

# 1. TRAVEL JOURNAL TOWARDS A NEW SPIRITUALITY

## Prologue

I wrote this diary to give some guiding hints on the new spirituality that is evolving around the world. This guide was born in the path of my awakening, a journey that I began just few years ago, having no idea where to go and what to do. I started a travel to the unknown, I was led by the Divine, faith was born spontaneous, like a child taken by the hand by his father, led to a new life.

Dear Friends I started this trip after being wrecked with my little boat in the ocean of life. I found myself in the gray and tempestuous waves, unaware of my destiny, as all around me was sinking: labor, affection, economic means of subsistence. The dark night of my soul had began; there my logical mind did not find a way out, I was about to succumb, but my hidden part looked at me: that silent being that does not interfere with human dramas but that has always been with me in various lives. This disaster turned into consciousness, the real Self, trapped in the materialism of my body, had woken up, the soul or higher Self now was driving me to a wonderful experience to the discovery of my true divine origin.

The topics of the book are practical reflections on our existence, I hope it can awaken in you the inspiration and awareness of your Divine origin. I hope you will start asking questions, look inside yourself, you will begin listening to your true Self connected to the Divine universe. These 'pills' of spirituality will open a gap in the barrier that false beliefs, inculcated by religious and political power, have built up. Behind that barrier there is the unknown for the logical mind which is intoxicated by negative resistance. However if you persevere in faith, you will find the real treasure, the true Self, discovering the real power that each of us has since the beginning of creation, we are water drops that return to the Divine Ocean, we are part of God and we are all connected. This guide may be the beginning of a journey that will lead you to develop your true potential, these hints will allow to deepen your spiritual subjects, to read the books of the great enlightened masters who are spreading true spirituality in the world.

Anyway, every journey begins by small steps, I am honored, dear Friends, to be your guide to help discovering your true unlimited essence. I send you a hug of encouragement, follow me in this wonderful adventure, which is called Life

## CHAPTER 1

### - Religion versus Spirituality -

#### 1. Religions and Spirituality

Dear Friends, I wish you may understand by simple words, the difference between Spirituality and Religion. Unfortunately religion -as you can find on the vocabulary- means "relegating" or "relating", so please check it out! Men or elected priests have used this power to control the then uninformed and illiterate masses, for three thousand years or since the first draft of the Bible (you may read the Book of Creation and the Book of Abundance truly and originally translated by the Theology scholar Igor Sibaldi). Spirituality, on the other hand, was born with the birth of the prophets (sons of the Creator, elected men), Jesus (read the Gospel and you will be moved), Buddha, Zarathustra, and in the indigenous religions with the Shaman. In Spirituality, man with his soul is directly in contact with the Spirit of God and His messengers angels. Therefore, human being, instead of God, created the Religions: men created a privileged and elected priestly hierarchy by misleading the true words and actual laws of God, creating superstitions, persecutions, wars (the Holy Inquisition, Crusades, medieval dark times, and so on). Religions have always collaborated with emperors and kings until nowadays: they cooperate with governments and global finance to bring our soul to the oblivion. Thus they make us incapable of hearing God and feel His great energy of love inside of us. We had a great man illuminated by God who completely disrupted the ecclesiastical hierarchy and was truly a man among men, changing history, fighting injustice, dictatorship, poverty and differences between religions: Karol Wojtyla. In summary, I'll describe his revolutionary changes: he gave contribution to the Fall of the Berlin Wall in 1989; in St. Peter's in 2000 he asked for forgiveness to God and Men for the crimes committed against humanity by the Church (colonialism, end of Maya-Incas-Atzec civilizations, Crusades and 'holy' Inquisition), in 1986 and 2002 he brought together the spiritual religious leaders of the Earth, including the Shamans, to fight together against evil. All the spiritualities tend to good and then to God, the Creator of Heaven and Earth who is only one for the whole humanity although he is called by various names according to popular cultures of different nations. I hope that Pope Francesco may also be another great man of God, my heart wishes it as Humanity needs it.

Dear guys, if you have any doubts or feel a void within yourself, then listen to your sleeping heart and soul; God needs you and your positive energy full of love to change the world which is currently going wrong. Think of oligarchy, wealth in the hands of few and destruction of nature, climate change,

unemployment, poverty, violent death, and a billion people in the world who do not have the least to survive. Let's get together with our energies full of love for God and the world will change. I embrace you all. Namastè!

## 2. Jesus' Words Help Us in this Crisis Era

Every day is a beautiful day. I want to give you a hand in this historical period that we can call "Crisis Era". I want to tell you ironically about the war path that suffering and sleeping souls have to face from when they get up to go out to work until when they come back home. They wake up at 6.30 am at a terrifying sound even making them dying of heart attack; then in sequence: struggle for bath with family members accompanied by plenty of curses, breakfast swollen through funnel and animated discussion with wife or cohabitant on family budget, always in the red; then other oaths and negative energies floating around people and as ending surprise: door banging and running to their car. And the adventure has just started! Then in the car, leaving the parking, they get further curses from other suffering souls as they have forgotten to use the blinker. Now into the traffic, convulsions begin: they think they are late and start a gymkhana among cars getting more insults from others like them suffering the same pain. They return offenses with vehemence. When they get to work, the first reproach is from their boss watching the clock; they start working, full of tension, look badly at their colleagues, who in turn are stuffed with negativity they return it. Here, from now on, all work-related problems are oppressing and wear them out even more. While working, they think of taxes and bills to pay within the end of the month and despair exceeds tolerance threshold. Out of work, they find a fine since their car juts out in the roadway, so the total darkness falls. They do not know if they are alive or dead, automatically get in the car and head to their valley of tears where other clashes await them.

I do not add anything else to this hell -for which we are 100% responsible-. The sleeping souls do not realize it but so has become our everyday life as if we were created to suffer and to get our neighbor suffer. We have once again crucified Jesus who quoted the two universal principles: 'Love your neighbor as yourself and love God, the Father, Creator of Heaven and Earth, with your heart, soul and mind'.

By the way, come on guys, it is never too late to understand mistakes, change and become truly yourselves. Remember we our soul is full of love, connected with God our Father and Creator.

These are not empty words. For some years I've lived peacefully with my neighbor. I love life since I feel I'm not alone and the world around me has already changed. My advice is to enter gradually, by small steps in spirituality and consequently in contact with your soul and true "self": begin to control negativities from the morning when you get up, thanking for being on this wonderful world and breathe deeply, then smile, do it every day and it will help you. Then apply the 'mirror rule' when you have conflicts with others: when you think something negative about other (for instance anger, intolerance, heavy criticism, hate) you have to reflect your face in the mirror: there you will see you project your negativity due to your wounded subconscious and sleepy soul. Do not do to others what you do not want them to do to you. I send a positive hug to you all, have faith and everything will change.

### 3. From the Heretic Heroes of Disobedience to the Dogmas of temporal power of the Church

As a kid, I rebelled against the various Church rules that obliged me to Communion and Confirmation as well as exhausting and heavy catechism courses. I almost had an illumination as an inner voice told me this was the law of men, instead of that of God. But in particular, I remember a priest who frightened me by telling - if you do not receive communion you will pay the consequences on your entire spiritual life, you will be damned like a heretic! - When I was 11, the word heretic was unknown to me. However I did not take Communion nor Confirmation and I repudiated the Dogmas of the Church (luckily in 1980 the Holy Inquisition did not exist).

At the age of 14, I chose the Grammar High School where during my studies, my attention was focused on two characters of the Italian Renaissance, the Philosopher Giordano Bruno and the Astronomer-Scientist Galileo. Deepening their biography I was shocked as they were both accused of heresy by the Holy Roman Church, since they had followed the Copernican theory, placing the sun at the center of the universe, and the earth in orbit around the sun. The Heliocentric theory was in antithesis with the Aristotelian-Ptolemaic theory, where the sun rotated around the earth, a Geocentric theory described by the Bible too (Which Bible? I ask myself).

So they chose (Heresy means choice) to disobey the Dogmas of God and the Church (God has never given these rules). At different times they were tried. Giordano Bruno had the worst fate: he was a Dominican who, deepening his studies of Astronomy and Theology, wrote various books that fought what the Church of Rome had stated for centuries. Giordano found the true God in the laws of the universe and of nature, he realized having been deceived by the dogmas imposed by religion. He took off his clerical clothes and traveled for several years throughout Europe, where he got in touch with various currents of thought including Calvinism with Erasmus of Rotterdam, and Copernican theories, thus rebelling against the Church of Rome and the Temporal Power of Pope Clement XIII.

In 1593, by order of the King of France Henry IV, he was arrested in Paris and extradited to Rome, where for seven long years he was tortured by the Holy Inquisition to force him to perjure on his heretical ideas. In the definitive trial he was sentenced at the stake.

Giordano Bruno with his indomitable courage, remained faithful to his ideas, stating: "perhaps you tremble more in inflicting this verdict than me accepting it." On the 17<sup>th</sup> February 1600 in Piazza dei Fiori he was burnt alive and to prevent him from speaking, a Mordacchia (a gagbit or bridle that tied his tongue) was put on his mouth.

In 1633 Pope Paul V tried Galileo Galilei, who had experimented with the Copernican theories (he was the precursor and inventor of the experimental scientific method), confirming them as real and irrefutable. But during the process before the Pope and the Holy Inquisition he was afraid to be executed and abjured, denying his scientific discovery and the Heliocentric theory. At the end of the trial, demoralized by their overwhelming arrogance, he said "and yet it moves" (referring to the Earth).

Dear Friends, religions and the Church have committed the most heinous crimes in the 3500 years of domination; just think: Jesus and his twelve

apostles were executed or persecuted because they spread the true word of God! Clergymen have modified the Sacred Texts, created an obtuse and bigoted God, made laws and dogmas to subdue, blocking the progress and evolution of man. How can you worship or venerate the Pope and the current priestly caste? they have just transformed the method: now they use mass media and 'act in a fiction', but the substance does not change. The IOR is an international economic power that in the past has also recycled bloody money from the mafia (Case Calvi and Sindona).

Have you ever wondered why one billion human beings are starving globally, and the great religions, whose economic power is huge, do not even spend a penny; then private associations must assist the poor, instead of the Pope and his priestly caste? Guys, we are urged to disobey religion, the true words of God are full of Universal Love and common good, God is a non-destructive creative energy. God loves his children and does not submit nor torture them; have faith in the true and only Divine King; do not be tempted by false prophets. Be Heretics to Religion and Love the True One which is the only God, Creator of Earth and of the universe. Namastè

#### 4. Good Pope and Singing nun. Marketing Operations of the Vatican great corporation

One day I was surfing without a definite goal in the great Web Ocean when my focus was drawn by a YouTube music video, whose protagonist was a singer nun named Cristina Scucci. I have to admit she was very good, sound-inspired, similar to Sister Act, a famous movie of the nineties. Then I read a sentence on the video, saying that she had 12 million consents on YouTube; reading this news was a creative lighting and like a cyber investigator I began to inquire. I checked on Twitter: on Pope Bergoglio's profile there are 11 million followers. But like a hound that smells of the prey I went on my inquiries, so I read an article announcing "future Nobel Peace Prize to Bergoglio" for having been compassionate and humble towards the last. Then it continued and praise the intervention of Bergoglio in Lampedusa after the massacre of more than 400 people .... Mumble ... my Neurons began to work impetuously as I wondered about the reason of this planetary fast success. Answer: the Good Pope! By the way, the Pope represents the supreme power of the Catholic Church in the world: so should God's supreme representative be good? To this question I had a response from Jesus who spoke to the presumptuous priesthood caste in the Temple of Jerusalem, calling them whitewashed sepulchers (beautiful outside but rotten inside) as they were false and hypocrites, using to manipulate and modify the true words of God.

Thanks to Jesus' words my survey had a turn, I went to see if Bergoglio was really "good" or a whitewashed tomb? there must have been an Angel to guide me, as on the web I found the summary of an article by the Argentinean journalist Horacio Verbitsky, whose title was disturbing indeed: the Dark side of Archbishop of Buenos Aires, Bergoglio. The article begins to narrate some gestures of this absolute spiritual leader of the Jesuits order, which at the age of 36 had achieved a great reputation in Argentina, being a religious authority with strong political influence: he was a close friend of General Videla, responsible in March 1976 for the Military golpe (coup). A week before this military takeover, the great Bergoglio invited all the Jesuit priests assisting favelas in Buenos Aires to leave and let their faithful feed the military; two

priests refused to obey, they were Orlando Iorio and Francisco Jalics. This disobedience was paid harshly: Bergoglio ejected them from the community of Jesus' children and pressured the Archbishop in charge to deny their permission to perform the sacred rite of the Mass. A few days later, they were kidnapped by Videla's army and deported to Esma where they were imprisoned and tortured.

Meanwhile, the army's repression against population opposing the dictator Videla was terrifying: many people were kidnapped, tortured and killed; the bodies were found, once the regime had collapsed, in common trenches far from the cities. This massacre was called "Desaparecidos phenomenon".

The priestly caste, including Bergoglio, washed his hands like Pontius Pilate: another crime of the Church hidden in the mists of time. The priests Orlando Iorio and Francisco Jalics were released before the regime collapsed in 1979 by intercession of the Vatican. The two priests reported that someone had been arrested by the army with the false accusation of being communist militants against the regime. All the evidence led to Bergoglio, who in the meantime could achieve the office of Archbishop of Argentina.

In 1999 father Orlando Iorio went to Vatican in Rome to investigate and became aware of the truth of his kidnapping and the one of father Francisco. Father Gavigna, secretary of the Jesuits' Order, made him aware of the facts: they had been betrayed from within the order of the Jesuits and denounced as subversive.

Before dying a year later, father Iorio accused Archbishop Bergoglio of collusion with Videla's regime and responsible for 9 thousand deaths. But everything was hidden by a commemoration of the Desaparecidos organized by the Vatican thirty years after that cruel genocide, which 'justified' their impotence against Videla regime and apologized for error to the faithful.

Dear Friends, the Power is able to 'sell' as good what is unfair, by manipulating the minds of people. This great marketing operation led by the .great. Vatican corporation that (as far as real estate property) owns 2000 billion euros, is reprehensible: they use social networks and employ a Pope playing the role of the Good, though hiding corpses in his closet. They publish books and stickers of the Good Pope, creating a turnover that increases their revenue, manipulating faith and taking advantage of it. Religion have been used for more than 3500 years to control the masses along with dictatorial regimes, alleged democratic governments and high finance.

Fellows, think about it, I hope I have given you the input to carry on getting information, do not believe who exalts poverty as a quality, they just want to keep you submissive. We all have the right to abundance and well-being. Do not believe false messages exploiting and changing God's words to maintain power and wealth. God is with us guys, this evil regime is about to end, be aware of yourself and together, like a team, we will win and conquer the common good and True Love. Namastè.

## 5. 500 Years of Witch Hunting

In our turbid imagination, the witch occupies a prominent place; just think of the wicked witch of fairy tales, in Snow White and Hansel & Gretel.

Someone remembers that our mom told us that a bad witch could devour us if we did not calm down. Unfortunately, the wicked witch was another invention

of the Christian priesthood caste, another persecutory holocaust against the poor rural communities to subdue them.

Those dark centuries began in the 1300s until the early 1800s, some sources say that 9 million women were burned all over Europe, the sole Spanish inquisition processed 343,522 women for sorcery and executed 35,000. At that time, judicial manuals were written to give precise clues on how to recognize a witch, how to torture and kill her. The name of the two most famous manuals are "Malleus Maleficarum" written by two German Dominicans in the twelfth century named Jacob Sprenger and Heinrich Institor Kramer and the second, dating back to 1500, written by Jean Bodin, "Le Demonomanie Des Sorciers" (demonmania of witches), another morbid book, result of superstitious madness.

By the way, sorcery was a deterrent to keep people busy from real problems, poverty and diseases (Plague), in fact, witches were accused, when an epidemic began, to have caused it with their malefic and esoteric rites. Most of the times, the poor women accused of sorcery were tortured and forced to confess to inquisitor they were concubine of the evil.

Another case of shameful persecution occurred in Salem in New England, North America, in 1692, where a 17-year-old girl, Mary Walcott, by suggestion was forced to confess she was a witch and accused various people of the Country. In Salem 55 women were executed and 150 segregated, all in God's name: definitely scandalous. The hypocrites of the ecclesiastical power caste have created superstition and ignorance in the people so to dominate their lives by falsifying the word of God. After 2000 years of hypocrite wickedness and violence many people are still willing to believe in the Pope, in the caste of extremely rich and vicious Cardinals or Bishops, who are often homosexual and pedophile.

Be aware of the direct channeling between the Divine and the soul of man, without intermediaries that falsify the true word of God to mislead and subdue human being. I embrace you all, Namastè.

## 6. Angels and Demons

Dear Friends, how are you?! I've asked myself a question: is it only since 3000 b.c. that demons exist? Then the appearance of Demons is associated with the beginning of religions, so we can say that Satan is a metaphor of man materialism.

I tell you a short history. We start from the ancient Egyptians (3000 b.c.) who depicted Seth with jackal head: he was the god of chaos and storms, brother to Osiris, the supreme good. Then we move to Mesopotamian religion: the Sumerians in 2800 b.c. worshiped Lilith, demon of storms and disease. Lilith is also found in the Jewish religion as Adam's first wife, expelled because she did not obey her husband and then turned into a demon. In the Greek religion we find the Satire who had features of man and goat, generated by Pan and Dionysus, considered as lesser God of vice as he loved drinking wine and extreme sexuality. In Hinduism we have the bloodthirsty and irascible Goddess Kalì, opposed to Vinsnù identified as God of universal love.

In the Koran, Muslims have their tempting demon called Ibis whose power creates evil suggestions in the hearts of men and women. Finally, the Christian religion: in the Bible, namely in Genesis, the demon is represented as a tempting serpent, in John's Apocalypse as a dragon, and in the Gospels during

the forty days spent by Jesus in the desert as a tempter trying to corrupt him several times and in the crucifixion of Jesus as a promoter of human wickedness.

But in this duel between good and evil, what's the role of man? Man unfortunately, due to his corrupted materialism is duality, he incarnates both good and evil. He lives in the ego's illusion that works through the so-called reason, gets decisions that make contradictory his relationship with himself and others; duality afflicts every man's life. Being a dual ego makes man weak and fickle: anger, pride, vengeance and predominance over others become his modus operandi. Religions have created demons that they project on the ego of men to dominate them. Isn't it strange?! True Satans are the priestly caste, those who have materialized the devil and have given him power and form to subdue peoples, keep them under fear and superstition. Religions should oppose evil, but they are the personification of their demonic projection. Think of what they have perpetrated to the detriment of men, over the last 3,000 years: slavery, persecution, violence and economic speculation (the Crucifixion of Jesus, the death of the Apostles, crusades, holy inquisition, wars, hypocrisy of fake Chastity): Satan represents the church and priestly caste. Through violence and persecution they have prevented souls from connecting with God and the Angels. The reason is just one: keeping the absolute control or power, so to make men slaves. They do not want man to discover his divine unity, his soul's divine Self. In fact this awareness of the divine truth would bring to common good, joy, abundance, and wealth for all, not only for few. Religious castes are the absolute evil that prevent communication with God by using fear, terrorizing souls with dogmas, penitence and bigoted rules. Angels exist, they are unconditional love for man and his divine soul; demons have been invented by the caste to preserve their power. Think about it guys! Namastè.

## 7. Warrior of Light.

I want to talk to you about Light, I'm not referring to an electricity provider but to the driving force of life on earth.

5 billion years ago, the sunlight and its heat favored life on the planet Earth, from the smallest unicellular being to all the most complex forms of life, including man's life. Everything is generated by light, including the feeling of love, because God is Light and Love together, he is himself the ultimate creative force. We are God's creative Light and energy, but unfortunately we are trapped by the usual amnesia and forget it.

Well guys, if each of us was conscious of being an essence of Light and saw his amazing being, we would succeed (since energy in physics generates more energy, everything is transformed and evolves under its creative force), the world would change, the good would triumph. Unfortunately, few human beings are aware of the Light, but those who understand it are worthy of being honored, and named Warrior of Light. The Warrior of Light does not have a virtuous life, many times he causes suffering in those he loves, as there are two lives inside of him; but one day he will live just one life, his strength will make it unassailable and invulnerable, aware of his own mistakes, victories and defeats. The Warrior of Light stands out and distinguishes because he believes in faith, hope and love. He needs to be alone, on his own, to reflect. The Warrior of Light never leaves anyone he loves, fighting to protect others. He is never the copy of himself but is direct and sincere. The true Warrior of Light

knows fear, but uses it as the driving force of his life. This knight faces his insecurities and various vicissitudes of life, including pain, observing it from the outside with great introspective power; he looks at the horror directly in its face and gets its hard teaching. The Warrior of the Light listens to his angel friends, trusts totally their advice with gratitude and knows he is never alone.

This man believes in miracles and in dreams like a child, aware of the results he will get from them. A Warrior of Light needs to love; if he is sad at sunset, it means something is wrong. The true Warrior of Light changes himself and consequently the world changes in his present life. He loves to sit in front of the fire with his friends and share his ups and downs and his business with others. This special person is aware that he needs others to fight and win. He is conscious of the strength of words and knows how to use them at the right time.

Guys you are safe, millions of Light warriors have awakened in different geographic areas of the planet, you might be Light Warrior, think about that. God needs you to change the world. Namastè!

## 8. The Angels

'You are never alone, especially in time of need. We are close to you at every moment, we invest you of positive energy and wait for your requests for help, you just need to think of it, and we intervene, ready for you'. 'Stay silent to hear our advice, which reaches your heart, mind and body'.

'Our messages always talk about love. We see you as you truly are: a magnificent and adorable being of light. We find solutions to any problem. We are happy to guide you through the dark steps of life and then back to light, so we can help you feel satisfied about you and your experiences. We can assist you in making decisions and finding answers. We are your Angels, we love you unconditionally and for eternity. While you read these words, we are next to you, since we are always with you'. This is an Angelic message opening the doors of your heart and soul; the Angels will play a team game with you. I send you my hug. Namastè!

## 9. The Spirituality of the American Indian

When we think of the American Indian, we recall European colonialism between 1494 and 1890, the myth of the American border, the construction of the railway, Buffalo Bill and the massacre of bison, Western movies where 'good' soldiers killed the bad Indians. We remember then the 7<sup>th</sup> Cavalry of General Custer exterminated in Little Big Horn in June 25th-26th, 1876 by the Allies Black Eagle and Sitting Bull. The fact is that we do not know that between 50 and 100 million Native Americans were killed in 400 years of colonialism, the greatest genocide in world history. Native Indians, the true Americans, were socially and spiritually evolved; their society was organized in various tribes, but lived in peace and harmony with nature. They were very spiritual, their man of medicine, the Shaman, was the bridge between men and the Great Spirit. He communicated with the One by visions as he went in trance and through his dreams, he practiced healing by the energy of the spirit: the circle of their life was connected with the Great Spirit, which is the Creator, connected to all living creatures, trees, rivers, lakes, seas, the moon and the entire universe. Man's soul communicates and protects all the kingdoms of

creation, for the Great Spirit is inside of everything both great or infinitely small. Great People, Proud and Loyal with deep moral teachings that still move us today. I recommend to read this letter by Sitting Bull, Head of the Sioux: "For us, Warriors are not what white men intend; a warrior is not the one who fights, because no one has the right to take another man's life. A warrior is for us someone who sacrifices himself for the good of others. His task is to care for the elderly, the helpless, those who can not provide for themselves and especially for the children, the future of humanity" This letter would be worth the Nobel Peace Prize. For sure they did not deserve the martyrdom and atrocity they had to suffer.

Dear Friends, their spirituality is our spirituality, for God is the creator of the Earth and the universe, the uniqueness connected with the Divine Self of our soul. May the Great Spirit be with you my friends. A big hug. Namastè!

## 10. Guilt and Sin in the Middle Ages

"Thousand but no more Thousand," this ominous phrase announcing the end of the world as a blessing to die, and then to get resurrection of body and soul, finally purified, as a reward of earthly suffering. In the Middle Ages, suffering and pain become saving and redemptive values, as privileged way of soul salvation. Countless are the mystics who intend suffering as a means to get eternal life. Just read the words of Catherine of Siena (1347 - 1380) who believes they come from Jesus: "you have to offer me the cup of the many body trials, the way I send them, choosing the place, the time, the test you wish, but according to my way "(Book of Divine Doctrine). In the Middle Ages, disdain and contempt of the world become a valley of tears, and human nature is considered despicable, especially because of the sexuality contaminating soul; the lust, seen as the most disgraceful sin, being women considered as filthy tempters (think of the use of cilice or hairshirt, and chastity belt). The sense of guilt comes from the original sin of Adam and Eve, 'human scum' is sinful from birth. Good and evil in the Middle Ages are turned into superstitious beliefs that find fertile ground in an illiterate population; in addition, the sacred texts are written in Latin and only the chosen few may read them, therefore inequalities are normal.

This cross section of the Medieval times make us shudder; the Church has maintained ignorance and poverty by creating a false God who is inexorable Judge, who submits men to inhuman deprivations and pains. What a drama guys! Poor souls have been subjected to a collective madness maneuvered by the Church's temporal power. We must remember that God as an external entity, does not judge anybody, even because God is inside of us, creates through us, being the true essence of every man.

The dark times of religions have caused a collective memory persisting today; we still find many medieval false beliefs in our everyday reality, so just pay attention to your emotions, memorize the positive ones, be creative and inspired, the world needs you for the evolutionary leap that you deserve. In the true kingdom of heaven there are no guilty or innocent, good or bad, but only souls which are protected and loved by God the Father. In our era a massive awakening is taking place, this is the awareness of aiming at bliss and joy of being, without inequalities but with plenty and prosperity for all. Do not believe that we need an intermediary to communicate with the universe, we are free

and unlimited, we are God who has become a man to live earthly experience, be disobedient and fully live your spiritual freedom towards enlightenment. Hug you all. Namastè!

## 11. Metropolitan Alchemist

I would like to describe an esoteric spiritual technique, namely the alchemy: it was born in the Middle Ages. Alchemists dealt with chemistry, metallurgy, physics, medicine, astrology, then were regarded as the mystical enlightened men of the then-known science. The main purpose of alchemy was transmuting lead into gold; these men used the philosophical stone as means of transmutation to reach the boundaries of existence, tending to the universe state of perfection. A metaphoric transmutation of lead (negative emotions) in Gold (positive emotions) changed the vibrational state of human body that tuned with universal laws: alchemists described man as a catalyst of universe energies, a link between earth and heaven. This spiritual technique turned alchemists into precursors of the freedom of spirit, disobeying the church dogmas. Here some famous alchemists: "Cagliostro, Ruggero Bacone, St. Thomas of Aquinas, Giordano Bruno": they were disobedient to Christian Religious power. In order to escape the holy Inquisition, many of them had to live in the shadow by hiding their truths. Giordano Bruno was a victim of the holy inquisition: he was accused of heresy. His tongue was tied before being executed so to prevent him from speaking. Consider that, my friends: they did not want him to reveal the secret of creation, the true and sole God, the creative force of the universe, the great power of life itself. The last scientist involved in alchemy was Isaac Newton in the 17th century: he wrote several diaries on his alchemical research. Afterwards modern chemistry began and alchemy ended its life cycle. This great spiritual technique is resumed by the famous alchemist and writer Georges Gurdjieff born in 1877 in Alexandropol in Russia, although the day or month of his birth are not mentioned nor remembered; in 1900 Gurdjieff travels to Tibet, where he remains for a decade, deepens the study of Buddhism and in 1913 reappears in Russia where he writes various books: 'meeting with Extraordinary Men', 'Life Is Real When I Am'. He undertakes the teaching of 'memory of the Self, an inner technique for communicating with one's soul and being connected with the real 'I am'.

Dear Friends, you live in cities where life is polluted by crazy rhythms, traffic, queues, rush not to be late, deafening noise of metropolitan jungle: the alchemical transmutation of lead into gold could be an aid to rescue you from disabling illnesses caused by stress (panic attacks, anxiety, depression, anger and aggressiveness). I recommend this simple and practical technique you may use whenever you are in trouble: if, when you are stuck in your city traffic jam, another driver lashes out at you, you shall transmute rage into compassion for that poor person who has chosen to suffer in his life. If you have a sense of anxiety while you are in the subway, transmute it into consciousness: you are not in danger as it is just your mind false perception. If you are anxiously afraid of coming late to work, you can transmute psychological time that stresses you, into present, into the 'here and now' where the absence of time dominates as well as your vigilant presence, where every negative emotion loses energy. Transmutation can be every time you experience a negative emotion. Challenges are so many, but if you can use this technique, you will become

active observers of reality, able to turn lead into gold. If you change your vibrating energy field, it will emit high frequency energy protecting you from degenerative stress. This way you can be connected with your higher Self, the true yourself, living a qualitatively better life. Namastè, my Embrace for you!

## 12. Religions have made us misunderstand God

When fog lifts, all the images become clear, outlines and shapes can be seen; when I was immersed in the fog I was oblivious, nothing seemed to me as it really was, I was like an anesthetized and confused opium consumer, so my experience is surely similar to yours. We have awakened at a special moment in the history of humanity: our soul one day shouted inside us "Freedom or Death!". Now we are free to see and think, life itself asks us to be One again, then stop with indifference. We saw our brothers who died for hunger and war, believing it was not our business to deal with that. We delegated to governments and religious powers the role of Big Brother to solve everything in the interest of all humanity, creating separation and destruction.

Religions have also taken over God by completely modifying his image and his message to humanity; but we have remained groggy, in this oblivion for millennia, and we have continued to believe blindly in a power that had nothing spiritual. We have witnessed holy inquisitions, crusades, witches and heretics at the stake, popes who killed for power, modern religions organized in large corporations that move the international stock exchange in Wall Street. But all that was not enough to wake us from the "unaware oblivion". Religions have created separation between human beings, determined agnostics and atheists, generated deliberately contrary values, damaging the true God.

Consider it, my friends, the first task of religions is to convince us we need a faith they organize, by losing therefore Faith in ourselves. They make us believe they have all the answers and ultimately induce us to accept them without asking questions (dogmas). Religion brings us to doubt about ourselves and our ability to think.

The primitive shamans were closer to God and to his true existence; they followed their intuitions and were deeply connected with What is, in its true splendor. Then, with the advent of religions, an avenging, jealous, irascible God was created: a real fear of god aroused in men, so much that they had to prostrate themselves as deference sign at his presence. Darkness and suffering have been materialized, whereas God is light and joy. All that has led to superstitions and separations between man and woman, considering woman as morally filthy and inferior to man. People became ashamed of their body and sexuality. This ruin of God's image has turned man away from original spirituality and from the real creator.

When I discovered the true nature of God I was moved, I did not believe in anything, I was atheist, but God has absolute power over everything, although he does not ask for anything, God does not judge or punish. He is absolute love and goodness. God wants to share His power with us, he acts with us through us, God asks for nothing in return, this is the true nature of God. He is the Sun that warms our body, a midnight summer lit by the moon and cheered by the singing of crickets. He is the sea with its depths that welcomes us in its warm waters. Religions have terrorized us with sin, eternal punishment, hell and demons.

Friends, we need to change our collective consciousness through unconditional love, we are his messengers, we bring light into darkness. Therefore, do not curse darkness. When we bring light into the world, the world will change. Namastè

## CHAPTER 2

- Awakening and Awareness -

### 1. The Awakening of Soul

I wish to summarize how I came to the awareness of 'having a soul' and the next step that led me to make sense of my existence. A part of my life was animated, even chaotic, also diverted by a frenzied, passionate, fierce temper (sometimes causing me violent reactions) on the one hand but also patient, sympathetic and thoughtful, even friendly and moderate as well as full of good feelings, on the other hand. This duality of good and bad essences, which is in all humans, was particularly evident in me as a sort of Dr. Jekyll and Mister Hyde. This brought me so much inner suffering as well as moral and material damage. When I was overwhelmed by the 'Good'(or positive side) I succeeded in work, in my love life and from the economic point of view, getting plenty and wealth. For you to realize it, in a period of my life I had two jobs, a gym, I travelled abroad and lived in a country villa with a wife who loved me. But in short time when the bad part of me had the upper hand, I destroyed everything I had built. A few years later, everything changed: I became a security guard at night, divorced and moved to a two-room apartment. This alternation of wealth and abundance versus poverty and famine has gone through the course of my life.

A further example: there was another period, when I had a partner with whom I truly visited the whole world for 9 years: 9 European Capitals, 5 times in the United States where we travelled far and wide, four Caribbean islands including the dreaded Los Roques in Venezuela, then Maldives, India, Australia, French

Polynesia, Singapore, Cook Islands in New Zealand. But at the same time, I lived a deep working insecurity, I was split. Eventually, even if I could improve over those 9 years, being able to control 'my' Hyde, in the end my tormented subconscious came back harshly. This time the goal was the annihilation of myself; in the past I had been able to heal the wounds and rescue what was still worth salvaging, by raising myself positively again. Regrettably, this time darkness, human misery, true hell had fallen upon me, and I could not find a way out anymore. I also had health problems and I must say that hope was going to end in the dark. At the same time I was left by my partner, I had further work problems and misunderstandings with my family: I was about to reach the terminus. But an unexpected event happened; I was in the gym and by accident I began a talk about Darwin's theory (on living species evolution) with a friend of mine. At a certain point he said: 'Why not starting a research on spiritual field?', he changed my life; half an hour later he told me: 'I do not even know why I told you that'. Anyway curious though skeptical I surfed the web that evening and a miracle happened: I was led by an Angelic energy because I quickly learned everything I read about spiritual subjects, I read the New Testament, a book about Angels, and I was interested in Jesus and God, Creator of Man, Earth and Universe. I also watched many videos where spiritual masters spoke of soul and God, I started getting information on quantum mechanics and enlightened scientists who have built a bridge between science and spirituality. What happened to me? After a full immersion week in spirituality information the True Miracle happened as I began to look at myself from the outside as a hologram projection. This time I saw my life as a movie and could focus all of my mistakes, sins and everything that made me and humanity suffer. Due to my negative energy I was 100% liable, I started crying and I asked for forgiveness to God, to the people I had damaged and to myself too. After that I had a feeling of peace and love, realizing that God had compassion for me and forgave me.

