

*A Buddha
Was
Born*

*A Lighted
Way
The Spiritual
Garden*

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Synopsis

All people are born are light in human form, and potential Christs beings or Buddha's. But few are those who visit the Plan's death, and in consequence thereof return life to tell this testimony. In this remarkable work as well as in all others, the author and writer have revealed knowledge gained not only experience but also the last in its previous Incarnations. Again it serves their own abilities to narrate the birth of a baby simply like many others, that the life that led attains full enlightenment in his lifetime, thus becoming a living Buddha.

After all the works ever written, leaving many people incredulous with their contents, while others make use of them as self-help or personal development, or as a point of having ascended into the Spirit World. Whoever knows the earlier works, only one might expect this to be an enlightened book like this?

Because all beings possess a Sacred Garden ended in his heart, just by opening the eyes of the Spirit to dazzle more colorful and starry. But for this there must be someone describe how it is possible to anyone who feels the sacred calling, to get rid of the last frontier of human thought, leading to surpass herself and to discern for itself its Real Spiritual Garden, coming one day to achieve the so desired Ascension into higher level with respect to the Universe, and so one can become a self or Holy Buddha and perhaps a living God.

Grateful you all

Part 1

The Tempest

It was a stormy night it rained very much, the thunder shook the earth accompanied by large lightning that illuminated all their forms electrifying. One of them was felt so strong and so close that all the houses on the outskirts cheered, it seemed that the World would collapse. People prayed to God more credulous or Ms. Fatima, so that time to subside. But this was not so giving you to God so that confined them. In these houses lit by an antique oil lamp, was a woman with some already advanced age to give birth to their first child.

The pain has long been made to predict the birth, but when the waters broke and that was worse. Not giving time, and time did not allow otherwise would be coming to this small World. At that time it was customary for older people, who already had children in such cases be helpers of the newest. One was precisely the neighbor who lived next door, called her Aunt Belmira nothing belonging to the family. The mother said oh my rich aunt Belmira help me I'm dying. Which answer, you will not die no child, because God is with us. And this time it is happening is the testimony the own before this Holy Birth.

It is what this winter's night between screams, blood and tears of the mother, taking with just a bucket and a bowl of water and some towels to clean the blood. In addition to his hands and ancient knowledge, could help give birth to a new being born already wide-eyed. Unusually at the time, was little more in the middle of the nineteenth Century.

The mother felt that something had been torn from within, exhausted and sore but somewhat relieved to have already fulfilled the mission of giving birth, that child without having wished, by virtue of being a sexual accident. He came to feel faint so the effort spent to expel the baby, and because he failed to drive out some debris that was still inside. She fell asleep! But after some time coming around, he noticed that everything was calm and felt excruciating pain in her womb, and was involved in a Turkish towel with legs overlapping not to take more blood that belonged to an internal hemorrhage.

She was dazed and confused, he asked in a trembling voice low and husky Aunt Belmira what happened?

The witness of all that had happened he cried!

Do you remember the bad weather increasingly got worse as he approached the moment when the boy was to be born?

Answered!

I have a vague idea!

For with much effort and pain do not you realized that soon after being born and when I could indulge in my hands, he shouted so loudly to breathe for the first time, towards the window where you could see the lightning completely illuminated the room through curtain, which as per your order immediately it was calm as you can see.

At that moment the cry was higher than the Lightning, making me vibrate with him also that for some almost dropped.

Although you did not have full consciousness of what was happening, that it was a unique moment in my long life that has never felt and witnessed. It was as if God had just been born and sent to silence the entire Universe came to watch his own birth. Now what asked the new mother?

For the rest but now I must warn you that the boy will be very restless.

And that since he was born until recently kept moving the eyes, seems to want to understand everything that is happening around him now.

But he already has his eyes open Belmira aunt?

The eyes open and well!

All my life I have helped and attended the birth's as you know, that has not been so few; I've never seen anything like it! And I tell you to throw it more; I never felt something like, a vibration coming from his little body that I went round from head to toe. At the same time it seemed that enveloped me in a beam of Light. You have here a nice guy. Congratulations!

And something tells me it will be different from others, I had given birth or who are helped to be born. It makes me have the feeling that he already knows what is born!

Well for now continues to rest with the Angels. Come on now talking about you, exclaimed Aunt Belmira!

You had an hour long and a very difficult birth; I was gone see this for the better but always trusted in God to accompany us to the three. And here we are!

I do not know, since repair for you just cannot move much and you are all bandaged from the waist down. You have internal bleeding and I do not much I can rely on. The boy is good and completely free of danger, but you have to be treated in a hospital to get you out yet you still have something inside you to need stop the blood.

For being so there is going to call the fire department.

Said the mother!

Aunt Belmira immediately picked up the phone and called the Fire Department asking for an ambulance. Then the middle of the night when everything was quiet only saw huge puddles of water on the street that reflected the moonlight. They heard the distant roar of an old engine of a car, which he entered the road that connected to the house, the light from his headlights mirrored the torrents of water that ran through the edges of the road.

They have arrived, said Aunt Belmira!

They who asked the mother still dazed.

Who would be the fire brigade!

Mother and son were transported there to the nearest hospital. Upon arrival were immediately separated and the mother watched. After being out of danger had to be hospitalized, and he handed the baby back to breastfeeding.

In the days that followed the baby sucking but never felt satisfied. And then cry with hunger. Then came to find that mother's milk was not, only more or less water not quenched the baby. Then someone who had also given birth at the hospital and after giving to nurse your baby, noting that he still had some milk in the breasts, gave the baby crying for mama.

Since then all other new mothers followed his example, they also offer what was left for their anticipated future life.

Then the baby began to take another color for the children. When was the hour of the breast, he even guessed a bit before you start. Were it not for your little ones eyes give this signal through a brighter glow, which would disappear as it would in other nursing mothers who were offering him the breast.

Until one day the good feeling of walking in the nursing mothers of the other ended. He had been given discharge the mother. Although he was one winter morning more resembled a beautiful spring day. The rays of the sun seemed to be more welcoming to be small, in the form of light that penetrated through the branches of shade trees that lined the garden of the Hospital.

On that day the mother returned home with the baby in her arms. But after reaching the baby was hungry already started looking breast, the mother's womb, but that did not give anything. Aunt Belmira it was the closest neighbor, was there helping and teaching the new mother, as she had little food, through other foods that could replace breast milk. They tried to milk powder, but he rejected the cow mixed with water to not be as strong, took the same path. And the child continued to cry with hunger. Until after fifteen days after its birth when the mother was preparing to eat a bread soup, the baby began to look at the plate and began to lend an air of grace. The aunt Belmira who was nearby noticed and told his mother not tells me that the boy wants to wake up?

I'll try said the mother.

There was seeking an empty beer bottle and a teat which served to feed the little's kid when they were separated from their mothers (goats) for their milk is sold. And so there bread soup introduced into the bottle and put the teat gave the baby that sucked all so comforted.

Who would have exclaimed Aunt Belmira?

Never seen anything like this with only two weeks and already eat bread soup! Well the future was beginning to emerge for Jose, that's how we identify. With the offer by the grandfather of a goat newly calved, to give milk for the little things started to improve even more.

Until about six months of the way who was not very strong but energetically so after drinking a bottle of beer, milk and finding that it contained nothing more to eat. That flung her against her mother's head, which went crashing through the floor is starting.

This was his first major revolt in a gesture felt in action.

The mother in turn with a lovely bump on the head distressed by the loss of the bottle and suffered with pain, still got up the guts to sing him a lullaby to sleep. Starting with the bottle that bottle called, had no choice but to pass the spoon to feed him.

Part 2

The Clairvoyance

The guy there was growing healthily before our eyes, but his figure was clearly that of remember a little Yogi despite its two years of age. Everyone kept on touching the felt even more so, because it was not immediately accepted by his father after his birth. But despite playing with what was offered him, and that he discovered through an attraction he had for certain specific things. It was a life of toil and sacrifice for his mother to maintain, because she does not have an appreciable health. His maternal grandmother already of advanced age contributed what they could. Stone had a sale of vegetables to the public. But profits were few who came from their meager sales.

Times were hard, all the pennies were counted. Little Jose from an early age accompanied his grandmother there such treks, everyone who knew the caress enough, because the boy after getting speak quite early, but with his grandmother. What was the person, with whom he most identified, understood and satisfied in their still small knowledge needs. And the sympathy that was felt by both there was no need of many words. But for those outside had to develop quite early this ability to express what he felt and needed. As him begin to develop speech began to give evidence before the people closest, certain capabilities that only exist in some adults, rarely.

One was that he loved to play when someone including his mother would say something; he tried to cover her mouth to say nothing.

And she asked him why?

And the little man replied.

I already know what you'll say! He exclaimed.

And she asked him what it was?

He replied that he was always smiling this or that, so always correct in their perception. She did not believe this to be possible for the little she had to be given to the World.

His grandmother that was so nails him with meat. Because your Spirit was more turned on and awake to these things Sacred. It was she who took the call to the evil eye of envy or ill people, who sought through water and oil followed with Catholic prayers as the Sun, something that was free of charge.

It was felt that this was one of their obligations to others, besides containing also the knowledge of Clairvoyance, which applied only for your personal or family. As time was increasingly coming to realize that there was a grandson who could give him some of his knowledge, which ended in its deepest depths.

Because the facts together before his birth that she had previously thought. As anyone who saw time his coming to Light of the Moon and the World. Or the fact that his daughter have commented just after birth, because she heard the older people, wise and experienced tell you, if you ever hear the baby crying inside you never told anyone. Because it means he has Special Gifts. Listen, shut up and feel what he has for you because he wants to communicate with you, and can do it in the form of crying. And the child was heard by his mother that way.

As he grew up he was becoming increasingly different from the other children the same ages. Even before starting the primary, he looked older people to talk, socialize and learn whatever it was awakening to its attention. Thus already had great conversations with these people without losing the thread, which led him to feel while chatting, some health problems that people are still unaware of in them.

But he was not alone out there. Went further and penetrated the Souls of those people who felt they were faced with a strange kid who has not read or write. But he spoke and made him feel so grown enormous knowledge of things from beyond. Some were amazed, did not believe in anything other than the kid said. But later had to give to fess up because of what he observed before, and telling the same for that event.

Well there was obliged to go to school to learn to suffer!

Because it is too attached to the principles of those who dealt with him more, that was exactly his grandmother, who gave him all the love that a human being can offer to another. This felt right from the first moment after my foot inside the school, what would be a real pain in all aspects to it.

They were ancient and moralistic people lived to the base of wedges. As the boy did not have a wedge in school. The same felt thrown into a lion's cage like a piece of meat to be devoured. In addition the environment is to cut with a knife and ice cream both by the teacher, who beat more than taught. Who had a long-cane from India who had a thimble on the tip of metal that was used when the guys a little distracted in class, and it did wake up to this physical reality that everyone tried to somehow avoid.

But this was rarely possible due to the vast years of this barbaric practice that had developed over the years that he taught. Without having to get up from your desk chair, agreed with exact precision at the top of the jig head with the tip of it. Such an act so inhuman was felt that the head was cracked in half, producing a hollow echo and painful, leaving their brains to swing completely, as if they wanted to jump out. Besides the horrible headaches that made him feel!

The others all older and repeaters with two and three years of delay, also made his delight to the young and beautiful example with the famous teacher Gaeiras. The kid was able to survive there before all those fine novelties, which were presented under the guise of education.

Lead of the first primary in part with the help of his mother, who was illiterate and tell the teacher if he does not want to learn beat him hate her ass. For the poor was not new. Due to its beautiful mommy does not feel or understand that the kid was a little different from other children.

The solution to his lack of appetite as a mother was just one. Beat until you drop, but not with the hand she said that was hurting him, but with a saddle or a bent hose. That was the way the mother pours the bad heart that had given birth to whom. Yes bore! Because at this time due to the poor people, who expect to have a child, were rated on a par with animals that were pregnant and later gave a birth as boy or a girl. While wealthier people in Society, or were pregnant or of hope, and they would give birth to a boy or grill.

Still, the great protagonist of this true story, never lead beyond the first class. Later when he went to third grade teacher found a very nice, with which his mother gained some confidence through private gifts that her would offer.

It was a quite in vogue at that time for those who had no clout, indirectly, to think of a little extra help, especially at the level of evidence. Well at least this teacher was a little more human is not applied to the cane-India., but wet soup at your leisure, a pretty accurate feel for his pupils.

His favorite subject carrying religiously in your home directory, for this purpose, it was about two feet in length, a width of four inches, and a couple thick solid oak wood round at one end where it was taken up by hand to have a perfect handling and a complete mastery over their application. At the other end stood out a small hole, which in principle do not quite know what it means. But after that is expected to have the privilege of experiencing the first time. We already knew what its purpose was. This utensil was used to warm your hands on the coldest days of the small and red-hot in warmer weather, anywhere in the body.

