

Luminous Journey, Luminous Way

LUMINOUS
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WAY

*The Origin of Human Beings and
The Process of Our Return*



Parvathy

MAITREYA PUBLISHING FOUNDATION

Luminous Journey, Luminous Way
The Origin of Human Beings and The Process of Our Return
by Parvathy

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To humankind.

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Preface

TODAY, THE SEVENTH day of these new messages are finished, received in the same way as *Heavenly Father Speaks—Second Arrival*. It was a magnificent seven days and nights, during which Heavenly Father sent the most wonderful words!

The place in which these messages were written and where I am right now, is the Big Island of Hawaii. For the first time, I see this beautiful and mystical place that strongly stimulates spiritual inspiration.

Also for the first time, I have seen the volcanoes—which really are a “wonder of Nature.” When you look at them from the air, from a helicopter, they look as if they are from another planet. The solidified lava is of different colors; the oldest layers are dark brown, the newer ones are lighter earth colors, and the newest of all are silvery. I also saw new fissures and glowing, hot, orange-red lava emerging. The gases create clouds of smoke, and it all looks truly mystical.

The most fascinating characteristic of lava, no matter how destructive it can be at times, is that it is really creative. It produces new and fertile ground for growing tasty fruits and vegetables. Even more amazing is the fact that the eruptions of the active volcanoes are causing this island to grow. It grows larger every year. The Big Island is the youngest of all Hawaiian Islands, but it is the largest and it is still growing. This reminds me that it is never too late to develop and to grow in The Heavenly Spirit.

Today is a day that is under the influence of a FULL MOON; it is spiritual and mystical for me because on the day of the full moon, my dearest teacher, my friend Babaji was born. As I mentioned in the preface of *Heavenly Father Speaks—Second Arrival*, all that I have learned started when Babaji taught me THE ANCIENT MEDITATION. My journey began in 1991, and since that time,

my life in general has changed dramatically for the better. I finally received that part I was always missing: finding The Heavenly Father and regaining consciousness of His existence.

Babaji always taught me, and all other people, that we all have to live through spiritual experiences. When you decide to tread the spiritual path, the world that seemed so far away becomes close; you realize that the world is right here in front of you, and that the HEART has carried the SECRET all along. It is not a secret at all, but a well-known fact in the spiritual world that we humans have forgotten with time.

Since I first heard messages from Heavenly Father and the first one being written on St. Valentine's Day, 1994, my communication with Him has never ceased. Heavenly Father explained very clearly that if we regain consciousness of His gifts, we must appreciate them and nurture them. That is why my communication with Heavenly Father is still ongoing and this new book was born. Communication with Heavenly Father is an active process with various manifestations in our inner (visions, feelings...) and outer (signs, sounds...) world.*

What I like the most and what is the TRUTH, is that Our Heavenly Father is telling us that WE CAN ALL COMMUNICATE WITH HIM every day. A DIALOGUE WITH HEAVENLY FATHER IS POSSIBLE FOR EVERYBODY! Therefore, each one of us has the gift inside!

Once again, and throughout my whole life, I thank Babaji and Heavenly Father for such a precious gift.

Mahalo and aloha!

Parvathy

* I described in footnotes all of my experiences while receiving Heavenly Father's words.

HEAVENLY FATHER:

Day One — May 1, 2001



Introduction to Spiritual Education

MY DEAR CHILDREN, how are you? How are you doing? Your HEAVENLY FATHER is greeting you. Is your soul still sleeping or have you finally awakened in The Heavenly Spirit?

Do you remember My last instructions in *Heavenly Father Speaks—Second Arrival*? I showed you the condition on Planet Earth, and I talked to you about different life situations. I reminded you about your Heavenly Origin and I led you by the hand along the LUMINOUS PATHS. To some of you, it may sound odd because you keep forgetting that you are not just flesh and blood, but a SOUL as well. No planet in the Universe is painted by the brush alone, neither is any Star Way, for they are all My creations. You alone know that Nature can be very simple and very complex at the same time. Treat Nature the way you would like to be treated.

The way that you give is the way that you will be given.



Food is your great life support; therefore, every meal should start with a PRAYER OF THANKSGIVING. Believe Me, this should be the foundation of all your other good habits, and a way of learning to respect many issues in your lives.

In this era of mass industrial food production, it has been forgotten that growing food was hard labor, and that is why people appreciated it more. I have spoken of free will, and you have used it to choose what you are going to eat. Let me just remind you that humans are not meant to interfere with and to be the last link in the animal food chain.

This truth was written long ago in the ancient scriptures, and yet you have ignored it for so long. Isn't it clear to you that by doing so you have gone astray from the path of proper diet? Isn't it alarming enough that Mad Cow Disease has emerged? Diseases are an indication of how greatly nutrition has degenerated. You are not meant to exterminate remaining animals in the animal world, so please, THINK TWICE about what you eat. The saying "YOU ARE WHAT YOU EAT" is true.

When animals fear death, they excrete adrenaline into their blood, just as you do. It is the same process. So you directly absorb the animal toxins into your body. This is the logical explanation, you could not ask for more. It does not apply to the minority of people who have chosen vegetarianism. I am telling you this because I must arouse you from the world of low vibrations caused by ingesting the food you are eating.

How can an ELEPHANT be a vegetarian? Isn't it magical to see such a gigantic creature, whose nourishment is so innocent? See for yourselves, look for yourselves, and research this part of your lives and those of the animals. I am choosing simple words

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to reach you, for isn't this one of the world's greatest problems? You must awaken the consciousness within you and develop your inner being toward Me, The Heavenly Father. Do not wait for death, for your last moments, in order to regain awareness, for life can pass you by. Why waste your time on earthly problems, when by being conscious that you are LUMINOUS BEINGS, you could spiritually grow and improve faster?

Do not let your ego restrain you, and do not let it tell you that you have to eat meat in order to survive. This is an old-fashioned and narrow-minded way of thinking. Prejudices existed from ancient times, but today those illusions have vanished and such beliefs even seem ludicrous. You always ask yourself, "How could people have been so prejudiced and ridiculous?"

It is hard to break habits of a lifetime, especially those such as drugs, alcohol and cigarettes that have a firm hold on the society, that gnaw away at it like a CANCER. You may say something like "I don't care, for that will not take me to my grave," but with every moment that you consume those poisons, you are destroying your brain cells. Do you really think your brain cells can regenerate or repair themselves, like a broken arm or leg? The same is true of most of your inner organs; once you destroy them, there is no recovery. This is the case with humans, even though some animals are better able to REGENERATE THEMSELVES.

Today's prejudice that you should consume almost all the animals of this world is more than repulsive and ridiculous. Animals are beautiful creatures and they have their own natural development. But in your food chain, you have become the animal that is going to eat all the rest. Isn't that SICK, when you look at it from the right perspective? I must talk to you about this because it has gone too far! But then again, you have FREE WILL and FREE CHOICE in all your habits. Don't say you were not aware of this. You don't know if you don't want to know.

When this situation is seen from the higher worlds, the

Universe, it is very disturbing. I am talking about putting all the cards on the table. You must have the courage to play these cards and openly accept fair play in life. Don't make the excuses "I can't" or "I don't know" when you should make positive decisions, because what this really means is "I DON'T WANT TO KNOW." Think about it, because you know that I KNOW BEST. And why do you think I am present at all times and watch over you from century to century, regardless of your foolishness and mistakes, **which you are now paying for?** After all, I am your MOST LOYAL FATHER, YOUR HEAVENLY FATHER.



Although you often wander away from Me, you are always welcomed back—if, of course, you truly repent for your mistakes and promise that they will not be repeated. Repentance is not as easy as in your house of worship, where you think you are confessing to Me, but in fact, the information is often directed to an unknown person who could resort to blackmail. That part of the story does not end in the confessional, but **in your heart.** The essential, the primal reason is to call and confess to Me, but please do it from the bottom of your heart and soul. Remember that I am watching over you at every moment, even though you are not aware of Me.

Your mind can wander; many of your ideas go into the ether where they collide with other ideas. If you do not control them, they can—and most likely will—create great chaos in your mind. That is why it is very important to have CONTROL OVER YOUR MIND, and that is how you will be able to EXTEND YOUR LIFE. I know that everyone would love to live a long, long life. Isn't life wonderful? I gave it to you so that you can find happiness through it. All those difficult moments that you have, or have had, will pass. Through the bad times, I teach you the truth about life. But

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there are certain lessons that you must experience for yourself, for your own sake. Those are situations you inflicted upon yourself, but that you could have avoided. The overall picture is that some problems can be avoided. This is a PERPETUAL CIRCLE of nature and skill, the art of living as a human being.

You should direct your mind positively toward creativity, art, science, education, and toward the mutual encouragement of optimism in each other. Picture preschool teachers and see how careful they have to be, for in most cases they are the first ones to educate children and teach them the basics of social behavior. Of course, parents are an important factor, as well, but it is known that children are strongly influenced by what they learn in preschool.

First and foremost, it is the PARENTS' UPBRINGING that is strongly engraved in the minds of your sweetest young creatures. So take care of your treasures because they are MY TREASURES **first**, and **then** yours.



Think back about how we talked of food and how important it is that you explain proper diet to your children clearly. Parental guidance is vital throughout your child's upbringing. Often, it comes to CLASHES in the teenage years. Bad company can affect your child even if you try your best to protect him or her from its influence.

Excuses such as "We did not succeed, we made a mistake along the way" are no longer valid. Never allow your child to take a step toward the earthly hell of self-destruction. You have a tendency to consider your child as yours alone, and ignore Me as the CREATOR of that child. So, in those crucial moments, save your children. Do not let the black ray take them and destroy them. That causes great destruction that will spread throughout the whole family. If you don't stop the beast now, the question is:

“Who will do so, and when?” There is no excuse when the fight for the SOUL of your precious child is in question.

I know that children are your soft spot and you consider them as only yours. Children are like flowers, always full of freshness, of sweet scents and serenity. They possess a dignified beauty, an innocence and cleanliness that come from the HEAVENLY HOME. There is always the danger that you or someone else might corrupt them, because I know that there are many depraved adult souls.

Children can never be corrupted because they are immune to corruption. I “vaccinated” them, Myself, while they were still small and weak. Nevertheless, in a certain period of their lives, they must learn to maintain that immunity. Those are the times when you would say “things go wrong.”

You are all spiritual creatures and, as such, you come down to this Planet Earth with certain knowledge and experience. That is why you should not be insulted if your child is spiritually more developed than you. The questions such as “How come my authority does not work anymore?” start appearing then. It is not a question of authority, My grown-up children (parents and grandparents), but of UNDERSTANDING that each soul has its individuality.

Just as in alternative medicine you treat a certain spot with a specific plant, that is how you should treat each individual soul. This admirable skill can be seen every day in Babaji, My Heavenly Son. I gave explanations about him in *Heavenly Father Speaks—Second Arrival*, and now I am telling you more about him.



From Babaji, you can learn how to develop feelings toward other human beings and how to understand them. I believe that many of you naturally already understand these feelings, which simply means that you listen to your hearts. That is a very noble skill that

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Babaji angelically nourishes and teaches. He provides a clear example and always takes care of everyone. He possesses such loving feeling for humans, and if you are open and warm-hearted you can feel Babaji's HEAVENLY WARMTH. That is really something exceptional. It is very rare for this kind of soul to be born.

I explained to you that to become a LUMINOUS BEING you should develop toward the LIGHT, for many things of great beauty lie ahead of you. Worries, problems, and chaos that you, yourselves, have created around you will not occupy you as much, if only you have an internal stand in The Heavenly Spirit. I can give you many instructions but it is up to **you** to decide whether you will listen to them.

As children in school, some pay greater attention, some less, depending on the lesson that is being taught. That is how some of you selected what interested you, and what you would do when you grew up. But there is only one truly interesting subject in the entire world. HAVE YOU GUESSED WHAT IT IS? It is called THE HEAVENLY FATHER'S SUBJECT, and it is always interesting and highly educational. Babaji holds the highest degree, but in My school, anyone who wants to can earn a high degree of education. That is why I am here, My children, to make living on Earth easier for you, to help you live through certain experiences as a human being and to always guide you toward THE PATH OF LIGHT.



The main switch for your light is in your heart, in the middle of your spiritual body. **The heart is in the center of all the balance of your inner being and your spiritual being. Keep it healthy, shining with the FLAME OF LOVE for Me, The Heavenly Father, and love for all other human and living beings.**

Living life on Earth is love, it is happiness; it is all that you

have to understand to reach a higher level in spiritual life. All of the Universe is full of life. Doesn't the sea, which has its own moods and temper, remind you of yourselves? You are vigorous and happy, but you can be sad and angry. The sea, no matter how big it is, is of such a nature as to be in constant contact with Me, The Heavenly Father. So how is it that this big giant can listen and be harmonious, and you humans sometimes can be so hard to manage? It is not that I have a hard time, but you, yourselves, are the ones that are making these kinds of troubles.

The sky and the stars have the same connection with Me, at all times. They are also a big part of your nature. The sea and the stars are like mirror images of each other. The reflections of the stars are deep down in the sea in the shape of shells and starfish. So both worlds complement each other, because they are My creation and part of Mother Nature. Do you think you are created much differently? No, My children and My friends, you own the same components of HEAVENLY ORIGIN.

With Nature, the situation is simpler because Nature totally entrusts itself into My hands. This is normal and logical, because I created it. But I also created human beings, and you are all different, as I just explained. Free will and free choice, does this RING A BELL?

You see how simple things can be, and how often something as huge as a whale, an elephant, the sea, the sky, or the stars can be My best students? So why are you having so much trouble being with Me? Because it is in your nature to wander and be very inquisitive. Try to be good to yourselves and make peace with Me, your Heavenly Father. Why do you find that so hard to do?

My dear ones, if you don't make your peace with Me, you will have no peace wherever you go.



Don't you think insomnia is terrible? You cannot rest, cannot revitalize yourself properly. Anxiety and all other troubling emotions are occurring when there is no peace of mind and when your heart is not with Me, your Heavenly Father. If you have ever seen a person who is dying and knows that HIS OR HER TIME HAS COME, then you will remember how this person is suddenly overwhelmed with peace. This message is your chance to make that IMPORTANT PEACE. But don't wait too long, don't let life PASS YOU BY! Be aware!

Remember, this does not mean doing foolish things and hurting others just to satisfy your ego. Very often, when you think that you are missing out on something, you start making mistakes. In order for you to understand clearly, you should go with the natural flow, as the seas, the sky, and everything else that is in harmony with HEAVENLY NATURE. If you look back through the evolutionary process from the first human being until today, you will see that your consciousness is definitely more developed.

So why is it, then, that such a being as HOMO SAPIENS has a problem with natural development toward Me, The Heavenly Father? This is why: because you bury yourselves in OBLIVION and make oblivion an important part of your developmental process. Nobody knows why.

You think that the easiest thing to do is to forget Me, The Heavenly Father. But can't you see that this is ridiculous? Those deep-rooted thoughts started long ago, when you were offended due to your egotistical nature and decided to forget Me. It is just the same as if you decided to forget your self and your existence. This is the source of all your negative thoughts, depression, and pessimism. Now, through all these explanations and by MAKING THINGS CLEAR, you will find out numerous characteristics about yourselves. I will explain the roots of many problems, so take a

pencil in your hand and switch on your memory. YOUR SPIRITUAL COLLEGE EDUCATION IS BEGINNING HERE.



Begin by listening to your HEART, then switch on your UNDERSTANDING and **leave your intellect behind.** To intellectualize about something narrow is preposterous, and besides, have you learned anything from it? To be intellectual is something completely different, something that must be connected with the intelligence of a higher frequency.

My COSMIC CORE is the true source of intellect. That kind of intelligence can be seen in Babaji, the intelligence that will give you the inspiration to polish your spirituality into a precious diamond. In that sense, everyone develops differently, but there are no guarantees. If the smartest are unable to conquer their greed, everything else fails. This only proves that nothing in life is certain and there is only one constant: My LOVE for you, My DEVOTION to you. I have said it before, but I will say it again: **I will never forget you.**

Every night, I put you peacefully to sleep, because dreams are the place in which your contact with Me is strongest. I know that everyday events are mixed with your astral dreams. Babaji explains that most of your dreams are reflections of your desires, and that these channels should be purified.

You all wonder whether I really exist and what I look like. The explanation is that My shape is not as specific as that of a human being. I don't have a restricted way of thinking and I am not narrow-minded. I look at the BIG PICTURE. As I taught Babaji, I look upon the UNIVERSE, upon all of MY CREATION. I do not have a gender, in the way that you do. I am Mother and Father. So in dreamland, you should be searching for Me, because in that state of mind you are operating on a higher frequency

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than during your usual day. With more REST, there is less STRESS. Some of you would say that that is impossible. But what is the quality of your REST? If the quality is good, the astral world, the dream world, can be very beneficial to you.

Remember to search for Me at all times, whether you are awake or asleep. You have to be awake with full consciousness all the time while looking for Me, even in a dream. When we meet each other, just remember to hold on to that thick thread I gave to you.



The way a baby is born with the umbilical cord attached, is the way you are born as a spiritual being. Cutting the umbilical cord is necessary for human beings, giving you independence for the first time. However, a child still needs its mother for food and to share love through the entire relationship. The baby still naturally depends on its mother.

When your spiritual cord is cut from you, remember that the original connection to Me is in you all the time, in your belly, your NAVEL. It is a very delicate and sensual part of your body. When women are pregnant, the NAVEL is often the place to which you can press your ear to listen to the magical movements of the baby. As you are growing up, your NAVEL becomes a constant reminder of the physical place of your spiritual connection to your HEAVENLY ORIGIN.

You only have to look. Don't pretend to be blind, because a BLIND SPOT can cost you much, the same as if you were driving a vehicle in traffic. How many lives could be saved with the small effort of turning your neck and looking properly at the BLIND SPOT? But then again, the law of Nature prevails and you are often the cause of your own disasters.

Do you think that blaming Me or cursing Me will help you,

or do you use it as a stress relief mechanism? No, My children, it doesn't really make a difference, but it is wrong of you to curse Me. Please try to avoid cursing by using My name, since you offend yourselves by doing so. You know I do not have the problem of emotional attachment as you do, so why do you think of Me in such a disrespectful way? My state of mind is huge, vast as the Universe and its heart.*



I want you to live worthwhile lives, and I am not talking about material things, but spiritual fulfillment. Descending into fanaticism is not good either, because fanatics are scary, aren't they? It is important to achieve balance in everything, and especially in the spiritual world. Just as the scales are used as a symbol of justice, your inner sense of justice should always be in balance. The justice that I bring is very pure, and if you are having a hard time catching up with the concept, try to seek balance.

Each of you is wondering what TRUE JUSTICE is, or if there is any JUSTICE at all. Of course there is, but you humans make laws, and then you break them. Crime runs rampant throughout the world, and it is one of the problems that have been destroying society. That erosion is one of the reasons why you have a problem with identity, the problem of who you really are.

There are many lost souls who don't know what to do in life, and in that state of mind, much can go wrong. It is very important to help each other to find out, for example, what is interesting for each of you and to help each other develop creative decisions. You have your close friends and family, but in a family there are many conflicts. The popular saying "YOU DON'T CHOOSE YOUR

* Now I am hearing a siren wailing throughout the town.

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FAMILY, BUT YOU DO CHOOSE YOUR FRIENDS” applies to many of you. Whether the cause is “the generation gap” or other personal disagreements, in the end you have to work through disagreements together.

With your nearest and dearest, remember to act with your HEART, not your EMOTIONS. Be tolerant with one another, and if you are wrong, admit to it. Stubbornness in that direction can be devastating, and here again your ego is destroying you and your surroundings. Your ego is not you, so don't think that if you change your behavior that you will lose something or be less of a person. Many of you are confused by your own egos. Unfortunately, a great deal of your society is built on the ego. It deteriorates and has a “sell-by” date. Do you understand?

People with big egos are fundamentally unhappy. They cannot find friends, but think that their solitude provides happiness. It is not in human nature to be isolated, because you are very joyful and companionable creatures. That is why, in many cases, you want to create your own family. But having another human being as a spouse or having a child is not child's play. You have to think seriously before taking that step. Love keeps everything in place, so that serious thinking is not a burden. It is healthy to look at life ahead of time, so that damaged or broken relationships become rare.

Today, the divorce rate and the number of abandoned children are very high, and as you make your bed so you must lie in it. A great deal of damage can be avoided, if only you would use your heart, your inner feelings, instead of being HOTHEADED. All along the way, you are making things complicated and complex, instead of simple and easy. The world I am explaining to you is spiritual, and most of you don't take spirituality as a part of everyday life.

Many issues are presented on television, radio, and other media, especially regarding the spiritual messages I am sending to you.

True life is to have Me, The Heavenly Father, in your heart because only then is life pure and honest. It is not nice or healthy to lie to yourselves by trying to forget Me. You could bring misery into your lives so easily, and you then would suffer a great deal to free yourself from it.

Imagine yourself in a survey and think about how many of you could say that you are truly HAPPY INSIDE, ignoring the material state of your life. Only a small number of you could say that you are truly fulfilled because of the contact you have with Me, The Heavenly Father. The rest of you would find a great emptiness, and yet you have done nothing to fill that emptiness. Isn't the feeling that you experience in that state one of great sadness, as though you were an abandoned puppy or an orphan? You are not abandoned, My children, but you have strayed far away and you think that there is nothing left. This is a form of nihilism, a completely negative thing. That is why I feed you with OPTIMISM and I inspire you with it each day of your life.

Doesn't Nature, itself, inspire you? No matter what climate you live in or what weather conditions you prefer, you will find My artful inspiration in Nature. The preoccupations of everyday life, responsibilities, and stress that build up distract your attention and you fail to notice the beauty of Nature around you. Vacations give you pleasure, and even the shortest ones allow you to get in touch with Nature and your inner self. You have a habit of thinking of yourself first, and after that, of contact with **Me**, your Heavenly Father. But there are days I create to be more beautiful for you, when in the gloominess of the day the rays of the Sun shine through you. Be romantic in The Heavenly Spirit because, in such a state of consciousness, the most amazing things happen, and you become most creative.

Remember that MANKIND WITHOUT GOD IS NOTHING, his soul is mere emptiness.

When you are about to eat a nut, such as a hazelnut or a wal-

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nut, you quickly break the shell to reach the meat inside. Empty or corrupted souls are like rotten fruit. This is the look of someone who does not have Me, The Heavenly Father, in his or her heart.

From now on, look at life differently; look at it as a gift, because it is!

Those who have been in life-threatening situations, and yet managed to survive, appreciate life greatly. I am sure of it. You think* you have nothing to lose until you learn to appreciate what you already have. You can be very possessive by nature and take every loss too tragically. I explained the material world in *Heavenly Father Speaks—Second Arrival*, and I hope that now it is much clearer to you. I know that losing material goods hurts you, but believe Me, the loss of someone close to you will affect you much more. So think about the priorities in your lives. The PRIORITY is Me, The Heavenly Father, because only if you stand beside Me, will you be fulfilled.

You enjoy music, dance, and parties and that is how your evolved spiritual life will feel. Spirituality is a serious matter, yet at the same time very amusing. Just look at Babaji and you will feel and see his sky-high optimism. I want you to become optimistic beings as soon as possible, because you all have that potential inside of you already. The pressure of life suffocates your optimism, and if you don't resist, you will sink deeper and deeper under the burden. The bones break easily when there is no spiritual elasticity. Remember the remark that you are not just flesh and blood. Here is a more symbolic and vivid description: elasticity in The Great Spirit is like doing gymnastic exercises; the more you practice, the more flexible you become.

When you are rejuvenating yourselves as you do during a vacation, your level of optimism rises. Smile, smile until your

* At this moment a bird is beginning to sing a beautiful song.

soul becomes alive, even beyond this life. I am giving you great joy, but am I getting the same from you? You need smiles, sunshine and optimism badly in your life. Trust Me, I see the real “you” each day, but you only see your physical reflection in the mirror.



Let Me return to the relationship. You are most interested in relationships between men and women. Both are human beings, similarly built, with gender differences. They have the same feelings, the same motor reactions, and can understand each other in a native or foreign language. They have much in common, but why is there a moment when they separate from each other?

There are main characteristics of man and woman. Each has his or her own tribe, the group of friends with which he or she is most comfortable. Then there are areas that are special to him or to her. Every society has its own customs and traditions, and other specific characteristics that make a certain society unique. But relationships, especially in the modern world all around the globe, are basically the same. In relationships, there is the flame of infatuation, the first flame of love, the process of keeping the flame burning, and the extinguished flame. Why do people separate much more often than they stay together? Everyone has his or her own explanation, but remember that in relationships, good or bad, IT TAKES TWO.

I do not intend to lecture you with this explanation, because you are adults. Most often, the immaturity of an individual is transferred to a community and that is why certain couples cannot make a union last. When I describe you as a companionable being with an instinct for family, you must remember one thing above all—THAT IS LOYALTY!

You should harbor loyalty to your own self, as a human

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being. Everything will be easier for you if your loyalty is the result of loyalty to The Heavenly Father. I explained to you that when you go back to your Heavenly Origin and when we talk about what comes next—especially when it is time to be reborn—your **LOYALTY TO ME IS EXTREMELY IMPORTANT**.

You were born with loyalty, and if oblivion intoxicates you, there is always a detoxification stage. The true and authentic **LOYALTY TOWARD ME** will awaken in you. And then, like a brilliant butterfly, you will be reborn and emerge from the cocoon in which you are hiding. In life, there are many opportunities to experience a rebirth. It can happen in many forms and manifestations. I hear you when you say, “I feel as though I had been reborn.” This is how loyal you can be to Me, to yourself and to the rest of the loved ones around you, and especially to your partner. Now, this is the true order that should be your priority. I believe there is room for it, because you are **FLEXIBLE LUMINOUS BEINGS**, aren’t you?

It’s important to build everything on a solid foundation in Me, your Heavenly Father, otherwise you will live your life in vain. Just as it is important to ensure that the foundation of a house is built solidly, it is equally important to ensure that the foundations of your life are stable. However, you always have an opportunity to rebuild your life, even if the first foundations were not that reliable. Know that I feel all your good will and it inspires Me, and that good will must be your **HEART** aimed at My Heavenly Way. Yes, you can easily walk The Heavenly Way Of Stars; the original name of the **MILKY WAY GALAXY IS THE HEAVENLY WAY OF STARS**.

Life is not a sandcastle or a house of cards, it is much more than that. It can easily be ended, violently or peaceably, by certain events. Again, believe Me, **LIFE** without Me in it is wasted life. When I was creating you, My children, I was truly inspired. I am calling you “children” out of My love for you, because I am your

Father. In the animal world, I created many animals that, combined with Nature, make your admirable Planet Earth. When you look at Earth in photographs taken from Outer Space, it truly has a magical beauty. Nature is astonishing and includes all that I've created; it is a profusion of living organisms and plants.

And I created you, too. This beauty is intended for your stay on Earth to be more pleasant, and by giving you a choice of free will, I gave you the gift of creativity. You must understand that life on Earth is a gift, in order for you to progress as spiritual human beings. You are part of all Nature; you are strongly connected with it even though you are not aware. Of course, there are some responses to it, and you may notice that often some part of your body can hurt and ache in unison with Nature's alterations. What more do you need to feel that connection to Nature within you? Women, for example, feel Nature and its alterations very well, through phases of the Moon and their cycles. These are such simple connections, but they are important to your need for reassurance that I, your Heavenly Father, really do exist.

How many artists, poets, and other creative souls are inspired by Nature! Just like school projects where you explore what interests you, in the same way I call upon you all the time and invite you to MY HEAVENLY WORKSHOP. And remember that all creativity, as I told you already, came directly from Me.

I am your Heavenly Father, the One and Only, equal for everyone no matter his or her religious education or any education at all; **take Me as your Friend, Father, Counselor.** I am not the frightening God, if that is how those who raised you unjustifiably brought fear of Me upon you. Usually in those cases, individuals use "the fear tactic" to frighten other people, for they have their own personal reasons to fear Me.

The children's stories that you have created about Me over time are gentle, interesting and very lively. That is a very nice way to start a story about Me, the oldest being, The Heavenly Father.

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Right beside Me is Babaji's soul, the second oldest in terms of existence. The proportions that I'm talking about use different units of measurement that do not tally with earthly time. In My cosmic time and yours, everything moves in a specific course and uses different laws of Nature, Cosmic Nature.

Life is not only what you experience here and how many earthly years you live. You started to miscalculate even your own age because you forgot to count the time you spent in the womb. Some nations—and they are rare—calculate age on the correct principle; the majority cannot recall this part of their life. Why do you think there is so much information about pregnancies, childbirth, and the first vital years of a child's life? Because from that first moment of creation, from the child's conception, that child's soul is starting* to LIVE. Through this spiritual event, even Nature confirms fundamental human existence. Human creation is a beautiful example where I explained how Nature is in complete harmony with Me. I know that you enjoy this part of Mother Nature and the sequence of happenings in The Great Spirit, so I will feed you with it more and more.



Your soul, which has existed for quite some time, is traveling through the Universe; today there are many souls that have gained a fair spiritual age. When I was telling you about the children of the New Age in *Heavenly Father Speaks—Second Arrival*, I said that they are the new souls in the earthly sense of existence. All of you have these years that I'm talking about, and the number is not as important as the experiences you've gone through and from which you've learned. The same concept is true of My age if we

* A bird is starting to sing again.

would count years, and that would be impossible. I've been here FOREVER, and that is the way it is. This fact penetrates deeply into the cosmic spores, and if you think about it only rationally, using your brain and the narrow mind that you forced upon yourselves, you won't get very far in the search. You have to forget what might be called the measuring units of this earthly world, and rely on the THIRD EYE (SPIRITUAL VISION), HEART, INNER FEELING and INTUITION (There is a difference between "inner feeling" and "intuition.").

The thought of how vast the Universe is enraptures you, and when you try to memorize constellations solely in your galaxy, your heads start to spin. Babaji observes very precisely and has the ability to perceive the Universe in its widest sense, the Universe that is your home. But this skill requires exercise and broadening of mind and soul, from life to life, from existence to existence.

Sometimes you are afraid of the Universe, this vastness that is unknown to you. That is why you are not moving forward and exploring further. When your mathematical equation forced you to find the unknown, you made the effort to find it. The same system can be used when some personal fear emerges. Always go to the root of the problem and courageously look your fear in the eye. I am describing this method so you can be your own therapist. Do not fear Me. I told you before and I will repeat it as many times as it need be: FIRST AND FOREMOST, I AM YOUR FRIEND.

Generally, through friendship, everything is easily and accurately learned. Through My teachings, Babaji gives you the example of true friendship. He tells you, and has always told you, that you should come directly to Me, as you should have done from the very beginning. The teachings of Babaji that you hear and learn are original, and without prejudice or alteration, while most of today's known spiritual written documents have been changed. The people who wanted to manipulate others have changed the

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facts, adjusting them for their own advantage. Earthly society has always shown a tendency to twist facts, especially those individuals who were in power and felt that with the spiritual awakening of the broad nations, they might lose their positions.

Today, materially developed society is trying very hard to suffocate SPIRITUAL OPTIMISM. Since those who wish to dominate are pressing so hard, you might think that things today are worse than they were centuries ago. This is not so, because no one can stop The Heavenly Spirit. Hopefully those who try to do so will read this and realize what they are doing and whom they're trying to suffocate. They are actually smothering their own souls, with no trace of spiritual development.

MY ANCIENT TEACHINGS, My legacies, are unstoppably moving forward. Quite simply, no one can go against them because these are laws of COSMIC PROPORTIONS.

Even though you created spaceships, the development of your travel to the Universe is still very slow. The fastest way you can travel is through your personal SPIRITUAL VEHICLE, your heart and soul. The best vehicle in the Universe is your personal spiritual vehicle, custom-made by special order, exactly for you. Tell Me, which earthly means of transportation is perfect? Although there are many varieties of cars, the answer is none of them. In any vehicle, you could be killed. That is a risk you take almost every day. But as you would say, "NO GUTS, NO GLORY." The modern world is like that, so manage yourselves in this INDUSTRIAL JUNGLE. The point is to understand the beauty of your spiritual vehicle, and see beyond the point of "I am just an Earthling, living on this planet." Life on Earth is just momentary, and is the same for all of you.



In numerous ways, many of you have much in common in your

everyday life. It is fine, because you have chosen many similar professions and lifestyles. Each of you is individual, unique in yourself. Do you know which physical fact proves that? It is your FINGERPRINTS. There is no single one alike. Isn't that an amazing discovery for humankind? You see, you are more interesting than you think you are, and especially to Me. But where there are beautiful flowers, you will also find weeds. The same parallel can be applied among you.

As a child, you take careful steps. Some of you require more time to find the courage to take a first step. After a while, once you have mastered walking, you can hardly remember when your steps were uncertain. Follow Me now in these stories in which I reveal more of the spiritual world to you. When you took the first spiritual step, how did it feel? I am sure that it was glorious to experience something powerful and new. Depending on your personality, you might have had a certain measure of fear, but when you relaxed, didn't you have an exhilarating experience?* It is important to be open to Me and give Me your hand, just as a child trustingly gives his or her hand to a parent. Remember, I am not a stranger, but your genuine Heavenly Father.

A child enjoys games, and the fastest way to learn is through fun. You are My children, no matter how young or grown-up you are. I always have the same gentle, sometimes more demanding, approach to you, but always with a blessing. I approach everyone in the way that is best for that individual, through your personal channel, the place where you can let in The Great Spirit most successfully. It can be through dance, music, writing, poetry, painting, drawing, or wherever your positive energy is being accumulated. Through this channel, you can burn all your deficiencies and move toward developing your spiritual being.

* I am hearing the sound of a gong.

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It is time to make your heart a better place for living in order to keep your spiritual being well cared for, mostly for your own good and then for Me, The Heavenly Father. Now look at those words and remember them, because that is a very effective way to put an end to the ego. Do not live in an escape from yourself, because that is a waste of precious time. I've explained that time is perceived differently in the Universe. You should also forget about material things, because Cosmic Laws are different laws.

I know that certain possessions make you satisfied, because that is a part of the material world. But they are just temporary, they are perishable. You know that material objects can quickly deteriorate, rot like wood, and sometimes remain in a degenerated condition for a long time, like a ruin. What's the point of such a long duration when it's just a ruin? This symbolically affects your life, for if it lasts for a long time as a ruin, what is the purpose of it in that state?

Buildings are something different, archeologically excavated and serving an educational purpose, connecting the lines of your ancient civilizations. But however ancient, they are not older than the Universe and Me. Certain things are meant to endure, not every material object falls apart. These kinds of discoveries serve you and your cultures around the world, enabling you to realize that you are not alone and you are not the first. Historical discoveries are necessary because they take you back to the past so that you can see the bigger picture, not just your present life.

Many civilizations were very developed and technologically advanced, just as yours is today. But these are all labyrinths, with exits through which I teach you about the origins of Earth. I explain your earthly inheritance very precisely because your earthly inheritance seems closer to you than the Heavenly one. The rigidity of your physical body limits you. You think that if you cannot physically fly like a bird, you are BOUND TO EARTH.

