven is waiting, friends are waiting, your spiritual guide is waiting. They all are waiting to welcome you and to listen to you about your latest adventures down on earth. Death indeed means liberation! But only for those who leave with peace and know what is waiting on the other side.

As we talk about death, I want to point at a very important aspect when you are short before leaving this world. In your last moments you become aware of your life, of your

missed chances, of all the bad you have done, certainly also about all the good things. In these moments of an enlightened understanding, of a higher state of consciousness you draw a conclusion of your life and this conclusion has a massive influence on your whole next incarnation.

So maybe you regret a lot and you come to the conclusion to balance all your bad behavior in the future (your next incarnation). Maybe you have suffered a lot and you decide to stay away from all the corresponding situations which made you suffering. This can mean that you neglect partnership, certain places or activities, that you have fears, etc. in your next incarnation. Maybe you have missed something important in your life and then you will do everything to get it in your next incarnation. And maybe you lived consciously a spiritual life full of happiness and personal growth and you decide to go on in this way, to continue your spiritual development consciously in your next incarnation. Maybe you also decide to meet special persons, friends, beloved ones or spiritual teachers in your next life.

All in all it is very important to make no decisions by bad experiences, by suffering, horror, etc. Try to make always balanced, positive decisions, ask for divine inspiration, for enlightenment and then make the right, positive choice – otherwise your suffering continues. It is the law of karma which works here, the law of the pendulum and both are

not nice in their negative aspects. So it is most important to raise your awareness, to be in an enlightened state to make the right decisions for your next incarnation. And certainly – the best thing you can do is to live a spiritual life, to undergo a spiritual training, to grow and to refine, - then the divine light will be your guidance and happiness will fill your soul.

Only when you are light, you do not have to fear darkness. Become light and make your darkness vanish!

Meditation on the three choices

Did you know that you have only three choices in life? In fact you can stay in the grey tones or you decide yourself for darkness or for light. Most people are not aware of this choice and when they choose then they do it not consciously but as a matter of life circumstances and resonance. Indeed a lot of people are grey, somewhere between light and darkness, white and black. You can say that most people have a good primary nature with bad or evil or selfish aspects. Most people are dualistic in their nature, good and bad, depending on their actual situation. When you are dualistic then you stay somehow always in the same place. You move a little bit to the left, then you move a little bit to the right but in the end you stay where you are. And certainly there are periods in your life where you are darker or lighter. These periods follow the way of the pendulum – the law of the pendulum. And one day in this normal life you have made enough experiences to move more into one direction. Maybe you have cultivated your dark side, then you feel the attraction of the dark pole. You love selfishness, you love destruction, you love to realize your wishes at all costs, at the costs of others, you love power and influence, you love to control others, to enslave them and to live like a parasite. Or maybe you have cultivated the light side in you, then you feel attracted by God, by the spiritual life, by unconditioned

all-embracing love, by harmony, by altruistic service, by refinement, etc. And so you will develop yourself to the light pole, towards divine nature.

Certainly it makes a lot of sense to meditate about this, to understand these processes and when you are ready then to make a conscious decision for the light with all consequences and effects. This decision must come from your heart and it must feel absolutely right and true for you. (More about this later.)

So, this is the first part – making a decision, consciously or unconsciously for one pole, - light or darkness. And this decision has to be made one day, in one of your incarnations. We all have to do this. We are forced to do this. And now we come to the second part, - the consequences. I recommend to meditate deeply about this.

So what are the consequences, the effects?

When you are a dualistic person, - behaving good and bad – then you will reap good and bad fruits, good things and bad things will happen in your life and in best case you will learn to differentiate between light and darkness so that you come to the conclusion that it is better to be good and to control the destructive side. In fact this is the normal development which needs many incarnations. So the normal path leads in most cases to the light. But as long as you are dualistic, you are not free. You are a toy in the hands of fate, driven and forced by good and evil, by your karma from both sides. You are caught between these

two poles. Try to understand this and search for examples in life. Think of all these guys who could say "If I were not such a selfish, bad guy doing all this shit, I could enjoy all these good fruits which I have reaped from my good actions..." As life is only terrible because of your failures and not because of the good things you do. Become aware of this. No one suffers because of his positive characteristics or his knowledge. We only suffer from our flaws, mistakes, our ignorance, imbalances and misbehavior.

Now to the ugly part: What happens with someone who has decided himself for the dark side?

He will reap the fruits of darkness. This can be certainly success, power, money, influence, satisfaction of selfish desires, etc. Normally these fruits are only short term fruits, very limited with very bad long term consequences. Just a very small example. You do not like to work and so you rob a bank. You steal maybe a million dollars and maybe you have to kill some people to escape. The money is your wage, indeed a high reward for a short action but probably the police will search for you and get you into prison for a very long time – the bad effects which come along with this type of fruits. But in fact this is still very nice compared with what happens with real dark ones. So what happens when you decide to become a black magician?

It starts with uncontrolled desires and selfishness.

Already at this point the candidate attracts energetic parasites which feed from his bad emotions and desires. These parasites influence him to provoke more bad emotions, more desires and more bad behavior – just because these energies are their food. Indeed there are parasites for all kinds of bad emotions and dark desires. So the candidate is already full of parasites which also draw him to other victims to support his bad emotions and behavior. Evil meets evil to do evil.

One day this is not enough any longer and the candidate looks for more efficient ways to satisfy his hunger. So he joins a black lodge where he finds higher developed evil brethren. Now he can get real initiation into darkness and he can work with demons. Do you know what this means?

When someone is initiated into darkness then his whole energy system is flooded with dark energies. In this way he is connected to darkness completely. This is comparable with perverting channels of vital energy to become channels of waste water, sewage. All the good energies are replaced by dark, dead energies. When normally the crown chakra is the entrance for divine spiritual energies, this center is misused to pump dark energies into the candidate, to make him a being of darkness. This is real perversion. And with such an initiation you lose your freedom of being human. In the next step he gets under the influence of demons and dark masters. He is misused as a slave, as a puppet for their interests but certainly he also

gets more power and his wishes are satisfied. But what he does not know is that he has to pay back everything with high interests. It is just an illusion that he is now powerful because it is not his own power, the dark creatures work for him and give him the illusion that he is the master but he is not.

So what has happened? He has lost his human freedom and became completely enslaved by the darkness, dark brethren and dark beings. And certainly he is still full of parasites. Additionally he produces a lot of bad karma. Indeed he is in the abyss of creation. And as you can imagine, it can take easily countless incarnations until he may be able to find the light again.

I had the chance to study such a black magician several years ago and I must say that it was fascinating. He was a kind of black shaman, completely insane but laughing. He was completely a victim of the dark forces. There was no human spirit in him left. He was occupied from countless parasites, dark beings, astral insects and spiders. He was so insane that he was laughing about his state. And the only sense of his life, the only fun was to torture other people with his black magic, to cause fears and to pollute people during their sleep with dark creatures, astral insects and bad energies. He has lost his humanity. He was only a hollow shell completely controlled by darkness. He was a total victim of darkness and no escape in prospect. Indeed, such black magicians can easily end as the dark

waste of creation. They can lose their eternal spirit and dissolve into energetic shit.

So and what happens with someone who has decided to follow the light?

It is the opposite of the dark one. The spiritual seeker connects more and more to the divine source. He opens himself to the spiritual powers, to the divine light and so his whole nature becomes more and more light. And as light is his true nature, he experiences more and more real freedom. He unfolds his divine nature, all positive human virtues, all divine virtues. He grows and flourishes.

While darkness is based on parasitism and on deficiency, light is based on freedom and on abundance.

Light is life. Light makes you feel alive. Light gives you unlimited energy.

It is good to meditate about all these things and to understand them deeply. And when you have understood then you can make better decisions.

Confirmation, orientation or dedication?

As I have said, we all have a choice and one day we all make a decision. Spiritual seekers make certainly a decision to follow the path of the light as only this path corresponds with our natural evolution and our true nature, the divine nature.

Such a decision can be done in three ways. In the lowest degree you confirm the principles of light “Yes, it is right and good to follow them and yes, they are true.” In a higher degree you orientate yourself on these principles “Yes, from now on I will orientate myself and my behavior, my life on the principles of light.” And then in the highest degree you decide to dedicate yourself to the principles of light “I dedicate myself and my life to follow and to serve the divine principles.”

When you do something like this, then you make a statement towards God and the spiritual realms which causes also an answer, - the support for your path, in your spiritual development.

It is certainly useful to make such a statement consciously and to know exactly what it means to follow God or the principles of light, etc. Indeed this has two aspects – on the one hand the positive human values or virtues and on

the other hand the divine values or virtues. Here are two lists:

Dedication to the human virtues according to the five elements:

Akasha element

Harmony, beauty, balance, health, conscience, fairness, lawful, best intentions, altruistic, self-awareness

Fire element

Mind: strong will, active, assertive, decisive, visionary, high intuition

Soul: activity, enthusiasm, eagerness, determination, courage, productivity, firmness, daring etc.

Air element

Mind: High intelligence, capacity of differentiation, high intellect, deep understanding, flexibility, high inspiration, self-knowledge

Soul: capacity of penetrating, diligence, joy, dexterity, kindness, lust, adroitness, clearness, cheerfulness, optimism, eagerness, independence, familiarity, balanced etc.

Water element

Mind: high empathy, sensitive, good instinct

Soul: respectability, modesty, compassion, devotion, seriousness, docility, fervor, cordiality, abstemiousness, fervency, tranquility, tenderness, comprehension, meditation, calmness, confidence, forgiveness, tenderness, and so on.

Earth element

Mind: strong mind, balanced consciousness

Soul: Respectability, reputation, endurance, consideration, resolution, firmness, seriousness, scrupulousness, thoroughness, concentration, sobriety, punctuality, objectivity, infallibility, responsibility, reliability, circumspection, resistance, self-assurance, respect, endurance, conscientiousness, thoroughness, punctuality, and so on.