If called rule!

How does this kind of teacher that his mother saw as such, was the introduction into the subject in school through this rule?

It was the simplest way in the World!

She had a rule in the classroom that each error was entitled to a bonus of a ruler in hand.

So every mistake, every rule!

This rule applied to errors that were daily massacred students psychologically and physically crushed. Stretching the so-called works that were taken to make at home and present them later in the day. As that in the course of the day was the kindly correcting the defenseless students were called in front of it. And after giving them a great first washing the insides, they commented that the total error was x what if the little Jose as a rule were always enough. Due to turn over the Nature of Real things of life than the constant onslaught of those matters that he is not felt in terms of affection.

Unless the reading aloud which was always done standing, with book in hand to listen to the whole class as well, and had to echo.

It was one of three things he loved learning in this institution called education. That the only thing I had was that as the walls and recreation. Because the fact that right from the first class learned to master this technique of communication perfectly, due to the vibration that the words contained. Giving him the freedom to feel and identify them as part of her being, long before he was born. The second was related to creativity, the so-called crafts. Only by talking and interacting with physical matters too, in which was completely absorbed, that when he was somewhat startled by some noise outside himself or by someone else. This is frightened and seriously hurt many times without realizing it or having some pain. Only when he saw the blood is that it became aware of what had happened.

The worst pain that existed for him was that he was suffering through the psyche, an unorthodox moral, which he tried to instill in the Spirit. Or cries that gave him in the form of communication that did vibrate a lot in their magnetic structure, coming to feel destabilized and hurt in their humble as well as physically intimate. The third matter was that which was given orally, or dictation. Because it preceded the words that the teacher has dictated before they are expelled through the mouth. This reading he was unconsciously led him to write faster than others, staying always waiting for the next word that entered the mind of the teacher to move to the role. Only this form of writing was unfortunate for him. As he wrote across the message that the teacher received the Spirit, he wrote that message quickly, not letting lose the real meaning of the texts, but had some spelling errors.

It was about these goals that the little Jose felt wronged, because for all that he had written with such love and dedication and also understand in his little mind, that the general context required that the saying was perfect, for the Spirit to bear witness to a mind-reading of others, just based on the total of all the words that form a text, and never one in particular. As a general rule was every mistake every rule. The teacher just filled his belly with delight.

She was even comprehensive!

And always ask, before you begin the fateful scene of the distribution of rules.

In which hand do you want? She asked.

Rarely beaten only one hand

Then it said before undergoing such punishment!

Can be divided he exclaimed!

The kind there took the fingertips so that the hand was not to escape out of the classroom. And there before the little Jose would be tiring to remind you that physical body had to take a beating. What unfairly he accepted wholeheartedly and with a slight smile on his lips, in the form of forgiveness for those who will materialize the Spirit, through the rules that made him a terrible vibration in its magnetic field.

The millimeter far such holes made by an expert in the art of carpentry, said colleagues who were to increase the pain, but he just left him for several hours the marks on the palms. Very similar to those that some older monks and lamas present at the top of the head, after the marks of burning sticks, as a sign of having passed a test of total ignorance, for what felt burning at the site. Such that after having passed the marks were marked for life there, as the meaning of higher beings, in terms of Spirituality.

Part 3

A History

But because everyone likes to hear a good story based, and real as anything that has been written so far and will continue to be until the end of this Book, I'll tell you a story within this story, totally real and no spines.

The Jose as a child was frail, but very hard physically, with a great inner energy which was provided by its advanced biochemist. Do not require much power to keep. Only sporadically fed! He felt that the sun and the air fed in its entirety.

But your mama thought as the boy did not eat enough, and it was hard to learn what the school taught. I managed to disenchant certain vitamins in some place-based snake oil, which was just mumbo jumbo that sellers who were known by the same name, who preached for an object without conical lid and bottom. Also equal to the sellers of the tongue-in-law entailed the back to be heard far away. Who walked around the area for the children to go buy that dry mass of coiled rod-shaped little taste, and did stand out a little taste of cinnamon.

Well through certain purchases made between the mothers of these snake oil salesmen, selling some little preparations recommended for humans, and possibly take some animals too. And pharmacies for the kid increase your mental and physical appearance was forced to swallow this mess against his will. Until around his nine-year-old came to bear fruit. After walking with the some witches, and they also sell their junk for cash in addition to the consultations. And the boy did not improve in any way, with a severe abdominal pain that was felt increasingly stronger on the right side of the appendix. The kid now eats just started to eat less, twisted on it with constant abdominal cramps and huge.

Until the mother took him to hospital where he had been years before suckling at the breast of the other mothers, the medical service after palpate the painful part of the little guy, and biting his thumb to extract her blood for later analysis, quickly came to the conclusion that seriously affect the small and the endangering of life, the problem was diagnosed fashion at the time when there were those symptoms.

They call it acute appendicitis. That the determinant of such had been the eating of such products recommended little or nothing, which had been forced to take unconsciously by his mother for some time. And the body is not getting rid of them altogether; some of these wastes were deposited at the end of staking intestine of the same name it starting to rot.

There the boy had to be operated urgently.

Although he had been given a general anesthesia for this act, the body does not completely accepted although it was insensitive to pain, and was not part of the auditory and sensory. Because I heard somewhat blurred the conversation that operators and assistants, held on various new models of cars that had just been manufactured and made their appearances in the arteries of the city of Lisbon. Some of these models, the medical staff already had, while a cut baked here and there, as if you were to sew a fact.

They were keeping a chat about these majestic machines that pollute the environment. The kid never slept while remaining ever conscious of what they were to cut and remove the staple and later as two sheets of paper if made his thin skin.

For about two weeks he remained in hospital to recover from the suffering. It was a niggling an adult ward, which to keep them all busy including Jose, had the obligation to accept a huge bunch of gauze cropped, which was distributed by the nurses to go until they are doubled with an aspect similar to that of a I think that later were collected for applying dressings and bandages.

This is when the boy picked up a large fear!

Had disappeared a thermometer had been placed in the mouth to check the temperature. And by seeking out and glaze over all, said apparatus stubbornly refused to give sign of life.

It was then hypothesized much to the dismay of Jose that he had swallowed. And that in turn would have to be re-operated because the hospital needed that thing with mercury and numbers. Coming up later to discover that thing was hidden in the middle of the gauze and bandages. Phew what a relief!

Well this was the introduction to the real story in itself!

After his discharge there your mother brought him home almost to the neck, because of their mobility is not much?

Passed then three weeks from the beginning that the general suffering that the boy was put to the test! At the beginning of the fourth went to school there, with great difficulty, still walk and move, but was forced to go there.

Now the boy because of his absence during that time was outdated before the matter that led the colleagues of Forth. During that week he was forgiven all the mistakes of schoolwork that was due to his medical condition not are most suitable for external abuses, standing only a few attempts by the kind of you to change the functioning of neurons.

On the last day of this week, it happened that the teacher to apply the rule of each error to a colleague each rule, the rule slipped and hit against the desk was starting up. Well it was a feast for the whole gang! And as Jose had no malice and was frank, immediately offered his help to fix what happened. Putting it was soon available to the teacher recognized his skills in crafts in wood, are available. To make a new rule this week-end, which was already better in terms of postoperative recovery, he agreed right away. Colleagues are that, coming later to join him to put him in the line. On that day when he got home and told his mother the good news she was so proud, his son has the ability to produce such a thing of torture.

Right there and chose a good tablet like the one that led him to make the mold. There has been applied in heart and Soul to produce a similar piece in perfection. Just did not make such holes. Why was it marked the skin and he did not like tattoos. In the evening of Sunday afternoon's work of art was completed. Then back to school the next day there took the gift with care to offer the teacher, to which he received and thanked and immediately taking the same test to the air as if it is a sword to behead someone. While other colleagues looked sideways at him, the teacher praised him as an example to others to follow in the future. Then again thanked the masterpiece sending him to sit. What he has done slowly because of its difficulty walking.

The teacher!

Handiwork of the boy's home, in single file the gang stood waiting to deliver them to the teacher, the trouble was the last to deliver the same.

Before lunch time the teacher could correct all the work, and apply their kid's maximum penalty on those who gave so much pleasure. X errors that guy rules, get ahead in which hand do you want? And bam never missed a ruler.

Jose followed them only with a look of mild head through downtown just to see them pass, as it is thought that this time also remained immune for that is still in recovery, even with some steel staples to join her thin skin to keep in your guts out. Adding the fact that it still had the brilliant idea, and have offered and made a work of art that was cursing the day they were born.

All had the textbooks, there were only missing the artist.

Jose!

Called the kind, and he immediately felt a huge thrill to go negative him from head to toe. It was the sign that the body gave in confirmation that the inhibition had to be punished just for him. What in your intimate knew the fate that would have equaled that of his colleagues?

Yes lady teacher?

Responded immediately with a trembling voice!

Get up and come here! She said.

Even with extreme difficulty there crawled to the presence of the teacher.

As asked him?

Why did not you do your homework Jose?

With eyes on the ground and choked up because the words insisted on not wanting to leave, but with great difficulty him managed to say a teacher.

Because I did not make the rule for you!

And his eyes began to fill with water and tears started rolling down the face going to crash at his feet. Due to the revolt inside he felt at that moment, to the person who looked more like a giant who prostrated themselves before him, to try him as a criminal if it is.

It responds immediately looking at the whole class.

Let this be clear and serve as an example to all. The rules are to meet and nothing else, or anyone else can never be forgotten.

So Jose will not take rules!

The kid of the eyebrows immediately rose.

And then felt a hand grab her teacher and being almost dragged by picture slate, which stood on the wall behind him.

The kind raised his hand in the air above his head causing him to spin around on it as if it is a dance. And every time your tail passed within reach of the rule was there that she worked out. At that time he just felt the spin as an integral part of it, ignoring everything and everyone. His Spirit left his body completely at that time that seemed to have returned to find himself with the Eternal and the time to let it exist. Just come back to you as the kind of teacher pulled him by one ear and shouted in his ear, making it vibrate more body little.

Can you hear me or not?

Then he opened the small eyes there already completely dry the tears which had earlier tried to tear the heart. And he answered with a slight characteristic smile and looking at it right into your eyes, penetrating them and to reach them through their Soul.

And told her, just like previously said to his mother!

Nothing that makes me suffers unjustly. Because I'm untouchable and I don't admit that as force it, because this is not my World.

The teacher looked to Jose up again from top to bottom, and those words touched him so deeply in his heart, the tears started coming to her eyes, and said to the kid to sit down.

And she also did the same.

A silence reigned over all.

That same day when the class was over she called the little Jose with her, and after they leave the others apologized for what happened and promised that he would never rule in life. But just would continue to maintain as a sign of respect. And told him to give the message to the mother because he needs extra classes to pass this school year and the mother is not able to pay. He could go to her house a few days a week; she would give the explanation of grace.

*And he accepted and spent the year. And never was molested by
that person who had done much harm to him and your colleagues.
And became Mrs. Professor
That in the same house was just by Paula.*

Part 4

Astral Travel

Due to the sensitivity that little Jose had for the harsh World in which he lived, was very easily given to fainting in very adverse circumstances to himself. Even the air he breathed, he left to be completely pure, he stood to his feet simply fainted on the floor dead. On one such occasion when he was sent on an errand to certain drugs, upon reaching the threshold of the door and showing an air mutt that came from the inside out, fell slain walking on the sidewalk where going to hit his head on a limestone more insolent. First felt his head spinning like a top to be. Then he saw a thousand and one, color inside your head. Then a number of bright stars against a backdrop of a crystalline light that shone through it all inside your head. He saw his color cord that connected her Crystal body physical to the Soul; it was already used to seeing him in the waking state. He was almost transparent in this Cord, the moment that his Spirit came to earth to be incorporated within the mother. Everything was light and silence in the Plan where it was. He can see through the Spirit your little body lying on the ground as blood poured from one of his temples, in gushes of dark red color of some stones that covered the sidewalk, going to infiltrate the joints of sand. He noticed that then began to gather people around your body, lying on its side and the watering hole where the blood dripped with vinegar to stop it.

Then a smoker present withdrew from his pocket a box of papers make cigarettes, took a few and applied on top of where the blood started to decrease. By this time without feeling any pain, his spirit was where he wanted to see more closely what they were doing. Then descended the Silver Cord and found him a few meters above the physical body.

That by this time they were to raise his head slightly to the bandaged with a strip of cotton cloth, taken from the hem of a skirt that one of the ladies wore, after the smoker who seemed more knowledgeable person in the case said! Now that you stop the bleeding, we must turn back to you sooner rather than later.