Jesus in a parable said: 'Heaven rejoices and celebrates when a lost sheep is found, when a sinner calls for forgiveness and begins a new path of Faith'. I found the true self and felt within me the positive energy and the Love of God. The path undertaken is not easy but I want to go forward 'cause I am grateful to God and to the Angels for this new opportunity and Divine energy they gave me. Now I am the real self, now I know the true meaning of life and why I was created.

Guys, this example is to help other suffering souls who have some spiritual doubts. The world is changing fast, we have entered a new era, Love will return to the Earth, along with forgiving and mercy; so if we join our forces, the Eden will be back on our planet. Common good will overcome the greed of few mighty wicked people who will be chased by God. Keep your faith so that your positive energies full of love may be helpful to God in the fulfillment of his and our masterpiece; I do not have the presumption to be believed but my heart speaks to you and hope that someone can read this message in the bottle thrown in the "Web ocean" and cares for his true Self. I embrace all of you, dear friends.

## 2. The Dark Night of the Soul

Now I'll talk about a path that every soul will have to face sooner or later. The Dark Night of Soul is described by ancient texts, the famous Seven Essene Mirrors in 5000 b.c. The Sixth Mirror was the Dark Night of the Soul, it was the toughest test for human soul that came at the chasm after losing everything it had, facing fear and sorrow. If it could survive the dark night it would have received wisdom and conscience from God. Now I wish to tell you a story really happened to a relative of mine: in a favorable time of his life, he reached the top in his career and a remarkable bank deposit. This man then lost his mind and fell in love for a work colleague; seemingly these details are exactly the same as many common and obvious stories, but this was a proof that the universe had in store for him. It was his "soul Dark Night," but he was not aware of that: he soon was left by his wife, got in economic loss, the work had an impasse and, unluckily, for the sorrow his father died few months later, and from bad to worse, his lover left him and he had a heart attack. Anyway he saved himself. This man had to face incredible events, because the universe wanted to "test" him. One day I met him and he told me that he did not know how he could survive to this disaster, he confessed that his greatest fear had materialized: he was afraid to lose his status quo and to be abandoned by his loved ones. This 'test' did not kill him, but made him stronger and a year later he resumed working and met the woman of his life.

Dear friends, what can we learn from this story? The universe gives us tests, most of us hide the fears and sorrow of sad moments of our lives, not address the problem but buried it in his subconscious, believing that ignoring him will live a serene life, but reality is totally On the contrary, that problem becomes more and more painful even if we do not notice it, then there is a triggering event that causes it to explode causing harm to ourselves and others. Not happy with the disaster we caused him to stop thinking again that he will never again, we swear to ourselves and to others. But the pattern will continue infinitely, causing even serious health problems to themselves or even death. The universe puts us in the test with "Dark Night of the Soul" to help us get out of the painful Karmic schemes in which we have fallen infinitely, wants to help us change, shows us the new path to start a new positive life, if we understand This positive test, we will have wisdom and conscience, an evolutionary jump that It will improve our lives. Reflect your friends, this "Dark Night of the Soul" is illuminated by the light of the awareness of who we really are and where we come from. Namastè!

### 3. Over 50: a new start

The day of my 50<sup>th</sup> birthday was a great day, a new beginning! Celebrating my first 50 years of life, made me feel practically like a baby!

Online I published a picture of a big bald man, next to a Maori, with a blond girl who is my friend Federica, a companion of great travels and adventures, the two pairs of boys who are friends of Rome to whom I wish to send a hearty greeting.

The photo depicted a wonderful trip to the Cook Islands in New Zealand, that is an Eden, the paradise lands. Thank God for having created this wonderful

world. I dedicate this article to all the over 50, I want to give my example of positive force and hope.

Dear Friends do not be depressed if you have lost your job or you are in insecure employment bothered with various outstanding debts claimed by Equitalia (collecting society), do not surrender to the metropolitan beliefs that want to make you feel like dead or failed. Always remember you are spiritual beings that make a human experience, your soul is immortal and you have all the potential to get out of the labyrinth created by your ego making you feel inadequate, old and hopeless. I want to reveal a secret: if you focus on your thoughts and want a radical change in your life, concentrating on well-being, unexpected getting of money, a new home, new job opportunities, travel abroad, in short if you think big, all of this will arrive soon. It seems impossible, almost a madness, but it is reality. If you want the good in your life you have to win every resistance of your ego destroying every dream with false beliefs that society and family have inculcated ("I do not deserve it" "money is dirt", "in life everything is obtained with sacrifice and struggle", "life is practical and material", "imagination is a madness"). If you can detach yourself from these subconscious resistances and you want the best in your life, the universe or God for believers will materialize your desires by creating new opportunities bringing you economic prosperity. I recommend a book "The Key" written by Joe Vitale; the author of this book is a famous guru of abundance who also participated in the writing of the book "The Secret" by Rhonda Byrne (Law of Attraction). Joe Vitale was a homeless, now a rich and famous man, who in his book discloses the secret that can bring to each of you happiness and economic well-being. (These two books have been read by 25 million People in the world).

Let's go back to the photo of the big bald man, I officially introduce myself: I'm Rosario and through this ebook and my blog I feel I'm your friend for long time. Thanks to my blog, in short time my nearly twenty thousand pages were visited and every day readers were growing, more than a thousand pages a day. I am not a being with super powers, but a (more or less) 50-year-old man who made a turn in his life, left precarious work (11 years of job insecurity) that had become a prison. I had creative intuitions working on my potential, I've presented new projects that will surely be successful, I have traveled all over the world (I published some photos of my trips on my blog album), in short, I've fulfilled that impossible dream that is achieving success and economic well-being, starting from scratch, from absolute precariousness. Have faith in God Dear Friends, he will help you before you know it, you just have to communicate with him through your heart and set free your desires, your greatest dreams. Love life, in the flame of love you will burn those false beliefs that want you poor, slave and unhappy. This crisis has been invented, daily reinforcing our false beliefs, while those who have richness and power apply universal principles which are secrets to have more might and wealth at our expense. Be positive, read the books that I have recommended you and with the help of God you will get the best of your life as you deserve it! A hug to all of you. Namastè!

4. Buck's Soul followed the Pack of Wolves, howling

Right now we are leaving for a long historical journey back in time to August 16, 1886. Two Californians found gold in Rabbit Creek, in the Yucon River valley between Canada and Alaska. From that extraordinary event the gold rush between the Yucon and Klondike rivers broke out: thousands of seekers came from the United States, the Scandinavian Peninsula and Russia to secure mining concessions. A famous writer took part in this undertaking, his name being Jack London, inspired by this frantic pursuit of the El Dorado and of huge wealth that pushed thousands of people in Klondike. There, many (because of the glacial climate) perished in this journey of hope. Jack London wrote two literary works inspired by gold rush, "White Zanna" and "The Call of the Wild". I want to focus on "The Call of the Wild", and tell you briefly its plot. The story begins with the kidnapping of a big lupine dog - a Caanan dog - named Buck, which is put in a cage, shipped along with other kidnapped dogs to Klondike to be sold and employed as a sled dog. This poor dog is a domestic friend of a San Francisco judge, he had a comfortable life, but has been dropped into the wild Klondike mistreated by men and used as animal of burden and for combat. Buck gradually loses confidence in men who treat him brutally. But luckily he is saved by a gold seeker John Thornton; from that moment onwards, a deep love between man and dog begins.

In the period when John searches for gold near the Klondike River, Buck starts wandering in the forest where he meets a pack of wolves and feels within him the wild force of the forest calling and its wolf origin. Unfortunately, John is killed by local Indians; when Buck finds his great friend's lifeless body, he loses the last bond with man and becomes a wild wolf, revenging and killing several Indians. At night, in the darkness he will follow the pack of wolves howling to the moon.

What can we learn from this story? Dear friends, how many times have you thought you would like to leave this world dominated by violence, greed, debasement of every spiritual and human value is dominated. Jack London provides Buck with a human and spiritual value: in that crazy bedlam of the race to extreme and violent materialism, he embodies pure soul, values of friendship, loyalty, love, generosity and courage. This dog is morally pure and whole, but has the awareness of his wild soul. Buck is everyone of us, awakened souls, aware of existence: when God's call is strong, his pure love energy enters into us, causing change in our lives' priorities, all that was important loses its value. Therefore contrasts, suffering, anxiety and fear are abandoned; the new energy full of joy and peace enters us. We are like Buck who at the end of the novel leaves his condition of pet and submitted animal, running away with the wolf pack and howling to the moon. He can ascend to God, conquer the freedom of his soul. Namastè!

## 5. The Betrayal

During the period of the European elections, we were all waiting and fussing over for their outcome. Politics has suggested me a topic, so I'll deal with the origin of betrayal: the etymology of the Italian word betrayal or treason comes from the Latin word 'tradere' whose meaning is 'delivering to your enemies'. The first traitor was an Archangel, whose name was Lucifer; he himself became the emblem of this great ego plague (affecting man). Lucifer with a group of Angels rebelled against God the Father betraying

his love and trust. After the creation of earth and man, Lucifer said that he would never serve the obtuse human creature that God had made. Then he would never obey God again, being things and creatures he had created so unnecessary and useless. Lucifer was driven out of paradise and fell into the garden of Eden, where Adam and Eve were later tested by God. Unfortunately the human being failed his test, since they got the symbolic apple offered by Satan, the tempter. Adam and Eve were expelled from Eden, and from then on, betrayal will become a *modus operandi* of ego.

Jesus the son of God was betrayed for thirty denarii by the apostle Judas Iscariot, who in the garden of the Gethsemane where Jesus spoke to his apostles, delivered him to the priests, pointing him by a hug and a kiss. Another famous treason in history of humanity was that of Marcus Junius Brutus, Julius Caesar's son, on the Ides of March in 44 b.c. Julius Caesar was invited to the Senate for an alleged political discussion but 23 conspirators were awaiting him: among them was his son Brutus. It is said that Julius Caesar was stabbed 23 times, and the last deadly stab was inflicted by his son Brutus. Caesar, before dying, uttered the phrase "Tu Quoque Brute Fili Mi!" (and You too, Brutus, My Son). Since these famous, notorious betrayals, over the centuries, from the collective egoic mind, treachery has been handed down, stemming from greed for power and economic interests. Our politicians are examples of compulsive traitors towards Italian citizens. Betrayals of men and women have become a social gossip in our society, a virtual reality that many times ends up in violence with tragic outcomes; the couple has lost credibility and breakdown of relationship for betrayal is considered normal.

Unfortunately, the times of poetic everlasting love between man and woman are over; now it is up to each of us to enhance the human value of a journey together, facing if necessary the demise of a relationship with loyalty and love. The most painful betrayal is about friendship: cheat on a friend is the most cruel treason; the friend never suspects, he trusts blindly, as friendship is a deep feeling related to childhood, innocence, unconditional trust and unconditional love. Betraying a friend is like betraying oneself. But sadly this traitorous behaviour is spread everywhere in all areas of our lives, the human ego is unreliable and ready to sell himself to the best bidder. We have no defenses from ego betrayal, for trust in our neighbor is essential to living, working, loving; we can not live in the paranoid suspicion of being betrayed at any time.

The only balanced defense, as spirituality teaches us, is observation of the situation, acceptance and surrender which is not a sign of weakness but strength: surrender means freeing the situation and consequently solve it within us without rage or anger. You can not change a situation: by now betrayal has been accomplished; thus the only defense and protection for ourselves is surrender, accept and forgive. The last words our crucified Jesus said, were: 'forgive them Father because they do not know what they are doing'. Unfortunately, a full-blown betrayer is unaware of the suffering he has created: treason is normal to him. Another phrase belonging to Jesus is: 'Love your enemies'. Love, only thank to love all the wounds will be healed without violence, resentment, grudges, judgments. If we are aware that betrayal will be overcome, won and treated without damages. Namastè!

## 6. Awareness

Have you ever been afraid of losing your true Self? But who is the real youSelf?

Henceforth we walk along a path together in the darkness where every man gets lost through his life, begins to doubt constructively what he sees, feels, reads, and starts asking questions about the meaning of his existence, the reason he is on this planet. In this deep reflection, he finds the way to consciousness, but must take a long trip full of obstacles to find the true meaning of life, the true self.

"In the middle of the journey of our life I found myself within a dark woods, where the straight way was lost" So began the Divine Comedy, with the first Canticle of Hell. Dante Alighieri wrote the Divine Comedy in the sad period of exile in Luigiana and Romagna from 1304 to 1321; he was in his middle age (about 37), a moment of reflection and spiritual growth. Dante chose as his guide in Hell and Purgatory, the Latin poet Virgil lived between 70 b.c. and 19 b.c., who is the author of the Bucolics and the Georgics as well as of the great epic poem, the Aeneid, that made him immortal.

Virgil symbolizes reason, the earthly awareness of existence, rationality, guiding Dante to the entrance of Paradise, where he passes the torch to Beatrice, Dante's great platonic love, symbolizing faith and spirituality, guiding him towards consciousness of the Divine, the purification of his soul "So we went out to see the stars again". This path that Dante describes in the Divine Comedy is the explanation that, in order to get true awareness of himself, man must know evil and sin; only after this experience his soul can be purified so to be the true self.

In conclusion, real awareness distinguishes from the ego duality because it is an integral part of the Divine universal consciousness; the true self fully belongs to the creation of reality; true awareness is a conscious acceptance of the experience of present. Thank you for existing, dear friends; a strong hug. Namastè!

## 7. The Forgiveness

I'm part of the generation watching all the film\_making of Bud Spencer and Terence Hill. One of the Western movies featuring this famous actors couple, impressed in my mind, is "God Forgive, I do not". The reason is not the content but the title. In the primitive Calabria where I come from, forgiveness was an offense: as a child I was told that only dork priests and of course God can forgive. Good Heavens, boys, we were so deeply influenced by this barbarity that if someone dared to give or ask for forgiveness, he was identified as a foolish without dignity, just deserving disdain and contempt. An upside down world where hatred was valued as a virtue and forgiveness as a blasphemy.

Dear guys, I am just a spiritual pirate, I've been chosen without merit, I came from an upside-down world; but one day an angel took me by the hand and pointed the right way to me, with a slap on my shoulder, telling me 'you are a wonderful being, bring joy to the world even though you believe the opposite'. It is true that when a sinner repents, Heaven rejoices. What is forgiveness?

Forgiving is 'letting go'; when we believe we have suffered from injustice or received offense, we hold a negative feeling within us, causing pain and sorrow. We have been taught this way for centuries, but when we decide to forgive then we release the prisoner who is inside of us: this imprisoned being is stuck in the prison of grudge and rancor. When we can observe ourselves in the present moment, in the "now", we can forgive ourselves and others. Forgiveness is a feeling of joy and love for God, through which we leave the darkness of our prison and return to admire the Divine Light. Forgiveness puts an end to anger-induced suffering, stops judgment, guilt, and victimhood, releasing the power of healing within each of us, letting rage and anger out. The last words of Jesus (crucified) were: 'please forgive them, Father, because they do not know what they are doing!' That's right, sleepy souls do not know what they are doing, they are confused, unfortunately they continue to persevere in mistakes.

Forgive yourselves and the others, dear friends, and your positive energies will grow and you will get significant changes in your life. A big kiss. Namasté!

## 8. Bless Your Enemies

Now I want to fight your beliefs, in a period of diffused horror, uncertainty, in the widespread crisis, in rampant corruption and economic inequalities, you have to experience the power of blessing. Some of you will curse me just for mentioning it! I am aware that having economic problems and consequent family drama do not create a favorable psychological situation; anger and resentment lie in your heart, keeping a great desire of revenge against those who have destroyed your basis. I understand you, but negativity does not win on negativity, you will give your tormentors more and more power. Just reflect for a moment, think of a march to combat unemployment: here, this event would fuel more unemployment. For a positive result, the march shall be in favour of job. A hunger strike in the world will drive hunger in the world, for success we must make a march in favor of food subsistence for the world's population. These examples that seem paradoxical are the reality we live in: if you want corrupted politicians to be hunted out, you do not have to talk about them or even curse them, since they will come out of this murk as winners. Instead they must be replaced with honest and positive people. Blessing can help you, can let pain go, as well as -in this case- collective suffering caused by crisis and political corruption. If you succeed in blessing your enemies, they will lose their power to cause your misery: inside of you and the whole community, a process of healing and awareness will begin, thanks to a new mental lucidity taking you out of the maze. You will be able to take the reins and manage your life and the whole nation. When we can go beyond the concept of right or wrong, good or bad, we will find our utmost power to rise above those who hurt

us, even if pain persists, we will be able to connect with the Mind of God and create our change, our healing. Jesus' words are our spiritual guide "Bless those who curse you, pray for those who scorn and use you." These words said by Jesus, at least 2000 years ago, may seem outdated in a world where getting even is the priority, but it is the only way out of the collective madness that brings violence, death and self-destruction. I bless you, friends, use the greatest force in the universe, love, come back pure and you will be victorious. Namastè!

## 9. Honesty of the Talking Cricket

Let's think about the word Honesty, this great human quality linked to moral and ethical philosophical topics Socrates dealt with at the dawn of human thought, when ancient Greece was the cradle of world civilization. Socrates, Philosopher in Athens 469-399 BC, with his Maieutics seeking and giving birth to the universal truth within himself and the other men, could arouse the absolute good, the profound honesty of soul. Socrates was accused by Athens Polis of bribing the youth, since he represented a threat to the corrupt and hypocritical Athenian caste; when he was wrongfully condemned to drink the cicada (highly toxic poison) a disciple invited him to flee, but Socrates refused: he could not deny his ethical and moral principles, he was honest towards himself and said, "I do not want to run away, you must never commit an injustice, not even when you receive it." Honesty is a quality of the soul, it is the extreme sincerity of the communication, linked to the loyalty of the actions that result from it. In our Nation, honesty provoke damages, honest people are marginalized, the world on the contrary has caused and causes social tensions and poverty. The honest in Italy is like the talking cricket in Pinocchio's fable: the poor cricket warns Pinocchio not to say lies, he tried to instill honesty, sincerity and morality in him, but in the end Pinocchio *bothered by the cricket's honesty*\_ crushes and kill him .Dear honest friends do not give up, join together, no matter what political party you are, pursue the common good, have faith in the power of your honesty. Read this famous phrase: "I'm not afraid of badness of the wicked, but of silence of honest" Martin Luther King ". Do not give up. A big hug. Namasté

## 10. The Miracle of Friendship

Dear guys, how are you? You are my great friends with whom I share the articles in my blog, I love you all and thank you for your interest in what I write. Tonight we'll talk about friendship, a great feeling that gives value to our lives. The term friendship in the Italian language means social bondage accompanied by feelings of affection and mutual respect between two or more people. It's not a bad description of this universal feeling

When I think about friendship, I remember the past when I was a kid with my friends, for a long time sitting in front of shops or the house, talking about any topic and sometimes we did not have any subject but it was nice to be together and be part of same heart and soul. In the 1980s, we did not have internet and

social networks, nor even mobile phones. When we wanted to talk about something important, we fixed a time slot (the day before) to call from our home phone or we used an interphone. When we decided for a meeting at the bar at a certain time, someone might be late or not come; as we didn't own mobile phones, we would look for our friend in the places he usually attended: we were not unconcerned and we worried so we made sure that he was fine. I remember many and unparalleled adventures and games that made us united, our many dreams, many hopes and projects for the future. In the depths of our heart there was the conviction of the immortality of our friendship. With many of them I am in touch via Facebook, after 30 years of absence from my region of origin, and this fills my heart with joy and gratitude. We can be far from home for many years, believing that when we get back everything will be dissolved and no one will remember us, but true friendship does not have time as it is a union between soul and heart, it lasts forever. Remember that in addition to our earthly friends, we have our invisible friends who have been accompanying us since we were born, our Guardian Angels who protect and help us with unconditional love, in every evolutionary passage of our lives. Yesterday, walking along the seafront of Livorno (Leghorn) with a dear friend of mine, I rediscovered those values of the past, "When I was a child I used to watch butterflies, I dreamed I would become a famous Entomologist", the simplicity of life, the importance of words and dreams. Sharing human and spiritual values, the hope that love will definitely overpower hate. A future where all human beings will be friends without fear of being fooled, trust for the next will be normal, all the barriers of distrust fall, you can leave home doors open as my grandmother did without fear of being robbed Smile will come back on people's faces, we all will be together and protected by the blanket of universal friendship. We want to be all friends walking along the same road, this road is called life: let's make it simple and joyful, wanting to be fine. Namastè

## 11. Unconditional Love

I love you all unconditionally, you are the miracle of creation, you are perfect souls, light and love, you are the divine miracle on earth. But unfortunately you do not realize it, your soul is sleeping in a material body, society has created stress and problems that have contaminated and intoxicated you. Unluckily, many of you have entered a karmic cycle of inner suffering that causes suffering to oneself and to others. Since my soul has awakened, I look at reality by another perspective, I do not have a sense of superiority but of extreme understanding and compassion towards the whole humanity that suffers and I would like to say to you all to wake up because you are complicating your life. You could have everything you need without suffering, following creativity and love. But many with whom I have had occasion to speak in my daily life, have come up with a very recurring phrase in our sick society, "We have to sacrifice ourselves to be practical and concrete." But when you pronounce this phrase I see your trapped soul that cries because you do not listen to it; that causes me great suffering, a great compassion for you who have chosen the most disastrous path of existence.

From this introduction I would like to move to a very current theme that unfortunately disrupts the lives of many people and even in extreme situations is the cause of death and despair, namely "the couple's life". Couple is the union of two people joined by strong attraction, passion, character affinities and interests who decide to share a life path together. Here is the definition of a couple that our sick society has inculcated. A question arises spontaneously: where has ended up pure love between two souls with no material interests?

Dear guys this is the hub that -in the levers system invented by the great scientist Archimedes- could 'lift' the world, making revive its fate! If you start a journey of love, it will be the union between two souls, two hearts full of feelings, an evolutionary path together that will make you rich, even though it does not necessarily have to last forever but shall be part of you forever. You must be grateful to God that has made possible this happy journey together you will recall in the depths of your heart even if it finishes as it will evolve into unconditional love, without resentment, sense of possession, or grudges. Then, like magic, you will begin a new path with another person to continue your evolutionary journey, following love and creative spirit, so it is! If you only follow "materiality" in the couple relationship you will be mathematically projected into a suffering and complicated Karma that will destroy each other, love will turn into hatred and in the most dramatic cases it will lead to murder. Think about that boys, love yourself first and then you will be able to give unconditional love to your woman or man and to your neighbor. After a nice sunset, the next day the sun rises. Wake up the baby in you, revive pure feelings and dreams. Let yourself go in true love. My big hug to you all! Namastè!

## 12. The Power of Beauty

What is beauty? Many of you will identify it in the beautiful shapes of a woman, the most sensitive in art, painting, sculpture, poetry, literature and the. Naturalists in a sunset, a rainbow, a breathtaking landscape. The list can continue indefinitely, the world and the universe are abundant in beauty: this is one of the creative forces of Divine energy. But I want to describe another beauty, the one hidden by the haze of pain and suffering; this is a strange beauty, but it is still full of charm. In 1997 I used to work as security guard in Florence; it was like a nightmare, a very uncomfortable job, many times I found myself in shabby industrial areas, attended by night by pushers and prostitutes, surely a thrill, but unconsciously I could find beauty in that squalor. In one of those factories, I found a beautiful scent rose, which in spring was spectacular; I had to do three night-watch rounds at that factory, every time I passed the rose bush I stopped smelling the roses and admired them for five minutes; I admired in the rose bush the beauty, the scent of spring that could turn cement into a work of art. That strange beauty gave me the charge to work all night, it turn difficulties of loneliness, sleazy places into positive energy. I owe to beauty my survival to moods that a night work can cause. You can even find beauty in the end of a sentimental relationship, looking at the memories photos, thinking of the happy moments you lived in that period, then the pain will turn into joy when you see the beauty of what you have lived, looking at the landscapes in those pictures. You will think about how well you were; no one will ever take away the beauty of this landscape, no one will ever

take away the beauty of the sea from those moments of bliss and peace. The beauty of those magical moments will always live inside you, even if your girlfriend has left you; the beauty of her smile and moments of complicity won't be brought away, never, and will remain forever part of you (and of me). Beauty is a form of powerful prayer, which the universe will listen to, and reward by helping you if you're in a trouble.

Think of people who survive natural disasters, catastrophic road accidents: how much beauty in breathing air after being saved! it's the most beautiful breath of their lives. In world statistics, 85% of the world's during the period of psychological growth, human beings are damaged by their family and the community they live in, developing resistance, false beliefs, inner pain, things that will change the course of their lives. Every human being has a subconscious mind where 98% of memories are stored, including memories damaged by trauma: it is the inner wounded child with whom he will have to deal with. I recommend that you do not have resentment, anger or rancor towards those you believe having hurt you; accept the reality for what is in the present, and just remember the beautiful moments of your life with your family and friends, focus on the beauty that will deplete your negativity. Wonderful Friends, if you can see the beauty in this period of economic and social crisis, your positivity will trigger change, your wonderful flower will grow into the metropolitan asphalt. Namastè, I embrace you all

### 13. The Meditative Prayer

Have you ever wondered what to pray for? Prayer is an evocative form of asking we use to ask the Divine to help us in some situations of our existence. In the Aramaic texts of ancient Essenes dated 2,500 years ago, prayer was asking for, too, but it had to be felt inside, emotionally. The surrounding world was a mirror of the relationship with the self, with others and God; the emotions kept in physical body were transmitted to the outside world. Meditative prayers in Tibet with the sound of gong and bells create a physical and inner emotional state to convey to the Divine the demand and manifest it; an example of meditative prayer translated into Italian: "May all beings have contentment, joy, and realization . All beings can find refreshment and integrity. All beings can have what they want and need. " Wonderful words that evoke the common good and equal dignity of living beings. In our Western world, prayers are ignored or used in times of desperate need, but are recalled as a rhymes, as if practicing against the evil eye, a kind of protection against the Negative energies. In western Countries, prayer has lost its true meaning of feeling sincere emotions of peace and common good. Jesus and Buddha, two great spiritual entities, have taught men how to communicate with the Divine using the correct form of prayer, without any intermediaries, churches, or priestly hierarchies. These institutions, instead, have arrogated to themselves the role of communicating with God and transmit to the community only what could maintain their power, tampering with sacred texts for millennia, misleading the true intentions of the Divine.

The most popular orison in the Christian religion is "Lord's prayer", which is highly evocative and should be recited by feeling in every cell and atom of our bodies the emotion and the sensation of communicating with God, the great creative force of the earth, Universe, this prayer was created 2000 years ago to

get to the heart of humans and stir up emotions. If prayers are formulated with the heart, the Divine listens to us: it is said that the Dalai Lama used his prayer before embarking on his exile, the dangerous journey that led him to cross the mountains separating Tibet and India, threaten by the Chinese who sought and wanted to kill him. The Dalai Lama stated before leaving "I see a safe journey, and a sure return." God has listened to his prayers and he is still alive and active spiritually. Dear friends, pray with your heart, create your prayers, invent them, personalize it, use your words to reach the great power of the universe, you are the catalysts of peace and love in the world. A big hug. Namastè!

#### 14. Acceptance and Discernment compared to NLP

Spirituality is a school of psychology in order to communicate without conflict, respecting oneself and others. Reflect on the term acceptance which is at the basis of interpersonal and family relationships. By accepting oneself and the character diversity of others, we can communicate effectively with each other in the mutual respect of divergent opinions and temper diversity. Another marvelous term is discernment, a word scarcely used; its usefulness is in critical and conflicting situations between individuals, with discernment no criticism or judgment, but a diplomatic resolution of violent verbal confrontations: in practice if I can not communicate with you that are an energy against mine, I bless you but I take another road avoiding the clash. Spiritual education is opposed to NLP. NLP was born in the early 70's by the collaboration of four luminaries of communication and human psychology, their names being: the linguist Yohn Grinder, the psychologist Richard Bandler, family therapist Friz Perls, the world renowned hypnotherapist Milton Erickson . NLP (Neuro-Linguistic Programming) is the study of human potential. It is a neuroscience that analyzes various levels of individual behavior and communication, intrapersonal and interpersonal relationships, as well as cognitive processes based on behaviors, thoughts and emotions, and nonverbal communication, body language. NLP also associates visualization and coaching activities, motivational courses to achieve great professional, financial and sporting results. With NLP we have a manipulation of reality (their slogan is mind lies!) to get great energy, to be able to accomplish the result successfully and with the least effort. These courses are widespread in every field of work, in poor words we are targeted and manipulated to consume and spend. These people change, through their NLP and motivational courses, their perceptions of reality so to be able to control and manipulate others and achieve success in their work, in politics, i.e. the Pope for new proselytes, or in high finance, but they are themselves victims of this inhuman system of reprogramming their minds which will have a momentary reinforcement of the Ego, apparent more confidence in themselves, but as a counterattack will lead to anxiety, fear of being manipulated in turn, and insecurities coming from their damaged subconscious . Reflect my friends before reading or submitting to NLP courses. Spirituality helps communication without harm, so freeing and desisting is the fundamental spiritual principle in the respect of others and of one's own soul, which is opposed to the NLP that is the triumph of the ego, control, falsity and manipulation of others. Sincerity and ethics in our work, this will be the new era of the common good. Namastè!

## 15. Joy

Today I am full of joy to live! Joy is an inebriating sensation, born from the awareness of existence, from the acknowledgment of what has been given to you.

You can experience the joy of flowing your thoughts like a stream, creating no resistances or dams that can divert water, but letting them go free without pretense and without resisting to get your energies at the highest levels, without time and space constraints: it is the magic of the self, since we have put an end to judgment, to evaluation, to those irritant resistances, conditioning that makes us stupid and prisoners. Joy is like a butterfly flying, it is a dance that soars in the sky; its graceful shapes and intense colors drive the observer to ecstasy. Joy is a slave who breaks his chains keeping him imprisoned, and finds freedom. Joy is a child on a sunny day when he is caressed by his mother, when he feels the bliss of a dream, when his imagination flies up into the sky. Joy comes from a moment of dissatisfaction that generates creative force. Joy explodes in front of the wonders of nature, forests, seas, mountains, from incredulous amazement that arouses the great masterpiece of creation. The greatest joy is the awareness of our Divine self, of our soul connected with God, creator of the universe and the earth. Be joyful and you will attract people and positive situations, defeat the anxieties, joy is the flame that burns the negativities, freeing you from the low energies and fulfilling your desires. Dance and sing with joy. Namaste!

## 16. Smile and Think Positive

By the way, what is happening to our Italy? People no longer smile! This behavior is not justified, since the economic crisis should not have the power to take away our smile! I remember at the end of the 70's when I was a kid, my grandmother told me that laughing makes good blood; in that historic time we always laughed at the trivial things. In the 1980's I used to live in Tuscany, and I was impressed with the self-irony of the people who said "we go to the bar for a couple of foolish talk (bischerate: the sense of the term "let's say two nonsense" with friends and laugh). However, this goliardic and positive spirit was throughout the Italian territory, people were always smiling and positive, foreign tourists were ecstatic by the high energies of our nation; I remember places (bars, pubs etc) in Florence and Rimini crowded with people dancing and hugging, on the street everybody smiled in good mood. I remember laughing to ears among friends when we talked about the events and stories that we had lived in the past. Like the mythical cynical philosopher of ancient Greece who lived in a barrel between 412 and 323 BC at Sinope and Corinth: Diogen came out with a lantern at night and said he was looking for a man; if he had lived in Italy in 2014 ad, he would have said I look for a smile.

I went to Tanzania in a Masai village eight years ago: those indigenous peoples that Western societies consider uncivilized and wild, can teach us the sense of life, they just have huts made of straw and dung, they raise livestock from which they get milk and meat, they have enough to survive, they are happy and always smiling, ready to socialize, joke and laugh from their heart. What afflicts so many people and prevent them from smiling and rejoicing? The

obvious explanation is compulsive and obsessive thought in the Italians' minds, fueled by the media that give priority to negative news. When I meet friends or acquaintances, I try to transmit some positive energy, without succeeding; their pain emerge from the expression of their faces, where the smile is dead for years. Even children living in popular neighborhoods have a sad lump, we have come to the national genetic mutation, all these negativities are fueled by power, corrupt politics and the mafia. Sadness and poverty are fueled by a pernicious perception of emotions and inner resistances that the power daily inoculates inside us like a virus through the media, we're intoxicated by low energies. The remedy for all this melodrama is within us, do not seek remedy out in the physical world, but within yourself, your soul and infinite wisdom; you should isolate for 10 minutes, display images of your happy past, bring positive emotions into present moment and place and feel them inside, then make a big smile, take a selfie, as that nice smile is you, your true self.

Every time compulsive thoughts come off as you look at the photo, this hint will remind you to smile several times a day. Smile therapy has brought health benefits, regression of serious illness, and healing in a short time. Smile boys, you will convey pain in joy. Namastè. I send you my embrace!