Dedication to the divine virtues according to the five elements:

Akasha element

Universal or cosmic consciousness, omnipresence, Divinity in his highest form, divine inspiration and intuition, total comprehension, highest form of intuition and inspiration, penetration of time and space, rhythm of life, the original being, perfection

Fire element

Creative power, the power of the word, omnipotence, absolute faith, power of realization, all-penetrating power, highest form of enlightenment, highest spiritualization, divine inspi-ration and intuition, highest ecstasy

Air element

Highest wisdom, the highest illumination, purity of all ideas in all forms of existence, most profound truths, highest knowledge, highest intelligence, all intellectual faculties, all airy qualities, abilities and talents, Divine Majesty or the greatness of God, divine beauty, divine harmony, perfect health, vitality, divine laws, justice

Water element

Divine grace and mercy, divine blessings, divine happiness, complete satisfaction, success and wealth, abundance, clarity and perfect purity, all-embracing cosmic love, ecstasy in its highest form, eternal life, vitality, feeling, sensation, highest happiness, cosmic unification of consciousness, cosmic intuition,

Earth element

universal life, legality, harmony, law of cause and effect, law of evolution, conscience, shape, measure, number and weight, immortality, justice, legality, absolute legality of harmony, high power of judgment, sense of satisfaction, absolute security, infallibility and unimpeachability, absolute success and happiness in every respect, spiritual perfection and highest spiritualization, unification, independence and freedom, ingenuity

And then you can orientate yourself – as a matter of wisdom – on the ten main laws of creation:

1. The law of unity
2. The law of duality or polarity
3. The law of the three states of energy / three planes of creation
4. The law of the four elements, of creation
5. The law of the vital, male principle
6. The law of the macrocosm, of perfect balance and the self
7. The law of the female principle and cornucopia

8. The law of the spirit
9. The law of fertility and diversity
10. The law of perfection

Here are examples for a conscious statement towards, God, the spiritual hierarchy and creation:

Low degree – confirmation:

“I, (your name) confirm that I show respect and good behavior in society and creation. I confirm to support the positive principle in creation. I confirm that I respect and appreciate the divine virtues of cosmic consciousness, omnipotence, divine wisdom and omniscience, the all-embracing love and the eternal life.”

Higher degree – orientation:

“I, (your name) call on God, the divine hierarchy and all beings of light to witness my holy oath. I swear to orientate myself on the divine virtues of cosmic consciousness, omnipotence, divine wisdom and omniscience, the all-embracing love and the eternal life. I swear to orientate myself on all positive human virtues. I swear to orientate my activities on the service for the divine will, mankind and creation.”

Highest degree – dedication:

“I, (your name) call on God, the divine hierarchy and all beings of light to witness my holy oath. I swear to dedicate myself to cosmic consciousness, omnipotence, divine

wisdom and omniscience, to the all-embracing love and the eternal life. I swear to dedicate myself to all positive human virtues. I swear to serve the divine will, mankind and creation. I ask God, the divine hierarchy and all beings of light to support me in my service and holy dedication.”

You can design your own statement as a proclamation or a vow and then you can get into a meditative state. Imagine that the whole creation, the spiritual hierarchy and God are listening to what you say and then make your vow.

The effect is that you now get the necessary support for your own spiritual development in all aspects – spiritual guidance, necessary circumstances in life, chances for healing and balancing of your karma, etc. This is certainly useful. Without a conscious decision about your destination, without asking for support and guidance – where will you go?

Meditation on love

For a true mystic soul the development of love is most important. With love several very important feelings come along. Devotion, humbleness, openness, spiritual desire, happiness, inner peace, wisdom, harmony, beauty, etc. – all these feelings and states of soul are connected to love. They are all qualities of the heart chakra which is rooted in the middle of the breastbone. When you develop this center with all its qualities, feelings, then you know what divine love and wisdom mean, then you are able to grow beyond the limitations of your ego, yourself.

The heart chakra is the most divine center of the soul and the crown chakra is the highest, most divine center of the mental body, of the human microcosm as a whole. And in fact these two centers have to be unfolded completely as they are sleeping in the normal human being. So due to this only an initiate is able to take part in the cosmic or divine consciousness and in the all-embracing divine love (which includes divine wisdom). This awakening and unfolding process of these two divine centers is comparable with the awakening of the sexuality in children when they come into puberty. Children have no sexual feelings and no sexual desires/needs until their sexual center/chakra becomes active and unfold. Only then they know, understand and experience sexual

feelings. So when someone is an atheist or materialist then – simply – his higher centers are still sleeping and he has no idea of divine feelings or higher states of mind and soul.

So how do you develop all-embracing love?

You can do this in parts just by concentration on your heart chakra. Focusing your awareness on your heart chakra activates it and increases the stream of energy in it. Activation means vitalizing, development and unfolding, also clearing from energetic blockades, healing and refinement. So concentration exercises on the heart chakra are useful. Then you can add the idea that with this concentration you strengthen and increase your abilities to feel all-embracing love, inner peace, harmony, happiness, etc.

In the same way you can work on your crown chakra which is rooted on the highest center point on your head. Here you open yourself for enlightenment, for the divine spirit and a higher impersonal consciousness.

Then you should do meditations where you develop feelings of love towards yourself, towards other people, towards creation and God. Increase and refine your love. Experience how your love is growing with every meditation. Feel the special qualities of your love, - the connective quality, the uniting quality, the clearing/dissolving quality of bad feelings/thoughts, the peace giving quality and the healing quality. Love is the

greatest medicine for nearly all problems, imbalances and diseases. Love dissolves darkness and love unites, creates a higher unity, enables communication, builds bridges, etc. Become completely aware of all these amazing qualities.

Why did Jesus say “Love your enemy!”? Because love can dissolve the anger, the stress, the bad emotions and love will unite you in peace and understanding with your enemy. Love will heal your relationship.

And don't forget to heal yourself with showing love and care and understanding for you, for your life and for your mistakes. Heal yourself with all-embracing, divine love. Embrace yourself in love.

And when you have developed the ability to love unconditionally like God does, then show God how much you love him and then unite with the divine spirit! Let yourself be filled with the divine spirit. Let the divine spirit enter your crown chakra, filling your mind and soul, your whole body with powerful enlightening energies. Become one with God!

(Further aspects of enlightenment, heart and crown chakra you find in my book about this topic)

Meditation on the wedding of Shiva and Shakti

When you are trained in meditating about feeling a deep love for God, for creation, for mankind and certainly for yourself, then you can meditate about the beautiful love of Shiva and Shakti.

Get pictures of Shiva and his beloved wife Shakti respectively Parvati. Become familiar with them and try to come into touch with their qualities, their energies. Become especially aware of Shiva as the divine spirit or divine consciousness and of Shakti as the creative, materializing power of imagination. Then become aware that both belong to your own nature, your higher nature. When you understand this and their deeper meaning, then you should be able to feel love for them. Love both deep from your heart, tell them how much you love them, show them your devotion, your joy and happiness that they are a part of you. Show them how much you wish to unite with them, to awaken your divine consciousness and your creative power. And now meditate about this wonderful love story, about Shiva waiting, longing for his great love, for his wife, for his Shakti, his Parvati, his loving companion. Imagine how Shiva is waiting in the crown chakra, the lotus with the thousand petals like you see it on the first Tarot Card. And imagine the wonderful Parvati,

the sleeping beauty, the beautiful wife in the Muladhara chakra. The love of Shiva is so strong that his awakening spiritual powers flow to his beloved wife, awakening her from her long sleep. Imagine how deeply touched she is that her great lover has found her and awakened her. Imagine how her love unfolds and how she flows up, awakening all centers on her way, to unite with her beloved god, with the Lord Shiva. Imagine how they love each other in total ecstasy, in total happiness, in perfect love. They celebrate their unity – look at the first Tarot Card. And now they are united again, forever, happy, in ecstasy, in fulfillment. The mystical wedding has taken place and you were the witness, you are united with Shiva and with Parvati, indeed with all deities, all gods and goddess in all chakras. The microcosm is analogue to the macrocosm. Total balance, total happiness, total unity. The ecstasy seems to be endless, you are beyond time and space, there is only unity, only ecstasy.

Meditation to develop specific qualities

The spiritual development deals with the adoption of all kinds of positive human qualities and then certainly of all kinds of divine virtues and powers. It is all about growth, transformation, spiritualization, refinement, balancing, cultivation, etc.

The problem is - where and how do you get new qualities?

One way is to make new experiences like all other human beings in this world when they are confronted with new situations. For example, if you are a couch potato then you won't develop any special qualities, powers or abilities, just because nothing happens in your life. But when you leave your couch and make a trip through the scrub land of Africa, then you can develop courage, patience, endurance, speed, etc. So indeed look for situations where you can make new experiences and where you can develop new qualities, abilities, powers, where you get new insights, a deeper understanding about the world, about humans, about the laws of creation, about God and yourself.

A second way is to use your imagination and breathing. In best case you have accomplished already the vital energy breathing exercises. If not, then it will work also.

Now take your asana, take some breaths to calm down, to relax your body. Now imagine that you sit in the center of a space which is filled with unconditional, all-embracing, divine love. Imagine that there is nothing but you, surrounded by divine love. If you like you can imagine that this love has a rose-pink color. Keep your imagination and strengthen the feeling of all-embracing love surrounding you. The more you focus your attention on the divine love, the stronger the feeling becomes and you really can feel that divine loves surrounds you, that this is reality.

Now you remind yourself that you are breathing. Every time you inhale, you inhale air. Now you combine your natural, regular breathing of air with the breathing of divine love. So every time you inhale air, you inhale love and this love fills step by step your soul – like the oxygen fills your blood and your body. So you inhale love and this feels good and in fact at one point there is nothing but love. You are surrounded by love and you are love yourself. There is nothing but love. You have reached unity with love, divine love.

You can add to this technique the idea, that you inhale love and exhale anger, hate, stress, etc. You consciously inhale love and you consciously exhale all bad emotions, all bad energies, etc. Indeed this is a process of “soul washing”, of clearing and healing. The more you repeat such an exercise, the more you transform your nature and awaken the corresponding centers, abilities, qualities and

powers in yourself. It is an alchemical process.

This technique you can use for all wished for human and divine qualities and powers. And in this way you can integrate them in your own personality, your own nature.

A second technique is to do not only breathe qualities/powers but to really charge yourself, to accumulate them. But here you should have already accomplished the training with vital energy as Bardon describes it. The accumulation of energies, qualities, powers is certainly more powerful but it is not a must.

Use these meditation techniques to refine your whole nature, to integrate all qualities and power you lack of, you wish for, you need for progress, etc. It is a master key technique.