But someone asked!

How will it be because we do not by their legs higher than the body because the blood does not go for the head!

Figure Color Crystal Oval's unlucky; he was face to face with your own physical body, when the owner of the drugstore said hastily. I go there to seek alcohol as he recovers the senses!

So after a while was going to smell that thing giving the Spirit of the hideous little Jose began to re-enter the physical body as if something was to pull him inside. Then he began to feel the body to vibrate and the blood through her veins. And a horrible headache as if it were a watermelon that had fallen to a considerable height, shattering on the floor turning into a thousand pieces.

As it was opening his eyes began to see everything cloudy and hazy. The man said the shrouds!

The boy is small but it is hard, already showing signs of life. The best is now called the mother!

Said the lady who had arranged the ligation of her skirt brown, but the mother who thought the boy was taking too was looking for him. And when he saw immediately available for comment before knowing what happened, so reprehensible as if the kid was guilty for what had befallen him.

It's the same thing, for anything and everything collapses. Come home then she said, and thanks for the aid said good afternoon and turned his back carrying the little Jose by the hand, with a new turban on his head again.

After a few days as possible to heal the wound, as the boy climbed to the rooftops in their eagerness to catch the Sun as God brought the World. Since he was little people thought it amusing, seeing it go up and then undress and lie down on top of a card earning the Sun's rays.

It was the way he had to join the Light whence it came. He could stand still for hours sometimes with eyes closed or open, playing with some elves and fairies who passed by and they would put to him. Or gazed at the sun watching the colors change their ways is hallucinating.

That was a game he loved to do when he was abandoned and in sync with the sun, feeling the heat to penetrate to the skin cells leaving a trail of get a sense of well-being out of the ordinary for many people. What was normal for him he was not a child of Light?

He felt like a battery that was being charged by a solar panel, all that energy go after him all the vital body relaxed so completely forgot that the World he lived.

Also played a lot with your Silver Cord that connected the physical body to the Soul, even with eyes open could see his movement from one side to the other, or when only fixed the blue of heaven and stood out of your color Cord Silver that had fed and Spiritually.

So the path from your body into a twisted round like in the old oil lamps, outside Visualized two small wires more like two lines of dark-colored baking, one on each side that more resembled as pants with cuffs. This Cord that more resembled a cord umbical was Silvery on the outside, except for the two lines and let loose inside a core of very bright Gold color. As a way of fun putting this vibrating Cord so that your body vibrated up and levitated a few inches above the roof, sometimes only remained to observe flocks of storks mixed with gulls, up and down around it to each other without touching the air due to its magnetic field. When run under the Sun completely stopped up the more it seemed that the night had come early. When he was a little more at night other beings of Light who identified the colored light emanating from all of your physical body and Aura bright, the challenge came to play with them. As the elements that abound in Nature as were the case of fireflies, and other small photon of Light

The Sun dawned their first rays of light after a dark moonless night, a few more sparkling stars sent their light giving the feeling that something beyond the freshness that was felt in that part of the Earth, the little Jose was unaware that all this height, or he was not a travel Sidereal.

Yes but rarely sleeps during the night for short periods of time, remained on the alert in what was happening in the Astral World as a guardian if it is, often in the company of friends in the full form of Light that also played with him when he was awake. With or without those friends rose to the Sidereal World, traveling either by Road light with them empty or full of the Universe without any fear of what would be. For these paths Cosmic color glossy ventured now looking for their real essence of Crystalline Light color and when found is completely involved with her in full bliss.

The physical vibrations were far beyond any human thought, and this form of involvement identified the source of light which he had taken shape before, when his Spirit Incarnated in your body.

In this Light source delighted in indescribable feeling to most people when told after returning back to the physical body and the comment for some persons, but he did not mind any of these negative comments that him made. Passing in a way to feel that more should be spared in terms of telling the adventures that happened in other Worlds to those less incredulous, so quite often resorted to his maternal grandmother, who listened and felt strongly that his grandson told him the whole truth, that she too was knowledgeable as a child but kept in strict confidence, just telling you that single grandson who was the son two times. Jose described the places as went and where he saw and felt in the Sidereal Worlds. So completely and in detail without giving time to think or doubt of what was what was reported.

Passages were always well described what he witnessed that these Plans had nothing to do with the 3-D on the Earth.

His grandmother was amazed by these stories real, about their exploits in Astral travel. Commented that he had gone to the most inhospitable places on Earth and also remote without getting out of bed or the rooftops.

José Cruz

Other times he felt his Spirit to wander over ridges, hills, valleys or Oceans, as if it were a bird, while feeling a metamorphosis as it belongs to and is part of Faze colors that lit up the Universe everywhere he saw through his Spirit which flew by.

Yes it flew!

Part 5

Overcoming Self

Because when you just wander into the Astral Spirit eyes have the ability to view what is perceptible to the Spirit. And in this Plan is the Spirit can move faster than the speed of the Light because it is made of the same Light, and it exceeds the speed of thought is faster than the Light Give your great versatility in is able to move in any Dimension or Plan. You see that when a site especially if you want to stop for better viewing, just like you do when driving a car, and stops when you want to see anything closer detail.

Likewise you can also qualify the human Spirit as a vehicle in which people can move wherever they want, without tolls or fuel costs.

Thus the Spirit while traveling in the Astral when you feel attracted to something just stops and after Space View the entire site, then undertakes the descent of a particular site, which may even be the Earth or whatever.

You can then look at things and people most of the time without being noticed, to acquire knowledge of what other beings are doing, then after returning to the physical body to put into practice.

Other voyages are made only by the feeling of visiting unknown places, or other people or beings that live far from where they are physically. It's like a ride that will always give you want to visit someone who lives far away or who has died. Although Jose was learning as he grew up, came into existence more questions after the physical disappearance of her grandmother.

As from that time around eleven years old this experience, because in old times his Spirit has had some many hundreds of years due to the same immortality. And having no one to turn to or trust to tell what feeling and experiencing the Spirit, then turned to a search through the secular basis of information contained in books on the subject, that it was extremely difficult to achieve by his ignorance own where you could find something to answer many questions that his mind was beginning to ask. To address some of these studies, so humble when dealing with others, but mainly with the older age already well advanced. Without making known their true essence and that it intended the dialogues he had with these elders. You tried looking for them not knowing that it would increasingly grow in the bowels of the mind.

As he grew up and having already acquired adulthood came to the conclusion that although he held that contact with these people, some very wise or tried to pass that, that they lacked the ability and knowledge to clarify the doubts. And the contrary is that he began to feel that people came to meet him, through him to take many conclusions that they themselves did not have the ability to achieve for themselves. Thus he found himself without giving weight to such advice and through its noble purpose free, just because he felt that this was the way to help.

Was incredibly, just a kid that age studies have as a 4th Class, know as much about psychology or even parapsychology and the things belonging to the Holy Spirit Human, all on the tip of the tongue better than any multiplication tables.

Until adulthood continued to make their experiences physical or Astral always with the aim of developing itself more capabilities to those already possessed.

In the physical, put to the test both body and mind, so that through the power of the mind conditioned to your physical body needs more private that it needed. He felt it was his Spirit that it demanded such sacrifices as a means of purification.

How to spend long periods eating only the minimum for maintenance of the physical, or go for months without going to bed or rest. In addition to the hard work that began to develop his social maintenance before starting the work of the various professions that was acquired, was born just before the day rowing competition which took the championship in the National Title game. After developing the work that took a hard profession rough carpenter works, both the Sun as the rain and after nine hours of work, presented in a gym where he practiced Weightlifting, where he learned to master some of the specialty Portuguese and Russian, to massage the physical bodies of athletes.

Using both hands or feet, putting them on top of them who presented themselves in a position of lying face down, preferably by applying their feet on the column exerting all his weight on them, who clicking vertebrae as rotten boards were when they step and leave, returning them to put in place without any pain.

This was necessary after the training loads of repetitions of weight lifting that after the end of a workout came to several tons, and had to replace the vertebrae, bones and muscles in the right places. Later he developed several techniques to straighten the call stickleback fallen, both in children and in older or sick,

About strenuous activities for yourself, just wanted to overcome himself, but nothing that made the tired from doing abdominal hours straight in the higher realms, or take the sludge from the beaches, or stand still for hours in a static position a scorching sun or intense cold nights, learning and developing, improving more and more capabilities to the resistance greater facilities to the harsh World.

Because when it reached the maximum of physical and mental dexterity, his Spirit just abandoned his body was in motion or static failing to feel any pain provided by overexertion, heat, cold or rain, leaving only rose in complete abandonment of the body left to itself devoid of the Spirit, like a walnut shell was empty.

Even when him have a accidentally hurt felt any pain, for example at a time, moved the heart of the box two fingers to the side and continued to work without pain. Only when the body is blocked after a few days and noticed that it was not so good.

Or when he jumped from a great height and stuck a pin in one of her feet that walked in and came out the soles of the feet, the blood was immense but the pain did not exist, even when set foot soak in boiling water to disinfect. Such was his temper.

After developing between various military specialties for two years as a hunter jumper who was precisely one of these specialties hunting men, felt that this was not the life for him. But not before he had traveled and participated in several exercises abroad, accumulating experiences of feedback not only military and civilian, not worth listing them here because for the most sensitive people might not feel so.

So step forward!

Returning to civilian life, tried to be as it was before he joined the army, in other words, wanted to go back to feel the same way as a boy and wanted everything that him could offer the Society with the effort of their work, while a boy feel.

But this has not happened because him gave the troops around the core so that only after two years and have just completed a left end fulfilled, that he began to realize what had happened with him, and until point had been left to handle the strict military regulations which had been exposed.

He felt that all those skills that had previously developed, had been completely erased, leaving him only a small sensation in the form of flame that lighted him from time to time the Spirit, which over the years have been increasingly extinct, only getting a tiny point of light that was rarely visible.

Part 6

Combat Ration

Then about twenty years of age Jose, due to some kind of food will often unworthy of the human body maintenance during the term of military, and because your body is sensitive enough to eat canned foods often, dated twenty years ago more, which had already come and gone as the Overseas War leftover calls combat rations. What before seemed more open covers harmonics, came to going up and down. And once opened can't never knew what it contained inside, because that is transformed completely in liquid. This is happening in terms of survival in the bush.

Like drinking his own urine when water was scarce and placed a small white pills, which gave the name of L. M. (Military Lab) that was provided for everything and anything, when there was pain or infection, or in this case these are placed within the LM canteen which was usually used for water, but the lack of it is urinated into the same, and then put the famous tablets, which were immediately boiling the urine as it is a kettle on when it begins to boil, which was subsequently ingested as liquid to quench their thirst.

Or in the barracks before they go on trips to the bush for several days, was given something in food that whatever it was had a bitter taste, like water, juice or wine, which when ingested or vomited was then, when it does not happen, was with horrible stomach pains, and later to annihilate this cycle of being poor, there came the honorable L.M. But it was the way it was the result was always the same direction inside the head as well as the physical body. All of it vibrated what we call nervous hoops, and the head looked like it was off the body. Just identifying the whistles of the commanders who so often passed on his orders, making you feel any human being below what he was born, if what I mean.

Jose and colleagues endured this entire head always held up as Green Beret, who for twenty-four months was always voluntary for that entire he could make it necessary, always with a perfect score. More is not counted due to more sensitive readers, and this is not the issue that this book proposes. So that part is closed for ever here this past already very outdated and forgotten by Jose. But it should be noted also that not everything was bad, learn many things developing and meeting others.

So in terms of registration was only light these passages, some of which looked like one more way Sacred also what Jesus had to walk painfully making all the stops to become a Christ. Or even as the principle and others who walked Siddhartha also suffered so to reach full enlightenment of the Universal Being in Light, which became known as one of the Enlightened Buddha. Or that other saint does not pray but the History would be go to the fire, but also they all have the same trials, but often differently. Such suffering only serves to learn more physically, because it is only through suffering that human beings learn, and after gaining this awareness is starting to grow spiritually, in search of the Secular way to self-treat appropriately.

Uniting all that the Spirit will evolve over time, which was on the pretext that he came to earth incarnate in a human body.

The time as each one often cannot choose the easiest path to achieve their highest intentions in all aspects of life are presented, Jose without realizing that the size was affected in its full integrity, both as a human being as Spiritual. Unconsciously so when he had developed a stomach cancer, reflecting the fall is part of the hair, and sagging skin with just a touch for it to be more sensitive, becoming completely open wound. He had poisoned the whole body and what could be seen on the surface, looked like a map to this form of sort, having no resemblance to someone who in ancient times was crucified on a cross, which still insists on remembering the World through each the role of mass suffering, to the butts and other followers, which is nothing more than continue to feed that suffering with these people, who lives with well-sustained, that many of them just look for these religions a little support or knowledge Spiritual.