## 17. Optimism and Happiness are humbled by your Beliefs

When I talk to people, I realize they are conditioned by their beliefs, they impose rules, and deny themselves any form of success and personal fulfillment. They do not deserve the economic well-being, they are sure that life is represented by extreme suffering and sacrifice with the least satisfaction. A gray and hazy world. I want to dispel these heavy beliefs, I want to disobey the negativities, I want to see the famous half full glass. Optimism and happiness, these two words are considered blasphemous; I had the occasion to talk to my friends, about my new projects with optimism, but they had a negative reaction, saying that if I do not take into account the very harsh reality I will be disappointed because the hopes of carrying out dreams are almost equal to zero. They made me feel like an unrealistic overambitious, almost a mad visionary. But what happened to people? They seem to be living in a horror movie, they reminded me of the famous film Nightmare of 1984, where the Demon Freddy Krueger terrorized the boys by taking away any positive and optimistic thought to bring them into the darkness of their fears. Being optimistic is an extreme form to simplify life, it is not superficiality, but positive energy that drives our imagination on the highest peaks, being optimistic is having the courage to dare, is a challenge to seemingly impossible goals, it is the absolute certainty That miracles exist. From optimism comes happiness, fulfilment and total satisfaction of every aspect of one's life, the ecstasy of ego, the magical union between mind-body-spirit. In 1912, in a book by Christian D.Larson, "Your Forces and How To Use Them" for the first time in "The Credo dell'Ottimista"(optimist's belief) appeared. Read and think: "Promise yourself to be so strong that nothing will disturb your mental peace; to wish health, happiness and prosperity to all the people you meet; to make all your friends feel that there is something in them.; to look at the bright side of all things and to make your optimism come true; to think only of the best, to engage yourself only for the best and to expect only the best; to be happy

about the success of others as if it were yours; to forget the mistakes of the past and to strive for greater future achievements; to be always cheerful and to give a smile to every creature you meet; to spend so much time on your improvement that you do not have time to criticize others; to have a good opinion of yourself and proclaim it to the world, not with great words, but through great actions; to be too big for worrying, too noble to welcome anger, too strong to be afraid and too happy to allow them to create problems; to live believing and trusting the world is on your side, as long as you sincerely follow your best part. " After this wave of Divine Oxygen, I advise you a positive and optimistic approach to the affairs of your life, you will have tremendous advantages and you will always be victorious. A big hug. Namastè!

## 18. Poetry: Means to Oppose The Power

What is poetry? Poetry is a word derived from the ancient Greek poiesis which means Creation, transmits emotional and powerful minds: it is a means of rebellion in power. Dear Guys, here is the reason why poetry is neglected at school, and it's "necessary" to study technical subjects considered practical for a future job. Poems are bothered as inconclusive as born out of the thoughts of sick and suffering men. This is the usual trap of power that in the end comes out to be monotonous and ignorant. In 1860, in France, a new poetic literary current emerged: it defined poetry as a means of meeting a higher reality, eternity and infinity, this group of contemporary poets was called "cursed" the so called 'maudits poets' because they were free from any political link and institutional boundary, they were outcasts from any public honor, were nonconformists who opposed bigoted society and rigid social status, represented the revolutionary thought believing and asserting that freedom is a right of every human being who communicates with his soul through poetry. Paul Verlaine wrote in 1883 the work entitled "Poetes Maudits"(maudits poets), to let known names and works of these poets neglected and censored by the literary world, whose names were: Tristan Corbière, Stéphane Mallarmé, Arthur Rimbaud, August Villiers, Paure Lelian (Nicknamed Paul Verlaine) and Charles Baudelaire (1989). The movie Carpe Diem, Dead Poets Society, 1989, features the rebellion against conformism and freedom of thought Professor John Keating (played by Robin Williams) teaches in a traditional school belonging to wealthy American class in Vermont. He brings these 'scions' to study and appreciate the works of the Maudits Poets, by teaching him the true meaning of life and freedom. I quote one of the many wonderful poems: "I went to the woods because I wished to live deliberately, and suck out all the marrow of life, to front what was not life and not to discover, when I came to die, that I had never lived". Poetry is a spiritual path going towards the unknown but at the end of the road we will find yourself and the true sense of life, the contact with the divine part that is in every human being, our soul. Another sonnet from the movie Carpe Diem (Dead poets society): "O Virgin, take the moment that flees, catch the rose when it is time, as you know time flies, and the flower that I'm today blooming, tomorrow will fade ... ". Boys catch the moment of faith and have perseverance in following it that will lead you to freedom. The power wants to bring ignorance to the masses to eliminate any positive, joyful, creative and poetic thought. The life of the submissive must oscillate between

boredom and pain; as Philosopher Arthur Schopenhauer wrote 'annihilating every energy that elevates to God and to freedom of thought'

All this negativity stimulates low and mean energies destroying the relationships between men, making them degenerate into a wretched and violent state. I give you a brother-to-brother advice, take a walk in the middle of nature and listen to the symphony of the birds, smell the perfume of flowers, reflect on yourself and on the life you are doing, listen to the inner voice of your soul and be joyful, thank for the moment of peace and freedom you are living, be aware that you are unique and unrepeatable, do not waste your life. Be maudits but living poets. Namastè!

## 19. The Gratitude

One of the many shortcomings of our dual existence, dominated by ego, is the absence of gratefulness, but what prevents us from being thankful to something, to someone, to ourselves, or to the creator universe? Someone could answer me: the economic crisis, rampant violence, international bankers, climate change, and so on. What should I be grateful for in this world full of social problems and injustices? The situation becomes very ironic and fun, dear friends, I love you! I see your materialism that has imprisoned you. You are like a chick born protected within the egg, but once he grows, the egg becomes a tight and inhospitable place, so the chick breaks the shell by his beak and starts a New life on this planet. Through this example, I wanted to tell you the hidden truth: like the chick, you have a 'beak', as you have all the ability to get out of the prison that your mind has created. If you wake up you will find that the outside world does not exist, there is an inner reality within each of us that has a great power to co-create the surrounding reality. One of the many tools the universe has given us to transmute ourselves and consequently the outside world, is the power of gratitude. With humility, when the fog prevented me from seeing reality, I thought the same negativities you think now; one day I woke up, saw the world for what it is really. Hinduists and Buddhists call this Maya fog, which prevents us from seeing the real world from the beginning of creation. A great feeling to fade away fog is gratitude, which is also a door to access to prosperity and abundance that each of us deserves from birth. Friends, begin to thank with your heart, everything we live is a divine gift, feel gratitude for every moment of the day. I wish to give you practical examples that can become part of your life: when you wake up in the morning thank the beginning of a new day of life, express gratitude for having a family, a home, new opportunities that the day will surely offer you.

Thank that you could have breakfast with milk and biscuits, then continue to thank when you are in the car while on the path to work that will be safe, express gratitude for the beautiful sunny day, be grateful to be alive and healthy, but also thank the conflicts that have given you the opportunity to grow your awareness. The chances of being grateful are endless enough, just feel your heart and the true yourself; if you are constant in thanking, your life will change magically, you will be in a good mood and whatever happens in your life you will be able to overcome it positively. Thanking will activate the universal law of attraction, bringing economic prosperity and unexpected favorable events that will enhance your life, be aware of the great power that

resides within each of you, we are unlimited light beings, have faith and good will gracefully enter your Earthly existence. Namastè!

## 20. The Awakening

I would like to deal with awakening, this moment of eternity donated to be aware of being part of the Universal One. All humans have been created by the same source but many of us will not be awakened in this life as their current evolutionary stage does not allow them to awaken and will remain in their small world bound to their body and ego, separated from 'the Universe that generated them, prisoners of their pain ampoules till death. Awakening of conscience happens many times in a traumatic way: existential and work problems come to an inhuman level, pain is overwhelming, part of the mind that contains toxic memories collapses, many of the awakened celebrities came close to suicide (Eckhart Tolle), at that moment the presence of the unformed presence within us materialize, the divine conscience, our true self, the awakened one sees his body. His mind from the outside becomes an observer of thought, he comprehends the cause of his own suffering and assumes the responsibility of all his life events that until then he did not see. He was totally unaware of the cause of problems and pain that he caused to himself and to other people. From that moment the life of the awakened one changes, he is free, becomes conscious of his Divine nature and begins a path of awareness and observation of his own thoughts, as alchemist he will convert lead in gold, negativity in positivity. The famous metaphysical teacher Joe Vitale recommends a four-stage awakening: The first stage is that of the victim who is overcome by negativity, inner resistance, and false beliefs in the family, he lives in a pain bubble that has created, feeding on suffering and failures, he is unaware that he is the slave of himself. The second phase is that of enhancement, the victim has an intuition by reading some self help books, or senses a way- out of his mental labyrinth, starts a new activity or a creative hobby, begins asking questions, awareness moves ahead, experiencing the law of attraction, he understands what he wants in his life, begins to manifest the gifts of the Divine. The third stage is to start practicing Ho'oponopono, Hawaiian mantra that cleans the toxic memories of our subconscious and turns them into Divine (sorry, forgive me, thank you and I love you). This is the stage called 'rendering, feeling, observation, enjoying and grateful for the gifts that Divine' manifests in our lives, we are spiritually growing. The Fourth Stage is Enlightened Awakening, a gift that the universe makes to the evolved souls to have the means to carry out their mission which is to help others awaken, many of them are angels in incognito who do charitable works. By their energy they bring benefits to the whole planet, through them God acts, realizing the Buddhist satori, they are all one with the whole of humanity, creation and universe. At this stage, daily meditation is a means of connecting to one's inner self and the Divine. I hope you have not fallen asleep, however if you have not had any sense of awakening or desire to do it, never mind, as you are always loved children of the universe, you will awaken in another life. Take care. Namastè!

## 21. Meditation

I want to explain to you what meditation is; do not be afraid, it is nothing heavy or boring, it is a fast means to synchronize with our own interior and the universe. Meditation will guide you step by step in this adventure that is called life. It is a great adventure for boys, we are brave souls who have volunteered to face a human experience, but materiality has diverted us from our true divine essence, if you trust what I say, you will be able to use the great power Which is within each of you, and is the great power of life itself, an invaluable gift that will lead you to the excellence of your potentialities. You will get what belongs to you as a right from birth, namely abundance, prosperity, love and joy. Meditation is a striking medium that guides us towards the matrix of the consciousness of our inner self, the awareness that comes from the Divine connection. It will make us understand the difference between personality and character, which we mistakenly consider two aspects of our ego, or even one as consequence of the other. Instead, they are not at all like that, they are even in antithesis. The etymology of personality comes from the Latin word person, it was the name of the mask worn by actors in performances. The etymology of character shows that it derives from the French word caractère that means essence of the soul. If we follow our personality, we will never be ourselves, since it has been formed by family beliefs, the constraints of society and religions.

Personality is fragile and emotional-related to habits and phobias, never sincere but reciting a mediocre script that has already been written and played indefinitely & compulsively. When the mask of the actor of our personality falls, the true character is revealed, the true oneself, free from any dogma, follows intuition and creativity, the excellence of his potential. By meditating, we empty our minds of negativity, let go to our true self, our true character. Therefore meditation is personalized, there is no standard for everyone, we can use our words to communicate directly by asking to connect with the Divine One; our inner prayer must be original and personal, the secret is to practice it every day for 10 minutes in a quiet place of our home, possibly in the morning just awake, better not to procrastinate, trying to practice meditation constantly every day, we will succeed in entering the energy flow of universe and our lives will change.

It will circulate positive, generous and loving energy, we will do good to ourselves, to our loved ones and to the whole planet. An informal practice of meditation is to empty our minds by doing what we like, such as riding our bike, smoking a nice cigar in complete tranquility, dining with friends in full cordiality, walking in the middle of nature by mingling with it, to transform everything we like and get us pleasure into meditation. Dear Friends, the universe does not give us the standards to follow, if we work well and positively, and focus our thoughts on unconditional love to all of our own kind, it will reward and protect us, remember that we are the children returning to the Father after a long absence. Have faith. Namaste!

## CHAPTER 3

-Universal laws -

## 1. We are unaware Children of the Universe

We live in a technological era, Japan and the Usa have created robots and drones that one day will replace man in so many tasks. But unfortunately we are primitive in spiritual evolution, we see God as something external to us, a distant and intangible entity, far from human suffering. I want to challenge your disbelief and lack of faith tonight. Believe it or not, the whole humanity has a unique origin, we are all stars' children (like the namesake song by A Sorrenti), the trillions of molecules, electrons, neutrons and atomic particles of which our body is composed come from the universe. It is not an empty cold space, but it is alive and has great intelligence and awareness of itself. Religions labeled it by the name of God, the universe is connected to the whole creation, to the galaxies, plants, air, water to the smallest grain of sand, with us and our thoughts. We forgot that we are part of the universe, even we are one with it, our Higher-self expands towards a universal intelligence, we are part of the universe, we are the divisions of divine energy on earth, we are its children.

We are souls lost in the illusion of 5 senses and the logical mind, we forgot we are the ones who create our reality, we are so lost that we have given up to question the true meaning of life. Our spiritual naivety has created the false belief that we came to earth to survive and suffer. We believe we can manage on our own, having everything under control, creating unimaginable disasters. The universe is so benevolent that it accepts our free will without hindering us. We have been created to have prosperity and abundance, we are part of the universe, if we ask it will fulfil our desires: our thoughts are energy transmitting to the universe portal, which creates through us. Only through knowledge and awareness of this power we can get what we want, but the false beliefs and material resistances of logical mind make us desist from this enterprise, labeling these universal truths as foolishness.

Imagine how many things you could obtain with faith in the universe, channeling, through your Higher self, its creative energy. The universe is benevolent to you, you just have to direct your desires and thoughts and have confidence in their manifestation; remember we are not alone. Remember the words of Jesus "... so in heaven, so on earth ..." but unfortunately the primitive spirituality and false beliefs, misled by religious power, deprive many people of true power, relegating them to slavery and poverty. Many human beings in the world have embarked on the spiritual path towards true awareness to discover the Divine living in the true self.

I am optimistic about the result since by their example they will awaken other souls, and word of mouth will change the world.

I would like to point out a very interesting book that will make you take a small step forward in your awareness. It's written by Mike Dooley's "The Art of Making Things Happen" ; he is a spiritual master living in Orlando, Florida.

Dear friends, the crisis has been invented to subdue, so you have to awaken your true self, read, expand your spiritual knowledge, desire the good in your life, listen to the true self and you will be free and in peace. Namastè . I embrace you all!

## 2. The Law of Attraction

Now I'll talk to you about the law of attraction. I think it happened to you, throughout your life, to comment on your very lucky friend who, whatever touches, turns into gold, in any field, work, love, family, health, and so on. Surely ! It also happened to me !, the most common comment:

How can he have all this luck, if he does not any have great intellectual, work, or professional skills? And other less gratifying comments for those who do them. Here's that person who has unknowingly put into practice the law of attraction; there are people who have inherited these qualities of positive desire, even though they have never deepened the subject. Keep thinking: in the most difficult moments of your life, a negative event creates a dramatic chain of problems, and your thoughts become more negative and more negativity materializes. Most of people blame the casualty and then the misfortune. But it is not so: what we mistakenly called misfortune or luck, is in fact the implementation of the law of attraction. You must be very careful with wishes or desires and then with thoughts arising, since the Law of Attraction is a physical law and gives positive or negative response to your thoughts, materializing them in your reality. In practice, if I feel wealthy, so I have riches within me, the law of attraction will materialize wealth and economic well-being and abundance, while if I have poverty and misery within me, the law of attraction will materialize increasingly difficult disagreements, So we have to focus on the effect of "feeling rich inside to determine the corresponding cause , therefore wealth"

Even spirituality provides a response to the law of attraction; remember the words of Jesus in a parable of the gospel: those who have it will be given, those who have not even the little will be taken away

In Quantum Physics, we find a scientific answer to the Law of Attraction, which I summarize in a few words: Quantum Physics studies the infinitely small, the worlds of atomic nucleus, the sub-atomic particles or quanta that react to the observer or better which change if submitted to 'Energy of thought. The concept of thought, like energy, is the great evolution of quantum physics; practically it is not brain that creates thought but thought that creates brain: the effect creates the cause, so it overturns Cartesian law of cause and effect, as well as centuries of mistakes that humanity has paid in suffering and in social inequalities. The law of cause and effect also determined people's desires, so the poor one had to think and act as poor and those of the rich caste were authorized to think as rich and to benefit from other riches. Abundance and wealth are within reach of all, as gift of God, but thanks to the energy of our thinking(positive desires), we attract them.

Dear Guys, change your way of thinking and focus on the effect, by displaying joy and gratitude to God within yourself, while your desire is fulfilled. My big hug and positive energy to you all! Namasté

## 3. Abundance

April 25th, 1945 is a very important day for our nation, the Day of Liberation, the end of World War II, the beginning of the rebuilding of a nation in debris. On June 2nd, 1946, the beginning of the Italian Democracy and Constitution, with the first President of the Italian Republic, De Nicola, and the first President of the Government, Alcide De Gasperi.

Alcide De Gasperi, founding father of our Democratic Republic, in 1947 at the United Nations was a spokesman for a nation reduced to rubble by the war and fascist dictatorship. With humility and dignity he gained to entry into the Marshal plan and the resulting loan that allowed the economic recovery of the nation: in 1960 it brought abundance, wealth and industrialization, enabling us to enter the top 5 economically and socially evolved economies in the world. Abundance and common good for everyone, evolution and progress. How do we create abundance? Our planet and the universe are overwhelming with abundance, but the difficulty for human beings is the acceptance of abundance, it may seem like a paradox but many men have inner resistances and believe they do not deserve wealth and abundance in their lives. We have been programmed (like PC) for the last 400 years to believe in scarcity, that abundance is limited, being not for everyone: just thinking of getting it makes us feel guilty, due to its limitedness and consequently we reject it. The strengths of our subconscious have been programmed and strengthened by the powers (Religions, High Finance and Politics) to feel we deserve no abundance. Another negative endurance is to envy the abundance and richness of others, causing a rebound effect of poverty; being happy of wealth of others, would expand wealth bringing benefits to those who are not envious and therefore commonly shared.

Another common resistance is 'money is dirty, damaging, taking to damnation'; on the contrary, the right way to think is: 'money is a means to create well-being and abundance, money should not be accumulated in compulsive saving but spent and enjoyed.' We must begin to think positive, relax and discover the pleasant feelings of well-being, serenity and freedom when we are in this state of grace, to see improvements and abundance in our lives, everything will happen without struggling, abandoning to prosperity and wishing for good in our own life. If you relax you will have new creative ideas, job opportunities or even create a new job. When you align your positive energies, abundance will be inevitable in your life, it will be part of yourself and your existence. Are you ready for this trip to abundance? Along with feelings of peace and love for God, you will find the energies to persevere in the abundance you deserve. Greetings. Namaste!

#### 4. Let's learn the Ho-Oponopono

Here we're exploring Ho-oponopono, an Hawaiian healing practice of healing: ancestral ho-oponopo was practiced by the ancient Kahunas or shamans, who were the only ones authorized to practice this mantra, they were called by the families to resolve the conflicts and grievances among family members, as well as psychiatric problems. The meaning of the word ho-oponopono is. "Put things in place." In 1980 a woman, Kahunas Morrnah Simeona, spiritual holder of the IO foundation, (I) revolutionized Ho-oponophono's practice, making it a personal practice of cleaning the toxic memories of our subconscious. She turned this ho-oponopono transmutation practice from a group practice into an

individual practice: the only person present in the healing is you. In practice, the human being is guided by three wills: conscious I or ego, subconscious or inner child, and the Spiritual Higher Self or Super conscious.

The conscious ego controls only 2% of our thoughts, only 40 bits per second, while subconscious or inner child 98% of memories of our brain, 11 million bits per second that are impossible to control. The super conscious is the our true self and is connected with the Divine but is concealed by toxic memories of our subconscious. By the ho-oponopono practice we reset the toxic memories that prevent our personal achievement and realization. These memories are composed of rancor, resentment, guilt, anger, fear, thoughts that prevent a happy and prosperous life. With the mantra practice "forgive me, I'm sorry, thank you and I love you" we invite our inner child to let go these harmful thoughts that will filter, through our Higher self, to the Divine that will delete them. Cleaning occurs when our three 'Selves' (Ego, Inner Child, Higher self are aligned, collaborate in resetting toxic memories).

I have given an explanation to the cleaning process, but no matter how it works to be effective, it's important to practice the mantra every day, take 100% responsibility and have faith in God that will release us from these damaging memories. Dr. Hev Len was a student of Kahunas Mornah Simeona from 1983 until the death of Simeona in 1992. Dr. Hev Len practiced Ho-oponopono in the Hawaii State psychiatric hospital from 1984 to 1987. In summary, Dr. Len was able to heal all the violent minds of the hospital in two years; many of them have found job and wife. Dr Hev Len had no contact with the patients but read their medical records, then assumed 100% responsibility for having caused, through his memories, their suffering, then asked for forgiveness, say sorry, thank you and I love you. Working on himself he healed the patients. The healing miracle of ho-oponopono is astonishing but the basic points of practice need to be respected: "Do not use rationality, only faith, do not have expectations for result, only wish the best for all the people involved. Hev Len simplified the practice and reduced it to two basic words to clean up "Thank you and I Love You", as love and gratitude are the most powerful feelings of the divine creative force.

The main purpose of cleansing is to get to zero, to purity that we first had, at the zero we are connected with the Divine, we have zero limits, we are light, we are the "I am". Come on boys and girls, then let's clean all the trash accumulated in this and other lives: Forgive me, I'm sorry, thank you, I love you; this practice will bring love and peace in your life, facilitating the law of attraction and the fulfilment of your desires.

Ho-oponopono in sentimental relationship is very effective, because it cleanses false beliefs about love. Most humans confuse infatuation with true love; in fact, many find themselves living in relationships full of anxieties, confusing a moment of pleasure with true feelings, imprisoning their heart in an insane affection by projecting on their infatuation an image of ideal love that does not correspond to reality. The attachment to toxic relationships is generated by wrong memories of false beliefs we draw from our family life and the environment in which we live. We believe we can complete ourselves with someone outside us, but we are already complete. If we love ourselves, we can love others; in fact, if we take 100% responsibility, we love ourselves and let go all shared memories, we can therefore attract love in our lives. We must de-programme ourselves from the thoughts that lead us to get approval, to be praised, considered, flattered, accepted by our partner, since once we get

these things we will not be satisfied, love must be found within us. Ho'oponopono can also be used to a specific person, reciting the mantra (sorry, forgive me, thank you, I love you) for 10 minutes with a picture of this person to cleanse shared memories without expectations, although the results are striking.

Dear Friends, True Love can not be cataloged or programmed, true love is a wonderful feeling of peace, freedom and happiness, true love is lightness, a silent presence that does not need words, is a dream where our being rejoices, a place where the sun shines, love is unconditional and does not want a reward, it is the real secret of our life, its true meaning. My hug. Namaste!

## 5. Imagination and Dreams.

While we reflect on the term Imagination, I want to talk to you about the greatest genius of the twentieth century, Albert Einstein, (1879-1955), and his theory of relativity, the new concept of space-time and the famous equation  $E = MC^2$ . With him, the atomic era, with fission of atom began. Unfortunately, this revolutionary discovery was used for war purposes in Los Alamo to build the first Atomic Bomb. The United States of America ruled by President Roosevelt used it in World War II against Japan at Hiroshima and Nagasaki, causing 150,000 deaths, the second Holocaust after the one perpetuated against the Jewish people by Adolf Hitler. Reminding those criminals, my heart bleeds for pain. Albert Einstein revolutionized Classical Mechanics whose fathers were Niccolò Copernico (1473-1543), Galileo Galilei (1564-1642), and Isaac Newton (1642-1727), and whose discoveries, two and a half centuries later, allowed man to reach the moon .

After this short summary on the greatest genius of all time, even after his death, 300 scientific discoveries were made. I want to tell you about Einstein (German Jew) as a modest, humble and spiritual man. As a boy, he opposed the very rigid Jewish Religion that gave the Bible a very misleading, one-sided and factious interpretation, perverted by their bigoted traditions and incorrect translations of the Sacred Texts.

Albert E. followed the philosophical-theological current of Benedict Spinoza (1632-1677), a Dutch philosopher of Spanish origin, describing God as the creative power (spirit) of the universe as well as the earth and men in direct contact with good energy of God through the soul, without religious intermediaries, their dogmas and their superstitions. Albert Einstein was a dreamer, had the mind of a child and said, "Imagination is more important than knowledge. Knowledge is limited, imagination embraces the universe and wonders God has created! Albert Einstein stated, "by virtue of imagination I relate to God who points to the physical laws that rule the universe, in order to advance humanity." Dear children, we live in a society that obliges us to obey an alienating and unfair system destroying the imagination of the child who lives inside us by judging the illogical and unrealistic imagination, getting our soul asleep in spite of connecting it to God by dreams and self - imagination. This damage has been perpetuated over millennia by religions and kingdoms or governments, to prevent our direct dialogue with God; the one who could

dream like a child was humiliated by society as a crazy mental retarded: a systematic resetting of our Divine energy by evil that uses materiality and the 5 senses as a deterrent against the true self. The world of imagination is like a transparent and deep lake, fueled by the rivers of our emotions, physical sensations, experiences and thoughts. This seemingly illogical world is precisely the link with the Divine that allows us to wander away from physical senses and explore other kingdoms. True imagination flies into unexplored worlds where God's messengers angels accompany us to find that sleepy creative energy that evolves and improves the true divine self, the true ourselves. I recommend you to dream, boys! Namastè . Big kiss

## 6. To Be or not to be. This is the Problem of Humanity.

Now we are concerned with a great existential human doubt, the Hamlet's doubt that will lead us to discovery of the true sense of life. William Shakespeare wrote the tragedy of "Hamlet" between 1600 and 1602; in the third act of Hamlet, speaking to the skull of Yorick, court jester, acquaintance of his childhood, begins his talk with the sentence "to be or not to be, that is the question! " With this phrase William Shakespeare wants to tell us the real sense of existing, of being, of being me! Have you ever wondered why there is the term human being? We have a part which is non-material and spiritual, and the material human part that has an ego. We confuse material body, our ego and our mind with our 'ourselves', our personality what makes a sense to our lives. On the other hand, we consider the non-material being as an irrelevant, almost non existing, part of us. Here is Hamlet's doubt about being or not?

Centuries of unconsciousness have handed us this false belief. We are spiritual beings in a material body and mind, the opposite of what history has taught us. Our true being lives in material body and is endowed with a universal intelligence; the material body one day will die and decompose, but our true being is immortal as part of the whole, created and connected with divine energy. We are not our mind, we use our mind as a practical means of creating and working; the true being, the true self, we are the true essence of life, our true personality. Unfortunately, most human beings are unaware of this universal truth, in fact they live 'owned' by an egoistic mind that feeds on conflict and suffering. The whole planet suffers and is destroyed by the paranoid mental confusion of the collective ego. If you have any doubts about your materialism, I invite you to make a trial to meet your true presence: go into a secluded woods breathing deeply while watching everything around, plants, insects, birds; Pause in the interior of your body by breathing deeply, you will experience vibrations for a few seconds and an endless sense of peace, detach yourself from the temporal space of past and future that condition your egoic mind. Think of the present moment, now, breathe deeply and you will come in touch with the vibrant energy of your true being and you will perceive presence in the present moment, a peace and joy of being, you will not feel your ego conflictive pain: ego lives in the past and in the future, it does not know the present. I recommend reading Eckhart Tolle's books "The New Era" and "The Power of Now". Many will change their vision of the world and the setting of their own life; try to believe .... Awaken Friends! Namasté!

## 7. Victims are Executioners of Themselves

Look at your thoughts, do not let them go with autopilot. Our true self is not identified with our thoughts; the awareness of content of what we think makes us free. With this foreword, I want to start a very delicate subject, concerning our unconscious part, yes, it is the great container of human suffering. I want to ask you a question: are you victims of the events of life? I think the answer is affirmative! We all feel victims; others are always guilty, we are like poor defenseless children in a cruel world. Victimhood unfortunately is part of our lives, but if we commit ourselves we can remove this damaging memory to develop our existence. During our lives, many events or things hurt us; the main causes are to be sought in family environment during growth, then failures, frustrations in study, in work, in couple relationship and friendships add the burden. Once our memories during our growth are damaged, we become unconscious actors of a dramatic film we project on the screen of life; unfortunately until we become aware of the causes of our victimhood, we will continue to project this film infinitely by committing the common mistakes. Many human beings do not realize them for the duration of their lives. Being victims is really damaging, since the victim blames himself and the others of his human failure; in our media society, we are all victims of economic crisis, climate change, family, neighbor, work and so on. This attitude does not show any way out to the victim who will destroy himself and everything close to him; so grudge and resentment will increase conflicts with himself and others. But there is remedy for everything, guys; try this self-analysis method, write down on a sheet all the reasons why you feel victims and events related to third-party that you feel have hurt you. After having written that, read it, accompany reading with a deep breathing to relax mind and body; after reading close your eyes and say "I let go these past memories of which I am 100% responsible, I do not need anymore, the past doesn't exist anymore, let them go now". If you repeat this practice once a day, it'll free yourself from victimization, gaining consciousness of your thoughts. At the same time, join this practice together with another: write down all the activities you are good at, or you are fond of, give yourself a pouch on your shoulder, say that you deserve to be in your life to express your maximum potential, then work for a job or start an activity in what you are good at. You will gain confidence and act positively and enthusiastically towards the achievement of your goal. Last tip, use well every word: trouble will be called opportunities; do not complain if you feel pain, and say that you are lucky because pain wants to tell you something; instead of pointing out that you have enemies, say that you have so many good friends; changing the use of language will project you into a conscious positivity that will transform your life. I suggest you read the books by master Joe Vitale, who has lived 15 years as homeless in Dallas: he was a victim of society, but changing his mental attitude he became a successful entrepreneur. Namastè!

## 8. Fitness Helps Energy Fields of Our Body: chakras.

Tonight we are interested in psychophysical well-being, our body being a great electromagnetic transmitter connected with the universe (God). As Indian and Buddhist spirituality teaches us, we have seven energy centers in our etheric

body called Chakras, located at the neuralgic points of our vital organs, channeling the subtle energy of the surrounding environment and cosmic energy. Chakras are vortices of energy and each has its function, both energetic, emotional and mental, as follows: 1 Root, 2 Sacral, 3 Solar Plexus, 4 Heart, 5 Throat, 6 Third Eye, 7 Crown. Chakras are able to transform the primordial energy called Prana into frequencies necessary for development of physical body. Aura derives from the seven chakras: it is the electromagnetic energy vibrating around physical body. If chakras are damaged or blocked due to stress and precarious physical conditions, they can cause serious emotional, mental and physical health problems. Fitness promotes circulation and good functioning of heart and other internal organs, coupled with a moderate and healthy vegetarian diet: these help keep chakras efficient with the consequent energy channeling in all vital areas of ethereal and physical body. Modern gyms have also combined fitness with meditation and related activities such as Yoga, Tai Chi Chuan, Pilates. Spirituality coupled with fitness was successful and effective for a healthy functioning of the axis "Mind, Body, and Spirit." The obscure part of the perfect body obsession, the compulsive egoic behavior that media propose with extreme examples of physicality, inevitably lead many people to psychological harm driving people to anorexia and bulimia or self-destructive madness and inability to accept their image that will always be inadequate to the standards (fixed by media). I recommend fitness combined with spirituality to have high frequency energies that will nourish your nervous system and keep your vital organs healthy. Namastè!

## 9. Bach's flowers

Edward Bach's was born in 1886 in Birmingham: he was a physician specialized in the immune system. In 1918 he started homeopathy studies, recognizing in Herbs there is a natural healing remedy donated by God. In 1932, he discovered 38 flowers endowed with curative properties, of which 12 were called healers, 7 helpers, and 19 assistants. These flowers, and their astonishing curative properties, were called "Bach flowers", after the name of their discoverer. These flowers served for the treatment of nervous system disorders as well as physical and psychosomatic disorders caused by anxiety, depression, stress and panic attacks. This revolutionary discovery has helped and still helps many people avoiding dependence on psycho-drugs.

These flowers were distilled through two different methods: sun method and boiling method. The sunshine method consisted of macerating the flowers in 300 ml of Welsh source water for four hours under the sun's rays: the beneficial vibrations of flowers radiate into water then diluted into brandy. The boiling method was much faster as flowers were boiled for 30 minutes in a porcelain pot with water from Welsh source and then extended with brandy.

With personalized interaction of various flowers, various homeopathic problems were treated and healed by the homeopath, collaborating with the patient with a conscious and unconscious self-analysis. Each flower has its curative property that *combined with other flowers* brings benefits to patient, carrying out his emotional balance. Rescue Remedy, so called by Bach, was the interaction of five flowers that were used in dramatic emergency situations, in severe cases of anxiety and panic attacks with consequent fainting. This therapy was successful and enhanced Bach's research that was divulged all over the world.

In 1932 he founded the Bach Center in Mount Vernon, Oxfordshire, where he conducted research on healing properties of the 38 flowers. Even today, the Bach Center continues its research with various homeopathic scientists using these flowers, barks and water from the Welsh sources; their distillates are widely disseminated and used as an alternative to harmful psychiatric drugs around the world. This great English shaman at a presentation of his curative flowers said: "Health is our right, it is harmony between mind, body and soul, easy and natural to reach with the flowers and herbs that God has given us."

In Italy, we have 2,600,000 souls afflicted by depression and anxiety. Our economic crisis has caused the rise of this obscure disease, suicides and family tragedies are really frequent.

Drugs are not the remedy, dear friends, so work on yourself with spirituality, get help from a homeopath, Bach's flowers are a divine gift to be tried as you will not regret it

## 10. The Law of Resonance

The universal laws that rule creation are mathematically correct. Creation of matter and life is generated by energy which has a vibrating frequency; vibration field vary in its intensity and frequency. Human beings are also interconnected to vibration energy fields: "like attracts like", but many of us are unaware of this physical phenomenon; so many times we complain having been unlucky, or attracted a particular situation or a particular person by accident, or we blame it as bummer . But it's not about bad luck but vibrating frequencies. Our body 'emits' an energy field, this energy attracts people or things that are on the same frequency, in the same way that we tune in with FM radio stations. The universal law governing these phenomena is called e law of resonance.

Dear friends, we resound and attract to us exactly what we are at a vibrational level, our soul has chosen an evolutionary path, in fact sometimes it seems to repeat similar events and situations infinitely. Do not get confused! This obligatory passage, though unpleasant, will take you to the purpose of your existence.

Resonance law acts and interacts with our degree of conscience: when our soul evolves to a state of superior consciousness, our vibrations also rise, vibrating to a higher state of energy, consequently we evolve and attract better situations which are more rewarding. I summarize an episode that Eckhart Tolle describes in his book 'A New World'. Tolle tells about the period he worked as a counselor: one of his patients, during the session, told him about negative episodes of her life. Tolle himself said that the air of the room became heavy, full of very low energies and vibrations; in fact, he opened the window to air the room; 10 minutes later, he had a coffee at the bar under the office, and witnessed a very violent argument between the waiter and a client. Tolle was astonished by the episode in coincidence with the energy that had left his room after the session. In brief, his patient's energy had resonated with vibration of the bar client causing that excessive reaction towards the waiter.