Enhance power and structure with quality

When you do your exercises in the magical training then it can happen that you forget about the quality side. For example you do your vital energy breathing exercise. You inhale and exhale and later you really charge yourself with vital energy. But vital energy itself is just power – where is the quality? In fact you can and should give the vital energy which you inhale or charge a certain useful quality. You can determine that the energy shall increase your health or activate all healing processes in your body or increase your immune defense or vitalize you in general, etc. The possibilities are nearly endless.

In fact it is a law of wisdom to respect always three dimensions of QUALITY (intention/purpose) + QUANTITY (energy/power) + STRUCTURE (object/body/organ/battery) when you do something magically. This is an aspect of the law of number three. When you respect this in your magical operations, then they will work out fine and you will reap success. As this is a very important law, I will explain it a little bit more:

Imagine you are a Yogi and you focus only on the quality aspect in your training – for example you work on a divine virtue. To realize and to experience this divine virtue, you

have to use your own energy, the energy of your soul as you are not trained in accumulating vital energy or the element energies for such purposes. In fact this training costs your own energy. Your exercises can exhaust you. And your results cannot be really big or long lasting because you lack of the analogue energy, quantity, power. So this is not good or useful.

Imagine now you are a kind of magician. You do much training with all kinds of energies but you give them no quality. The result is that you have become a power plant but that you lack of real refinement – the quality aspect and that you haven't made any higher, mystical experiences. You know nothing about divine virtues.

Now imagine that you are in a temple of true initiates. The initiates have created a divine atmosphere which lifts you up, which spends happiness and ecstasy. The problem is that you are so dense and of a low frequency nature that you cannot feel the atmosphere and even if you inhale the energy you wouldn't be able to store it, just because you lack of the analogue, refined structure. You probably know the saying "And light fell into darkness but darkness wasn't able neither to notice it nor to catch it." – just because the great differences in nature.

I hope you can understand now that all three aspects alone do not work but only together they are able to unfold maximum results.

In conclusion – equal which exercise you do, please do it

consciously and enhance it with a higher, useful sense (quality), use or create enough analogue power (quantity) and care for the right, analogue structure. For example – only a refined structure is able to store refined energies. Also choose in general the analogue, fitting structure for certain energies. For example if you want to create a battery for magnetic fluid then it is wise to use rock crystal as this is the natural structure to store magnetic fluid or a violet crystal for violet energies, etc. This is also true for your body. You can store earth element energy better in your legs than in your chest, because your chest is analogue to the air element, etc. Here you respect in general the law of analogies with positive or useful effects. Certainly you can violate this law but then you have bad effects or no useful effects. For example when you charge a normal object with any kind of energy then this object does not automatically recharge the stored energy. Just some hints to think about for your practice.

Let's take a short look at the implementation:

First of all make a list what you really need or wish for your mind, for your soul, for your body and for different aspects of your life. "Life" includes everything.

For example:

Mind: higher intuition, better imagination

Soul: healing of old wounds, more inner peace

Body: more physical endurance

Life: more success, more happiness

Your personal list will be probably more extensive. Nevertheless, when you do a deep meditation about your needs, your wishes and your visions about the future, then you know exactly where you are now and where you want to go. This is very useful and very important. Only when you know where you are and what your destination is, you are able to move into the right direction.

Now you can set priorities on your list respectively you can set a few aims which can be accomplish in a parallel way, - because they are connected or more or less easy to accomplish.

Then you take a look at your exercises. For example your training schedule shows that you do concentration exercises, a breathing exercise, that you bless/impregnate water and your food and maybe you work also with autosuggestion.

Now you can decide how to apply your wishes to these exercises, - the qualities to the powers. For example:

Concentration exercise: Focus on the idea of perfect imagination skills.

Breathing exercise: Inhale the power and ability of perfect imagination.

Water exercise: Charge the water with vital energy or bless it to support your health or your imagination skills.

Food exercise: Bless the food to support your physical health or to support the development of your imagination skills.

Autosuggestion exercise: “My imagination skills are perfectly developed. I can imagine everything I want with great results. I am happy and grateful for these amazing imagination skills.”

Meditation exercise: Meditate deeply about what it means to have perfect imagination skills. Meditate about how you work with your perfect imagination, how life changes for you, how it feels like, how you use it (simulation), etc.

In conclusion: When you use all your exercises to realize one aim then this works like a powerful laser beam – concentrated power. This supports your progress and makes results better and coming faster.

In general I recommend to bless your food – with spiritual energies, with love – just get into the right mood and use your hands in the blessing gesture, so that the energy flows from your hands into your food and drinks.

Additionally you can/should ask God, angels, etc. to bless your food in general or for your defined purpose. Then you can also charge your food and drinks with vital energy – just by letting them inhale fresh vital energy from your surroundings, maybe 3-7 times. Make some experiments!

When you bless your food or when you charge it with vital energy, then you can examine that the food tastes more

intensive, often better and that it is good for the nourishing of your body as the contents of your food are vitalized.

When you lack of energy, then you can charge a glass of water with vital energy + the wish to increase your health, etc. This is very useful to supply energy directly for your body, - into your energy system. This works also fine in the case of being ill – drink charged water to support your healing processes.

When you use a glass of water and charge it with element energies or light or fluids, then you help your body to adapt itself to these energies – the energetic structure can better adapt itself to these energies. So indeed this can be a quite useful part of your energy training.

If you have some money then you can buy a nice chalice, maybe made of silver, maybe also gold plated inside. This chalice should be used for Eucharist, for drinking blessed or charged water. (I would not drink charged alcoholics - vine - as water works perfect without any side effects but certainly it is your decision.) Silver is analogue to the moon, to the water element and magnetic fluid, so it is perfect for this purpose and when you use a gold plated chalice then you have a perfect “materializer” for your wishes and the energies. Indeed it is a great thing to own such a chalice for spiritual, holy purposes. And if you have more money then you can ornament it with magical and mystical signs and symbols. These things are all up to you.

I personally love the pure form of a chalice as purity and perfection are divine virtues.

Take these explanations as hints for your own practice. Enjoy it and have fun with your exercises!

PS: Food and also water belong to “structure” and they help to transform your own body structure. Become aware of these things.

The mystical way of communication

The spiritual development and the whole spiritual training can be quite demanding, quite challenging but not everything is hard work. In parts it is just a matter of knowledge and the use of the right techniques to gain special or great results. These things belong more to the mystical side of the training.

Here I want to share such a technique with a diversity of possible applications. The good thing is that you do not need a long training to be able to use these techniques because it is in main just a matter of your true spiritual attitude. And this is the key, - the right spiritual attitude. When you have it, then you can use the technique to accelerate your whole spiritual development, to make it safer, better, easier.

All the techniques which I present here soon depend in main on one thing which has to be understood and practiced. To understand this you should be able to answer my question:

“How do you communicate with a fish or with a bird?”

Take time and think about it.

Because it probably takes too long to find the right answer I will help you:

So, certainly you can talk directly to a fish or a bird: “Hello fish, how are you doing? How is the water?” or “Hello bird, where do you fly?”

Probably you get no answer. Probably because they do not understand you and probably they cannot answer you.

Now you can try it with telepathy. So if you are good you maybe get some information but probably it is no real communication, no real understanding.

So what is the real problem and what is the real solution?

The problem is that you are a human being who has a different nature than a bird or a fish and further on you do not share their habitat – you are not flying through the air and you are not swimming in the ocean. So a communication is very difficult and the understanding even more.

And what is the solution?

Think about - in which case is the communication perfect?

Right! When a bird talks with another bird and a fish with another fish. So indeed only two individuals of the same nature can communicate with each other perfectly.

Understood?

Good!

And now think about why humans have problems to communicate with their spiritual guides, guardian angels,

deceased friends, angels, gods, and God himself.

Why do people have the impression that their prayers are not heard, that the spiritual guide, angels and God are so unreachable, obviously don't want to communicate with you? Why?

Got it?

The answer is simple – in the normal case the human nature is different to the high spiritual nature of angels, guides, etc. and further on they live in different habitats. It is nearly the same thing if you want to talk to a bird or a fish although the residents of the higher realms can understand you better. But still the communication normally is quite bad and unsatisfying.

So if you want to communicate successfully with higher beings from higher realms and if you want to cooperate with them, to receive their blessings, their inspiration, guidance and support then you have to change your way of talking to them.

And this little piece of information is the master key for a good relationship with the higher realms and their residents. And certainly if all people knew about it, all people would have success with their prayers and would receive guidance, blessings and help.

So indeed the understanding of this small thing is more than important and most precious.

Now, what do you have to do to establish a good communication with the higher realms?

You must change something about your own nature and your habitat. But how?

Quite simple:

Take your asana, relax your physical body, withdraw your attention from the physical world and shift it to your inner world of mind, thoughts and feelings. (This is just the normal process of meditation.) Now focus on the ideas of love and light. Feel that you are a being of love and light, increase light and love in your mind and soul. And now imagine that you are also surrounded by love and light. You are in the center of pure love and light. You are a being of love and light in the center of a space of love and light. And now you have changed your nature and your habitat successfully to be able to communicate with the higher beings.

The next steps are up to you and your aims/wishes.

While you stay in the center of love and light, being saturated with love and light, you can call your spiritual guide, other spiritual guides, gods, goddesses, divine beings, angels, guardian angels, special angels with a special function in creation (like healing, protection, special knowledge and powers...) and also deceased friends, family members and whoever is living in the higher realms. And certainly you are in the right state to

unite with God, the divine spirit. So in conclusion you can call someone you want to meet to appear instantly. For example you call your spiritual guide and maybe angels and then they hear your call and appear in front of you. And now you can talk to them.

In the beginning you might just know somehow that they are there but the more you practice this technique the better you will be able to sense them, to feel them, to hear and see them. This is just a matter of training.

And certainly talking is nice but more important is to connect to them, to receive useful insights, blessings, healing, enlightenment, help, support, etc. So you can ask these things for yourself but also for others who are in need.

And then it makes much sense to ask for help to develop your communication skills in best way, also to cooperate with them for special tasks.

Remember that there are divine beings (angels) which cover ALL aspects of creation, ALL sciences, ALL talents, ALL abilities and which can support you in ALL aspects of your spiritual training and spiritual development. These beings can help you to solve ALL your problems and challenges in best possible way.

Beside these divine beings there is your personal spiritual guide who cares especially about your incarnation, your development, etc. So it makes much sense to ask for his

direct support.