But do not take more than the life of this unconsciously sacrificed, in the mind instead of some of these religious leaders, conveniently assist these poor Souls wandering to discover for themselves the true path that will wilt return their basic essences. Being through this form, giving up what many cures of many religions, require these lost Souls; do not be for more than fatten them materially and physically in this passage on Earth. Through the tithes and other, which become richer? And these poor misguided souls remain the poorest in all aspects.

These souls will have to gain Consciousness only by themselves and leave these flocks, and pass only and only to live in harmony with themselves and going to be pastors themselves. And just rely only on them to feed the Universe at all. Thus failing to live up to them tell tall tales and discover the truth for them, and forgo trying to live and suffer what a crucified, lived in times past, as well as others. And let their Spirits come to a head this way to stop living in constant agony both for the lives they lead and create, sometimes unconsciously or so they think that is conscious, but more is no more than an illusion created by mind, and nurtured by some greedy leaders.

So look for the religions within you, because you do not bring these troubles, or have to pay tithes for fattening of others, eventually cease to live on what many of these religious leaders want at your leisure.

Replacing such a way to live in chains for a freedom that your own Spirit deserves

Jose with physical health problems that so desired could muster in an unconscious way, not simply appeared in the following few years a few more little thing to be entertained in this regard. Then came join the previously described diseases, some arthritis in the hips that made it impossible to walk, they invited him to go the knife but he refused categorically as had previously done with stomach cancer. His body was mined without Jose understands what was happening in reality with him, he continued to make your life normally but so elusive, just tried with some more effort than before.

Bone problems were increasingly coming forward but were diagnosed with multiple spinal problems focusing more on the neck, not to go into detail again was invited to the knife. To this it has added a few famous tendinitis in both shoulders that forced him finally to a complete stop your life for a while.

By then he was forced to turn to their conscience and inadvertently start looking for everything that was to give up his body and eroding the Spirit you will not let him go further.

So did a retrospective about everything that was happening, without ignoring the sufferings also since left the army which had left deep scars in your mind forum. That because of this brought him some troubles as many depressions and a few brain exhaustion, what did completely forget everything, and when he got his eyes closed through horrible things they did wince in order to put further at risk the overall health of your parka.

He will not go ahead this passage describing mental suffering that led almost to the madness of Jose, because otherwise could be turn this book with testimonies of the Holy Bible any more than to portray a past suffering, the people and the World that are completely filled. And not what this book proposes is tasked to give an example of a human being like any of you who passed by now, but as managed to overcome all obstacles that he sought consciously or unconsciously, as well as those without look also came to meet him.

As a way of your Spirit rise to a higher plane of Global Consciousness. Let's just get his testimony own name and accompanied by many people, making faith and truth in everything that presents itself as a palpable reality, as in all the books ever written.

Part 7

The White Planet

After Jose begin to feel increasingly difficult to follow the course of his life in a healthy way, and finding that the drugs he was taking for his supposedly solve or mitigate for what went on general health, or the many different therapies and physiotherapy that also led to an ever greater suffering. By that time felt then as a click, you raise awareness, that only he alone is the same way that they admitted all the evil that he persisted in the physical and mental, that would also have the same ability to withdraw completely and heal itself. When you begin to feel that they can begin to unravel everything that he brought the wretched deplorable condition to any human being.

No longer had the sense to identify himself and now begin to dig in its intimate, how to make to survive through what deceptively created through the mind, and start to live in complete freedom with his Spirit as did was a child.

This was one of the connections that began immediately, which had suffered and still continued to suffer, seeing several times at his side of Death Scythe to mow his life. But he always refused to feel right there in your deepest intimacy that the moment had not arrived and the mission that brought him to Earth would still have to meet before leaving it.

By denying death so many times and madness too, felt a new being begins to immerse himself in it, that more was not that his Spirit was returning back to command your whole Being. This way he can see that had to move on to ignore all the pain, and felt mental and physical, and solve the problems that burden when he became the physical body for its continued life, would have to be overcome in terms to once again have the same mobility that was when a young man.

It was the dawn of the morning when the writer sat in practical terms to describe what had happened during that night. The Sun was beginning to show its first signs of his presence Honorable, it preceded another hot summer day. The writer where he was to write this book while Jose was going to dictate, other than that it would hear the chirping of bird's small, some Turkish doves and occasionally appeared a blackbird friend, wearing his costume gala black and yellow beak, who came up with a French window, and pecking the ground were the remains of small seeds and bread. That almost ended when entering the home or threw themselves against the glass door, flapping their wings to attract attention.

The dogs that amounted to safety during the night also lay nearby, also beginning to catch the early morning sunlight to recharge the energy expended during the night. One was completely black with the name of Black because of their color, animal to weigh out there a good seventy pounds, a Castro Laborer that its size had nothing to do with his heart full of tenderness, just loved to eat, barking loudly, sleep and party for whom do that.

The other friend gave much smaller for several names; the main Flinstone was due to have been born between some rocks and fine sand from an existing well in near. This race belonged to the friend Marialva, the yellowing and curled tail, could be considered that this was the head of another, because it was always the first to give an alarm signal, it immediately followed the other, that when he ran, until they do, felt the ground vibrate.

They were great friends and they were beside the other one looked like a dwarf and giant.

But ahead!

That night Jose who just went to bed for some time to rest his body, due to much longer will have lost the habit of sleeping, he was wandering in the Astral through the Spirit for hours. But sometimes spent some time due to accumulation of energy that was charged to your physical body, the place where he slept was full of static energy, and that it put into vibration the physical body. Oh if he wanted to continue the journey, would have to get up and continue elsewhere.

He lay on a carpet of red cotton color because that keeps the body warm, and cover over with something light.

Because when the Spirit leaves the vehicle or the body to the Astral Plane that cools devoid of the Spirit. After retiring in body position, that is face up and arms at your sides with palms down, closed the eyes and breathe deeply for three times, then Visualized all the energy centers from the ground up from the top to bottom, following the departure of all the tensions of the physical body. After being completely relaxed going to feel the blood and vital energy to go throughout the body, then began to denote the auric colors that are projected inside his mind as if it is a TV screen. The colors presented themselves in a circle, which rose vertically from the enteric body to the Astral Plane. Because the human being has three bodies, a physicist who is the flesh and skin and bones, the second is that the enteric energy, and the third the Astral. Colors that were presented on a background indigo around like a fried egg to visualize where it ended and started the enteric auric colors, these in turn disappeared through the indigo in the Cosmos. The preparations were made for the trip, he felt free like a feather that hangs in the air aimlessly. And began to travel in the Astral, the bag of bones was no more sense, and the Spirit began to rise higher.

He could identify the extent that it amounted small points of light and the higher he climbed, the more it looked like bright stars, as often when looking for a moonlit night and Fallen Stars come in Astral also happens the same, that give a great sense of not being the only ones traveling this Plan, being able to cross the Stars and other Planets without any difficulty.

After walking some time wandering among the Stars piercing and some Meteorites, due to travel on Higher Consciousness and the eyes and the Spirit, which is composed of Subtle Energy Cosmic, everything can go through, as if a ghost it be. One Planet began to marvel at the Infinite, was huge and round and completely white.

It was the first time Jose had seen, all colors Cosmic left behind, and only exist in a Crystal blue Planet around this unforgettable. Slightly reduced the speed of thought that is lower than that of light, in order to better appreciate the distance that beauty rare white, which surprised him.

After his Spirit slowly began to fall as if it were a plane, and that whiteness that before looked more like a gigantic ball of cotton in the distance, was to become increasingly approaching Earth on a fully formed only by ice .

Jose approached over there to hang widened at the sight. Huge mountains of ice spectra with huge upturned white unpolluted, and lower down the display, he may find that a clear yellowish stood out more about certain funds, which gave a resemblance to the rivers on Earth. For there he continued to search White Planet in hopes of finding some form of life. But there was nothing more to see than that pure whiteness.

The morning was to draw near and thus awakening was happening in that part of Earth where Jose had left his bag of bones before departing for Astral.

With the awakening of the people and animals, the Earth begins to have more vibration than during the night when it is at rest. Thus the traveler feels any vibration in your Silver Cord, inviting him to return to the physical body. Realizing this call cast one last glance at the White Earth and undertook the journey back to his bag of bones. Very slowly Visualize your body of upper, lying on the red carpet, and began to descend slowly through the Silver Cord, because so slow when the Spirit re-enters the physical body, not back ailments.

It's just like when a Plane descends to land, if it lands softly, passengers do not even provide for it. If it is a more rough may feel nauseous. The same goes for Astral travel, both from re-entering as should always be done gently.

Here is an important reminder to people who have heart problems!

They should not try to make these trips in any way on health risk, Because you never know what may come to find, although they do not hurt. Only it may be surprised with many realities that never expect to find. So refrain from this or look for someone qualified trust to accompany these trips especially in the first steps, because after mastering the technique is easier to drink water because it is not spent any effort. For the traveler is just a mere observer in nothing can touch or change and that just brings up memories of these trips Astral rich and unforgettable.

Part 8

Energy Rebalancing

Travel outside of the body was the only pleasure that Jose had in life beyond Earth. Because no pain and when I returned to the physical body had been renovated with new energy that helped him keep his life. At the same time felt their energy centers that were previously locked up, thus not passing the energy due to the cells that feed the body, which thus dragged the body and mind to making a living death shine all deaths, and keeping Spirit atrophied.

When you first become aware that something is wrong in any of the three bodies, any dysfunction or blockage of energy that exists, automatically continue to spread further to other organs and parts still healthy.

Thus consciousness is the great driving the stop due to strong enforcement of Spirit over matter in this case is the physical body. The spread of evil but the evil remains stagnate remaining in itself, so you have to be removed so aware because it was previously created unconsciously.

Because we assume that a person ignore the evil that is suffering, and systematically keep the food, however much they say you should not do this or that and that he is aware that this will bring more harm, that person way is to be Aware.

Because if it were to do nothing and ignore the background signals that perfect human machine gives you, to call attention that something is going less well in these various forums humans. Thus after having awakened to block any energy, it must be accompanied by consciousness as much as possible. Because it is only through it and through it you may begin by the beginning of a path that will lead later to a full release at whatever level is. Thus the small energy centers located one on each foot, which did so much harm over Jose due to lack of a perfect blood circulation and energy, made him feel that feet and legs weighed like lead.

Earlier this malaise was done through small feel itching in these areas to the hips, was the beginning of the veins and other subtle channels start to become more clogged, that over time the legs began to swell and start to take a darker color, due to poor circulation. That way leads to the development of so-called problem of uric acid in the body, continue to ignore it begins to gain lime in the bones, especially in the joints of the body. Who continue to ignore can lead to severed in many cases these weaker members.

Jose as he walked overshadowed by the mind took so many drugs that are not true, but after having awakened to the reality that afflicted him, slowly began to leave these prescriptions come to exchange them for more natural products, because it is common knowledge that any drug is good when not natural to a particular organ but in most cases does harm to others.

Then he through meditation that increasingly occupied his life, began to question the power of the Universe as it should radiate that bad which was already eroding the bones bend making rickets, as if he had a very advanced age, because everything was in complete break bones were visibly showing their deformities that were presented from head to toe, which gave the impression that walked by wires attached.

So in these meditations he was informed that such evil could be eradicated from your physical body, changing food habits and starting to eat more healthily and Aware, and all day taking the equivalent of three cups of coffee (espresso) a day of pure seawater sea, but who is unable to access this exists magnesium chloride, which causes the same effect but must be described by a person having knowledge of such. This saltwater will clean the whole body of impurities contained in it, and out forth below.

After about a year after starting this treatment Jose eradicated this problem completely. After this problem solved Jose began to feel that their Conscience led him to take note of the first major energy centers of the human body, as all are circular in shape, and which exudes energy that spreads in the area fed by this Chakra.

This Center located in the pelvic area, brought him many troubles when he was out of harmony which was most of the time.

They were very strong pain that he picked up the lower parts are more than five minutes remain standing without stirring, until the point of feeling a complete numbness there, and then sharp pains that sounded sharp knives that penetrate from the bottom up, bringing a huge discomfort of excessive heat that seemed more a huge blaze.

This Energy Center located at the base of the spine; it is through him that is generated all the physical strength that man needs for physical and reproduction of the same species.

Thus when in disharmony may feel a great need to externalize this energy contained in that location, through brute force physics, and in the love always feel great desire for intercourse.