Although most of you are afraid, the feeling of flying can

be experienced through skydiving. Airplanes and other flying machines are inventions that give you joy and exhilaration by physically removing you from Earth. If you are one of those who think that such experiences are too dangerous because of your personal fears, there is something for you, too, which is readily available to everyone: dreams.

Dreams, My dear ones, welcome you with greater safety than Earth. In dreams, you can fly like a bird, run as fast as a wildcat, swim like a dolphin, and enjoy many other magical experiences. The dream world is astonishing and very real. Children love it and have great fun in the dream world because, while they are growing up, they see everything as fun and games. Children are optimistic and are good therapy for adults. They often combine the material world with the dream world, and do not differentiate; it is all the same to them. So when you find a child with a big imagination, or if you have a child like that, remember to explain to him or her their real Heavenly Origin.

A child's real parents are THE HEAVENLY MOTHER and THE HEAVENLY FATHER.* If you, as a parent, raise your child to know who I am, then you are blessed, My big children, because that means you have not forgotten Me. If you have this understanding, you will grow spiritually faster than the rest who have forgotten the true parents.

Remember the important difference between having dreams as a reflection of your wishes, and having the real spiritual dreams. Only the truly spiritual ones count.



Are you sensitive to The Great Spirit, and how do you take it? Is

* Cheerful children's uproar in the background.

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it like being in the Sun? Do you burn easily, or tan gradually and nicely? This is only a comparison so you can gauge your reaction. The Sun can harm you because it has been damaged by human neglect and pollution. As I explained in *Heavenly Father Speaks—Second Arrival*, about the difference between the “Old Sun” and the “New Sun,” the same difference applies to people. Either you are too crude to understand Me, or you are gradually starting to talk and think of The Great Spirit’s way. Some of you require more work, some less in that area, but you know that I have a great deal of patience, unlike you who find that discipline very difficult to master. A child must develop the patience in order to master everything from basic education in hygiene, to warnings of that which is life-threatening.

There is a difference between the way children and adults learn. The child’s brain is like a sponge that sucks in information. It is normal that children progress faster than adults. Thus, it is clear why a qualitative education should start from home, continue through preschool, and go on throughout schooling. If you don’t continue to develop flexibility in The Heavenly Spirit, your sponge will dry up, and by one squeeze of your fist, it will turn into ashes. Your spiritual flexibility will amount to nothing, and your mind, as such, will have no purpose.

Why should children be involved in sports that require flexibility from an early age? Because that is the right timing for them to start training and developing. With time, the body becomes rigid, and by the pre-teen age, it becomes too late to develop flexibility. It seems that when the body begins to stiffen, the mind begins to stiffen, as well. That is why I ask you what type of person you are and what is your reaction toward Me, your Heavenly Father, in terms of flexibility.

Take a moment, look around you, and draw the parallels from these explanations. I educate you through this book and I expand your knowledge. Take this as a life lesson, a very POPULAR

COURSE in college. Its popularity grows for one obvious reason: everything about the philosophy of life interests you.

I know that there are “black sheep” who are not happy with their lives, and even go to the extreme of suicide. They have fallen into a zone of the black ray and cannot find a way out even though help is available. I believe that most of you have had contact with such people. You should help those troubled people as soon as possible, through measures that society has to offer, and through friendship. Let them be filled with POSITIVE HEAVENLY ENERGY. I look upon them and call them by name, but their minds are completely numb and they cannot see the light at the end of the tunnel.

My Heavenly Hand is always extended to you, and I, long ago, made the FIRST, BASIC CALL AND STEP TOWARD YOU. Half of the job is done. All you have to do is extend your hand toward Me.

There are souls who extricate themselves from such stages of consciousness because they have used the last atoms of their strength to call upon Me. When you so honestly call upon Me for help, and when you let My light back into your heart, you can correct everything. It is never too late. Then there is a celebration in Heaven because a soul has been saved. When you hear the song of a bird in a specific way, in an unusual time, remember that this is a spiritual song that sends word of the saved soul.

Do you understand Me, are you following what I’m saying to you? I hope so. Just step toward the SCHOOL OF LIFE with simplicity, as if you were starting the first grade of school, with enthusiasm, unburdened, and very curious about what awaits you. On that day, didn’t you feel special, didn’t you feel as if you were growing and something was changing? Life is full of sweetness that helps you soothe, or maybe even forget, the sometimes unavoidable difficulties of life. Remember the saying, “A cup half empty is a cup HALF FULL,” and put extra effort each day to maintain optimism, because that is how you destroy pessimism.

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Don't behave like spoiled children, but if someone calls you spoiled, there is obviously a reason for it. If your reaction was that you were offended, you have a problem. Life does not consist only of taking and receiving without giving anything back. Just as you received life as a gift, it could be very easily taken away from you. That is a strong example of how easily a situation can be changed in a very short period of time. When and if you experience a tragedy, you may start questioning the meaning of life. The one who loses material wealth is not "a loser," but the one who does not have Me, your Heavenly Father within, is. If you think that there is life without Me, you can live and perform your everyday duties, but it will be obvious from your appearance that you have no life or enthusiasm.



As I give you your HEAVENLY BREATH when you are born, I take it away from you when the time comes. That is the same concept as the first breath that comes from the Heavenly ether and brings life, and the last breath that goes through the invisible channel into other existences. Heavenly Breath is something like a wind, yet it makes a musical sound, a melody that is produced through flow, so we can hear its song. Through the earthly sphere, the wind plays its notes. The atmosphere and atmospheric layers are its sheet music, and the flow of the wind creates the melody.

Your vocal cords are needed for the HEAVENLY BREATH to find an instrument, and that is how your voice was created. For those who were born without the gift of speech, it happens for a certain spiritual reason. Does KARMA ring a bell? Physical disability does not mean the end of the world, though many of you experience it as such. The reaction is even stronger when people around them talk, hear and see normally.

Some handicaps are spiritual illnesses, but through difficult

karma those souls must fight the weakness with added strength. The rest of the senses that are developed should be used optimally. It is true that to a handicapped person everything is different, but their pure heart can save them. Many of you progress very quickly in communication with Me when there are mental or physical disabilities. Firm decisions and the strong hand of a friend can be very helpful. Although for some of you it is a hard battle to conquer the sorrow and depression of being different from others, all disabled people can very effectively grow in The Heavenly Spirit. You should all make yourselves warriors of life and NEVER GIVE UP the fight for a PURE HEART and MY HEAVENLY HAND. Build optimism continuously; it is a SPIRITUAL INVENTION.

The spiritual food I bring to you should be considered as a SPIRITUAL THANKSGIVING. Just as when you say grace, the same spiritual gratitude should become a habit to you. Go back and read again, if you have forgotten the food chain explanation. Be grateful for the life you have been given, for the good day you have experienced or the turbulence you just overcame, as a gift to you. Through this gratitude, you are lifting your spiritual being and feeding yourself with the sweetest nectar you can imagine. It goes right to your heart and makes you a better person.

Humans have so many different voices, yet so many of you can sing in the same tone. Isn't that beautiful? Choirs are a very powerful tool if they sing in the right spiritual tune. With this kind of togetherness, you have received **a message through music**. No matter how different these choristers may be from each other, they can be harmonious at the same time. They probably have a good teacher and have been practicing a great deal.

In spiritual language, the meaning is this: no matter how different people are, if they choose to have Me, The Heavenly Father, in their hearts, they can easily become ONE, UNIFIED. Some of you call each other in slang "brothers" or "sisters," although you

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are not blood relations. That is wonderful if you mean it from the bottom of your heart. The worst you can do is to pretend and show a false face. But as you are probably aware, the world is full of pretence.

I know the great majority of you don't like the differences society has artificially imposed. But there are those who enjoy discrimination. Believe Me, they are fools; they will get what they deserve in the course of Nature. I am not telling you that you should take matters into your own hands. There are many laws to deal with this problem. Just be strong, and with love for Me in your heart, show your good and fair side. I have already told you that I don't care about the color of your skin, BUT I CARE FOR YOUR HEART. We know very well that all hearts look the same in all races. So what is the difference? Didn't you pass that exam, or were you caught in the net of that kind of rage?

Everyone who puts his or her heart into My Heavenly Heart is a dear child of Mine. That is the entrance to the Heavenly Kingdom; there are no other obligations, no dress codes. The only code is a PURE HEART with the honest intention of putting Me, your Heavenly Father, in your own sweet heart. This way, INNOCENCE, as natural as a child's, is born.

Nothing is more important than being FAITHFUL to Me and TRUSTING Me. Remember, DO NOT GET LOST, because coming back to Me will be a ROCKY ROAD; you wouldn't want that.

Love, respect, and responsibility are your arms and legs.

Your body is a musical instrument through which I am sending high spiritual vibrations.

Your head is a sacred place in which you love Me and make the connection with Me.

Your heart is the highest point of your faith and your purity in The Great Spirit.

REMEMBER TO RESPECT ME as your most IMPORTANT DEED, because of your NEED OF HEAVEN.

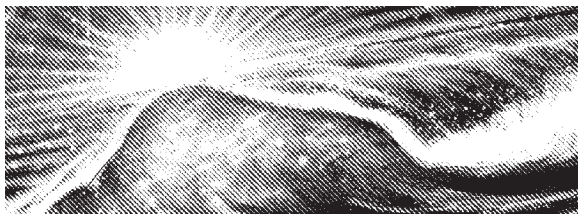
Luminous Journey, Luminous Way

R-E-S-P-E-C-T through song should ring your INNER BELL
for Me, your Heavenly Father.

Aloha for now.

Heavenly Father!

Day Two ≈ May 2, 2001



Beginning of Our Spiritual Evolution

LIFE IS FULL of surprises when you combine your Heavenly Origin, this life and your soul, with the beautiful truth of the stories of the Universe. From now on, try to think optimistically and behave with spiritual dignity. The Universe and I, your Heavenly Father, are calling upon you to explore and discover your real home.

As I was telling you before, there are three levels of existence: **the material, the astral (dreamland), and the causal.**

The material world is the one that you know best. Many of you swim in it like fish in water, because Earth is your natural habitat. But many things are lacking from this world, such as your belief in Me. Because you have cast Me into oblivion, you have made this world very dull. And I have put so much effort into creating the beautiful Planet Earth!

Didn't you wonder why I created the Earth to be so special? It is because it is a part of the Universe, and as beautiful as all the

rest of the Cosmos. And I created you, the living beings of this planet. But there is something you have forgotten. It is sad that from generation to generation, you have been handing down the emptiness, the total lack of remembrance of Me, your Heavenly Father.

In the future, more and more people will be spiritually awakened, and My presence will finally be found in every soul, as each is born.

There are those of you
who have become aware of Me,
and very, very blessed you be!

But you lazy ones are creating a traffic jam, an obstruction between the material and the spiritual world.

The second world, the astral world, is your spiritual tool, given to you for practice. There is no danger, and you are entering it in a very relaxed state of mind. The comfort is huge, the fun is great. But best of all, it will be the most incredible LEARNING EXPERIENCE for you.

The first rule is to try to remember Me in the astral world. I, your Heavenly Father, should be your guidance, and in that way mistakes will be diminished. Without calling My name, you will only ramble around in circles. Life and karma circles are the same in the astral world.

You remember the explanation I gave in *Heavenly Father Speaks—Second Arrival* about dreams that are wishes, and dreams that are truly spiritual. If you are tired, sometimes you lack the energy to remember what you have dreamed. While you are sleeping, you should always pay attention to your dreams as one of the communications with Me. Start gradually, and when you are tuned to My frequency in this fascinating world, you will have the time of your life. Any problems that you have can be solved in those

dreams.

You will have to contribute considerable effort to become capable of receiving such important answers. In order to understand the astral world, your spiritual being has to grow a great deal. Don't say "no" to this extraordinary world, because it is a huge inspiration within your life, no matter what your occupation. The people who are too materialistic are the ones who are especially in need of this kind of personal spiritual therapy. This therapy is also one of the ways to keep yourself healthy "at no cost." I understand that you are overburdened with financial worries, so I am giving you a SELF-HELP CREATIVE GUIDE, issued directly from the Cosmic Core.

You have the privilege of receiving the FIRST ISSUE of this cosmic book. So, carry Me in your minds and hearts, and let your voices call My name louder and louder:

HEAVENLY FATHER, HEAVENLY FATHER, WHERE ARE YOU?
PLEASE SHOW ME THE LUMINOUS WAY TO HEAVEN!

I have just given you a Divine lullaby, My big children. Little children are amazingly creative, each in his or her unique way. Believe Me, from their little hearts and minds, precious prayers can be heard. Next time, pay more attention to what your child is saying, especially to the way in which he or she is praying. They are beautiful beings, so happy vibrations always surround them.

In a similar way, animals are purposely used as therapy for older people. Their warm and peaceful vibrations have a healing impact on the body and mind. Rejuvenate through these other creatures as one of the gifts that I have given you to heal yourselves. And there are so many creatures like dolphins, with astonishing powers.



The inspirational island of Hawaii, so-called “The Big Island,” is special. That is why I have chosen this place to deliver My message. Its uniqueness will be explained later. And to you, My dear children, I will give great inspiration.

The mystical eruptions of the volcanoes have a perfect meaning, and a very beneficial effect. You might even think that people who live on this Big Island and the other Hawaiian Islands are the happiest people on Planet Earth. I know everything here sounds appealing, particularly to those of you who are from hectic industrial cities. But your surroundings are not everything. In the first place, everything you need is in your HEART, and later it will be easy to tune your mind, because it has the correct HEART COMPASS.

To know and to learn how to appreciate PARADISE ON THE PLANET EARTH, is a part of the SPIRITUAL ART. Often, you are in different situations, sometimes difficult ones, in order to learn more about how to be grateful for your many harmonies in life. The exact position where you live on Planet Earth can have an effect on you, for better or worse.

Learn how to relax, and do what soothes you. Contemplating Me is a good start, but please go further. It is a waste of time to try and avoid reaching Me, and to avoid entering deeper into My Heavenly world. Take your time, don't be in a rush, but know that I can hardly wait for you, My children. I hope that this kind of communication helps you, because I encourage you to STAND BY ME. As babies depend upon their mother's milk because it is essential for their survival, so should you look at our relationship.

I have been telling you that everything is simple and there is always a touch of innocence in spirituality.

Hawaii is a very special place. I suspect that many of you who have been here felt the mysticism of the Big Island. This is one of

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the safe refuges on Planet Earth. There are many beauties on Earth, and I proudly present to you My creation—Nature. Every time your hearts are in Me and merged with Me, Heavenly Father, that is THE MOMENT AT WHICH I AM MOST PROUD OF YOU, My lovely children, My beautiful human beings.



Earthly families often have the TREE OF LIFE supplementing THE FAMILY TREE, every time someone is born within that family.* It works a little differently in the Universe. All of the Luminous Beings are ONE HAPPY FAMILY.** As I was explaining earlier, in a specific existence, many souls meet; so when you are born as humans, you often have the feeling that you have met someone before.

In both the earthly and spiritual worlds, kindred souls meet and those who are not compatible break away from each other. In the earthly world, emotional, egotistic and selfish behavior stand in the way of human relations. The world you live in seems completely chaotic. I inspire you and teach you spirituality, so that you can collect enough information to try to remedy the situation. Due to your free will and free choice, there is a good chance for you to evolve into a better person. FREE WILL and FREE CHOICE are BLESSINGS, not burdens.

A bird flying free is a beautiful sight. You love freedom, and as human beings you have an absolute right to that freedom. The bird's kind of freedom is the same freedom that flows on Heavenly currents and goes up to the Heavenly Heights. Through

* Candle flame (that was sitting next to me) powerfully flickered; I had the feeling that the light was spreading from the center of the room.

** A bee landed beside the candle and stayed still.

the astral world, you can experience the sense of flying, but no bird can reach your level of existence. That is the way of Nature, and it shows once again that you are special beings, full of My blessings.

Everything has its own flow, where the birth of a child exhilarates you and death scares you tremendously. These are concepts unknown to you which I will discuss later in greater detail. All those cycles of birth and death are naturally present for all the beings I have created. Only in some specific worlds, in some specific forms of existence, those cycles are different.

I would not create that process if it were not completely natural, but in humans a problem has arisen because of your enormous attachment to your physical bodies. Other beings do not have such heightened awareness of their physical bodies; they simply use them for natural reasons and purposes. Having said that, there is a great amount of work involved in taking care of the body, but that task is given to you for a reason. You have to be attuned to your body in order to develop it in a profound way, because that will help during your transformation from this world to the other worlds.

You should use your body in a natural way and not become too attached to it, although this happens to people too often. Learn to connect with your soul, as your spiritual vehicle, to connect with Me, your Heavenly Father*, forever. Give yourself that spiritual fuel. Didn't I fill you with fuel, enough so that you can start your first UNIVERSITY OF LIFE?



Volcanoes are great producers of fertile soil, because the centuries

* The bee turned toward me.

of solidifying lava provide the minerals needed for growth of earthly food. If the soil doesn't have enough minerals, the food becomes flavorless and no one cares about it. If the fruit and vegetables that we grow are full of flavor, everyone will enjoy them more. That is why the nobility of volcanoes breaks through and leaves fertile ground behind.

It is magical to watch volcanic eruptions, one of NATURE'S WONDERS. When you look closely at an eruption, you see that the lava is in constant movement and the effect is the same as using the plow in agriculture. Volcanoes, of course, have a dangerous side, but that's their nature for being so large and super-heated.

Be aware of the volcanoes' dangerous nature, and you will be safe. Everything else the volcano gives you is a gift from Mother Nature. The gases it emits are part of that wild nature, and you should protect yourselves from them. Yet those gases give volcanoes a mystical touch, as if they are emerging from the clouds and reaching for the sky.

Those of you who build your homes too close to a volcano, in a VOLCANO'S FRONT YARD, risk too much. It is as though you built your house in the middle of an intersection and waited for a car to crash into it. I have to give you such allegorical descriptions so that you can be more aware of the risks. Places where lava solidifies are not meant for you to build your homes, but to grow food.

There are so many beauties of Nature that you can explore. When you hear about those marvels, you begin to understand other living beings.

The FORESTS of the world are the great lungs of Nature. Volcanic heat represents Nature's body temperature. Lava is the blood that fills Nature's veins, just as your bloodstream is filled. The waters of the world are Nature's body, and the continents are its arms and legs. Nature is a living being. Your every effort to save it is welcomed and appreciated.

You have to take responsibility for your finest spiritual care-

taker and mother, Mother Nature. And you are not as thoughtful as you should be. You are not aware of the fact that you only care about yourselves, not only on a daily basis, but also throughout your lives. Nature is full of contrasts. She takes care of absolutely everything, for she is Mother Nature. If there were a better order on this planet, in the sense of enlightenment about Nature and taking better care of it, you and the place in which you live today would not be so polluted. It is truly a miracle that there are still places that are not afflicted with pollution, but unfortunately they are fewer and fewer. When you find purity, please take care of it, for it can become as rare as an oasis in a desert.

With its incandescent path, the furrowed surface of solidified lava tells a story many millenniums old. As the wrinkles of your face record certain experiences that you have had in your life, the lava's grooves represent wrinkles that tell the Earth's age. As Planet Earth grows older, it does not decline, but constantly restores itself. It can be destroyed through many natural disasters, such as fires, but it possesses a tremendous power of self-healing.

When forests catch fire, the fruits and seeds of certain trees and plants explode under pressure of gases and are ejected far from the critical spot. That happened in the history of many forests, another example of Nature's astonishing regeneration. To you, too, I granted a special aspect of natural healing in regeneration and recovery. As the Earth is a world itself, other worlds, too, have specific stories of regeneration.

As you can see, in many cases I gave you blessings, but you have to learn to appreciate them. When forests are destroyed in disastrous fires, you have the will to replant them; and in the same way, you should rebuild your souls and build yourselves into positive personalities. Burned soil is useless, but after plowing and fertilizing, it is ready to be of value again. Aftermath appears to be hopeless, but it is not. As long as there is GOOD WILL toward The Heavenly Spirit, new opportunities wait just

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around the corner.

You love to build your homes, either with your own hands or by using industrial construction. Your home awaits you, and with great joy you decorate it. Just as you enjoy this material way of building, you should apply the same joy to your spiritual development. You should always work on yourselves, build yourselves each moment of the day. The slightest lack of concentration can send you backward in a split second. Most importantly, that concentration must be in Me, Heavenly Father.

I know that the environment can lure your attention, but you should complete your spiritual tasks, regardless of distractions. Concentration is a good exercise to practice control of your senses. You should not let your uncontrolled emotions guide you. If you pursue only the pleasures in life, you lose your LIFE'S SPIRITUAL COMPASS. In Nature, if you can't read compass points of the Earth, then you will feel lost and confused. Who will save you then? A chance passerby, an experienced tracker? You will be lucky if you survive, or perhaps in My mercy I shall judge that it is not the time for you to pass on.

Adults often behave like children, but My communication with adults is much more difficult. Adults are different because you already have your fantasies, and as a result, you often have no desire to listen to Me. Children attending preschool obey the teacher who looks after them, takes them outside and watches over them when they play, and then brings them back. Those little children are more obedient than you, and that is why I call you BIG CHILDREN.

It is easier to develop yourselves spiritually if you start at an early age. Education should start earlier, as well, because when you are young, you are more open-minded and quickly grasp ideas. Children have no prejudice or fear of either spiritual or earthly education. You learn the alphabet very quickly, not only of your native language, but of The Heavenly Spirit, as well. The

good foundations that you receive in preschool education will make learning easier in later schooling.



There are many experimenting souls among you that will not be satisfied with given explanations, but will always search for more information. That is how, from an early age, Babaji expanded his knowledge in many fields. The longing to explore advances your development as a person more quickly. Different kinds of workshops, games, and research courses are very desirable in your educational process. The more hard work you invest when you are young, the more it will pay off in the future, even one hundredfold.

Accept and value a teacher who inspires you, or a friend who sets you an example. I will teach you and help you develop through different positive methods of friendship, each complementing the other. Company and friendship are familiar to you, and you should connect that familiarity to Me. Thinking that I am far away from you, which is not true at all, is no justification for your fear of Me. A long time ago, I explained to you clearly that with Me there are NO PRIVILEGES, so don't fool yourself. In that sense, I am equally available to everyone and I accept you quite willingly.

You should know how to inculcate a positive attitude in the spiritual sense, into your earthly attitudes and everyday thinking. Your parents can help guide you if they, themselves, grew in The Heavenly Spirit. This is a perfect combination. When things are not going so well, don't worry because I am always here with you. Even Babaji did not have a smooth childhood. In fact, it was very thorny. There was little understanding of him in a spiritual sense, as well as in many other ways.

Look at him today: a beautifully developed SUPER SPIRITUAL

BEING. Babaji provides a great example. He naturally turned to Me, and through his own will and by his own initiative, he started to seek knowledge from Me. **In hard times, your initiative is important, because what's the point of Me coming to you when you don't want to see Me!**

It is logical that if you are preoccupied with things that are more interesting to you than I am, you will not use your perception to acknowledge My presence. If you are hypnotized by something else, the waving of My hands in front of your face will not help. Only at the moment when you truly decide to seek Me, will you be awakened from the DEEP DECEIVING DREAM of the world in which you live. The moment may be triggered by different circumstances, but that is another story. Do you see My point? You are smarter than you think, but often you use ignorance to deny it. That is a type of self-deception in which you bury yourself in a passive state.

Some animals hibernate during the winter, but that does not apply to you, My children. Human beings must be awake constantly in The Heavenly Spirit and grow continually. EVEN WHEN YOU SLEEP you should be awake in The Heavenly Spirit, because every moment is available for you to learn. In your everyday lives, something new is always happening to you, and whether big or small, it is there to teach you.

So, I repeat: THERE IS NO SLEEPING WHILE HEAVENLY SPIRITUAL RECONSTRUCTION IS IN PROGRESS! Every moment of lost concentration in everyday life can cost you. The same truth applies to spiritual life in which, if you build something positive, negative influences could break it apart. Your life is not a sand castle that you can build quickly, it is a life in which you have invested a great deal of hard work. You know very well that painful feeling when you work hard and, yet, the expected results do not come.

You should put spirituality foremost, as soon as you awaken.

While you are dreaming, your body and thoughts are at rest. That is the time for spiritual experiences that should give you inspiration and complete rejuvenation. When I say that when you sleep you should be awake, I mean SPIRITUALLY AWAKE. Your life will then start to be much more meaningful, and you will become more honest with yourself. You will then open a beautiful channel toward Me, your Heavenly Father, and let Me into your heart. This will be an indescribable joy. As impatiently as people wait for the fruits of their land, food that is vital for survival, I wait for each one of you and welcome you to step onto the true Heavenly Path. Those are delightful moments, because they will cause great joy, not just in you, but in Me, as well.



Think about all I am saying and see the bright side, because the BRIGHT SIDE is the only one there is. You need immediate SPIRITUAL NOURISHMENT. I am not playing games, only PLAYING FAIR. I know that you humans are used to petty and small-minded games, but that behavior has no place in My world. You must conquer the ego that is dragging you down. If you think being egocentric is the normal way, you are probably under the influence of the society that raised you. Thinking that you have to behave as others do IS VERY WRONG. Aren't you tired of the constant rat-race, without a real cause, to grab money and power? What good can come of it?

The world can offer a luxurious home, an automobile, and other material things, as its BEST REWARDS. But are you really happy in the end, when you indulge in all that you can obtain from the material world? Don't you eventually find yourself alone? And isn't that what worries you most? Even if you have a good family and all that it offers, are you still bored with your life? Why is that so? Later on, I will give you a simple explanation.

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The emptiness I am talking about is the emptiness in your heart in which there is no The Great Spirit. Those of you who do not have so many material things are thinking that you are missing a great deal. But you have probably heard many times about the misfortunes and tragedies that happen to rich families. Maybe you would still have a desire to be rich after all that you have heard, but remember that being wealthy is not the CROWNING ACHIEVEMENT OF YOUR LIFE.

Doing something humanitarian with riches, helping those in need, is an excellent choice and certainly not a waste of time. It has been said: "YOU CANNOT BRING YOUR RICHES INTO HEAVEN." I think that after all the centuries, you have finally figured that out; unfortunately, there are still some of you who are obsessed with acquiring wealth.

THE CROWNING ACHIEVEMENT OF YOUR LIFE must be Me, your Heavenly Father. Search for Me now; do not wait for an invitation, thinking conceitedly that you require it because you are special. It has already been sent to you, but not only to you. Everyone received this invitation THE MOMENT HE OR SHE WAS BORN. Just as you have a BIRTH CERTIFICATE, you also have your SPIRITUAL CERTIFICATE. Do not consider yourself lost, because I will always find you in The Great Spirit and in your earthly life.

The footprint on your birth certificate serves as your newborn identification, and also as recognition to your birth mother in the hospital. The footprint is a symbol of your first spiritual step as an earthly being. The "do not misplace me" plan, in which babies are foot-printed, helps to prevent turbulence in everyone's lives.

The spiritual side of your being is in you as a baby, and that is why babies are sweet and lovable. The AMRITA, which means THE SPIRITUAL NECTAR, THE NECTAR OF ME, YOUR HEAVENLY FATHER, is the sweet scent of babies. This form of nectar can be found in flowers. When you smell a flower, your senses are reminded of this beautiful gift of Nature. You created aromatherapy

because this nectar helps you to relieve stress and tension, to gain other benefits from the magical world of flowers and herbal medicine.



While you are enjoying this side of Nature, let Me tell you about WATERFALLS. They really are the TEARS of Mother Earth and part of the natural process. It does not mean that Mother Earth is always sad. On the contrary, it is her form of filtration. Natural springs are Mother Earth's breast milk, which she uses to quench thirst throughout the world. Isn't it amazing to consider her inexhaustible resources? Remember that even though water rises to the surface continuously and naturally, it is your responsibility to care for these springs. You know that water is essential for your survival, and it is even more essential for Mother Earth to be fertile and to give birth to the beautiful green parts of your planet. Romantic waterfalls are a great experience to see and to feel. Nature is PERFECT.

Do you now feel closer to your Planet Earth's habitat? The purpose of My teachings is to help you to be more aware. How many of you will listen to Me? It is up to you. But the more of you that carry Me in your hearts, the greater My joy. And if you did not know it, this joy can be heard at the farthest corner of the Universe, at the very beginning of your nearest transitional spot OUT OF THIS WORLD.

You have sent recorded messages containing greetings and music from your planet. Those messages circulate throughout the Universe and definitely attract some frequency responses. But the question is: how far will you go with this? With your Space Program, you have gone a great distance, looking back along the years. But there is a faster method to explore the Universe, one that is definitely FREE OF CHARGE to anyone.

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Tuning to My frequencies, you can travel in your “SOUL VEHICLE.” Using your heart as a compass, you can go AMAZINGLY FAR. The beautiful scenery that you could see cannot be imagined until that exact moment. People who have visions can describe them, and if they can paint, as well, they can make realistic paintings of cosmic landscapes. I am encouraging you, My artistic souls, to be spiritual explorers.

If you have an artistic gift, do not let it RUST, but use it. That gift is your way of expressing your soul, your spiritual journey. Do not be lazy, be “creatively crazy” and record the beauty you have experienced. Others will welcome something new and refreshing. Through your art, you can take a break from the daily routine that tires you. Art is one form of stress relief. If you have the need to express yourself artistically, it takes a little talent but a great deal of practice. Painting can become a part of your life and you, in turn, can become part of the HEAVENLY CREATION. Remember, it is not only a small part, it is a big part. Think what form of art appeals to you and try it. Do not be afraid of experimenting with the arts.

You also think of the Universe as something to be feared. You have that opinion because of the upbringing you have had that told you there is nothing “out there.” Look again. Honestly, don’t you feel that you are not alone when you look at bright stars shining in the sky? I think, deep down, you admire this magnificent part of the Universe. Try to expand your mind toward the Universe and toward Me, your Heavenly Father.

Memory games are good for the development of your brain, so use them often. Mind expansion is the first step in your spiritual growth. Begin gradually, trying not to be afraid of the vast Universe. Travel, travel and peacefully search. Take your time on this journey. I am asking you to hurry only in making the decision to begin. Later on, your journey will go smoothly—for example, after first learning the fundamentals of driving, you

gradually become an experienced driver. Even if driving is hard for you to learn, I can say with certainty that your spiritual journey will not be difficult.

Spiritual world is larger than Planet Earth. It is also much safer, because your original soul was born in that part of the Universe. There is a huge distance from Planet Earth to your previous home, but it is not insurmountable. Fear is what prevents your progress. You have probably wasted many good and important opportunities, because fear was holding you back.

Let Me explain FEAR. For some reason, FEAR happens, but living under its pressure is an enormous burden. You have to eliminate it sooner or later, because if you do not, your life will slow down. You will watch others overtake you, while you are left behind. Try to remember what frightened you as a child and how you overcame your fear. Who or what helped you, and what happened that made you overcome fear? Think about this. Surely most of you have dealt with smaller or larger issues of fear.

The beginning of a spiritual journey can be a little uncertain, but there is no reason for great fear. If you already have the courage to move forward, simply START WALKING. When you cross the road, you often do so when the signal says “DON’T WALK.” If you are so fearless and risk walking into traffic, why are you afraid of a RIDE THROUGH THE UNIVERSE? Out there, there is less traffic, and as Luminous Beings you cannot hurt each other. It is much different from human behavior on Earth.

Do not think that you will not miss what you don’t know of the spiritual world. **The emptiness is always present in almost every human being, if there is no willingness to communicate with Me.** While trying to find peace within yourself, be aware that there are many wrong choices that can be made.



Depression and obesity are among the imbalances and can become a part of your life. To be a little overweight is still normal, but what you look like is not the point. I have no prejudices in this respect. The main issue is that your health suffers if you overload your organism with unnecessary pounds. In severe cases, obesity becomes illness. Such behavior shows that something is wrong. In many instances, obese people are unhappy with themselves. This unhappiness may date from long before the imbalance surfaced. My children, do not suffer in emotional pain, especially if nothing traumatic has occurred. Even if there is trauma in your life, destroying yourself in any way is not the right answer.

Try and experiment: **hold your head high, put a smile on your face, and at that very moment, the smile will touch your heart.** When was the last time you did that? Do you feel better? I hope you do, because a smile is a wonderful way of treating your whole being. With LAUGHTER, your inner spiritual body and your earthly body receive so much energy that you could light a small electric bulb. The louder you laugh, the more that sound will echo throughout the Universe. And I would like to hear that very much.

Troubles, troubles go away,
and give me the strength to stay
On The Heavenly Father's spiritual way!

This happy prayer can be used among My children, big and small. Laughter is important; it makes everyone feel better, and it is perfect therapy. Children always laugh and are automatically full of optimism. Simple laughter is an extra boost to your well-being and your optimistic state of mind. When I was creating Planet Earth, laughter was the first foundation. Yes, it was, but you

choked it off with many reasons that are unjustified. Little by little, some of you deliberately forgot optimism and started to infect others with pessimism. With your FREE WILL and FREE CHOICE, you let this happen. Now you need Me to take away that gloomy cloud that causes you the real headaches.

One of My helpers in removing pessimism is Babaji, who is trying very hard to help everyone in this way. When you meet him, you will find his optimism very inspiring, if you seriously say to yourself, “Enough of this pessimism!”

Sometimes you need help from someone, but in the future you have to learn to help yourself. When you experience the beautiful feeling of ridding yourself of the negative baggage you brought with you, the rest will be easy. That LIFE BURDEN, often felt as a weight on your shoulders, will be wiped away. And with your effort, even if you had help from someone, the result will be that YOU DID IT BY YOURSELF. I know you will feel fulfilled knowing you can be creative and not making grayness, as you did when you were losing the meaning of life. With this victory, you will achieve a very important milestone in your earthly life, and even beyond it.



There is much more to explore in the causal world and I will show you that part of the picture. It is only a part, because what I am letting you know is an introduction. Your understanding will become greater in time, but unless you overcome all the lessons of the material and astral world, you will not be able to jump to the highest level of existence in the spiritual world, the one beyond this one. Simply said, unless you learn your lessons in the material and astral world, you will not be able to endure the spiritual friction that you must experience to reach the highest, causal world.

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Astronauts must undergo very difficult training and preparation. The human body has certain earthly limits that do not apply in the sky. That is why you need a special Space suit to protect your body. But your mind is very ready and determined to research the wonders of Outer Space. The human body can be very flexible, but only a minority can withstand Space travel. Some of you are more capable than others of this adventure.

Your spiritual body also requires special training in order to travel freely in the astral, and then in the causal world. No expensive equipment is required, and there is no selection process to discover who is physically and psychologically capable of spiritual travel. The Universe is not just for the elite, but for everyone, just as I am there for everyone. My spiritual FLEET is My ELITE, and that involves each one of you who wants to be included. You are all My children, you all have the same rights.