And beside the divine beings and spiritual guides, there are teachers or masters available who can offer teaching and guidance in special fields.

So indeed the spiritual realms are more than rich of great beings. The only thing you have to regard is that all these beings respect your freedom and do not intervene or help on their own. So you have to ask them. And when you are filled with love and light then you are similar to God, to a divine authority, a higher being itself and all higher beings will like to help you and to support you. So in general the position in the center is the place of God, of a divine authority, of a master.

Let us take now an example – a mystical healing treatment:

You have already changed your nature to love and light and you are also surrounded by an atmosphere of love and light. Now you can call on the angels of healing and maybe masters of healing: “In the name of divine love and light, I call you, masters and angels of healing to help me. Please appear!” Instantly you become aware that higher beings have arrived. “Thank you for joining me, dear master and angels of healing! I have called you to beg for your help. My friend XY suffers from a bad disease and I beg you to help him to understand the reasons for this illness, what he is supposed to learn and to enlighten him so that he is able to learn his lesson in best way. Please help him to recover. He is open to receive your love and

healing energies and he is grateful to receive your kind treatments. I am very grateful too for all you can do for him! Thank you so much! May God bless you for your kind help and support!" Now the masters and angels leave and they will give your friend a good treatment.

From this example you see that it is also important to be open and receptive for help, for higher energies of love, healing and enlightenment.

Another example: Imagine you have a challenge and you are not really sure how to cope with it in best way. Then you can call on the corresponding divine beings and you can tell them about your problem and your ideas. Then you can beg them for inspiration, guidance, the right understanding of the problem and for finding the right solution. Indeed you can communicate with them, listening to their messages in form of visions, or heard messages or also automatic writing. You will find the right way for your individual talents. Just be open to receive answers, be passive and receptive.

And in general, be aware of the fact that the residents of the higher realms can help you in a great way to make progress on your spiritual path, to refine yourself and to develop higher abilities, a higher intuition, a higher understanding. So use this way for your own progress, also certainly to help others indirectly.

Spread love, light and wisdom. Give healing to your fellow men and to creation. Use your good connections for the

benefit of all.

Connect consciously to the spiritual realms and become aware that you are a part of a great loving and caring family.

Who is sitting on your throne?

Have you ever thought about who is ruling in your microcosm? Who reigns? Who has the power? Who makes the decisions? Who is it?

Maybe you answer that it is you, - as who else should it be? But this is just the superficial perspective and not the real truth. And probably you have never thought about this question.

When you examine yourself and other people, then you can perceive that in general one aspect of your personality is on the throne, ruling while the other aspects are supportive, serving and following. Sometimes you can also examine a kind of ambivalence, a kind of fight among different aspects, qualities of your personality. And then it is also a matter of the situation which aspect is dominating, in charge, in control.

Today a lot of people have a domination of the intellect and so they see the world only through the eyes of the intellect. Here the intellect is on the throne. But what about feelings? Empathy? Intuition? In fact when you live only on the level of the intellect then this is quite unhealthy as the intellect is only the servant of the higher intuition and not the boss. The intellect is too limited although it seems that the intellect is omniscient but this is just a big delusion.

Then there are people who are ruled by their desires, by their sexual needs, by the selfishness, but also by drugs, by fears, by bad emotions, by feeling guilty. A few people are ruled by love, by will, by their genius or a special interest.

Maybe you became already aware of what is ruling you. And maybe you have asked yourself who should rule.

From the spiritual point of view, the human being is a composition of different intelligences, different functions, different qualities and powers including certainly different abilities and different ways of behavior, thinking and feeling. These different "spirits" of the personality, of the microcosm are corresponding with the different spheres of the macrocosm and their spirits. Remind yourself of the saying of Trismegistos "As below so above!" What you find in the spheres of our solar system, you will find also in the soul. For example the intellect is analogue to the Mercury sphere with all the specific qualities, powers and abilities. Your ego is analogue to the sun sphere, etc.

When you look now at the spheres, then you can see that all these different spirits cooperate in a wonderful order, composition, organization. So cooperation and order are here the key words. Every spirit has his place in this great organization. And who is sitting on the throne? Right. It is God. God is the ruler and all spirits follow his wisdom. All spirits are servants of divine love, wisdom and power.

And who should rule in your microcosm? Right. Your

divine spirit as this is your original nature. And certainly you should never be ruled by any kind of subordinated servant, part of your organization. And never should you be ruled by bad emotions, by fears, by suffering, by desires, etc. All these lower, in parts evil or negative aspects enslave you. They steal your authority. They steal your throne and they sabotage, corrupt your organization, they misuse you and they cheat you. They tell you that you are not the king but just a slave or beggar, that you are weak, that you have to follow and to fulfill their wishes. They tell you that you depend on these wishes. You are a slave of your cigarettes, of alcoholics, drugs, of sexual desires, a slave of your dull, limited and inflated intellect, the biggest cheater of today. But you are not! In fact you are the king or queen in your microcosm but unfortunately you have lost your throne, your kingdom and you have to reconquer your throne. You have to restore the order, - law and order in your microcosm, in your organization. You must reinstall the divine spirit as only the divine spirit is able to rule his kingdom for the benefit of all parts, of all aspects of your personality.

And this is exactly what you do in your spiritual development. You help yourself to discover your true, divine nature, to understand that you are a divine spirit, a free and powerful spirit, the ruler of your microcosm, of your life. And by undergoing all the exercises, the long training you balance your whole microcosm, your personality, - you restore the order in yourself for perfect

harmony, so that Trismegistos truth becomes reality “As below so above!” By this process of clearing, healing and refinement you become a real image of our macrocosm, of the spheres in their perfection.

This process is spiritualization. Your whole composition is spiritualized – cleared from the darkness, healed which means that the original order is restored and then refined, enlightened, the energies and indeed the whole energy system is lifted up to a higher nature, to a higher frequency, in fact you are reconnected to the divine spheres, to the source of life.

It is very important that you understand this and I recommend to meditate about these things, to ask yourself who is ruling in general at the moment and who does in special situations. Also try to experience how it feels like to be cleared from darkness, healed and refined, enlightened, to have the divine spirit back on the throne, ruling for the benefit of your whole being. In fact try to imagine yourself as an enlightened completely refined master – how would this be like? What would be different to your present state and when you look back on your development – what has changed already?

The deeper you understand yourself, - your past, your present situation and your destination, the better it is for your spiritual development. Ascend the throne because in your divine nature you deserve it! It is your natural right! Release the bad dreams of being a slave, a beggar and

awake to reality! It is your throne!

And then also meditate about society, who rules in society and who should rule? In fact society has to undergo the same process which every spiritual student undergoes. Think about this!

The Suras, the servants of light and the positive hierarchy

This is a topic which is useful to understand as it is about cooperation with those who are dedicated to the light. When you examine the different beings of creation, then you can see that there are many dualistic beings, some really evil beings and some beings of light and additionally beings which are busy to keep creation working. In fact there is a diversity of beings with different characteristics, duties, status, etc.

The human being has received the free will by God to be able to make positive and negative experiences. Then we have a hierarchy of beings with special duties in creation. We have a positive hierarchy for positive duties like maintenance, service, development, support, for positive influences, healing, spiritual growing, harmony, etc. And we have a negative hierarchy for negative, destructive duties including all the evil which one can think of. Traditionally we can say that the positive hierarchy is the hierarchy of angels and the negative hierarchy is the hierarchy of demons. In fact both hierarchies belong to the "employees" in the workshop of creation. And both are servants of God as the angels and also the so called demons are spirits of the spheres with determined scopes of duties and competences. Real demons are something

different to what people normally think they are – indeed most people misunderstand real demons as lower evil astral beings. And also angels are not just simple messengers of God but divine beings with divine powers and virtues – divine spirits. So in conclusion only a real initiate is able to understand the differences and classify beings in the correct way. There are great mysteries about what is called “evil”. But this is not the topic here. So we have two hierarchies and the positive hierarchy with the so called angels or divine spirits is interesting and important for us. With these angels we can cooperate in many ways. They have all the knowledge of God, mankind and creation and they are willing to work with us on positive, altruistic projects, certainly also on the spiritual development of yourself and others and on healing, etc.

Then we have the beings of light, the Suras. Suras are those beings which are completely dedicated to God by free decision. They are high developed spirits, gods, masters, etc. which made the decision to serve God, the divine plans for evolution and the spiritual development of mankind and creation. The Suras are the servants of light. And certainly every mystic is a servant of the light. It is our spiritual family and we can cooperate with all brothers and sisters in the light.

Then we have positive beings in the higher realms and in the element kingdoms which are willing to cooperate in positive, altruistic, serving tasks and projects.

In conclusion it makes a lot of sense to be aware of all these fellows of the principle of light to accomplish own progress in the spiritual development and to realize spiritual, altruistic projects. Success is indeed nearly all about communication and cooperation. Single lights are nice but when you combine them to a laser beam then this means power, power to realize your ideals, your spiritual aims.

For your training and for the purposes in your life and business, it is wise to cooperate with the so called angels to solve problems, to heal, to clean yourself, to protect yourself, to receive teachings and initiation, divine guidance, support and so on. Here is also your personal spiritual guide very important as he or she is a direct ambassador of God, chosen for you to help you to accomplish the set aims of your incarnation.

And certainly it makes sense to gather with like-minded fellows – for example in my community SURA – The International Theistic Federation – the community of the servants of light. It is the positive, spiritual family principle which brings us all forward as we can support each other on our way.

So become aware of the chances of cooperation! Read about the positive hierarchy of angels, divine beings, the spirits of spheres as Bardou describes them in his second book “The Practice of Magical Evocation”. Here is the description of the task field and the name important,

maybe also the sphere with color and energy quality. But all other things are not important here and now. You will see that there are for example special spirits for healing or for spiritual progress or for protection, for traveling, for wisdom, for love, also for success and wealth, etc.

You can work with these beings as I have described it – become love and light and invite them into a space of love and light. Or if you want to work in a specific way with a single being then you can imagine to be filled with the color and the quality of the sphere of a certain spirit and being surrounded by its sphere energy too. So you are for this moment a being of this sphere and you are in this sphere. Then you call the spirit and ask for his support. Be aware that the spheres are mental planes, so imagination is enough. Just do some experiments and always ask in the name of divine light and love and always thank the spirit in the name of divine light and love for his effort. Also be aware that these spirits are divine beings, of a higher nature and much more powerful than normal humans. So show respect.