Tolle describes the episode in a spiritual way, being a great spiritual persona, as a confirmation that we are all interconnected, and the like resonates with the like.

An economically devastated nation and a very low state of consciousness have led to collapse of collective vibrational field, all of the Italians think negatively, contributing to the progressive economic and social decline of the nation; in practice we resound and attract more disagreeable collective situations. Resonance never fails. Friends, try to change your way of life and think, otherwise chaos and disharmony will smash us. Namastè!

## 11. Coincidences

Dear Friends! Life is a hidden miracle, concealed by our ego and rationality. But what happened at the beginning of time? What are we really? Our rationality does not have a clear answer, only the new spirituality and quantum physics are collaborating to give us answers and are revealing hidden truths. However, it does not matter being atheists or spirituals, I am sure that each of you has lived one or more coincidences in life, an unexpected encounter, a phone call from a friend who has not met for years, a job ad on a magazine read by chance at the hairdresser etc. How many events have you had in your career, love, or improvement of your economic well-being, these fortuitous or miraculous events are 'the coincidences'

You have unknowingly lived them without paying attention, but coincidences are reality, they are messages that come from the non-physical dimension that materializes our intentions, the aids that come to us unexpectedly to make us evolve.

To better realize what coincidences are, we have to understand the three levels of existence. The first level of existence is physical, we experience three-dimensionality by our 5 senses, linear time, we experience the cause-effect law, our bodies, animals, wind, water, gas, earth, molecules and microbes, birth and death.

The second level of existence is quantum, it is not solid, it consists of information and energy, it is not perceived by our five senses. The 'elements' composing it are: ego, our thoughts, imagination and our 'self'; material world is a subset of physical world; everything that appears in the physical world is composed of information and energy. The famous equation discovered by Albert Einstein  $E = mc^2$  is a practical manifestation of interconnection of these two levels of existence. In the physical world, by our five senses we can not perceive atoms, electrons, particles and energy waves, as they vibrate at a much higher frequency; the particles move at the speed of light, it is impossible to see them in the physical world which vibrates at a lower frequency. In fact we perceive an illusory solid reality.

At quantum level, energies vibrate at different frequencies, which we consider as solid objects, but all of us are part of a single field of collective energy; if we can perceive what happens at that level, we will find ourselves floating in an immense amount ('a huge soup') of quantum energy.

The third level of existence is virtual or non-local, it is constituted by universal intelligence or conscience; this is the field of maximum potential and infinite possibilities. This level is not physical, it is not quantum, there is no space and time in it, it can not be confined or delimited to a place, it is not out and not within us, it is nowhere, it is simply. The non-local spiritual kingdom is the organizing force behind all things. Non-local intelligence can be found anywhere at the same time, and can cause simultaneous multiple effects at

different locations. A virtual kingdom where every aspect of the world and the universe is synchronized and organized, this is the source of human coincidences, if we can live on this level, every desire is fulfilled instantly.

The coincidences arise from our intentions; to easily manifest our desires we must empty our minds from the self-invalidating thoughts of our ego, in order to connect with ourselves: the best methods are meditation and sutras. Meditate for 15 minutes a day, focusing on your breath, the air you breathe, and the air you exhale, this will favor the emptying of the mind, if your thoughts come back, insert a sutra. The sutra is a mantra that has a precise meaning, it is an intentional connection with the soul; sutra messages are simple to give you an example: (imagine that everyone is the reflection of yourself. Imagine to look at the universe and imagine that others reflect the qualities you most admire in yourself.) I recommend Deepak Chopra's meditations, a great spiritual master where you can learn sutras to be used to communicate with yourself and fulfill your desires .

I wish you the best, dear friends. Namastè!

## 12. Money and us

Have you ever asked yourselves the question, what is the money for you? As a child I had a steel piggy bank with combination and key, it was a small deposit of Paperon De Paperoni (Scrooge McDuck). I was very passionate about the characters of Walt Disney, but despite his stinginess I was fond of Uncle Scrooge. The only negative thing that he conveyed, was that he was accumulating money, he was not generous, but he loved money so intensely that he drew it to himself, like a magnet. Unlike Donald Duck who was poor; despite all his efforts, money ran away from him, he 'rejected' it, having a natural repulsion.

Since children do not think about the hidden meaning of the cartoon, we unconsciously absorb the emotion that images trigger, and that message for adults would have influenced us on the value given to money. Friends, with whom do you identify: with Donald Duck who does not care about money, or with Scrooge McDuck who loves money? The question may seem trivial, but it is not. If we have been conditioned by family and outside environment, believing money is dirty, money is not all in life, money is not found on trees, money must be saved, money is symbol of the devil, etc. We will find ourselves as adults as Donald Duck, trying to survive, full of debts, always chasing small wages, that do not even give us the means of subsistence.

Our image of money will be distorted and we will unconsciously reject it, so poverty will overwhelm our lives: it will become an irreversible way of thinking, a chronic illness that will manifest with precariousness and poverty. If you were born in a wealthy environment who loves money, lives and enjoys it with ease, spends it and does not accumulate it, you would be like Scrooge McDuck, attract money in your life, it will stuck to you for all your life . This subtle red line between wealth and poverty was built by the power that knew the secret of the Law of Attraction, and for centuries has spread these false images of money, to keep masses in poverty and ignorance by submitting them. But then, between the 1960s and 1990s, in the Western world, the famous middle class started to rise and the power of rich castes wavered. Then people began to get aware of the importance of money, which has to spent and enjoyed: the

evolutionary jump was taking place. It was a start of years of common well-being, and labor rights protected workers' income and their leisure in free time with free Saturdays and Sundays to devote to friends and family, a month holiday paid yearly for vacation. Everyone could buy a home, the flywheel of the economy turned, creating work and wealth for everyone. But this awareness had to get blocked in various nations of the world, the power of the egoist super-rich, including the Vatican, had to invent new world lies, to subdue and enslave billions of people: they did not tolerate the advancement of education, information, spiritual awareness, as they were losing power gained in 5000 years. And here they have invented globalization of markets, economic crisis, creating a debt-based economy. Perverse minds have brought poverty and ignorance so to get 90 percent of the world's population submissive and unaware. But they neglected an important part: the enlightened ones, who have practiced spiritual awareness and freedom, people who are elected by the universe, who are spreading the truth with their books, their seminars, blogs: then millions of people are awakening and will wake up in the next 10 years, the system of egocentric power will collapse, people will realize that we all have the same power, we have a soul connected with God, our thoughts can materialize things, change our status quo, bring abundance and wealth in the life of all human beings on the planet. I recommend two exceptional books, by great masters, Bob Proctor and David Cameron Gikandi "you were born rich" about who you really are. Namaste!

### 13. Vitae Magister Vitae

Be good to others and others will be good to you. This universal principle must be our 'daily bread'. Reflecting on the origins of every human conflict, we find misunderstanding; when we follow our egocentric ego, we do not realize that we overshadow others, give no room and attention to them, we are like theater actors playing the role of 'Hamlet in front of his father's tomb with the servant Yorick's skull, a handsome monologue with no intermediaries.

The first rule to keep in touch with others is to listen; yes just like that: 85% of people do not listen. We have the ability to learn only 20% of what we hear, but if we listen to 200 words and we think of 2000, our attention is equal to zero; people's dialogues are battlefields, each trying to cover others' voice 'so to look better and impress interlocutor, or thinking how to answer when the other's speech is over, whether you agree with him; but when you think, you did not even hear a word that person says. In this way you will end up being out of the question (of the discussion) and irritating the susceptibility of your interlocutor. Listening requires full concentration, if you address full attention to what the other person says, this will be an act of love and respect, you will be countered in the same way.

Another "wisdom pill" is to use the phrase "I'm sorry"; If you have a quarrel that is degenerating, say I'm sorry to dissolve tension by bringing peace and serenity. If you have 'enemies' on your workplace, or people who do not stand you, supposed enemies ready to hinder or humiliate you, you'll have to lower your 'self', ask for technical advice: few resist the temptation to give advice, this way you will open yourself, the enemy will open along with you, and will become your friend. Many times we think we are the only ones who have problems, we behave badly to others, but if we understand that other people

have existential problems in equal measure to ours, our understanding will be countered, peace and serenity will disintegrate any possible conflict.

Reflect: when we leave home to go to work, we enter a chain of human events; then if we are farsighted, we will take advantage of this chain of events that will give us positive energy throughout the day.

The solution is simple, be kind and smile at everybody, if you send positive energy, nobody will harm you, whatever happens (eg: a traffic jam with a motorist, the neighbor who does not greet you, a colleague who looks at you badly etc). If you are angry, you will look negatively at everything, sure that negativity will overwhelm you all day without reliance.

Last but not least, remind yourself of the existential damage caused by your parents' mistakes : you have to think that your parents did their best to educate you, did not have intentional wrong behaviors; when you get angry with the, well, think that they have done all they could based on the education they have received by their parents (your grandparents). They are unaware they caused you suffering, forgive the innocent child who always lives in them, who is hoping to do the best for you with love. If we can, each day, see love in others and forgive their irritating behavior, life will be a wonderful master who will protect us and reward us with a beautiful gift, our inner peace. Namastè!

#### 14. Creative Vision

When we think about how to make a project, our mind generates ideas, in practice through creativity we project in our mind the image of what we want to carry out; after this data processing our project manifests in our material reality. Our emotional subconscious is a very efficient software, but we have to reprogram it because it has stored toxic viruses (environment, family, school, false religious beliefs) over the course of life. Creative visualization is a technique for reprogramming our subconscious, to make ideas and dreams more efficient, manifesting them in our reality. With visualization, the universe, by the law of attraction, acts with us and through us. Athletes and sportsmen know the power of visualization; Olympic athletes train for four years displaying the time when the gold medal will be delivered to them; they see in their mind every moment of the race, live the emotions and the various stages of the race , up to the exciting moment of the podium, awards, national anthem and champagne.

This technique allows us to prefigure what we want in our mind, the most productive moments to apply it are in the morning just waking up and the night before going to sleep; consider your subconscious as a computer, which once updated, needs to process data, turning off and then restarting a new program.

I advise you to visualize the images in your mind for at least 15 minutes, experiencing any positive feelings of fulfillment of your dream. Your subconscious lives experience as real which, once displayed, makes you feel great positive emotion, manifesting it in reality.

In order to get a more effective display, I suggest you create a poster of images, pasting all the photos of what you wish, for example: a beautiful car, a trip to a tropical resort, the signboard of the business you want to open etc. . Put the poster on the wall of your room, so you'll see it when you wake up and

when you fall asleep: images boost your subconscious, making your desires real and already fulfilled, manifesting and attracting them in your life.

Dear friends, the universe wants to help you, you have to learn how to communicate more effectively with it; the results will be miraculous, try to believe, be persistent, positive, have faith and certainty that the universe is always close to help you which are its children, always remember it. Big hug. Namastè!

## 15. Free the Prophet who is Inside f You

Man is at the center of creation, he has immense unexpressed potential but unfortunately he is asleep and unaware of his abilities. We live in an imaginary world, everything we believe is created by imagination of man: we represent awareness and consciousness that make this world real and objective. If we were not aware of existence there would be only atoms, molecules and particles. After this foreword, I urge you to free the prophet who is in you. Prophets anticipated events of life using creative imagination: they succeeded in creating, in real world, what they foresaw and prophesied.

This divine ability exists in all men who just need to learn and to apply it. "Man is all imagination: God is man and exists inside us and we inside him. The eternal body of man is imagination, that is God same".

To make imagination real, in our objective world, we have to carry out intentional steps to help our subconscious work for us. If we work in tune with our subconscious, the achievement will be very fast and miraculous. We must create an imaginary story to achieve the purpose of our desire; if you have financial problems and various debts, your desire will be surely achieving economic stability. Let me give you an example of how to set up your movie, in which you will be protagonists producer / director / actor. As children you have surely imagined and dreamed of a fabulous and exciting reality. However! As our friend Jesus said, "If you want to enter the reign of heavens, be children again, be pure heart again." Jesus had suggested how to use imagination to create our reality, he had revealed to men their greatest power, but the linear mind is dull and makes the man sleeping while standing.

By the way, imaginative power is powerful and could change your life in no time. Well, let's go to practice: imagine being without problems, having a beautiful garden villa, having received a remarkable economic rent, and being ecstatic for everything you've got. All your desires are satisfied, feel the scent of freshly cut grass, the feeling of well-being and abundance, your children playing in a happy garden, focus on voices and sounds you perceive. Your wife is lying on the deck chair at the pool, smiling; you approach and tell he " we have realized our dream, miracles exist", you embrace and kiss. Concentrate on the feeling of joy and gratitude that you are living in That moment as if it were real. Get into the emotional image, be present at that moment, make sure that what is depicted in your imagination is perceived by your real subconscious. I've made an example to make you understand the intentional use of imagination, you can imagine everything you want to accomplish, imagination is a spiritual sensation, enter the sensation and perception of image using your 5 senses, be certain and confident: your faith will allow to carry out your desires. I suggest you practice 'imagination' before going to

sleep: before falling asleep you have the most favorable vibration time. Namastè!

## 16. Remembering In The Time-Space Continuum

Good evening Friends! To keep our high energies and communicate with our Universe friend, we need to analyze the concept of time that two great scientists of the past gave us in detail, Isaac Newton and Albert Einstein. Isaac Newton describes time as a constant unity, measurable and flowing the same way for all observers; Newton states that in whatever planet of the universe, the clock marks the time in the same way. Albert Einstein believes that space and time are interconnected, that planets and stars create a curve in the temporal space, the larger the object the bigger the curvature; the planet earth would cause a dip (subsidence) in time- space continuum. He then explains that the speed of light is the only constant for all observers, nothing moves faster than light. The concept of relativity of time is revolutionary, as in practice time varies depending on where we are and what we are doing; he employs an example to better explain this law: the paradox of the two twins, where one of them remains on earth, the other goes into space with a ' Spaceship and moves at the speed of light; when he returns 1 year later, he discovers that the other twin is aged 20 years: the closer you approach the speed of light the slower the flow of time. Time is relative, it is not absolute as Newton thought.

Another concept of Einstein who has opened the doors to the atomic era is that from a very small amount of mass, a huge quantity of energy could be produced.

The great masters have found that our thoughts containing love, forgiveness, understanding, compassion, sympathy, faith are small quantum particles that create our reality: originating infinitely big from infinitely small.

This is the great power that every man has: the great power of the universe acts with us through us.

After this, I want to help you understand that you all have a great creative power, you just have to direct and focus it on the objective, without getting misled by your critical ego that reject everything you imagine and dream of. Our main mission on earth is remembering who we are, since everything already exists and has been created; the memory moves the very powerful law of attraction to our advantage.

The great scholar Michelangelo, before sculpting David said: "Every marble block has a statue inside it and the task of the sculptor is to pull it out"; in some dimension of the space-time continuum David had already been carved, so Michelangelo only had to remember that in the future, Michelangelo (in a parallel dimension) had already sculpted David. Remember that there is only here and now, everything happens simultaneously, with your desires and dreams.

Remember what you want to be or have, and then let it go with joy and happiness as if it were already accomplished, commit every day as the miracle is granted. In order to generate the quantum memory you have to relax your mind with sitting meditation, or a simpler form of meditation is to walk in the middle of nature by yourself watching the trees and everything around you without thinking of anything else tune your mind only to the present moment, observe your desires, look at the images your mind processes when you dream

of your greatest yourself, play with imagination, and be happy to accomplish your desires. Customize clues, create critical evidence for your critical mind that in your future you have already achieved your wishes, then let yourself go into the immense space of faith and it is all accomplished, without resisting, let it happen, relax your mind in space-time continuum, thank the universe for the gifts already received. To unite all your desires and actions, write all that you want, imagine and remember all details of your success day, write a story about yourself that in the future, in another dimension, is already manifested, be confident and certain that everything is already done, convince your mind that everything is real, be happy and joyful for the great success achieved. The visualization of quantum desire is powerful, all the results are guaranteed, you have to accept and love ego even if it may hinder you: it will be convinced if you talk to him lovingly. In order to deepen the subject, I recommend the book "the Remembering Method", by the great metaphysician Joe Vitale. Dear friends, if we find the paradise within us, no hidden power can affect or destroy us, we have a great power, we are invincible. Always remember that, bring light into darkness, we are great, we are children of the universe. I Embrace you all!

## CHAPTER 4

- Spirituality in the present -

1. 1<sup>st</sup> of May: Workers in the Spider Web

Did you know that Workers' Day, on 1<sup>st</sup> May, is the recurrence of martyrs in Chicago 1886. Unfortunately, there were several deaths in Hay Market Square in Chicago, the police fired on demonstrators, there were several victims, organizers of the strike for the right to eight hours for workers; one year after, November 11<sup>th</sup>, 4 workers, 4 anarchists and 4 trade unionists were hanged. Before they died, they said, "The day will come, when our silence will be stronger than the voices that are now suffocated with death." Two days after their death, there was a great demonstration in Chicago, proof that the ideas had not died with their martyrs. From 1887 to today, this date, May 1st is celebrated as a holiday of workers worldwide, thanks to the sacrifice of those 12 people who had believed in their ideas.

I want to get inspired by Chicago's martyrs to talk about the rights of Italian worker. Remember our beautiful Italian Constitution, as per Art 1 "Italy is a Democratic Republic based on work ...". It seems a paradox but the first fundamental right of the Italian citizen is labour. Over the past 12 years, with the approval of Biagi law, the government has given the green light to atypical contracts, and temps or semi\_independent from which dozens of precarious contracts derive: they have incomprehensible names, denigrating workers and depriving them of all civil and human rights.

On 1<sup>st</sup> of May (2014) we must commemorate the martyrs of Italian unemployment and precariousness. We dedicate our solidarity to all the people who have committed suicide, the dead laborers in the shipyards/construction sites, all the people who have exterminated themselves and their families, all those people who live in the street like bums, all our brothers who have lost hope of today and tomorrow. Let's pray God to help these souls to find themselves to begin to love life. From this massacre many Talk Shows, with their fake solidarity, infest citizens with negativity viruses, contributing to common malaise and collective madness, becoming themselves the means of power they pretend to criticize and condemn, using against us our same thoughts. "All we are is the result of what we think - Buddha 563 bc - 483 bc." We are trapped in the media spider's web, the more we agitate, the more we stick to it.

May 1<sup>st</sup>, on this holiday my wish, my life dream, would be to see a smile on the faces of Italian citizens, the strength of hope of a rich day with plenty and positivity. Be confident in yourself, in your abilities, you will be able to see a better reality by materializing it around you. Have faith, persevere in optimism and everything will become easier, you will find a creative solution to your work problems. I have great sympathy and love for you, I hope that your soul will awaken by finding the joy of living and love for the true self, to free you from the spider's web that holds you as prisoners. Big hug. Namaste!

2. Is Revolution A Change? Make It Happen! It depends on you!

Tonight we'll analyze the greatest revolutions in history, the one of American colonies 1775 - 1783 and the French Revolution, 14th July 1789. They were almost synergistic in taking place and emulating, as great epochal and social

changes: the poor class and bourgeoisie conquered and declared the end of great privileges of monarchy and nobility acquired from birth. They drew the first draft of universal rights of man by meritocracy and law.

In Paris and neighboring provinces from 1786 to 1788 drought caused the collapse of wine-growing, heavy damage to grain fields, and the public debt of the French nation increased also due to the independence of American colonies and the consequent industrial collapse. There was an intemperate increase in taxation by the unconscious and selfish monarchy and nobility. Louis XVI doubled the price of bread, the only means of livelihood of the poor class, rubbed in commercial activities of the bourgeoisie, causing unemployment and dramatic social tensions. The ancient phrase of the Queen of France, Marie Antoinette, who expressed total indifference to the primary rights of people's survival, was "If the people are hungry instead of bread give them brioches." In that same period of social tension, an inventor, Joseph Ignase Guillotin revolutionized the capital punishment, with a very innovative patent, inventing the guillotine ( a very heavy blade flowing between two beams) which was dropped from a height of several inches on the neck of Condemned people by decapitating them so quickly that it was painless; in addition it allowed the decapitation in series, very practical and fast. The guillotine became the symbol of the French Revolution. On July 14th, 1789, the people led by the bourgeois fathers of the revolution, Danton, Marat and Robespierre, blasted the Bastille fortress and the French Revolution began. All the people were given the right to be citizens, a word that was then a blasphemy, and in the name of Freedom, Equality and Fraternity, all united they conquered the common good. In summary, from 1792 to 1794, the law court of citizens condemned and guillotined Louis XVI and Marie Antoinette, many wealthy noblemen and their protectors; there was a succession of cut heads and violence that ultimately lost the lucidity of people and bourgeoisie: even Danton and Marat were beheaded. They had been the two sons of the French Revolution, but were accused of wanting to bring the noble class back to power: by irony of fate the Jacobin (the extremist group headed by Robespierre, another son of the Revolution)executed them. Robespierre, who had the utopia of combining bourgeois class and poor class, was in turn condemned and executed by bourgeoisie who had joined the noble survivors, so to take away the rights acquired by the people and restore the monarchy. From the French Revolution, generated by great ideals "Freedom, Equality and Brotherhood" a General of the Revolution emerged: his name was Napoleon, who in 1799 became a monarch and dictator of France

Dear Friends, occurrences and reoccurrences in history of human ego; I invite you to reflect on our contemporary history, especially 2014, year of the crisis. If we really want to change and bring back the common good, we have to leave extremism and verbal violence; we must be balanced and aware, commit ourselves to a real change for the common good. I understand anger and 'moral wounds' that corruption and cronyism of the current shameless political class have inflicted with arrogance . But history teaches us that the sons of revolution are the first to be devoured, then we must make sure that our social revolution cannot be exploited by the media by creating chaos and fear, because in this way we will give strength to the power that will destroy all of our good intentions. Awareness of the past can help us not to commit the same mistakes. We do not want modern Danton, Marat and Robespierre with their

great ideals to fall again. Follow your inner guidance and change will be real and positive, common to all.

The Cinque stelle party (5 stars movement) citizens have great ideals of change, we want to have confidence and stay with them, but avoid counter-productive extremes that could get the big change fail: awareness and balance I would heartily recommend. Namastè!

### 3. False Prophets as makers of the Economic Holocaust

Today I will talk about a social and economic theme that is disintegrating our wonderful nation. I want to start with the synthesis of a famous 2006 movie "V for vendetta ( Vengeance)" (a remake of George Orwell's novel "The Big Brother" in which the recurring phrase is "Beware, big brother looks at you"): the title is not spiritual, I see it, but behind this threat, there is social, human and spiritual suffering of soul. The film is inspired by a historic event that actually happened on November 5th, 1605 in England. A Catholic conspirator Guy Fawkes attempted to blow up the Lord's Palace and King James I to replace him with his daughter Elisabeth I, catholics, being very close to the needs of people, to bring peace, equality and common good to England. The attack failed and along with it, Guy Fawkes' good intentions and he was tortured and killed.

The film "V for Vendetta" is set in England in the 21st century, a Country dropped in the vise of dictatorship, where Chancellor Adam Sutler was author and dictator, who \_using leverage over populations's fears\_ managed to get the electorate's full consent. Chancellor Adam Sutler succeeded in creating a system of media control over the population as well as over their fears of losing economic and health well-being, by originating an absurd system of virus-creation and at the same time vaccines to eradicate them. The poorest social classes and marginalized societies are used as guinea pigs.

In a fire at a pharmaceutical establishment a man managed to survive, gaining super powers, becoming protagonist of the social revolution and awakening of population's consciences. This man named Anonymous, covered by Guy Fawkes mask, would start the end of Chancellor Adam Sutler dictatorial regime. I want to dwell on Anonymous's speech to the nation that could enter the public television network. Reflect on the spiritual strength of this discourse: "The words will never lose their power, because they are the means to reach the meaning and those who want to hear the affirmation of truth ..." and continued saying "if we want to give A name to the culprit of all that has happened we must look at the mirror we will understand it ... ". At the end of the movie, the protagonist, Anonymous, managed to blow up the parliament but dies sacrificing his life for the freedom of the people: Anonymous's example awakens the sunken souls of the people who go down the streets with Guy Fawkes's mask realizing that V Anonymous is their brother, father, neighbor, all people who make up a nation and take consciousness of themselves and others as creators and builders of their nation, their reality is their freedom.

If you think about the message that this movie transmits, you'll realize it is highly spiritual and current. Dear Italians, our fears are exploited creating a struggle for survival among social classes, but in the end there will be no winners, but only losers unless we join in order to counter democratically this malicious regime. An earthly hell has been stemmed, by disrupting families,

fueling jealousy, brother against brother, wife against husband, families against other families, poor against rich, north against south, hundreds of murders and suicides. But, as Anonymous says that we are guilty since we have allowed fears to overcome conscience and hated to dominate over love. Now, false prophets of the common good have appeared, such as the political face of Matteo Renzi, who professes to be the savior of the Country, and the Pope being the savior of Christianity

Open your eyes and do not be fooled. Political and religious power that get along in synchrony, using social networks to bring you into economic and spiritual poverty, true hell. In the true kingdom of God abundance and common good are for everyone, but they have created a crisis to subdue the people and make them slaves to precariousness: only if we are united we will change our reality. My hug to all Italian brothers. Namastè!

#### 4. Southern Europe: New Third World

I want to analyze with you what is happening in our united Europe: this is not a political but humanitarian discourse. I worked for several years in the recovery of credits for the company Acque. We were educated and enrolled in an interim agency; after a month of practical\_theoretical course we were sent throughout Tuscany to suspend and even remove water counters to people who did not have money to pay the bill, such as unemployed, retired, laid off and underpaid. I was like an executioner of death sentence, a precarious forced to make violence to his Italian brothers fallen into disgrace. I ask forgiveness to the people I removed the counter, myself and to God, for what I was forced to do, under blackmail of economic need.

The suffering faces of people I had to suspend water supply are still in my mind; many of them crying asked why the State had abandoned them. Seven years ago, this forced recovery began: in the houses where water was suppressed, after short time also gas and light supplies were interrupted, and then the final eviction. I witnessed and executed this violence; even Equitalia collectors were at work, I have met so many of them.

All this was out in the open, no one ever protested, like the Jews in Lager. Depression took over reaction: a deep resignation and great humiliation of fundamental rights of the violated man. Unfortunately, I also checked Caritas centers, crowded with people in a row, to read water meters: another direct testimony of the end of Italian democracy.

I am sure that this testimony of the Tuscany region, one of the richest regions in Italy, before the great deception of Romano Prodi and his unconscious proselytizers, where the egoic personality has seized their soul in the deep darkness, the great dream of United Europe has turned out to be a nightmare. We certainly have our responsibilities, but this situation suits politicians who sold us to big international financial groups. This massacre is now spread throughout the Italian territory; I want to ask all people who read the articles in my blog to reflect and not to surrender. My intention is not a political propaganda, but I hope, my sad experience opens the eyes to those who haven't opened them yet; this is not a political struggle between opponent factions but the survival of an entire people is at stake.

We join the Five Stars(5stelle) Movement in our vote, they are the only people worthy of being "Italian Citizens". In the so-called Southern Europe "Spain,

Greece, Portugal, Ireland, Lithuania and France" want a change, join for a more equitable and fairer Europe; stop with inequalities, we want the common good. Watch the video, the Greek Brothers, the first victims of an economic dictatorship called Europe. God is with us friends. Namastè!

## 5. Pirro's Victory

I want to tell you about one of the greatest poor figures in history: the famous Pyrrhic victory. Pirro, King of Epiro (between south Albania and North Greece), was sure to defeat Rome in his territory and to become as famous as Alexander the Great; this laughable egoic king wanted to enter history with glory and honors. At Eraclea in 280 BC, there was a great battle, where Pirro used elephants that created confusion in the Roman army, so many soldiers died, but the Romans fought so hard that the Pirro army was decimated. Although Pirro managed to win the final battle, he was forced to withdraw because he remained with few men, tired and hungry, and never came to Rome.

Italian egoic politics have proposed a modern Pirro, smug and megalomaniac, to resume the credibility lost in the mismanagement of the state-owned company (Italian government) that is currently being indebted with 'just' 2110 billion euros.

I have observed the recitation of leaders of the main Italian parties such as PD, PDL, Lega Nord, M 5 stars, from the advent of Renzi. They have manipulated your minds for the umpteenth time, their ego projected a virtual reality identifying Renzi as 'savior' of the country; everyone agreed to make him ascend to power quickly. The main reason: "the Italian state has failed", and its bankruptcy trustee is Renzi who will continue to sell what remains of Italy.

Europe wanted a skilled communicator who would lead the people to another extreme economic sacrifice. Do not forget, dear friends, that the Fiscal Compact threatens us (50 billion a year to be given for 20 years: a 'deal' already signed by our parliamentarians at the end of 2013), and the MES (125 billion to give to Europe in case of worsening of economic crisis). It looks like a tragicomic film, where Berlusconi propagates to Renzi, giving him 15% of his electorate, the PD that with D'Alema (dark leader of power) supports the pupil Renzi whereas he opposed him a year before. Beppe Grillo (leader of M5S) terrorizes voters by threatening Renzi, retired people, states and Germany, so not to be voted, since going to Europe would mean ending his party, a sure suicide.

I wonder how they, these paranoid ego, have orchestrated this movie, I would like to propose it for the night of Oscars, I'm sure they would win, as really are great actors.

Unfortunately, the Italians do not laugh anymore: 8 million are at Caritas, 12 million are precarious, companies are closing every day, boys between 20 and 30 are emigrating abroad. I'm anticipating the preview of the final act of Italian tragedy, in six months Italy will hit rock bottom, Renzi will state having tried everything but dark powers prevent him from acting, Berlusconi will return by telling some jokes, inviting people to vote for him, B Grillo will come back on top, saying he had warned of bankruptcy but he will remain in the opposition. In a year we will vote and get back to the old power, who has used "Pirro Renzi" with his fake victory to bring the old balances into power.

A famous phrase of the protagonist of the famous movie *The Gattopardo* by Luchino Visconti: "If we want everything to remain as it is, everything needs to change." Dear friends, we have politicians in Italy with eagerness and dishonesty, only conscious people can change the situation. Anyhow now desperation has made the majority of the Italians unaware; remember that 40% (of population) gave their consent to complete the national economic genocide.

God may help us, have compassion for the Italian people, Namastè

## 6. The King Log of Unconscious People

I tell you the story of Fedro, a Roman writer lived between 15 BC to 51 AD, attributed to Aesop, Greek writer of the sixth century BC. "In a pond near Athens, some frogs, unsatisfied with the dissolute social situation, ask Zeus to send a king who reestablishes the order in their pond. Zeus, amused by the request of those frogs, throws from the top of the Olympus a piece of wood (a joist) that, touching water, makes big noise; the frightened frogs run away, but then they get close and realize that it must be an inanimate King floating on the pond, then the frogs begin to suffocate the poor King saying he is insolent and useless. They then ask Zeus for a more representative King, and Zeus, angry, sends a snake, who begins to eat frogs. The few surviving frogs ask for pity on Zeus and to be released from the snake, but angry Zeus says: for being unhappy with a good king, now you get a wicked one! This ancient tale is dedicated to our selfish politicians who re-elected a King 'log', Giorgio Napolitano, on April 20<sup>th</sup>, 2013, who had damaged Italy the previous year with the snakes Monti and Fornero. But as per those frogs, momentarily, a king 'log' was very useful for our politicians; then from the King 'log', the snake Letta materialized as well as the serpent named Renzi, who would devour what remained of Italy.

To date, the national holiday 'republic Day' has neither the twilight of Democratic Republic.

Unemployment figures are: 13.6% for adults and 48% for young people, but maybe someone believes that 80 euros in paycheck have greatly turned the wheel of economy. Let's consider, the end of the scandal elections, Milan Expo, public procurement Mose in Venice with two billion euros cheated by public managers and members of the municipal council, including the mayor; a large amount of taxes of the Italians are being plundered by these cheerful sociopaths.

Talking with some neighbors crying, as their son moved to Australia, I was deeply grieved by this situation, which reduced a civilian Nation in a refugee camp for Italian and foreign people, flooded with rubble of a war of economic speculation, of falsity and indifference, shamelessly.

Dear friends, in any region of Italy you are, take your car, take a tour of industrial zones and shops; the drama that you will experience is much greater than that media communicate to you, wake up, be aware, we are all responsible 100% of what's happening, open your eyes and look at the horror in his face, Mr Horror is surely the neighbor of each of you, but no one sees, no one hears, no one listens. The voice that screams in the desert, but remember that tomorrow that voice might be yours.

Being unaware of what happens around us will destroy everybody. Reflect on that. Namastè!

## 7. Our Slavery.

I would like you think about our state of modern slaves, regardless of whether we are precarious or underpaid or have a well-paid job that we do not love or seemingly believe in love or even we own a company in profit. I invite you to think, whether rich or poor, professionals or workers with simple needs. Are You Really Yourself? Are you happy in the morning when you go to work? Does your job value and enhance your potential? Do you feel as a team, a community that works for common well being? Do you realize that every single person is an important part of his work in building an evolved Nation based on the common good and love for one another? Without presumption, I believe that you have never asked any of these questions, since the system that dominates the world incurs false theories and a false description of reality in every human being. The surrounding reality is altered by a few strong minds that work for evil, affecting entire nations with their negative energy (Quantum Physics: Thought is a creative energy of good or evil) that distorts reality.

In these centuries, the power of these ruling castes has changed our surrounding reality by creating a sleep of common consciousness that has slipped into an abyss of unhappiness and acceptance of this mystified reality as if it were the only possible reality to survive in this world. Power wants you to feel like cells of a body (nation) instead of an integral part of creation and development of the nation. Please check out the trailer of a movie ' 12years a slave' (which I recommend you to see) which is endowed with a very deep meaning as each one will find his own slavery. In the end, you will understand that the protagonist of this story, being in a dramatic and extreme slavery situation, will ask the same question one day you will ask yourself. Who is Solomon? Who am I really? Solomon is the main character of the film that wakes up the true himself that had been instilled with psychological violence the idea he was just a slave without identity and dignity. By waking his true self and his sleeping soul, he finds the awareness of himself and freedom.