After you have completed the necessary preparation and education, if you fit the “ASTRONAUT PROFILE,” you will be allowed to go. Things must have an order, because of the different atmosphere of “SPACE DIFFERENCES,” as compared to Earth. Today, there is much discussion about allowing people to visit Space who are not “professionals” in Space travel. If someone has serious intentions and has passed all of the required tests, why not let him or her go?

I know that governments and those who work on the Space programs want to keep those programs confidential. What are they afraid of? They have put an enormous price on Space travel, and yet not many people have the desire to actually travel to Outer Space. Believe Me, Space capsules will not be that crowded. People who become astronauts have a different way of looking at life, and they travel much “farther” than the rest of the human race.

The government programs keep many Space discoveries a SECRET, and the people who work in that field are beginning to think that they are the only ones who should know about it.

Officials in the Space programs do not welcome other open and ready people. Perhaps opportunities for others will open when the INTERNATIONAL SPACE STATION is finished. Again, the crew will be chosen very carefully and selectively. You are hoping that Space will be your future home, physically, and that is why you are developing these huge and very important Space programs.

I have been waiting for you ever since you took your first steps on the Moon, but with all your efforts, you still cannot catch the speed of the Universe. I see everything, so please be careful what you are doing in My backyard. You humans want to lay claim to owning the Universe. Planting a flag does not make it your property. You cannot confiscate the Universe! Remember, the only RULER in Space is Me, your Heavenly Father, and be happy I have given you a chance to explore a tiny portion of it.

As long as your intentions are SAFE and HONEST, you will be welcomed. But the smallest sign that your actions are wrong and depraved will be your ticket back to Earth. You can look at the stars and study them, so that human knowledge will be greater. It is important to be taught directly by Me, so you will understand the laws of the COSMOS ... **once and for all!** Do you see how far and deep My education is going to take you? I never stop teaching you.

My Heavenly Son, Babaji, is always going further and learning something new every moment, despite the fact that he is already very experienced in all SPIRITUAL FIELDS. That is what I also want from you, to go further, to learn everything you can about Me, your Heavenly Father. And best of all, I am talking to you directly.

Notice while you read this, the MOST IMPORTANT MESSAGE is: ANYONE CAN COMMUNICATE WITH ME DIRECTLY, and very easily. This is not PHILOSOPHY, but SIMPLICITY. Remember that. Look and search for Me with your PURE and SIMPLE HEART. No special preparations are necessary to communicate with Me. All

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that's necessary is a simple span of the wings, and your happy heart filled with the PUREST FUEL ... OPTIMISM. I have given you much to think about, and why not? Now, you cannot say that you are bored with life. My communications also solve many problems that you think no one can explain. Eventually, those problems become taboos with which you have been indoctrinated since you were children. Now that you know your real origin, as My big children, try to find comfort in your true parent, your HEAVENLY PARENT.



Human beings have a strong need for material possessions. Just as you want to own Cosmos, you also want to own absolutely everything: your children, your friends, even the person you intimately love. None of them can be owned. Only material objects can be bought and kept for as long as they last. Be careful! Do not be so aggressive and acquisitive, because you might lose everything, even the things you think belong to you. The only thing you should retain and hold onto strongly is your SOUL—and Me, your Heavenly Father in your heart. I must explain everything, so you will not make the same mistakes as your parents, friends, or other humans have done.

Parents, take good care of your children! Stay optimistic and help them to develop into bright, happy human beings. The real parents of you and your children are your HEAVENLY FATHER and your HEAVENLY MOTHER. This should be one of the first lessons for your children, once they are old enough to understand.

The next lesson for your children is the explanation that you are **their physical parents**, and that all souls should be unified in Heavenly Origin. You know very well that the child will always love you, because of the NATURAL BOND between parents and children.

I am telling you once more, do not be afraid, you will not lose anything. On the contrary, you will gain MUCH. If you have not told this to your children yet, don't worry, because no matter what age they are, it is NEVER TOO LATE. With this beautiful and gentle explanation, have the courage to talk to them. If you are afraid to do so, go back and read what I have explained.

People's love cannot really be bought, although greed can make it appear otherwise. Do these people really think when they pretend to love for money, that their deception will not be discovered? Trust Me, all of you have feelings and in one way or another you know when someone is false.

The purest thing that happens when you find someone special is that your hearts meet. That is called PURE LOVE. If you take the ego out of your life and BUILD A RELATIONSHIP OF HEAVENLY PURITY, you will have PERFECT LOVE. This is not a fairy tale, but the REAL THING, which can easily be achieved. Cooperation from both souls is essential; the rest will follow naturally. These are some of the FIRST STEPS a couple takes toward a better future understanding.

Friendship is as fragile as a love relationship because you are involved with each other, although on a different level of understanding. Respect and honesty are VITAL PARTS of long-lasting FRIENDSHIP. Do you know how many real relationships and true friendships exist? Not many, because you are not making enough effort. Hopefully, you will think carefully about what you have just heard and learned.

Just as a tree has its own unique life span and special climate in which to grow, the same is true of you. Each of you has different values in your life. You have different needs that go with your character. But "need" does not and should not mean "animal need," acting before thinking and without control. As human beings, you have CONSCIOUSNESS, which separates you from the animal world. You can learn, you can make mistakes, but you

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always have the chance to consciously consider what you have done. The ability to think consciously makes you aware of what is happening around you. Every single soul requires a different spiritual approach, but the same ESSENCE is in it for each of you, and that is Me, your Heavenly Father.

When you are deeply upset by personal trauma, you will suddenly find more time for Me. If this is the first time you have honestly called My name, from the very bottom of your heart, I will hear you. There were times when you may have heard Heavenly music, but you did not pay attention. When you are so self-absorbed, you really do not see what is around you, and that is why you have been missing Me all your life.

If you have become aware of Me already through your own intuition, I congratulate you. That is a rare occurrence and helps others find Me in the same way, if they choose. As for the rest of you, do not feel neglected or of less worth. You can see that these kinds of contests against each other do not work in My world. I love to talk about everything with you and show you the REAL YOU. No matter in which level of growth you find yourselves, **YOUR DECISION TO BECOME MY HEAVENLY STUDENT** is important.



There is always fun in My classrooms and, at the same time, very serious learning. Learning with Me is the perfect way to learn, and I will always show you the correct action. At the same time, I can train you to become ready quickly for spiritual growth. If you have the right teacher, half the task is already done. From you, I expect discipline and hard work, until everything becomes your natural way of communication with Me, your HEAVENLY COACH.

You are taught discipline from the beginning, as children, because this positive trait helps you to grow into better people. Laziness is damaging to your health. If you are lazy, you stagnate.

The body is like an engine. It needs constant care, and it is complicated to service properly.

These facts show you that, most of the time, everything you do or become is attributable to you. If you don't step outside of your own ego, you will tie yourself in knots. It is a mistake to think there is only one way, **your** way of doing things. And as you grow and become "your own person," wrong habits will accumulate in your mind and manifest in your behavior. Now is the moment to allow Me to help you to solve those problems.

Those of you who have become selfish are "tough nuts to crack"! Little children at preschool often start to show symptoms of selfishness. That means one of two things: either their parents did not explain to them what sharing the toys and food meant, or the child is an only child. From this viewpoint, such problems can easily be solved at the very beginning, and should not be used as excuses. They are signs of being badly raised. Be careful, do not spoil your child if he or she is the only one. What kind of lives would it be for children, if you feed their egos by letting them think they are so special and fixating all attention upon them? There are many ways to correct this way of upbringing, if you as a parent understand what you are doing is wrong. It is very good to encourage your child to play and make friends with others. This issue of selfishness is very widespread, and one of the reasons why there are so many single people in the world.

If you have not yet found the perfect match, take your time. Better to be safe than sorry. But living alone, and thinking only of ways to indulge yourself, is unhealthy. Having a pet can be a good way to break this cycle. But remember, the pet is not a toy, but a living being. If you are not prepared to take care of it, better not accept that responsibility.

Do you know how many billions of people exist? To you, it is only a number. But to Me, each number represents a living soul. I would seem cruel if I were to say I don't have time for all of you.

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That is what you are doing in your selfishness, thinking only of yourselves and your personal needs, ignoring others. Take time to correct this picture. Taking time to change yourself and your bad habits is difficult, but continue to try. Use this moment of free will and choice to do something beneficial for your SPIRITUAL EVOLUTION!

Start to change. Become a better person, because the longer you wait, the more ingrained your bad habits will become. Those of you who have been through this process of change know exactly what I am talking about. Praying to Me, your Heavenly Father, is a cleansing process effective only if used efficiently. Like brushing your teeth, spiritual practice has to become a good habit.

You know that you are never alone if you place Me in your hearts. But I do not mean that you have to become a loner. You should become one who has many friends, because of the way you feel My warmth.

The stars in the sky are never alone. The first star that you see in the evening has the Moon and the Sun by its side. So why is it hard for you to be friendly? Why do you want to live in a self-centered world, one that is so empty and sad? Even lost and wandering animals look for other animals or human beings to feed and take care of them. No living being wants to be alone!



The Universe is so complex, yet at the same time, all the objects in it are in harmony with each other. Each planet is a living being and most of them have their moons or other satellites. Through this simple description, you will see the picture of a very vivid and animated world. Everything has its own perfect order and functions very precisely. The Universe around you is a very delicate creation. It is enormously large and always expanding, except when it is drawing toward the Heavenly Core. The breathing of

the Universe moves in both directions. The Universe is similar to the seas' and tides' changes. It has cycles and is in total harmony with Me. The breathing of the Universe is always in one of those cycles, expansion or contraction. The Universe depends on many things, because through My lungs, I balance it.

Having said that, I see THE COSMIC PICTURE. You, My human beings, and the Planet Earth are in that picture. Therefore, in your spiritual search and quest, look for Me because I AM THE BIG PICTURE. **Do not be small-minded souls, but be noble-minded souls.**

Babaji is a very faithful and noble-minded soul, and he has always been beside Me, through eternity, as far back as to the Cosmic Core, to My very center of existence.

Some of you are old souls, and others were born in the latter days. I remember some of you very well, and you also claim to remember Me. This is a beautiful REUNION with your Heavenly Father.

The new souls have fresher memories, but can easily get lost if they are not reminded of My existence. There is yet another level of souls. I am talking about almost lost souls who do not know how to return.

Like the three worlds—MATERIAL, ASTRAL, and CAUSAL—three categories of souls exist. The first group is the old souls who belong to the causal world, which is logical, because they have managed to maintain the HEAVENLY HERITAGE. Like Babaji, for example! **THOSE SOULS HAVE NOT FORGOTTEN ME, EVER.**

The second group, the new souls, belongs to the high level of the astral world. But the astral world can be crowded, because it is a transitional point of the Universe. After they descend to the material world, they find the material world confusing. This is the point where they can become easily lost. But if they are transitioning to the causal world, then they are very safe. They just have to wait for My signal to move to their new level. Remember

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that I was talking about the discipline that exists in the Universe. Here is the ESSENCE of the importance of that discipline.

The last group is the souls who became lost in the material world. Very often, they say that they do not believe in Me. Others say that they do believe in Me; however, they do not speak from their heart. They are the most difficult cases because they decided not to listen. Nevertheless, I will take as much time as I must to help them. I have great assistance from Babaji, My Heavenly Son, who has been spreading the help I offer.

See you soon, My lovely children,
and give Me a place in your hearts.

Heavenly Father!

Day Three ≈ May 3, 2001



Remembering We Are Cosmic Beings

TO HAVE A better understanding of the journey through the Universe and the spiritual worlds, you must use **visualization**. In that way, your third eye will begin to function and you will see magnificent images. Why do you think you have a need to make science fiction movies? That is because Space travel appeals to you. You use your imagination making those movies—and why wouldn't you, when all your mental imagery represents that which is unknown to you? There are science fiction stories of great quality and, of course, there are some with less.

You will receive the most understanding of the journey if you take the initiative by yourself and finally make that first step into the exploration of spiritual worlds. It isn't very complicated and unrealistic, although you seem to think so. It is easier for you to rehash the same familiar life story, which lacks Heavenly Origin. That is why your lives become dull and lose their meaning. Very often, you start to physically decay. The reflection of your inner state of mind is

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always visible on the surface, and that you cannot hide.

A healthy spirit lives in a healthy body, for in a body without a spirit the spark of life is soon extinguished. As children, you are vigorous and full of freshness and joy of living. While growing up, that joy of life grows in some people, but diminishes in others. It is entirely up to you how long that joy will live.

The body is the only thing that is limited by age, because its physical dysfunction increases. In the modern world, the process of aging can be slowed. Different kinds of cosmetic operations for temporary rejuvenation represent “short-term joy.” After that, you will be condemned to constantly repair your body, for you have sent it into shock with many types of surgical operations. There is nothing “long-term” about your body, as much as you want it to be. Being mentally healthy means that you will have greater vitality and the elixir of youth that you long for so badly. The attitude you have in your heart is very important for your health; immediately after that, it is important to control your mind.

If you are going to drive yourself crazy, you are only going to shorten your life, because the nervous system is very sensitive. The stress that burdens you each day is not that harmful if you learn to cleanse yourself of those toxins. This is very simple to do. You can do it by yourself, or you can take exercise classes or do sports to rid yourself of the burden. Whenever you can, you should take some time to relax in the countryside.

In this modern jungle in which you live, your loyal Mother Nature is always here. She is always around you, but you pay less and less attention to Her. When your body, mind, and soul are correctly attuned, you are halfway through your spiritual progression. Often, you suffocate your soul with a mind that works uncontrollably and, in time, it turns into a kind of madness. Do you realize now, where and how far it can go in the wrong direction? The end will be total self-destruction. Why would you want to destroy yourself that way? It is absurd to follow that path, for

in doing so you are throwing your existence into the trash. Low vibrations will take hold of you, and that is dangerous because they can be passed on to future generations.



When analyzing families, their imperfections and good qualities emerge in one complete picture. Take a moment to explore your family tree, searching for its strong and weak points. Through this new search, you will discover many things you never even suspected. Trust Me, many of your own problems—and even those of your relatives—are caused by a lack of family harmony. I've talked to you about demons, beasts that attack anyone without asking who you are. I've also explained to you how to fight them, and how to stop them once and for all. I will repeat Myself: **you must place Me, Heavenly Father, in you heart and start to fight in this strengthened way.**

Because there are so many people, so many souls in one family, once the exorcism of those demons starts, there will be a great deal of commotion. The problem is that if you are afflicted by this demon infection, your being will gradually weaken, for the demons are literally devouring you. These are serious matters, and that is why there are so many disagreements among you. This is no science fiction movie, this is real life.

I exhort you to not repeat the same mistakes as those made by your parents. It is important to stop this from happening. Through your inertia, you allow demons to come in through you, and the longer they live inside you, the more they devour you. If you are aware of basic problems in your family, you must destroy those demons.

Cleansing always takes a long time, but it is worth it in the end. There are different forms of demons. For example: adultery, lying, theft, killing, self-destruction through suicide, alcoholism

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and other addictions, inherited insanity.... Just making the list can be frightening. If you have realized that something is not right in your family, let them all know. You have to fight these demons with a combined strength, to the point of extermination from the roots. For example, you may be able to cleanse yourself of demons, but there will always be someone in your family who can infect everyone else. The same applies to epidemics, when great precautionary measures are taken. So please take this fight against your demons very personally. **Many civilizations know what I'm talking about and that this is not superstition, but something that happens in real life. Please, consider this very important, because it directly affects your life.**



To be young in heart, soul, and mind is the only solution for constant rejuvenation, no matter what your earthly age. The tree that can live for a hundred years and still bear green leaves in season has the secret of eternal youth, which in this case, it gets from Mother Nature. This vital and positive method of rejuvenation, constantly directed toward Me, is something you, too, have the ability to maintain.

To be cheerful and vital in spirit is one thing that will never wear you out. Isn't it beautiful to see elderly people happy and clear-headed? You know that you are afraid of getting old, but actually it may not be fear, but the thought that aging is inevitable, that makes you panic-stricken. They are not the end, these transitional years toward maturity, as many people believe. Thinking that you are nearing the end, many of you have been deceived and started to deteriorate at the speed of light. One reason is that when people stop working and retire, they assume their lives are over.

My dear ones, nothing is over, for the time has come for you to change your lifestyle. What comes after retirement is additional

free time that you should use creatively. This is the chance for you to do what you enjoy, if you were unable to express yourself creatively in your everyday work. So you see, nothing has stopped. Life goes on, even after death. Death is the beginning of something new. Do not be frightened of death, but make your inner peace with it. Otherwise, you will drive yourself crazy.

Avoid pretending to be ignorant. Life writes its own pages. Through all the joy you experience, you have to learn to act responsibly. Behaving like a child, spoiled and irresponsible when you are in the body of an adult, is not a pleasant sight. Immature behavior is something that you have created yourselves. You might think that you have gained something, when actually with this immature behavior you are simply lagging in development. No one takes such people seriously.

Do you think that spoiled and irresponsible behavior is acceptable? Little children who are going through this stage of development learn their lessons very quickly. They learn that no one is interested in bad behavior, and all it does is isolate them from friends and family. Even though children can be very cruel to each other, mostly through hurtful words, there is usually someone to supervise them. Whether parents or teachers, there is almost always somebody to oversee their upbringing. Through companionship and society, they almost always learn what is good and what is bad. When they do so, they emerge from this stage and learn a lesson from it. To go back to that stage when a person ought to be adult and mature, is more than ludicrous.

So what are the conclusions from this? Have you understood My message? If you hear a remark that you are acting like a child, and this offends you, you know “what time it is.” There will always be someone from the community who will let you know your imperfections. If you are not one of those self-critical people, someone should let you know. And you, self-critical ones, do not exaggerate. Allow Me, your Heavenly Father, to tune you the

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way you should be tuned. Be fair to yourselves, but without forgetting Me. Do we understand each other?

I often tell you about your surroundings, because you are always trying to deny Me, believing that I am far away or invisible. If you find real friends, life will be easier for you, but in the end you will realize that the only original and truly loyal friend is Me, Heavenly Father. I give all the credit to those souls who have a high degree of respect for Me, and that example inspires the rest.

Babaji, My Heavenly Son, is an absolute example to all of you, in loyalty to Me. He is a great friend, and his soul is so warm that it can't go unrecognized.

You and I, your Heavenly Father, should be allies. You shouldn't consider Me a stranger. Through estrangement from Me, you are hurting your soul. Once you feel your soul is empty, you will feel a stabbing pain. This is an alarming stage, showing that you are urgently in need of My transfusion. Just as in REANIMATION, your life is at stake. The same sense of alarm about the condition of your soul is true in the spiritual world, because you have emptied your soul so greatly that you appear "as pale as death." To call upon Me, to invoke Me in this critical moment, is vital, just as vital as how fast the ambulance will reach you. Do you understand?

In both the material and spiritual worlds, speed is of the essence—but it is even more important in the spiritual world. That is the world through which you prosper, and you should prepare yourself for that move **immediately**. Even if you lose your life, it is not the end of the world. But if spiritual life is extinguished, this is critical. At that point, your soul can be saved only through My mercy. Trust Me and do not allow this to happen. If you have already taken a step toward this disaster, I think you may have seen the warning signs. I always give you notice because I do not want you to do something impetuous. Since you have free will, unfortunately you sometimes put yourself in danger.

I want you to wake up and stop declining spiritually, because

when you are in such a low state of consciousness, you are of no use to yourself. You can cause so much damage to yourself that it is painful to watch you. I am saving you almost every second of the day, and very directly. But there are also situations when I can influence you through another human being, and thus save you. In such cases, the soul of another human being reacted to what I have sent to it, and that meant saving you. I often come upon such occasions, and believe Me, it is a far larger crowd among those I rescue spiritually, than those who are saved in your earthly Emergency Rooms. Please be more careful and cautious, do not become part of the crowd I must rescue, making it larger than necessary.

If you are prudent, miracles can happen and thousands of unpleasant episodes can be prevented. Babaji explains that if you are cautious you can prevent all sorts of terrible situations on an energy level, and you won't have to be healed from the damage. Trust Me, he is saying this from experience. By listening to his advice, you can conduct a successful life strategy.

PRUDENCE IS THE MOTHER OF MIND AND WISDOM,
and you should be My exemplary children.



Heavenly Planes are spacious areas, full of joy and delight. On those levels, there is so much light-heartedness and, at the same time, so much discipline. On Heavenly Planes, you learn and progress toward further spiritual development. At that point, you have a natural spiritual state of consciousness. Up to that time, you were in the process of acquiring it, and without developing enough, you would still be moving in a profane, materialistic circle.

There is no need to separate the material and the spiritual worlds. Try to combine them. I refer especially to the material world, which is at the greatest distance from the rest of the worlds.

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Hawaii, which many describe as being “in the middle of nowhere,” has a wonderful connection with other countries. That is why the Hawaiian culture is so different and so specific. I’m using this example to explain that distances shouldn’t be obstacles, but rather inspirations as to how all three worlds—material, astral, and causal—should combine.

You are a part of Me, and so you are automatically receiving the HEAVENLY INHERITANCE. I call this part of you a LUMINOUS BEING.

Heavenly Planes are present everywhere, even though you are in this world fleetingly. The huge gap between the worlds will no longer exist, because I will teach you how to respect the laws of all three. **COSMIC Laws are most important, and your heart should comply with them.** They are present at all three levels of existence. They are conductive and stronger than any other. These are THE ULTIMATE LAWS, THE COSMIC LAWS.

No one can break these laws because they are unbreakable, just as you cannot stop the rain from falling, or the Sun from shining. You **cannot** alter these laws. That is a simple explanation of THE STRONG PRESENCE of Cosmic Law. Do you now understand their power, which is above all other powers? With this understanding, your mind will stretch the most, and the mind really needs this elasticity.

Your narrow-mindedness and dull-wittedness emerge from your undeveloped minds—not only educationally, but especially spiritually. Do not underestimate people who haven’t finished higher degrees of education, but have a highly spiritually developed heart, mind, and soul. Those people have learned from Nature and they often understand the subtleties of this life better than the ones who are highly educated. Education is not prestigious or elitist, because in The Heavenly Spirit you all learn the same lessons.

This new curriculum that you are learning is actually known

to you, subconsciously, because your spiritual being wasn't born yesterday. When you descend into your earthly body, that descent leaves a strong impression on you because your earthly body has weight. As a result, you could become preoccupied with your physical appearance.

Rigidity of the body is carried over to the mind. When you learn as a child that a bird can fly and you can't, you think you are limited by the body you have been given. It makes no difference if the body is disabled or walking. In either case, it has no ability to fly like a bird. This tells you not to despair, but to build up your spiritual side.

Those who have accepted My existence through their hearts do not restrict their earthly thinking in ways that would limit them as human beings. The person who has greater spiritual consciousness will see and experience the real body as the spiritual, Luminous Being that it is. That person knows that the human body is only a PROTECTION SUIT for their stay on Planet Earth, just as a SPACE SUIT is used for travel to Space. This knowledge allows you to see that Earth has its own laws of cosmic physics in which, because of gravity, the body you were given is indispensable. In other cosmic spheres, it is different. Just as the Universe is unique, Planet Earth also has its own magic and charm.

Once again, I am describing the beauties of the Earth so that you can relate to its spiritual meaning. Not everything is as raw and stiff as you might imagine. Even the soil that is hard on top, if cultivated correctly, will show you its tenderness. Soil and the Earth's crust, which it creates, serve as a protecting layer of this planet. As your skin serves you as a layer of protection, that is how the Earth's crust represents the skin of your Planet Earth. Earth is an alive and sensitive being, and if you hurt it, believe Me, Earth feels it. A little more of an ecological conscience would be a good thing. A spiritual conscience is greatly needed, just as you need oxygen in your bloodstream. You shouldn't withhold

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from yourselves what you need most, because you are not capable of living without it.



If you think that wandering around aimlessly is the meaning of life, then you are heading in the wrong direction. That is why you are too preoccupied to renew your spiritual being. You are often hard-headed and suffer from the conceit of insisting you are right even when you are wrong. Those marks are characteristic of an egocentric person who is a “pain in the neck,” not only to himself or herself, but to many others. This arrogant behavior won’t get those people very far, and only when they realize they will not be tolerated, might they change their behavior.

Each and every one of you needs a spiritual “wake up call” in your life. But you were not assigned to make these demanding corrections upon each other. Those corrections are part of My job, in dedication to you. Appreciate each other as human beings and develop friendships. I, your Heavenly Father, am responsible for the larger lectures and corrections in life. Not one of you is at the stage of development where you are capable of correcting someone’s life karma. You will always have a chance for that correction, and My direct intervention is definitely needed.

Only Babaji understands what I’m talking about. He is at that level of development that makes him My most important assistant in making corrections in the course of your lives. When Babaji is explaining life to you, listen to him, for he is right beside Me, The Heavenly Father, Lord of Life. At the same time, Babaji is a SHAMAN with multiple experiences, so everything is clear to him. He has no “karmic diseases,” past karma to work off, as most of you must. These karmic diseases are connected to spiritual growth and are not avoidable by vaccination. If you are prudent in making decisions in life, you will never be infected. The spiritual

cleansing that you must experience will ask a little more of you. Your cooperation is required, as well as your willingness to set out on the journey. Even though it sometimes happens that I give you a push without waiting for you to make up your mind, trust Me, in such cases, it is absolutely necessary.

I cannot watch you deteriorate. In extreme situations, I have seen you headed toward your own destruction. I am not the kind of Father who neglects His children. Remember, My EYES OF TRUTH are directed toward you at all times. You have to get in touch with the “real you.” I am not referring to your ego. Ego is false, in every way; your heart is what is true.

I mention **heart** frequently because everything revolves around it. It is a vital part of your physical and spiritual body. If there were no heart, your physical body could not exist. If the heart were not a part of your spiritual, luminous body, you could not grow spiritually. In both instances, there could be no development, no existence.

When you leave your physical body, as well as your physical heart, your spiritual heart shifts direction. The spiritual heart now moves into your soul, whereas formerly your soul was residing in your physical heart while you were living in your physical body. The two concepts of “heart” and “soul” are tightly connected through words, but especially in spiritual meaning. The soul listens to the heart, the heart doesn’t let go of the soul!

Everything that is original comes from Me, your Heavenly Father. All that has to be created comes naturally, the way it was meant to be. For example, growing flowers artificially in a hothouse may produce beautiful new species; however, wrong crossbreeds are not desirable. The artificial breeding of animals created many that turned out to be dangerous and bloodthirsty. Furthermore, incest produces mental deficiency in the human race. All these unnatural creations originated from your distorted minds under the influence of the black ray. Any degenerate behavior

cannot survive long, so be careful what you are doing and don't abuse Nature and the natural way of development that I gave you. There are many corrections humans should make. Begin first to correct yourself, your inner home. Celebrate life every time you see it has been created in a natural, spiritual way.

The kind of optimistic attitude toward everything around you, and especially toward the sky, is what is constantly needed. Participate in positive events, in which you can be an inspiring part of creation. Don't forget your Heavenly existence, even during the most difficult moments. These are the times in which your spiritual being is developing fastest and most easily. Developing in this way, you will experience a sense of well-being and never want to stop.

The grace of spiritual development is **MAGICAL**, because it is always positive and inspiring. Isn't it wonderful when you feel happy! Not because of your emotions, but because of your inner satisfaction. That warm feeling is connected with your peace of mind and My presence in your heart and thoughts. Nurture this beautiful characteristic, and once you discover the blessings I gave you, you will always yearn for more. Once you identify that high state of consciousness, you will call upon it easily and, with time, it will be within you constantly.

The goal of spiritual development is complete peace of mind and thought and heart, merged with Mine. Try this beautiful self-therapy and you will not regret it. Am I not practical and charitable? You should know that I always think of you. It gives Me great pleasure to nourish you directly and show you the spiritual path. It is bright and wide, and if you travel it, you cannot get lost. There is always light in the Universe for you to recognize and truly see yourself. Your inner light, your soul-heart, must always be "on." That is how I recognize you, as you recognize yourselves with fingerprints in this world. In the spiritual world, **THE INNER FLAME IS YOUR IDENTIFICATION.** In My world,

identification is not needed for control in an earthly sense, but to tell you about yourself and your spiritual individuality.

Like children in a playground, human luminous little dots twinkle through the HEAVENLY PLANES. Come and join your original world; do not pretend you are a stranger!

“A lone ranger feels alone at the end, and in his horse he finds a friend.” This simple saying shows the true nature of a human being who cannot stand loneliness. You are never alone with Me, your Heavenly Father, so try to keep that knowledge in your mind and in your heart.



The oceans and seas are at one with Mother Nature, and they represent her beautiful dress. Her hair is the Sun's golden rays. When you swim, remember that you are in your Mother's skirt. I described to you that the reflection of the sky, the Universe, reaches deep down to the bottom of the ocean. The beginning of the Universe can be tracked on the ocean floor, where beautiful life has developed. As soon as stars are created in the Heavens, the sea creatures are created, as well.

The sea depths remind you of the mysticism of the Universe. They represent the conscious and subconscious, My consciousness and everything else beyond. With Me, there is no end, because My consciousness always broadens. As the depths of the sea reach everywhere and as the level of the sea rises during the day, a similar principle of expansion is at work in the Universe.

Everyone asks, “Where does all that water go during low tide? Where does the water come from when the tide rises again?” Those answers are in the mystical side of My creation and that of Mother Nature. For the Universe to be comprehensive and in constant expansion, it has to have enormous flexibility. That is what I built into it.

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In today's world, you use many different properties to support certain materials, in order to make them more flexible. Even the tallest and strongest buildings, such as skyscrapers made out of pure concrete, have certain flexibility. The elasticity of materials is built into the skyscrapers so that in case of an earthquake the buildings will not crack and break, but instead will adjust to the change. All structures have a certain degree of endurance, but if the earthquake is stronger than what the materials can sustain, this is the way of Mother Nature. Even matter has elasticity if you build it that way.

If you can do such interesting things with matter, why is it so hard for you to apply the same principles to yourselves? Perhaps your ego gets in the way, and having free will, you choose the path of least difficulty. That path is nothing but the laziness that exists everywhere, if you allow it.

When there is a threat of flooding, people try to change the flow of a river by constructing barricades from sandbags. Although there is a threat of great danger, it is vital to take precautions and never surrender to unnecessary calamity. In most cases, you concentrate your efforts on saving your earthly homes. That is your natural behavior, which is acceptable because it is your dwelling place. You should think in the same way of your Heavenly Home and take care of your spiritual being with the same passion.

The quality of developing your spiritual being in you will dictate the quality of your everyday life. The worst possible scenario is when you live in ignorance, as this is the cause of many disagreements. Disharmony also arises when ignorance becomes a part of your life—not only your spiritual life, but also your everyday life. When that occurs, people or families have nothing to talk about. They alienate themselves instead of creating a comfortable environment.

Although many of you feel as if you don't share the same

interests as your parents, brothers, sisters, and the rest of your family, that unwelcome feeling can be changed. Start from the fact that all of you have the same COSMIC EXISTENCE that you carry inside yourselves. Many of you have collected bad karma and, by developing in the wrong way, some have actually ended up in prison. As human beings, you can always communicate and solve the problems you are having with your family and friends. That is when the cards are laid on the table, and you must invest in some serious work on yourselves.



Your family has not been given to you for you to destroy. With teamwork, you should all be able to build it in harmony. If you are one of those who have already destroyed his or her family, do you honestly understand what you have done? Your excuses do not interest Me. I am interested only in the fact of what you have left behind you.

The moment when you truly repent will offer a chance for those closest to you to trust you again. As long as you only pretend that you have changed, you will never regain their trust. Sometimes it is too late for tears, because there is no more fertile ground to absorb them, and thus help you to heal.

Now that I have mentioned tears, isn't it interesting that tears are salty? It is because they are connected to the salty lakes, seas, and oceans. Your body is like a holy temple that is a part of the Universe. Since the Universe and the oceans are connected into one entity, I gave you tears so you can feel that connection. The taste of your tears is the taste of the oceans emptied into you. The symbolism of the oceans' depths, conscious and subconscious that represent the Universe, are connected with the depth from which tears flow forth. When you cry, volatile reactions are taking place within you, caused by sad or happy emotions, and then the

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salty tears surface. Sometimes it is like a very strong eruption, something like a stormy sea.

The depth of your soul is similar to the depth of an ocean, which is a similar to the depth of the Universe. Only honest tears are true tears, and they can be of help to you. All other reactions are connected to your emotional states and seldom produce positive results. Only calmness, a cool head, and the ennobling of your heart with My presence count, and tears then fall on fertile ground. As when you use brackish water to cultivate fruits and vegetables to produce beautiful and tasty edibles, that is the symbolism of saltiness yielding positive results.

Why are the tears and the sea salty? It is because balance is needed in your lives. I have created those lives through cosmic sweetness. SWEETNESS has its balance with SALTINESS, and that is why some components of creation are salty and the rest are sweet. Since this principle derives from the Universe, it also applies to the division of foods into salty and sweet. Although you sometimes describe tears as being BITTER, you wonder what their purpose is. You sometimes need to feel the bitterness in order to appreciate LIFE ENERGY.

For those of you who like to weep regularly, please do not overdo it. I didn't describe crying so you could create an excuse for constant tears, but to teach you the symbolic meaning of tears. Don't abuse them because you will achieve nothing by that type of behavior. You will only show yourself to be an emotionally immature person who didn't get the point.

Do you remember when you said, "I didn't know," when what you really meant was "I didn't want to know"? Pull yourselves together and stop bothering the world around you with your emotional immaturity.

As for family problems, disharmony, and other difficulties, I will give you one worthy example: when a female animal produces a litter, do you see how devotedly she cares for them,

or how a bird constantly watches over its nest and the fledglings? There is more harmony and responsibility in the behavior of these creatures than in many* human families. For example, in the animal world, you can see how a female dog becomes maternal the moment her first whelps are born. There are instances when an animal was aggressive and problematic, but its behavior alters after it receives maternal feeling through the influence of Nature.

What can you say then about mothers who abandon their children even though they are perfectly capable of caring for them? That cannot be justified. All that can be said is that they are women without souls. No matter how difficult the circumstances, abandonment is not a solution. It is as terrible as the custom in villages where they say the first kitten should be drowned.

There are cruelties in which human soullessness comes to light, especially when you kill one another. This behavior is the result of the evil influence of the black ray, and like fools, you surrender to it. I continue to describe heartless mothers whom society supports when they claim to have such severe financial problems that they are “forced” to leave their children in institutions. The orphanage in which they leave their children would help them if only they would ask for that help. Since their children are eagerly waiting for them, mothers should correct their mistake and take back their children as soon as they stand on their own feet.

This kind of mother has a cold heart. If, with time, that attitude does not change, there can be no possibility of correcting the bad karma. With a little hard work and good will, these persons could reclaim their souls through redemption. Then again, there are moments when a ray of sunlight shines through them, when they repent their sins and try to correct the harm they have

* Two exotic birds are playing on the balcony.

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done. That is why the reunion of the mother with her previously abandoned child is a time for great celebration and should be encouraged.