If you do not like to make these experiences on your own, then you can look for BDevine and her youtube videos where she offers a session to call your spiritual guide and some angels for healing purposes. This will help you to get easily into contact with angels and your spiritual guide.

A mystical meditation

When we face the spiritual development which is nothing else than the active, conscious work on our natural evolution, then we have two main aspects, - the scientific side which is called magic, metaphysics and the quality side which is called mysticism, refinement, feeling.

Magic is pure science, pure physics on all three planes, all about abilities, techniques, energies and matter, etc. It is the basis for refinement, for professional mysticism. Without magic there is no way to transform your nature to divine degrees which is the highest aim of spiritual development.

Mysticism is why all true spiritual seekers have started their journey. Mysticism is based on our longing for unity with the divine spirit. In the material world we are always on the search for satisfaction, for happiness, for feeling complete. We search in the outer world but we do not find something which really offers complete and lasting happiness, something is always missing. When you wake up, you understand that God is missing, something inside of you and not something outside, nothing material but indeed spirit, divine spirit, with all the divine virtues, especially unconditional love, this nourishing, healing, comforting, embracing love.

When you meditate about God then you understand that God is everything, it is all you ever needed, all you ever wanted, all you ever searched for. You understand that God is the greatest, the most beautiful being, the source of life, the source of creation, the source of you. You understand that God contains everything in best and most perfect way which creation can offer. God is pure perfection in all imaginable aspects. And then you understand how much you love God, how much you desire unity with the divine spirit, how much you long for being connected with God, how much you worship God. You understand that God is the most precious and adorable being which exists. You understand that you are nothing without God. You understand that the unity with God is the most important aim in life and you feel that you need to reach this aim at all costs and you feel ready to sacrifice your own darkness, all these unrefined qualities of yourself to become a worthy temple of the divine spirit. You understand the destination of your journey and you know that reaching your aim is more than mind-blowing, far beyond the human understanding that divine mysteries and treasures are waiting for you.

And how do you unite with God?

As a true mystic you unite with God in deepest devotion, in deepest humbleness, in deepest love, in deepest adoration of his beauty, of his majesty and you open yourself to receive the divine spirit, to receive the divine light, the

enlightenment. And when you are ready, when you are prepared, then the divine spirit will come, will enter your soul and unite with you in ecstasy. And then the holy marriage of the divine spirit and your soul is accomplished and you will experience the joy of unity, the overwhelming happiness and you will be forever grateful, forever in love, forever the temple of the ONE, forever the loyal servant, the loyal ambassador of the divine being. And then you understand what perfection means, what it means to be complete.

Love is the key. Always.

(This is an example of how to start a meditation where you have set the aim to unite with the divine spirit in light and love. When you show your love and devotion with powerful feelings then you call on God and God will hear you and God will come in form of a deep enlightenment to unite with your soul. So indeed powerful feelings of love, devotion and a strong desire for unity are the key to experience enlightenment in love – the divine wedding of the mystics)

Meditation on the state of perfection

Take your asana, calm down, and imagine that you are in a state of perfection. Everything is just perfect, you feel perfect, your microcosm is in a perfect state, the world around you is perfect, you are surrounded by energies of perfection, you inhale perfection...

Become more and more aware what perfection is, what it really means, how it feels. Unite with the state of perfection.

And probably you can feel many changes in yourself, in your perception, in your feelings.

And probably you like this state of perfection as it is the divine state, the state of perfect harmony, balance, health, happiness, peace, unity, love, completeness and abundance.

It is useful to meditate about this wonderful state often and to integrate all these positive thoughts, feelings and energies into your microcosm. This is indeed a very healthy exercise in all aspects. It will change yourself, your perception of yourself and of the world and it will change your behavior, your life.

By the training of this meditation you will discover more and more facets of the meaning of perfection and you will

be able to integrate more and more of these facets into yourself and your life.

It is the divine-natural form of perfection, absolutely positive.

And when you meditate about these things then you will also discover a negative, intellectual, ideological form of perfection which is not natural and causes only stress and problems. Here it is good to differentiate between this human-selfish-intellectual form and the divine-natural form. But this here only as a hint and only of a secondary meaning. Just focus yourself on the divine-natural and wonderful form of perfection.

By undergoing the training of Bardou you become more and more perfect automatically, so that you realize mastery and the divine nature.

Working with role models

Sometimes you have to face situations where you have not the slightest idea about a certain quality, ability or power. Especially when you are on the spiritual path and you are asked to develop divine qualities or special abilities which have absolutely no connections to the world of normal human experiences. But such problems occur already when you have never experienced true success or happiness or inner peace or wealth.

How can you deal with this?

One possibility is to get into a deep meditation and then to imagine that you go back through space and time directly into a situation where you have experienced this special quality, situation, etc. It is possible that you get automatically into a former incarnation where you experience success or happiness or enlightenment or whatever. You can try these things on your own but you can also ask a hypnotherapist to help you. This is feasible. And the hypnotherapist can integrate these special feelings, etc. into your present personality.

The other possibility works not directly with your own resources but with a role model with the resources of people who have the qualities, abilities, etc. which you are looking for. You look for a fitting role model and then you

Imagine being this model, to behave like it and so you can take part in his energies during your meditation. Once you have made these new experiences, you can integrate them consciously in your personality.

For example you would like to experience success and you like the Formula One Motor Racing and maybe Sebastian Vettel. Now imagine that you are Sebastian Vettel making the race, being the fastest driver and then taking the last round. You pass the finishing line and everywhere the people are cheering, rejoicing – standing ovations for you! And you feel so great and happy to have won again. And you show your winner fist to the spectators. Great emotions! Then you go to the awards ceremony and everyone is celebrating you. Now you probably know how it is to be the winner.

Another example: Choose someone you like and who is really rich. Now imagine you are this person and how good it feels to experience abundance. Experience consciously a great situation where you feel rich and where you can do good, altruistic things with your money. Maybe you meet with partners to open a new school for poor people in a foreign country which you have financed. Feel consciously how much satisfaction and happiness this provides for you, how grateful you are to be able to do this, to serve a higher sense. Experience what it really means to be rich, how much security this provides, how much ease and happiness. Imagine how many good things you can do in

your life for others but also for yourself.

Next example: Imagine you want to deepen your devotion, your love, your humbleness. Then choose a guru, a Bhakti Yogi or a holy person who is known for his or her great love for God. Now connect to this person and try to feel this great love and devotion. Let yourself be infected by his great emotions, by his divine feelings and ecstasy.

Or take Bardou – use a good picture of him and then imagine you are Bardou, a divine spirit, a master, a perfect magician. Then you get in touch with his nature and you can connect to his mind, his energies and so you get his positive influences like it is known from satsang, the transmission of consciousness and enlightenment from the master to the disciple.

In all cases it helps a lot when you can watch consciously a picture or a video of the person, the role model before doing the meditation. And certainly you have the choice to act as or to act like the role model.

Imagination has no limitations. God has imagined creation and we create with imagination too. Create yourself and your life by using your imagination.

Meditating with sounds

Sounds are vibrations and vibrations have always an activating effect. Creation itself is based on vibration. Energy is vibration. God uses the word – sounds – vibrations – to realize creation. Maybe you know these pictures of Krishna, an incarnation of Vishnu, playing the flute. This is nothing else than a symbol for creating the world by the production or use of sounds, also a hint for the mystery of music, the sounds of the scale. Or think about the dancing Shiva – dancing is also nothing else than a symbol for vibration. Music and dancing are wonderful symbols for activity, for realizing creation from the static energy.

Indeed sounds were always used for the mystical training. When you think about the bija mantras, these special syllables used in India and Tibet, which have the power to activate the chakras. In fact these syllables are tantric formulas, quabbalistic formulas with very special qualities, intelligence and power. But it needs a high initiation to use these bija mantras with maximum effects. So in the normal case Yogis use them only in their sound aspect, in the aspect of the air element and not in all four aspects (light, color, tone, feeling, consciousness, qualities, power, plane – quadrapolar performed). In conclusion all forms of using sounds for spiritual training

are derived from the highest science – the cosmic language, the power of the word (Quabbalah, Tantra, etc.) but normally they are used only in the single aspect of the air element – pure sound.

Something about the air element: This element has very interesting qualities. It is very close to the Akasha element and it has a great meaning for life. When you examine the air element then you can see that it has several equal or similar qualities and functions like the Akasha element. And in fact life takes place only in state of the air element. Only there we can take part in the polarity of fire and water (and all three elements together build the earth element). It is useful to meditate about this. The air element belongs also to rhythm, to sound, to music. Your heart beats in a special kind of rhythm, otherwise you were dead. Life takes place in rhythms, in periods. When you use your voice then you can make things vibrate. On the higher planes, sounds have an activating, animating, vitalizing effect. Sounds make energies vital, dynamic, powerful. So indeed you can use sounds to activate and vitalize your mental and astral bodies. This belongs to the mystical training of the third book of Bardon about Quabbalah. But here in this book I don't want to deal with real quabbalistic training. You can do this on your own, later, when you have climbed the ladder. Here in this place I want to present something easier, simpler but which also has activating effects.

In general you should be very careful with the use of sounds in your meditation as sounds are very powerful. So when you use them, then use them in small doses and examine the effects on you. Only when you are able to cope with the effects, you can increase the performance of the sounds. Especially the letters A, E and SH can be very “dangerous” – showing strong effects which can be hard to bear if you are not careful.

The technique is quite simple. You get into your asana, take some breaths to relax and then you sing a letter in three independent rounds with a loud voice, with a low voice and only in your mind, - on the mental plane. Always examine directly the effects on you, on your mind, your feelings, your chakras, your energy system. Maybe special thoughts or visions come into your mind, maybe you have special feelings, maybe you can feel that special centers, chakras are activated. Note down what you can sense. Follow your intuition and be careful. When you sing a letter with a loud voice then this has in main influences on your physical body. When you do it with a low voice then then influence works on your astral body, your soul. And when you do it only mentally then it influences your mind and mental body. Make several experiments. Probably you will prefer one or two ways of singing.

When you did this, then you can go on with a further step. Now imagine that you are a microcosm, a kind of energetic sphere and sing the letters into the center, into the whole

sphere and look what happens. You can do this mentally and with a low voice. Note down your results.