Guys, break up the psychological chains that have bothered you and regain your true self, the true freedom and joy of living. If each of us awaken, our awareness will give our energy a contribution to change and to the common good. Namastè!

## 8. Light Workers as Modern Robin Hoods

Do you remember the mythical Robin Hood? Who can forget him! This legendary myth and legend, made famous between the twentieth and twenty-first century by the big-screen, even from Walt Disney cartoon. Robin was supposed to live around 1280 in Nottinghamshire County, as an outlaw who had escaped the crusades where he had fought in the army of King Richard, Lion hearted to whom he swore allegiance. He then returned to his homeland but was upset by the news that Richard's throne had been usurped by Prince John, who was cruel and unjust to the people who were taxed and spoiled with his loyal servant, the Nottingham sheriff. Robin with a group of rebels took

refuge in the Sherwood Forest, which would become seat of his village and his army. In short, reprisals began towards the regime by stealing the rich greedy, to give to the poor. In this struggle between good and evil, we see the emergence of love with Lady Marian daughter of king Richard ... Do you wonder why I talked about Robin Hood? If objectively analyzed the world and national scenarios: 7 billion people are living in a giant global Nottingham where a scattered group of Johns and Sheriffs of Nottingham have economic and media power. We are spoiled by their greed to which we have given power, this Truman Show, this reality, this fiction has been accepted by the collective unconscious as our true reality that we must obey. 2% of our brain memory is in conscious part and 98% in the unconscious. In the unconscious 'sector' we have 11 millions of uncontrollable thoughts from our conscious mind, working 24 out of 24.

This is the situation: Prince John and Sheriffs of Nottingham (High Finance, Multinationals/corporations, Corrupt Politicians) work on our collective unconscious (Collective conscience, propaganda or consensus factory, by Edward Louis Bernays, an American publicist of Austrian origin from 1891 to 1995) with subliminal messages, through low frequency electromagnetic waves, media, and satellites, telephony and the internet. They bombard us every day, conditioning the 11 million uncontrollable memories against ourselves, virtually insert viruses, software that condition our thoughts. They maneuver the Law of Attraction Against Us,

Entering into our Brain negative thoughts, poverty, despair, anxiety, and fear that unfortunately attract the same negativity by creating common poverty and evil. Here's how the world economic crisis was created! These illumined criminals are perpetuating this worldwide holocaust, getting richer and richer indignantly.

But we can stop them with high-frequency electromagnetic energies that would harm their subliminal viruses affecting our unconscious.

Dear Modern Robin Hood, let's Wake up, your heart is a very strong electromagnet, 500 times stronger than brain: if we channel the energy of Divine love with prayer, we can channel high frequency electromagnetic energy and neutralize mass control systems of power .

I suggest you read "The Divine Matrix Book" by scientist Greg Braden to check that I am telling the truth.

Light Forces Operators, modern Robin Hoods, it is time to get out of Sherwood Forest, to leave duality of ego, and fight for the freedom of your divine soul, the true self. Big hug. Namastè!

## 9. Resolution and Determination

Good evening, dear Guys; tonight we will talk about Resolution and you would ask me: What is 'this' Resolution? (1) Perhaps you have the ability to solve difficult situations? (2) Or be determined and brave in your choices? (3) Or have the skill to disobey the rules set by collective mind that governs communities, condemning changes and evolution of man towards the future?

So, Question n°one, n°two or n°three? What will be the exact one? Do not disrupt your rational brain, but seek the answer in your heart and soul. Well, you're brave souls: have you listened to The Divine Inside yourselves? The right answer is the third question! I speak of this obscure term "Decisiveness" because dear Shaumbras, this is one of the toughest tests of faith that will put

you in trouble in this journey toward a full consciousness of the true Divine yourselves.

You are before a choice or, on the contrary, remain anchored and stuck to the fake security of your 'backyard' which is "The Old Karma" and you will make die in you faith and evolution towards the future. Otherwise you will disobey yourselves by freeing yourselves from the bonds of Karma and you will make the evolutionary leap toward the new Divine energy and new awareness.

I'm telling you a story: a knight comes to a trivium(three way crossing), where there is a sign at the beginning of every street: the first sign says 'those who go straight will die but their horse will be saved!' The second sign states 'the ones who turn right will live but their horse will die! The third sign says 'those who turn left will die but their horse will die too! What Moral teaching lies in this fairy tale? Some of you might say: maybe it's better to go back! Or whatever I take I'm toast! Decisiveness lies in the left street, it is true that both knight and horse will die, but only what he knows of himself and of his obedience will die with him and there the real revelation of Faith will begin. The road of faith is narrow and hard, but If you persevere, you can cross it and you will be rewarded! Namastè!

## 10. Disobedience.

You were not made to live like brutes and wildling , but to follow virtue and knowledge

I want to disobey common habits; now, late at night, I'm writing on my blog as a child that simply describes the surrounding reality. We have been taught (by family, society and religions) that we must obey, and if not we will be punished, humbled, and the community will ghettoized us or send us into a metaphorical exile. Therefore we create, since childhood, our inner resistances to which we must adapt if we want to survive.

Our world gravitates to a verb that will oppress us throughout our lives. "I must, that's my duty " All our choices are conditioned by the sense of duty. I.e.: I have to work, I have to get married, I have to be someone in life, I have to Make sacrifices and so on. 'Duty' is one of the psychological conditioning we must obey as a cell of a collective mind.

Another great conditioning is the principle of cause and effect, the unquestionable dogma followed by science, philosophy, finance, medicine, and society, for example: if I am ill, I have to use medicines or if I'm wrong I have to be punished. As you can see in this cause and effect law, the verb is always present. If in the course of our lives we follow the principle of cause and effect as well as the verb duty, we will be obedient to this pre-established system of rules and will live a description of reality but not true reality; we will feel in a safe harbor without realizing we live in immobility without evolution.

Disobedience begins when, one day in your life, you look at the surrounding reality and yourself living in it, you realize that you're all wrong and ask for forgiveness for causing this chaos. From this awareness comes criticism, so disobedience begins, you start using the verb

"I want" and focus on the effect instead of on the cause, understanding true reality, instead of the one described by the others. You are the original, not the copy of yourself; you would make an evolutionary leap, waking up but you still live conflicts with the majority of humans who have built their lives on

obedience and immobility as without this addiction their whole life would not make sense.

A great disobedient in Greek mythology was Ulysses, described by Homer in the Odyssey: he departed from the certainty of his family and the kingdom of Ithaca to travel to the unknown, for the thirst for knowledge to evolve. He challenged Gods, passed the pillars of Hercules navigating and landing in places where no human being ever ventured.

Dear Shaumbras, your disobedience is an act of courage, you are brave souls, considering the dramatic and destructive historical period that we are living, persevere in faith and in your true self, remember that you are lambs among wolves. God will protect you during your journey Do not be afraid! A hug to all of you, we are members of the same family so remember that you are not alone. Namastè!

## 11. Freedom

Good evening boys! Are you free? What is the meaning of liberty or Freedom for you? Freedom is an ideal condition for an individual to be able to decide, think, and act without restriction and constraint. In Greek civilization at the dawn of conscious human thought, Socrates gave a moral definition of freedom: "man is inclined to follow the good in his life, his choices will be consistent with his good nature to pursue the happiness and harmony of His soul that he defined by the term "eudemony" ". When man follows evil, he is unaware, because he does not know evil by nature. The Greek religion disagreed with Socrates, freedom was dependent on Fate (destiny), bound by uncontrollable universal laws, men and Gods were subjected to its laws without being able to oppose it.

Christian Theology changed this classical concept of freedom related to the morality of Socrates and the Sophists as well as the concept of fate of the Greek polytheistic religion, and turned it into addiction and inner slavery linked to the original sin of Adam and Eve.

Wandering through History, Descartes defines freedom as no longer linked to the sinful free-will of Christian religion, but as a demanding choice to seek truth through doubt.

We continue through our time machine to search for the meaning of liberty in the evolution of human thought: Kant 1724-1804, philosopher and author of "Criticism to Pure Reason" and "Criticism to Practical Ration", founder of idealistic thought, described Freedom as a formal condition of choice, since human action is conditioned by the real world subjected to physical laws and uncontrollable situations.

After this synthesis of the egoic story of man, I must admit that I do not feel free at all, if I try to follow any of these concepts of freedom, darkness falls into my life. Where will I find a light switch that will illuminate my free man's life? Correct answer: In the Spiritual Freedom of the 21st Century! Spiritual awakening frees us and transforms us, we become free when we leave the limiting conditions, abandoning the film where our ego is the protagonist, that religions, politics, society, literature and philosophy have imposed us over the centuries. For example: the conception of Christian original guilt and sin, rules and prohibitions, social casts, negative media, the idea that fathers' sins will fall on children, skin color, age factor, education, the old saying 'the one who is

round does not die square' etc. ; these are all limiting factors and self-abusers for our evolution and our true freedom.

We are not our thoughts and our emotions, which are driven by false secular beliefs. We are spiritual beings; when we split ourselves from collective toxic memories, we no longer act automatically in accordance with established customs and patterns, we follow our true free, adventurous and unlimited identity, our creativity, so our potentialities emerge from the depths of our free soul. I quote a magical passage from the Invictus film dedicated to Nelson Mandela who after 27 years in jail became President of South Africa: "I am the master of my destiny, I am the captain of my soul!" This is the true freedom of friends! Big hug. Namastè!

## 12. The New World Order: the 21st century Slavery

Hold firmly to your chair, because today we will discuss about the true evil that afflicts the entire planet and its suffering souls. The Alliance between World Powers, High Finance, Corporations and the Vatican, that work together with Wall Street speculating on the debt of nations around the globe getting richer and richer through the failure of states, wars and poverty.

162 They have created globalization allowing large multinational corporations to enter easily all the states: they are linked to high-finance and large banks run by the wealthiest and most powerful families on earth. This is a modern colonialism. These families are Rothschild, Rockefeller and Bilderberg which in turn control 80% of the global market through corporations 147 multinationals, banks Goldman Sachs and JP Morgan and the rating agencies Moody's and Fitch used to downgrade some states; by the international stock market they move their immense capital, deciding on the fate of whole nations by manipulating debt and interest on debt spreads. They have the world in their hands with a click, connected to large computer systems with which they control databases of the entire planet.

Their allies are corrupt politicians who favor the entry of large banking groups and their affiliated corporations, changing labor laws, eliminating honest trade unions, abolishing all rights to citizens, increasing taxes to destroy small and medium-sized businesses, eliminating any form of social status and welfare, practically creating slavery without rights and with very low income.

In Italy their men are: Prodi, D'Alema, Draghi, Monti, Tremonti, Letta and the current Renzi, behind them De Benedetti, Caltagirone, Berlusconi, the Agnelli family etc. Families with the majority of national wealth. In this hell-pit the whole of Europe is controlled, Holland in France, the Greek coalition, Germany with Angela Merkel, so the European community is part of the great interests of the new World Order.

In this malevolent design, the Vatican makes its role as a protagonist, as IOR (institute for religious works) is linked to high-level finance and large banking groups like Bilderberg, Goldman Sachs and JP Morgan. The Vatican only holds a record figure (\$ 2 trillion) in real estate, in addition to the billions IOR has invested in the global stock market and multinationals.

Back in time, the case 'Calvi and Sindona' who worked with Cardinal Marcinkus to export the money of Vatican IOR to tropical tax havens, with the 'blessing' of the great.. Rothschild family, which is part of the Knights of Malta Order, have been treasurers of the Vatican since 1850.

I quote the words of the outgoing Pope Benedict XVI: "Let yourself be taken by the hand of the Child of Bethlehem, do not be afraid, trust him, the vivifying force of light encourages you to commit yourself to the construction of a new world order" They look like a character in Walt Disney's "The Jungle Book", python Sir Bis: he wants to eat his human prey Mowgli, so he 'exploits' the figure of Jesus Christ. The aim is bringing the whole world population to the economic holocaust. Wake up boys, only If we make a team game with God and the Angels we can change the world and restore peace and the common good .... A big Hug! Namaste!

### 13. Inside of Us Lives the Child, who Does not Want to become an Adult.

Let's jump on the non existing Island(Neverland)! Guys, it would be really fruitful to get out of this daily madness, the so-called adult world! Peter Pan is a protagonist of the literary work of the Scottish writer James Matthew Barrie, who had a great love for children and their dreams. When Barrie died, he left the copyrights of his literary work at the Great Ormond Street Pediatric Hospital in London.

Peter Pan for most of us is a Cartoon of Walt Disney; in summary I remind, as my custom is, the contents of this fantastic tale. The story begins at Darling's family home, where the older daughter, Wendy, tells her brothers the adventures of Peter Pan and the non existing island (Neverland). But it is a real story that Wendy has lived as a child. Meanwhile, Peter Pan and Trilly are hiding at home and listen to Wendy who has to leave the children's room since she is a teenager and is going to become adult. Wendy, however, does not want to grow up and unwillingly invokes the return of Peter Pan, who after listening to Wendy's desire comes out with Trilly. He proposes to return to the island with her two little brothers, Jack and Michael. Wendy, agree with enthusiasm and through Trilly's magic powder, they fly to the island, where great adventures with the Indians, pirates of Captain Hook, sirens, fairies and Peter .. How many times, as children, have you thought " I believe in fairies"? as Peter Pan said, I believe in a wonderful world where fantasy and reality come together, where one perceives the joy of loving and enjoying life with innocence and simplicity. I believe that many of you have daydreamed but forgot about it, or had to forget it because of the false beliefs inculcated, or the family and society oblige us to forget. I remember, as an adolescent, that society condemned us if we continued to play childish games with the heavy unpleasant phrase "that boys suffer from Peter Pan complex, they are late-born infant. "what a huge madness in those adults who in turn were heavily humiliated as adolescents.

Dear friends, that inner child is inside you, he is always alive, you can not reset it, If you treat him badly you will suffer, he will cry and throw tantrums; that inner child never grew to keep on dreaming and love life with simplicity.

Care for your inner child as the secret of your being, of your existence lies in him; if you have children, play with them, make them dream, let your inner child get out, free Peter Pan, do not be ashamed to be childish, it is not a defect, it's a moral quality to be kept all over your life. "Blessed are the pure of heart".

Behave well with your inner child and as a result you will help to grow your children by instilling love and purity of heart: remember that children are the

future of our world, treat them well and with respect. I embrace you all. Namastè!

## CHAPTER 5-

### - Communication and Social -

#### 1. Bullying Causes Unconscious Change in its Victims

Do you remember The Star Wars Saga. The two protagonists, Luke Skywalker, Jedi Knight, and Dart Fener, the dark side of force.

Well, bullies are like Dart Fener, who have chosen the dark side of force, live haunting and subduing the weaker with arrogance and violence. They start as children, and in adolescence they reach the peak of their primitive form of mean. I say primitive since their behavior in human 'race' is similar to the wolf's pack: the herd or male alpha leader has absolute submission power to the gregarious; anyhow with regard to wolves it makes sense, since the alpha male provides for the survival of the group and of the New born, he is a decent and loving leader even though the hierarchy must be respected.

In unconscious men, submission is a paranoid and violent compulsion, which damages the identity of his like, and is perpetuated over time to destroy the victim chosen; in some cases the victim comes to suicide.

I want to tell you my story: at the end of the 70's, bullying in Calabria was a normal social behavior, violence was lawful, no matter whether a guy was educated or illiterate, the true Calabrian was to resolve the conflict with violence and arrogance.

I was a 10-year-old boy, very quiet and shy, my mother had always enticed me to speak in Italian, I did not know how to speak Calabrian dialect and I was very polite and respectful towards others. But in that historical period in Calabria these qualities and virtues were considered as weakness, almost a mental retardation. The smart bumpkin and violent man was a real man. I remember the first episodes of bullying I experienced at the age of 10, when I was playing in a yard with some kids; my younger brother joked with a boy who suddenly got angry and chased to beat him; I intervened saying he was only 5 and to let him in peace; the boy without saying a word, punched me in the face, humiliating me; his friends laughed and called me fatty chicken hearted.

From that episode I could no longer quietly hang around and 'circulate' on the road, because I could not defend myself, I was weak and easy to persecute, every time we met they teased, stumbled and slap me, I could not have any more a real life. They kept on for two years, I remember crying and not telling anything to my parents, scared of being considered the 'village idiot'. When I became a teenager, at the age of 14, I had another painful episode that

changed my life: I was playing at 'space invaders' (forerunner of play Station) in a bar.

Suddenly a bully stood behind me and told me whispering, to go away, as he wanted to play ; I told him that if he had a bit of patience I would finish the game to let him play. But, not happy with my reply, the bully kicked me on a side shouting to go away; this was the drop that overflowed the pot: after years of bullying I could not stand that anymore, then I felt 'forced' to react and defend myself, but I was so stuffed with repressed anger that I knocked him down with such violence that he remained on the ground faint.

From that moment my life changed, I became a bully, I do not even remember how many people I have beaten over the years; do you think I did well?, after all I defended myself to survive in a violent region like Calabria. Remember the words of Jesus "who lives by the sword, shall perish and die by the sword ...". I was wrong, it would have been better to avoid the clash and leave, since that violence came in like a worm in the blood. For so many years I was unaware of bearing it, damaging my life. I had moved like Dart Fener to the dark side of force; though my aim was just defending me from bullies, I was infected by their own violence (Dante's law of retaliation, like a counterbalance o poetic justice): my wounded subconscious has damaged me for years. Dear guys, maybe you think that conflict was unavoidable, of course, but I'm responsible 100% for all the mistakes of my life.

That wounded child wanted revenge against those bad guys, but in the end there are no winners and losers when we use violence. We must use the force of words and nonviolence to defend ourselves, we must be aware and 'present' as this is the true force.

Dear friends, solving a situation of life with love and patience, will reward you with an inner peace you did not even imagine is within you. To the younger and more impetuous ones: violence is never the solution, but it creates new pain going on over the years, reverberating and you will have to pay dearly .  
Namastè!

## 2. Inner Pain

At six in the afternoon I experienced a disquieting event, as I was rung by the intercom by Carabinieri(Italian police): I was asked for documents and how long I'd resided in the current apartment. I have honestly replied 'for a month and a half'! They started wondering if I knew the previous tenant and how long it had gone away. Sincerely, I was not aware of these details, the only thing I could say was that I received letters of a late payment dated one month before and

payment requests made to the previous tenant.

After this brief interrogation to me and my neighbors, they left without giving any explanation for the reason of that inquiry. An hour later I knew the sad truth: the man they were looking for, disappeared six months before, had been found in a deserted factory hanged, had died for six months. The night he had left the apartment, blinded by unconscious desperation, he had hanged himself in a dark, lonely place, a closed factory, his pain had overwhelmed him by suicide. The particular disturbing thing is that the bed where I slept collapsed at night with all the shattered wood slats: it was the bed where the poor man used to sleep, where every night he hoped that inner pain would cease. In fact,

for a month and a half, sleeping in that bed, I had terrifying nightmares, feelings of anguish and pain. But I paid no attention to this, guessing maybe the change of house was causing those sensations. But now after experiencing the dramatic events of the man who had lived and slept in that same bed, I remembered that suicide people have a so strong body of pain that they leave their aura of negative energy in the environments where they have lived and suffered.

This event invoked me to write an article on Inner Pain that has become a constant nourishment of our sick society. Our egoic mind feeds on negative thoughts and move them from past to the near future, inner pain is a historical memory of our material life; pain comes from the traumatic experiences that each of us experiences while growing

This pain can be denser if the trauma has been very severe and heavy, or it may be lighter if the trauma has been less intense and controlled. However pain exists within us, and it also affects us in the present events; if we do not know it, and if we do not have consciousness that it exists, it will affect our whole life by damaging us, projecting pain memories even in occasional events, provided we suffer .

Pain nourishes pain, it feeds like a parasite. Practically, inner pain (to justify its existence) creates a sad and painful story where we are unconscious, if we have no awareness of what thought or event of the past is getting suffering, then we will continue to repeat that sad story infinitely by hurting ourselves and the others.

If we think about (newspaper) events happening every day, these are produced by people who are unaware, apparently normal, murders, beatings, road accidents, suicides, are the result of unconscious inner pain. If you think of divorced and conflicting couples, most of the time it's not a bond of love but a bond of exasperated pain that eventually ends tragically.

Media also communicates suffering and sorrow, nourishing inner pain that feeds pain, increasing the audience; in fact, dramatic and violent movies and political and social talk shows are successful. To get rid of inner pain we must be conscious observers of our thoughts, we must not fight against them, as we may get the opposite effect, but we must make them enter into us like a swollen river, dis-identifying with them and their stories. This way your presence will take its space, the true being of light that you are; so negative and painful thoughts will lose energy and will dissolve.

Do like the alchemists who transmute raw metal in gold, transmute pain in consciousness, disaster in lighting. (Eckhart Tolle's sentences in the power of Now). I embrace you all. Namastè!

### 3. Stalking

What Happens in Human Mind When it is possessed by Thoughts? This unknowingness leads to the most terrible crimes and psychological tortures, which only madness can perpetuate over time

What is Stalking? The meaning of this English word means skulking, tailing. Stalker means lurking hunter. What turns a human being into a violent predator? Most Stalkers are men, the cause that leads these individuals to become torturers (instead of lovers) is the fact in general they do not accept the end of a sentimental story (or they want to be accepted instead of

rejected). So far, it seems a trivial and obvious fact, but the reasons are deeper and more painful, as these sociopathic people are deeply insecure and they project the image of their mother in their partner. The suffering inner child does not accept that his mother abandons him, this is out of his logic; his mother represents his survival, he depends on her and feels lost without that reassuring presence. Unfortunately, a stalker is unaware of his persecutory and compulsive potential, the spark strikes when his sentimental relationship ends and he is left. Love for this man is a dependence, it is the only reason for life, he does not love himself, he compensates for insecurities with dependence, it is not true love, but possession and control, like a newborn who cries as soon as his mum leaves the room just for a minute. Stalker's fake love turns into hatred, as hate comes from betrayed expectations; the pernicious perception of love of this unhappy man is that his life completely depended on the partner. So his life is ruined without possible solution, compulsive thoughts justify the persecution of the ex girlfriend as a 'right' punishment for evil received by unjustified abandonment, turn into judges and perpetrators of malice on the poor woman who is unaware victim of this impending vital danger. In fact, at first the poor girl feels guilty of causing suffering, tries to help him to accept the end of their relationship, but all this accentuate the sense of compulsive possession, persevere with continuous phone calls, texts and messages on Facebook.

At first he will be gentle and sorrowful, he will try to restore their relationship, but when he realizes that the wall is invaluable, he begins to follow her, so to make sure she is not dating anyone else. Man, he will threaten and harass her, attack and knock her, and finally he will carry out the execution that his wounded child has sentenced. I strongly recommend, dear girls, do not let him go to the final drama, block him immediately at the first compulsive phone calls denouncing to law enforcement, the 'cold shower' of denunciation will make him aware of his madness, in most cases, you will both save from incumbent drama .

Love is wonderful, dear guys, I understand that the end of a relationship causes suffering and pain, but it is the price we have to pay to evolve and be aware of the mistakes we have committed; next love will be purified by this pain and you will live it, being aware of not committing the same mistakes that caused the end of the previous relationship. Namastè, big hug!

#### 4. Sleeping Reason Creates Monsters, the Stress

How are you?

I'm slightly stressed, just thinking about stress I get stressed!

The painter Francisco Goya, in 1797, painted the great masterpiece titled "Sleep of reason generates monsters" The autobiographical picture portrays Goya himself asleep while from his mind, nightmares and monsters emerge. Well, this great painting is the fifth essence of man's stress and of his materiality. If we come back in time, in the Paleolithic Age 3,500,000 years ago, for the first Australopithecus hominids, Homo Habilis, Homo of Neanderthal and then 200,000 years ago for our nearest descendant Homo Sapiens, stress was fundamental to survival. it made them responsive and get their reflexes acute, by activating the mechanism of adrenaline hormone, as per the famous adage 'fight or flee'. Instead, in our modern world, our psycho-physical, cellular, and

hormonal equilibrium is completely overturned, called homeostasis, we are in perpetual state of tension and alert. We are bombarded with stressful stimuli, high rhythms of work, traffic, air and electromagnetic pollution due to technology (mobile phones, computers, TVs, satellites) and then the disturbing working term "Multitask" has been minted (performing multiple tasks simultaneously). Our life is constantly in a perpetual endless motion, our hypothalamus-pituitary-adrenal hormone (HPA) axis is tilted. Therefore the production of cortisol and adrenaline is very high, causing disastrous physical upheavals: palpitations, sweating, glycemic swings, high blood pressure, water retention, nervous hunger. Besides we have to mention the damage to the nervous system, aggression, depression, future-related concerns, lack of concentration, anxiety and panic attacks.

This is the side effect of progress, so-called economic well-being, but what is the sense of our existence in this asylum ( a mental house) that we have created? Many people with this inhuman strain die within the age of 50 due to stroke, heart attack, tumor. Many are packed with antidepressants and anxiolytics, others become drug or alcohol addicted

I wonder, is this a self flagellation? You have filled your material body with physical and mental garbage, but you are so attached to suffering, to judgment of others, to prejudices, family and cultural constraints, to resistance that make life a nightmare that monsters depicted by Goya would fade. But despite all you reject spirituality, the only chance to heal is listening to your immortal and perfect soul. But you're skeptical and laugh in the face of whoever speaks of this topic, your ego creates illusions producing fake dangers, invents and increases new problems, but you are convinced and presumptuous, deny the existence of 'that' who created you.

Remember that we are spiritual beings who live a human experience, not the opposite. If you want to heal from stress, listen to the lesson of your soul, we can evolve through suffering in this degree of awareness, there is no stress. Reflect friends, abandon stress and love yourself and the wonderful life you are denying. A Big kiss. Namastè!

## 5. We Live In A Matrix Created by Our Mind

do you Remember the famous movie, Matrix, dated 1999? What If you woke up one day and that movie was reality, and all you lived in was just an illusion, a story invented by your mind, and all you built in your life was just a mere invention of your ego, including positive or negative memories, past and future, projections of yourself suffering and paranoid?. When Morpheus explains Matrix to Neo as a neuro-interactive simulation created by machines to dominate humanity: "Matrix is everywhere, it's around us. Even now in the room we're in, when you go to work, spend money, watch television, it's the world that has been set before your eyes to hide the truth. "This science fiction film must be born of a lighting, a real vision of what every human being is living. In quantum physics, thought is energy, its focus creates the surrounding reality; by the way does the thought create the mind or vice versa? It's a one-million-euro question; the thought owns and creates the mind, "cogito ergo sum" wrote Descartes, "I think so I am," and this has misled us from what we really are. All human beings are possessed by thoughts that are an intricate and uncontrollable Matrix, about 60000 thoughts per day. How did the Logical

Mathematical Descartes identify our true "ourselves" with thought if we can not control them being too many and contradictory? We live in a world-wide Matrix created by a paranoid collective mind, at the head of which, few power individuals, affect with their thoughts, those of billions of people, using mass-media means. We are so disconnected that we are destroying the planet we live in, but our 'omnipotence' prevents us from reflecting. The Matrix is so stratified that only by awakening our true "ourselves" with its universal wisdom we can neutralize the low energies that bomb our thoughts by making them toxic and infectious to us and to others.

Sociopaths who rule the world, decide life and death on the planet, also decide how to depress people, lead them to suicide or madness. When you awaken and come into contact with the spirit, being unlimited and immortal, the true "yourself", the veil that covers your true vision of the world tapes, you are now connected with divine energies, you see the reality for what it is: a world where economic and social injustices and inequalities spread, and dishonesty dominates, where the righteous is confused with the unjust, where even religions have invented false beliefs and a false God. Perhaps the Matrix movie is a Cartoon compared to the contemporary reality we are experiencing, if Morpheus and Neo were in this Matrix, they would migrate to another planet. Awareness will illuminate you, have faith friends! Namastè!

## 6. The Insecure Father

How many of you have suffered for an absent father? Or for a bossy father? A father who can not love? I think 90% of you have resentment for a affective paternal lack. But how can we claim Divine virtues from a human being with the role of father, what psychological mechanism processes this absurdity? Why? We need to talk to our inner child to know the truth. Sigmund Freud, father of psychoanalysis gives an interpretation to the conflict father/son using the Greek myth of Oedipus. Oedipus in love with his mother kills his father who's his rival to replace him. Another explanation, at the end of 1800, comes from the father's historical role since prehistoric times: he has never been present at home since he was a soldier or a hunter, and therefore had to struggled for the survival of his family and his role forced him out for a long time. The wife was responsible for the children's growth. In our modern society, the father has been overthrown from his role by the mother, as women in our age are above man's virility. In the past, male gender was a dominant character in the life of a couple. These imbalances between men and women are damaging the equilibrium of the future male, who in turn will be an unbalanced and suffering person.

How can we stop this chain reaction? We must understand that both parents are equally responsible for the psychological development of the child, it seems trivial and simple but it is the paradigm solution.

Only the power of love has the power to heal the suffering. The father is a human being with his insecurities, his inner suffering, his mistakes are not committed with malice but with innocence, he is confused, he feels he has failed in his role and manifests his impotence with collar, confused and detached behaviors.

You must have compassion and forgive your father who is unable to give you love because he does not know love, can not donate it. Look, inside him his inner child cries and asks for help, be compassionate, forgive him and forgive

yourself for your hostility. Ask for help to your Heavenly Father, who is always ready to give you peace and love.

Let 's leave these poor Homer Simpson in peace, shouting clenching their fists, forgive them as they do not know what they do! Namaste!

## 7. Ego Sum Caesar

Today is a beautiful spring day, the right day to talk about Ego or if you want to call it 'I' We were driven by our society to think that the 'I' or ego is an integral part of our personality. So having a strong ego means being yourself a winner, this have been taught us since the first months of life. Have you ever heard the parents of a newly born baby; the first thing is, if he is a male, looking at his genitals saying: he is super gifted like his dad! In case of a girl, she would be a future actress, stupendous! Then they go on: when they cry, they say: He has a strong personality like his father and so infinitely. They believe that projecting their ego on the baby will help him/her in life. Parents have expectations and give reinforcements to the ego because in turn, their parents have done the same with them as children; this has been going on for centuries.

But here is the reverse of the medal, that helpless dreamer who at the beginning of his life perceives the world only with the five senses, has a pure soul full of love and joy of living, he is enlightened by Divine energy. But in the path of growth, he will resort to Ego as family, school and society have inculcated him, and so his soul will fall asleep and lose connection with the divine true self.

And here is the Ego that has the upper hand, emotions are overwhelming, duality will dominate that poor human being causing sorrow; positive or negative, good and bad, winning or losing, wealthy and poor, etc. will feature his life, creating conflict and suffering with other Ego in his family as well as in everyday life.

We are in full melodrama. A world full of ego means egoism and common evil, when several 'Egos' dominate a nation, the damage is incalculable on other human beings who in turn are 100% responsible because each one is the creator of its surrounding reality and negative creates negative and suffering creates suffering. So what remedy can be for all this chaos? The remedy is your true yourself, which does not follow the material mind of the 5 senses, but the law of heart and soul, precisely those who inhabit the Divine Self. Our Father Creator patiently, despite the chaos that we have caused, is ready to welcome us in his arms (the words of Jesus in his parable of the vineyard: the last to enter will be treated as the first). Think about that boys and girls, follow Soul and Heart, and Love Yourself, and the Suffering Ego's duality will be replaced by the Divinity of true self ... A great kiss to all of you. Namastè!

## 8. Duality of the Human Psyche

What happens if we follow our egoistic nature? Nothing good, my dear friends, it is granted! Do you remember the strange case of Dr. Jekyll and Mr. Hyde? Louis Robert Stevenson, a writer born in 1850 in Edinburgh, Scotland, wrote in 1886 a novel of the fantastic genre entitled "The Strange Case of Dr. Jekyll and Mr. Hyde" The writer was very fond of modern psychoanalysis by Sigmund Freud and was fascinated by one of the more disturbing themes Freud studied:

the doubling of personality. In fact, in his novel this is the dominant theme. Dr. Jekyll succeeded, with various experiments, in finding the chemical formula that separated good from evil in human nature.

He created a potion that he drank, causing himself a physical, as well as psychic mutation, "the experiment gave rise to the low and hairy Mr. Hyde, the pure evil that caused all sorts of crimes and iniquities; once the effect ended he resumed his original appearance as a morally sober man. " In summary Jekyll lost control of Hyde who also committed the murder of a young woman, the evil personality took over on the good one. When Jekyll realized that, in a moment of 'consciousness', he committed suicide. This tragic end is very significant, it describes the egoic duality of man and his mad uncontrollable materiality.

Dear friends, spirituality deeply explains the fallibility of our minds; since our birth we have been conditioned to think that our true Personality is created by the various experiences that our material brain stores: these memories originates the ego, dual and conflicting. Perhaps you have never wondered, how do we have so many contradictions in our minds, so many phobias? Good and evil, critical spirit, anger, jealousy, envy and competition? I quote some not to bother you; our brain is like the centrifuge of a washing machine always active and uncontrollable.

But you realize, even if you look crazy, you are possessed by your brain and you have no control over it. Our mind controls only 2% of the information while 98% is subconscious 'wounded' by past experiences that come back in the future as a photocopy that replicates the same mistakes and the same internal resistances and false beliefs.

You spend your life in inner suffering, and if society and work propose a further negative spin to you, then Mr Hyde's madness explodes into violence against yourself and others. Try to observe your emotions and thoughts as an external observer, check what your brain 'offers' to you, it will look like an impossible thing but you can do it, when the brain sends you a negative emotion to replace it with a positive emotion

For example: if you get a negative emotion of anger, replace it with an emotion of peace and serenity. Do not let emotions driven by the autopilot but guide your mind by the power of love and positive emotions.