Many difficult moments can be forgiven if people show true remorse. Therefore, you who conquered your demons, please help others in a similar struggle. When you attended school, there were always students who understood certain subjects better than you did. If these students were compassionate good souls, they would always come forward and help others. Even when you were younger, you witnessed noble habits. If a good deed turns into a habit, you have done a great deal of good for yourself because a WARM HEART is truly something wonderful to own.

BABAJI'S WARM HEART embraces everyone and everything, like a COSMIC CORE because he generates tremendous cosmic warmth. He is a completely unselfish being, and the more cosmic elements he gives, the more I, your Heavenly Father, give back to him.

You should also direct yourselves along those warm paths and develop as unselfish human beings. How is it that birds can live in a flock, animals thrive in a herd, but you often cannot get along with one other person? Isn't it sad and a little backward, My stubborn ones? Yes, you are Mine, but you should not be too obstinate. If you want to live spiritually satisfied, fulfilled lives, you must break through that stubbornness. Either you will annihilate stubbornness yourselves, or I will help you. Otherwise, you have no chance of progress in consciousness toward Me, your Heavenly Father.

Correctional facilities exist in society to contain people with severe social problems, and to retrain them. The methods can be difficult for inmates to endure, but they are necessary. Retraining is most effective if the educator who assists in the re-education experienced some personal kind of hell.

If you are not able to help yourselves, now you know that there are many institutions where professional help is offered, if

only you ask. As a community of human beings, you have the great ability to take care of each other. You should nurture those positive characteristics and educate your children in the same direction.



I contact you all the time so that your hearts will be filled with warmth and optimism. Let the Sun shine upon you and let the moonlight brighten your every earthly step, as it is meant to be. The Moon is a spiritual NIGHT GUARD and the Sun is a star that releases positive cosmic energy.

The tides I mentioned before have an energy channel through which they pass. All the water is drawn into and returned to that passageway. That energy channel is in the middle of the Earth and extends toward the Universe. At a low tide, cosmic magnetic force draws that water toward the Universe. You, on Earth, see the low tide. It seems as though the water has leaked away, but it is simply a visual effect of the laws of cosmic physics. The channel is weightless and has constant flow, due to the cosmic magnetic forces that keep it free flowing. The waters of the ocean, when in that channel, do not disperse, but flow through it at a constant rate.*

If you remember the scenes in which astronauts demonstrate the way in which a drop of water behaves in a weightless environment, then you can imagine a part of this energy channel and what is happening in it. That drop of water floats upward as a whole. The channel that I described to you is like a basin into which the ocean waters can retreat. I could explain and describe

* In this passage, God's message came as words, and also as a vision—"Cosmic channel" through which earthly waters withdraw toward the Universe (Illustration 1).

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much more to you. Just open your spiritual eyes, but use the earthly ones for memorizing.

All of your spiritual experiences should be collected in your soul, and in that way you can give your heart the true input of information. Your spiritual memory will therefore always be saved. In that way, you will minimize the risk of losing yourself in the spiritual world, and the number of lost souls will decrease dramatically. Nothing is too distant from you, everything is very close. You write love poems and sing songs so that you can bring the stars from the skies down to your loved ones. That is true spiritual romance and you are blessed with it. I keep reminding you that I, your Heavenly Father, and the Universe, are very close to you and are also a part of you.

It can help if you observe your being from life to life, because you can comprehend what you have undergone, the mistakes you have made, and everything you have learned. Then you can remember your Heavenly existence more clearly, where there is no standing stagnant, only constant progress. Then there will be no more confusion, because you will have solved the problems from the past that you might have been dragging along with you as excess baggage.

In today's life, I am sure that you have good and bad deeds in your karma that you carry forward from one life to another. The negative deeds should be minimized and the positive ones maximized. The more difficulties you have resolved in your lives, the higher level of spiritual maturity you will have reached. Don't let yourselves be drawn into rivalry, but rather let your spiritually developed soul serve as an inspiration.

Babaji is a perfectly developed spiritual being and only he, together with Me, can serve as an example to you. Look for inspiration in your positive characteristics and let them provide guidance for you. The real example should be Me, your Heavenly Father! If

you measure right and wrong through your knowledge of Me, and if you are directed toward Me, you are on the right track. You continually assess each other and compete with each other. That often leads to misunderstandings, by following the wrong paths in your own lives and interfering in the lives of others.

If there is less complication, there will be more celebration in The Heavenly Spirit. The Heavenly Spirit is free and sweet, so that is why you yearn for FREEDOM. And the only freedom is HEAVENLY FREEDOM. Everywhere on Planet Earth you encounter certain restrictions, but that is because you have constructed the material world that way. Remember when I was telling you how you started to build this world? You must remember that I gave you, and continue to give you, all of your creative ideas. The condition of Planet Earth that you see today is a result of your free will and choice. So whether you like this material world or not, you have been the cause of a wide range of problems. I count everything. The positive and the negative. It is up to you to choose your course of action. But remember, negative actions can only make your lives miserable.

Allow good deeds to be a part of your everyday life because you will need them. When you start improving your private lives, you will instantly start to use your spiritual eyes. Looking toward life with these eyes, you will receive constant inspiration and your connection with Me will grow. Creation has to be your inspiration, and good deeds should be performed in appreciation and homage to Me, for I created you. Good behavior has to be a constant part of your everyday world, and of the spiritual world, as well.



When you sit in the meditation prayer position, your arms and legs are in the shape of a lotus. From this position, the connection

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between the lotus flower and that physical posture arises.*

I spoke of the beauty of art, especially of the art of living with which you are constantly connected to Me, your Heavenly Father. The environment easily distracts you and that is why you have to control yourselves in order to keep your concentration on Me. Just as the dog knows who his master is, you should learn the lesson that I, The Heavenly Father, am your Lord.

Filled with love, I take care of you, yet from you I often receive cold and poisonous arrows. Luckily, I am not as narrow-minded as you are. What kind of world would it be if there were no compassion in it? Babaji is a very compassionate person and everyone can see that. If you are unable to conquer your ego tricks, you will not be able to see past the end of your nose. That is called “self-conceit” and it is one of your worst character traits.

Do you really think you are the only one, the best? Why are you so self-deluded? In all probability, everything starts from the egotism you displayed in the first place. “Me and only me” is your watchword. After that, there are other signs of self-conceit, as when you pretend to be noble, but are really a selfish, petty person. You don’t want to talk to others because you think that they are beneath you. What would happen if I decided to make such selections? I don’t think you would like it. You would feel hurt and discouraged, and would probably complain. You know very well that I am not like that, it is not a part of My nature. It is part of your lower nature, in which you often see yourself through egotism. Instead, you should identify yourself with that which is positive. Again, this behavior is a waste of time that slows you down.

* I just realized that there is a picture of a lotus flower on the wall.



Babies spend a great deal of time sleeping because their fresh connection to the Cosmic Core is still very strong. This is an example of time well spent, through which the spiritual process develops. The little body that has just arrived in this world is trying to acclimate to the laws of gravity, since the baby is in a weightless environment in the mother's body. The "soft spot" on top of the baby's head has not closed completely and the navel is still healing. In those moments of adjustment, when the newborn is exposed to hundreds of new stimuli, the baby still keeps a strong connection to Me. In the first three months, sleep is very intensive because the little soul must become accustomed not only to its body, but also to the spiritual world.

A baby communicates intensively with Me, while his or her overt behavior shows improving motor function. Through the baby's consciousness, you become very attached to each other. You love each other, and that love continues to grow. The innocent and joyful baby looks forward to life and the spiritual world, and appreciates everything I gave him or her. This is the period when parents cannot influence our beautiful connection.

As the child grows older, he or she faces different obstacles to spiritual development. You should not think that your child does not feel those obstacles. The child is still very weak and tender, and its defense systems, both physical and spiritual, are still in the process of growth. I watch over all My Heavenly children, and even if they have to confront parents who do not understand Me, I will never forget to care for them.

Sometimes, parents create obstacles to My purpose because they want to assert their power. The consequences may leave traces on the child's personality, but sooner or later those souls will come to Me. With time, you will gain certain realizations yourselves. You will learn that when you were young, those

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around you misled you. You always have Me, your Heavenly Father, available to you twenty-four hours a day. Nothing is lost if you return to Me again. Everything you did not learn in the spiritual world, you now have time to acquire.

Let's assume you are older. No matter what your age, it is important to have spiritual maturity. It is sometimes astonishing to see the difference between the spiritual development in a younger person and that of someone older, where the younger one is more mature. It is then that the generation gap plays a role, a typical syndrome for certain generations that assume because they are older, they are automatically smarter. From experience, you can see that this is not always so, and if you meet such a person you will likely have to struggle to explain who is right.

It is not the time to look at **who “gives in” first**, but rather **who “gives in” to spirituality first**. When you break away from wrong thinking, it is a big and important advancement, because you have been FREED FROM ONE OF YOUR NARROW-MINDED, EARTHLY ARMORS.

Parents and children should be friends. At the same time, parents should not exploit that friendship to get information about the lives of their children. Your child is not a client you must interrogate as though you are a detective. As soon as your child feels that kind of interference, he or she will withdraw into his or her own world, and how will that serve you? Friendship requires honesty and appreciation of one another, not abuse. Even little children come home with stories of how some other child is not their “best friend” anymore. Certainly they argue in a much more direct way than adults, and these short fights are soon forgotten. On the other hand, in the adult world there is so much theory, things are always much more complicated, and fights are much more violent and end badly. Do not forget, children's eyes see and hear the quarrels of adults. So, be very careful in such situations, for the vulnerable little beings can be easily hurt.

I told you previously that you, yourselves, created the situation you are in, the chaos and lack of comprehension. If you don't take care of certain life habits early on, they will get worse with time and create chaos through your life. Day after day, I correct you and point out existing problems. Free will and free choice are part of your everyday existence. Wake up conscious of what you will do that day, promise yourself that you will channel your will in a positive direction, and with that training, optimism will become a constant part of you. Then it will regenerate inside of you and fill your being with the finest, Heavenly vibrations. Become like a perpetual spiritual machine; work precisely and continuously to develop spirituality.



Dusk and dawn are two beautiful examples of natural law. Let Me make it clear to you that the natural law is a Cosmic Law, although some aspects are characteristic of Planet Earth and others are typical of the Universe. Generally, these two processes interchange and complement each other, and many laws that are applied in the Universe can be applied on Earth. When I expand your knowledge with cosmic understanding, you will learn about Cosmic Laws easily, because you can find many examples in Nature. It is obvious that, in the Universe, there are other planets containing life and that you are not the only living beings. If you understand this, the process of expanding your mind has started. After all, that is why I gave you your mind.

The Universe is a holy place, because it is My Heavenly Welkin. Just as you care for the MINI-UNIVERSE that is your body, I take care of My Space. Together with Me, you are the population of that Space, so I am trying to be a loving host. You should make an extra effort to welcome Me into your hearts and homes.

After one more day has passed in your life, it is time for the

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SUN to set. The Sun's powerful energy acts like a generator. Dusk is an important part of the day because that is when night evolves. Everyone admires the beauty of dusk, and then the Sun calls us with its magic. When you see an orange-red Sun, or a bright full Moon, you can see sharp images of the Universe. The stars are farther away, so with a telescope you can see them more clearly. Let those planets that I gave you to see with the naked eye inspire you. When you see the full Moon, "yellow as a gold coin," it seems to you that you can almost touch it. If those beautiful sights don't inspire you, then what more can I give you in a physical form that will do so? Isn't this magic enough, close and real? Enjoy these sights because the Universe is coming closer to you, especially through spiritual understanding.

At dusk, the Sun directs its rays to other parts of Planet Earth. When you see the last flash of the Sun, in that short moment as the Sun drops over our horizon but has not completely risen on the other side of the world, tremendous energy charges are released to the Universe. That sort of filling of the Universe is necessary at that moment because the Sun provides warmth and light not only for you, but for its original home, as well. I made the Sun so powerful because it has many assignments. Don't underestimate the Sun, but recognize its true light as a warm and benevolent entity.

Considering the life conditions on Planet Earth, you should take great precautions regarding the Sun. The Sun isn't responsible for the destruction of your defensive layers around the Earth. In the physical world, you should take precautions, and in the spiritual sense, you should appreciate the Sun's true face. To understand its place in your world, not just metaphorically, the Sun should be a dear being to you. Yes, it lives, as well. Can't you see that?

At dawn, your friend, the Sun, returns and gently awakens you. It awakens everything—domestic animals, the underwater

world, and the singing birds. The romantic feeling of waking up to a new day is the same throughout the planet. Once again, the Sun's rays have traveled to you, and your day has begun. Clouds are part of My protection I prepared for the occasions when Earth's atmospheric layers are weakened. Do you see how far ahead I see and take care of you? How well do human beings care for Me, how much room do you give Me in your hearts? You can be hardworking like bees, and give Me your nectar. Just as you enjoy receiving My nectar, yours is very sweet to Me.

Nature's principle is giving and dying. The flower blossoms, becomes dormant, and when the season returns, it blooms again. The state of dying is not really dying, but transforming. You cannot always take and never give back. When you drink water, you will only drink as much as you need, and that will be enough for you. That is an example of a natural equilibrium; you take as much as you need. Out of greed or fear that you will be deprived of something, you tend to accumulate too much. Obesity is an example of that unbalanced state of mind. Balance has been disrupted by chemical reactions in the brain. Those reactions are not triggered by themselves. Your psyche plays the role of a "bad influence," and you have disturbed your balance. When that balance is altered due to greed or fear, you put yourselves in grave danger.

Your behavior is the first indication that something is unbalanced within you. The psyche is becoming irrational and you will become dangerous to yourself. Irresponsibility and avoidance of those closest to you, are some of the symptoms. The natural environment shows that something is wrong with you, but unfortunately the majority of people are influenced by your behavior. Only your heart and soul can help you to regain your balance, since they will yearn for your inner peace. Hopefully, you will hear their cry. If you don't respond to the call of your healthy inner being, you will find yourself in a mental institution.

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After you infected yourself with the disease, and did not stop the illness in time, you chose this state of consciousness, even though you had My help and help from others.

This is a harsh but true example of how, with your free will and choice, you can destroy yourself. Let this frighten and appall you so that you are careful to avoid this state. You are noble and intelligent beings if you remain pure, the way I originally created you. Nurture your good qualities, instead of your faults.

Sleep on what you have just heard and think about it every morning. Search for the signs in Nature and the Universe, and start to understand that you are a part of it. Preoccupied only with what is happening on Planet Earth, you think the Universe is sleeping. It is alive and constantly active. You are not aware of how many times Earth has been saved from the impacts of various comets. The source of that information can be found in the astronomical observatories and from people who study astronomy. Although sometimes too overwhelmed by the beauty of the Universe, as well as personally clumsy and impractical, astronomers, like Nature wardens, are guardians of the Universe.

You follow earthly news with great interest because it is about your environment. Contrary to the stressful news of your world, there is cosmic news, just as topical as earthly information, but far more noble. It is constantly filled with happenings so interesting that you will continuously search for more.

Babaji spent most of his early life in an observatory researching his original home, the Universe. Everything was immediately clear to him: the Universe, the people, and the planet where you live at the moment, are all one. Many of you are unable to name the order of planets in the solar system. Try harder and start to do the homework of your spiritual school. As you begin to learn, certain problems will stop bothering you. By researching the Universe, your inner restlessness will cease to exist. The Universe provides many answers that you cannot imagine, but that will

build your enthusiasm.

You are aware of the fact that if you don't develop your mind, it will become dull. Education develops your mind, but many of you make the mistake of stopping after your schooling is over. My teachings will inspire you to expand your knowledge.

Be your own journalist now and interview your original home, the Universe. What you learn will connect you directly to Me, your Heavenly Father, and your heart will absorb this knowledge like a sponge. Start your research, because this science is very close to Me. In the end, the Universe is not strange, it is your home. I have eternally educated you in that direction and given you Cosmic Knowledge as an inheritance. Ancient cosmic science and the tangible, experimental part of the Universe are right before your eyes, yet only a minority of you is interested.

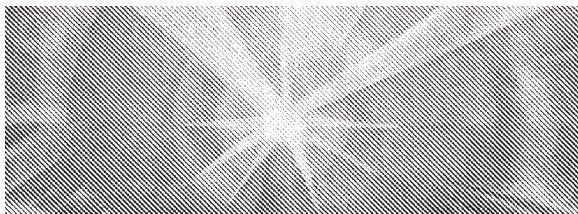
Exploring what I offer you is a great opportunity for simultaneous relaxation and education. You know that the best combination is to combine usefulness with pleasure. That simple and beautiful sight is the sight of the Universe, yours and Mine.*

I come to you with luminous steps,
and I send you luminous greetings.

Heavenly Father!

* I experienced the vision—"Solar System" (Illustration 2).

Day Four ≈ May 4, 2001



Building Up Our Inner Being

EVERY MORNING, TAKE a few moments to remember that you awoke from the astral world. Did you succeed in making contact with Me, your Heavenly Father, or are your dreams still disorganized reflections of your desires? Think about that and the next time you drift into a dream, continue to develop your communication with Me. With your first morning coffee or juice, think about Me, look for Me in your hearts, and call upon Me. Without your honest call to Me, you will not be able to change your lives. Otherwise you will keep standing in the same place.

Be thankful for every day that is ahead of you, and don't let a single one pass without My presence. I am not a fairy tale; I exist. I refer to all of you however you may think of Me. If you choose to place yourselves in a category of "non-believers," I still exist. My existence has nothing to do with your choice because I, The Heavenly Father, have always and will always continue to exist. Open your hearts to Me. I will not hurt you. Every morning,

nurture the habit of thinking of Me until it becomes second nature to you. From the moment you awaken, be conscious of Me, even if only for a few seconds. When you spend time with Me in your hearts, minds, and thoughts, then it will be easier for you to face the working day.

To reduce stress you should be prepared. That is why I gave you a morning ritual. During the workday, many experiences result in stress. Good organization can help you. During your lunch break, you should use the time to regain your energy. Lunchtime should be a relaxing part of your day. Take that time to become more conscious of Me, as you do in the morning. Continue to socialize with your friends and colleagues from work, but in your private moments you should remember Me. During the day, your mind absorbs a great deal of information, so instead of overloading your mind with inconsequential thoughts, do something useful with it.

Why tax your memory and waste precious space in your mind, when you can tune to My frequencies? When you use a computer, you must be careful not to overload its memory. Use a similar system for your mind. Even a computer expert may not be able to control his or her mind. Is it really easier to master a computer system than your own mind? This is a syndrome that appears in you: you place matter over spiritual substance. Material things are like toys to you. You enjoy building structures, utilizing physical laws. I gave you that physical matter to build your homes and the rest of the earthly world around you, but matter is crude in its changes. Spirituality is so flexible that it goes beyond boundaries.



Before you could raise the walls, you had to create the shape of the house or building. That is when you used not only your knowledge, but also, more importantly, you used the creative side

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of your mind. You look at that project in a spiritual way because you are creating beautiful shapes from raw materials. You can see for yourselves that matter, itself, is not very interesting, and also very cold. Wherever you look at buildings from an architectural perspective, you can see your artistic signature. Every building, created in its unique way, proves your creative development and diversity. It is your goal to build a world of beauty around you.

Beauty comes from My spheres and is one of the major parts of the Universe. Look again; I know you will always admire its beauty. It is the same beauty that I poured into you, and why your bodies have such beautiful shapes. When you view the world globally, you will see that you are created harmoniously. You do not have long tentacles, in the manner your imagination creates images. That is a comparison so you can understand that aesthetically you are beautiful.

The animal world is astonishing, as well, and I created so many creatures in it. They are so numerous that you will always find an animal that is beautiful and sweet to you.

And the harmonious Universe has its diversity in shapes and populations. So don't be preoccupied with your physical appearance to the extent that it becomes an obsession. Regulate your individual healthy balance. You, yourselves, have created fluctuations in your body weight by eating or not eating certain amounts of food. In each specific instance, the natural balance of a body depends on its structure. That structure lets you know where the point of balance is.

If you surround yourselves with the pleasures of uncontrolled eating, or if you go to the other extreme and almost stop eating, you disturb the natural balance of the body. No one is suggesting that you should be excessively thin or heavy. I am explaining to you the importance of balance, and that vitality of your being requires your care.

You should be balanced, both inside and out. When one of

the two states is disturbed, the other changes, as well; consequently, both are in an unnatural state. Pay attention to imbalances, and your lives will be easier for you. All imbalances are caused by psychological disharmony. When you systematically interrupt balances, you often can't stop yourself. There are therapists who treat these sorts of problems and, as I said before, these are the instances when you should help each other. People say "Take care of your health," meaning not only physically, but in a psychological sense, as well.

It is easiest to surrender, to choose the path of least resistance. Eventually, this choice will catch up with you. It will break you mentally, and serious psychological problems will be created. This is disturbance that requires attention. Do you remember Me, My children, and do you remember that with teamwork, we can solve many problems? You can be so burdened by your own self that you don't hear anything, although I keep calling you.



How can I make you understand? An example: you are walking down the street, listening to music. It is loud and you are enjoying it. By concentrating on the music, your other perceptions are decreased. These are the moments when accidents are most likely to occur. All of a sudden, you are dead...**now** you can hear Me! If only you had removed your headphones, this tragedy could have been averted. Next time I call you, when you feel as though somebody is tapping your shoulder, know that it is I, your Heavenly Father, calling you.

Inattention is bad, it brings only trouble. You can easily be taken advantage of if you are careless. You can be very cruel to yourselves as human beings. Your caution can remove this negative behavior.

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Why are you required to pay attention and concentrate when you start school? When you were children, you didn't complain; you learned discipline by playing games. You've been warned to be cautious, what was dangerous, and being unburdened you understood clearly. You learned the basics of attention and concentration in childhood, because these disciplines are important for further development. That is why you should work with your own children and give them the best quality education.

Remember to be creative, in the way children are taught in preschool. Each of you has a trace of the artist within, so teach this to your little ones. Maybe you can sing well, or dance, paint, sew, or sculpt. Use these skills to warm your home with creative energy. A positively directed child will be grateful to you, because the most effective education comes at an early stage of life.

By educating the child well, you help him or her to be capable and INDEPENDENT, as part of the normal process of growing up. If you do not nurture self-reliance in your child, he or she will become spoiled, someone to whom independence becomes a burden. Such a person would have to fight this problem alone, as an adult, although he or she should have outgrown the tendency long ago. Usually if you, as a parent, didn't outgrow this stage, you will not be able to provide a good example to your child. If you are spoiled, the child will think that this is normal behavior and follow that pattern.

Very often, life takes the situation into its own hands and a combination of circumstances forces the "grown-up spoiled child" to become adjusted to a new series of conditions. If you, as a parent, didn't react in time, hopefully your child will be able to change this behavior, once and for all.

I will always remind you of your child's basic upbringing and the importance of timing during this phase. Schools are a good place to teach a child seriousness and self-discipline. Children are still very carefree, but, at the same time, new assignments are

offered to them. It is important to teach them that GENERAL KNOWLEDGE is an essential part of your world and part of maturity. They carry books on their backs almost every day as they study and grow. With a strong foundation, they can develop admirably and THE BEST DEVELOPED OF THEM WILL BE THOSE WHO HAVE ME, THE HEAVENLY FATHER, IN THEIR HEARTS.

Don't ever forget that these fresh, warm spiritual beings are still pure. You must nurture and water them like plants. They are filled with questions about Me and about the world around them because they are at the age when they express their curiosity. Answer all these positive, innocent questions—and those that might be dangerous, as well. Children have large, searching eyes and open hearts. Their connection to Me is stronger when they are young than when they are adults, and they are aware of it. They are in danger of forgetting about Me only if their environment starts to choke that consciousness. Their hearts will fight against that suffocation, but the question is: how long will they be able to withstand it? These are the first instances when they consciously have to direct their beings toward spirituality. I believe that in each of you, the sparks of spiritual inspiration will help you to form better decisions in your life as you mature. No matter what your environment, if you have recognized yourself through these words, it is not too late to change, My dear big children!

Learning in The Heavenly Spirit is endless. Your urge to master knowledge in this earthly life should be transferred by you to the desire and concentration necessary to master the spiritual life, as well. On Earth, you will receive many diplomas and certificates that confirm your earthly education, but here with Me, you will receive life training that can be applied to all three worlds. When you are perfectly spiritually educated, you will fly with the ease of a bird, especially in the material world. Here is your chance to become a HEAVENLY BIRD IN FLIGHT. I will even give you

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the wings so you can feel exalted and build your nest in The Heavenly Spirit.



The spiritual world is filled with wonders and waits for you to begin to explore it. As some of you are adventurers and researchers in the material world, the same adventures can be applied to the higher worlds. By observing animals in their habitat, you can learn a great deal of useful things. The way you prepare your doctorates on animal studies is the way you should develop your doctorate for your own spiritual world.

Your spiritual world is your internal sea. The high and low tides I told you about earlier can be experienced in your body, because almost seventy percent of your body consists of water. That water is the spiritual energy that refreshes your body, making it supple and healthy. We all know that it is healthy to drink water, and many dermatological problems, for example, can be solved through the benefits of water.

Now, can you imagine what is happening to your bodies, as a spiritual sea, and how that affects you? When I give you visual images about your inner beings, especially that you should water it like a plant, I mean that literally. The plant that grows in you is your heart, and because it constantly beats, it requires revitalization.

Slow breathing helps the heart to rest. Meditations, prayers, perfecting your being toward Me, your Heavenly Father, are a few of the methods of keeping your heart healthy. Those who have a problem with their hearts do not take good care of them, and I am not present enough in that chamber. On the other hand, because someone has a physically healthy heart does not necessarily mean this person carries Me in his or her heart. Such a person will feel consequences in some other way. This is just the way it is.

Babaji is an example of a PURE HEART, which shows in his

appearance. His eyes are THE EYES OF TRUTH from the cosmic depth, My green pearls. They have witnessed a great deal and have seen authentic ancient scripts. Babaji's soul reflects the antiquity of cosmic existence, so when he walks through this world, everything is already known to him. For a long time now, he has been My most devoted Son, and what he teaches you always has spiritual value. Don't waste your chances to learn something new, because you gain with every drop of spiritual knowledge. If you had completely evolved and filled your heart with Me, not one day of your life would have been useless.



You are producers of an enormous amount of garbage, the result of this material, industrial world. To keep from choking in all that waste, you have begun to recycle. That is good, even if it is your pollution that forced you to think of it. It would be much better if you could have avoided such pollution, but what is done is done. Continue to recycle because that helps Mother Nature. Those good habits are all too few in the material world.

The saying, "In a healthy body there is a healthy mind," means serenity in The Heavenly Spirit and health in your mind. The mind is the most difficult part of the body to control because it allows impure thoughts to enter and infect the heart. The heart is strong and can endure extreme pain, but when the mind has been poisoned, the heart's task is more difficult. The mind becomes filled with crazed thoughts and you feel as though you have insurmountable problems. Most of these problems, though, are emotionally exaggerated. When something is truly a problem, you will feel its heaviness differently from problems that are blown out of proportion. "What's your problem?" is a popular expression. Can you recognize and admit to yourselves that many of your problems are unrealistic?

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Eating sweets to cheer you is a habit of yours. If you need that sort of stimulus, it is better than many others, yet you know very well what harm it can do to you. Sugar induces only a temporary state of appeasement. Consume sweets if you like them and if your health permits, but be aware that in the spiritual world there are no such temporary stimuli. You can help your physical body through its natural form of irrigation with PURE AND SIMPLE WATER, which maintains its NATURAL BALANCE.

When weather conditions cause crop failure, an enormous problem occurs because you depend on the food chain. Farmers watch over their crops with great care because food in this earthly world is life itself. When something is precious to you, you will try hard to preserve it. Can you admit to yourselves that you concentrate more when it involves getting something you really want? Lack of concentration is not a problem. Instead, **lack of DESIRE for concentration is the problem.** In this case, the concentration that is lacking is reflected in the spiritual world. Thus, you are not where you should be, and that is why I often tell you that the spiritual worlds are not overcrowded.

Now you can see how you have complicated your lives and how you live in an irrational despair. **In a higher state of consciousness, there is no pessimism because higher vibrations burn away the lower ones.** To reach the heights, you must free yourself from lower vibrations. Those are the chains that bind you to earthly things, never allowing you to become a free bird. By letting those low impulses control you, you will always be a bird with a broken wing, leaping and spinning helplessly in a circle. Perhaps you can recognize yourselves in that state because, at that point, the typical state of consciousness is depression.



Depression is an obsession in which your uncontrollable mind

causes you to spin obsessively in low-vibrating circles. Like masochists, you beg for sympathy. But why? Do you expect Me to support your self-neglect, or do you think others will help you? You are deceiving yourselves, but there is only one solution. Rise up, search for My gaze, and look Me in the eye, because only then can you begin the process of awakening. In a state of depression, you are very low, but My eyes are constantly above you. When I move them very close to you, can you see them at all? I am giving My best, constantly helping you to break free from your depression. Wake up, take a fresh breath, and maybe then the fog will lift from your head.

There is a moment when you become tired of the burden, when you are tired of yourselves in that state of mind. That is the exact moment for you to search for My gaze. But your EFFORT and WILL are needed. You are not alone, but as I have said, I do not support that kind of depressive condition. I am asking you to make that initial effort, so you can fight your way out with your own strength. I continue to help you become complete, to learn that it is not easy to be alone, without Me. You had to experience such a demanding, severe lesson to keep from falling into those self-destructive habits again.

“All’s well that ends well,” and victory in the name of The Heavenly Father is the sweetest.

I look forward to your victory over the earthly illnesses you have created, and to bringing you closer to the spiritual world. Your spiritual being, when it is fulfilled, soars Heavenward in happiness. Feelings of optimism, lightness, happiness and joy are part of spiritual youth. The eternal youth for which you search is at your fingertips. You can reach it even through this being, this life, but only with greater effort. I encourage you to strive, but you should know that the path is serious and demanding. It is better for you to know what is ahead of you. Go ahead, My children, for such opportunities are fixed in number. I’m not saying

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that they are limited, I see only that you are creating your “spiritual mind limitations.”

Babaji is eternally young, and every pore in his body shows it. He attained that state of SPIRITUAL YOUTH long ago, which is why I call him THE ETERNAL YOUTH. Isn't it wonderful that I have given you instructions for the ELIXIR OF YOUTH, for which you have searched for centuries?



Don't forsake the spiritual search and the fight against demons, because if you pause even for a second, you will be defeated. You know how you hate to lose. React in time, so you don't forfeit everything.

Some of you are more seriously hurt by material loss than by spiritual loss, since matter is tangible. Material is easily breakable, but spirituality is constantly present. The two concepts are vastly different. Through the material world, you seek to quickly find that which is lost. Wasn't what you found just that same matter? What did you really gain?

Spiritual losses are much more serious, sometimes irreplaceable. Because that is so, you should take great care of what you are absorbing; select carefully between what is good and what is bad. Now, I am talking in a purely spiritual sense about energetic feeding. Your sensitive inner being doesn't want your mistakes, it wants only what is best for you. You will make less work for yourself without making mistakes, and you will avoid harming yourself. Just as porcelain is fragile and delicate, imagine your being in the same way, because even if you glue broken porcelain together, it will never be the same. Your being is more luminescent and beautiful than porcelain, so learn to appreciate it. I am giving you this vibrant comparison so you can realize your spiritual beauty.

You have the ability to make exemplary choices regarding what you will do with your being and how much you will appreciate it. You can block out external influences so that impurity will not enter. Your defensive mechanism is a purifying machine, like an air purifier. The hairs in your nose filter the air you breathe, and you see that natural filters exist in your own body. So, you should apply the concept of external filtration to protect your inner being.



These written messages are filled with instructions, carrying My original and direct descriptions. You are used to receiving instructions when you buy a new product. Here, in this simple spiritual journey, have you ever been short of instructions or help? Never, My children, because you are the love I care for. Your hearts are waking more and more as you think of Me, and you should radiate that feeling. Your **mind** is, again, very important in all of this, because it is affected first. Therefore, it must be very strong. There is a path you should follow to fulfill and feed your mind energetically, in order to burn away all the impurities of this earthly world.

First, you must have **peace**. Secondly, **control**. And then third, **clarity of vision**. These three elements must be in perfect balance, just as THE FATHER, SON and HOLY SPIRIT. This comparison tells you that the balance must be maintained at a higher level.

In the beginning, the most difficult task will be to calm your mind. When you master that, you will hear a murmur. It will be like a sound on a frequency produced by your purified mind. On this frequency, My communication will come more easily, and you can receive messages from Me if you are completely ready. That readiness depends on you, because it is God-given. You have to nurture communication with Me as soon as it comes. Don't let

it slip away.

If you remember how much effort you put into learning to communicate with Me, are you really going to let that communication fade? It is very important to experience certain situations for yourself. You will remember such adventures all your life, and by remembering, you will grow strong, and noble characteristics such as APPRECIATION will become part of your personality. The character you build through human existence will have a base similar to the one with which you can begin to build a spiritual existence.



Meditation, like prayer, is a highly developed education. Although prayer is a part of meditation, in both cases you should practice them with your heart. Repetition of the words of a prayer will not be effective if your heart is not totally devoted to it. On this occasion, I beseech you to pray truthfully to Me, your Heavenly Father, and to not pollute your clean state of consciousness with personal desires, especially those connected to the material world. Will you promise that to Me?

I, HEAVENLY FATHER, AM YOUR CREATOR. I created the sky, the Moon and the stars. You should accept Me as such in order to get closer to Me. I extend further and further toward infinity.

Babaji teaches My ancient and authentic meditation, showing each of you, individually, the direct path to Me. The results are very quick and restore your connection to Me, Heavenly Father. Through Babaji's initiation into meditation and teaching, these words came to be. The fruits of Babaji's teaching are the words that you are reading, coming directly from your Heavenly Father. It is enough to accept the true path that Babaji is offering you. The rest is up to you to practice.

I have described to you the people of the heart who have found a quicker way to Me. That is a natural way for them. Even if it takes you longer, you will always have the heart and strength to choose that path. As soon as you are able to communicate with Me, your heart will finally awaken and you will begin to generate spiritual warmth. With that warmth, you will be nourishing your body and your being, and you will be changed for the better. The positive changes should be apparent soon because you are starting to spread warmth. It will be obvious who is faking change, and who is truly touched by My presence.

In the case of Babaji, it is obvious that he carries Me, The Heavenly Father, in him, and that he has no secrets. He is a perfect educator because he teaches openly and never withholds anything from anyone. **He receives absolutely nothing material in return, neither money, nor presents.** The reason Babaji came to Earth is to GIVE DIRECTLY TO YOU, HUMANITY, MY SPIRITUAL TEACHINGS. He came to share with all of you the Divine gifts that, unlike material goods, are eternal.