In the last step you can sing the letters into chakras or body regions where you felt an activation. Do this mentally and with a low voice and note down the results.

Here is the list with letters you can/should use. Important is the right pronunciation. Look for a dictionary where the German words are pronounced in the right way:

E – spoken like the first E in the German “Esel”

I – spoken like the I and the Y in “Italy”

U – spoken like u in the German “unten”

A – spoken like the first A in “aha”

O – spoken like the O in “Obama”

Ü – spoken like the Ü or UE in German “über” or “ueber”

M – spoken like the m in “Obama”

W – spoken like the first W in Willow

R – spoken like the r in “right”

SH – spoken like the sh in “shine”

Special aspects:

E – Akasha – crown chakra, spine

I – divine spirit

U – Akasha, divine self, solar plexus region

A – chest, third eye (forehead chakra), air

O – electromagnetic power

Ü – divine love (Akasha), heart

M – water, belly

W – water, love, the goddess, belly

R – perfection, solar plexus

SH – fire, head

These are just a few hints. You can follow completely your intuition how, when and where you use the single letters. Probably you will experience that the use of the letters has interesting awakening effects on your energy system. Depending on your “spiritual history” it is possible that the letters show great and powerful effects like deep enlightenments, moving out of your physical body, remembering past lives, awakening the third eye/clairvoyance, ecstasies, etc. Just try and see what happens. Maybe or probably you are able to perceive and experience the deeper connections of the sounds with special analogue, corresponding qualities and powers. So these meditations will be interesting. Certainly they are not a “must” in your training but maybe a “nice to try” or in best case a “Thank the Lord that I have tried them!”

Increase your awareness - who is speaking?

Maybe you have examined your behavior or the behavior of others. And maybe you have noticed that it is not always the same voice speaking, that ideas, thoughts, feelings come from different sources in your personality. In fact every main psychic center, chakra has its own voice, its own thoughts, feelings, qualities and also a favorite way of behavior.

Let's start below:

Your root chakra is talking about physical action

Your sexual chakra is talking about sexual desires, sexual attraction

Your navel chakra is your instinct

Your solar plexus chakra is your "gut feeling", but also the child in you. It is the ego which can be good or bad or just interacting with other egos. It is the child who is speaking on this level of the soul.

Your heart chakra is talking about unconditional love, about forgiveness, peace, harmony, etc. also about wisdom. It is your wise voice.

Your throat chakra is always talking as it is its normal function. It is the transmitter, the communicator.

Your Ajna chakra is expressing your will and your

intellect. On this level there is only will and intellect speaking.

Your forehead chakra says nothing as it just receives – higher vision.

Your crown chakra speaks with a divine voice, indeed the divine consciousness, the divine spirit speaks. This means authority.

When you think of yourself and of others, can you sense these different voices, always depending on the situation?

I must admit that I love to examine this. Very nice or interesting is it to examine the voice of the solar plexus. Originally this is the positive voice of a child, playful, loveable, open, communicative, social, etc. but also limited in understanding and easily hurt. When this little positive child is tortured, hurt then it becomes aggressive, ugly, a fighter, sometimes a monster, really evil, selfish. Normally this center receives love and guidance from the heart chakra. If the heart chakra is not awakened enough, then the solar plexus receives not enough love and guidance and can be really selfish, the egoism which we know and not really appreciate. So this complex is very interesting. For me it is really fascinating to hear when the solar plexus speaks as a little child as this shows that the speaking person trusts me completely and opens her soul. Then it is like taking a little boy or girl by the hand and explaining some things to him/her like a father does. And always when I experience this, I see how vulnerable the

little child is and how limited its understanding is, how much love and care this little child needs – in fact your ego needs so much love and care and true understanding and security.

Because of its limited understanding, the child's voice has often irrational ideas or wishes where the intellect is needed to help or another person who explains a situation and can show love and understanding for the child.

This child voice can be found in the oldest people as it is independent from your age. In fact old people get often back to this level. Also the Dalai Lama has a good cultivated playful child voice that connects easily with everyone.

You can increase your awareness and your understanding in a great way when you examine consciously who is speaking, - in yourself and in other person and why. For example the solar plexus, the child is often irrational, - here you cannot help with the intellect. Here others often answer from the Ajna chakra or from the crown chakra – intellect, will, authority – and it does not help as the child is not open for an intellectual discussion – it wants to satisfy its needs, it wants to play or it just wants to satisfy its egoism. So indeed a lot of communication problems come up by talking on different planes of the soul at the same time.

For yourself it is very important to understand which chakra or center is speaking at the moment. Imagine you

have to accomplish a task. The child says "I don't want to do it. It makes no fun." The Ajna chakra says "I have to do it because of this and that." Your heart chakra says "It is no problem to do it. I have the time and the inner peace to accomplish the task." The root chakra says "I have the energy to do it." Your forehead chakra says "And I have the right insight how to do it." So you see there are many different voices and in best case they cooperate or in the normal or worst case they start a discussion. Depending on the strength of the different centers one or two will win. So if your Ajna chakra is weak and your solar plexus is strong then you won't accomplish your work as it makes no fun, even though it is necessary to do. Do you understand? From this problem arises the ambivalence of thoughts and feelings. And not always you make the best decisions because of the imbalance of power/refinement of your chakras.

I, as coach and psychotherapist, have heard amazing statements, - often from the solar plexus, the child, why certain things are problematic, why my clients don't want to do this or that, why things are not feasible. When the child tries to give arguments for irrational behavior then this is always very interesting.

I can only recommend to become totally aware of your inner voices, your thoughts and feelings and also to understand other people. And when you have raised your awareness you should be able to make better decisions,

also to communicate better with others.

At last – we have to establish total harmony among our different centers. We have to strengthen and refine them all to the same degree. We have to heal and clear our centers and we have to cultivate their good qualities. And at last – we have to install our divine spirit on the throne. The divine spirit must rule in the microcosm for perfect balance, perfect order. Indeed we are not foreseen to be slaves of any desires but we are foreseen to be kings and queens in our small worlds, in the microcosm. For the practice this means that you must be stronger than the little child, that you must give your little child, your ego enough love and guidance that it feels good and happy while accomplishing necessary tasks.

In fact most normal people have hurt and damaged egos, little children, solar plexus centers, full of bad emotions, aggressive or sad while the higher centers of heart and crown, of will and intellect are not really developed or refined. So the biggest task is to clear and to heal the solar plexus, the little child or ego, to make it happy and playful again and to refine the higher, divine centers, heart and crown. And when you examine Bardon's first steps – he points directly on the training of the Ajna chakra – concentration power and the ruling of the master mind, and also on the crown chakra – the stillness of mind exercise. The Ajna chakra belongs to the fire element and the fire is the first element which has to be awakened to

awaken all other elements.

Working with the chakra system

The approach with the chakra system provides several different possibilities. The main advantage here is that you can do it on your own without much effort or special skills. The work with the chakras is also very effective.

In main it is always the same technique. You look for the point where a certain chakra is rooted, where it enters the surface of your physical body, for example your Ajna chakra is rooted between your eye brows. Chakras are energy whirls, somehow looking like an open lotus with a stem, the energy channel, entering your body. And where this energy channel enters, you can press short with your finger to cause a sensation of pressure in this point. So here you press short between your eye brows and then you let your awareness, your mind flow to this point of activity. The longer you keep your awareness there, the more you increase the activity of your chakra automatically and probably you are able to feel a certain stream of energy in this point. In the following days of training the energy flow increases and your sensations of activity there. Maybe you can also feel the rotation of the chakra. Then you can observe that qualities, powers and abilities which are connected to the chakra, are increasing, developing, etc. For example when you concentrate on your Ajna chakra, then your concentration

skills increase, your will power increase, your mind is more focused. When you concentrate on your heart chakra, then your inner peace, your inner balance increases, also your ability to love, to forgive, to do selfless things for others and feelings of airiness increase.

As these things are a big topic itself, I have to refer to my books where I have given detailed descriptions of the chakras and how to work with them. Here I give a short overview:

Working with the Ajna chakra:

The Ajna chakra is the master chakra. When you do concentration exercises on this center you can blast all kinds of blockades, you clear and heal yourself on all planes and you support the spiritualization of your nature. The time of concentration must be increased slowly up to half an hour. Daily training with breaks is necessary. The training can take a few weeks, one or two months depending on your individual disposition. Please read my eBook about the Ajna chakra for further information.

Working with crown and heart chakra:

This is in main the technique for enlightenment, for activation of your divine centers of spirit and soul. This will increase your connection to the divine source, your divine guidance and the rebuilding of your natural-divine order. If you like you can get more details from my book about the direct path to enlightenment.

Working with chakras according to the four elements:

This technique is described in my book "A superior technique for spiritual activation, healing and transformation". The chakras are used here to develop the four elements on mental and astral plane in an easy way with very positive effects in all aspects. It is spiritual bodybuilding and certainly good for healing.

Working with all chakras in a cycle:

This is a technique which works with concentration exercises on each chakra in a special energy flow cycle. The point is here that one gets to know the different chakras, centers, their qualities and energies. This technique is described in my book "Preliminary Practice for Franz Bardon".

In conclusion what technique you use just depends on your individual preference. The techniques have all a special focus but they all provide clearing, healing and refinement, - balance. All techniques provide quickly first results. But please understand that clearing, healing and refinement is a process, - a process of transformation and this needs time. Factors are how often you do the exercises, how long each time, what your personal aims are and how your disposition is. So in fact spiritual training, time and results are always very individual. In best case it takes a few weeks and normally 1-3 months. Important is also to increase the training time on half an hour. This has to be done in steps during a longer period

of training so that the energetic system of your body can adapt itself in best way. Please consider that clearing and healing means that old hurts or disharmonies are dissolved and the concerned parts of your soul and body are more active. When you heal something then often the topic comes into your mind, in your dreams, - to say "Good-bye". This is normal and a good sign.

Last but not least – it makes much sense to combine the concentration on the chakras with meditations on the qualities and powers of the single chakras. So for example when you do concentration exercises on your heart chakra, then you should also meditate that your inner peace, your inner harmony and your ability to love selflessly, without conditions increase, that your heart chakra starts to unfold and flourish like a wonderful flower, like a rose or a lotus. When you do this then you show respect to the law of duality, to the aspects of quantity and quality. And this is wise.