One way to control your emotions is spiritual meditation, it would be enough for 15 minutes a day to change your life. Eckhart Tolle, the world's great spiritual master, explains in his book "The Power of Now" how to free yourself in the present from the slavery of your mind and reach the true awareness of your being. Dear friends come out of the duality and madness of Ego, start the journey towards the true awareness of your inner Self and the universe will celebrate your new joyful existence. Big hug. Namastè!

## 9. Assertiveness

In this paragraph, we will talk of a new form of communication that, if practiced, could solve the situations of our working life, family and everyday life without any conflicts and harm to ourselves and others.

In our society the modus operandi of any situation relate to three behaviors: the first is aggressive behavior, which is something different from losing calm; being aggressive means to selfishly force one's own will on another person; to feel that your rights are more important than those of another. The second behavior, passive-aggressive, is very subtle, as it is afraid to face a direct conflict, but represses its anger with subtle ways that hurt without exposing itself directly.

An example is in the workplace, where in order not to contradict a boss or a head, some employees sabotage a task they do not want to obey by intentionally making mistakes, so the assignment will be entrusted to another person without direct conflict with the boss.

The third, passive behavior, is to numb your feelings to such an extent that you do not care about yourself, others, the outside world. People who tend to this passivity spend their lives from a job to another, from a relationship to the next one, tend to depression and addictions, such as alcohol and drugs. In the field of work, they indulge everybody and everything, are the equivalent of a cork floating in the sea. The assertive behavior differs from the three main recurrent behaviors of humans. Assertiveness means achieving a goal or purpose by caring about, seeking the interest and good for the two parties concerned with love, respect, and kindness. Practically people communicate with sincerity without altering one's own mood and that of their interlocutor, respecting emotional boundaries of the other person and not overcoming them. Assertiveness is spiritually divine, because it is a way of interacting with each other that confirms that you have the same right to be happy as other people. The expression 'being assertive' is misunderstood, as many believe that it is a violent attitude, but it is the perfect communication: the assertive is aware and honest with himself and the others, declares his views sincerely and with respect for others.

The situation has a positive result and is solved by safeguarding common interests. Assertiveness masters are children and animals, solving their situations without conflict. By assertiveness the narcissistic and sociopathic behaviors of 'diseased' egos (who governs the world economy) would be cancelled and along with them the damage they are inflicting on nature, the planet and the common good. Come on guys, we are part of 90% of the world's population who wish and want the common good, we do not have to surrender, let's bring light into the darkness. Namasté, a big hug!

10. I Am None! .. I Am! .. I Exist!

I have spent the lunch break immersed in nature. Spring has come with an explosion of colors and scents. Mother Nature has awakened. Hymenopteras, beetles, caterpillars that become butterflies, ants and bees that laboriously perform their ancestral tasks, birds build their nest for future brood, everywhere chanting of fringes and buzzing of insects can be heard, a great creative musical symphony where life becomes the protagonist. In this idyllic meditative condition, my thoughts have elevated, materializing two words: I Am, I Exist. These statements have filled me with Gratitude and Love towards the Creator and his creation. But while enjoying this bliss, my attention has been drawn to an old book thrown into a ditch, on the cover with cubital font, the title of the book: "I am None": this is the opposite of what spring has inspired me, elevating me to another dimension. 192

For a moment I have asked myself if it could be a test to overcome. I have taken the book to flip it through, the subject matter being a famous myth of the Odyssey "Ulysses and Polyphemus". If you do not remember it, I'll tell you the story trying to be synthetic not to bother you: Ulysses and his men, once passed by the Columns of Hercules found themselves coping with a storm that Zeus himself had triggered against them since they had disobeyed the rules of the Gods, by overcoming those boundaries of navigation and of knowledge that led them to the unknown. However, they managed to escape from the storm and they landed on an island with a volcano, symbolically resembling today's Sicily. In this island, there was a community of 7 sly giants, the Cyclops, Poseidon's children whose peculiarity was they possessed just one eye. Of these, only four had a name and they were called Bronte, Sterope, Arge and Polyphemus. They dedicated themselves to sheepfarming, and were very hostile to humans. Ulysses was aware of the fame of these giants, then sought to attract their "benevolence" by bringing them gifts and wine. They walked to a hill and saw a cave, they came near the entrance, heard the earth whistle under their feet: they were the steps of a giant who was returning home with his flock. Ulysses and his afraid men took refuge in the cave and hid behind the boulders. Polyphemus closed the cave with a boulder, sat down to drink some milk. Unfortunately, he noticed the intruders, grabbed two of Ulysses' companions and ate them. Fortunately for the survivors, Polyphemus came out of the cave to reach his brothers, but closed the entrance with a boulder. Ulysses and his men were trapped and they would all be devoured on the return of the Cyclops. Then Ulysses devised a plan. When Polyphemus came back ready to wring them, he talked humbly by offering him some wine, decanting Polyphemus' force and divinity who got flattered and asked: what's your name stranger? Ulysses replied: 'My name is Nobody and I am the leader of these unfortunate wretched boys'. So, replied the Cyclops 'I'll eat you last'. Meanwhile Ulysses poured more wine into the carafe, so after several drinks Polyphemus fell asleep. Then Ulysses and his crew heated up the tip of a trunk; while Polyphemus was sleeping, they pierced this only eye and blinded him. When the Cyclops screamed from pain, Ulysses and his men joined the flock of sheep and managed to escape by reaching the ship. While Polyphemus was asking for help, his brothers came to him, asking: Who blinded you? Polyphemus said resolute it was Nobody, Nobody! And his brothers asked 'Nobody'? their brother insisted 'yes it was Nobody!'

At this point the brothers moved away, Ulysses had the time to set sail, and while heading out, he screamed at Polyphemus telling him: 'remember that Ulysses King of Ithaca blinded you, remember my name!'

What lesson can we have from this myth, dear guys? Nothing happens by chance; spiritual people call this (apparent coincidence) 'divine synchrony'. The right book at the right time, for instance, to get a profound lesson.

Homer tells about Ulysses' rebellion against religious beliefs of ancient Greece of the ninth century BC, which had created cruel and ignorant Gods. Homer want us to think about the true value of soul disobeying and rebelling against false gods imposed by Greek religious power.

Ulysses seeks for his true God, his true divine self. When Ulysses is on the high seas and screams at Polyphemus, Poseidon's son: I am Ulysses, King of Ithaca, and I blinded you. It does not express arrogance but confirms the true self who disobeys the false gods created by religion to subdue man. Always remember kids: I am! I exist! This is the hub of our Divine Soul!. A big Hug. Namaste!

## 11. The Mirror of Our Soul

Are you psychophysically fit? Good! Then you are ready to face this new topic. Let's talk about the soul, we all have a soul which itself gives meaning to our existence. I wish you to reflect and meditate on that and I'll quote a literary work which is planetary renowned. It describes the "management" of our soul and our free will. The work is "The picture of Dorian Gray " by O.Wilde (1854-1900). Oscar Wilde highlights many serious defects in our materiality, extreme narcissism, both physical and intellectual, and our fear of aging. I briefly summarize the contents of the book, to think about its hidden teaching. Dorian Gray's Portrait: the young, handsome and charming Dorian meets a painter named Hallward who flatters the young man and congratulates him on his beauty. He proposes to paint and immortalize (as form of eternalization) forever Dorian's beautiful appearance on a picture. The young man accepts, as a model to the picture; the image will be truthful and beautiful, so Dorian brings it home. After a few days, looking at the painting, Dorian becomes envious of his portrait because it would never grow old, while in the next 20 years he would be totally wrinkled

In the midst of an inner delirium, he invokes evil asking him to age his Portrait, and to make eternal his youth and beauty. His desire is met and Dorian gets the immortality of his appearance. But unfortunately all at a price, Dorian falls in love with an actress with whom he will have a great passion, but the woman later suicides, leaving Dorian suffering and feeling guilty. Then Dorian hides the portrait in the attic. Over the years, his portrait gets 'older' as well as ugly (taking sinister features). Dorian is harried and visits the painter, Hallward, to blame him for this curse; after a lively discussion, Dorian stabs him without feeling any emotion. Dorian asks a friend, a doctor, to conceal the crime: the man helps him but then he repents and commits suicide.

Dorian, after this further pain, starts to curse his beautiful and young appearance, she goes into the attic and pierces his portrait with the same knife with which he had killed the painter. At this point, by destroying his picture he dies as well, because the portrait reflects his evil soul.

Dorian Gray's drama is current in our consumer and material society where human being is thrown into the trash as expired food, because he is aging and his aesthetic 'standards' are no longer fit to the image decided by mass media. They instill this idea by creating a Mass psychosis: even after his forty, a person is not allowed to get discounts at supermarket (tax rebate bonuses) and this facilitates companies; it is a new 'bomb': the generational conflict due to competition for a job. This system is causing precariousness, torment, pain and sense of failure, poor souls are shaken by materiality, unfortunately this creates violence against oneself and others (suicides and murders) a mass genocide perpetuated by political power that incarnates evil. Dorian Gray lives in our society, we are victims like him of false values that lead to self-destruction and death of our soul.

It is not others' faults (think of Dorian Gray who kills the painter who painted his portrait): it is our fault, let's look at the mirror, that projected image represents us, the reality that is destroying us is our creation. We are the ones who have given the political power the force to destroy us.

We only are the many desperate Dorian Grays who have sold their souls to evil usurers.

We all have another chance to 'repent', to revive, awaken our good soul, abandon selfishness and narcissism which creates illusions with a false superiority.

Come on guys, let's all work together for the common good with love and understanding. A big hug. Namastè!

## 12. Madness of the Misfortune Companions

Let me talk about a current theme, madness. A famous painter Francisco Goya good at describing human misery, in 1797 painted a famous picture with a disturbing title "Sleeping reason generates monsters." It is current even in our era (the year I'm writing is 2014). Madness is widespread in every corner of our nation, in every political man or priestly caste, in every social class, in every job, in every family and in every individual.

We are in a big criminal asylum where a small spark can cause a catastrophic fire.

For several years I have lived in a historic town in a country I won't name to respect the privacy of those who still live in that place. Every day there was a battle between neighbors and even in the family there were melodramas offered to the audience for a public humiliation. From my window I watched events like I were in front of the TV. What seemed difficult to understand was the futile motifs of the discussions, for example: the competition for parking that always ended in argument or in a brawl; for worn clothes dripping in the apartments on the ground floor; a wife who shouted against her husband who lost his job calling him failed. But the most pyrotechnic quarrel with various twists and turns was caused by teenagers kidding the 50/60-year-olds, who in turn reacted to be respected. But as a chain of explosions in a mine, the final collapse was caused by the intervention of parents defending their children who were 100% wrong. All this in one day, sometimes I thought that human misery had really come to its involute peak, the poor souls of these people involved in this urban guerrillas were definitely petrified or asphalted without getting any light.

This dramatic reality reminded me of an episode of Alessandro Manzoni's famous book "The Promessi Sposi"(the betrothed) whose work began in 1827 and was completed in 1842. The masterpiece is set in 1600 and tells of the love between two young poor Renzo and Lucia countered by the lord Don Rodrigo. However, the episode that made me think is about the four capons Renzo tied together to be brought as a payment to lawyer Azzecca-Garbugli to be legally protected against Don Rodrigo. The four capons brought as a gift to the lawyer from then on would have been cooked in a pot and despite this they pecked each other, as it is often the case among the companions of misfortune, so Manzoni writes describing the extreme human misery.

We are now at the core point of the problem, as human misery is not represented by having economic problems, but it is the lack of solidarity between humans who are experiencing the same difficulties and the same dramas. We can extend this to all over the national territory and realize that hell is already on earth, we are the ones who materialize this obscurity with our negativities, we have sent our soul to lethargy and we have been dominated by 'Materialistic ego causing a war between brothers. We are at the end of the time, this is painful, but if we wake up those capons that are ending in pots, we

will be able to save our soul, the common good will return, and love will overpower hate. A big hug. Namaste!

### 13. The Invisible

Good evening Friends! The gift of invisibility is a quality of Angels and spiritual entities, it is an advantage to live between two worlds in the eternal bliss of Divine Love.

But in our material world, the term invisible is harmful, it refers to humans who have ended up in the street without dwelling and income, they are called clochards or homelesses that in this geological era of economic crisis have increased by number. I do not want to identify these humans as a negative category, which by many human egotists, is considered to be the same as the garbage to be sent to maceration. These people have equal dignity to those who have a home or income, they are brothers of light like us, who have lost their way, fallen into depression, their beliefs and inner resistance have overwhelmed them, negative thoughts have overcome, they have yielded or surrendered to their condition of victims of society.

Many people ended up in the streets in Italy and around the world, have lost their jobs, home, family, are people who, some years before falling victim to themselves, lived like us; they had a place in the consumer society and when their role as consumer workers finished (as a consequence of this world materialistic logic invented by the egocentric mind of those who hold power) they were thrown into the road, extinguished as a worthless product.

When a nation loses its sense of community, (even if each individual has to contribute to the common good, as every citizen is an important brick of the great palace of the nation), when indifference overcomes love and compassion, drama is inevitable. This is a Drama built by ourselves, we are all responsible for this unconscious world that is hurting the common good.

The famous domino effect is triggered, each pawn drags the other, no one comes out unharmed. For your to meditate about that, I wish to mention the famous clochards/homelesses who have ended up in the street, but have not lost their creative potential. The Russian mathematician Grigori Perelman (who discovered the Poincaré conjecture), the physicist Ettore Majorana (who worked in Los Alamo with Enrico Fermi), the writer George Orwell (who wrote the famous work *The Great Brother* 1984), the painter Pablo Picasso. Furthermore, the great spiritual master and power writer of now Eckhart Tolle who spent two years on the benches of London, experiencing the presence of his inner being. The metaphysical writer, self help master Joe Vitale, lived for 15 years 'without roofs' between Houston and Dallas. I want to encourage people who are in the street, do not give up, you have the same dignity and potential of other human beings who have a home and a family, come out of the victim's role, value your potentialities, get involved, the universe does not assess from the state you start from; prosperity and abundance are within reach of all, start thinking positive, valorize what you are good at, your potentialities will rise, you will find the thread of Arianna that will take you out of the labyrinth of depression.

I hope this message arrives and give strength to our homeless brothers, when one door closes another one opens. A big hug. Namastè!

## 14. Man vs Woman: a Useless Conflict

Remembering our cosmic origins helps us in relationships. Man and woman are the human manifestation of the two "male and female" cosmic principles, they are the universal principles of creation that every human being has within himself.

The coexistence of the two natures in the human being is the basis of Jungian psychology, where the concept of Animus contains male characteristics in woman, and the concept of Anima (Soul) features female characteristics in man. Thus in a woman the male principle will act on an unconscious level and the feminine one on the conscious level; vice versa the same (in a man the female principle will act on the unconscious level and the male one on the conscious).

In fact, in the biblical myth of Adam and Eve, God created the human being in his image and resemblance, bearing the two non-differentiated male and female principles in their two natures. Men and women seek each other to return to the original unity, they see that half of themselves reflected in the 'opposite' being.

After this spiritual premise I want to deal with one of the most recurring problems in our paranoid society, that is the war of sex, a conflict between man and woman, no need to remember the dramas that happen every day in families, cohabitation, or in simple engagements.

A mere inner self-analysis can help us to see the truth to find a solution to this 'useless' problem. When groups of men or groups of women join, their main subject is their mutual conflict; I was also personally involved when I was unaware of my true being.

Men and women feel victims of each other, tell their dramas with particular emphasis, they are the protagonists of their tragic film, the blame or fault is always on the other, due to bad nature of the other sex. We use to generalize, to create stereotypes of male and female.

All this lack of confidence and betrayed expectations has exploded into a real world war where every group of the opposite sex programs strategies to use and deceive the male or female counterpart who exploits the weaknesses of the other one. Once he or she has identified them, with inexorable coldness an action starts as a serial killer who has identified a victim, used to satisfy the carnal pleasure and reinforce that useless self-esteem of ego. Relationships are no longer identified with love, but pain labs where the most naive succumb.

All this causes dramatic chain reactions, because pain causes pain, a so-called victim will someday become an executioner and will take his revenge on another partner, to "redeem" the 'moral' wounds and inner pains suffered in the previous relationship. I invite you to interrupt this useless conflict that has neither winners nor losers. The purpose of our life is to find lost unity, the male and female are a uniqueness, they are part of the same being. Love is the means to unite the two universal principles that are part of our being, true love is between a being and another, melding their male and female principles into the uniqueness of the Divine Creator. I wish you to find love and to be unconditionally loved by men and women, lower your defenses and live in the peace of your being true self. A big hug. Namasté!

## 15. The Sherlock Holmes of Your Dependencies

I'm a great fan of Sherlock Holmes and his collaborator, Dr. Watson; the creator of these wonderful characters is Arthur Conan Doyle, a writer and journalist born in Edinburgh on 22 May 1859 (his first work of 1887 where Sherlock Holmes appears is "The Studio In Red"). Tonight along with you dear friends, I want to put into practice the deductive method of the great investigator Sherlock Holmes, you will definitely remember the famous phrase that he addressed to his assistant: "Elemental Watson!". Tonight we apply the deductive method to observe ourselves, especially our dependencies. By addiction is meant an alteration of behavior that by simple and common habit becomes an exaggerated and pathological quest for pleasure through means, substances or behaviors. The dependent person loses every control over the habit. None of us are immune to dependencies, even because our consumer society manipulates our minds with the media to create new dependencies. Observe yourself and your habits objectively, then deduce whether yours is a normal habit or is boundless in a pathological addiction. For example shopping, is it for you to have fun, buy what you need, or do you have an irrepressible compulsion to buy items that you do not need? Following football matches is for you, a leisure or is it self-assertion of yourself, which is obsessed with you at any time of the day? Is sex an end to your sentimental relationship, or is compulsive pursuit of pleasure and to show your virility, have a partner, or two or three unaware of being manipulated? Traveling abroad is motivated by a great passion, love for new places and cultures, or you are compulsive collectors of exquisite and exotic destinations, do not you enjoy the moment, but are you projecting on your next trip compulsively? The gym is a means to relax and socialize, or if you miss a session, do you think that you lose the results you have achieved after a year of tense frequency? These are some examples of obsessive addictions, but if you are committed to it you will find hundreds (drugs, false beliefs, mass media, politics, dogmas), even simple habits of daily life, personal care and personal hygiene Become dependencies. Addiction is a search for pleasure, various scientific medical researches have confirmed that the pathological employee when he implements his compulsion has a greater production of endorphins, the wellness hormone, so he can not do without his addiction because he is doped of endorphins, loses control of themselves or falls into depression unless it returns to its dependence. Indeed, in dependence detoxification therapies, the patient is assisted by the administration of exogenous endorphins, in addition to psychoanalysis by the psychiatrist. Dear Friends, Take Care of the Deductive Method, be yourself of self-reliance when you have identified addiction, break rituals that repeat automatically, loosen the cords of compulsion, change habits, break repetitive patterns, with commitment and perseverance you will be Free from the drama of addiction. Follow your inner guide, it will help speed up the results. Hug. Namaste!

## 16. Fear Self-Limits Your Life

We analyze the greatest enemy of our mind: "fear". It is the real self-destructive demon of our existence, a virus that feeds on failures, defeats, victimism, self-pity: when fear overwhelms our thoughts, opens a gap under our feet, we sink into the hell of pessimism and of defeatism, our mind finds all the possible justifications to continue to perpetuate the negativities that it has

built in the dramatic history where we are protagonists. Two of the self-excited emotions

The most frequent are: fear of success and fear of failure. When we start a new relationship or a new work project that leaves us out of our comfort zone, fear inevitably drives us in, the unconscious mind sends the files of our negative memories of the past, where we made mistakes, the fear To fail and to pay for its economic or sentimental consequences. In many people failing to achieve a certain goal, it creates a psychological death in mind, which is why fear of failure implements a self-defense mechanism that leaves it to abandon its projects by half of their fulfillment, giving up a possible positive outcome. These people have a bad relationship with bankruptcy, they must understand that bankruptcy is not the end of everything, but a new opportunity for personal growth is an educational learning process that paves the way for new positive challenges. The fear of failure is so strong that these people invent themselves and others, stories that justify their decision, create a psychological trap to themselves, saying, "They can not understand my situation and help me." In this way they block any possibilities of help against them. Success should be exhilarating, but unfortunately fear also radiates its negativity in this case, as it happens to many people who have achieved great economic and social results, fearing that they will no longer be able to maintain a decent living standard , Beginning to doubt themselves, are afraid of losing everything and becoming poor, blocking and avoiding innovations that could make them evolve in business, and inevitably regress losing part of their wealth. Many people deny the a priori success because they believe that what has been possible for others, impossible for them, this mechanism of fear acts automatically, originates in the subconscious, from the defeats suffered as a kid, when they were considered scarce in the game Football or volleyball, you were not chosen to play in your team of friends, you felt inferior, feeling unworthy enough, giving up a priori new ideas that might make you progress, abandon everything you are offered. Another common fear is not to please others and to be rejected, these people take on a defensive attitude, making them cold and inexpressive, so rejecting others for fear of being rejected, inevitably their fear is They really get marginalized. Another limiting fear is to have a vision of limited life, these people believe that economic and social success is limited to culture or a stable employment, abhorrent self-employment or any private initiative, since they believe it will not work for them , They do not consider it possible to make economic evolution out of their low standard of living. I've made a list of common fears that block the evolution of economic, social, and relationship life, but irrational fears are raining, our antivirus against fears is to focus on what we want, not what we do not want, Make an introspective analysis of our intentions. Acting in the right direction, addressing our challenges and overcoming them, is the only way to defeat subconscious fears. We need to identify and deal with them. Once we know our fears, we can lead us through our intuitions and act to accomplish them. Remember that you are special people, each of you has an unexpressed potential blocked by fear, free yourself from the prison you have created, and fly on the wings of creativity and freedom. Have faith in your divine soul. A hug. Namastè!

## 17. Procrastination, Regret and Indecision

Today we analyze highly toxic viruses for our mind: our conscious, and our subconscious; both are portals which are very sensitive portals to the viruses of our emotional life. The most serious problem is that once people have stored certain viruses, it gets very demanding and hard creating a very effective antivirus. The conscious mind is the decision center of our on-board computer; the subconscious is the memory where emotions are stored, whether negative or positive. For our subconscious it is not important to distinguish good from bad ones: it automatically sends them to the conscious mind when we live emotional situations of our life which are similar to the memories in the subconscious. The conscious mind acts reactively to the emotions sent. This mechanism of action and reaction is very primitive; it was very useful to the prehistoric man who had to survive in averse nature, but in our modern society, it becomes a big problem that prevents people (who have stored so many negative emotions in their lives) from evolving and achieving economic and social results that could allow a prosperous, free and fulfilling life.

After this foreword we analyze procrastination. One of the qualities of our soul is imagination, but we must distinguish it from passive daydreaming in front of television, stuffed with sandwich and beer, thinking of getting one million euros.

The Law of Attraction is activated by imagination, but to be effective you have to plan your goals and desires, and move on to action quickly. Unfortunately, many people believe that dreaming is enough to realize their desire, delay their action and they do not get any results, then they complain saying these are just stupid ideas invented by smart writers to sell books.

The most common excuses for procrastinating are: I'm too tired, I do not have enough time, I'm too old, I have too much responsibility, so all this delays action and results.

Regret is one of the most destructive emotions, as the one who regrets does not let go the past, and ends up destroying the present and the future of his life. Many of the regrets are related to the end of a relationship, of a commercial activity, a competitive sport race, a study

The most common phrase is: "What would have happened if I had acted in another way or if I had not made certain mistakes".

Identify your regrets and stop them before they destroy your life.

Indecision is a constant factor in the lives of many people, when the circumstances are complex, when economic or family problems arise, these people have a negative attitude towards the situation, many times they remain paralyzed and fail to act to resolve the problem, afraid to make the wrong decision.

The most common phrases are: "I've just lost my job, how will I say it to my family? My boss has charged me with lot of work to do, where shall I start from? I am full of debts and have no work, now how can I cope with it? "

Dear friends, observation is the most effective antivirus of your disabling emotions, therefore not to be overwhelmed, have confidence in yourself and in your unique abilities, and then start acting, and you will be rewarded, good will enter your life .

You will live happy and satisfied. big hug. Namaste!

## 18 The Change

We are beings of habits, then changing the habits can entail great stress. All this way of being can be scientifically demonstrated by observing our brains with new three-dimensional radiographies. We can note neurological structures connected to each other, which are called synapses. The synapses allow us to perform daily actions automatically.

For example: driving a car, washing dishes, talking, showering, eating, shaving, and so on. All those are habitual actions we do daily. Whenever we create a new habit, new synapses are originated, when we decide to change our habits, our brain immediately sends us a feeling of malaise or bad mood: the stronger the pain, the more we realize that habit is bad for us.

In order to change lifestyles and thoughts we have to resort to qualities in our soul, determination, motivation, and discipline. Determination acts when we decide to change the old habit immediately, motivation gives energy to the action of change, associating the transmutation of the old to the new with a positive emotion that will bring prosperity and joy.

The discipline is used to plan the various stages of the path that will lead to the positive change of old habit, let's make a practical example: if you want to quit smoking you shall associate it with a positive feeling of psychophysical well-being, and finally plan a progressive reduction of cigarettes that will bring the smoker in six months to stop smoking permanently.

The situation becomes more complicated when we want to change our spiritual and social beliefs, psychological pain becomes very strong, the amount of rubbish accumulated in our subconscious is huge, the millions of synapses of our brain collapse, the brain feels the danger, then to survive it releases hormones, adrenaline and cortisol. Many people fail to change their negative thinking habits, they might go crazy of pain.

So how can we help people to be positive about life? If the people chose to change their life, they want to change, the only solution is reprogramming the software like in a computer: there are so many techniques that help this positive reprogramming of the mind, body, and spirit, one of which is Reiki. Reiki is not a substitute for official medicine, it is a means that establishes a direct connection between human and energy before Creation. Reiki's father was the Buddhist monk Mikao Usui, who developed this method, which has the function of creating an active channel of balanced energy, restoring the connection between human and cosmic, which centuries of cultural and social conditioning have deadened. By rebalancing the energy channels (chakra), the person heals from toxic habits, changing the way of thinking and acting. Dear Friends, the universe is ready to help us, you just have to want it. Namastè!

## 19. Mind and Heart in Tune

We have misunderstood our creator, we are unconscious, we confuse rationality with feelings, love with hatred, forgiveness with resentment, spirituality with fanaticism. We are crazy minds that have no discernment, we are so identified with our mind that we're confused, we do not even understand who we really are.

Buddha found himself confronted with a reveler prince, who after having had all the possible experiences and every kind of vices, decided to become a mystic. This prince was so identified in his new role, who underwent all sorts of privations, believing that he would ascend to God torturing himself. If other mystics fasted one day a week, he fasted three times a week, if the other mystics meditated 5 hours a day, he meditated 10 hours a day. In the end this boy got skinny, his body was full of sores. Buddha went to him and asked: 'dear prince, when you were a bon vivant with a voluptuous life, you were a great musician, weren't you? When you played the veena, were the instrument strings loose?' 'No!' Answered the prince, 'if the strings of the veena are too loose, it does not emit any sound', 'then were they tense?' Buddha asked. 'No!' The prince said 'if the strings were too tight they would break, they should not be stretched or loose, the veena must have its ropes accorded in the middle.' Well' said the Buddha' I got the answer!

'Dear prince as for the veena, life must be lived in the middle, balance gives harmony of sound to life, as symphony of life springs when its strings are not stretched or loosened.

When we begin to go to school, we become educated to use the mind; while we grow up, we become identified with our mind, everything we are in work and in society is mind, we are just mind, love is also lived with the mind. We forget to have a heart that feels our feelings, we believe we love but we do not love, we calculate everything, or we identify love with sex, in practice we do not know how to love.

Another lie we tell ourselves is about hate, envy and resentment: we believe that these negative emotions can cohabit with love; we make a gradual scale where hatred, envy and resentment are always there but with different intensity; we believe that love and hatred, envy and resentment are on the same scale of values, in fact we do not know love, we do not know how to love, as we are taught this 'lesson' from cradle till the adult age.

When we really love, then negative emotions are eliminated, so feelings obscure hate and resentment, there is no coexistence: if you love you cannot accept a compromise. In culturally advanced countries, it's scientifically proven that people are suffering from mental illness, almost 80% of the population suffers from pathologies related to their stressed out minds, a psychiatrist has a granted career in our restless nervous world. True Love is bliss and peace, it can not be confused with opposite and negative feelings.

Dear Friends, a ton of rubbish is in our heads, we should not be surprised if the rational world has caused and still continues to provoke disasters; we do not know how to live with ourselves, we do not feel our inner being, we are living beings who live in the illusion of control and separation. Despite the extremes of the cold calculator mind, our soul is connected with everything, with the harmony of life, minds are destined to collapse, if they do not live in harmony with heart and soul. Namastè,my Embrace!

## 20. The meaning of Life

What makes sense to life? This existential question hardly gets a response. How many of you have sought the meaning of life? When we talk about the sense of life, we associate the response of great writers, philosophers, and poets, who have come to this problem. I quote Oscar Wilde, who expresses a

very profound and truthful concept: "When I did not know life, I thought my purpose was to achieve my intellectual development, aiming at raising my intellect, but when I knew the true meaning of life, I did not have anything to write, as life can not be written, it must be lived, the purpose of life is love for action, the emotion that arouses by developing our own potential. " Lev Tolstoj says he has resolved the problem of the sense of life, increasing love for himself and towards the world; the purpose of life is to have a great vocation to joy. We, human beings, are very controversial, our duality makes it difficult to understand the true meaning of life. Sometimes those who look for it all over their life with commitment and obsession, cannot find it and those, who do not look for it and do not pose the problem of existence, miraculously find its meaning.

As young we do not ask so many questions, we believe that we know our purpose, carry forward our ambitions and our projects; when adults when our life seems perfect, we are established professionals, with a super attic, a substantial bank account, machine, luxury, success with women, a beautiful plaque on the door of our office, we feel we belong to class A of humanity, but here comes a sense of emptiness and anxiety, we do not understand what it is, we have always felt perfect and superior to the others. But now we envy those we thought inferior, we want their peace and passions, we ask them how they could understand the meaning of life.

The answer is not to look for it, but within us, the sense of life is not a category, but an evolutionary process of our talents and passions that give joy once achieved. The purpose of life can not be punctuated and programmed, living is to realize our dreams, give help and love to others, this is a sense of all that we do and realize in life.

The great sadness that affects every human being between the ages of 40 and 50 is caused by the famous reflection 'what have I done, good or bad, in my life? What did I construct to believe that my life was useful to something or someone? has my life been useful for a purpose?' When the little myself asks these questions, the drama is near, depression has begun its inexorable journey. Dear friends, the answers are within you, the conformist world covers your face with a mask, divides everything into categories, is afraid to change and be judged, does not follow the inspirations and passions, since it considers them little logic. The life of most people makes no sense, the limitations and the blockages, the fear of being judged and losing their status quo prevent them from enjoying the true meaning of life. Remember the words of St. Francis of Assisi: "There are wild and adventurous forces inside us." Freedom to express our inner power gives a purpose in life, there isn't an "outside", but just an "inside".

Love life and live it fully with your entire being, this is the true meaning of life. A big hug. Namaste!

## 21. That Desperate Will

What can cause the desperate will to survive in the human being? What makes men desperate? It does not matter how to find the answer on wikipedia. Man lives in despair since he has created his worst nightmare: solitude. We have no reliable news about creating solitude, but it is the deepest plague of the 21st century. Loneliness derives from a sense of lack, of inadequacy, an inner void,

solitude is independent of your social life, you can be alone even in the midst of a crowd.

Solitude is the prelude to inner hell, observe the eyes of people, they are lost, terrified, any communication has been interrupted. Sometimes I have stopped and watched automatons, the name is appropriate, as the actions of these people are automatic, they are connected to nothing, they are cars that are fueled with despair, their will is misled by a false sense of sacrifice, they have not a definite goal, they just want to survive.

Sometimes they wonder with a glimmer of lucidity, 'but what is happening to me? why?' But after these two words, they fall into a chasm of pain, their head suggests a single sentence 'I have to survive, we are alone we have to tackle it' But what should they survive to? Primitive man had to survive in a hostile territory, face predators, climate change and neighboring tribes, but lived in harmony with nature, being an integral part of it.

The 21st century man, damages and harms the environment, is separate from nature, believes he is part of a world without colors, light, joy, or enthusiasm. The first hominids, australopithecus, homo erectus, were less lonely than modern men.

But life rebelled against this anomaly, so a group of heroes undertook a journey to uncharted ground, their mission is to awaken love for life, to allow the highest human qualities to emerge; on this journey they will free up the human kind from the desperate will to survive, bringing universal harmony to earth. In nature everything is done easily and effortlessly, life is vitality, creativity, no survival, sacrifice does not exist in nature, creation takes place easily, without resistance.

Friends, awaken the hero in you, life itself gives you the opportunity to change and live in harmony with her, so stop with this desperate will to survive, life has to be enjoyed and lived, on your journey you will help others to undertake this path to life, the new earth is our goal. A big hug. Namasté

## 22. Errare Humanum Est

Why do we refuse to accept and forgive our mistakes and consequently those of others? We make so many mistakes when we learn how to walk, we fall so many times, but a child is not that dramatic, he knows he has to stand up and try again, only with trial and error he can learn to walk. As adults, we have a stern attitude toward ourselves and others when committing mistakes, we feel the weight of guilt, we can not tolerate the pain resulting from a mistake.

A month ago I rescued a friend who was off the road with the car, the accident had been caused as she fell asleep. Although she walked unharmed from the accident, she could not tolerate neither the thought of having made a mistake in evaluating her energies, she did not forgive she hadn't stopped at the first symptoms of tiredness; in the hospital she kept repeating: "How did I commit a so stupid mistake?" she repeated obsessively this sentence, even the next day she was ashamed of her error, instead of rejoicing to be alive.

We, human beings, have free will, we are free to make our choices, so we have the chance to make mistakes, as mistakes are a means of teaching, learning a lesson, we have the opportunity not to repeat our mistake.