Let Me remind you that Babaji is teaching you and helping you to reach Me directly, and whether or not you succeed is entirely up to you. I told you before that no one would wait for you if you get lost. That negative side of your character often causes you to wander from the true path, rather than follow the straight road to Me, The Heavenly Father. My direction is flexible, it is the way of The Heavenly Spirit, adjusted to each of you, although until now you have not been aware of it. You are the ones who must make major adjustments toward the Universe, and be responsive to it, because the Universe always exists. Being born in a human body is a specific change because you are receiving a new form of existence. All of you went through an initial descent, but for some of you it is the first time you are born.

I was telling you about the oblivion present in the material world in the shape of DELUSION and ILLUSION. Each time you

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return to Earth, most of you delude yourselves, and after so many returns, you probably learn to deal with self-deceit. The ability to remember Me and reach Me shows that you were born in human form many times, and that you successfully avoided delusion. Some of you come to Earth often and cannot avoid becoming deluded. Those souls are hard-headed, but My hand will break the hardest shell that exists. And then you can see the tiny creature who has been wailing for Me, but who did not know how, or was too lazy to try to come to Me. Once again, we meet that part of your nature that cries, "I didn't wish to, I didn't try to, I didn't know." Being awake in Me, you will stay in Me forever and you will know exactly where your home is, your HEAVENLY HOME.



On the Planet Earth where you live, you know your surroundings very well. From an early age, you learn your way around the streets and you learn the street signs so you can return home. Your parents warn you that it is dangerous to talk to strangers. Those are smart words that show that your parents care.

You know your Heavenly Home better than you think; you have only forgotten it. From a spiritual point of view, **not talking to strangers means not talking to the black ray**. Straying onto the wrong path can be dangerous, almost life-threatening; most importantly, it puts your SOUL at great risk. Therefore, do not turn from My well-trodden spiritual Heavenly Path because that way lies disaster. You use maps when you travel over Planet Earth to decrease the possibility of getting lost. Over time, you have drawn and marked the information very precisely, and today your maps are very accurate. You learn to use earthly maps with a few basic instructions.

In the Universe, the stars are coordinates and a map is created which has always had the same routes. A starry sky provides

a PERFECT MAP to help you with orientation on Planet Earth. Think how precise the instructions that map gives of the Universe are, and how all-encompassing it is. Encompassing as the Universe itself.

On Earth, there are four basic compass points and four intermediate points, and they are reflected in the Universe. That reflection includes only that section of Space that lies around Planet Earth, to orient yourselves more easily. When you pass through that level, which is just a beginning, created especially for you, the Universe expands to its original width.

For those of you who remember a near-death experience when you were clinically dead, you will remember the strong and delightful unearthly light and the SPIRITUAL TUNNEL. That light reigns over the whole Universe. You have heard of the luminous rays, ribbons of light with which you are connected to the Universe and which last as long as you live. There is a stronger and more important wide, luminous beam that radiates from your heart. Your connection with the ribbon is through your navel, and your connection with the beam is through your heart. Depending on the level of your spiritual development, that beam can eventually become weaker or stronger. It is your individual spotlight that shows the state of your inner being. That light also shines along your life path so you do not get lost. Since the light emanates from the heart's home, it clearly knows the path through the Universe. It merges with the light of the Universe because it is a part of it.

Everything points to the fact that you should listen to your heart and allow it to lead you toward Me, your Heavenly Father. If you don't begin to pay attention to the feeding of your heart—not only with food, but with spiritual nectar, as well—I don't know what more will help you to wake up. I have given you everything so you can progress, and you should pay careful attention and help yourself with what your Heavenly Host, I, The

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Heavenly Father, have to offer.

Agility in the earthly world does not have to be a particular skill or talent, but spiritual agility must be very important. You should learn the precise way of moving through life, so that you always step onto the same Heavenly Path. You can practice in the astral world to get accustomed to it. That is why you have your astral world, to acclimate yourself to your Heavenly existence. When you, yourselves, completely come to that realization, you will not be confused as to who you are, but will always be conscious of your origin.

Often, during the day, you become spiritually lost. You identify with material things that cause you to make mistakes. Hopefully, you will learn from your errors because every day should be a victory in The Heavenly Spirit. Conquer your weaknesses and bring spiritual joy to your heart. When you start to conquer your demons, with every victory you will grow stronger, much stronger than you can imagine. Envision yourself growing stronger day after day and think how much better your whole being will feel. There will be no pressure that causes you stress and the feeling that your own skin is too tight. Only growth in The Heavenly Spirit and the happiness in your face will be seen.



Hearing is important, but it is inner hearing that I'm talking about. It can happen that your physical hearing becomes damaged or that you were born with a hearing defect. If that occurs at birth, or even before birth, as I have already explained, it is for spiritual reasons. It is much worse if you choose not to hear Me. You can have healthy physical hearing, but by ignoring Me, you hurt yourself enormously. The damage spreads to your precious heart because it is connected to Me. Disregarding My presence reflects the dark side of your nature, and it appears when you

make the wrong choice. You used your free will and thought that there would be no consequences.

There is always that bright moment when you call upon Me again and open your hearing channels for Me. Before that moment, you lived by listening to your own ego, which is very loud unless you remove it from your repertoire. Just say to it, “Ego, you are discontinued!” Yes, it’s that simple!

You know that hearing is important, with regard to what you can do to make it work for you or against you. Again, if the heart is not opened to Me, spiritual hearing will not be refined. The inner voice you are able to develop is the voice of Me, your Heavenly Father. I gave it to you as I gave you the voice with which you speak. People who have damaged vocal cords and cannot express themselves verbally always have inner speech.

You possess many different inner spiritual worlds within you. They are: hearing, speech, sight, and thoughts. All have different meanings, but spiritual meaning is authentic and original. When you wake the inner voice that sleeps within you, it is a great celebration for you, as well as for Me.

Now, meet the real part of Nature that I assigned to you and discover how great is this combination in which we are always together! That is what I am talking about—I maintain a vigil over you, and you hear Me or you do not. Your decision is very important, because without your cooperation, I have no feedback. Our communication must be in both directions, which is why it is called “having communication.” I am not interested in a monologue because I am a very sociable Heavenly Being.

When you bury yourself in your egotistic world, you are talking to yourself, and that method has never brought you anything. When you regain consciousness of your inner voice, listen to it, because if you check and find that it is I, The Heavenly Father, there are no problems and your spiritual journey can begin. I have given you the gift of inner voice, so take good care

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of it. It will serve you well for practicing spirituality. In addition to the astral world, you have this communication channel opened. Your inner voice is a beautiful gift, so use it, My children.

Your voice can sound as beautiful as the song of a nightingale, your eyes can radiate spiritual warmth, and your feet can leave luminescent footprints. Let this beautiful analogy be your inspiration, and build your spiritual being on those principles. Spirituality is filled with poetry, a poetry that you know derives from those spiritual channels, because in the end you recall some of it. Only the poetry created on Earth has your personal imprint. Create poetry, but it will sound better with Me in your heart. Literature and art inspired through Me make Planet Earth a better place for living.

Without Me, your Heavenly Father, everything is empty, especially you and your inner being. Remember that HUMAN KIND WITHOUT GOD IS NOTHING! That is true. Again, IT IS TRUE!



Eyesight is one of the important senses for orientation in your world. Although some more developed countries have made provisions for the physically disabled, it still is not easy for them. I have already explained why disability exists. Again, I am going back to the inner sight that is centered in the third eye.

Close your eyes, relax the eye muscles, and open your third eye wider. Even if you don't see anything for a moment, you will feel a gentle flow of energy at that spot. The third eye is always active and waits for you to begin to use it. Certain events in your life can activate the third eye, causing it to become vigorous for you, and suddenly you can see fantastic images. In the beginning, that channel can be as dynamic as lava erupting with full force from a volcano. It is fascinating, but you must become friendly with it and adjust it toward The Heavenly Spirit. The intensity of

the visions will not fade, but will become more balanced and of higher quality.

With visions, a whole new world will be open to you. A third dimension, My spiritual world. This gift is a great treasure because through visions, you will come closer to your Heavenly existence. Life, from any perspective, will not be the same, because you will realize so many more new adventures that make it wonderful. Knowing from experience that the spiritual world is alive and really exists, you will be freed from some of the earthly karmic diseases. With each spiritual advance, you will build up your psyche and make it stronger.

When you say that in life you have to “be on the ball”—in other words, find a balance in different circumstances—it means that balance includes spiritual understanding. Your mind must be clean and strong. That way, your psyche will be controlled and stable. By conquering your psyche, you come closer to God and the peace within you will stabilize. Visions can create beautiful states in your being, and through their beauty you can look toward the future.



I give you all of these blessings to inspire you at all times, so that you can look toward the future as a true Cosmic Being. What is the future if not I, The Heavenly Father, and the Universe? It is hard to predict the Earth’s future. Many of your plans fall short because your egotism gets in the way. Often, what happens is destined to happen and brings the best results. You must learn to let the spiritual flow do what should be done. Then, you are not only observers, but participants. When you live your life monotonously, without Me, that is when you are like “extras” in a movie while life passes you by. Every day you tear a page from the calendar and you count away this year, and then the next one, and

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the next, and so on. You feel that time passes faster and the days go by unbelievably quickly. You can't stop time because the natural process comes from the Universe. Due to certain spiritual happenings of which you are not aware, the Universe speeds up because within it there are strong energy currents. You can't compare the intensity of the winds and the circulation of air that you feel or know, with that which happens in the Universe. The Cosmos is an entity alone, with its specific laws. And yet, basic COSMIC LAW exists in all worlds.

You can harmonize with the acceleration of time only if you "plug into" the Heavenly frequencies. Then you will see things from a different perspective; through the expansion of your consciousness, you will understand and merge more and more with the Universe. When you receive Cosmic Knowledge and you are still in your earthly body, you should share that knowledge with others. There must be some of you who can feel and understand what I am talking about and think that society would not accept you if you openly discussed your experiences and opinions.

People who do not feel the Universe are profoundly insensitive; however, the Universe is so naturally obvious. Look at the other planets you have seen in photographs. Aren't they interesting? Don't you see through the scenery (in photographs that bring the Universe closer to you so you can see it with the naked eye) and **know** that there are other worlds? Why is it not clear to you that you are not the only living beings, that there are other worlds besides yours?

The way you limit yourselves in everyday life is the way you limit yourselves spiritually. If there is no progress in the positive development of the human world, there will be very little progress in the spiritual one. It is as though you believe that the only things that exist are your house and your neighbors whom you can physically see. Are you aware how narrow-minded that is? With time, you will realize, hear, or maybe even see that there

are other places on Planet Earth where more people live. That is when your perception will start to expand. But don't stop there. Don't stand in one place, but rather look at things from a global perspective. Start from your continent, and then observe the other continents on Planet Earth.

It is possible that many others share your narrow perspective of the Universe. I have explained to you clearly and simply in school learning terms how to widen your perspectives, so that you will understand.

The horse that wears blinders on its eyes can only look forward, and cannot see what is happening on the side. Limited in this way, the horse is forced to observe the world around him and feel it with other senses. Intuitively, it accepts what Mother Nature has provided for it. If the animal can adjust, why can't you? After all, you have both intuition and a much more developed consciousness. Your problem is that you really limit yourself to seeing only one thing: yourself. As such, you cannot be happy, and half of your natural spiritual capacity remains unused.

Do you remember the game "blind man's bluff," when you covered your eyes and moved around using your other senses? Didn't you "see" everything in a different light? Suddenly, you intuitively started to use what Nature gave you—for example, smell, hearing and touch. Was it so hard to break the self-deceit of narrow-mindedness? Now that you are unburdened, freed from the earthly chains, turn finally to cosmic spaciousness. The Universe is amazing. There is nothing better, and you will witness so many incredible phenomena. Earth will feel very far away, and all problems and delusions will look ridiculous to you. Don't realize too late what you have to do in this life, so that you can start your journey to Heavenly Planes as soon as possible. I told you that you do not have to die in order to understand how boundless the Universe is. Now, while you are living this life, you can experience it. This is not a lesson about dying. You should

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merge spirituality with this life in order to free yourselves of self-delusion.

Babaji doesn't have the slightest limitations in himself. That is why he is the TRUE SPIRITUAL TEACHER AND NAVIGATOR OF GLOBAL PROPORTIONS. His level of consciousness has been evolving much wider and higher, above any. It expands straight to My COSMIC CORE, which is a long road of cosmic dimensions.



As the Universe moves and constantly grows, it recreates itself. It constantly regenerates. When you look at your life, does it grow in a spiritual sense, or have you decided to stop that development? A healthy and natural balance between you and the Universe should be established, because you are unified, a part of the whole. Nature, itself, is a reflection of the Universe. And just as you like to lie down in the grass and lean your head on Mother Nature's bosom, that is how My heart and My wide arms await you. With the same tenderness and sensitivity, your Heavenly Father calls upon you. **Come to My chambers!**

The way you feel protected in your parents' arms is the way I have been providing you with safety. You remember your childhood with joy because as a child you enjoy attention. Every child likes to be carried because that is a special experience: being in safe arms and having the perspective from a different angle. A baby's curious eyes continue to explore. I, your Heavenly Father, offer you even softer, warmer and more compassionate arms. Therefore, don't be afraid of Me; don't pretend that I am too far away when I am so close.

If you are an abandoned child, I will heal your wounds. Don't live in despair, because if you put Me in your heart, you will pass through the "school of life" more easily. Everything has its reasons. You must keep advancing. Do not let life break you. There

is no loss if you are with Me, keeping in step with Me, able to look at your world in its real light, where you can always find an answer through Me. You will not live in cold and lonely ignorance. Try to remember that you should be a warm and friendly being.

Often, you think that I am very far away or that I am untouchable, and out of that fear, you do not dare speak to Me. You simply have to experience Me as a FRIEND, I have already told you that. Have the courage **to start heading toward Me.**

Your situation isn't without hope, since through your reverence toward Me, you know that I exist. When you do not acknowledge My existence at all, it is an almost hopeless situation. Denying Me causes a high level of damage to your inner being. Your society can impose anything on you, even the disbelief in Me. Nevertheless, did you listen to your heart telling you otherwise? How fortunate are those who look into their hearts and do not pay attention to their environment! They are examples of those who managed to find Me and put Me into their hearts. Once more, I am telling you that when I created each one of you, you have been carrying My existence in your hearts. When you were still in a luminous shape, you were protected well by Me and then sent to Planet Earth "fully equipped."

You might ask yourselves why, when it comes down to such extreme situations, it is such a problem for you to find Me again. First delusion, then free will and choice are the most common obstacles for you to overcome. I put them into the earthly world because they are predetermined for your spiritual development. Although they are challenging, these obstacles serve their purpose of enabling human beings to progress in The Heavenly Spirit. You are asked to engage in constant development, learning and progress toward Me, no matter in what society you find yourselves.

In higher worlds, you are disciplined and constantly learning because you are in such an environment. When you examine the Universe, you can see that something is happening all the time.

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Considering how vast the Universe is, it is only natural that something should be occurring in every part of it. The Universe never stops because I propel it. It has its own natural flow of movement. Although it is massive, once I started moving it, it has been moving ever since.

Why, then, do you create so many problems when you are so tiny in physical proportions in comparison to the vastness of the Universe? Spiritually, you are very developed and supremely prepared. It is only for you to start the natural process. As the Universe moves, so you should move toward Me, your Heavenly Father, because why otherwise would I have prepared you so well? I am telling you that you should not waste time.

Do you see what preciousness you have within you? There is no sense in destroying it. **Each individual soul is important because when united with others, it becomes part of the driving force of the Universe.**



On Planet Earth there are many different roads that lead everywhere, and air routes that embrace your entire planet. You choose where you will go and if you lose your way or take a wrong turn, you have the potential to correct it quickly. The perfect combination is if your internal compass works well with the external compass of the Earth. And each side of the Earth has My name written on it. Here is another tool with which I have equipped you.

I know that most of you love your parents, but if they do not have Me in their hearts, you must help them to correct that error. When you reach a certain level of maturity, maybe it will be easier for your parents to change, once they see how you have changed your life and become independent. Then they can catch their breath and, if up to that moment they were stubborn, maybe they will be encouraged to change positively in spiritual development.

Help them as much as you can. Even more important is how much they will allow themselves to be corrected. The process will require work, and I am always here to guide. I gave you families so that you can care for each other, but also that you direct each other toward Me, Heavenly Father. It is better that you settle disagreements between each other, because through karma you continue to carry them with you. Therefore, some family conflicts can exist because you brought them from a past life.

It is most important to have a CLEAN RELATIONSHIP with Me because only then will you be mature enough to help others. Until then, you will be helpless if you don't **take a firm stand and ask yourselves whether I really exist**. THE BEST WAY to be a benefactor is by carrying Me within you, so everyone can see. Then you will be the greatest example of humanity among all of My children. You know that I am the universal Heavenly Father, equal for everybody, and I give My spiritual directions to each one of you.

Imagine how wonderful it is to be in My arms, in My chambers, observing the beauty of the Universe. Then you might be able to realize things that you couldn't understand before. I repeat, you can have all those experiences and still live happily in your present lives. I'm sure you have imagined all the scenarios that I described to you. You like to use your imagination, and since I am taking you now directly through the cosmic vastness, you are receiving the real image of it.

You are fascinated by Space, Space subjects, objects and everything connected with it. You have interesting SPACE MUSEUMS, but the most interesting is the one through which you can pass by yourselves. Exhibits in museums are static, but in real spiritual life they are very active. The most exciting is the experience through which you pass, because it fulfills you. You must respect Me and look to Me as your authority, for I am The Heavenly Father. I am directing you to know the rules, believing that you carry respect

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within you naturally. That is why I say that without Me you are nothing. THAT IS THE TRUTH. With these explanations, hopefully you have understood the COSMIC LAWS. Regardless of My authority, I am your BEST FRIEND! I teach you through friendship, I am devoted to you even though you often forget Me. And that is a significant thing, because I am your CREATOR.



Why do you obey your employer at work? In most cases, it is because you must. Believe Me, you humans have created the cruelest hierarchy I have ever seen. Even the social order of the animal world makes more sense. That is why My HEAVENLY ORDER, from beginning to end, is ACCURATE. If My Heavenly Son, Babaji, respects Me with all his heart and being, why can't you? He has been through so much and has abundant Heavenly Knowledge, yet that does not stop him from being humble, filled with love toward Me. Babaji has always obeyed Me totally and has never opposed Me. I call Babaji My Heavenly Son because he has proved his faith to Me, The Heavenly Father, long ago.

Think about Babaji's example, and look deeper into your hearts. Did you find shame? I think you did. Let it show you how much work you have to do on yourselves. Plunge in, and begin to swim through the HEAVENLY OCEAN. If you are a bad swimmer, wrap yourself in a "life preserver," but please begin. There are no more excuses. Decide to merge completely with Me, your Heavenly Father.

The Heavenly Mother is part of My nature. As I explained to you, I am Father and Mother, in One.

Now I will allow My other aspect to speak to you.



HEAVENLY MOTHER:

You often associate devotion with My nature. Created by The Heavenly Father, I act in accord with My COSMIC NATURE. The Mother Nature aspect is part of Me. These are not two separate entities. The role of Mother, which Heavenly Father gave Me, is not the only one, for I have wider aspects, as well. As The Heavenly Father constantly watches over you, humanity, so do I care for Nature. Of course, Nature is part of His creation, but we can all help Him, each in his or her own way. My dearest Heavenly Son, Babaji, has an earthly name in harmony with his nature. That name, Predrag, means “the one who is too dear.” Next to Babaji, who constantly helps his Heavenly Father, I, your Heavenly Mother, work in My own way. I can appear strict, just as a mother must be firm with a child who should be corrected. But, everything I do, I do from devotion to you.

I have always sent My motherly aspect through most of you earthly mothers, except those with cold hearts who did not open themselves to Me. If as a child, you had a cold maternal presence in your life, you might have found motherly warmth in another woman, whether or not she was a blood relation. That kind of affection is not “falling in love with a woman while searching for your mother in her,” but love for a warm human being who loved and cared for you, just as a real mother would. Such warm-hearted people should continue to adopt abandoned children and orphans.

Each new soul who comes to your planet elicits great happiness in Me, because not long ago that soul was playing on the Heavenly Planes where I directly cared for that soul. Now, after the birth, I follow that child’s development and provide help, if needed. That first warmth from the mother is always important because a baby is in a very sensitive phase until its NATURAL

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SPIRITUAL IMMUNITY strengthens. Mother's milk has certain sweetness because it is created as nectar. As you have learned with time, that mother's milk is very nurturing and important for a child's development. It also affects the development of intelligence. Research conclusions prove that children fed on mother's milk are, on average, more intelligent.

Warmth is not the only important factor. Heavenly Father created other comforts for babies through their earthly mothers. "REPETITION IS THE MOTHER OF KNOWLEDGE" is a proverb that should be emphasized during earthly and spiritual education. I am telling you that REPETITION OF THE HEAVENLY FATHER'S NAME IS THE REAL MOTHER OF KNOWLEDGE. When you speak to Me through prayer, I hear you and I answer you; and since I am part of The Heavenly Father, He hears your prayer at the same time.

If My aspect seems particularly close to you, remember that My existence is in unity with The Heavenly Father. Perhaps that feeling of closeness appears due to your upbringing or some other reasons. It is not important, because I am One with The Heavenly Father. Often, you sigh, "Oh dear mother." That sigh refers most of the time to Me, because the way you speak in that moment is from the depths of your soul. You may be remembering your physical mother, but that call reaches Me directly. I know that because I hear it clearly every time. Appreciate mothers, especially those who are good-hearted and have The Heavenly Father in them. Don't resent them for being attached to you, because the time will come when you will have to leave your family home. Appreciate only the honest, positive characteristics and goodwill of your mother, and **do not let emotions rule over you** because the negative consequences are hardest to correct.

From the beginning, both mother and child should strengthen gratitude toward Heavenly Father, "to the sky"! The mother is blessed with the child, and the child is blessed with the mother's warm arms. They both exist as a part of The Heavenly Father's

creation and they should be thankful. In that perfect combination, through upbringing, a basic spiritual education must be given to the child. As the child grows, both his or her general—and especially spiritual—instruction should be increased.

A mother also teaches a child to learn to survive, regardless of whether it is a boy or girl; all must go through the same education. That child will be well prepared and have no fear of this world. It is important to give children a quality education from their early childhood and to never stop teaching them. As a mother, you must continue with the child's spiritual education as much as it is in your power to do so.

The best plan is to take care of the children's hearts and teach them to keep their hearts pure in The Heavenly Spirit. All mothers of the world, please be careful of what you are doing to your children! They are great blessings. Don't treat them as though you can have as many children as you want, because the upbringing of each child has your karmic consequences. Don't make a child's soul become a burden on **your** soul!* Remember, I look upon you with a sharp eye and carefully watch each soul that The Heavenly Father created. So, MOTHERS OF THE WORLD, UNITE TOGETHER in The Great Spirit, for the sake of your children.

Thank you!

Heavenly Mother

* I'm hearing a lovely bird's singing.

Day Five ≈ May 5, 2001



Awakening From “Life’s Dream”

WHEN YOU ARE at work, you often make contact with clients or customers. Office jobs can be frustrating and make you unhappy, directly affecting your private life. Wherever you are, you have to work with other people, enabling you to learn tolerance. You are quite intolerant with each other because you think only of yourselves. Are you aware what would happen if I, Heavenly Father, were intolerant? Think about tolerance more deeply. My tolerance is immense and has existed since ancient times. After the GREAT FLOOD, when humanity promised always to remember Me and carry Me within, I gave you a RAINBOW. It represents the UNION BETWEEN ME, YOUR HEAVENLY FATHER, AND THE HUMAN RACE. Since then, My tolerance has expanded, constantly watching over you and correcting you. When you notice rainbows more frequently, you should know that they are My warning signals. What am I telling you through this greater frequency of the rainbow? I am trying to encourage you to stop

and think, and put an end to chaos. All of these series of rainbows, one after another, are to remind you of the series of unities with Me.

From now on, each time you see a rainbow, ask yourselves what you have done about our union in your hearts. The state of Hawaii uses a rainbow as its symbol on license plates. A beautiful rainbow. In that kind of surrounding, you should be reminded of your unity with Me more often. In industrial cities where the climate is rainy and the Sun hardly emerges during certain season, people are affected by gloomy weather. When I send a rainbow into such a location, and its beautiful colors break through the grayness, I hope you become inspired. So, remember this rainbow phenomenon because it can help you, making it easier mentally to survive another day.

Once more, be careful how you treat each other because, after all, you are all human beings, familiar with characteristics of human nature. Most of you share basic traits. Through psychology, you defined basic types of human behavior and character. As different as you are, remember that you are all human beings. You show a tendency for self-destruction through various wars, including psychological wars. It is important that you are trained and educated in a positive direction from an early age. You have to become physically healthy and psychologically strong, not pessimists who destroy everything around you.

In elementary school, there are school psychologists who function as one of the educational system's defensive layers. They work to ward off negativity and guide children in positive directions. By working to channel a child's behavior to be more positive, they influence the child's psyche. They function well on a certain level, but they are not educated enough to break through their own monotonous way of teaching. They are trained to help children and provide positive influence. And if they have a warm heart, so much the better.

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Even though I am not mentioned directly in education, although I should be, it is important that the young souls never forget Me. The true warmth that a school psychologist shows helps those young souls to become warm-hearted human beings. Teachers with warm hearts will not only provide lessons, but also remind their students of Me by their example. There are always good souls who have Me in their hearts and share their knowledge of Me with others. So, the cold human world to which you have become accustomed **can** have its warm-hearted moments.

The basics that a child learns in elementary school and through his or her home education play two important roles. Just as there are so many different and colorful school bags, so it is with you; you are all different, yet you are all going in the same direction. You are all students attending school.

Teachers are vitally important because if they don't concentrate on expanding children's minds, then those young people's abilities are wasted. You remember that certain curricula were more interesting than others. It is good to learn everything, because through education you can choose the direction of your future career. Luckily, there are teachers who find methods of making all lessons personally closer to children. That is how all education should be—fun and educative to expand your minds. Unfortunately, society today—including schools—is commercialized, and textbooks are automatically printed without any humanity. It is up to teachers to bring in warmth and inspiration to the classroom.

Through play and fun, but with the goal of serious study and accomplishment of the tasks assigned, anything can be achieved. Remember, all of you who work in the education system: you must carry Me, your Heavenly Father, into classrooms, offices, and homes.

There is a reason why a grading system exists: to provide students with a picture of their ability and progress. My dear

students, even though your teachers measure your educational profile through a grading system, they like you personally. Each teacher will come to know who you really are. If you have a problem, go to the teacher who truly understands you, and ask him or her for guidance.

And so you, as young students, are growing and learning. When you reach college age, you are on the threshold of the more serious WORLD OF ADULTHOOD. It is then, as a young adult, that you begin to look for work—or you already work while in college in order to survive. That is the time when you begin to TASTE LIFE. That is only the beginning, because after graduation, you will be expected to make your own way. You will become even more inspired then, and acquire status and symbols that say, “I AM ON MY OWN.” You will become independent and bear many new responsibilities on your shoulders. In the meantime, **do not forget your heart and leave it behind only in childhood memories.** Otherwise, you might turn into a cold, heartless person. It is never too late to find your heart again, because it did not “fall out.” It is still inside you, but forgotten, as though you are a patient in a coma whose heart functions only physically, sustaining life artificially.



There is a slang saying that someone “looks like a zombie.” Those people are destroyed, systematically ruined by devastating poisons, damaged so much that they are no longer themselves. Such damaged people walk among you without consciousness. A person can sink so low that he or she is forced into hell. Such people will have to answer to Me, and for that self-destruction they will be punished. Be aware of choices in which you could easily turn out to be a victim. I am warning you that what you decide in your heart is important every moment of your life. Nevertheless,

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yours is a planet of free will and choice, in which you must make your own decisions.

In the true light, you are never alone. Your heart intuitively tells you what is right and what is wrong. I am always available to you, but you do not ask Me for advice often enough, so that you miss precious moments required for your spiritual growth. Do not allow yourself to be a zombie, because that carries serious meaning. If people consider you to be a zombie, it is not a “pretty sight.” It means that you walk about with no consciousness, your senses have become dulled. Your appearance is abnormal, it seems as though you don’t know of your own existence. Your numbness will present a lost expression, especially if you are under the influence of drugs or alcohol, which are dangerous and addictive.

Again, those who excuse such addictions as drugs, alcohol, and cigarettes, are only in denial. Those who are able to stop their addiction can become examples to others of how to break bad habits. Rare are the ones who will try those drugs once, and stop. Instead, it is always a downward path to addiction. Admit to yourself how deeply you have entered the cycle of addiction and ask yourself honestly if you are in need of professional help.

Your ego will assert itself by using the excuse, “I should enjoy life while I can!” I do not forbid you anything, but I only remind you of the true condition of your life. You have free will to make choices, as many of you have done before. The joy is not in self-destruction, which is the case in addictive behaviors, if they become extreme. You abused all those addictions even though you knew their consequences. The planet of free will and choice is constantly spinning, and I hope that your heart will find the way and strength to save yourself. Many people have fought their way out of addictions. They should be your inspiration.

You have the willpower to fight negative influences. Negativity is not fun at all; it is darkness. Have you ever met a person who

radiates negativity and is successful and happy in life? Those states of mind are defeatist and unnatural, and do not last long because they are self-destructive. The person who surrenders to them destroys a large part of his or her spiritual being.

And imagine how greatly this negative behavior affects family and friends! If you encounter someone who is already infected with it, that person cannot really hurt you at the time. That person would try to poison you, but if you escape in time, you will be rid of danger. Try to imagine what people like that can do to their near environment! If others allow it to happen, great damage will be done. But if the rest wake up and oppose with positive energy, the negativity will break easily. Your goal must be to destroy that defeatist state of mind and let only My light in, so I can heal everything that can be healed.

THINK POSITIVELY AND EVERYTHING WILL BE GLORIOUS! With a positive state of consciousness, you will discover that nothing is too difficult, nothing represents an insurmountable problem. If you combine optimism with Me, your Heavenly Father, in your heart, you will have a **WINNING COMBINATION**, the most valuable **LIFE COMBINATION: ETERNAL UNITY WITH THE HEAVENLY FATHER, IN EVERY MOMENT.**

Believe Me, there is nothing more fulfilling, more satisfying than reaching that most powerful unity inside yourself. That is what you have been looking for throughout your entire life, and what you often think is impossible to achieve. It is not impossible at all. But if you don't calm your mind and tame its uncontrollable nature, you will face difficult problems.

Is it a joy to be so ill and suffer each day? When your mind holds disturbing points of view and you mentally torture yourselves and those who care for you, then you introduce hell into your lives. There are different variations of one's personal hell, originating from this earthly chaos. When you create chaos, you cannot create anything good, and the worst is the consequence

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that you can carry that poison over to your children. Does a person in that state of consciousness care for anyone else? Obviously, they do not, or they would stop when they saw the mistakes they were making. Why don't you help yourselves, look into your hearts, your brightest corners that often stay unopened. Everything is within reach, and so am I, your Heavenly Father, and the Sun, and the Moon, and the stars.



As the sea touches the shore, so do My fingers caress you. As the child's gentle fingers search for its mother's and father's warm hands, **with that love** I carry you in My heart. It is normal for a child to learn swimming immediately, because the baby has just emerged from the mother's womb and the surroundings are familiar. He or she remembers water and swims easily in it. This natural process of swimming shows how readily you recognize the home I gave you, because you spent nine months there. Accordingly, the Universe should be even more natural and your memory of it clearer to you. You should recognize your Heavenly Home because you previously resided there, instead of being so attached to your earthly home.

The earthly home can be comfortable, but it is only temporary. Because of your attachment to physical matter, you hurt yourselves, and your memory of your Heavenly Home fades. I explained to you that in your Heavenly Home your existence is of a different shape, and you should not compare it with the material world. Spiritual elements exist at an earthly level, but there are no earthly elements in the spiritual world. High spiritual vibrations simply have their own world, in which earthly things cannot exist.

The whole point of this earthly world is to experience its difference from other worlds. All the joy or sadness, winning or losing, and other situations that have polar opposites are what

make earthly experiences. On Earth, you always have a chance to see the good and the bad sides of everything. Remember that good comes from Me and consists of Me. You are the ones who created the self-destructive side of your character through your egos. The word “create” is actually too flattering. Rather, it could be said that you chose to “commit” bad deeds. You will always have My support for positive creation. It is up to you to solve serious problems, those that are of your own making. It was easier for you to let your ego overpower you, instead of fighting against it.

There are no excuses for such negligence, so fight in The Heavenly Spirit to improve yourself as a person. I told you how ugly and sad vanity is. How can you put yourselves above Me, your Heavenly Father, your Creator? If you are self-conceited, your soul chokes, because your ego is suffocating it with its poison, which closes all your receptors to Me. You not only can't hear Me, but also you do not have **the desire** to hear or see Me. It is truly a handicap when you suffocate The Heavenly Spirit within a healthy body.

The goodnight kiss is a gesture of gentleness. It is your way of saying “thank you” to your beloved. With each such kiss, remember Me and your Heavenly Mother, because We are the source of your gentleness. The touch of My fingertips is tenderness, soft as a cloud. Now you have a description with which to imagine My physical touch. When a child asks to hold your hand, it is an important means of communication. Children often play by leading each other by the hand, as they look for warmth as social human beings.

Animals in their litters cling to one another. They know who their mother is, and who their litter mates are. They provide a natural example of a warm family. The more they grow, the more they play together and the more attached to each other they become. They share the unity of a family and they do not

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want to separate. With animals, everything is simple because they do not have free will, as you do. I do not mean that you would be better off without free will, I am only showing you the difference. You are the way you are, human beings, created with free will. Animals are the way they are, and yet their world interests you. It is good to observe and to study animals, and every good example in your studies is welcome.

Whales and dolphins are very dear to you because they have such complex and interesting lives. Almost as complex as yours. Observing these mammals, just as you are mammals, shows you how you are all connected.

Turtles and terrapins fall into the category of ancient creatures that have existed on Planet Earth for a very long time. It is extraordinary and quite unique that some of them live for hundreds of years. They move slowly and represent a type of composure, although when in water they are more agile. Just as you are stiff when you walk, but in water much more nimble, the same is true of turtles: being slow on the ground, they can move quickly when swimming. Copy that composure, and try to experience it every day. Their calmness is one of the reasons for their longevity. That does not mean they are lazy, but rather it is a part of their nature. No animal is idle in the way that humans can be, because each life form is measured by different standards.

Animals have a differently developed consciousness that is always connected with Me. But human consciousness is on a higher level of development and should be directed toward Me. The animal world, as harsh as it may appear, has a natural hierarchy in the complete picture of the creation of Planet Earth.* Animals are under My control. That can be seen through natural parental instincts (with the exception of certain deviations of

* A little bird is singing continuously.

nature in which males devour their young). The animals' feelings and devotions for each other are brought down from spiritual spheres.

When your laziness becomes habitual, that is a clear sign that you are forgetting Me. On Earth, that indicates indolence, when you are dragging yourselves around lifelessly. That is an example of a lack of The Heavenly Spirit, in which you want to wither before your time. But why do you want to do so, since you still haven't worked off your karma? The experiences that I intended for you are necessary to build your inner being. Therefore, live in harmony with Me, your Heavenly Father, your Creator!