The way Jose discovery to relinquish soothing drug which had been taking for years, was to exchange the drugs which came to numb the mind and the body rot, for natural foods that contain the same characteristics in terms of relaxing at the same time the fed as well as other actions that led him to relax more and that way let it run energy more fluidly. One was the lettuce the other royal jelly and others of the same class. Is now more in communion with Nature, walking barefoot whenever possible feeling the earth under the feet in walking, because that way all the excess energy is discharged to earth, and when it was also put in too much in the same hands, the floor.

By these means, and joining the passive meditation, lying on his back, eyes closed in a position of Christ, totally relaxed view this area of the body, felt and saw more and more energy to circulate more releases and unlock each Again this area, that after three months was completely normalized, it brought back old feelings of well-being as a child.

Increasingly being rediscovered through meditation and the questions put to the heavens for the same, and each passing day felt better as it would apply these new terms of experience, which increasingly moved away from what seemed a period survival endlessly from top at Earth.

Another Energy Center shortly after the descent was Umbical Basic.

For this center is that it should spend the majority of energy that defines the decision-making in all matters that any human being will have to take. When harmony is not passing this energy decision-making, transforms everyone's life a living hell. First there is the call begins to fluid retention, which can be solved by drinking plenty of water smooth and fresh food to the base of vegetables and fruits.

In addition, the person begins to feel when it comes to conditional decisions, or at any time want something and then want to follow another, and often without knowing what decision to make.

Thus leaving the person drag the problem, more will start to feel a lack of self confidence that in time also leads to begin to undermine self-esteem. To prevent this happening must resort to consciousness and begin to adopt a selective and life as healthy as possible. In order to regain self confidence back, you should slow down the most of the accelerated pace of life it takes, and start slowly taking small decisions, more and more aware, and get used to be increasingly just to begin to reconnect again with their spirits, as when he was confident, just by going to let things go normally, without losing sight of, but without being mixed with them. Because all things that are beyond anyone not part, of itself, is that many people (think) said yes, but to remind those people who were born without any material when you leave and take the same as when born, will only part of it are nothing but illusions that one goes through the mind leaving you create when they are not implemented, to keep stress to lead to bigger problems.

Another Chakra soon after stood more or less in the stomach, and identified by the name of the Solar Plexus.

Jose had several conflicting situations characterized by a malfunction of this. Because this center is the regulator of body temperature, and in harmony, so quickly did feel a cold chill through the body, or an enormous heat that seemed that it was on fire.

To overcome this, back to the previous criteria on the wheel of healthy foods, and it is noted that all the energy centers have a base color, and so when you feel one way or another that are in harmony, it should if you consume more natural foods as mentioned previously, and the same with the same colors corresponding to these energy centers, because will be taken immediately enforce their qualities about this center, which in turn after passing through the cells will change the functioning smoothly.

Later on will describe the colors of these energy centers, and is then only necessary to assimilate the food, looking through the colors; the breeze is most people are unaware that the human body works up very simply in total perfection.

What if this center is already known that when there is excess heat should be given fluids and juiciest fruits or vegetables, and when the body cools will have to look the other way round, warm water or warm fruit such as bananas, but never in excess?

Another center that also very moved to Jose, was the Heart, which has nothing to do with the heart, but is near it is often influenced by the heart muscle.

That with regard to matters of love!

Why is destabilized when the person often loses the ability to love both you and others, and then sit between the sword and the wall so to speak when it is attracted to these symptoms, whether or not to take into account what feel.

Because on one hand can be attracted to someone physically, when it is, is part of the mind, but when it is simply to be attracted by something more than make you feel good, then it is matter and the symptoms that come heart, and yes it is these that must be taken into account, and not others that are created by the illusory mind.

The good recovery follows the same in terms of previous termite food, but here will have to give up certain things, for example, that also do harm to the proper functioning of the heart. It should always be possible to catch good air and hiking or other sports without being too stressful.

It is advisable to also practice some meditation by the time they think is best in a quiet location. And so in truth to question what they feel about someone!

A little further up is in another region of the throat energy center, known as the larynx, which for some years choked the voice of Jose and the power to communicate with others.

He felt to express themselves to others, but the voice was often retained and thus lost the courage to start an initial conversation. But soft, soft overcoming this difficulty has been through some insight, and a few choice words to give a sum total of what he wanted to express. By this point his voice began to change significantly due to long hours spent in deep meditation, in various asanas. That through these techniques, which initially people are beginning to release the physical body, rising above the Astral, breathing rate, low enough just breathing is the minimum to maintain the physical mechanism at work and nothing else.

That as more and more develops these techniques, anyone can spend a few minutes without breathing, in the case of Jose came to reach between fifteen and twenty minutes.

Because the brain that made the cycle can lower the minimum, and we can thus only breathe through the navel that connects the physical to the Spirit.

Jose to have mastered his breath, and through the Energy Center View this combined with a lot of meditation, which was sometimes inert for two or three days without moving, he can remove a stain that had lodged in a lung due to an intoxication, years before that almost made inoperable left lung.

Hence it increasingly began to feel your vocal cords changed from having a more serene and gentle voice, accompanied by a certain vibration to completely unknown to him before, as well as to others who knew and dealt with it.

Rising more than a little in your physical body Jose, as he slowly unlocking all the energy centers, increasing energy rose higher up, then began to feel increasingly itchy on the forehead, the site where the houses Third Eye Chakra, the center is one that when fully unlocked, allows anyone to have the capacity to see your own Aura as well as the other animals or things, and reading them. It also relates to clairvoyance, and movement of objects.

This center is fully up and running, brings a lot of discomfort because of the fact that energy and blood circulate in very different channels, then originates in the area of the head which is the second last to be released a higher concentration of them.

So Jose felt his forehead burning completely, even the same skin color changed gaining scales that were later disappearing, or itching in this huge central area, which should never be tempted by some scratching, if it costs more to go this adjustment in the body due to new energy.

To this is due rather to meditate a lot, and for those who still sleep must sleep the most. Because of rebalancing is more difficult than you can spend, because the membrane that hides the Third Eye, is being banned from the center like the drop of a veil.

The itch that nothing else can feel that vibration is sent through the Universe, which to connect with the person, more thrills in this most sensitive area, that depending on the acceptance of what the universe sends you may take long or short.

Everything is bearable to humans because it just sends the Universe that can support and nothing else is that some people (think) they cannot and are stunted and bad livers, turning to other ways the darkest, or getting in the middle feeling confused.

Finally, every human being is possessed of an existing Chakra at the base of the same ever, the so-called Conorário; the Energy Center is one that requires a connection to the Cosmos, Universe or God.

When you pray or you want to connect with all or apply Telepathy is through this center that makes the connection.

Jose left him about it over many years almost completely closed. Because when that happens the person fails to keep in touch with yourself and thus with the Universe, and then feel a part of it goes lost somewhere. Only with a slowly reopening of Consciousness for this purpose is that everyone starts believes and recognize again the Cosmos as absolute Lord of all including him.

When this center is one of harmony as much as we want to believe in something higher, it becomes extremely difficult to just believe in their physical and intellectual abilities, not on anything that belongs to the Sacred.

With great difficulty Jose was admitting that there was again make it flourish, something that had so long been buried deep in his heart so forgotten. As you learn one language and over the years by not practice, this will be forgotten for lack of practice. He once again managed to overcome a difficult stage, as well as all other gradually. We used a variety of resources and techniques to reach the top of him, and after checking that the Universe was there all the time and that was part of it. This was overcome only by himself, will base a lot of passive and active meditation. Due to an extremely troubled by his very strong biorhythms, but when God makes the call to anyone, whatever barriers were unthinkable to any human mind, they only go beyond just giving up.

As pointed out earlier, here are the colors of the foods that should be taken in compliance with the various energy centers.

The colors of the foods you should eat the food wheel called, must match the colors of the Chakras, for their release, as well as a good physical maintenance.

Thus, the Basic Energy Center will have a correlation predominant color Red!

The Center is governed by Umbical the Orange!

In the center or Chakra, Solar Plexus dominant color is yellow!

With respect to the Heart Center is composed by the color green!

About the Throat Chakra, it is governed by the color blue!

From the 3rd Vision Center exudes the color Indigo Blue!

Conorário Chakra corresponds to the color White or Crystal!

Part 9

Fast Soul

Since the moment that Jose felt that the Universe was to call for your mission the Universe began to impose new conduct of life. One felt that he had to do was a complete cleansing the body physically and mentally to this form only to identify with the Spiritual. He then went to a diet in terms of food, not knowing what time it would last. Only gave himself and the Universe or God fully trusted, adding that he always continued to develop its works, while continuing the daily practice of Hatha Yoga as well as daily walks.

During the first week is not ingested any food or drink. In the first two days felt some stomach pain but in passing at the end of the third day means act completely lost due to not consume certain foods, around the fifth day he stopped to urinate completely by not drinking fluids well, that night is he began to feel an enormous thirst, due in part to be a long dry and hot, and physical burnout.

During the night is now his biggest ordeal, although self-control is in meditation through asanas, your mind requires any type of liquid. The same mind managed to create an illusion that it felt a vast desert under a broiling sun, the more mortified. The same mind will almost drove him crazy not to keep quiet or calm.

He then had a view that saw his body to move in this vast desert, and just walked every step he took over was approaching something that was not water, but the domain itself, after returning to himself noted that he was quite a sweat and with no appreciable odor.

The desert had vanished from his mind, but the site continued to fret it, on all forms thoughtless. Jose that night was once again put to the test by the mind, which created the greatest possible illusions, the threat until it would die of thirst. He saw huge drifts of color like never seen before, dark colors and voices of temptation to quench the thirst, the head was the wheel and having a feeling that the World was ending for him and did not know what to do. By then we had exhausted all that he felt he should do to ignore such suffering, which increasingly was taking to lose self-control. Even passive or active meditations, as well as some music for relaxing, swimming or walking naked in the moonlight, try reading or chanting sacred mantras, nothing happened in favor of that illusion fades thirst. Then after he have exhausted all options (we thought), who gave himself again to the Universe, and humbly believing that it would help to overcome this test. When Jose was then felt something emerging from within him, by this time completely surrendered body and Soul to God.

It was like a tunnel of colored light that penetrated the Crystalline top of the head, and he went the whole body vibrating completely, while re-mastering the breath, and from there throughout the nervous system that was already done in tatters . It was being replaced by a huge lull interior and exterior, which can only differentiate your Consciousness in Union with his Spirit that took care of itself.

As that was taking Consciousness by all that had passed during the night, then response that he had no seat and his lips were moist. The mind was left completely in the haunt of thirst.

Jose could see that after all had been great to have undergone such an experience, because he felt more motivated and supported by something sacred, which led him to walk safely in front, leaving behind the adventures of the mind.

As Jose was never deprived of any physical and mental efforts, and not sleeping, just as a measure of rest that already had previously meditated when necessary and thus rested mechanisms!

At the end of the first week, he felt the Consciousness to order it that from thence forward could only drink half cup of warm water for day and only at night. And so he fulfilled the request, and after a week and a half after starting the cleaning may urinated a few drops. When he reached the second week then started to drink a cup of warm water for day, half in the morning and half at night. Could say it was that kept the Sacred, because duns which weighed eighty pounds at the beginning, has eased the burden to the earth in ten. But it was not only warm water, which had the same operation in the body, and steam cleaned it the Spiritual channel, which had the figure of Jose that more was beginning to look like a Yogi but he worked hard because of the not have someone to help or who Faze is due to living things alone.

So the morning catching the first rays of the rising Sun for twenty minutes, and Sunset sun followed the same criterion, the rebalanced in terms of heat, avoiding the most polluted sites remain, looking for places in Nature where him, an inspired a good Prana, which is very rich in all that any human being requires for his physical maintenance.

And at the end of two weeks began to smell some fruit as a food essence and nothing else ate.

The people who knew him commented that he was sick, because of its thinness, which led from the start has lost fifteen pounds, while maintaining a power much greater energy. During the third week the morning after meditating in a position to Christ, to lay hands on the abdomen felt something different after him can feel was found that the huge belly that will have many years was dilated, it had completely disappeared while meditating at night, and felt to make sure whether it was true, and it was.

He had the stomach attached to the back as a kid.

During this week led to life as usual, noting only that were all that addictions, habits, or whether they were physically or mentally, every passing moment is diluted more for themselves.

Until we began to identify only the consciousness as his ally in addition also increasingly feel consciously accompanied by his Spirit, who often portrayed her figure alongside in human form but in the energy body.

Upon witnessing all this conscientiously, can finally start to put the mind aside and ignore what it suggests.

Jose ever felt physically lighter, had heights that when meditating on the march barefoot no longer felt the ground beneath the feet, or when sitting in the lotus position or even lying on your physical body rose several feet above the ground.