(Yogis often focus too much on qualities and missing the power aspect. This causes problems. For example if you want to develop divine love then this is the quality but divine love needs also much energy, quantity and then also structure to blossom in the right, lawful way. So always combine quality with quantity and with structure. To understand this better: Imagine that you want to run 100 meters in under 10 seconds. You can do this directly but probably have great problems because you are not fit

enough. This is quality (aim) without quantity (power) without structure (big muscles). Okay? So wise is to set the aim of 100 meter in under 10 seconds and then to do training to increase your power and to build structure – big muscles for the necessary performance. Do you understand? And the same is valid with the spiritual training. You need to develop all three aspects – refined qualities, increased power and the right structure to keep power and qualities. Your energetic system has to adapt itself by undergoing the spiritual training and exercises to higher, stronger streams of energy, to higher activities of your chakras. And by this process your energetic system builds up the necessary structure for these new, powerful energies. And then it works.)

Prayers and praying

Prayers are something very old, very traditionally. It is a way of communication, a way of talking with God, with angels, with masters, with your spiritual guide or deceased souls.

Many people use only selfish prayers "Give me this and give me that and do it now!" Good or real prayers work a little bit differently. They come from your heart and they are spoken with love and with trust and they are kind with best intentions.

In best case you pray in this way:

Take your favorite prayer position, maybe with the hands in front of your heart or with open arms like Jesus did it or in your individual way. Now fill yourself with light and love and become aware that light and love are filling the whole solar system, that light and love have a great connecting power and that you are indeed connected with all beings of light, with the positive hierarchy, with the Suras, with your spiritual guide, etc. Indeed you are united with the whole creation in a positive, divine, loving way. And what you speak now in your connectedness, what you pray is heard by all positive beings and so they can react, support you, help you. And when you end your prayer then be grateful, thank God and all beings and servants of the

light for their love and support.

So this is a good way of praying. Mechanic, automatic prayers are quite dull and lack of important feelings, of consciousness and so they are not really useful. On the other hand there are also very powerful traditional prayers which connect you directly to certain spirits, angels of the spheres with specific task fields like healing or protection. You can gather the best prayers, your favorite ones for your own individual collection.

And certainly you can create your own prayers. I present here three examples from me which may be a suggestion for your own creations:

“The Father, the Mother and the Son are one. I am in total unity, complete and perfect.

The divine spirit of the Father and the creative power of the Mother, I unite in me. I am one with creation. I am perfect. All laws serve me. Creation supports me in my work. The Father enlightens my spirit and the Mother gives me her creative power. I honor the Father, and I honor the Mother, for I am the Son and we are one.

Father, Mother, I thank you for a happy, absolutely successful and blessed week. I thank you for the divine cornucopia and the support I receive on all levels. I thank you for the divine guidance and the full divine protection.

Dear masters, spiritual guides, brothers and sisters, I thank you all for your blessings and your support in all my

projects, challenges and tasks. Thank you for your love, strength and divine guidance.

In the name of Divine Providence, I thank all beings, for supporting me in all aspects.

Thank you, oh Divine Providence!"

"The Father, the Mother and the Son are one. I am in total unity, complete and perfect.

Oh Divine Providence, I am deeply grateful for a successful, happy and fulfilled life. I am deeply grateful for absolute success in every way. I am deeply grateful for a happy, fulfilled and blessed partnership in true love and mutual respect. I am deeply grateful for material wealth and prosperity on all planes. I am deeply grateful for the complete mastership in magic and mysticism. I am deeply grateful that I am allowed to take part in the great opus to honor God and to serve the development of mankind.

Thank you, oh Divine Providence!"

"The Father, the Mother and the Son are one. I am in total unity, complete and perfect.

Oh Divine Providence, I wish all those who suffer, who are in imbalance, who live in the spirit of separation, who are in distress, the divine mercy and love. May they receive enlightenment and assistance for their situation. May they receive the strength and knowledge to alleviate their suffering and improve their situation. I wish all in need

and suffering divine blessings, happiness, joy and health. I wish them all divine enlightenment, harmony and peace. May the Divine guide them the right way. May they all receive divine abundance, live and bloom in the spirit of unity. I am deeply grateful for your blessings!

Thank you, oh Divine Providence!"

Comments:

In the first example you can see that I focus very much on the idea that God – the divine father and the divine mother – are one with me – the son – for a strong connection with God, real unity, as this makes all prayers more powerful. When you are a woman then you are certainly the daughter of God.

Then you can also see that I pray like it is all already given and done, together with deep gratitude.

I also ask only for positive-natural things like progress, blessings, abundance, success, true love, happiness. I do not ask for a big car, much money or something like that. When you have needs and wishes then try to see them from a higher, spiritual point of view and then create a fitting prayer. So for example if you need a car then you can ask for a good car which fits your needs. Things must be feasible in general and they must fit to you, to your personality, your life, your situation.

When you ask for others, for healing, blessings, etc. then think about what they really need. We often have the

tendency to project our own wishes and needs on others without asking what they need and want. This can cause problems.

And last but not least it can make sense to ask for those who suffer. I have written a book about “Creating the Great Happiness” and the “Prayers of the Buddha of Compassion” where I explain more about the loving and caring attitude of a Buddha of compassion. Indeed you can make yourself happy but when you make also others happy then you experience the “Great Happiness”, you understand that you are a part of a greater whole and when you show love and compassion to the greater whole then you receive love and compassion – give and receive. Creation is no place for egoists. Creation is based on love, on the idea that we all are members of one big family – brothers and sisters.

I wish you great experiences with the creation and the use of your own prayers. Enjoy your spiritual work.

Karma yoga – divine service

The more you make progress on the path, the clearer you understand that you are a part of creation and that all parts serve the greater whole, so that creation can serve all parts in return, - you and the countless beings of creation. It is the principle of love where one cares for each other. Only this principle of mutual care and love is lawful and brings real happiness. Mankind is one big family and creation is one big family. We are all interdependent. There is not a single one without dependence.

Karma yoga is originally one aspect of Maha Yoga, the great spiritual path of Yoga which pays respect to the five elements like we do in your magical/mystical training. Karma yoga belongs to the earth element and is all about selfless, altruistic service. In the aspect of spiritual development, karma yoga dissolves bad karma and all attachments of the ego which leads to real freedom and enlightenment.

So you can use it to support your spiritual development, for your mystical practice. On the other hand, karma yoga is the natural behavior of all initiates and adepts. All initiates serve consciously the spiritual evolution of mankind and creation. There is not a single true initiate who serves himself as he lives in the natural-divine

abundance and enjoys his personal freedom. All initiates follow the divine plans for the spiritual development of mankind. They serve as teachers, as models, as initiators of new movements, as healers, as authors, as supporters, as inventors and so on to give new and necessary impulses.

In conclusion what is called karma yoga is the natural-spiritual attitude towards mankind and creation to serve with love the greater whole.

When you serve others, other human beings, other creatures, nature, etc. in an altruistic, selfless way just because you feel that it is right and good to do so, then you receive the love and care from creation in return. This is the law of love. This means that you receive blessings and support. And it also means that you can dissolve your bad karma by actions of selfless love (good karma). This means healing, a deeper balance, harmony in your soul and in your life. This means also that obstacles and blockades dissolve and so a better life and a better progress on the spiritual path are enabled. And certainly when you do this, then enlightenment can be a gift, also special abilities can unfold. When you care about God and creation, then God and creation care about you and you receive many gifts. This is love.

So it is good to develop a kind of altruistic service without asking for any payment, just doing it in the name of love. As mankind and creation are in deep needs for any

voluntary help they can get, you will find easily a task, project or movement which fits to you and your interests and abilities. It can be small. It can be simple. It can be big. It can be everything – it is just up to you. Just follow your divine intuition or ask God to guide you to the right task. And certainly you can define for yourself how much time and effort you can and want to invest into your divine service.

Maybe you decide to do something for your neighborhood or you take part in a spiritual movement or you take care about the nature and the animals in your area or you care about people in need or with diseases. The possibilities are endless. And maybe you find like-minded people where you work together on nice projects which brings a lot of fun.

So become aware of what YOU can do to make this world a better place and how to support the spiritual evolution. Then you do a lot of good for God, mankind, creation and yourself. And you will experience how the good things come into your life to make it happy and blessed.

And don't forget – you should do your service consciously. This means every time before you start your service you should do a short prayer where you dedicate your service to God, to the divine principle of love and the spiritual evolution of creation. Say that you do your service with love, with best intentions and ask God, the angels and your spiritual guide for blessings, divine guidance and support

to achieve the best results for your service. Then thank all from your heart for all their help, love and support. And if you like you can thank the spiritual realms for everything after your service. Certainly these prayers always depend on the kind of service but you will find the right words for your purposes. You will see how satisfying it is to do something good for altruistic purposes.

Karma yoga is a true mystical practice and all about love, compassion and true care. Enjoy it!

Special mystical healing meditation

Healing belongs to the most important topics in the spiritual development. I want to show you a very useful aspect of healing which comes along with a higher understanding of yourself and God.

Imagine that you are a father or a mother. Your little child is playing in the garden while you are sitting on some distance watching. You can see your child but your child cannot see you. Your child is completely occupied with playing, it feels good and everything is alright. Although there is a physical distance between you both, there is a connection of love which provides many good feelings. Your child feels safe, feels being loved and protected, nourished with all it needs, it receives everything to grow and to unfold its personality in a balanced, in best way. This is good and natural.

Now imagine that your child becomes aware that you, the mother or father, is not there. The child feels disconnected. Fears and sorrows come up. It feels abandoned, left alone, without love and care. It is a real traumatic experience.

In normal life you see this and immediately go to your child to show that you are there and everything is fine, that there is no need to worry. Right?

Now imagine that you are this child, that you are playing

in creation. At first you feel that everything is okay as you are very busy with your games. But then comes a time where you feel, where you know that you miss something, where you feel somehow left alone, abandoned in a world which is not yours. Something is missing. The love of your divine mother and father is missing, the connection is missing. You are not at home, you are somewhere in a foreign place, far away from your parents. You feel sad, maybe devastated. You feel the deep need to reconnect, to find the way back home, to get in touch with your beloved ones, your brothers and sisters. And because living on your own is hard, you feel a lot of pain, frustration, anger, hate. You are in agony. But in fact your divine parents are there and they watch you and they send their love endlessly, permanently to you, but you can't sense it. You just feel alone, abandoned. And you are searching everywhere to fill this hole in your soul, to satisfy your deep needs for love and connection. You search the whole world but all you find is not enough, is not satisfying. And one day you come to the spiritual path and then you know how to get home.