When you were in My home and lived as Luminous Beings, you had very high principles. You socialized often with other Luminous Beings, because socializing was not as individualized as it is now. Why do we have so many loners in this world today when, before, you all lived together in one luminous group? Individualism has separated you because you let that tempting, annoying ego control you.

Socializing between each other should not be based on taking advantage of each other, but rather on complementing each other. When you start paying attention to your behavior toward each other, you will be on a path toward life improvement. If you isolate yourselves, you will have done so because you have forgotten the warmth of your hearts. And then, seeming so cold, you entered the flow of isolation. To compensate, you often take animals as pets, but that will only be a partial solution. It will afford you a little of the warmth and the company that you search for. You will feel better, but that is not the answer. It is meant for humans to spend their lives with each other, and pets should only be a sweet addition.

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The feeling that someone is familiar to you, from the first meeting, is very common. Those are your luminous light bulbs that switch on, from your existence in another form. Thus, you should nurture the optimism in positive souls.

Before I sent you to Earth, as LUMINOUS SOULS, you promised Me that you would do certain tasks in your lives. Luminous Souls are directed toward Me, and you still carry that promise inside of you. Everything that you brought with you has remained written within you, a legacy that is never erased. As the Universe has always existed, so has your connection with Me and your promise to Me.

Through the aspect of Mother Nature, I have created everything that has existed for millenniums. Although Nature regenerates itself, it is still as I originally created. Through Nature, you discovered which tree was oldest in the world, which flower was oldest, and there were other discoveries that you have researched in the field of flora and fauna. The imprints of fossils can help you to solve the puzzle of the age of Planet Earth. You have many wonders to explore because your planet always leaves clues. Can you see through Nature's remnants of the past, how old the planet is and the age of your civilization? The more new generations that emerge, the more knowledge there will be to be shared. Take the most important data and think about its connection with the Universe.

Why did something happen at a certain moment, why is something destroyed and something else saved? How many times have you said, "It's a miracle!" when something good occurs, or "It is God's Will," a punishment from Me, when something bad happens? Humanity's cruelty has been answered by Nature with "revenge." You experience it as such because you feel that after a global human error, the reaction must happen. But to put the blame on Nature will not help you, nor will it change anything. Now, draw the correct conclusion and be more careful before any

of your actions.

Tribes have the custom and culture to keep in constant contact with Mother Nature and to respect overall creation. Through their contact with Nature, they have learned to respect Me, as well. They are aware that their Creator, Heavenly Father, leads the world. My main Word confers spiritual freedom and breaks all of your chains. Do not be slaves in your own prison!

The life of a bird in a cage is always cruel because it is in an unnatural environment. To you, the bird in the cage may seem attractive. Free it from its cage just for a little while, and you will see what great joy that freedom brings to that bird. Confinement has become normal to it with time because the bird has no other choice. What you can do to be more humane is to decorate its surroundings to appear more natural, and give the bird more space to fly. I know that you will not stop the habit of imprisoning birds in cages, but at least try to be more humane about it.

Every animal that is not in its natural habitat must adjust to your rules, but try to give it more humane conditions. Animals are not toys, but living, sensitive beings that often behave as people do. The same is true of children; they are not toys. Although they may be very cute, they are extra sensitive beings who require extra care. Moreover, you adults should not treat each other with cruelty as you do when you grow tired of one another, and tend to reject each other like used toys.



There is a proverb: “It is easy to promise, just as easy to forget.” It means that throughout your lives, you easily break many promises without understanding the real meaning of the word “promise.” SERIOUSNESS originates from an ancient root that reaches Me. You promised Me that you will do what you must do as a Luminous Being, in this and every other life to which I send you.

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What exactly is that promise? Every person can look for an answer in his or her heart. One type of communication with Me, as I mentioned, is CONSCIOUS DREAMS, which are one aspect of LUCID DREAMS. Through them, you can ask Me directly about your problems and, at the same time, I will remind you what you promised to Me. Only by searching with determination will you reach original answers. I am giving you every possible instruction, so there should be no situation for which you cannot find an answer. If you understand what I've said, you will be well informed, so any oversight can only be intentional. You have been deceiving yourselves and forgetting Me long enough. Now, I entreat you to wake up and become entirely conscious! Let your PROMISE be our mutual joy.

If you lie, you will only hurt yourself, because there is nothing worse than making lying a habit and thinking that it is normal. Theft is for minor souls. With theft, you only vilify yourself and, at the same time, the black ray steals your soul. That is why you should fight against the black ray and put Me in your heart. The world of the lower level is known to you because you either experienced it, or you have seen examples of someone near you passing through it. Is it interesting? No, it is disgusting and tasteless, and that kind of contagious disease should be stopped.

Today, the black ray spreads in many ways, not only through people, but through viruses. There are many catastrophic, life-threatening diseases that can be seen in every era of human history. These disasters continue even today as viruses mutate and spread. If you are infected and willingly continue to infect others and spread the disease, you spread the black ray. Your actions will lead you to self-destruction of a psychotic nature, wherein you not only become an instrument of death, but you also destroy your own soul. YOU HAVE NO RIGHT TO ENDANGER OTHER LIVES!

All of your actions are recorded and obvious in your karma

and soul, so do not be surprised when I explain to you that certain illnesses and defects have a spiritual cause. The warning to be careful about what you are doing in this life is not given in vain, and not meant to frighten you. Yet I must seriously warn you to be careful of what might happen.

Stop behaving like children! Get your problems, imperfections and doubts to the surface and allow Me to heal you! Once healed, I promise you will always remain healthy. There is nothing better than to stay spiritually vital forever. Then, the world is a good place to live because you understand your duty toward Me, your Heavenly Father, and toward yourself. I take care of you through your inner being, and you confuse that with ego. Your ego is fooling you by telling you that it is your essence. Sometimes the ego can radiate impulses very strongly, so that a false feeling becomes planted deep inside you. Your existence on Planet Earth is not for you or for others, but you are here for Me and to develop yourselves in The Heavenly Spirit. If you observe your lives through your egos, you will continue to hurt yourselves and become masochists. You invented sadism and masochism, these incorrect impulses. Do you want to suffer, or do you prefer happiness?

“The flower of youth” is a saying of which you are fond. You use superficial treatments and even surgery to keep your youthful appearance. There is one “potion” that is available to anyone, without any expense. It looks the same, but it vibrates differently in each individual. That is the HEART, the heart that LASTS ETERNALLY!

Eternally crowned in the flower of youth and in the joy of The Heavenly Spirit, you will be a happy being forever. You search your whole life for that true happiness, and once you find it, it has an eternal quality. Youth and joy inspire you and give you the sweetness in life. Your entire life should be interwoven with The Heavenly Spirit. Then, whatever you do, let it have the quality in

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which truth and respect for the spiritual laws will be with you your whole life through. Search for that lost SPIRITUAL TREASURE and do not allow it to disappear. Let serenity be seen on your face, like the morning sunshine whose warmth awakens life on Earth.

There should be more enlightened people so that they can bring hope back to humanity. If you have not yet found that hope in The Heavenly Spirit, what are you waiting for?



Each person's name has a meaning, so find the symbolism in yours, and search for inner peace. Your earthly names and surnames, even nicknames, have meaning. Each object has its name, and many such names are intertwined with different concepts. Everything is connected to everything.

You learn the alphabet so that you can learn to write, and you perfected speech even before that. First, you see the object, and after developing speech as a child, only then you learn to pronounce that object's name. The sense you use most is your sight, and after that, your hearing. When your hands first tried to write numbers and letters, you practiced constantly and finally perfected the skill. Your first steps also required hard work, but in the end, walking became natural to you. When you began to write, your letters quickly became clear and you wrote easily. Seeing the beautiful sequence of word after word, you realized that writing is an art form, as well as useful. Similarly, painting creates artistically beautiful scenes.

Writing also records useful information. In the beginning, knowledge was only transmitted verbally, but as soon as it began to be recorded through writing, it gained greater importance. In this way, ancient scripts, legends, and real events were documented. Unfortunately, through history, people have the tendency of

twisting the facts, and according to their own policies, different legacies were abused. Something would be added that didn't really happen or something would be erased if it didn't correspond with someone's priorities.

The most accurate and trustworthy recorders are your heart and soul, where there are no mistakes, there are no corrections. Writing from the heart and soul creates a beautiful sequence, where words are like pearls, bound to one another. That kind of flow is the truth.

The way you identify your human history through numbers and letters, names and birth dates, is the way you differentiate between each other. In the spiritual world, you have names, as well, but they are of a luminous nature and are transferred through sounds.



Large shells that can be sounded like trumpets are spiritual instruments because they come from the depths of the oceans. When you hear them, they sound mystical and remind you of the deep. This is an example of how Nature, itself, is very musical. Even today, most instruments are made primarily of wood. It is the wood that I gave you as a gift in ancient times, so you could warm yourselves, use it to make dishes, beds, and instruments. Wood has many functions, but you must use it reasonably and with ecological awareness. Nature has been given to you to use, not to destroy.

You have gone beyond the limit that was intended for your use of Nature. Taking care of Nature and other ecological actions are necessary. An awareness of preserving Nature must be developed, so that new generations will not cause the same damage and make the same mistakes you have made. The goal is to make as few errors as possible, and if you learn from your experience,

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help others to avoid the same failures. You will only gain by sharing experiences in which you overcame problems. As a result you will make your lives and the lives of others easier.

Why make unnecessary mistakes, when they pollute humanity? With that carelessness, you have polluted Nature, as well. Now is the time to make those corrections. If you, who learned the lesson, will not start to make amends, who will do so? It is important that all mistakes are corrected and turned in a positive direction, so that the lines of spiritual force can descend more easily from the Universe to Planet Earth.

The stream of cosmic powder emanates from the stars and travels a long path. Through different spheres, it comes to Planet Earth and stays as clean as when it left the Cosmic Source. When Babaji was an adolescent, spending his days in an observatory, he witnessed the well-known experiments through which everyone can see that cosmic spores have descended to Earth. If you haven't heard of this before, and most of you probably haven't, it is because you have not researched the beautiful science of astronomy. You should explore the field of astronomy. It will open your horizons and you will discover very different worlds.

Astronomy originates from the Universe, as a treasure in the world of science. It includes many sciences, such as mathematics, physics, and chemistry. The basics of all those sciences originate in ASTRONOMY. It holds something for everyone, and even if you are not an expert in mathematics, physics, and other sciences, it is not important. There are simple explanations, basics through which you can acquire all the insights of astronomy. Don't let such incidentals discourage you, because astronomy is, first and foremost, a SPIRITUAL DISCIPLINE and a SCIENCE OF SPIRITUAL NATURE.

The experiment in which Babaji participated consisted of leaving a piece of clear glass outside overnight. The next day, particles of dust were seen under the microscope, but it was no

ordinary dust. These are the spores from the Universe, the star-dust about which I told you earlier. It is that simple, yet that powerful. With such physical evidence, you have everything I am talking about right before your eyes. Haven't I already convinced you that everything is connected with the Universe and with Me, The Heavenly Father?

If your child expresses a desire to study astronomy, support him or her. Through that education, you can progress, too. There is no age limit to the regeneration of your original knowledge. It is a magnificent feeling to realize that you are not just a human being, but a Cosmic Being, as well. The days of your awakening are coming. Doesn't passing from one millennium to another give you a special feeling? These special spiritual events have great consequence, and should be noticed.

Even if you think there is nothing extraordinary about changing from one millennium to another, I can tell you that there is. Now you have entered a different era, an era with more positive vibrations. That change alone should change you, because through your spiritual transformation, the Universe grows, as well. Your thoughts at that moment are not so important, but the spiritual process that occurred during the transition from an old to a new millennium is important. It certainly affected you, whether or not you wanted it to. Through the process of cosmic spiritual transformation, Planet Earth has also grown and accepted healing energy from the Universe. Earth, as injured as it is, is still holding up well, because it serves Me, The Heavenly Father.

Every day I send revitalizing rays, so that the Earth can withstand your abuses. The young guards of Nature are active in planting and/or replanting. All of you should become guardians of Planet Earth. Since Nature is part of your planet, you should plant as many trees as you can to produce more positive energy. Forests are the lungs of your planet, and those energy-positive trees that appear as beams of light are spiritual lungs. They not

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only cleanse you, but also build a SPIRITUAL ENERGETIC VOLTAGE, the main channel of your spiritual power supply. From the Universe, the supply appears as a luminous network that feeds all parts of Planet Earth. When you unite all of those luminous beams from your hearts, your planet will finally be astonishing. When the Earth is completely evolved, it will be a very popular place for reincarnation.

You have now received a description of how spiritual energy descends. Next time you see city lights, you will have a different understanding. As city lights serve to mark the paths on Planet Earth, the spiritual luminous network of lights marks and illuminates all cosmic paths. Each corner of Planet Earth is illuminated by a sparkling light extending to the Universe. The FUTURE of My HEAVENLY CREATION is to help you develop yourselves to the maximum, in the light.

Think more about this creation that I have given you as a gift. Extract the best and the most beautiful, and you will see how real beauty was originally designed.



The river is a source of oxygen for Mother Nature; the river brings you life, water for drinking, and irrigation. That is why you started civilizations close to water. You inhabit water as a fetus, and water is necessary for normal bodily functions; water means health and hygiene. Water is always clear, so that the reflection of Nature's colors can be seen. Water is either blue, due to a reflection of the sky, or green from the reflection of the woods and plants. Water is a clean substance from the Universe, and through a special channel, I brought it to Earth. You have heard that researchers have concluded that certain other planets in the Universe have water. I made it so. WHERE THERE IS WATER, THERE IS LIFE! The Universe is more alive than you can imagine.

Not all planets are barren.

Think about how much water you use daily. Isn't it a miracle that the sources have not dried? Yet there were moments when the supplies did dry up. But there was never such a savage drought that would dry up all of the resources. There are different laws for water in deserts and other specific environments. From a satellite, the basic color of Planet Earth is blue, because most of the Earth is water. From that satellite, you can also see white clouds that symbolize the purity of The Heavenly Spirit.

All the colors come from the Universe, and the primary colors can be seen in a rainbow. Furthermore, through Heavenly Creation, a variety of other colors were created. Painters use original colors from the Universe because what is painted is reflected from the Universe. If you are aware of Me, your Heavenly Father, you should use your artistic talents. Everyone has a gift inside, a gift found more easily in some than in others.

Just as the planets of the Universe are of different sizes, colors, shapes, and characteristics, you should complement each other through those gifts and differences. Planets are entities in and of themselves, just as you are as varied and colorful as spring flowers. Isn't spring the best time for inspiration? Everything blooms in spring just as delightful vibrations are spreading in you. Your being lives through these changes and reacts to different seasons. Depending on the climate, you can enjoy the warm rays of the Sun, especially after the winter season. The Sun's energy is very important to you because, just like a plant, it revitalizes you.

Sunshine, sunshine where did you hide,
for a long time you were not by my side,
and so yearns my inner being
for beauty of your being.

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You always beautify our day,
for joy enters wherever we stay,
and glowing young hearts' way
is in harmony with your sundial every day.

In ancient times
when we're sunshine borrowing,
your shadow,
the human's shadow has been following.

Sundial records those times of old
that did not stop in modern world,
still flying at the same speed*
regardless of hasty modern need.

Why do children draw eyes and a smile on the faces of the Sun and the Moon? Because children naturally feel the true warmth of the Sun and the Moon, not thinking about the heat or energy. Even a human shadow is a symbol of a sundial. If you are in the right position in relation to the Sun, you can read time as it used to be read.

On water's surface, the Sun shines as brilliantly as an airplane runway. At dusk, the sea calms. It goes to sleep, and the animal world that sleeps at night calms, as well, and looks for shelter. The flash of the Sun that reflects from the sea surface blinds you for a moment because of its power. That reflection is connected to the Universe. Since the sea is the mirror of the sky and the Universe itself, its peacefulness intensifies that reflection. The Sun appears close to the sea surface, and the sky looks as though it is descending when the night is nearing. All these movements are

* Vision—"The Sundial" (Illustration 5)

not visible to the human eye because it doesn't have the perception and sharp-sightedness as, for example, the eye of the EAGLE.



Human eyes are adequate for what is needed through earthly life, but you should observe more with your SPIRITUAL EYES that are always available. If you have never used those eyes before, sweep away the dust, and suddenly you will see more clearly and more quickly. Use your spiritual eyes same as you use them when you are asleep. Many young animals go through a period when their eyes are not completely opened. Human babies are similar: when they are born, they require time to focus and see clearly.

The eyes are beautiful and, as you say, "THE EYES ARE A REFLECTION OF THE SOUL." That is true not only from the outside, but also from the inside. The real truth reaches the heart because the reflection that shows in the eyes mirrors the heart. (I gave you several different eye colors and shades to show differences in your character). When I created Planet Earth and you, colors played an important role. In the animal world, there are magnificent colored feathers and furs. You were born with the inspiration of color through Nature, and so you began to create and color your clothes.

Colors are important in your everyday life. When you are decorating homes or choosing clothing, remember that colors represent the rainbow, and that you are clothing yourselves with the original signature of the Designer-Creator, Me, your Heavenly Father. I refer exclusively to rainbow colors, the bright, living colors, and not to black which brings negative connotations. Black clothing, if worn too often, can have a negative mental influence. Black clothes make you appear older. They also provoke depression. At a funeral, in most cultures people dress in black, which makes the setting more depressing. On the contrary, there are

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cultures that wear white at funerals, sending a message that they celebrate death as the beginning of something new.

Isn't it a primitive custom to wear black at a funeral? It indicates a lack of understanding of the natural flow of death. Death is the beginning of something new, a transitional period, just as birth is a transition. The child just left the comfort of the mother's womb and came into the physical world. It was the child's phase of transformation and the start of something new. When the child is in the womb, it is in a weightless state. If everything is all right, under the influence of forces from the Universe, the child's head turns downward when it is ready to be born. Isn't that a marvelous event, that turning around, and the birth itself, dear mothers! When you hold the sweet child in your arms for the first time, all the pain of childbirth disappears instantly.



The child's voice is sweet and, before it matures, it sounds as though it comes from another world. Think carefully: the soul did come from another sphere. That's why a sleeping infant appears carefree. This world doesn't concern him or her, because it is deep in My arms. The feeling of safety, certainty and blessing that a child feels should stay within all of you. If you want to be My HEAVENLY CHILD forever, that remnant of light must become stronger in you. Do not let it shrink with time. As you grow and as long as you are developing physically, you should be developing the most important characteristic—RESPONSIBILITY toward Me, your Heavenly Father.

Your responsibility to Me, your best friend, consists of turning to Me with your problems and questions. I will not criticize you. Do not walk as if you are lost. Instead, be active and communicate with Me. There is nothing about which we cannot talk. I can answer you in different ways. I will describe those ways, but

first you must learn to recognize your mind and your ego. If you are not clear about that, all the effort is a waste of time because you will be locked inside of your ego cocoon. I will gradually break through to you, but the longer you wait, the greater the danger that you will accept your ego as the truth. Once you cleanse your communication channel for Me, you will feel relieved. You will no longer fall into desperate emotional states. There will be no more arguing with others, being spoiled, lazy, sarcastic, malevolent, vindictive. I can continue naming egotistic characteristics, but I have made My point.

We began to communicate long ago. Hence, written messages were born. Those who think it is impossible to hear Me have lived in self-deceit. How can you believe that our communication can't be developed, when I created your ear for our AUDIO CONNECTIONS? I told you that your inner voice is My voice. Anyone can hear Me, regardless of any handicap. When you open your channel to Me, you must care for it daily. You have a tendency toward neglect. If you do not contact Me regularly, obstructions will appear. The more you practice, the clearer our channel will become, and the more your life will become interesting.

It is most important that you distinguish your personal ideas from My ancient spiritual language. Many thoughts obsess you daily. If you concentrate, you will easily recognize the difference when I, your Heavenly Father, address you, and when you hear your own thoughts. Clear that channel to Me every day through meditation and prayer. Like a well-maintained car, you will be able to travel LUMINOUS MILES without a problem. Become a FLOURISHING SYMBOL in The Great Spirit.

I gave you this spiritual language long ago and it is accessible to everybody. Many ancient scripts were created through your inner voice, which is My voice. Those who brought forth My voice at the time were never completely understood. Each era has its imperfections. Lately, OBLIVION is the most prevalent. Through

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this obstruction of our spiritual communication, more work is needed than ever before.

You have developed society to its maximum, but your spiritual development has been arrested. It would be logical if you had continued to develop spiritually, because today there would not be so many empty school chairs in the SPIRITUAL-COSMIC CLASSROOM. In the astral world, spiritual classes are always full, and that gives great hope. As the population grows, there are more and more students in the school classes and more schools must be built. In the spiritual school, there is always room. No matter how many of you may come, you are all welcome. In My special schools for spiritual development, you study a variety of worlds, an abundance of them, so that you can understand the diversity of the Universe. I'm also explaining life on Planet Earth, and if you are a student who visits Me in astral dreams, you can immediately apply those cosmic school lessons to everyday life.

Babaji started to apply My lessons of communication at an early age, so he was very much self-taught when he began his spiritual development. His experience is a great example of the ANCIENT SPIRITUAL SCRIPT that exists in each of you. When Babaji was a little boy, he would sit still for hours in the meditation position on his own will. He exemplifies how much a child can understand and how important childhood is for spiritual development. Little by little, Babaji discovered communication with Me, The Heavenly Father. He was a very fast learner.

Each of you has a natural talent for spiritual communication, and just a little effort and interest is all I ask from you. When you feel empty, it is because you have forgotten Me. Call Me, call Me, My children! Your calls should be endless.



Let Me continue explaining the astral world, the world of dreams.

If you haven't yet developed your ability to hear Me, you can begin to solve your problems in the world of dreams. Babaji teaches you that, and there are beautiful spiritual results from his teaching. Babaji has mentioned tribes that have a tradition of healing through dreams. The person with a problem lies down between two experienced dreamers. In the process of astral happening, the experienced dreamers appear in a dream of the person with the problem, and thus they heal him. In the morning, the person is healed and the problem is solved.

Babaji always gives you examples. Just as I have taught him before, so I teach him today. Our constant connection inspires Babaji day after day, and there is no end to his spiritual development. You, too, should search for inspiration through Me, and constantly strive for spiritual expansion. Spiritual growth provides the true QUALITY OF LIFE. Material things can never bring such rich and true experiences.

Therefore, turn to Me in your dreams. Often, in the beginning, you don't know where to start. Relax and, with CONSCIOUSNESS, sink into your dream. Don't lose consciousness, don't faint. Many of you awaken without any memory of your dreams, and that is not good.* Those first dreams that capture your attention are very symbolic. Do not take them literally. Use each moment of sleep for cleansing the dream channel.

Because you spend so much of your lives in sleep, you have many chances to attune to Me, The Heavenly Father. Before you go to sleep, say My name, Heavenly Father, and concentrate on Me. When you start to dream and a dream confuses you, or you have a nightmare, use all of your willpower to evoke Me and you will awaken quickly. You can control your dreams if you concentrate on Me. That is why it is not good to "sleep like a log." It is not good

* An intense car horn honking, at least ten times.

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to surrender to anything without consciousness. Once you cleanse your channel to Me, all the confusing or frightening dreams will be removed from your repertoire, and then we can move on to a higher and cleaner level of your astral world. All of your problems can be solved, and I will give you exact instructions.

When your astral world is completely cleansed, the phase of CONSCIOUS DREAMS will arrive. This phase is a higher level of communication with Me, because what is happening in those dreams is true reality. You will find yourself on a spiritual level where there are no mistakes, but only if you are totally cleansed can you experience it.

It is normal that the phases that I described to you must pass in order to reach PURE COMMUNICATION WITH ME, THE HEAVENLY FATHER! Great seriousness and responsibility is asked of you, so go to work!



The tsunami, the wave caused by underwater earthquakes, is very common in tropical regions, or where it is spiritually needed. The spiritual channel I told you about, which pulls the sea through it at low tide, is a connecting point between all earthly waters and the Universe. When there is an earthquake in that channel, the channel itself is the epicenter, and it is at this point that the tsunami is created. The speed with which it travels is enormous and as it accumulates energy, it becomes greater and greater until the waters reach maximum height. It has great destructive power, and humans must learn to evacuate in time.

The tsunami is of a purely spiritual nature. It is the result of the impact of cosmic forces in this important center, where big waters connect with the Universe. The vibrations travel from the depths of the Universe and, when needed, due to COSMIC FLOW, they strike land, and it is that occurrence which causes earthquakes.

Some regions are naturally more conducive to earthquakes than others. In order to avoid tremendous explosions in the Universe, a huge energy that is built up is transferred to Planet Earth. But do not think that there are no earthquakes and explosions elsewhere in the Universe. There are, and those earthquakes and explosions are of great proportions. But they are so distant from you that you don't perceive them. Your satellites have recorded great explosions of planets and other Space objects. What you experience are only earthly earthquakes.

Planet Earth is connected to the Universe in every sense. Each compass point has a different magnetic field and extends over the whole globe. It is logical that since those points interact, a point of intersection exists. That point is the one from which the channel flows out toward the Universe, where the water is drawn in and forced out. It is an important place, THE NAVEL OF THE PLANET EARTH!

The wind that you feel, especially near the ocean, has a wonderful fragrance. Different winds travel over the planet, and some of them cause material damage. One of the most important and positive effects of wind is to cleanse the air of pollution. But if industry spreads quickly, it is difficult to eradicate the pollution completely. As wind cleans the air, industry pollutes it over and over again. According to this logic, does it mean that I will have to send ever stronger winds through polluted cities? If necessary, I will, because I always supervise everything. Think of any windy city and extract the logic: I purify the air because you breathe it and it is of vital importance to you. Mother Nature also requires pure air! KEEP YOUR HOUSE CLEAN! I am cleaning My own home, as well, but how well did you clean your spiritual home, and do you see any improvement?

Be diligent and hard-working, especially spiritually. You should apply diligence, and if you have no problems in the physical world, then your predisposition for the spiritual world is better.

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Learning something in The Heavenly Spirit asks of you to choose discipline, to love Me and your spiritual learning, to constantly practice and to repeat the lessons you have learned. Nothing is hard, but if there is no serious intention, then nothing is gained. It is as though you started college without intending to graduate; you would be wasting your time, having made a wrong choice. There is always time to choose another direction, and when that choice begins to interest you completely, only then will you go forward with full force.

You may hear of spiritual teachings, and at first you are interested, but soon you quit. I know that you require a period of adjustment, but if you make a decision with your whole heart, there is no change of mind. The pure heart knows its way. It does not look for the wrong way; therefore, you should be happy and thankful to Me and to yourself when your heart becomes clean and ready for the SPIRITUAL JOURNEY.

The wind brings spores from the Universe, and rain refreshes Nature and plays a part in the creation of oxygen. I bring COSMIC KNOWLEDGE to your hearts, and you should be My LUMINOUS SOULS. Make this planet a better home, not only for yourselves, but also for younger generations and those who will come after them. Many of you consider not to have children because of the chaos on Planet Earth. Beside physical chaos, people live in greater spiritual chaos. These are serious matters that you should confront and resolve. But first, as I told you, your hearts should be healed and as many of you as possible should TURN ON THE HEAVENLY LIGHT IN YOUR HEARTS. Everything should start in your hearts where you will have Me, your Heavenly Father. Then, the natural spiritual hierarchy will be born in you, and you will always remember Me, your Heavenly Father, your Creator, with full consciousness.

Luminous Journey, Luminous Way

It's nice to spend a lifetime
in The Heavenly Spirit,
even nicer—the whole eternity,
as a merit.

Your Luminous Soul
has a listening to Me
The Heavenly Father,
as a goal.

In that conversation,
I care for your soul and mind,
in this world of chaos of a kind.
Heavenly dwellings are
your real chambers,
existing in Heaven within,
your Heavenly Mother has been inviting you in.

Do not wander about,
lost in this world,
because your inner flame
never stops to burn.

Since I call you again,
and give you My sight,
do not go to sleep,
without wishing Me good night.

Sink now
in your astral dreams,
in your consciousness
My name, Heavenly Father screams.

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Look inside
your being deeply,
you will find
My eyes happily.

Those are eyes that watch over you,
even during the day,
when bothers you more
what things to bring home today.

You worry about riches;
to become rich you won't:
today you have it all,
tomorrow you don't!

Through work earthly and spiritually
should you feed your being,
and to well of Mine in Heavenly Planes
should you make it aiming.

That is how you should spend time with Me,
where your real home is mainly,
while the earthly one
make most possible Paradise-Heavenly.

There is a beautiful poetry within each of you, so take up your pen and write. Don't let a day pass without producing something creative. Creations are expressed in many different ways, and everything that gives positive results is lasting. Let your mind be filled with Me, and you will be able to overcome your egotism. Accept astral dreams as new adventures, for you can very easily find your spiritual world. Go forward! Take Me as your ally.

Luminous Journey, Luminous Way

I am with you every moment, day and night.

With all My love,
your Heavenly Father

Day Six ≈ May 6, 2001



Emerging Our First Spiritual Bud

WHEN YOU LEARN math in school, the numbers get larger. But there is a certain point after which you can't count, so you say that from that point on, the numbers go to infinity. The size of the Universe continually expands, and it is hard to imagine its size from the systematic way of counting that you have developed.

You must look outside earthly boundaries to understand cosmic spaciousness, just as during sleep you must leave your bodies and rise up toward spiritual spaciousness. You leave your bodies automatically and you do not philosophize much about it. It is a similar experience to that which happens when you are dying. You simply convert to a higher plane. It is an experience similar to sleep; you leave your bodies behind and become transformed, in this case calling it death. The difference is that your breath leaves you in death, never to return. It is the moment when the HEAVENLY BREATH is taken into My hands.

Serious illness often prepares you for death. Once you know

you will not survive, you think about the other world, probably an unknown world, but one that I can explain to you. You are forced, in most cases, to spend a great deal of time in bed. You are not healthy enough or in the mood to do anything such as read, because the illness has sapped your strength. With all the pain and weakness that you feel, your body is asking for sleep. That means that you often visit astral worlds, and here is our chance to meet.

Pray and talk to Me, because in that last phase of your life you can solve many problems in cooperation with Me. Together, we will resolve everything that troubles you, and we can answer all of your questions. It is never too late to ask for Me and to give Me your heart. We can call that repentance, which is necessary for your heart to glow in The Heavenly Spirit. In the astral world, I can give you greater understanding that **death does not stop life**. Try to reach out for Me quickly, because you won't know how fast the illness will progress. There is always time, but it is important to start as soon as possible. I can make the experience easier for you.

Your mind will calm down through the new spiritual experiences, because those experiences will show you reality. At such moments, it is important to cleanse your heart and give it to Me, and then your thoughts and mind will automatically become tranquil. It is necessary to have PEACE OF MIND, because that way you can concentrate on what I am showing you.

You wonder why you did not decide to reach for Me earlier, through any kind of spiritual experiences. Now everything is clearer, and if someone were to ask you if you would do anything differently if you could go back to the beginning of your life, I believe you would have many answers.

Through your experiences during your fatal illness, regardless of physical pain, spiritual inspiration lifts you higher and higher, day after day. Through your example, you can help others so they are able to remember Me, The Heavenly Father, in time to prepare

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for death. As painful as it may appear from the outside, I will heal you with spiritual energy and you will receive the necessary strength for the transition to another phase of life. The sooner you turn to Me, the stronger will be your inner being. You should strengthen your soul in this way, because then your psyche will no longer send you fear of what happens when you die.

I have already told you that many illnesses have a spiritual origin. Cancer falls into that category, especially if it is passed down from generation to generation. If a disease appears to be hereditary, it is cause for alarm. Looking at it through the energy light, repetition of the same kind of disease means that something is wrong with that energy spot, that chakra. The area around that chakra must be healed by energy, and a great deal of attention must be paid to why that same area is being attacked, generation after generation.

With your inner research, enter your inner being and call Me. Do not be afraid to search because I, your Heavenly Father, am with you. Now there is enough time, especially if the same hereditary physical illness has not yet attacked you. By thinking carefully and acting wisely, you can spare yourself. And by doing so, you will be breaking that link in the chain with which the illness reached you. It is important that I lead you by the hand, so give your hand into My Heavenly Palm, at last.

It is crucial that I am by your side, because there are certain situations that only I can change. It is up to you to do what you can. I will always help you, or give you that extra push to correct something particularly hard for you to do alone. If we combine our forces, we can fight any disease. There are people who have been successfully cured, but there are those whose destiny was to depart this life as a result of cancer. The souls of those whose fate was to succumb will require time to recover* in their new form of life.

* A bird's song is coming into my room

Do not allow demons to enter through illness. Doing no more than observing and talking about how your loved ones died from a certain disease and that you might be next, shows that your inner being is weak. To be weak in a spiritual sense, to walk cold-heartedly through life, doesn't bring any good. You, yourselves, implanted a weak character trait into your lives. In that way, you have become a target for the black ray that can hardly wait to crush you. For your own good, wake up and BE A HUMAN BEING, which means BE ALIVE IN THE HEAVENLY SPIRIT. THAT LIFE IS EVERYTHING!

If your sickness eats you from inside, your inner being is also in danger. You know very well that cancer is an illness that travels and spreads through the body. It is very destructive, so be careful what you do in your life. Disease, especially cancer, brings great suffering and pain. That pain is your karma burning. That kind of illness comes for a reason and that is why I say it is of a spiritual nature. Unfortunately, sometimes it takes drastic events to make you realize that life without Me, The Heavenly Father, is nothing.

Who among you will endure life-threatening diseases? You never know, regardless of your family's health history. You can be in a high-risk group and never get ill. In that case, it is a good opportunity to remember who your original Father is. I am here beside you. Visit Me every day. Our socializing is of great benefit to you, so if you have a trait of self-interest, that is the best way to use it.

Self-interest is not usually a positive characteristic, but when that interest is channeled into something more positive, SUCH AS SOCIALIZING WITH ME, THE HEAVENLY FATHER, then it is good.



One more example of total self-destruction is alcoholism. The liver is attacked and slowly starts dying. When a vital organ is

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destroyed, you are hurtling toward the end. It is an example of a WEAK CHARACTER, when a person is unable to recover from alcoholism, as with other addictions. Now, think about cigarettes and how, with each inhalation, you are deliberately poisoning yourself. How will you answer when illness due to constant smoking knocks on your door, even though you thought that nothing would happen to you? While you were enjoying the addiction, you were preparing your body for self-destruction.

You smokers know very well how much time is necessary to cleanse yourself if you decide to quit. I give you every support for quitting, so you can finally leave that—as well as all other addictions—behind. Stressful situations are never an excuse for you to light a cigarette again, and stress is never an excuse for another glass of alcoholic drink.