The changes were happening in their increasingly intimate view and thus began to become increasingly blurred during the day and at night when he was in a dark began to notice some flashes of Light emanating from his body, mainly from the Color, where they shone walked thus Lighting crossed. It was most notable in moonless nights, which he sought to make the experiences and take some questions about it. It noted that during some of the meditative walks mainly on the waterfront and its brilliance was reflected in the water or on the rocks that stood out in fine sand beaches. The beach was almost every night they regarded as the local temple beyond your physical body, giving him food or Pranic fresh air.

He felt His Spirit to leave the body in these walks, and after returning during which new techniques had improved, he had learned and developed in their previous Reincarnations, which had been a spiritual master, one of the former Portuguese Colonies.

Other nights he was attracted by the highest peaks of the mountains that were near where he lived. There was the whole Universe to worship for hours, when there was moonlight appreciated the glare of Stars, the Moon Aura Ground or Nature. Or just shut my eyes and went into deep meditation. Because it is easier to meditate in the wild high, due to gravity is lower than the level of the Sea With all this plus a few details that there is no need to describe them, making the most intimate part of Joseph concerning this passage in life. As he met again with himself relaxing in a bath of which he loved, and spent hours there forgotten, even when the water cooled it could act through meditative put it warm.

And precisely at the end of four weeks from the beginning of the fast he had begun, sank completely in the bath and body come to float in it, he loved to do and so it was just controlling the breath does not get to the bottom, although is more difficult to be fresh water, and not have as much pressure as the Sea.

But there he could master the technique well it was so natural that it could even go on a journey without drinking any water. One more travel to the Astral. Only this trip Astral was completely different from many who had already done in a conscious way.

In the beginning everything was equal, he saw his Spirit of Light begin to leave the physical body is trying to raise the cost much above the Silver Cord, but there was something that did not let up. After several attempts there could increase the Astral Plane, and there Jose wanted to take a look in the tub to see how the waters were. And what was his astonishment that he saw his bag of bones, to float, but a mass brown to black in place of your body.

Was struck by the view that he had never witnessed in it but only in people who were on the verge of death, and the Auric colors of them begin to disappear, giving way to increasingly darker as that life was extinct. After viewing such a picture Astral Vision began to blur more and more himself, and he lost contact with the other colors in the Astral as well known to him. He began rolling out a growing darkness in his Spirit.

This darkness which began to strike the Spirit began to feel it and recognizing as Reaper who reaps the lives they already had visited a few years at a time who was bedridden for three days without moving, left for someone to die, as well as two more in completely different circumstances, the inviting to come with him. But being a born warrior he fought with all his Spiritual forces, and never open your eyes by that or show fear.

It was a great turmoil felt by his Spirit, in many different ways unimaginable and completely black with just a tiny little dot of light in the center of brownish, sometimes almost failed to see.

Nothing else existed at that point, everything was forgotten, the bag of bones the tub, the daughters to wife, money, possessions, pleasures, egos, status, pride, attachment to what would be Sun, Moon and Earth as well as all memories, then let it simply exists to Jose, only the gloom which was beginning to cover the Soul.

Could count on the fingers of one hand the times that Jose had appealed to the Power of the Universe to assist in this his last Reincarnation on Earth

But there had to be!

And Jose asked the Universe to return back to Earth and your physical body.

Jose was accustomed to travel in Astral the emptiness of the Cosmos, the dazzling colors of the same. But now there was more color but the complete absence of it, was a black void with only a small dark brown spot which stressed that endless black expanse. Then he heard the whisper of your consciousness to focus on that tiny spot of lighter color, because it was his bag of bones.

And that's what Jose began at the beginning it seemed that wanted to absorb the blackness, but he resolutely began to follow it to where it was, after some time it is not known how much, because when are in the Astral, lost the notion time, and after a wild chase by that point the Spirit of Light, it could reach out and introduce yourself within it.

After that, slowly began to appear several columns of light clearer and gradually separating the black as the Sun on Earth sometimes pierces through the clouds letting in Sunlight.

But at that time who felt rightfully own merits and be the Sun was Jose. He had just discovered it without realizing your true Spiritual Sun.

As each time that Sun became increasingly in his Spirit all that remained of what death is possessed, the completely pure black and the negativity that is maintaining the clarity to eradicate this Spiritual Sun, swept altogether this last evidence of the presence of the Black Death.

Jose felt a slight vibration which came from your Silver Cord, and viewed this vibration was noticed that his bag of bones who claimed back by his Spirit.

He looked at the Cord that has always had a Silver color and found that it was now brighter and had a Golden color in the extreme; as if they were such a trouser hems. Down through its center and after a few turns as he began to show her body more closely as it approached the Earth.

The big bath was almost triangular stand of white enamel, but what there was inside was nothing like in some pictures that Jose kept in his scrapbook, taken over the years.

The natural color of his skin was dark, but here there was no more color, just the absence of the same or completely black. The body remained true to its Spirit to float. Jose reentered him calmly as he always did and after having properly accommodated him, began to look for what happened in the Astral, and felt she needed to breathe.

That's when you realize that when it reentered the body was no longer breathing; give re-entry having wondered a little rougher. But that's not Scared because he had in previous meditations led weaning the body to breathe through the lungs, changing the process by breathing through the navel, which is made inversely called and known by the Silver Cord that connects the body to the Soul.

And then the Pranic energy comes through that Cord which is made of Pure Energy Cosmic, going straight through it by staying at the navel, the place where the call is cut Umbical cord that connects the physical mother to her son at the time of his birth. And so you can keep for a while only the most vital points of any person, to turn to breathe through the lungs.

(Note this should only be done by someone duly authorized to do so or knowledgeable of this technique, which can lead to premature death).

Well after the traveler driven bellows breathing, began to regain a sense of your physical body, the mild sensation you subtle energy circulated and nourished the body and blood circulation, everything was back to normal. But I noticed that the blood flowed too slowly than usual, and calmly still completely closed eyes, as if his Spirit has not had to re-entering the body, he began looking bodily sensations, to the extent that its reasoning would slowly returning, he was not coming from another World completely different which fought the battle for life on Earth.

View all began in the Energy Center as she increasingly returning to the physical and then noted that the Solar Plexus Chakra was completely blocked. Faced with such and such was completely tired of the fight earlier, and his physical condition due to fasting was not the most wholesome. He was forced to import some energy through the Cosmic Crown Center, and bringing down until the base is still concentrated where some vital energy. That in turn was pushed upward, passing and ignoring the other Chakras Pendants going directly feed the Solar Plexus, and thus reactivating the body heat.

With the entry of new vibration energy in the body Jose began to realize that the water was quite cold, and so should have spent long hours since he took the Astral and returned.

There was a soft and squishy getting to know what state was weakened his body. In part because him still felt the wounds in the Spirit of war who had fought and won, and was not completely aware of having returned to the body.

Because the mind had completely disappeared during the fighting, and had not returned to the body, so everything that Jose was doing to begin to recover was done by Intuition, which was fueled by the human survival instinct, which emanates from the Universe, until the given time by a superhuman effort and energy gathering all possible, he managed to open the eyes that looked like they were glued, and eyelashes more resembled the heavy doors of lead.

From there, her consciousness began to return slowly as he witnessed what was going to see, that the mind was then returned to give an air of grace through reasoning, making him look for the hot water faucet, but was almost impossible so far to get there.

Jose felt like when your mother gave birth. Not only thought was, but now things had their fingerprints, and through psychometric he had been developing, they cried out for him in the living World, through the power of attraction vibration.

Everything was becoming more and more sense, although awareness has been to start work in physical terms as well as the mind, lacked the power to take action in order to move.

This went on for another few hours, and by virtue of living alone at that time no one could respond, only dogs noticed his presence inside, but nothing could avail.

So by the morning that Twilight foresaw the day, the Sun started rising and with it a new light coming through the window, which began to flood the bathroom, which will have far was in complete darkness due to the wick of a candle has ended for the night.

Then this new Light began stroking Jose, and feeling that it will begin to enter the body, going to trigger a physical reaction, he took to remove the plug from the bathtub to drain the cold water, and also able to open hot. From there, the body began to normalize more in terms of heating that Jose had hitherto maintained by Mantra mentally. In that way continued to stay, and as the day wore on, was changing the water when cooled, and sipping the same, until he felt the courage to stand up, went off very meditatively stirring as he could, until get outside the bath at great cost. For immediately afterwards feel a trickle of blood came from the left nostril, which ran down his body to stop going down on the floor.

The membrane had been known by the veil that covers the Third Vision that had detached completely, and thus becoming dark blood.

Jose cleverly managed to stop the bleeding there, and felt in that moment again the voice of conscience that the evidence that had been submitted, through fasting was completely finished for him.

It was then that the first time over exactly four weeks that looked in the mirror and not recognized as an adult but as a child he had been many years ago, a man's body even more gaunt than that presented themselves to Yogi had been one of its previous Reincarnations before he died.

Part 10

Light beyond Death

After such an experience beyond the life that Jose again gave up, and aware of everything that exists after physical death, which was reinforced by memories of previous lives, death for him was no longer as transitions from a ground plane to the Astral. And in their wealth of knowledge that was acquired during the various Reincarnations, death is but the liberation of the Spirit that is added to a physical body. That after succumbing to rise there in terms of the Astral Light, and that same light which shines on Earth Auric colors, as well as Astral travel, have the ability to move in accordance with the Consciousness of the Spirit, becoming Cosmic travelers with capabilities to go and stay in other Worlds Higher Planes.

How this happens in a short summary!

During the many lives that a person is reincarnated on Earth, it just reincarnates to evolve your Spirit rather than in a previous reincarnation in a new physical body. Thus the universe once again offers the possibility of individual evolution.

During this experience if the person has the ability to discern and only through it just because it is born again, and comply with all provisions of that came, that a rule with few exceptions has to do with not so good acts of previous lives.

If that person is living in as through intuition and feeling what they should do to their evolution or even like, will start generating itself, a power superior that he was born.

This energy is transformed into light that appears in the Halo of the head and the rest of the body, will increasingly setting the person forever.

Then after physical death, as in his Spirit Astral Travel back up through the Silver Cord to the Astral Plane as he did when he was still in meditation on life in the physical body.

But after the last gasp of the physical body, this breath is nothing more than the vibration that will break the Silver Cord that binds him to the Cosmos.

From that moment there is no longer able to return to the Spirit that body now dead.

Then the so-called Silver Cord, which may well be other colors, which only covers the Purity of the energy that powers the person during life on Earth Spiritually, then breaks due to the last breath of the person and the same is reabsorbed by the Soul and the Spirit, which is the same as the Higher Consciousness.

But there will come the Consciousness Soul still have and will go through some more Plans below.

If the person lives fulfilled the task that is subjected in the Renaissance, and bothered to know what lay beyond the physical World in which he lived, through techniques that applied to move to different Plans, they were bottom, middle or superior, after the complete abandonment of the body will go through these Plans. This way can his Conscience be in any one of them, since consciousness is identified with any one and want to stay. So after leaving the physical body and the starting Cord, it is just to hang loose in the Astral Plane to a maximum of four weeks time, ground floor, until you return to Real Source of Light, that is your Soul and completely closed in terms of light and energy, and nothing worked consciousness and nothing else.

Then the Cord undulates in the wind Cosmic Energy that is made, and as the Cord is also made of energy, in the process of ripple through all the Plans.

There are so many Plans for developments of any kind, when it evolves to the maximum in a Plan automatically, in a subsequent birth will be born in another. But we will be only the most known and visited.

The Plan of Death

The Plan of Hell

The Plan of Troubled Spirits

The Plan Animal

The Plan of Human

The Plan of Anti Gods

The Plan of God

And the All Union

All these Plans have a light that governs itself with the exception of the first that there is an absence of light, and the last, which are all the colors in the Union but which are in ways quite pure and clean.

So all the other belonging to the lowest Plane, but have their basic colors but misleading by its matte.

That is why when traveling in the Astral, in whatever circumstance is the Spirit should never accept any color blurs because this is an illusion invented in the mental field, type a color photocopy of a very badly drawn.

So a lot of attention to astral travel, never embark on these illusions that the mental pattern you create.

So for a good Ascension only must take into account the purity of any color, whether on earth or elsewhere in the Astral Worlds. This is the passport that any being should have to travel anywhere, whether through meditation, consciously or unconsciously, either in life or after leaving, because the purity of its color Aurica, will identify with the other existing in the Cosmos.

Feel and roam in the case of Jose, when he saw the White Planet. This has been possible due to its purity Aurica.

It turns out that many people when they undertake these trips or just thoughts that come to them they create in the mind, and with practice and time, just start seeing darker colors or dull, and nothing more.

Because these are the possible colors that they can only achieve, but with time and pre-existence, they will increasingly become clearer and sharper.

Until when it reaches a complete purity itself, then the veil of Third Eye drops and can then access other Worlds or Planets contained in the Cosmic Universe.