But many of us do not accept the mistake, rather they try to lay the blame on someone else; for example if we are stopped by the police, and are tested positive for the breathalyzer, we assume no responsibility, not understanding

that if they did not stop us we could hurt ourselves and others by causing a serious accident; but we would like to comment on the cops as sadistic people who enjoy getting fines and retrieving driving licenses. So we are no longer wise, learning the lesson not to repeat this mistake in the future, but we pick on those who safeguard our security, judging them heavily.

Dear friends, when you make a mistake, ask this question: "What have I learned from this mistake?", You ought to convey and transmute the negative emotion of guilt into positive, take the teaching from the mistake you have committed, you will become wiser.

If you can be positive, accepting to be grateful for your mistake, you will learn the lesson, you will not make the same mistake, you will evolve into a new stage of self-understanding. If you can not learn, you will draw the usual mistakes to infinity. Have faith and your mistakes will encourage you to improve yourself, be worthy men of excellence in life. A big hug. Namaste!

### 23. We Are a Community

We live in unidentified urban agglomerations, we live one meter apart from each other without communicating. Our lives flow from one habit to the other, we do not know the name of our neighbor, his state of health or his economic status.

If we did not have facebook to communicate, we would all be like an aquarium fish, mute and puffing our cheeks

When I look at today's reality, my imagination flies back to 40years ago when I was a child, I remember going to visit my grandmother Rosina, preparing bread with tomato and oregano for me. The flavor of that sandwich was unique, Love was there in the village of Palmi. In my grandmother's neighborhood, the doors were always open, when something was missing in the kitchen, my grandmother asked the neighbors if they had salt, or sugar, which was donated with their heart; my grandmother in turn reiterated these generous gestures, when they asked her. When a neighbor was not seen for a day, my grandmother was wondering if he was ok, and all of this was backed up by others with loving-kindness.

I am grateful to God that he made me live those moments of harmony and love.

Dear friends, I love you, I propose you to change your way of life, open yourself to others, do not expect anything in return from the other, return to that sense of belonging to a community, abandon the old judging and distrusting schemes.

Open your heart, you will be rewarded with unimaginable joy and peace. Communities are not archaic prehistoric ethnic groups, but a high form of sense of belonging, as in communities every individual is important to the life of the whole group, and the community helps the weakest, families, Human and spiritual values are shared with love by all members of the same community. It also survives when members move to another state, the energy generated by solidarity will follow the People wherever they are.

The sense of community is within us, we only have to go out and manifest it in our lives and in our neighbor's lives.

The sense of community is evolving, detaching ourselves from selfishness, sharing abundance with others, developing and learning, this is the purpose of our life.

Dear Friends, transmute your way of communicating, spreading love and solidarity in the neighborhood where you live, just thanks to a little gesture, a word, a smile, your little community will evolve. Just a little boost and you will fly in the ecstasy of universal harmony. By transmuting disharmony in which we live into harmony, thanks to a little gesture we'll trigger the domino effect, good will spread in your life and in the lives of your neighbors, with wonderful benefits for the life of the whole community. We must abandon the cage in which souls are locked, release love and compassion, life itself wants to manifest its great strength by affirming: I am! I exist!

A big hug. Namastè!

## 24 The drama of control

Today we are analyzing the old energy to which we have been anchored for millennia: this energy is counterproductive since it binds to another negative attitude, controlling and manipulating others. This drama that still persists in the global mindset has come to its end since it is the most used means to keep inequality on the planet.

Control Drama is born into the family, it's the foundation of our society, and then develop into power groups. Our soul chooses its parents to evolve, the convictions and values of the father and mother will affect our adult life, but this is not negative for our evolutionary path.

The reason trapping our soul is the control exercised by our parents on us, this strong resistance will cause the change of our attitude in social and couple relationships, in studies and work.

The Control Drama can be defined as a sponge absorbing the energies of another person, the passing from family to family, this misguided way of getting energy at the expense of the other has created this global mass control system, lowering the energy vibrations of people.

Media and all means of communication are used in such a way that 1% of the world population dominates and becomes richer at our expense. The control can be divided into four categories: "intimidating, inquisitor, cold, too withdrawn and self pity". The children develop one of these four control attitudes to defend themselves from parents, who in turn have created, when kids, their own drama to defend themselves from their parents (now grandparents), so the chain reaction created this collective subconscious.

This struggle not to give their energy as children, perpetuates as adults by feeding the drama. All of this creates bad behavior habits and verbal, psychological and physical violence.

Unfortunately we are like livestock bred and conditioned mentally since birth, then being slaughtered by those who hold the power. These false values are inculcated by society and religions from Birth to death.

Over the last 50 years spiritual freedom has spread throughout the planet, revealing the new and real energy, we have always been connected to this Divine energy unconsciously, but now a living species becomes aware of this immense power concealed by power.

The awakening of so many human beings on the planet is already in progress, the new energy will give every man immense creative power, the power of Divine Love will eliminate the old energy with which man has lived to this day. This control and competition to steal energy and power to one's peer is about to end, the dissemination of information and new awareness will allow the human race to have vital energy directly from the source that created us. Thefts of energy among human beings will ultimately end, the new generations will grow already conscious of their power, the evolutionary leap is taking place now, nothing can stop it, it will be our salvation as well as that of the whole planet devastated by the selfish drama of control. A big hug. Namastè!

## 25. Accepting The Madness of Our Mind is the Way of Healing

Since I have decided to deepen my knowledge of the human mind with the practice of self-observation, I am more aware of being crazy and of being in good company with the whole humanity. Dear friends, the madness in our modern era is a constant element, we identify with the mind for the following reason: it is sick, as we always focus our attention on pain. When we suffer from stomach ache we realize we have a stomach, but when our stomach works well we forget we have one.

This is the reason for our continuous attention paid to mind, we are focused on it compulsively 24 hours a day. The reason for this constant attention is the confirmation of our mental illness.

Dear friends we are all ill of unconscious mind. The sense of restlessness and continuous tension is the main symptom of this disease. To realize what I am saying, take a sheet and a pen and write all the thoughts that come to your mind in 10 minutes with sincerity: you will discover that you have foolish, contradictory, insignificant, violent thoughts so much that you will be afraid of being totally crazy. This self-analysis will make you aware of our greatest fear: facing ourselves. In fact, we do everything we can not to stay alone and think: we go out in groups, go to the cinema, watch TV, listen to music, do mantras, use recreational drugs. We have created (in our society), over the last 60 years, the fun of non-thinking, not to face ourselves. Being alone, even for a single hour makes us feel bad, we are afraid of ourselves and of our unconscious thoughts, we want to forget ourselves. We flee from an unconscious enemy, we are afraid of this enemy because it is within us, we know 'the outside', we are more likely to face an external danger, but we always avoid confrontation with ourselves, the true enemy behind us. All over our lives we flee and we do not want to see the horror in us, we want to forget our inner state, we lie to ourselves, claiming that the problem does not exist because we are afraid to look at it and look in its direction, but this lack of courage aggravates Our plague- It is pushed and hidden deep in the unconscious, causing the persistence of that destructive thought that will always and automatically manifest itself causing harm to ourselves and others.

If there was a camera that could record our most intimate thoughts, a tragicomic truth would come out, for example: two people say good morning: "Good morning how are you?", The other responds: "Well, Good morning, it's a beautiful day! "But in their mind they think," I am forced to greet this stupid that I can not bear. " We have created fake relationships, we act every day, we

do not know who we are and what we do, we must pretend, smiling while we are crying inside. We worry about judgment of others because our image, reflected in their eyes and judgments, gives a 'face' to what we believe we are; we do not know ourselves but what others think and see of us. The fact of not knowing who we really makes our mind sick. The famous writer Nietzsche was interviewed by a person who asked him: "You are a joyful person! But are you always so happy?" Nietzsche replied: "Since you asks me, I will tell you the truth: I laugh not to weep, before my tears come out, I drown it in a laugh, I lock it in my intimate side, laughing to convince others that I'm happy because I'm so sad, to find relief in a laugh" The Great Illuminated Masters Jesus and Buddha have never been seen laughing, perhaps because they did not cry in their intimacy, they did not have sorrows inside, they had the courage to face themselves

If we want to evolve, we must accept our darkness without fear, we must observe our thoughts without judging them good or bad, considering them only as simple thoughts. We must not oppose resistance but let them go, if we have the Courage to take consciousness and assume the responsibility of their existence within us, this will take up energy and strength.

Remember that it takes a great deal of courage to see yourself naked and without defenses.

Your determination will be rewarded with healing and you will be ultimately wise.

A big hug. Namastè

## 26. We are Living a new Renaissance of Human Consciousness

Do you Remember the Renaissance? This historical period is located between the dark times of the Middle Ages and the beginning of the modern era between the fourteenth and sixteenth centuries.

Italy and especially Florence were the driving force behind the global change of mentality and human awareness

During the Renaissance everything totally changes: art, architecture, literature, science, medicine and spirituality, great geographic discoveries, man exceeds his limits in all fields. I mention only some of the great protagonists of the evolutionary leap, "Michelangelo, Raffaello, Leonardo Da Vinci, Brunelleschi, Galileo Galilei, Petrarch, Christopher Columbus, St. Francis of Assisi."

Be aware, my friends, that we are experiencing the new Renaissance of human knowledge. In 2014, in the middle of contemporary era, our goal is to know our brains and its endless possibilities, since we use 10% of its potentiality, and this limit is due to our evolutionary delay. The future will be changed by our mind, but a good engine highly performs only if it has a high-quality fuel, human mind fuel is our soul.

Freedom is the key to great change, since mind, body, and spirit in harmony will begin the evolutionary miracle; millions of people in the world are experiencing this process of change on their own. The global economic crisis has triggered this process of change, many of us are experiencing radical changes in their lives, seemingly negative changes, we no longer have the certainty we had in the past: we experience loss of work, loss of home, end of life of traditional couples, uncertainty for the future, the end of false religion-

induced values, climate change, end of confidence in politics. This international cataclysm, which apparently is hurting us, will inevitably change the policy and the global economy. The Conscious that old energy has come to its end to leave room for new energy, for disobedience to false beliefs, for new knowledge, for the New World Renaissance.

In this decade, change will be rapid, in other historical periods, changes were very slow, ranging from one thousand to two thousand years from one era to the other, sometimes even more. The human being adapted very slowly to the changes and was favored by the slow transformation. Now the changes are fast, they favored by the web, news go around the world in a matter of seconds, information arrive everywhere, this will encourage the emergence of new human knowledge on a global scale. To make this change, each of us has to get acquainted with his mind, become master of himself, as Osho said: "Our mind is like a hive of buzzing bees, this prevents us from gaining true knowledge"; when the mind is pure and clean we can access the true knowledge of the 'self'

This will favor the new Global Renaissance, by observing our stronger emotions like anger, hatred, rancor, pride, resentment. Make use of the vital energy to create love, compassion, forgiveness, joy. The old religious mentality, created the repression of these emotions that were considered sinful, were concealed in our subconscious with dramatic consequences, but spiritual freedom helps us to observe them, to exploit their vital energy.

Within our hearts, love and hate, rancor and forgiveness, anger and compassion coexist, religion has inculcated us that negative emotions should be destroyed, but that's totally wrong. Destroying anger you can not feel compassion, destroying hatred you can not feel love, because the two opposites must exist because they contain our vital energies, it is up to us to observe and transmute the negative into positive.

The New Renaissance is the knowledge of our mind and soul, which will develop in sync our intellectual and psychic abilities. Osho said that our mind is like a four-ox wagon, each ox pulls in a different direction, so eventually the chariot is disintegrating. If we live in sync with our soul, our mind will make consistent thoughts by exploiting its maximum evolutionary potential.

The New Renaissance is mind and spirit; my friends, let's spread the message, take back harmony and bliss in our lives, changes will be quick if we spread the message to other human beings; in synergy we will also advance and progress, we are all one, always remember it.

## 27. How to Neutralize Our Inner Critic

I'm really exhausted! The path to the Nirvana is very challenging, but I am happy to share it with you.

Today we will be dealing with our inexorable inner critic. Dear friends, from cradle to adulthood, our brain stores data. Our brain is far superior to any existing computer on earth, but the main problem of our database is its absolute autonomy. In fact, assembling and mixing various information throughout our existence, many of this information are in contradiction with our personal success. To be clearer in conceptualizing this term I will say that we have data in our software that hurt us. Every human being has unlimited creative capacity, but he has to deal with his self-esteem. Self-esteem is

damaged by events which are traumatic or judged so by our minds. This creates a system of defense so as not to repeat that event in the future. Our mind wants to do our own interests, it stores data as a truth to be used when in our lifetime we come across a circumstance similar to the one that in the past has created the trauma. The mind is neither good nor bad, it works like that. Unfortunately, our mind considers the illusory projection of data (at its disposal) as reality, it creates a thought that turns into painful emotion: in practice, we misunderstand the event by creating an imaginary situation that in turn will create a distorted perception of reality.

This causes a process of lowering our self-esteem, our work relations, sentimental and interpersonal relationships worsen, reinforcing that sense of inadequacy for not being up to the situation. Any word or external situation is taken personally by causing conflicts with other people, as they will awaken within us the pain associated with data stored in the past. The voice of our inner critic will always resound in our minds, every time we are making a positive and creative project, our inner critic harms us, telling that we are deluded and will miserably fail, that we deserve nothing.

Our inner critic will continue to sabotage us, causing depression and sense of inadequacy; the only way we can neutralize it is to understand this is a self-defense mechanism of our mind, the inner critic warns us of a possible failure but it is to Our good.

Then after calming down the critic, focusing on our emotional, fear, sadness and anger reactions (that warn us that we are confusing the true reality with the distorted reality), we understand we are badly interpreting the situation and block internal dialogue that damages our self-esteem.

If you engage, over time, you will be able to distinguish the disabling voice of your inner critic from the friendly and wise voice of your intuitions, which reassure you with positive thoughts and emotions by strengthening your self-esteem.

When you're in trouble, ask this question: "Is it possible that reality I'm experiencing, is not real?" I conclude by saying: we are mind, we are body, we are soul, all in harmony with the universal one, that will heal the wounds of our past here and now!

## 28. Inner Demons

Every morning I watch the news, their content is alienating, they only report negative news, murders, suicides, unemployment, and desperation. If I weren't awakened I would have a negative idea of the world, where pain and fear prevail over joy. Each of us 'journey' has a predetermined path, the ultimate goal is to know the true self and move to a higher level of conscience.

Maybe any of you remember the mythical Hercule, son of Zeus, whom the Gods had imposed to take a purification path, the famous twelve fatigues of Hercules. In the twelfth fatigue, Hercules descends to Hades to capture Cerberus, he crosses the River Stige with the boat of Caronte and begins its course, facing the shadows of the deceased ones. Hercules faces himself, his shadows, his inner demons, this is the metaphor hidden. Imagine your life with various trials to tackle and overcome; the universe is playful, if you do not pass the pre-established tests to evolve your soul, you will be re-proposed similar events and encounters until you have passed them. The decisive test is

the most demanding, you must face your inner demons: who are the inner demons? Those parts of you that you do not love, they are your dark sides. We tend to forget our bad actions, we notice the bad actions of others instead of ours. The fundamental motive is that we are projected outward, we can not look inside of us, we are afraid of our dark side, we believe that looking in the eyes the horror that is within us can make us crazy. Instead, accepting and loving your dark side will be the way to lighting.

Remember the 40 days spent by Jesus in the desert who faced Satan's temptations, after coping with dark shadows of his conscience. Jesus and God become one being. To the question, "Where is your father?" Jesus replied, "You do not know me or my father; if you knew me, you would know my father too." Jesus expresses what we are in the ultimate reality: we are all one with the creator, but if we do not face the darkness we can not join him. Our darkness or sub personality are subtle. If we continue to be ashamed by concealing them with unnatural effort under layers of false thoughts, they will emerge angrily forcing us to act automatically by damaging our lives. If we want to come into contact with our inner self, we must bring light from the darkness of our subconscious.

How often a friend or psychologist made you notice a part of you that you do not like!, and you have changed friends or psychologists since you do not want to identify with that obscure part of yourself, seen objectively by others.

This behavior is dictated by your ego who lies to you because he wants to survive, because if you accept your shadows he will stop being there. Our ego tends to blame people and situations outside, never takes responsibility for actions; we tend to project our shadows over others, if we tell another person he is a selfish manipulator, it means that that inside, we feel as egotistical manipulators. When we cannot stand and judge a person or situation, it means that we are projecting a shadow of a sub personality that we do not accept.

To resolve this inner conflict between our various sub-personalities we must 'become friends' and love them as light and darkness are both Divine energies: to be complete we must unite the two energies into a single energy, the energy of infinite love.

Imagine being in a supermarket and meeting a lot of people: each of them is your sub personality, then to better understand them, we may name each one,; one will be called Frank who is pissed off, another will be named Joseph the liar, and do not have to forget the third one, called Nicola, the anxious. Well, imagine you have to make friends with all three, you'll talk to them confiding like an old friend without judging them and they will explain to you that if you love them and accept their energies they can help you live in tune with yourself.

Since Anger, Lies and Anxieties are part of you, if you accept them and love them, they will not become obstacles in your life, but friends who will give you their energy that you will transmute from the energy of the mind into heart energy.

I've made examples of three sub-personalities, but you can personalize your friendly encounters with your sub repressed personalities (Hate, guilt, rancor, greed, envy, jealousy, repressed sexuality, aggression, cruelty, fear of others' judgment, failure, inferiority, etc.).

I wish you to love darkness like light, stop judging others or you will be judged by yourself.

We are all one, never forget it.

## 29 Are you Revolutionary or are you Conservative?

Happy Sunday, my Friends!

After having spent a sleepless night, where my ego came into conflict with my soul, the inner voice of my spiritual center has channeled me to the reflection to write a post. Over this year during my awakening, I saw the world from a higher perspective, I began to see beyond the irritating ego of humans, and see the love that lies behind the egotic barrier.

But it was not as simple as it sounds; many of you reading this post will share my experience; however it is a very demanding undertaking, only the support of our divine soul can help us. I practiced unconditional love and unconditional help, I became operational, I helped many people economically and morally, risking personally, but I must say that money was returned, even if this is irrelevant. The most shocking thing was that the people I helped, at the moment were happy and grateful, their soul was delighted with the good gesture.

A month later they began to be wary, and I was even accused of having a double end; many of them were burdened with prejudices and resistance, they projected their distorted reality on me. From being a friend I became a strange subject, they began to think: 'If he helps us there will be a reason. Maybe he wants to deceive us. After having had a direct confrontation with them, I clarified the purity of my gesture, but after exhausting discussions, great patience and compassion. From these experiences I came out spiritually enriched, but tired at psychophysical level. My ego rebelled against these unjust reactions of these assisted people, I had to work with meditation and mantra Ho'oponopono, to succeed not to react to the provocations, sometimes I found myself only in an alien world

I wondered Who had created this hell, then I looked into the mirror and realized that I was responsible for the evils of the world, as I had lived for the most part of my life with the same mentality based on separation from the whole, I polluted the collective mindset,

Now I know only love and compassion can bring light into the darkness of the world. I started asking questions: Am I a Revolutionary or a Conservative? Being conservative is simple, meaning just survive without caring for others, following the Darwinian primitive law where the strongest survive, closing eyes intentionally, if anyone in a difficult situation and pretending not to see him, justifying saying "this is his life", that cannot be changed", because just a small, helpless man can't do anything. The important thing is avoid hurting anyone, just survive. Being a Revolutionary is an act of courage, it involves risks, a hard inner work, becoming a beneficial presence on earth is no picnic, bringing light involves a radical change in one's mentality, but when I think of Jesus, Buddha, Krishna, Socrates, Giordano Bruno, St. Francis from Assisi, Ghandi, Mary Teresa of Calcutta, Martin Luther King, Pope Wojtyla and many others. I remind of their messages of love, forgiveness, compassion, their activism to bring mankind to unity, to equality, to the common good; when I remember the upward change brought to the whole world, I'm moved and I rejoice in love and courage, my adventurous soul rises above my ego, encourages me by saying: 'You can do it without giving up! You are the Divine who expresses through you, do not be afraid, you are not alone'. Moving from

the new energy, I keep on going, aiming high, no matter if I'm having trouble, I'm sure nothing can stop my soul, each of us will wake up other souls, we will reach the critical mass with our light, over darkness of the world. We can succeed, my Revolutionary friends, I love all Namastes!

### 30. Daily Life Training

cheers, Dear Friends! I want to encourage you not to give up, life is wonderful, don't be misled by your misguided perception of reality, switch off the TV or just watch movies and documentaries, look in the mirror and express gratitude to be alive, declare that you love yourselves. Imagine a Basketball, American Football or Football match, where you are the players, your coach gives you directions to express yourself to your maximum potential, you have to flow in sync with your teammates, want to win, score the goal, shoot a basketball, all contribute to common good of the team. Well, your coach is the divine universe that flows in you through you with his energy, you are the team that want to win, you are bringing the intent to action, you want to score your goal, within you the emotion is already there and will explode when you score in your favor, from this moment you are the creators of your destiny, you are ready to score, your teammate passes the ball: if you flow into the energy of the divine coach you will score, if fear and doubt come to you, you will miss the shot and you will not score for your victory. Our life is flowing into divine energy, we are part of it, only fear and negativity can block the natural flow of our true being. Dear friends, I understand that the world we have created sends us self-destructive messages and creates a vibrational lowering of our energies, but you do not have to be resistant to these low energies, you have to work favorably not against. For example, if you get a tax notice from Equitalia (agency for tax collection), do not curse the whole nation and all its inhabitants, do not act a victim, but take the notice in hand to write 'thank you it is already paid', then quietly keep on running your daily life without demotivating or alienating it. Think this will pass too, love your life anyway, as if it happens, if you keep being optimistic, if you are not overwhelmed by concern and worries you'll won, it will be the first score taking you to the victory of your game of life. If you raise the perspective in which you observe life, you will flow into divine energy that will find a way to help you, an intuition or an opportunity will come, that will help you pay your debts and solve your problems.

Remember, dear friends, Jesus said, "Ask and you will be given, look for and you will find, knock, and a door will be opened to you"

But you are the ones who have to give yourselves permission, to allow it, you must be allowed to be yourself, be free from a world that wants to get you depressed and limit your existence to an ephemeral statistic; messages are clear: you represent 45% of the population who has become poor, that want you makers of your social inequality, to convince you to be poor and crazy.

Lead your thoughts to the ultimate goal, you are wonderful beings, you are the life that is expressed in its originality. Understand that behind any aberrant human selfish action, there is the opportunity to express your spirituality, your true being, your magnificence, your well-being, and the realization of yourself.

My Friends, the divine has passed the ball, you are in front of the goal, you just have to score for victory, everything depends on you, do not be discouraged, you will win the great game of your life .  
Force and honor! Namastè!

### 31. Remembering Christmas

Good evening my Friends! I would like to stimulate in you the memory of Christmas, not the commercial or religious Christmas, but your Christmas: what is Christmas for you? I can help you by telling my Christmas, maybe each of you after reading this post will remember his Christmas. We have a very large memory since we have lived so many lives, but we find it difficult to remember our present incarnate life. What we can remember very well are the traumas that our inner child sends us in the form of emotional data to destroy significant moments of our lives. I invite you to empty your mind and 'erase' thoughts through 15 minutes of meditation. When you're calm and inspired, you will remember the true Christmas, the sensations, love, joy and happiness that true Christmas gave you in your first years of life. Be Inspired and follow me in the imaginary world and all is possible.

As children we have a more objective vision of reality, we have less resistance and false beliefs, we can live the wonderful divine present, we are interested in living the emotions of the moment.

I remember with great joy the preparations, the letter to Santa Claus, 15 days before Christmas advent, the great excitement of finding the gift at the foot of the bed on the morning of December 25th, the great dinner table of Christmas with grandparents, aunts, uncles and cousins, the cheerful and loving climate of being part of a family, feeling happy and protected. Then after having eaten a lot, we all, adults and children, played together cards or bingo; I remember feeling the energy of love and bliss, which adults forget, but remembering helps us to be ourselves. The real ourselves had already been manifested in the relative past, but we have forgotten it. Dear friends, remember your happy moments, bring them to your present life, as you know there is no time, we have created it for us to be able to control our lives, to give deadlines, as our logical mind created psychological time. In order to make sense of its existence, our brain is afraid of infinity, must think small to survive. If you think only of the 'here and now' and it all happens simultaneously, then you will realize that what you consider past is just another present moment. If it is so simple, why not to bring everything into the present: do not complicate your life thinking of the good times passed by, this is an illusion of our mind that perceives linear time, we are and will always be in the present moment. Recalling these principles of absolute time, I want to assure you that the child who loved Christmas is always in you, the true self did not disappear in relative past and is always present now, you are happy now, as you were, there is nothing but present and 'now' moment.

Do not be deceived by your mind, which creates the sadness of the moment that has gone and can not return since it is passed; live the present and in it you will find the joy of Christmas because your Happy Christmas is not over, and is always alive in you now and in eternity.

Look at the sky as Santa Claus is coming with his flying sled pulled by reindeer; you live ought to dream and imagination of the present, true reality is now

There is no drama, suffering and sadness in this Divine, we were created to rejoice in Present, do not be fooled by the mind, as Christmas is wonderful and you are wonderful because you are Divine, always remember it, Dear friends, I wish you a happy and present Christmas, you deserve it. Namastè

### 32. Does the Brain Create Physical Reality?

Good evening Dear Friends! Is the reality we live objective? Or do we project a movie that is not ours, a movie created by collective hypnosis? Progressing in this new awareness stage opens a gap in the dense jungle of misinformation in which we live.

Dear friends whether you are bachelor or graduate, you have to shake off the untrue beliefs of false science you learned from school teaching and dogmas from the false spirituality disclosed by religions. The last 5,000 years of history should be rewritten, they have contaminated collective mentality and our DNA, humanity has been manipulated for millennia,.

Our limits are the 5 senses with which we perceive only 0.5% of reality and the whole universe . But the truth would emerge with the dissipation of maya as the Veda call it, a veil or fog preventing man, just endowed with his 5 senses, from seeing the true reality, but spiritual freedom and quantum physics are our lighthouse in the fog, they Are the true reality and true science.

We do not see reality with our eyes, but with our brain decoding the electrical signals that our visual cortex perceives from an illusory three-dimensional holographic reality.

Therefore we have the illusion that the physical world is outside us ,but the only place where the physical world exists is inside brain, there is no external one buy only an internal one. If you look at a table, it will appear out of you, but it exists only in your mind, your brain decodes the vibrations and electromagnetic waves,perceived by his 5 senses, (touch, sound and colors of objects and surrounding reality that we believe to perceive are nothing but waves and subatomic particles decoded by neurons in our brain (ex:crystal clear white light) . The outer universe does not exist, the universe is inside our brain, each of us perceives it in a different and subjective way. This premise will cause some of you confusion and repulsion, but in others it will open the way to the awareness of true reality.

Now we can continue with the ones remained after reading the post 'the path towards' freedom; we, human beings, live in third dimension, we can not perceive through our senses the dimensions having higher vibrations even occupying the same space, then fourth or fifth dimensions are invisible to us.

There are evolved beings in other dimensions that cannot be perceived by our mind, there are solar system planets considered uninhabited by our perception, but they are inhabited in other parallel dimensions; only a few people in the world can see other kingdoms. Seers have developed the highest vibrations, the famous sixth sense and can communicate with other spiritual beings. Animals have this highly developed ability; have you ever seen your dog interact with the void,? Then "emptiness" is another dimension, not visible for us. But now I want to ask you a question: if we can not interact with other dimensions of reality, how do the Reptilians in the fourth dimension dominate the world? The answer is (even if it seems difficult to prove) that they use the hybridization process. The Reptilians are allied with millennia dynasties

called the 'illuminati': the reptilians who thousands of years ago manifested in the third dimension, were called gods by the ancient terrestrial peoples, they coupled with the women of dynasties reigning on earth, the ancient Egyptians, The Romans, the monarchs of England, the founding fathers of the United States of America, Hitler in Germany, and so on. These dynasties have the same line of blood as the current Illuminati, they have the same hybrid DNA ( half-human and half reptilian). Since their DNA contains 'the reptilian', the illuminati can interact with them from the third to the fourth dimension.

The reptilians, in order to have greater influence and power on humanity, need human DNA, so the illuminati provide them with human sacrifices, in fact many children and teenagers disappear in the world and are no longer found: their plasma is used as nourishment to get greater power on collective fears.

As a matter of fact, human DNA / RNA is a powerful electromagnetic antenna used to transmit doubts, fears, violence and self-destruction to the entire world community; that's why they need large amounts of plasma: this way they create, from the fourth dimension through human DNA, an interdimensional breach so to perpetuate the collective hypnosis creating an illusory and false reality in our brain, dominating our lives.

We are computers programmed to be subjugated by power. I understand that for many of you this message seems irrational, but I invite you to get information to expand your knowledge and to look inside yourself with wisdom; truth makes you free, dear friends.

The consciousness of Who we really are will save us from the imminent holocaust.

I recommend David Icke's 'Guide to Global Conspiracy': it will help you understand reality. Namastè !

### 33. The Prison

Do you remember the movie 'le ali della libertà/Shawshank Redemption' ? the protagonist ends up in prison for the murder of his wife and despite being innocent he is sentenced to life imprisonment; but he does not give up and manages to escape from prison, using his own genius and the great desire for freedom.

Before escaping, however, he confides with his cell friend who is going to come out on probation (conditional release) telling him to go to a resort in Mexico where he wants to buy a boat to start his fishing business.

Every day the protagonist wants and dreams of freedom, but many detainees who have been there for 20 or 30 years, have adapted and resigned to life in prison to identify it as their own home. Some of them refuse to return to freedom as the prison is their world, their mind is identified with the prison which is their reality: they do not want to quit.

With this preface I'm giving you an example of mental conditioning, a this jail paradox is real in our society, we have imprisoned our minds, we live in bubbles of reality that make us feel safe. We live alienating couple relationships, we can not distinguish true love from control and possession, but we have no courage to change because we have been taught that this is the reality. We believe that we are thinking and being sentient, but we are only tied to patterns that society, religions and family have inculcated into us as absolute truths.

Life is a struggle and sacrifice, we are average beings, limited, we can not improve our economic condition because we do not have the intelligence to do so, we have created the false myth of the superior man who has an extra gear to dominate and be richer than us.

We are resigned to occupying degrading jobs because this is what we deserve as being poor and unhappy, we deserve the precariousness and unemployment, becoming bums who have lost their job. We claim as realism the fact of being resigned to do a lifetime job to make ends meet. But that does not give us any gratification, there are people who are daily humiliated by their employers, but have no courage to escape from prison because they believe they would not have the ability to find or do another job.

When I talk to people I realize they are self-recluse, unfortunately if I look at their family reality, parents or relatives have also made the same self-invalidating choices. They condition each other and hand over the mental prison through generations

In fact, we all have great potential to develop, we are all capable of being better than what we are required to be, all of our society has been built to create inequalities and slavery, but no one realizes it because we have been taught to be Prisoners of our mind. If we try to escape from our prison, our subconscious will attack us by telling that it is useless to rebel and that we have to be resigned to the harsh reality of the prisoner, if we resist this opinion, the subconscious will awaken doubts and fears, we will be attacked by the same inner demons that we have created. But if one day we decide to escape from our mental prison, as the protagonist of the above mentioned movie, we will be unstoppable and invincible, defeating our darkness, nothing will stop us, our soul, our inner genius, we will observe our inner demons and laugh at them as they will appear for what they are, just illusory images of unreal ghosts. I trust in man and his evolving skills, I am confident in the wonderful being behind the prison bars, I trust in the power of infinite love that will free us from the mental prison. Namastè!

#### 34. The Purpose of Our Life

If you look at a crystal ball of an imaginary soothsayer like in old movies, each of you could see the purpose of life, surely it would not match your present job or profession, since most of you have been conditioned as a child at school and in the family to believe that the purpose of life was a steady job and a salary to be able to live with dignity. This choice will cause a deep crisis and many regrets to you for not having followed what you are passionate about. Each of you has talents and unexpressed potential, but your beliefs prevent you from following the heart's talents because everybody believes he can not do in life what he likes, thinking it's not logical and practical.

Many people who have a hobby or artistic talent say that their passion cannot grant their livelihood, so they choose a job they believe can give them economic security, stifle their creative part, spending their lives in monotony and bad mood. School disciplines us to mediocrity, the old school system has never rewarded those who come out of the flock with their own ideas and their talents; indeed, the school tends to ghettoize the different and favor those who are in line with the herd.

This control system is a mental manipulation, since the people to be controlled must be a gear of national machine, must not have passion or purpose, must accept common logic without rebellion. Those who have a purpose, rebel to the mass standard that wants them unwittingly and unhappy; they acquire wisdom and awareness, love life and rejoice in the work done with passion and purpose. Having a goal to be achieved, increases your self-esteem and your will, it increases your ambition and love for yourself, creativity will overcome your self-imposed limits. If you have a purpose in life do not trust people who do not think like you as they will sabotage you believing they are doing your own good, so that you will avoid failures and disappointments, but will destroy your dream with the so-called pragmatic mentality. Have confidence in yourself and stand up to those who want to bring you into the meek and depressed flock.

Your passions and your aim must be protected from false beliefs and the community that will surely reject a priori your purpose as a delirious madness that will take you ruin.

Dear friends I suggest you analyze how your passion could become the purpose of your life, be adventurous and dare to carry on what you care about, do not put it in a drawer covered by dust, thinking that one day it will come true, since purpose will come true only if you now act in order to accomplish it.

We live in an era where creativity can help you not be slaves of a crisis created to get you succumb to the fear of not surviving.

Remember, if you can have a positive view of your purpose in life, act with perseverance and desire to achieve Your dream, the law of attraction will help you, and doors (seemingly closed) will open: the universe will "conspire" for you to achieve your maximum potential. If you are on a sinking ship what do you choose: A rowing boat? Or do you prefer to sink because you do not have the courage to face the sea with your strengths? Those who have a purpose, take the boat and row in the open sea, have the courage to be themselves facing their own fears, rowing to a place called freedom, where they will accomplish the purpose of their lives. !