There are other ways to relieve stress, and if you ask for support, you will find them. The method is not important. It is important to cut the problem down to its roots. Willpower and a firm decision that you will never start again, is one of the HEALTHY METHODS to break any addictions. I have been telling you that there are places where you can break habits, where humans can help one another.

Even though this planet is chaotic because of the results of your choices, that doesn't mean you should destroy yourselves. Not everything is so hopeless, although it seems so when you consider the different problems that spread throughout humanity.

THINK POSITIVELY and you will discover a HEALTHY MOTIVATION!

No matter how you look at the situation on Planet Earth, you should always look for Me, the foundation of living your gift of life.

Illnesses always remind you of how wonderful it is to be healthy. When sickness strikes, you start to appreciate life and health. You ask yourself, "What was I thinking?" Sometimes you have to have something taken away from you for you to appreci-

ate it. That can seem cruel. But if you, who have free will, chose it, you will have to endure your choice. It may be painful, but I hope it represents a learning curve.

If the addictions that I told you about, especially drugs, are in your family, you have to be aware that something is very wrong. All those complex problems that drag bad karma in their wake slowly pull you toward disaster. You should stop and look at yourself and at everyone in your family tree. Then, with united power, try to discover what should be found, because you will always find a friend and ally in your family. When you start to fight, demons will start to withdraw. The point is to eradicate them completely and to achieve a family with clean energy. You, yourself, are probably witness to, or a part of, family intrigues, which are a sign of an unspiritual upbringing.

If I, The Heavenly Father, were respected more, there would not be so much destructive behavior. Help yourself and each other in your close circle of family and friends. I will always support your inspiring actions and, hopefully, there should be more of them.

When all of you begin the internal process of cleansing, and continually cleanse yourselves in The Heavenly Spirit, you will quickly achieve the IDYLLIC LIFE. That particular quality of life can only exist if you have Me, The Heavenly Father, utterly in your hearts. Don't think that it sounds too idyllic, admit that it sounds TRUTHFUL. I always instruct you about your actions so that you will have a better, more productive life. I will never forget you and I will never leave you. I am always YOUR LOYAL GUARDIAN.

You have heard many new concepts; now you have a great deal to do. I have given you profusion of new information so that you will not be able to say that your life is boring. I hope you will devote time and effort in dedication to Me. Begin to work, and turn your beings to Me, your Heavenly Father.

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Instead of living in desperation, you should REGENERATE YOUR BEINGS in The Heavenly Spirit.



Numbers have the same meaning throughout the world. Languages are different throughout Planet Earth, but there are some that are more common, and the majority of you learn them. Although you are all different, you share common points of understanding with each other. Despite your diversities, you can find a way of communication that proves that with good will everything is possible.

All wars were caused by you, yourselves. There is always that small part of humanity that will do anything to start a war. Everything is about a fight for power, and so the black ray inside you will give you no peace. When war starts, the entire country is quickly caught up in the flame, as fast as the match burns. There is no excuse for war; no territorial division serves as an excuse. There are always far more monstrous motives. Did destruction, born of self-interest, help anyone? Ask those who were victims, and who had no connection with the war. Every problem can be solved in a humane way, but if hotheads start the destruction, then solutions become impossible. Many different wars have emerged because no one prevents them. Human wars are your responsibility. You have always been very ready to cause them yourselves, and now you have to live with the consequences. Maybe you will think twice before you start another war, and do **your** part to prevent it.

Mother Nature observes these events and gives you signs that even in Nature, bad things occur. Destruction is spread through the natural world, as well. I will watch over each good and honest soul, but you, yourselves, should be vigilant in wartime. Most wars are a product of selfishness, without anyone being in real

danger, as was the case with World War I and World War II. Your will and choice declare wars, in the same way wars will be resolved.

The real wars that you must win are those inside you, because that is where demons hide. They must be destroyed. Inner conflicts frighten some people more than actual physical combat. You should look deep inside yourself and confront personal demons, instead of avoiding them. Procrastinating about those confrontations opens your heart and mind to a multitude of poisons. Those poisons create such negativity that you are not yourself and your vision becomes blurred. The eyes are the windows of the soul, so confusion on your face is there for the world to see. Those states in which you think you are normal, and yet the feeling for NATURAL BALANCE in your life is disturbed, are dangerous. It is not good to live in self-deceit, because those are dangerous moments of stagnation and the slow withering away of your soul.

No one is interested in anything that is withered because there is no life there. And it is life that attracts you because it reminds you that you, alone, carry life energy. You are always thinking of how to extend life, and how to please yourself in that sense. But earthly life without Me, The Heavenly Father, is not real. I told you that you can walk down the street and yet be the walking dead. That concept terrifies you, as it should. The fact that you put on clothes is meaningless, because even mannequins in shop windows are dressed. Do you want to be a doll, believing that external appearance is everything?

There is no feeling more satisfying than achieving victory over demons. Demons are the burden that pressure and choke you, and when they inhabit your mind, you often go crazy. It is important to realize, even for a moment, what is happening to you. The problem is that you do not realize what is happening sooner, and while you are sleepwalking, you are already infected.

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But there is an antidote, and it is I, The Heavenly Father.

You can receive that antidote, but your heart must be open, at least a little. After the first dose of My substance is injected to counteract the poison, your heart will gradually awaken. Do not hesitate; move toward Me and think positively!

By this process, I remind you to accept Me, because some of you are more open to pessimism. No matter how hard life can be, there must be no return to that which destroys you. Wake up, finally, and don't let The Heavenly Spirit sleep inside you. There is a wonderful feeling of warmth and joy when the flame of love toward Me is awakened. Try hard, so that each day can be illuminated by My HEAVENLY LIGHT. I told you, even on a gloomy day when I am hiding the Sun behind the clouds, SUNSHINE SHOULD BE WITHIN YOU.



The language that you spoke as Luminous Beings is universal. You remember it each time you return to Me, because you were created with it. On Planet Earth, every time you were born, you learned a new language, depending on location. You do it naturally, without effort, because you grew up with it. If only you would remember the luminous language of The Heavenly Spirit as easily as your mother tongue, that would be perfect! Nevertheless, situations in life push you or inspire you to gradually remember that luminous language again.

Babaji teaches that language, THE ANCIENT LANGUAGE OF THE HEAVENLY SPIRIT, which originates from Me, The Heavenly Father. These ancient languages are your ancient scripts that are placed in your soul. There is one disk that is constantly spinning and recording. That disk cannot be changed, and all the recordings are on it, from the moment you were created as a Luminous Being.

Luminous language has a high frequency, so you must direct

and train your hearing to catch it. This is especially important when you exist in a physical body, searching for who you are. You will awaken, then, and feel rejuvenated because your entire being will finally be supplied with enough oxygen from the heart. Until then, if you feel a bit dizzy and if the physical cause is not obvious, do you know what is happening to you? Your being was sleeping and missing that oxygen. Once your being learns to speak that language, your being will start to glow. Then, you can easily find others who rediscovered the existence of LUMINOUS LANGUAGE. How fascinating conversations filled with understanding are exchanged!

Until you find that fortune you inherited from Me, I am sure you will be asking yourselves what it is exactly, and how does that language sound. It sounds like the most glorious melody, one that you cannot hear in the earthly world.

You compose many beautiful melodies, sounds that give the idea they are inspired by the Heavenly Fields. Their peacefulness, depth, beauty, and magic reveal that they come from Outer Space. They calm the soul and awaken spiritual optimism. This is the spiritual music of the New Age. That music looks further than you can into the future. The musicians who compose it reach deep into the skies and try to find the most appealing sounds. Listening to that music is another way of relaxing and relieving stress.

What is LUMINOUS LANGUAGE? How can you learn it? I will explain everything to you, My dear souls.

Today you are talking in your mother tongue, which is normal for you. You think it is not hard to learn, because you grew up with it. When you start to learn a foreign language, you encounter many new letters, new pronunciations, even other forms of writing. In the beginning, the melody of the new language confuses you, until you become used to it. Later, you manage it better. It becomes interesting. And then, you learn to love

that language. With pleasure, you continue studying because you are trying to learn as much as possible about it, and speak it as though it was your mother language (assuming that you enjoy the new communication and that the region where the new language comes from interests you).

In most cases, you begin to study assigned languages in school. In your multicultural world, you should know several languages. Through understanding different languages, the world becomes unified. Anyone who does not follow with the process of learning different foreign languages, will feel abandoned. That is the reason why you continue to educate yourselves, so that you can keep up with the development of your society. All that enthusiasm should be directed toward spiritual education, because the spiritual world is much more interesting and richer than the earthly one. Fortunes are not of a material nature as you are accustomed to, but it is what few people possess. True fortune is a REGAINED CONSCIOUS INNER BEING and a realization that you are created from Me, Heavenly Father. Carry that knowledge consciously within you each day; it is the greatest treasure of all.

Babaji is the one who carries that knowledge twenty-four hours a day, and much more than that, calculated by cosmic time.

I know you experience the LUMINOUS LANGUAGE of which I am speaking, in the same way in which one learns a foreign language. You are thinking: "What is it? I don't understand anything. What kind of new language is that? "

Allow that luminous language to develop in the same way you learn a foreign language. Let it flow into you naturally and you will realize how simple it is. Then, it will be much easier to continue to learn, because you originally knew that language before. Recorded in you like a luminous script, it always awaits you. Once you start drawing it from deep inside your inner memory, you will be surprised how quickly it comes back to you. When you start communicating in luminous language, you

can say that you have become REGAINED CONSCIOUS SOULS IN THE HEAVENLY SPIRIT. Through your process of developing consciousness, you will often come to recognize other souls. You experience a familiar vibration that means you knew that soul before. You must have experienced such moments, but you did not look deeply enough to discover the origin of those feelings.



The world is much more complex than you think because it is connected to the Cosmic Laws. As much as you, yourselves, complicated this world, I made it simpler through Nature, constantly perfecting it. Nothing today is only earthly, but always connected with spirituality. The same connection applies to you. You are not only earthly, but also very spiritual. Awakening to spirituality is a process, no less interesting than the blooming of a flower. It has a seed that grows, and a beautiful flower follows. Your spiritual seed has been planted by Me, The Heavenly Father, and I wait for your flower to bloom. You require rain to grow and show the first bud. The rain should be clean and Heavenly, the rain through which I am giving you knowledge. You, yourselves, know how water has a beneficial effect on you, and a single touch of it instantly refreshes your body.

Particles of cosmic spores can also descend through rain, and then these spores turn into shiny crystals. They leave sediment on you and give you an external and internal glow. From that stage on, your first SPIRITUAL BUD emerges. Now carry that beautiful flower proudly, with respect for Me, your Heavenly Father. If you don't cherish that flower, it can easily fade. It is intended to always show its most splendid light. Well fed through The Heavenly Father, it will have no problem continuing to grow. The bigger the flower growing within a person, the more that person is building himself or herself spiritually.

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Many nations decorate themselves with flowers, and here, in Hawaii, it is part of the culture. Flower wreaths are given as a gesture of welcome. The spiritual meaning is that you should REMEMBER YOUR SPIRITUAL FLOWER. As commercialized as it is, and despite the fact that you can see flower wreaths sold on every street corner, don't forget what I am telling you. Next time you are in Hawaii, or wherever there is a similar custom, remember your inner SPIRITUAL FLOWER.

The spiritual flower gives you the natural scent of your skin, because you orientate yourselves in this world through smell, too, besides other senses. That is one of the ways of communication, especially with the animals who experience most of their surroundings through scent. Scents have their specificity; some suit you well and others irritate you. When you sneeze, provoked by some scent, a specific chemical process is occurring. Your whole body shakes from sneezing, especially your head. In that moment, your blood flow improves and the brain is stimulated. In some countries, there is a saying that when someone sneezes, it is a confirmation that what was just said affirms the truth. People always have sayings that are connected with real life experiences. Those epigrams are called folk sayings and proverbs because there is always a message behind them.

People who have had little formal education have learned many things through Mother Nature. Until they understood what Nature was telling them, they experimented. Some attempts were successful, others were not. For example, Mother Nature provided all the knowledge of the food cultivation and growth. That is how, through Mother Nature, I gave you all creative ideas that were born in ancient times. Even natural medication has been given to you to treat most illnesses and other problems. People had no other choice but to adapt to many natural medicines, some of which are now considered to be AUTHENTIC MEDICINE. It is from these roots that today's modern medicine developed, just

as from sketches and physical examples of the first machines, modern industry evolved.



You must continue to create and create, and to create with your soul. Besides having your personality built into them, your creations should also be exciting. Remember with what passion I created the Earth, and how captivating it is. As I gave you beauty with My paintbrush, so you should create beauty with what you carry inside of you.

Your soul is a bridge for creation. I gave you skilled hands, so you can do most things with them. Even if it happens that you are missing one or both arms, I have seen you use your legs in place of what your arms usually do. When so disabled a person gives of his or her best and lives, that kind of courage requires real WILLPOWER. So resolute a character comes from spiritual depths, in which that person helps complete his or her destiny. Such a person did not decide to give in to despair, but turned instead to LIFE.

When the will to live is mined from the deepest sources, it succeeds in conquering emotions. By not letting depression overcome you, you are helping your karma. In most cases, you are working off your own karma. If you do not finish your work, how will you understand where corrections must be made? Karma is like a cleansing fire that never sleeps. It spins its wheel constantly, and you must always be in motion within that wheel. Spiritual regeneration is what you should always seek, and when you find it, you will easily spin the Wheel of Karma. If it is deserved, sometimes I, your Heavenly Father, will help you to work off your karma sooner. Do not wait for someone else to spin the first circle of your karmic wheel. You alone must do that.

The Wheel of Karma starts to turn in the moment of your

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birth and at your place of birth, and continues in other places if you move to another location. Your karma's center is spinning, and the outside ring awaits your initiative. You must be as hard-working as an ant or a bee, and labor to reach the DIVINE NECTAR. There is nothing better than when you are very thirsty and finally reach for water to quench your thirst. That water is sweet and accommodates the physical needs of the body. Your spiritual being has the same need for the Divine nectar. Do not leave it thirsty, or you will not receive your internal spiritual messages.

You must always be in touch with your spiritual being because you, yourself, are the best "satellite observer." Besides Me, who can better understand your inner state than you, yourself? Use the ability of a perfectly equipped body that can reach its depths.

As the Universe reaches to the bottom of the ocean, so your soul is the place for exploration. Everyone must take the first step inside of himself or herself, just as a man took the first step on the Moon. That success was an experience of cosmic proportions, out of reach of anything then available from the earthly point of view. The search within your soul gives you a similar feeling; you should become your own ASTRONAUT.

Tell other beings to be open toward Me, The Heavenly Father, and from a certain point, let them go forward by themselves. If you need someone to push you in that direction, I will send someone like Babaji, for example, who has had a true experience of Me. Your steps toward Me should be independent, but in Babaji you have friendly support. You have friends in your fathers, mothers, brothers, sisters, and teachers. Even your pet is a friend; therefore, be friendly to every living being.

Always remember that you have a DEVOTED FRIEND in Me, your Heavenly Father, who is always here and never sleeps; I always hear you if you call Me truly, honestly, from the bottom of your heart.

Brothers and sisters are given to you as gifts. Through such human relationships, you should learn certain principles. When you realize that you are not alone, and that there are one or more children of whom your parents take care equally, that is a healthy realization for you. You are learning that the “just **me!**” principle is out of the question, and cooperation and sharing is what you should acquire. Those life situations help you to learn to appreciate other people, and then in most cases, “brotherly love” is developed. You are not intended to argue with or despise one another. If you do, you destroy a part of your family legacy, and you develop disharmony in your life. That chaos is contagious. It affects your relationship with your parents and all relationships from then on throughout your life. I am warning you how important it is to always watch your actions, and to synchronize your life through spiritual development.

Whatever your age may be, The Heavenly Spirit must be a part of your life. Otherwise, many wrong choices could imprint inside of you at an early age and create permanent consequences. Those are circumstances in which problem children are raised. Parents, open your eyes! Brothers and sisters, watch over each other and straighten crooked LIFE TRACKS as much as you can! No correction will have any effect if you don't have Me, The Heavenly Father, in your hearts. If I am not present, there is absolutely no criterion; therefore, wrongly directed, you will never have positive results.

I have been telling you that real respect toward others and toward yourselves can only happen if you have Me as a part of your hearts. Where there is no Me, your Heavenly Father, there is only soullessness. And a cold heart rejects anything positive. So don't make this world more polluted than you have already done. Be little spiritual cleaners in the same way you clean and take care of the things that interest you.

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The alphabet in most languages contains basic letters. Each letter has many earthly meanings, and especially important is the spiritual meaning of these symbols. Whenever you read, remember this alphabet in The Heavenly Spirit:

- A = avalanche is a spiritual tornado, either from snow or a volcano
- B = being inner-directed leads to happiness
- C = cyclone is a spiritual proton
- D = dear are you to Me, My children
- E = eons are passing, but I, Heavenly Father, stay eternally
- F = fears go away; My Heavenly Heart is fearless
- G = good heart is full of Heavenly energy
- H = Heavenly should be your “middle name”
- I = inner spiritual contemplation is a treasure
- J = joy is a Heavenly toy given to you, to show the reflection of your smiling faces
- K = Krist = Christ, means consciousness of Me, Heavenly Father
- L = love is a nurturing gift given to you
- M = mother principle; this is My principle, as well
- N = never say “never,” because The Great Spirit touches everyone
- O = oblivion should be disregarded, and remembrance of Me always primary
- P = pure heart should be your goal
- Q = quest until you can rest in The Great Spirit; that is best because there is always Me, your Heavenly Father
- R = reach for the stars, because they are your Heavenly sisters, friendly beings
- S = seek yourself in Me, Heavenly Father
- T = take Me, Heavenly Father, into your Heart, and I will take you to the Cosmic Core

Luminous Journey, Luminous Way

- U = Universe is unlimited Heavenly happiness
V = victory in The Great Spirit should be in you
W = with willingness to listen to Me, Heavenly Father, you will
be willing to fly freely
X = Xmas, Christmas some of you celebrate
Y = yes to My Heavenly prayers, yes to your prayers, and the
world will be a better place in which to live
Z = zenith is Me, the highest light that reaches to you

I have encircled the basic letters that are the same throughout most of the earthly languages. If some transitive tones also exist, I believe that you will comprehend the tonality through this spiritual succession, and you will always remember it.



To run is fun, to jump is juggling happiness, to stop is to reach some point, to fall is to break the flow and sometimes a part of the body. Here, I am listing physical activities that make your everyday physical movement.

You run for fun, and that is part of playing. The child who starts running can hardly be stopped. Running track brings the desire for competition in you. In the same way, there is a SPIRITUAL TRACK that awaits you, HEAVENLY RUNNERS. In that world, there is no competition. Concentration is all that is needed to run without obstacles on that spiritual track. The track is very bright and always under your feet, if you follow it. If you swerve, you do that with your own free will. Your mistake doesn't alter the spiritual track. When you buy running shoes, remember this story about the SPIRITUAL TRACK—only it is not a story, it is a part of spiritual reality.

People run after something throughout their lives. Either you run to work, or you run back home, or to pick up a child from

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school, or you run to your loved one. You often use the expression, "I have to run." Learn to move fast in life, move quickly, and don't waste time on little things. Speed should be directed toward Me, your Heavenly Father, and through that you will be more agile in the physical world. The quality of speed is asked from you in The Heavenly Spirit because you have to prepare for other Higher Levels. You, yourselves, know that you didn't come to this body to waste time, but to collect experiences.

First of all, experiences must be directed toward the spiritual world, and after that, toward the earthly world. By developing the reflex of speed, you will be able to learn faster through The Heavenly Spirit. This does not mean that you must memorize everything literally, but that you must understand spiritual values. I am not asking you to live a hectic life, but a practical one. If you are slow, increase your speed, because life is passing by and spiritual information continuously comes to you. If you haven't yet mastered spiritual curriculum, hurry so that it does not accumulate unlearned. With good will, practice, and discipline, you can make up for all the lost time in The Heavenly Spirit.

In addition to the speed and running, there is one more important trait, and that is DEFTNESS. Motor skills can always be practiced and mastered. Don't worry, everything can be corrected. To be skilled in The Heavenly Spirit is something different. But, discipline is necessary. You must learn to skillfully avoid the dangers of the black ray. In the physical world, such dangers are many, so it is important to be vigilant. Do you see the connection to physical agility? Everything is always intertwined in the physical and spiritual worlds. Be aware of dangerous situations; get moving and run to follow the luminous track. Run for your life, until you reach the Cosmic Core.

When children start walking, they begin by toddling, holding on to something. Thus, they prepare their muscles for walking. At that point in their development, jumping is an expression of

happiness. When you are happy, you often jump about and hum a tune, not even aware at that moment that you are doing it. When you're in love, those joyful expressions are also present. As a child, you learn how to jump from one spot to another. This is true of the young in the animal world, as well.

You like to jump out of airplanes because, through freefall, you feel free. Babaji is an experienced parachutist and is fulfilled through freefall sky diving. What Babaji transfers to others from that experience is the ability to feel Me more closely by leaping into the sky. It is logical because you are in the open air and you have a feeling of closeness to Me. But if you are afraid of that kind of jumping, there are other opportunities, other choices. The feeling of taking your feet off the ground is what makes any jump special and joyful. You can choose to do what you like, and where you feel most comfortable. Maybe you will jump into water or on a trampoline, or express yourself like a child jumping up or down. It doesn't matter which form you choose. What is important is to feel that joy, that moment of free movement when the feet are lifted off the ground.

Spiritual jumping can be seen as passing from one level to another. What is important is a good "takeoff," and that is asked of you in certain sports. You should train your body very well to get good "takeoff," so that it feels very light. When a bird learns to fly, it pushes off and strongly flaps its wings until it takes off and starts to fly. In the practice of taking off to start flying spiritually, three important elements should not be missed. Those are bravery, good will, and confidence in Me, The Heavenly Father, to make that spiritual jump. Your heart then must be fearless and directed toward the spiritual world, and you shouldn't drag your personal fears along with you.

Getting rid of earthliness in order to reach spirituality is an interesting discipline. There is much work to be done, so you should never stop. Even if you solve all of your earthly problems

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and lose your fears, your spiritual education will still continue.

The problem of humanity is that it often STOPS. It does not continue to develop spiritually. There are times during which you ought to stop temporarily for critical crossroads. For instance, in traffic, you should respect those signposts and be cautious because they are rules that mean life to you. You must never stop your spiritual development, because that could mean the end of everything. Even when you stop at a crossroads in traffic, it is only for a moment, as needed, before you continue on your way. You can slow down, but never stop. Why do children always like to be active? Because their natural instinct propels them, which is connected to their spiritual development. That is why, with children, you must include fun and enjoyment through activity. In that way, you are preparing the balance for education in general, including spiritual education.

The happiness of life can always be seen in children. I always give you examples, and I will repeat: development in The Heavenly Spirit starts in early childhood. Your lives and your spiritual development continue after birth. Everything began with Me, The Heavenly Father, and My Cosmic Core. Your time in the womb was not your true beginning, but the start of your physical life.

The moment I created your LUMINOUS BEING is your true beginning. Such wonderful breath I breathed into your soul, and you should appreciate it and care for it. Life is much more than physical. **Life is: your soul filled with Me, The Heavenly Father, and the light that I gave you.** That light is part of the driving force of the Universe. When you die, your energetically luminous force is released and returned to the Universe. Nothing is lost! My driving force constantly moves and regenerates. Imagine if it were to stop! Can you even catch a glimpse of what a tragedy would then occur? Everything that has life in it would have no source of regeneration.

I, THE HEAVENLY FATHER, NEVER STOP and constantly

regenerate the Universe, including your Planet Earth. Earth is still a part of My Universe, so I care for it as I care for any Cosmic Being. So, you must not stop when you feel you have reached a certain level. That feeling is a temporary one, and deceitful. If you look in the same direction from a different perspective, you will find an exit. If you have not worked hard enough and been persistent, maybe you won't complete certain accomplishments in life. The worst you could do would be to stop, because it is a kind of slow dying, spiritually and earthly. So, go! Go! Go to catch the spiritual flow.



There are different types of “falls,” so let us begin with those that exist in the physical world. You can fall and hurt yourself and have serious fractures, or you may only have small scratches and you will be happy that you came out of it well. Rain “falls” from the skies, as well, but that is a different flow, a natural one. Stars “fall” from the sky, and yet they don't deviate from their natural orbit. Stardust “falls” in order to pollinate your planet with spiritual seed. Fruits “fall” from trees, announcing that they are ripe and ready for harvest. Snowflakes “fall” in order to bring winter joy. The leaves “fall” and tell us that Mother Nature is entering a more tranquil phase. Confetti is thrown and “falls” from the air when you are celebrating, marking special moments. The feathers of birds “fall” gently to the ground and, at one time, feathers were cut into quills and used as tools for writing. These natural goods you used well and, through written scripts, you perpetuated much of your legacy. Therefore, when you see a feather, remember the ancient scripts.

The fall that often happens to people has a spiritual meaning. As I told you in *Heavenly Father Speaks—Second Arrival*, if you stumble over something, get up and keep walking. A fall could happen

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to you, but it is important to rise immediately. A boxer who is knocked down struggles to get up until he has been counted out. Although he is fighting for a title, I am showing you a physical example of how he stands up and keeps moving. This should be your physical reaction.

You must never surrender to negative influence; instead, you must destroy it. Don't fall out of The Heavenly Spirit, because that can bring devastating results. You should always put on a good fight to the finish, and when you pass through the crisis, bravely continue to step forward in The Heavenly Spirit. As for a fall in the spiritual sense, nobody can be responsible but you; you bring these difficulties upon yourselves and smother your inner beings with them. You created them yourselves, so don't be too late in asking for help from Me, your Heavenly Father.

I continue to warn you, hoping that this information will help your minds to design better SPIRITUAL STRUCTURE.

I can even bring you back from both physical and spiritual death. But if that happens, be grateful to Me until the end of your existence. You will have passed through the phase of death, and you will have been liberated by Me. Do not be careless anymore, and do not allow yourselves to fall away from your level of spirituality. Because after a disastrous first fall, after I liberated you the first time, there is no return if you go wrong again. The wounds you caused to yourselves and to others left deep scars on you. Each time you look inside yourselves, you will remember what you did. You will not be able to forget, and you will constantly repent.

Repentance is healthy because you will watch your actions more carefully. I will give you great healing and care for you devotedly, and you should never forget that you owe Me. This is not a threat, it is just the way it is. How can anything be difficult to Me, especially saving you from the jaws of the beast? You, yourselves, know how black, cruel, cold and lifeless it could have

been with the black ray. Here with Me, it is always warm, inspiring, and lively. Just continue to focus on Me and only Me. Only My Heavenly care can heal all the wounds. Lift up your heads. Look with respect upon Me, your Heavenly Father, and give Me your hearts. That way, you will develop properly to TAKE ONLY THE TRUE HEAVENLY PATH.



When ships sail, they plot their course and travel steadily. The captain of the ship and the crew have been trained to expertly sail the ship. Even though they are alert to unexpected events, in case something goes wrong with the ship, they can never be completely ready for Mother Nature's surprises. If a storm comes, they will do everything they can to survive. In those moments, most people feel that they are left to the mercy of the ocean.

Prayer would be welcome, but praying does not necessarily mean you are preparing to die. As an example, I want you to understand that the flow of Mother Nature cannot be stopped by anyone. If you find yourself in its whirlpool, that is your destiny. In a stormy sea, all navigators feel God's hand. In such dangerous moments, it seems as though the sea and sky are connected. Such strong storms raise the level of the sea, so that sense of connection is not so deceptive. The undersea world also follows the storm, and sea-dust rises from the ocean floor. During cosmic storms, similar dust rises. You have seen through examples of desert storms how the storm is a storm, only in different proportions.

It doesn't matter if a storm is happening in the Universe, the desert, or on the surface of the ocean—it brings necessary changes. In the desert, the dunes change shape and Nature plays games with My creation. For that reason, each desert has magic in its colors and in the shape of its dunes. The Universe is magical with its Sun storms and dust storms, just like sea storms. To travel

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in any of those landscapes and spaces, you require special equipment. In a desert, you are unlikely to survive without water, along with other required gear. You must be very cautious because if you did not originate in such places, as some desert tribes did, every corner of the landscape can present danger. People born to such areas live in harmony with Nature. They made an alliance with the desert long ago. For them, the desert is a familiar path that plays an important role in their lives.

The storm at sea is so forceful that anyone who survives knows and feels that they are in God's hands. Such a person will learn to appreciate My existence and creation more than before. Do you need such dramatic experience to know that I exist? Remember that you can't create such life-changing events by yourselves. You are drawn into them for spiritual reasons. If it is not the right moment in time for you, the effects of a spiritual lesson will not be as powerful as they should be. Therefore, live in harmony with Me, The Heavenly Father, and with time you will know exactly what to do. Your life will become spiritually more free-flowing, and you will become more accurate. There will be no more problems that result in failures because you were not careful. Your spiritual being sleeps at such moments. It must be awakened for you to learn to orientate better in both the spiritual and material worlds.

In the material world, the physical body is not of primary importance. The spiritual body is far more important and much more conscious. That is why, a long time ago, Babaji started primarily using his spiritual body. By regaining consciousness of your spiritual body, your physical body functions differently and becomes especially sensitive. It experiences changes that may not be obvious at first sight. If you look more closely, if that process of transformation happens to you, you will feel how different the body becomes.

Transformation will cause your physical body to begin to

conduct spiritual energy more accurately. It will react better, in general. When your consciousness, mind, and thoughts are in Me, The Heavenly Father, only the physical body must adjust. When that adjustment occurs, you can call it a PERFECT BODY. The perfect body is not just external, and I hope that is clear to you. If you are a perfectionist, here is your chance to achieve perfection.

To be perfect is a virtue that you should accept more in the future. It is not considered impossible. My being is perfect, just as the Universe is perfect. Because of your free will and choice, you misinterpret perfection. That is the reason why no one develops in that light, because they would consider perfection too great a burden to bear. It is not a burden, but a NATURAL STATE, stored inside of you. The mistakes are not there to be used as excuses, but for you to remember to prevent making more. Mistakes serve to teach you a lesson, not to encourage you to repeat them. Your inner being should be in constant contact with Me, so that we can first build a perfect internal world, and then a perfect external world together.



By exploring the Universe, you can discover new wonders, just as your first time seeing underwater life by recreational snorkeling and scuba diving. You will be impressed by the seas' colors and variety of creatures. There are more varieties of underwater animals than there are human races on land, yet they live together much more harmoniously than all of you. As it is a reflection of the cosmic depths, realize that many other beings, in the shape of light, live in the Universe. I mention only the positive events. There are no negative ones in My Home, because I cleared them away long ago.

You must win the battle in your hearts in the name of The Heavenly Father, and destroy the black ray inside you. You permitted the black ray to enter your beings, so you, yourselves, are respon-

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sible for it. You must destroy the evil inside you. Your heart is created clean, so with the same original purity, you must return to Me. Don't waste your time. Start working immediately, if you have not started yet. Free yourselves from the black ray; respect Me, God, and teach yourselves the positive rules that I have given you. It is not often that you have the chance to be born on Earth as human beings, and spiritually grow through different experiences. You have numerous possibilities, and the most important, the one that belongs to all existences, is **HIGHLY DEVELOPED SPIRITUAL CONSCIOUSNESS**.

Sea creatures are very special and magical, especially the combination of two animal worlds that have crossbred. That crossbreeding is created in a natural way, which is why those animals are so special. The flying fish is an example. A similarly developed terrestrial animal is the flying squirrel. Isn't it interesting and amazing to see such specifically adaptable creatures? If you don't explore zoology, you would not understand the animal kingdom. If you became slightly interested, you would look at the world differently.

My creativity has no end. It is always balanced. Degeneration arises only from your negative influence. Don't think that consequences are not shown through nature, when even in your environment there are examples of degeneration. You spread the evil that you haven't destroyed, first in yourselves, then in the environment. Even as a result of the pollution you created, nothing happened overnight. And again, instructions about the cleanliness of the planet and your inner being are discoveries for you, because you still haven't learned. "All's well that ends well." There is hope, if you are interested in building **NEW BRIDGES TOWARD THE NEW AGE**.

The New Age is a concept, but more than that. It is a new era, and you are part of it. As you lived through many civilizations, from an historical point of view, that is how you will bring this

New Age into your existence. But only if you choose to do so. The New Age is not just for some people, it refers to everyone on Planet Earth. Some are awakened earlier than others. My aim is to awaken POSITIVE THINKING in you. There is no greater harmony than when many of you think positively. With united positive thoughts, you will produce vibrations that refresh Planet Earth. And then, Planet Earth's vibrations, cleansed and highly tuned, will extend out to the Universe. Positive vibrations use the luminous network from your luminous planet (I'm sending Parvathy a vision.*).

Those of you who complain and object to perfection are forcing Me to repeat Myself. The most delightful states of consciousness are natural to you. Stop complaining! Start enjoying the perfection of your creation, which I have given you. Let the days pass quickly, because better times are coming.

That PERFECT DAY should be interwoven by Me, The Heavenly Father, to look like the most intricate and fascinating spiritual mosaic. That mosaic will dazzle so much that it will be seen throughout the Universe. I will always talk to you about light, because **light must absolutely become a part of you, in each second of your breathing in and out My cosmic, cleansed air.**

Take a deep breath! I am sending you what you always asked for: HEAVENLY TEACHINGS AND MY PRESENCE.

Heavenly Father!

*Vision—"Luminous Net" (Illustration 3)

Day Seven ≈ May 7, 2001



Making This World a Better Place for Living

DO YOU REMEMBER the seven days and seven nights of creation of the world, and that I told you that I am still creating? On this seventh day, I am continuing to address you directly and to send you My knowledge.

The seventh day is the most peaceful. That is why, from the symbolic “number seven,” a week was created, marking a period of time through each month. Many of you go to a house of worship on that day. But are you attending from conviction? Most of you go because it is currently popular and you believe that churches, temples, mosques, shrines and other places of worship, as institutions, are more important than Me, your Heavenly Father.

As the whole world is infected by corruption, so the clergy has been infected, as well. Some of you have even witnessed that corruption. So, don't complain. Explain to others what happened. I warn you and remind you that you should never allow the clergy to keep you from Me. You visit that house of worship, and yet I

am nowhere in you. If I were, would I find it necessary to warn you so strongly? Do you think I would have objections if all that I am saying were not true? I told you that your house of worship should be in your heart and that I, your Heavenly Father, should always be in you. Wherever you are, you have your heart and you can always make contact with Me.

Socializing with people and singing in choirs is fulfilling to you. Those acts would be beautiful and would honor Me if you TRULY carried Me, your Heavenly Father, in your hearts. Some of you pray routinely each day, but do you ever make contact with Me in other ways? Through astral dreams, for example? Do you think that confession will help you, if in a few days you repeat the same mistake? You experience confession like a “quick fix” and continue recklessly running toward earthly ruin. Listen to Me, once again, when I say your institutions of worship should never come first. And if you focus in that way, then you are experiencing Me and the world around you in the wrong way.