So the Plan is the lowest death that Joe has described how, as it makes the person a blind eye to this Plan it is not until next Reincarnation to end up in the task for a fixed term that came to the World, because it reached a higher level, the evidence is such that its light lit up the black death of the Plan.

If the person lives in fear of death has to come to that Plan had felt so grounded, it will be just right there. And you're Soul and your Cord wills this new Plan until the Renaissance, to the person next in life can overcome the fear of death. But if this plan is already beside him, will come across one that's next.

The Call Plan of Hell

This might be called so because in this Plan as much in any one of them, get the Spirit to accept this Plan because of the attraction Elusive smoky color, there will have to see all his former life in the Ground Plane, and look where he went wrong, and that after acquiring a fullness of life beyond Higher Consciousness. Sit by him in terrible torment, in the mental field due to their negligence during this life.

This is true because Hell is precisely the evil deeds he committed in life, and even admits to him through everything did wrong and even propose to consciousness that will change everything in the next Reincarnation of less good.

Until then will continue on the Plan in light smoky suffering, that through him all the beings that are to behave less well, be they human or animals, to which many give the name of Hell.

Then there is the following Plan, which is ruled by a dim yellow light. Spirits who still feel tormented, although Spirits with better qualities than the previous ones, but in some ways, yet continued to practice the so-called sins in previous lives

The criterion for the next Reincarnation is the same as those in Hell called to be aware of evil, or of involution have done.

Only these consciousnesses are very small yet. That is why sometimes remain for thousands of years in time to evolve their Ground capabilities Consciousness.

Then we have an interim Plan that belongs to the animals as a rule, more developed in rational terms, which in addition to the animals there are also human energies due to the delusion that being felt by the lure of the dim green light.

So if the person during his life took a more animalistic than what would be a human being at a higher rung. Your Consciousness will be attracted to this Plan later in the evolution Rational. And then if he accepts the invitation in terms of Light, your next Renaissance will be like an animal more evolved in rational terms, or a human being stunned with symptoms. In order to come to live among humans and more like a human, so you can learn in suffering for feeling the same Plan of your last experience, but now as an inferior being, that is the case with pets live longer with the man as such is the case of the dog or cat as well as the dolphin among many others, that many people often comment that they lack only talk,

They even say, most people do in their unconsciousness does not understand them, but that is for another book,

For those who do not know, should note that the animal that lives fewer years in the human stay on Earth. And every seven years for a human being represents one of these animals die so soon, because they are living a time that does not belong to them in terms of consciousness, because this time the animal Plane is multiplied by seven to ground. Then they change their address soon.

If they evolved in the necessary aspects that should have evolved in the former lives as humans, already there in the next reincarnation will be born again as human beings. If it did not do this, return to the same plan they met until then.

So that at death the Spirit to ignore that Green Light matte, will plan another more evolved. And then see the color pertaining to humans, which is a light blue matte.

If the light that evolved on Earth is similar to this then the consciousness is not want to see if there are other lights with characteristics superior to this, the same consciousness that Light will be aggregated, because it also be dull, this means that the person has not purged its light enough to show others that are more refined over this, and thus entail the higher Planes and Dimensions.

And so return to Earth following a living as a human being, similar to what was before to return to evolve, and in this case believe and feel that there are other Plans to the Human Superior.

And this experience the Spirit has always a tendency to return to the same places where he lived previously, due to certain physical energies that attract through psychometric, both of places or people. For the Spirit knows this process and feel the familiarity of who he was family, friends and others that assist in any way to evolve before, and now completely forgotten all, by the process that went before. What is stored in your Soul, he returns the call the school of life to develop what he lacked in his previous life.

That is why many newborn babies and as they grow older, will be highlighting a certain, particular habits, ways and reasoning's of certain persons who are deceased or not these families, because it is easier for a Reincarnated Spirit who has a family feel proximity in terms of energy, which in another completely unknown.

How about if processes such detail, as alluded to earlier in the previous books, "Curators of Souls" if they are interested in going further.

Then the person to re-let life land for the Ascension of the Spirit, the Astral and go through all the Plans described above, will be faced again with the plan in which he lived in Reincarnation before, if there continue to be reborn as a human being in successive births, to believe in other higher plane than consciously never had the ability to visit, because the capacity of accreditation is through the search, because the more one seeks the accreditation is strengthened, thereby reaching the ultimate goal is in any way.

If the person during this experience just getting accreditation by half in the next rebirth will take longer to light following the Plan. What's that people still do not fully believe in the power of the Universe or God? And thus not believed to continue to discredit them, and cause others to discredit well.

Only when a person can attain this Plan Red Light Matte, since there is a bug inside that called for him even in times when you feel larger grips because the experience it takes, then begins to doubt more and more what Reincarnations experienced during the many previously believed to blind eyes, and from these most painful moments, then begins to believe that there is something else that dominates everything. That will be nothing but Universal God.

Then they begin to consciously adopt new terms in your life that lead to feel something strong inside, which is usually always through suffering, because only this way is that humans awaken to new realities. Your Spirit will increasingly absorb this demand. And when return the next time of departure of his Spirit, the same is not to be imprisoned as before, the various Plans that have lived in all of them before the first birth to be. Will likely ignore this dim light in which he lived in this Reincarnation, and will seek a more pure and clear.

So that search will find the so-called Light of the Gods, Saints and other aspirants to the same positions, to perform some tasks on Earth to help others more needy in terms of Spiritual Evolution, which is that their purpose, which are made noted in Higher Plan and last white but dull. If ever be attracted to this light that the Ascension, and to accept this time, will then have to be a direct disciples of the Light or God, saints or gods then be smaller than to have reached this very Superior Plan, being the last of the Plans, these beings were applied and developed to the maximum until they reach that Targeted Plan, with many different abilities and powers that are normal for them.

But for the average person, are considered miracles for what they do naturally.

If any of these beings in topping degree of development and popularization of energy in these arts, do not leave by that last dim light, and if want to call a state of full enlightenment. The same will no longer have to go through another painful physical death and rebirth, and suffer more during a lifetime to achieve total purity of its color.

So this last experience, just have to be purified up to a maximum of purity that a human being who is still, for the simple fact that we still live in a human form, because when it reaches the last Plan, the first being that lives in a conscious in Light, the highest in the background who lived as a human, and still feeling in part as such, but feel increasingly close either in this life or the next one, closer to achieving their full enlightenment.

When the consciousness reaches the highest level, and only requiring the final physical death, then the Spirit ascend in complete harmony, surpassed all others as if there were no Plans. The same will dissolve on their own in the Perpetual Light Infinite emptiness of the Universe, and thus your light will become part of the Light of the Universe.

And thus ends this way the wheel of births and deaths, and the Consciousness of being are to join Total Consciousness of the Cosmos.

But until these Light Beings depart for their last time, many of them already feel in complete lighting and no longer need the event of his death to dissolve in the everlasting light, they no longer feel to live in light, but already feeling that they are nothing more than just the very Light of the Universe.

But it also happens that those are not selfish, and crossing your arms feel after we performed, only for their own benefit, it is also possible, although these beings (think) that affected the lighting total, have not yet reached. They are known false enlightened on its laurels, as they go robbing each other in any way on behalf of the Sacred. Attention to these superstars who say a mouthful that are enlightened, but that in no way demonstrate detachment to anything.

Because these beings are those who have risen sharply in the Plans, but not as it should be fulfilled it's Mission, and still live on the illusion of what might have been, but belonging to the Plan of tormented Spirits.

Real or others who are enlightened increasingly rare in the passage of time, and still consume oxygen, to continue to add more of what we came determined to meet on Earth, or continue to refer those in need, while going preparing a new Renaissance but in a different World or a Dimension where they can continue to evolve as beings of Light

Part 11

Garden of Stars

It was late and another day's work finished, had once been busy as always, the Twilight of the night was approaching increasingly leaving denote shadows. It was a night like many in the middle of the autumn season, Jose took a shower quietly. Feeling the water running through his whole body and soften his skin, while refreshing. All these feelings were felt to the smallest detail, was one of many meditative techniques he developed. Because the action of any meditation practice is passive or active, the fact that results in full, there is only in virtue of being completely aware 100% to what you do. Be what nature is.

The difference is only in the application of conscience in any act to be done. Be inspired once, if this is done in full consciousness, although in a very short space of time is regarded as a meditation, with the same benefits as any other, as in a lotus asana or pin, or simply lying. What is the most difficult to maintain among many others. Although it seems the easiest but is not due to the initial temptation to fall asleep.

So to say all asanas as well as all the exercises and techniques, whether still or moving, like walking or dancing, among many more Thousands of examples that could give, to achieve the purpose is always the same. That is through complete attention to every move you make, even if it is simply looking at a flower, this act of observation must be done with the utmost attention.

Only some of the other may differ only in terms of faster development, in particular depending on the purpose of any action in any one wants to give. So what benefits have to come faster?

We take the following example!

If a person needs more energy in the body up, should adopt a position at Lotus because that way the energy, the legs are crossed, it will move from the Basic Energy Center up to the top of head. But if the practitioner need to further develop the existing area of the energy in the head more in particular, will choose to asanas that allow hanging upside down to have a greater circulation and blood pressure in this area. But if the person is very active in terms Biorhythms, and thus feel tenser for a practice that requires a complete relaxation, the practitioner may choose to hike among others, as exemplified in the books previously written a "Reunion of Light ". How do these practices can be developed regardless of age or difficulty of any person to develop these practices in a healthy, painlessly and quickly and sustainably?

And Jose after completing his bath so Displayed, put on pajamas and went to bed, not sleeping, which was not his habit for many years, but simply to rest the body that also involved the mind. He felt completely relaxed in all aspects; naturally lay casually on his back, hands at your sides as he always did to meditate, but that night did not feel like entering into deep meditative state.

Simply rest and nothing else, but at the same time felt a bit strange or something in his heart, wondered to himself what would be putting all your senses in observation. But nothing, only felt that something was happening that he had ever felt in a previous Reincarnation, because it is a feeling familiar but he could not identify where it came from. In this state continued lying, but attention to it still never felt that his last life.

The house as is always found calm, a smoldering stick of incense in the burner, the room was completely dark outside the house all was quiet; the dogs slept and occasionally heard the hoot of a Cuckoo a nearby tree. Jose still continued in the same position with eyes open and attention, staring without blinking the immensity of darkness that shrouded the white plaster ceiling.

Much later after having extinguished the incense stick, and still feeling the aroma, Jose began to realize a small pigment intensity of Light, come begin to stand out of the darkness in which the room was that insofar that were becoming increasingly more lit this space home.

While Jose was still in perfect consciousness in the waking state, again as well as other more deeply meditated, when he was at the beginning and began to unwind after hearing the creak of the springs of the mattress while your physical body, stood around a couple of feet above the bed, this testimonial for him when he was left completely to feel the body as well as breathing Astral and could testify that the body was in levitation.

Except that this never had happened with his eyes open, let alone with all that saffron-colored light which illuminated the entire room.

Jose continued attention to everything that was going on, all that energy and surrounding color about him that came from his own body, but more markedly in the area Aurica your head. Such an event took some time, possibly about a good time.

And all the brightness of a moment's notice is extinguished; Jose wondered if after all was what it was to be made known.

But no!

After that thought away, because that cuts out any form of energy is the human act of thinking, something the Supreme and Grand was about to happen to Jose!

Then moments later when his body was still in the air, but at the same position from lying down, arms hanging from it, and only the fingertips lightly touching the sheet, vibration felt great while breathing became more active, and its chest heaving enough, while I felt a tremendous energy more subtle invading her body completely, was a crystalline color energy. That the next moment disappeared, and after strong vibration the body began to settle gently on the bed. Just like when Jose returned from astral travel and getting back into the physical body.

After sitting through, a new Light began to dawn in the room, only now it was not saffron as initially, but a vivid Crystalline blue in tone as pure as before Jose had never before seen or viewed, even Astral in which the colors are completely pure because there is no kind of pollution, such as that on the Earth.

So he continued in a property only to observe everything that was happening, until at one point began to identify small dots of Light in Infinite far, almost impossible to describe but could see. But try to give maximum shine this phenomenon in terms of reading. Because through telepathy would be much easier to describe. But come on and try to complete this part representative of sensations and images that forever was stored in the file of your Soul.

Points of Light became increasingly larger, than when they were closer or more at a time felt completely unidentifiable, can now contact Jose to detail their magnitudes as well as their form of Light star model. Of which stood out Incandescent light rays of all colors and brightness's exist in the Cosmos.

He could not believe such beauty, and at the same time (even questioned), that the Universe will be in the form of light come and get me to join them? But this has not happened, only that Jose was able to testify to the Nobility, Power and Light that came from him and from that moment would offer to Jose, that he is from that time also to feel the whole Universe, and part of it in full Consciousness.