Can you understand this little child, left alone with all its anger, all its fears and problems? It is you or maybe it was you. And now imagine that you are the divine mother or divine father, sending permanently your love to your child and watching it. Now imagine that you manifest yourself so that your child can see you and that you both can embrace each other in love after a very long time of feeling

separated.

Please imagine that you embrace this lost child, that you embrace yourself in deep love and that this love dissolves all the pain, all the bad experiences, that this divine love heals all wounds and gives new life, new vitality to the soul of the child. Try to feel this love and healing to the maximum.

Heal yourself by embracing the lost part of yourself, the abandoned child which was not able to sense and to receive the permanent radiation of divine love from its parents.

Meditate about this.

APPENDIX

SURA – The International Theistic Federation

I come from the spiritual realms and I have dedicated my life to the spiritual journey. I have sacrificed a lot for my spiritual progress to gain wisdom and enlightenment, to unite with God in all his virtues, to understand the human nature and creation.

It was always my highest ideal to take part in the great opus, to serve the divine plans and the evolution of humanity.

The earth is indeed a big kindergarten where human beings play and behave like little children, – often not knowing what they do. They lack of knowledge, of wisdom, of maturity and they are too selfish to care for others. If you leave little children on their own, disasters are going to happen. Little children need good teachers who really care, who are compassionate, loving and wise but who are also able to show the limits and to differentiate between good and bad behavior. A good teacher supports the children to learn self-responsibility, responsible behavior in general and that everyone has to take charge of his own destiny.

So in fact we can only change the world to better if we provide all necessary information, teachings and abilities

to our children. Education is the major key to serve the divine plans for the spiritual evolution of humanity.

This approach is the key idea of SURA – The International Theistic Federation. It is in main all about education – information and the differentiation between light and darkness, good and bad, truth, half-truth and misunderstandings.

As the name already says, it is an international movement which supports the theistic idea that the main aspect of humanity is unity and that we all come from one divine source. This unity is underlying the diversity of cultures, religions and traditions. If we want to solve the problems of today, we have to remember our human roots, the unity of the human family. We also have to restore the natural-divine order. We have to clean, heal and refine all aspects of life. And this is the aim of the association. Under the name SURA we gather the light, the spiritual souls and enlightened ones beyond the limitations of religion, culture and tradition to initiate worldwide altruistic projects to serve humanity, God and creation. The name Sura is a term of old India which means the beings of light in the spiritual realms who serve consciously the divine being. All true spiritual seekers and enlightened human beings belong to the Suras. We stand for the principle in light on earth.

A single person cannot do much but when the light is gathered it will be a spiritual fire which enlightens the

world for a better future.

The basic principles are: We renounce artificial human ideologies and instead we orientate everything on the absolute, – the divine virtues of wisdom, omniscience, all-embracing love, eternal life, omnipotence and cosmic consciousness and in second on the highest human virtues which have been honored throughout the human history. This simple and clear orientation is an aspect of the universal teachings which emit directly from the divine source and underlies all relative human teachings in all religions and spiritual traditions.

This simple system represents the natural-divine order of creation and is easy to follow. It is only a question of maturity and initiation to choose the right path and to make the right decisions. It is indeed a question of your own capacities of thinking and feeling. Everyone can ask himself, if something is wise, if it corresponds with love, if all necessary information is available to guarantee success, if all principles are respected, etc. The differentiation between light and darkness provides clarity to make the best choices. Ideologies and selfishness can be uncovered easily. Decisions have to be comprehensible.

On this basis people and projects can be supported for the benefit of all. On this basis we can support the intercultural, interreligious exchange of thoughts, feelings and opinions. Real communication can take place. We can meet each other from all parts of the world with respect,

with appreciation, with love and understanding. We can be one family.

Besides the chance to initiate projects and to meet like-minded people in an international frame, everyone has the chance to enhance his understanding of God, creation and the human nature. Everyone can enhance his individual religion, spiritual tradition or training with useful parts of the universal teachings. We all can compensate what we have missed so far. We can become complete. We can develop ourselves in best way according to the universal laws. We can release what hinders us. We can heal from misunderstandings, lies and half-truths. Indeed we all have the chance to blossom in all aspects of our personalities. This all at free choice with full respect to the individual needs and wishes.

It is foreseen that SURA-ITF will grow to a really big movement, setting a lot of good seeds in all countries worldwide for the benefit of mankind and creation.

I hope you become a part of us! We need you!

In love, light and service,

Ray del Sole

(More information about SURA-ITF are available on our websites, in the Sura Statutes and the "Sura Basics", a collection of explaining articles.)

Epilogue

When I finished this book I asked the spiritual realms if there is any topic I should add. And then I got new insights about what I should talk about. And I have asked again and again I got new insights and this was going on over at least a whole week and the book became bigger and bigger. I guess you will benefit from these ads but you see what happens when you ask the spiritual realms – extra work and extra hours.

I hope that this book about mystical training serves you and that it is able to enhance your spiritual development. May this book be a useful inspiration for a happy, spiritual life and may it help you to unfold your divine nature.

I am just a mystic, in love with God, united with the divine spirit. Maybe we meet one day, maybe at SURA-ITF to celebrate the brotherhood of mankind, to celebrate the divine all-embracing love which unites all of us beyond all differences. I hope to see you, my Dear sister, my Dear brother. Let us work together for the true values of wisdom and love, for the healing of mankind and creation. Let us serve together the divine will.

In love, light and service, - always!

Ray del Sole

Contact

Dear Reader,

if you like to contact me, please regard the following:

I can only provide answers for genuine spiritual seekers on the path – not for curiosity. Before you ask me try first to answer your question by own research as many questions of beginners and advanced students are already answered in my books and in the recommended spiritual literature.

Please respect that

I have not much time for answering questions. I am very busy.

I do not provide any magical help in any case. There are others who provide direct support.

everyone has to go through the spiritual training by himself as training means a deep transformation of your personality, - there is simply no alternative. Discipline in training will let you reach all aims. Practice makes perfect!

I am not interested in joining any kinds of circles, secret societies, brotherhoods etc.

I am a genuine servant of the eternal light and only responsible to God, not to any kind of limited religion or human interests.

If you are interested in taking part in altruistic projects led by me in the future then you can mail me your name and email address and I will inform you when my projects start.

Please join my spiritual association: www.itf-sura.org

You can also join me at facebook.

Please mail to: raydelsole@yahoo.de

Thank you for your understanding.

In love, light and service,

Ray del Sole

About the author:

Around the age of 7 I have decided to dedicate myself to the search of wisdom and the understanding of the world, - of the principles behind it. I wanted to know everything about the “Why” and the “How”. I remember that I was ready to sacrifice secular things only to reach my aim. I have proclaimed this towards the sky as my conscious knowledge was quite limited. Today I would say that I have made an oath to the spiritual realms. It was on the schoolyard. The wish for wisdom and understanding was indeed my driving force which let me study all available knowledge throughout the years. There is nearly nothing what I haven't studied. I have spent endless time in reading books about all kinds of topics to increase my holistic understanding of the human being, mankind, creation and God. I have read also dictionaries. I have discovered very early the problems of the materialistic-atheistic philosophy and the science which is based on this world view. In my youth I thought that people were just too limited in their understanding and that they would only need good teachings. I was quite idealistic these days.

The more I have studied the spiritual teachings, the more I have understood that wisdom and knowledge are not enough, although they can be seen as the crown of

development. So I have dedicated my life to spiritual progress. I have practiced Yoga teachings for concentration and meditation. I did a lot of experiments to understand the practice from all kinds of spiritual systems. And one day I have found Bardon's book "Initiation into Hermetics" which made me very curious about the teachings of a magician. I had so far a quite bad feeling about magic as I have read fairy-tales and legends where magicians were in most cases very dubious or evil beings. But my curiosity was strong and I bought the book. Studying Bardon's teachings unveiled for me the spiritual depths of the holy science he called magic. I was more than grateful to be blessed with such a comprehensive knowledge, showing the path to the highest peaks of spiritual development. So I have started the training to serve my aims.

Since my start with Bardon many years have passed and I know that there is much which can be learned and trained. His revelations are not meant as a crash course of a few years but as something where you can invest your whole life and more. Besides the training I had to manage big health problems from a pneumonia which nearly killed me and effects from injuries from former incarnations were hard obstacles on my path. I have needed a lot of years to restore my health and my level of performance to good degrees. On the other hand these problems have led me to comprehensive studies about health, healing and spiritual healing techniques. And besides these things I have

invested a lot of time and energy into my education and further training. I have studied architecture, industrial management, building biology and -ecology, pranic healing, hypnotherapy, coaching, psychotherapy and past-life-therapy. Meanwhile I work as a psychotherapist and hypno-coach for life and business. I am grateful to be able to help people to dissolve old karma, to improve and to balance themselves and their lives.

Looking back on all these comprehensive studies I know that they were not only very interesting and useful for me but that they will serve my missions, my work and very well the management of our community with all its projects. For example I am quite skilled in project management – I have studied it three times in different frames. It seems that I am something like an eternal student. Last but not least I felt the need to write about my insights which made me publish several books about spiritual topics and recently also a blog on wordpress.

I always feel a deep desire to help my fellow men to save precious time and to save them from traps and mistakes. This is the reason for writing so much. The kind reader will forgive me.

My nature is progress, - pure progress. Everything I do is dedicated to progress, my own progress and the progress of mankind. I am a servant of spiritual progress.

The name Ray del Sole has a simple meaning: I am a ray of the sun, of the divine sun. Not more, not less. Just a child

of God, a conscious child of God.

So you know some things about me, the founder of SURA-ITF. Maybe I should say that I have lived in several foreign countries in my youth which I have enjoyed very much. The diversity of cultures, traditions and nature is a wonderful experience. I always love to meet people from other countries and so I have been enjoying my work in my spiritual group, later in the SOLE Community on Ning and now in the SURA-Federation.

Many years of spiritual service and training are ahead, - years where great things can be accomplished, years of friendship, joy and love.

I am looking forward to the future.

In love, light and service,

Ray del Sole