It is fine to socialize where you worship, to search for a peaceful corner dedicated to Me; so you leave your home and go elsewhere to find Me. You have admirable buildings for public worship that show your need for Heavenly beauty. But what is happening inside those buildings can cause you problems. I, your Heavenly Father, am not there. Yet you continually search there for Me in vain. The best experiences are those of Me; I give them personally to you, and they can manifest anywhere. If you have experienced contact with Me, your Heavenly Father, ask yourself how many times did this happen inside those buildings? Possibly never. I offer you experience of Me through Nature, through your personal lives, and through your environment.

I, your Heavenly Father, am very practical. I teach you everything openly and honestly. I have told you that there are NO PRIVILEGES with Me! I do not like the way your houses of worship, as institutions, are teaching you that you cannot reach Me

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without them, and that you need a clergy in order to pray or to confess. That is not true.

Dear children, you can reach Me, talk to Me, and confess to Me personally. All by yourselves, wherever you may be. When you truly find Me and regain consciousness of My existence, share that experience with people you know, as well as with those who have had similar experiences. Do not live in self-deceit, thinking that you depend on someone else's mercy in order to experience Me. Nobody can bring Me to you except I, Myself. To meet with Me and know Me, you must personally live through the experience.

Today, and even in the past, the only things that remain uncorrupted in houses of worship are the bells. The bells ring with a purity that nobody can sully. That clear sound rings throughout towns and cities. That sound is a sign of the heart chakra, the heart energy center, because the melodies that are then spread, bring a calming vibration. Your heartbeat brings special ringing to your inner being, as well.

Moreover, you connect the sound of bells with angels signifying that they are around you. You explain the ringing of bells as a sign, proof that angels exist. Of course angels exist. They are among the most highly developed beings. They are the true guardians of the skies, and they watch over you. In those moments when you ask for protection, I can send it to you through angels. When I created them, I gave them each different assignments. People connect each angel with a specific task, as protectors of certain situations and moments.

The world of angels brings you peace, and through them you merge more easily with the Heavenly world. They are not a myth, their spiritual ability is on a much higher plane of development than that which you have allowed yourselves to reach on your planet. Nobody underestimates you, I am telling you that you have limited yourselves in your spiritual development.

Angels have a Divine purity, and you tend to portray them

as children with little white wings. Those pictures show that the purity they possess is connected with Me, and the white wings are connected with the Heavenly Heights. I know that you often talk to one or more angels, but don't forget the main component. I, Heavenly Father, have sent them to you, to bridge that gap that you, yourselves, created between the material and spiritual worlds. Next time you call upon angels, call upon My name, as well—the name of The Heavenly Father—because I am always here. Don't forget about our ability to communicate directly. Your angel-friend can only serve to make it better and easier to pass through the transformation from this world to the higher worlds.

To be angelic means to be HEAVENLY, constantly aware of Me, your Heavenly Father. Angels are born, and some of them, in extraordinary situations, come down among you. When I talk about extraordinary situations, these are the times in which you live now. There is such a spiritual drought! Your soul searches for My source, but most spiritual wells on Planet Earth have dried up. In these extreme times, which I called “THE LAST TIMES” in *Heavenly Father Speaks—Second Arrival*, I sent you a special gift.



I presented to you My Heavenly Son, Babaji, who is fulfilling all of My expectations. He never betrays Me and always gives Me his heart, from the moment I created him. I call him THE MOST DEVOTED BEING in the Universe.

Babaji does absolutely everything I tell him to do. He merged so completely with Me that his will is My Will, and at every moment he is conveying My Spirit. He has his own will, but he has grown out of that phase of free will and choice; HIS WILL AND MINE ARE ONE. No individuality is erased, because individuality always was, and still remains, a gift from Me to you. Babaji becomes one with Me, and at the same time he is independent.

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Yes, Babaji is a SUPREME BEING, completely merged with Me, The Heavenly Father. Whatever I ask of him, he is always ready to give. HE NEVER FORGETS ME. That formula of NOT FORGETTING ME, THE HEAVENLY FATHER, is your key to ultimate spiritual development.

If you want to abandon free will and choice because it is troubling to you, there is a solution. Give your heart and your will to Me, and it will become one with Me, The Heavenly Father. Remember that nothing will be taken away from you, you will only be gaining, and your SPIRITUAL BEING will grow to its maximum.

Through that process of growth, you will move forward quickly, and as a very talented Heavenly student, you will soon GRADUATE from the school through which I lead you. You will earn your LIFE DIPLOMA, and your spiritually developed being will continue to go further, beyond your imagination. You will see so much Heavenly beauty, it is impossible now to even imagine! If you are tired of this chaotic world, here is your “Heavenly homework,” teaching you how to help yourselves and all creation. I am both telling you and showing you how your hearts must be awakened, and how you must carry Me, your Heavenly Father, inside of you always. The BETTER WORLD that I am describing is not tomorrow. It is TODAY!

One really AWAKENED HEART in cosmic proportions is Babaji’s heart. As a Kalki Avatar, the Savior, the One who is coming, he is expected to solve chaos on Planet Earth and in human hearts. Babaji is already doing that, because it is in his nature TO FIGHT AGAINST demons and DESTROY them, once and for all.

Do these characteristics remind you of someone? Perhaps it’s The Archangel Michael who destroyed all demons and left Heaven clean. Do you understand the new information I am giving you?

BABAJI is also THE ARCHANGEL MICHAEL, **in person!** Only a SUPREME BEING such as BABAJI MICHAEL can carry out an

assignment as demanding as the one I gave him. Babaji Michael proved himself by banishing demons, but sadly you allowed them to return inside of you. Since Heaven is clean due to the skill and efficiency of Babaji Michael, so other problems remain to be solved.

Archangel Michael is known as the protector of the military and the police. That is logical, because only a capable and agile warrior of The Heavenly Spirit, such as he, could have destroyed so much evil. Babaji Michael has not lost that PERFECT STRATEGY. He shows this skill even today.



Today, the only evil that must be destroyed is in HUMAN HEARTS. Look around, observe your earthly world, and you will find that truth! You force so much destruction upon each other because you let evil, the black ray, descend into you. It can be easily destroyed and stopped, but THE PROBLEM OF HUMANITY IS THAT IT **DOESN'T WANT** TO STOP EVIL.

Do not make more excuses, do not blame Me. Fix the problem you have created. Don't be afraid of God, be afraid of your own negative attitude. I always lead you through positivism-optimism, and I show you how to vanquish negativism! Read, dream, and contemplate all My words. If you choose to do so, you choose the right way, so I, your Heavenly Father, will always be here and support your good intentions to become a Heavenly Being. Promise Me! No more excuses! Because you are just procrastinating, putting off that which you should have done long ago. Cleanse your hearts of evil and let only MY DIVINE ENERGY flow through your beings and veins!

Babaji, who has THE WARMEST HEART, was sent by Me to help you. Understand his help as Mine, because that is what it is, and because his hands bring what I gave him: MY ORIGINAL KNOWLEDGE.

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You constantly ask for the HAND OF SALVATION. Since you think that I am far away in the Heavens, and you are so connected to earthly things that you want to feel My hand physically, I am sending you My embrace through the hands of Babaji Michael. In his hands, he BROUGHT DOWN COSMIC KNOWLEDGE among the human race. His being emits Me, The Heavenly Father, in My entirety.

Each pore of Babaji Michael is filled with Me. His palms are the palms of Archangel Michael. They show those special attributes with which I identify him from among you. MICHAEL'S warm heart, filled with a warrior's readiness to destroy evil wherever it is hiding, is the heart that will always help you. Even though I described ways by which you could conquer those demons, perhaps you were lacking in bravery. Or maybe you didn't know how to begin to fight those demons off. I am sending you help, giving it to you directly through Babaji Michael. Don't take such great and important gifts of Mine to humanity for granted.

Pursuing your habit of ignoring Me, you forgot Me and created this chaos by yourselves. You can no longer expect "someone else" to correct your mistakes. Now you must take responsibility for yourselves. You have THE BEST help that you can imagine, through Babaji Michael. Get to work. MAKE THE WORLD A BETTER PLACE FOR LIVING AGAIN. You do have help, but there are many things you must do yourselves.

The beautiful being and friend, Babaji Michael, whom I have sent to you, will help you to understand what is spiritually happening on Planet Earth. Babaji Archangel Michael is walking among you on Planet Earth. He watches not only over the Universe, but also over all levels of worlds in which you are involved. He is the main guardian of the Heavenly Gates, and thanks to the loyalty that he showed, I am assured that he is worthy of these assignments. These are magical times because I have sent you someone so glorious and magical, Divine and righteous,

in the form of Babaji Michael.

Babaji Michael came here to show you a better tomorrow, but keep in mind that you must work toward a BETTER TODAY. With his warmth, goodness, and caring for humanity, Babaji Michael has come to show you the path and to help you in your transitional phase. Sometimes you are completely lost and ask for help. Now help is here, stronger than ever before. You have help from Me and from Babaji Michael, but it is up to you which path you will choose. You will truly listen to your heart only when you decide to walk THE PATH OF THE HEAVENLY SPIRIT, OF ME, THE HEAVENLY FATHER.

As I, your Heavenly Father, care for you, Babaji Michael has the same feeling of responsibility and concern for you. Babaji graduated from My original school, and that is why he also came as Michael to you. These are not two different individuals, but one. Babaji Michael's being is one with all the principles he represents. The main principle in him is Me, The Heavenly Father, whom he has always kept with him. Through caring so deeply about you, through justice and righteousness, the archangel wings of Babaji Michael are the largest; therefore, he deserves to be called the most unsurpassable and matchless being among you. He is the greatest humanitarian because he helps every soul find his or her path to Me, The Heavenly Father. From the beginning through now, he exists as the only original being that is COMPLETELY MINE, DIVINE.*



Do not become confused or feel neglected, because I know that your ego always asserts itself until you conquer emotions, destroy

* Vision—"Babaji Archangel Michael" (Illustration 4).

ego, and master your mind. You, too, are My HEAVENLY BEINGS, but you have begun to stray too far and pretend that you don't know where your original home is. Until you surrender completely to Me, The Heavenly Father, and exist in Me with all of your heart, you will not see the FUTURE that I am showing you. If you still observe life from an earthly perspective, you will understand nothing. When you sense that something is wrong, you should obey the warning sign, your personal red light. After the expansion of your spiritual knowledge since I first addressed you, you can have no more excuses. Thus, the time has come for you to wake up and become My HEAVENLY SOULS.

Don't throw My teachings to the wind, because that same wind can throw them back in your face. Even if you close your eyes, a tiny crystal of knowledge will enter. Awake in that way, your inner crystals will glow. Visualize your being as a beautiful diamond that you have to allow Me, your Heavenly Father, to polish naturally.*

You can always build a spiritual world. I told you that creation manifests in many different ways. Even the way you prepare food is very important. It is a skill. If you hadn't altered historical facts, and if you had passed My messages on more carefully, you would have realized from the instructions through My scripts, that people are predetermined to BE VEGETARIANS. Do you remember that I said all that is filled with blood is not intended to be your food? That is what I have decreed, even though the animal world is at a different level of consciousness. When I passed that message through the ancient scripts, you simply continued to be flesh-eaters, paying no attention to My words. When you kill animals, the fear that goes through them at the moment of their death is carried into your organisms when you eat their flesh. You are

* Vision—"Sand Storm" arises forming a crystal (Illustration 5).

poisoning your spiritual being by eating animals. No wonder there are so many spiritual blockages.

Your body is My instrument. It is made out of fine and high vibrations. If you bring into it that which is not intended, you damage your body severely. You continue on toward further self-destruction, which can result in BRAINWASHING and BRAIN-DAMAGING.

What have you done to the animal world? Do you not see the connection between your actions and Mad Cow Disease? The brain is the organ that is cruelly attacked by that disease, as a consequence of cows' improper feeding. You are responsible for inflicting brain damage upon yourselves, not symbolically but physically, through that disease. With all the symbolism of Mad Cow Disease and "the madness" you absorb into yourselves, ask yourselves if that is natural.

I have created the beautiful animal world to give you its fruits, such as milk and wool. From milk, you can make many other products that are enormously valuable and delicious. The symbolism of milk is very positive because you grew up on mother's milk. The animal world naturally knows what to offer you, and that is a great blessing. If you only left the animal world in peace, it would breed proportionally. But when you took matters into your own hands, everything went wrong. You brought the animal world to perversity, and you are the direct culprits.

Don't be surprised, then, that Mad Cow Disease has infected you. It was not for you to destroy a part of My creation! And so cruelly! Fruits and vegetables are full of vitamins and minerals because they are intended to supply you with everything essential that you need. It is a misconception that only meat contains nutritious components that cannot be found anywhere else. You believe that fallacy because you heard it somewhere. You didn't research the science of nutrition for yourselves. Don't be naive; if something interests you, research it yourselves. Do not take the

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path of least resistance because that is a surrender to poison. The poison of ignorance settles inside of you and numbs your being. Most of the animals that you consume are vegetarians; what are you then, according to that logic? Do you see here the imbalance in Nature, your human perversions in that area?

If you didn't notice the degeneration in your food chain by now, where have you been? Let things take their NATURAL COURSE, not the course you imagine. I just explained to you the basis of your mistakes. Now I have completely shaken you so that you will wake up and leave the lower developmental paths. Planet Earth follows the flows of the Universe and moves toward the future, and what, then, happens to its inhabitants? Earth is a living being, and you are, as well, so you should follow this simple example because you are a part of Nature.

The rainbow has its colors, and you find them in Nature.

YELLOW is the color of the Sun, coming down from Heavenly Paradise.

RED is the color of the heart; you receive warmth through it, and you mark the element of fire with that color.

ORANGE is the noble and ripe color that shows at dusk.

GREEN, the color of Nature, is linked to the principle of health.

BLUE are the skies and seas, because that color comes from the Universe; during the night it is darker than in the daylight.

PURPLE is the mystical color whose splendor indicates superior spiritual vibrations.

The Moon's reflection produces a silver shine on the surface of the sea. That scene shows a mystical link where the sky is merged with Earth. Many such creative shadows and lights extend through the Universe, and part of them always illuminates Earth, as well, creating sunlight and moonlight. Have you visualized the Universe and its spaciousness through My descriptions yet? Instead of being in despair, GROW STRONGER in My inspiration. Build your stable inner being in Me, The Heavenly Father.



Your life can have the ups and downs of a roller coaster ride, and I am sure many of you could describe it as such. But do you all really have a good ride on that machine? Of course not, because you are individuals. There are those who wish they never again had to go for another ride, and there are those who wish the ride would never end. Since you like to enjoy yourselves, I will use it as a metaphor for some instances in your lives.

Many souls are sitting in that line of roller coaster cars. It is very interesting to observe how each of you is feeling and what you are thinking at that moment. In the world of games, you like simulators and the kind of entertainment where you are trying something new and have no responsibilities. That part is called "fun" and refers to the world of toys.

You should have fun in life; however, you can't put away life as if it were a toy, when you are tired of playing. You have real responsibilities, as I told you that pets, like children, are not toys. You always carry that playful child in your souls, but that child-like purity often cannot reach the top of your hearts. You have hidden it somewhere deep inside, and since in most cases you use very little of your heart, you have a hard time bringing back that PURITY within you.

True fun exists because I created it in The Heavenly Spirit,

and that is My gift to you. Babaji is very amusing and always beautifies the world around him with joy. His sweet laughter is contagious to everyone around him. With his joy and fun, Babaji inspires happiness in you. The ability to inspire is one more characteristic of Archangel Michael Babaji, because THE TRUE ARCHANGEL BRINGS LIFE AND JOY.

Imagine the delight of sitting in a HEAVENLY SPACECOASTER that will take you on a gentle ride toward the Space heights. You have a wish, for example, to learn to fly an airplane or a spaceship, or to steer a boat. This is not a career choice, you are just trying it for fun, perhaps on a playground. If you take My gentle Space ride, you will feel yourselves in a weightless state. This is normal in Heavenly Planes because Luminous Beings move in a weightless way.

You can have all these experiences in astral dreams, such as flying or driving a vehicle. You enjoy those feelings because they are a part of a spiritual reality. Often, if not always, it is more realistic than the reality to which you have become accustomed. Through the astral world, you can make outstanding preparations for higher spiritual states.

When you enter the world of CONSCIOUS DREAMS, only on that level can you feel the condition and movement of your spiritual being. It moves specifically in weightlessness, but My Heavenly forces balance it. So, you will not be distracted, but will move calmly through the Heavenly Planes.

Remember that, first, you must pass through a phase of symbols in the astral world and learn how to read dreams correctly. The more consciously you enter those dreams, the more progress in spiritual growth you will achieve. Soon, you will progress not only in your dreams, but also in your awakened state. As a consequence, you will ATTAIN CONSCIOUS DREAMS more quickly. Conscious dreams do not happen only during the night, but while you are awake, as well. That is where the term “conscious

dreams” comes from: it is the same state whether you are sleeping or awake. Being awake means being conscious in Me, The Heavenly Father. That is why, as human beings with free will and choice, you can maintain this consciousness without a problem.



As a fetus, your spine is curled like a scroll. It is deliberately in that position because it represents a kind of script. Each vertebra is important for correct development. If just one is damaged, it can have permanent consequences. In such cases, through that damaged energy point, what must be worked off is written as your karma. Thus, it is written which defect must be converted into spiritual gain.

Each person who experiences such injuries experiences them differently. Different vertebrae can be damaged. Since each vertebra has a special name and you mark each one numerically, combining them produces a certain formula. It serves to decode the spiritual defects that a person must work upon. It is primarily a spiritual equation that requires a solution. As the fetus develops, the spine forms more solidly, and the being prepares to come into this world. The primary position of the fetus is copied from the Universe, folded in a specific way, rolled up just as a script should be. That position is natural, and the basic developmental process occurs during that position. When the baby is ready to be born, in most cases I turn its head toward the exit channel.

When the time comes for descending, I, your Heavenly Father, will send My Great Spirit into you from your head toward your feet. This is how I send My energy and how that energy flows. That is a NORMAL SPIRITUAL FLOW because first you regain your consciousness of Me in your head, mind, and thoughts, and then that energy goes through your whole body.

Preceding this phase of regaining consciousness is the process that happens in the heart, because without that process your consciousness of My descent into you would not occur. Consequently, the newborn's exit from the womb headfirst plays an important spiritual role, in which the soul follows that natural process, in harmony with energy flow. Children born by Caesarean section are special cases because their spiritual energy has become so comfortable that they simply do not want to leave the mother's pleasant home. Moreover, some souls must be helped to leave their comfortable home by inducing birth.

I explained to you that in the placenta, kind of a "balloon" which you inhabit as a baby, the atmosphere of the Universe is given to you. That cosmic atmosphere is your natural state. There are many different ways in which you can arrive into this world. Either you are ready, in which case you leave normally, headfirst—or you are in a comfortable position, and do not want to leave. Then, you might make the birth a little harder. Cesarean section can often be connected to the mother's karma: for certain spiritual reasons, the birthing mother has to endure that difficult experience. In the hospital, doctors will try to ensure that both the mother and baby go home safe and well. Incisions on the mother's abdomen always remind her of that experience. Although today the most sophisticated surgical methods of suturing exist, the spiritual traces will always remain.

The navel is an important energy center chakra. If any disorders or disturbances happen around the navel area, they show that energy is not free-flowing. In order for the spiritual flow to be awakened and made easier for your spiritual being to go back "on track," women must endure the operation experience. Each stitch numerically represents the number of circles of energy cleansing they must experience.

It is a good experience for women to withstand such suffering because these energy-spiritual experiences are a form of

cleansing. When you suffer from the common cold, you have a phase of cleansing as your body fights the illness and eliminates the toxins. When you feel well again, you are as if reborn, because you just emerged from a type of purification. Just as you clean your body using different physical methods of bathing, there is a need for internal bathing, as well. Even tears serve as a type of natural lubrication of the eye. But please, remember what I said to you with regard to crying: do not cry from your emotions, you will only fortify your ego. Crying exists to purify your soul, and for you to distinguish between cleansing crying and emotional weeping.



As Luminous Beings, you move according to different physical principles than those of Planet Earth. There is no feeling of landing, but floating. That is a natural process in that dimension, and can only be experienced in a luminous state, and not through the altered conditions you enter by taking recreational drugs. You think that those drugs will help you to experience something wonderful, but they only destroy your spiritual, physical, and conscious being. Stop it, once and for all, because you subvert your natural ability to develop in a spiritual light.

You can experience breathtaking moments through meditation and astral worlds. You can fly free as a bird and interact with other, higher worlds. You will never experience such adventures by your artificial, earthly means. Through meditation, you are your own conduit between you and Me, your Heavenly Father. I am telling you that you are the only requisite to know Me. Ultimately, you will receive the fulfillment for which you yearn, the fulfillment that is really Me, your Heavenly Father.

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Leaping into the sky
is a Heavenly flight,
where your wings
are your swings.

It is the feeling,
feeling of overwhelming,
when your perception of the sky
initiates changing.

To fly like a bird in the sky,
is the experience that will not fade,
but you will feel the spiritual blade.

The blade will be felt
through the “wind belt,”
and your being will not be afraid,
so all fears will fade.

The softness of air pillow,
will become like smooth linen
for your inner being,
when constantly praying.

The story I am telling you now,
is your “life-know-how,”
through either sky diving
or astral flying.

Babaji Michael is also a sky diver. Do you see how this activity conforms to his Archangel nature? Through the activity of sky diving, he enhanced his communication with Me, dedicating each of his jumps to Me, The Heavenly Father. My dear Heavenly Son, Babaji Michael, often experimented during those landings. So, it

happened more than once that he had a CLOSE ENCOUNTER WITH DEATH.

Through his sky diving adventures, Babaji Michael learned to be accustomed and become a friend to the special phase of life called death. He actually became an ally of death. This is an example to you that you must learn to stop being afraid of death, and experience it as a transformation phase that comes after physical life. During some of his sky diving jumps, there were moments when the parachute wouldn't open at the right time because the cords were entangled. Yet Babaji skillfully landed each time, unhurt. In one such case, where it was a matter of life or death, he landed on the highest tree he had ever seen. The hands of Mother Nature hugged him through the thick branches and he continued his spiritually adventurous life, all in one piece. (I am not trying to urge you into sky diving, because most of you have a fear of it, but to describe part of the life story of Archangel Michael).

In My ether, My habitat, the air, Babaji Michael spreads his wings wide and they lead him forward. Babaji teaches that when you are in freefall, the most important experience is to feel My presence. As he says, "There is only you and Heavenly Father."

When you are diving underwater, you also notice unusually wonderful sensations.

Either in air
or underwater
don't feel despair,
but spiritual freedom.

If you begin to practice any of these sports in which spiritual energy is freed, you will never want to stop. Not only astral dreams become exciting, earthly adventures become a spiritual adventure, as well. Through such expressions of spirituality, you

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grow and speed up the process of your development in many directions. That is what I teach you, to grow spiritually in the material world. It is not true that the earthly world is not spiritual. You have made it more crude and rigid than it really is.

You are the ones who curb your own spiritual development. And for that, you blame others and Mother Nature. You don't understand that you, yourselves, are creating your personal hell, instead of a personal PARADISE in a spiritual light. You have the ability to develop rapidly; you are curious, and when you once realize that I, The Heavenly Father, am giving you life and am the source of life, you will not want to stop growing. You have searched, and you will always search for that ETERNAL YOUTH, which spiritual life and life in Me, The Heavenly Father, can give you. I believe in your inner spiritual being, and long ago I started giving My best in order to totally and completely awaken you.

Babaji is the absolute spiritual being,
being utterly conscious in Me, The Heavenly Father,
he knows that his consciousness is given by God.

The Source of Heavenly Life
he has been carrying within,
bringing people the joy of life,
and to every being delightfulness
with his Archangel purity and goodness.

He knows that many of your souls are hurt,
because you refuse to go
where your beings belong,
in Heavenly Heights—where it is never cold,
but only the spiritual Sun shines all along.

The Sun which only brings needed warmth,

Luminous Journey, Luminous Way

in order to stop
those feelings of unloving,
in a sense that you thought,
that in spiritual world
only pain can be brought.

Being with Me
there is never pain,
but a Heavenly cure
that is brought through the palms
of Babaji Michael, the pure.

His heart and mind,
soul, hands and feet, his being as a whole,
imagine you may,
has been always following My Heavenly Way.



Meditation has a special meaning. That meaning should be clear to all of you now, no matter what prejudice you might have. It is a state of contemplation about Me, The Heavenly Father. To contemplate means to think of Me and to search for Me in the spiritual world, until you feel Me. At the same time, that state of meditation brings relaxation and alertness. I relax you, but your inner being must be alive, not asleep, and simultaneously make contact with Me, The Heavenly Father.

First, there are visual techniques that you can use to calm your mind so that your thoughts do not wander. Secondly, you have PRAYER WORDS WITH WHICH YOU FOLLOW A LUMINOUS PATH. With this special meditation technique, you calm your being and grow spiritually, so clear visions will come quickly. These lively visions are similar to the images that you

see and experience, usually in color, in your dreams. Although you are in a deep and calm state of consciousness through meditation, you are not sleeping. You are tuning frequencies of your whole being toward higher spiritual vibrations. Then, it becomes clearer to you that visions are living pictures that come from the Source of the Universe when the third eye starts to function.

The third eye is important for spiritual observation. It is very active in the CONSCIOUS DREAMS that I have explained to you. **The meditation that Babaji teaches is MY ORIGINAL, ANCIENT MEDITATION.** It is The Original Truth, in which EVERYONE **SHOULD** CONTACT ME, THE HEAVENLY FATHER. **All of you have this ability and are capable of reaching this truth.**

Babaji brings all of his teachings from his experience with Me, The Heavenly Father, directly to you. He is a TRUE TEACHER of whom there are so few, and it may be that there is none besides him in this present chaotic world.



Thirteen years ago, Babaji had a car accident that resulted in a coma. He lost all of his blood. He was in a condition so critical that he was not expected to survive. Through a transfusion, My Heavenly Son, Babaji Michael, received new blood. The blood bags were lined up, one after another, but the blood would not pass through the tubes from some of the bags. The nurses would press the bags with their hands, thinking that there was a blockage, but even then, the blood would not flow into Babaji's body. Something was indeed blocked. It was an energy channel that I watched over. At that time, blood was not analyzed as carefully as it is today. What other conclusion could be reached than that the bags contained contaminated blood!

Lying in a coma for seven days, although supplied with new blood, My Heavenly Son did not come back to Earth. During that

time, he was with Me, receiving his spiritual preparation for what he is teaching you today.

The team of doctors was desperate; his critical state wouldn't stabilize. During the accident, Babaji received the impact to his chest. As a result, his chest bones bent inward and pressed against veins. That is why he literally lost all his blood. His blood supply passed the lowest level possible to sustain life, and in those instances, in most cases, people die.

The interesting spiritual transformation and further shaping of Babaji continued. The consultation team of doctors decided to transport him immediately to the best hospital in former Yugoslavia for an operation. When they put him in the ambulance in such critical condition, a new and unexpected situation occurred. The ambulance veered off the road, causing a second accident. It was destined in *The Heavenly Spirit*.

During the accident, a series of strong impacts caused Babaji's chest bones to straighten and return to their natural, correct position. The operation for which he traveled in the ambulance happened in My world of *The Heavenly Spirit*, and Babaji's critical condition was stabilized. All of the doctors shared pessimistic thoughts, including the opinion that Babaji would not survive. As they were preparing to remove him from life support, the unexpected happened. As the bones straightened, he awoke from the coma.

All of you who have received blood transfusions and stayed uninfected, have received the spiritual blood of humanity. That is what happened to Babaji; through his veins, really flows the blood of humanity.

Since he is a great world teacher, receiving this blood of humanity through a transfusion was a very positive spiritual experience. He began to recover remarkably fast, surprising everyone. On the seventeenth day following the accident, he signed a letter discharging himself from the hospital, and left on his own

responsibility. Babaji's experience was predestined and necessary for the purpose of his spiritual development.

Thus, you received a reborn BABAJI KALKI MAHA AVATAR and ARCHANGEL MICHAEL, whose soul is as great as the Universe.

He is My modest Heavenly Son who never claimed anything for himself. I, Heavenly Father, crown him with all these names because he represents their true meaning. When I tell you that the MOST EXALTED, MOST HUMANE BEING is Babaji Michael, believe Me because I always speak the truth. All of his experiences that I have described are nothing less than MIRACLES. The world is full of miracles in different shapes today. You should only pay attention.



Emerging from a coma is a special miracle. Imagine how difficult it is for those close to the patient to see something so frightening happen to the person they love. The consciousness of people in comas goes into other worlds, and their hearts must search for Me, Heavenly Father. The cases in which people return to your world after many years are true miracles, especially for their families.

The person who is in a coma is “between two worlds”—this earthly world, because the body still has life functions, and the spiritual world. The known therapy of talking frequently to the person in a coma is helpful. Somewhere far away and subconsciously, the patient can hear you. You should understand that at that time spiritual events are taking place.

Just as when you decide to develop spiritually, the person in a coma passes along his or her spiritual path. If, for a special reason, it is necessary for that person to come back to your world, I will send him or her back. And if I do not, that is the way it has to be. Ennobled with such transformational spiritual experiences, I

hope that your being, as returned, will stay completely spiritually awake. You will have lived through and survived that which does not happen every day. Therefore, remember this and thank Me from the depths of your heart. Be thankful that you are alive and that you have been given a new chance.

The greatest miracle today is that you BELIEVE IN ME, YOUR HEAVENLY FATHER! Don't search for miracles. Be a miracle yourself, in your loyalty and devotion to Me, The Heavenly Father.

Remember the light, your inner Luminous Being. Instead of remaining rooted in one place as you are now, begin to move toward Me, The Heavenly Father, and finally enter your HEAVENLY HOME. Described in *Heavenly Father Speaks—Second Arrival*, and now already known, the HEAVENLY PLANES await you.

Make your heart a better place for life; make it yours and Mine, The Heavenly Father's home.

I love and watch over you,

Heavenly Father!

P.S. Think POSITIVELY, think HEAVENLY FATHER!

Epilogue

THROUGH THE SERENITY that I have given you, you should feel My Heavenly depths. Do not forget that breathing in and breathing out are the gifts I have given to you. You must appreciate life during the process of breathing. That process is the life in Me, The Heavenly Father.

I have continued to give you information that is not the end, but the beginning of your SPIRITUAL TRANSFORMATION. Follow Me and the Universe. Don't bring restlessness to it, because restlessness is a burden to you. Do you remember the luminous net and how your inner being is luminous? It is important to constantly regenerate your Luminous Being so that you can give yourself to Me more quickly. By giving yourself to Me, The Heavenly Father, you only gain, and you have lost nothing. That "nothing" is your ego, which is not even worth mentioning.

Think and look with your true heart at Me and at the Universe that I have described to you, because I do not waste My words. My words always reach you, but there is a stage of your existence when you choose whether or not to hear them. I hope that you have enjoyed the journey through this spiritual expanse that I have described and led you through. You should feel joyful for having received My Heavenly Knowledge and show your eagerness for more.

You are My dear creatures, My humanity, because there is always a trace of light in you. Don't destroy yourselves anymore. Try to change your lives. Your positive transformation must always begin in your heart, directed toward Me, The Heavenly Father. I have given you many answers, so next time you reach out to Me, remember to direct your free will and choice to Me. If you do this, you will achieve a BETTER LIFE more easily. You can start to live it without having to search so hard for it.

Think positively and direct those thoughts to Me, The Heavenly Father. There is no end to Me, or the Universe. Think about Me in the same vastness. Keep control over your mind and thoughts. Absorb only positive Heavenly vibrations that are a part of Original Nature. Become Heavenly Luminous Beings, positively directed every day toward your Creator, your Heavenly Father.

I ask you to remember the inner stillness of your mind, because that is the key to eliminating the chaos in your lives, once and forever. Just as the Universe has peace and serenity, order and discipline, beauty and My spiritual virtue, so should you be directing your existence toward all of these qualities.

Don't sleep; be awake in The Heavenly Spirit! Let your inner and outer voices reach the Heavenly Heights!

As Nature and Planet Earth are a part of My beautiful creation, you should finally merge with it and with Me, your Heavenly Father.

Let our communication and conversation be APPLICABLE AND AVAILABLE TO EVERYONE, just as MY CREATION IS CONSTANT. I, The Heavenly Father, and My Heavenly Spirit never stop. Neither should you, My Heavenly children. There is never an end to spiritual progress, just as there is no end to Me, The Heavenly Father. Let each beginning and end be in Me, The Heavenly Father, because in that way everything that exists will last eternally.

My eternity is from ancient times, and that is the way it will remain! Remember your devoted Heavenly Father and be equally loyal to Him. Be the flourishing Heavenly Beings that you were created to be while you were still in a Cosmic Core!

Always with you, your Heavenly Father!

Story About Parvathy

THIS IS A STORY about Parvathy, an ordinary European woman who writes books in an extraordinary, medial-conductive way.

Her life journey began in Zagreb, Croatia (former Yugoslavia), where she was born and grew up. Her interests at that time were school and friends, just like the interests of any average teenage girl raised in a communist-atheist environment.

It was in 1991, at the age of 18, when her life changed forever. That year, as she was finishing high school and preparing for a career in law and social work, Parvathy met Babaji, a unique, true, spiritual teacher, who initiated her into ancient meditation. The channel for reception of spiritual messages opened within her. Visions began to come and her perception for spiritual signs was cleared, followed by the inner voice, the voice of The Heavenly Father, God, The Creator.

After writing His first message on St. Valentine's Day in 1994, her communication with The Heavenly Father has never ceased. A few months later, God told Parvathy to prepare to receive another important message. At that time, she had an ordinary job working for American Express. She took a leave of absence and postponed her minor gynecological surgery. On September 4th, two days after her 22nd birthday, she began to receive The Heavenly Father's words. After conducting His words for seven days and nights, His messages were completed. Consequently, her gynecologist delivered good news: the ovarian cyst disappeared. Once again, The Heavenly Father's miraculous blessing was brought forth.

In 1997, following God's instructions, she traveled to the U.S.A. In an effort to publish His words, Maitreya Publishing Foundation was formed, and the book *Heavenly Father Speaks—Second Arrival* became available to the world.

Luminous Journey, Luminous Way

It was in May of 2001, when a similar phenomenon occurred: during her stay in Hawaii, she received God's message again for seven days, and *Luminous Journey, Luminous Way* was born.

Parvathy writes only The Heavenly Father's words, and not words of any other entities. God's messages are clear and direct. They are universal, not attached to any particular religion or race, and belong to all people who have open minds and open hearts.

Parvathy is now in her early thirties, and her communication with The Heavenly Father is still ongoing...



There are times in human history when one person's life undergoes a miraculous change, and that change gathers more people until it becomes a positive force that affects the world. Since dialogue with The Heavenly Father is not elitist and it is possible for everyone, let her example become an inspiration!

—Maitreya Publishing Foundation

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Solar System



Luminous Net



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Sand Storm and Sundial