That same total he spent designing full powers from all over the Cosmos, so that through his stay on earth while living up to apply them, not in your favor but to others. And you making it clear that the purpose of his Mission on Earth, which would be to help people spiritually, especially the younger ones or to whom he refers to himself!

After hearing and feel that he completely flooding your entire being, began to feel the eyes fill with tears and they fell on both sides are cushioned and wetting the sheet of fine silk,

At the same time he felt his whole being with the exception of the physical body to unite at Cosmic Universe amazing colors. During this long time he remained in that state of full enlightenment Pure, he felt like his one true Spiritual Garden, where they were planted in lieu of flowers, there were Stars. He closed and opened eyes several times to make sure what was happening was Real or was it more of a delusional antics created in the mind, or whether he was going mad or if anything has changed Plan.

But after reviewing what he felt, came to the conclusion that everything was in Truth and Absolute Reality, as well as feel completely in terms of a much higher awareness than before, and that all questions had not yet made a reply of the Universe from that moment, felt that he had nothing to question, to something huge that it was now felt in a part of himself. The Holy Light in embracing and admitting in his own Eternal Light. "Cosmos"

Part 12

Illuminations

The dawn of a new day was beginning to emerge, out of the house were filled with the chirping of sparrows from sun's rays to penetrate between some vines caste D Maria, were his delight in some bunches of grapes that had been left back at the time of harvest because they are still green, but now had a shiny appearance and sweet. A short bark of a dog in the distance aroused over Jose to life on Earth. Opening his eyes slowly and focusing on the white roof that was visible for some light, passing through the shutters of the windows, he can once again see the whiteness projected over it like a movie screen was the color of your Aura.

It was usual these views, in which he could spend a lot of time to enjoy its colors, shapes and undulations.

It was one of the games he did as a kid, but over time these games were to forget. But they were back again for your entertainment and comfort. In addition to simply observe them, also had the privilege to change them at your leisure. What is known and as is also described in another book, "The Book of Auras", the quality of thoughts, is that design and determine the auric colors when they are viewed.

In this play to make this happen is just by changing the thoughts go, so that the colors are synchronously altered in contemplating the ceiling, thus by changing their color genuine.

Because the more negative thinking may be, becomes darker and some Halo certain color in any human person as well as improved physical thoughts or attitudes and more positive, will enhance the colors of the individual couple more clear.

Only this morning after the night have known the true Garden of Star's, colors that were white now witnessed in the most clear and pure, so with its brilliance was like to the Stars.

So Jose to look more closely at these colors noted that a new color had never before identified, and now she was the principal can reveal all that a new shine.

For even before when viewing the Aura, the predominant color of the blue background was unworthy, and then the other remaining colors.

Only then, and forever that color has become secondary, giving rise to pure Crystal blue that he had so well in your garden Viewed Stars.

The other colors that complemented the Aura no longer vibrate at certain times almost nothing to stop completely at other times, depending solely on the will of Jose before, because it was difficult to calm them.

Lie continued for some time to become aware of these new realities that had recently been introduced into his being. Astor King was already high when he completed by all comment.

He got up and went out into the street; he was in grace not by him but by the Universe who has agreed to accept him. He noted also that goes more smoothly than before.

He looked at the Sun and noticed that he saw more clearly and their pure rays before they even saw them somewhat dull. The plants and things came to be identified by other sparkles like the fragrance of the same, becoming more experienced in terms of essence. Jose took some time to resemble those new standards in terms of color. That was the time change and finding new schools that were once unthinkable for him.

While this result began to feel a great inner calm, who was quite nervous, tense and active at all, his gait became more elegant, due to inner calm he felt. The mind worked when he wanted, no longer need to worry about the hours, losing track of them, has been increasingly developing the Intuition, so if using it for conducting its work commitments as well as others.

Rediscovered new telepathic abilities, not only for humans but also animal's. Developed the psychometrics, which for those who do not know what it is, will the guesswork of certain things or people by touch or not the same.

What can be done as follows for example?

Of course, one should practice this technique to be perfect, as in anything that would rule.

Imagine yourself with a stone in his hand that picked up on a beach, and that was not touched by someone other than you. Put it in the palm of your left hand, not the press just feel it, it preferably in a quiet place. Close your eyes as you do in meditation and just feel the stone and not think about anything, because you can only do this exercise in times of no-mind.

Feel it and Visualize it continuing with my eyes closed and completely relaxed. Then ask through his Spirit to the Universe, which the stone age as well as its origin, always thinking of nothing for the channel that the answer will be free.

After asking questions and never expects to despair, and you will response that number will come to him, this number is the date when it became this little stone. And as you come to the screen of the mind, the site where it came from, if that is your intention.

The application of this practice can be made at all, but a lot of attention and abuse. Because if one wishes to know something for less scrupulous, and suffer will pay dearly enough that does not happen again, and if it persists, he developed the technique which is the energy in the Universe that gives you this knowledge, the same Universe remove him. All capacities than those described and many more that Jose acquired, not just from day to night so to speak, Because there are four possibilities for enlightenment!

The first, a person will develop and acquire knowledge and powers of the Universe but unconsciously, over one or several Reincarnations.

The person simply practices these skills in a thoughtless way, just practice and nothing else, while will feel good to her.

This type of person usually only applies this knowledge, or her own or in closer. And do not develop these gifts. Or wanting to know more detail the exact provenance of this. But the feeling goes, but only in a particular way does not apply to others. It is so trapped in cycles of birth and death without evolution. But the seed is cast into the depths.

Until one day in any one way or another feel that something more happened within it. And then see their higher powers. So accept this without any difficulty lighting without feeling surprise, due to already be accustomed to feel that kind of energy. What typically are people who find out that transformation, within the family because it continues to be equal to him?

And then when he leave, as a illuminated.

The second possibility of enlightenment

It may happen when the person who never did, or knew anything concerning what is enlightenment, but as it has a pure heart completely, at any time due to less reflected an act, whether triggered by himself or by others, or even by Nature itself on any aspect, the time may soon be Auto Lighting.

Lighting Cases are increasingly rare because people turn away more and more of them, due to the requirements of the Society. This type of realization is rare.

Then there is that which has had mentioned previously in the Plans, the person can perform at the time of his death. And last possibility is one that will have small Illuminations, the accepting consciously and further developing these capabilities, along the various Incarnations, from the Renaissance and departures so that one of them can bring all this knowledge, going depleting all the negative possibilities that the mind has been put, that could be developed increasingly large capacities, which one day will be Fully Auto Lighting.

Part 13

The Spiritual Sun

In the weeks after Jose was increasingly rediscovering your true essence, through everything that a new Light had awakened within him. In the absence of illumination and was promoted through small Illuminations, and this was only possible with the complete abolition of the mind, and it produced to her, when it begins to feel the Holy Light that emanates from the Cosmos and Enlighten the Spirit . More and more will lose power until it reaches a height that dissolves completely. These are small adjustments that during these phases Illuminated at Aware, which will ignore when necessary.

So why one of these phases, Jose still felt a slight confusion in itself, sometimes when he lay down to rest your physical body. Because although the spirits embodied in human beings are immortal and never tire, physical bodies need rest and food because they are only mechanisms.

In one of these homes during the night, still felt some residual functioning of your mind, trying to confuse, Jose through a state formerly known as dream, trying to survive and thus lead to believe that this dream was an illusion of reality.

Only Jose, who also withdrew a little doubt to you about this state, it was precisely here that the dream calling.

When the Self has developed enough to stop thinking and feel the differences between Illusions and Realities, an illusion when he appears to be the way it is, it is automatically detected by consciousness, not giving way to stay in the Self

When this dream was intercepted awareness into action, and are already fully awake, can interact with the dream and therefore completely dissolving the mind.

And from that moment Jose had just won through to the last stronghold of mind and thought which had led to this state quoted dream.

Because from the moment the consciousness can overwhelm the mind, only when need it for serving, and nothing more. Thus the human being just beyond the last frontier that has kept him a prisoner of the webs of the mind.

Because the mind always fight until the end of never wanting to be subjugated to consciousness, and then it is necessary that the same light that Illuminated Jose beyond death, Light it again and then left just leaving his tracks well in the Garden of Stars. What turns up and stays within it so your Eternal Spirit, and illumine your mind during the following years while living on Earth.

That after the last completion of the conquest of the absolute consciousness of the mind, and the process of the dream's be banned completely, even after Jose was once again roam the Endless Outer Space and the emptiness of it for some time.

Until at some point in this journey, as White had discovered the Planet with completely formed ice, which represents the Pole Negative energy in the Universe, like the Moon that identifies the channel for more Subtle Energy of the Universe feeds Beings. Sun had just revealed a completely pure and white.

In the beginning was just a small point of Light in the emptiness of the Cosmos, but there is no need to go too close, a moment's notice, its round shape without some rays appeared to him by taking full account of the Spirit of the screen, bursting thus, Fully Enlightened Jose felt to its deepest Being

Once again the adept and knowledgeable Astral travel, without any fear there was amazed that the Show Sun, which first saw the result of his life, and kept in memory, which is also the mind for it serves.

Its light was an intense white, without some rays, but everything was pure white completely filling your Spirit.

To the extent that Jose would be more familiar with the pure color, began to focus more on the center whence all this vastness of Light It was a huge circle from which one could witness the energy that circulates in its center, in dense form and leave it to the outside of it in perfect Pulsars across the ranges for the Cosmos.

Jose was a long time to feel that he witnessed his Spirit Illuminated, at the same time that his conscience told him through vibration Subtle transformed into a Universal language to all beings, that this was their Light Source in the form of Spiritual Sun, which would go on to Illuminate your Spirit through the Cosmos for all Eternity.

After marveling at all the Reality, and Consciousness which Full completely had just shown him to be. He opened his eyes in his physical room where his body was still deposited on the bed. And to his amazement even with open eyes, the Spiritual Sun continues to Illuminate it in full, as well as the entire room that was completely overwhelmed by darkness.

Jose opened and closed his eyes frantically closing them with the same strength at the same time made sure that if the Sun continues to illuminate it was not vested in another Sun Solar, that his physical vision was used to see with the naked eye when of days. But no, it still continued to merit the full attention of Consciousness, which would inform the Spiritual Sun that was also kept the same as your Shining Stars Celestial Garden.

Part 14

Enlightened Living

When either be going for all that Jose spent, is never the same person who until then was known as much for him or others.

So the behavior that is being transpired, is not understood for many, others suspect that something else happened to him, as it had more strange, in (understanding) of these people ceased to understand how it was.

Further, those most sensitive admit and begin to act completely differently in identifying with him.

Making enormous efforts to (know) what is actually happening to him that maybe had some health problem.

Why the doubts soon began for their physical appearance more elegant than before.

After the behavior was calm and serene that grew out of her Interior affecting his voice the same way, as the decision was taken for it to be.

The way in which food was also made by the intuition that only ate what they felt the need to consume!

When more physical effort expended more calories consumed, and at such times sometimes there consumed, eggs, or 100% natural foods, which behaved in vegetables, fruit, water, dried fruit or honey.

When the effort was small and had only just need to keep the physical body, there was only water and sun and inhaling the essence of nature, feeling them for food.

Everything that had existed in the mind for so many years, as the old habit of sleeping from time to time, disappeared completely due to meet in a permanent state Awakened.

The states and meditative techniques that previously had practiced and developed are also lost forever.

Because what I searched until full enlightenment through meditation aware, after that no longer need this lighting practice to achieve this for short periods of time as astral travel, to move to always be in complete full-time connection with the Cosmos?

He began to stop linking clairvoyance, past to change everything that was necessary to change, in terms of universal evolution to a Higher Consciousness, both subjects, animals or humans, right from the source of pure essence of these beings, even many of them before they were born on Earth.

Animals and other Beings of Solar Energy on human form are increasingly attracted to this Enlightened Being. What never asked but only and only responded to these beings through their Cosmic Light that enlightens all, those who felt and also had this ability to view, when presented with an open heart and unprejudiced mind.

He was felt to be through thoughts, vibration or even spoken voice through his eyes, as he wrote books such as this that led people to regard it as light in a human shell. Or even through a simple smile, showing all of the Innocence, Knowledge, Love, Compassion and Light, who left with him forever after his last sojourn on earth.

And during which he had longed to full enlightenment, the end of about seven hundred years after first being born as a human, and have experienced and developed spiritually during these incarnations, until the last physical existence, finally giving way to the end of the wheel of birth and physical death. Freeing your Spirit forever already had thousands of years, since the beginning of your Spiritual birth. Leaving behind the last frontier and reaching the top, the two represent the same, the Immortality of the Spirit the beginning and end of everything.

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