### 35 Danger Zone: Confrontation with Polarities

This paragraph is dedicated to the awakened souls, to those who are in contact with their own Divine Self, to those who live in harmony with their soul. My dear souls, when you become aware of being the leader of a human body and a computer called brain, when the conscious and the subconscious accept to be consciously guided by your soul, life surely changes for the better.

The world is perceived by heart and no longer by rational mind; the infinite love and the feeling of being all connected to the one, makes us perceive life as a safe and loving place, this wonderful vision is the true reality. But I warn you living in the danger zones of egoic polarity: you are not in nirvana, you have to take root, to stick to Gaia, as everybody has to do his job on this earth.

Those who are not connected to their soul, most unfortunately, are used to living in the danger zone, those who are awakened forget they have lived there. The risk is to be damaged by negative polarity ego and the sleeping people who have lower electromagnetic frequencies. I do not want to scare you, dear immortal souls, but I want the body (you are driving) can be

preserved, as in the danger zone, the evolutionary stage is very low, many people are unconscious and hurt you because they do not know what they do. The spirit of the Creating universe is present in all human beings, be aware, God is present in good and evil, God is both matter and antimatter, God is both positive and negative. If in you, the matter prevails, then you are infinite love, you are co-creators, you're harmony, selfless, unconditional love, unity, beauty and wisdom. Instead if the antimatter prevails, you are selfishness, you are hate, separation, violence, inequality, disharmony. If you understand that you have both the universal energies, a building one and a destroying one, you'll be on your way, as the awareness and inner observation get you progress. You are souls who choose to follow the matter, the Creation, the unconditional love. So just love, do not judge the antimatter and do not get conditioned by it. When you enter the danger zone, things change, you will be in contact with the unconscious disharmony, you could be in resonance with the dark side of the force (remember the sentence of Yedi Knight in Star Wars), then getting lost in the chaos of your subconscious, losing the path of awakening, and enter the hell of inconsistent and incoherent egoic polarity. Unfortunately you can not live isolated from the rest of the world in the midst of nature, it would be great if you could; in fact many of you live in cities where the danger zone is full of anti-souls mines.

I recently had a very hard experience: I helped some friends to start a new business. I do not regret it started to thrive and they are happy with their abundance in their lives. But six months later, I was informed that the accountant hasn't been paid; he was a dear friend who had helped them starting their business. At first, the approach was friendly and loving, I spoke to them with open heart. Then I asked them if they could be punctual in payments, as I had granted for them reassuring my friend, the accountant, that they were honest and trustworthy people. I told him that I understood them and that they could pay in instalments, so they promised me the next day they would send a down payment. Unfortunately polarity is disharmonious and selfish, I was deceived as they did not even pay a penny: I was in the danger zone my dear friends, I was about to burst in anger; then I asked my soul and my angel friends help to resolve the situation peacefully. From my inner voice an answer came, I had to act resolutely, but with my heart open and without rancor, so I remembered the Christ who reproached the money-exchangers in the temple, I channeled aggression into assertiveness, I was sincere and determined.

I did not get the result hoped, they did not pay the accountant and did not admit their responsibility, I was verbally attacked with strength, falsehood and negativity. I forgave and accepted myself for having created this situation, forgiving and accepting these friends, even though I was forced with discernment to detach from them so as not to be further hurt by their unconsciousness: they are victims of their actions, they act automatically and are dominated by fear, doubt, and egoism.

Dear friends, I'm not a victim of the danger zone, I came out victorious and spiritually stronger than before; it was a life lesson, an obstacle I had to overcome to keep evolving. I advise you to be cautious and loving at the same time, unfortunately the economic crisis has created the fear of not surviving in people who are dominated by the biological machine, they justify, hurt and cheat on their neighbor, even friends who have believed in them. Be alert to manipulators who misunderstand your willingness and your altruism as

weakness, trying to cheat you: when you realize their unreliable ego polarity, use discernment to avoid harm.

However, in this divine confrontation between good and evil, if you have faith and perseverance no one can harm you, you are indestructible and eternal, you are the divine that manifests through you.

### 36. Sins of the Fathers Will Fall On Their Sons

Do You Remember The Biblical Curse "The sins of the Fathers Will Fall On Their Children"? This primordial way of thinking has not changed even in our modern era. Although technology, physics and science have advanced to stratospheric levels, our way of psychologically reacting to the various life events has not changed.

We are similar to our prehistoric progenitors, our violent reactions and the oppression of our like, have remained unchanged since the Stone Age. This evolutionary stalemate is due to education based on the duties and dogmas of history and economics; boys are taught from elementary schools to university to accept the reality of adults as the only unquestionable truth. The history of humanity is divulged and studied without criticism, facts are described as inevitable and even beneficial to the whole of humanity. Think of the atomic epilogue in the war between the United States of America and Japan: in some western schools, pupils are taught that, disintegrating Nagasaki and Hiroshima, was an act of love, because the bad Japanese could harm the rest of the world, without even taking into account the Japanese view and their version of history.

This way of educating new generations does not allow to evolve, in fact, for thousands of years mankind commits the usual mistakes; now we have come to a fork, we must make a choice, if we continue on this road the whole planet will implode, If we change our mindset by safeguarding nature and the common good, we will save ourselves from self-destruction.

New generations need to be properly taught, they have to study subjects wisely, that is, they do not have to passively accept what is taught, but do personal and critical research on the topics, forming their own opinion on them. Education of children must be directed to the fundamental principles of respect for others, responsibility, awareness and conscience, honesty, loyalty, unconditional love of body, mind, spirit, (and how they work in synergy), learn ethical economy, tolerance, creative consciousness, power of mind, science, spirituality, peaceful solution of conflicts, visibility and transparency. Only by changing mentality new generations can make a turn to the economy, politics, ethical and social principles of the whole planet. This educational model is based on wisdom rather than on knowledge; past events should not be absolute truths to passively accept, but the starting point for asking questions. The right answers should be: "What do you think of the information we have given you? Do you agree or not? What do you think about it?". The freedom to express themselves without being misguided by dogmas of the past will lead to a change of mentality.

Finally, the whole humanity will evolve and not repeat the usual mistakes, occurrences and re-occurrences of history will ultimately end, the fathers' sin will not fall on their children.

### 37. Mind and Heart in Tuning

We have misunderstood our creator, we are unconscious and confuse rationality with feelings, love with hatred, forgiveness with resentment, spirituality with fanaticism.

We are crazy minds that have no discernment, we are so identified with our mind, that the chaos is complete, we do not even understand who we really are. Once Buddha met a vicious prince who, after having had all the possible experiences and vices of all kinds, decided to become a mystic. This prince was so identified in his new role, who underwent all sorts of privations, believing that he would ascend to God torturing himself. When other mystics fasted one day a week, he fasted three times a week, when the other mystics meditated 5 hours a day, he meditated for 10 hours a day. In the end this boy was totally skinny, his body was full of sores. Buddha went to him and asked, "Dear prince, when you led a joyful life, you were a great musician, weren't you? When you played the veena, were the instrument strings loose?" "No!" Answered the prince, "if the strings of the veena are too loose, it does not emit any sound", "then were they tense?" Buddha continued. "No!" The prince said "if the strings are too tight they break, they should not be stretched and loosened, the veena cords must be accorded in the middle" "Well" said Buddha! "I got the answer! Dear prince as for the veena, life must be lived in the middle, balance gives to life a full harmony of sound, symphony of life is when its strings are not stretched or loosened " .

When we start to go to school, we become educated to use the mind; growing up, our mind becomes what we identify with, everything we are in work and in society is mind, we are just mind, love is also lived through mind. We forget to have a heart that feels our own feelings, we believe we love, but we do not love, we calculate everything, or we identify love with sex, in practice we do not know how to love. Another lie that we tell ourselves is about hatred, envy and resentment: we believe that these negative emotions can "get along" with love, we make a gradual scale where hatred, envy and resentment are always there but with different intensity, we believe that love and hatred, envy and resentment are on the same scale of values, in practice we do not know love, we do not know how to love, we are taught this lesson from cradle up to adulthood. When we truly love, negative emotions are eliminated, feelings obscure hatred and resentment, there is no coexistence, if you love, compromise cannot exist. In most culturally advanced countries, it is scientifically proven that people are suffering from mental illness, as much as 80% of the population suffers from pathologies related to their mind, so a psychiatrist has his work granted in our nervous chaotic world.

True Love is bliss and peace, it can not be confused with the op- positive and negative feelings. Dear Friends, how much rubbish in our heads, we should not be surprised if the rational world has caused disasters and continues to cause them.

We are not able to cohabit with ourselves, we do not feel our inner being, we are living beings in the illusion of control and separation. Without the extremes of the cold calculator mind, our soul will be connected with everything, in the harmony of life, minds are destined to collapse, if they do not live in harmony with heart the soul.

## 38. Harmony and Disharmony

Some time ago, at the Empoli shopping center, I met some neighbors who live in the district where I lived for 11 years. They were different from the other people in the neighborhood, but I was not aware of the feelings I felt. I started a spiritual dialogue with them, while at the mall, discovering they were related to the true reality. Coincidences are no coincidence: after 11 years I discovered that this couple follows spiritual freedom since they were children. We started the conversation talking about animism: the couple followed animism.

The first man who studied in Western Countries, the spiritual animistic current was the English anthropologist Edward Tylor in 1871. Tylor studied the Indian and African peoples, came into contact with the shamans, described their primordial spirituality, saying that the incorporeal entity or soul was present in every animated and 'inanimate' (animals, plants, rocks, various objects, tables, food, atmospheric agents) living being. The harmony of man's soul connected with the whole creation provided the opportunity for these populations to live in prosperity and abundance.

Every moment of the day was devoted to thanking all, as all animate and seemingly inanimate things contributed to the success of every daily activity. Tylor described this primordial spirituality as the first evolutionary step towards a new religion that would develop around a single creator being. This animistic vision of life creates harmony and synergy between us, human beings, and the whole that is part of the one, the source that created us.

Continuing our conversation, we analyzed our nation and its chaotic disharmony, disconnection from all over, family conflictiveness, racial fights, economic inequalities, ecomafia that pollutes with toxic chemical wastes throughout the territory, selfishness and manipulation of others, violence, suicide, theft, street prostitution, widespread negative thinking, distrust of others, widespread resentment, feeling trapped. This imbalance creates separation from the source, denying every possibility of developing abundance and common good.

In Italy we generate negative energy, the law of attraction works with mathematical precision, we are attracting negativity, but unconscious and skeptical people rejects a priori their own responsibility.

Weeks ago there were two tornadoes in Tuscany with winds up to 250km, which devastated Stabbia, Cerreto Guidi, and the surrounding forests. Many home have remained without roof, enormous uprooted oak trees and thrown as bullets on high voltage cables ( I invite you to watch videos on youtube); disharmony generates chaos, climate change is a national and global reality. Our national disorder "fits" into planetary disorder, disharmony is in various areas of the planet earth, we have a pandemic quite near home, there have been cases of ebola also in England and France; Syria invaded Turkey risking of Triggering the third world conflict.

The overheating of our planet is provoking the extinction of various living species. But your skeptical ignorance prevents you from realizing that we all have immense power, our Self is pure potentiality. If man takes consciousness of his true power, he gets in harmony with the creative force of the universe, turning 'unmanifest' into 'manifest'. It is then possible in a few years to purify the planet and live well in harmony and prosperity, just changing mentality: so do not be misled by the media powers that nourish your insecurity by making

you weak, as you are pure potential and have to free your Self from prison. Each of us can manifest a significant change for himself and for the whole Earth planet. Have faith friends, in this decade new awareness will change the world, humanity will be saved from self destruction and chaotic disharmony!

### 39. Sunset of our Earthly Life

All of us will one day come to the sunset of our earthly life, are you ready to accept physical and aesthetic decay? Are you ready to accept and overcome the false feeling of being weak and vulnerable? Certainly, if you are identified with your immortal soul, old age does not scare you, as you are aware that the physical body is only a means to move on earth, not the scope of your life. Since 1989 our planet earth has changed its vibrations, million people have awakened and are awakening in the world very quickly, all this will help and facilitate our identification with our 'Self', our way to the cemetery of elephants will not be painful. I urge you to bring your energy among the elderly, talk to them about their immortal soul and the illusion of old age. Other spiritually more evolved planets have defeated physical decay, they live up to a thousand years while maintaining their physical body in full efficiency and health. The third dimension we live in and the low vibrations due to a low level of conscience, make us live a short life and in precarious health. Poisons we absorb from food and water favor our mental and physical decay, water is saturated fluorides (the same used in Nazi lagers to weaken prisoners' will and their mental faculties). Foods are a cocktail of pesticides, herbicides and preservatives. The medications we use as elderly to protect our health, do not care but poison us, making us addicted are forced to use them for the rest of our lives. Earth is the only planet where the fundamental principle is 'produce-consume and die', we are ignorant of having subtle bodies and being properly nurtured to develop them, we are disconnected from the spiritual energies that would make us healthier and with the capacity to Self-healing. Old age is one of the many human illusions, we perceive only 5% of reality, the remaining 95% is unknown by our sensory perception, we are souls who forget to be, we only identify with our bodies, so fears and doubts ( of aging and being unable and weak) make us paralyzed.

Those who hold power have abandoned you to the human dump and convinced you that old age is a disease. Instead, you are living the best of your life if you live with wisdom and awareness, you are not over, dear old friends, you can help new generations, you are masters of life.

In Indian tribes the elders were precious for the survival of the community, they represented wisdom and balance, a source from which young people could learn to be responsible and enlightened future adults.

I quote an entire reflection by Mary Theresa of Calcutta on old age: "Always keep in mind that skin wrinkles, hair becomes white, days turn into years. But it is important not to change your strength and your conviction since they do not age: your spirit is the glue of any spider web . Behind every finish line there is a starting line; behind every success lies another disappointment. As long as you are alive, feel alive; If you miss what you did, come back to do it. Do not live with yellow photos; insist even everybody expect you give up. Do not let the iron in you get rusty; instead of compassion, get respect from people.

When, due to age, you are not able to run, you can walk fast. If you can not

walk fast, just walk. When you can not walk, use a stick But don't be restrained"! Life is a marvelous adventure; a beautiful dawn is followed by a great sunset , the cycles of our earthly life are rich in beauty, youth is wonderful and old age is great if you can see the beauty of life in its whole totality, you will thank the universe for this huge gift, you will live the sunset of life with enthusiasm and joy. Remember the Cartoon Up: the adventure has just begun !

## CHAPTER 6

- Science and Spirituality -

### 1. The Bridge between Science and Spirituality

"We Are One": Our thoughts and actions create the surrounding reality. In quantum physics, the atoms and the sub-atomic particles react to the observer. So we are catalysts of divine energy of the Creator of the universe and the Earth, being ourselves Divine custodians.

The NASA in 1999 launched the Chandra satellite to space to photograph the center of the universe where they believed there was empty space; but after years the photos show that there is no empty space but everything is connected with neuron filaments similar to neurons of human brain (man was created in the image and likeness of the Divine). This great discovery has been called Matrix Divina (see the links to the YouTube video) that might be the connection between us and the Divine. So our positive thoughts, love, understanding, joy and our prayers can channel the energies of the universe, through the heart that is an electromagnetic transmitter which is 500 times stronger than the brain: this way our surrounding reality can be modified. So if millions of good souls succeed in channeling Divine energy, the world will change and the new era of common good can begin with the love of new Divine energy.

All this was not said by a Shaman, but by a world-renowned scientist named Greg Braden (for the most skeptical, please see his long curriculum: in the 70s and 80s he cooperated with NASA and was Computer Geologist at Phillips Petroleum, then senior designer for Martin Marietta Aerospace; in 1991 he became the first technical operation manager of the Cisco system network, which cured global development that secured the reliability of today's internet. I add that he's a world-wide writer and popularizer of quantum physics and spirituality, a man enlightened by God). Dear Boys, Take care of your immortal soul and channel your love and prayers and the world will change Soon.

## 2. The New Quantum Creation

It's midnight, I'm in a creative time with an unstoppable need to write and communicate. Coincidentally, I want to talk about a Geophysical topic that in 2012 caused so much clamor: this is the famous Maya Prophecy and the imminent end of the world. This 'phenomenon' was then reshaped by various geologists, including Greg Braden, who deepening the Maya calculations realized that due to the Earth's magnetic field and the future inversion of poles, the vibrational field of the Planet would change from 2012 onward. The Earth's magnetic field is generated by its rotation that moves the mass of warm magma at its center where iron and nickel are predominant, forming a dynamo that feeds the North and South poles as if it were an electromagnet.

In 1970 the Magsat, artificial satellite, was launched and twenty years after the Oersted satellite too, to observe the earth's magnetic field from space. They found that the Earth's magnetic field had dropped by 10% over the last 150 years. Satellite measurements in 1970 calculated that the North Pole was moving about 10 km a year, and from 2012 onward its displacement increased dramatically by 40 km per year. The inversion of the Poles in the past geological eras took place every 200,000 years, but as per recent calculations it turns out that the Earth poles have not reversed for 780,000 years, so we are late! This geological phenomenon could affect our era. An inversion of the Poles could cause momentum, before it starts its motion in the reverse direction. The absence of the magnetic protective barrier and Van Allen bands safeguarding

us from radioactive particles carried by solar wind. All this would damage human beings and living species as if they were in a micro-wave oven. Even radio waves and satellite navigators would be damaged and the aurora borealis (northern lights) would be visible throughout the planet. Luckily this apocalyptic scenario will be short, although a time of eternity and the new creation lived by the whole humanity before the evolutionary jump from the third to the fourth dimension. Then the Earth's motion will resume. This quantum leap will not be for everyone but only for those ready souls who have had the necessary evolution and the full awareness of the new energy and of the Divine Self; the other souls will remain in the third dimension to complete their evolution before moving into the Fourth Dimension (the words of Jesus prophesying that in the future the Revelation won't be the end of the world but the evolutionary leap of mankind; one will be taken and one will be left). Dear Shaumbra guys, help the souls ready to acquire the awareness of the Divine, the new creation is near and we will be creating this masterpiece with the new positive energy of God's immense love. In the fourth dimension, the common good, love and Creativity will be our reality, our new Eden. Namastè.

### 3. We are All One through the Web; we are spiritually free-will

Freedom is priceless, the Internet has revolutionized communication globally. The new spirituality has been disclosed at an impressive speed through YouTube, Social Network, Blog and sites; dark times are over, the vibration energy of the planet has changed, implying awakening and awareness of million sleeping souls. The Web in these Years has fostered the lightworkers and spiritual masters of the whole planet to divulge the secret of our existence, our relationship with the Divine.

We are no longer manipulated by the media, the means that the great economic and religious powers used to control the collective unconscious. Religions have always arrogated the right to be the bridge between God and community; in the new Earth every human being is a drop of water joining the Divine Ocean, mass awakening is increasing the collective presence of the Divine on the planet, we are all one and we are all connected to the new Divine energy.

Some months ago I did not know the existence of the connection, the Higher self and divine mind. Thanks to the Internet I had access to an abundance of news and spiritual videos that favored my quick awakening, I was ravished by the energy of great spiritual masters gave me. At a later moment I was aware that the masters were the Divine, enlightened men who are all one with the Divine Mind, the Divine Acting through them, the one who is connected with everything

After the initial stunning I perceived their energy, I was afraid to go crazy, because my logical mind resisted, denied the existence of this new form of communication, my Logic wasn't ready to enter my true self, which since I was born had been a silent presence observing and learning (from the earthly adventure) positive and negative experiences; the pain we accumulate in our subconscious creates false beliefs that prevent us from feeling our true self. The first approach I had was with YouTube, the Shaumbra Spiritual Group based in Los Angeles, Eckhart Tolle's videos with "Power of Now", Igor Sibaldi, Ho'oponopono Dr. Hev Len, Divine Matrix by Greg Braden, Bryan Weiss and

Regressive Hypnosis to other lives of our past, Osho, Joe Vitale, Doreen Virtue etc.etc.

I'm grateful these precious news from the great enlightened masters have arrived via Web, I have been motivated to read their books, which have favored my awakening and my awareness. They are the practical example of how the internet has favored the new spirituality and awakening of sleeping souls. Transmutation is taking place all over the planet, the new Earth and the new Divine energy are a dream come true. The most exciting part is yet to come, have faith friends, common good and love will govern the whole world, this is the great divine masterpiece. Namastè!

#### 4. New Discoveries on Water. Masaru Emoto and Luc Montagnier

It's a beautiful rainy day! Today, our topic is just water, a fundamental element of life on Earth, for all living organisms including man whose body is made up of 70% water.

I want to tell you about a sensational discovery by two famous biologist scientists, Masaru Emoto and Luc Montagnier (2008 Nobel Prize for Medicine for discovering and isolating the HIV virus that causes acquired immunodeficiency disease - AIDS). These two scientists worked separately on this research, Emoto in Japan and Luc Montagnier in France, but their experiments had a common line and end, namely the reaction of water DNA to electromagnetic frequencies. Masaru Emoto in Japan conducted this experiment: he filled several water containers, then subjected half of them to positive electromagnetic frequencies: classical music, prayers, word of love, poetry. And the other half, to electromagnetic frequencies charged with negativity: hate speech, heavy metal music, Hitler's anti-Semitic speech. Then he froze the water to -25 degrees and after looking at the water crystals in the microscope, the surprising result was: the crystals subjected to positive stimuli had pure white color and looked like wonderful diamonds, whereas water subjected to negative stimuli were black as pitch, turbid as water of swamps.

So water DNA changes when subjected to electromagnetic frequencies and the most striking finding is that it also reacts to positive and negative stimuli, so each of us can change and create the surrounding reality. Emoto exhorts people to think positively and to create feelings of love and joy: since 70% of our bodies is water, remember that negativities can cause irreparable health problems to us and to other humans.

In France Luc Montagnier carried out another experiment: he filled two test tubes with water, placed them next to each other, and subjected them to magnetic frequencies. The result was that even the first water test-tube DNA transferred into the second tube as teleported; another sensational discovery that could revolutionize our current knowledge on DNA and how it is transported to living organisms (Reminder: the double DNA helix was discovered by two famous physicists James Watson and Francis Crick in 1953. DNA is a nucleic acid that contains genetic information necessary for the biosynthesis of RNA, proteins and molecules necessary for the development and proper functioning of most of living organisms.)

Considering that planet Earth is protected by an electromagnetic barrier and that both high and low frequency magnetic vibrations are present throughout the planet and the universe, the result is that life and DNA, through water, can

be Teleported on the earth and on other planets where there is water. This discovery opens the door to the unknown, which we spiritual beings call the creative energy of God.

Another step towards human evolution is at the door, but also a great step towards the divine knowledge and the full awareness of the meaning of our life.

## 5. Mass Extinctions and Deforestation

Sixty five million years ago there was the greatest mass extinction that Mother Earth has ever known, the one of dinosaurs. The hypotheses are so many: a great meteorite impacting the Earth caused global cataclysms and climate change; another hypothesis describes a great apocalyptic pandemic caused by a virus, however the causes were natural. But over the past 150 years, since the last industrial revolution, man has been the cause of destruction of the planet's ecosystems and biodiversity. The data are so terrifying that would make the extinction of dinosaurs almost 'insignificant'

Every year 30,000 living species (animals and plants) become extinct, one quarter are mammals, one eighth are birds, 25% reptiles, 20% are amphibious, 30% fish. Between 2000 and 2013, 230 million hectares of trees were destroyed, equivalent to 50 football fields every minute for 12 years, the most devastated areas of the world are Congo, Indonesia and the Amazon. Many forests are cut and burned, causing the CO<sub>2</sub> to rise and worsen the planet's greenhouse effect. Since 50% of a tree is made up of carbon, scientists have calculated that in addition to pollution (cars and factories) at least 25% of our planet's greenhouse effect is caused by deforestation.

In Brazil and Indonesia trees are cut to create farming fields for palm oil and soybean cultivation which in the world market are very much demanded. In Congo, precious wood trade is widespread. The planet's overheating effect has melted 360 million square miles of Arctic pack, 21,000 living species, including the white bear, are at risk. This human cataclysm is destroying the biodiversity of the planet ("in ecology Biodiversity is the 'set' of all living organisms and ecosystems, biological variability of genes, species and habitats"). All this immense common good of humanity is disintegrated by a human predator who, in his crazy race towards so-called progress, has forgotten his origins as well as divine origins of creation.

The materialism of man has become like a termite devouring the planet, but will eventually destroy the same man who has triggered a chain reaction which is going to will destroy his very existence. The next mass extinction will be human, but no one is listening to this warning, blind madness advances without being aware of its end. Dear Friends, by helping WWF to protect living species, we defend our lives and those of future generations. United can do a miracle, do not give up.

## 6. Evolutionary Jump

Our Generation is privileged, we are witnesses and protagonists of a great epochal change that takes place every 3500 years, we are the means of the greatest evolutionary leap in the history of mankind. I want to quote Jesus'

words, written by the apostle Matthew 21:34; after describing signs that will announce the return of the human son and apocalyptic events that will change humanity, he concludes by saying, "Verily I say to you, this generation will not pass away, until all these things take place." The generation Jesus refers to, is ours; there will be the end of the old world linked to the old mentality, old political, religious and financial powers that have caused social inequalities, hunger in the world, destruction of the environment: it will collapse and a new era will begin bringing common wellbeing, and humans will have equal value, they will not be discriminated due to gender, skin color, social caste but everyone will actively participate in the global community with their potential and Creativity, contributing to Progress, to common good, to preservation of the environment.

We will come out of the old selfish mentality that separates humans into nations, categories, first world from third world; we will leave the old economy based on debt, which is destroying entire generations and whole nations, all the unnecessary investments on weapons will end, wars as means of economic speculation exploited by the richest and most influential nations on the international scene will finish. The new mentality will be guided by the creator universe which is now self aware: many enlightened men in the world are favoring and speeding up this evolutionary leap, spiritual liberty over the last decade is re-educating million people and is promoting a massive revival of humanity.

This silent and peaceful revolution is intended to unify our material with our spiritual being, to create a new generation of human beings connected with universal intelligence, to leave the sense of separation and mistrust, the thousands of fragmentations of our Self, problems and conflicts that old energy had created on the whole planet.

We will be global co-creators, the new era is global, from Italy to Australia, from the United States to Africa, as we are all connected to the one, we are all co-creators responsible for the well-being of our planet.

The selfish globalization of multinationals or corporations has failed, has led to poverty and exploitation of labor of the poorest populations, has caused a collapse of the entire world economy, causing environmental catastrophes.

The new global economy is emerging, many nations and commercial groups are investing in eco-sustainability and alternative energies, are creating new prosperous jobs, with good salaries and good creative prospects, the common good is no longer a mirage, but a reality that will expand across the globe. A world of spiritual 'businesses' is emerging (spiritus in Latin means vital force, breathe), at Harvard University, Professor William W. George teaches the future American management class, a subject called 'the universal principles of spiritual liberty': the balance of mind, body and Spirit provides enormous power to work and communities. Religions have nothing to do with this evolution, in the business world we see a transformation of the mentality that will bring the world of high finance to serve a common cause, the common good for the whole planet. The chain of shops 'Target' provides a contribution of \$ 3 million a week, 5% of gross profit, for social services, education, and art. In Los Angeles an association of scientist citizens has formed, working with passion and creativity, helping biologists, entomologists, and NASA astrophysics, with this massive collaboration promoting scientific discoveries. This is the tangible evidence of the evolutionary 'Man: all contribute to scientific progress and the common good of the global community.

At Apple, there is a room for spiritual meditation, they donate million dollars in charity for social work.

I could write a list of thousands of patrons' names helping the global community, including international actors and singers, but I wish you avoid this grueling reading.

Our inner microworld is changing, consequently changing the outer macroworld, the new business world will satisfy the material needs of society, the realization of a creative and happy environment. The Darwinian principle (that is the strongest species have the upper hand on the weaker species) has finished; the evolutionary leap is in progress, it will transform the primitive mentality of separation from the whole, turning it into new spiritual energy connected with everything. We have the right to prosperity and abundance.

Dear friends, I understand that in Italy we are experiencing a very hard reality, but if you change your minds, you will change yourselves and the surrounding world, you will join your troubled brothers, gain the freedom and prosperity that comes with your right of birth. Your evolutionary leap will take place. Namastè

## 7. Apocalypse

I would like to go back home! Sometimes I have this desire, but I am a Shaumbra, I volunteered to help with compassion and love your sleeping souls to wake up to reach the true consciousness of your divine Self.

Shaumbra means family, deep friendship, we all have the same Divine origin, we are the creator's energy drops. Call us Shaumbra or, if you want, the Light Operators, we are not superior to you, all souls are perfect works of the creator; we Shaumbra have reached the consciousness of "Divine" connected with God, after a long path full of obstacles, our Assignment is to help you in the transition to the new beginning. It will look like visionary but we are at the end of a corrupt global system that is destroying human rights and planet Earth's resources. Multinationals are like locusts, they go from one state to the other, depriving them of every resource, creating poverty and slavery, in the name of maximum profit with the minimum of spending, to be competitive in the global market at very low prices. But all this speculation is damaging for workers and the environment that they are disintegrating and polluting.

The signs of this Apocalypse are evident: earthquakes, tsunamis, hurricanes, famines, hunger, cancer, pandemics (Ebola in Africa), war (Ukraine), greenhouse effect, deforestation, acid rain, ocean acidification, climate change, mass extinctions of various living beings.

Can we justify this catastrophe in the name of maximum profit for a few privileged ones? There are nations like Costa Rica, Australia, New Zealand, Polynesia that are the world's foremost example: they are safeguarding nature, have implemented 100% eco sustainability, waste recycling, alternative energy production (wind, solar, geothermal), biogas production and rotating sustainable eco-farming, without plundering the soil of its nutrients. New sustainable eco-technologies are available, but coal and oil companies are hindering their evolution and favoring their billionaires earnings, at the expense of our health and the environment.

Dear friends, our mother earth asks for help, wake up or sleep forever in the darkness of a disaster now announced, suffocated by a world without oxygen, flooded with tons of waste. If we work together the planet in a few years will

regenerate, we will have clean energy and common good. Let's support WWF and Green Peace, and all the other entities that are protecting the nature and peace of the planet. Fighting together we will save ourselves from the Apocalypse, we will have a new beginning, a happy new era. Namastè!

## 8. Four-legged Friends

True unconditional love that we experience on Earth is the love of our four-legged friends: they are pure and loyal beings who love us even though we give them just the 'crumbs' of our free time.

Tonight I'll tell you the story of two great friends, Pino an English Bulldog and Bart a French Bouledogue. They were my two dogs and friends, I was lucky and honored to share 12 years of my life with them, as they taught me the true meaning of the word Love.

Back in time, in 1992 I and my wife (now my ex) lived in a small country in the Tuscan countryside, Montespertoli, we had adopted an English Bulldog called Pino for a year: he was pampered and adored by both of us. One day things changed. By chance I went to Florence and stopped in a street where a large letters sign said 'every breed puppies for sale'; curiosity pushed me into a circus tent where hundreds of puppies of all breeds were crammed, they were dogs coming from Eastern Europe. I had ended up in the wolf's den, it was an illegal trafficking of puppies, which were bought from Eastern Europe for a few euros, then resold 100 times the purchase price.

I was going away saddened by the cruelty of the merchants, when I saw behind the bars a dogie whose ears looked like those of a bat, watching me. Golly, I commented: that dog is funny indeed ! Half an hour later, I took him out from that canine lager. When I got home I introduced him to Pino, who was jealous and refused him as a first reaction, and practically removed him from every corner of the house where Bart was exploring, but at the end of the day the duel ended in a warm embrace, I found them asleep, hugging in Pino's cot. From that moment on, a great love began to grow. They were always together, in the garden, and when I brought them into the woods, their friendship mad of games and adventures lasted a decade. They taught me to appreciate the present moment, our dogs and cats live the "now", live present: future and past for them do not exist, they love life moment by moment with joy. They are more connected with God and creation, they are Guardian Angels who love us unconditionally. Eight years later, it was the dawn of August 18th, 1998 I had just returned from a night shift work, went to the garden to greet Pino and Bart. Bart wagged his tail, but I could not see Pino. I went to the bottom of the garden, and saw a scene that still moves me today: Pino was seated, absorbed, watching the sunrise, the first rays of light illuminated his smushy muzzle, I called him but he was not listening as hypnotized. At that moment I could not understand the reason for his behavior. But in the afternoon, after greeting me and my wife licking our hands, he collapsed and died in a few minutes. Pino that morning gave the last greetings to his life on earth, absorbed before the sunrise, he knew that his time was over, admired his last wonderful dawn. Bart, when Pino died, remained paralyzed, there were minutes of void, time stopped, the pain I saw on Bart's face left me shocked, I had no idea that a dog could love and suffer so deep in his soul.

Yes guys, I felt their soul, but it was not a farewell, but a goodbye, as a few years even Bart died. Sometimes I see them in a happy and joyful dream running together in the green meadows of Eden. Dear Friends, observe all the animals, they are God's creatures, the pure good, they are four-legged Angels who love us without mental reserves, with Sincerity, from them we learn to love life and its fleeting moments. Namastè!

## 9. War stems from Pain

Good evening boys! Today we analyze the body of collective pain, it seems like a paradox, but since we are all connected, even our pain becomes a national "heritage".

The great spiritual master Eckhart Tolle, to whom I dedicate this article, teaches us that any negative emotion that is not observed and identified leaves a remainder of pain: in fact for so many years of our life we are unconscious, we accumulate an immense number of unresolved negative emotions, which create a thick layer of pain. The manifestation of this pain harm social life and couples' relationship, unexpectedly exploding in anger, anxiety, violence, mood swings; most of these reactions are automatic and unaware: when these people attend a psychoanalyst to say they have had a 'Happy childhood and joyful growth', they are completely unaware of their body of pain. We extend this pain to an entire nation and get collective pain, causing wars and unjust social issues. The more a nation is historically old, the more it contains dense pain. Indeed younger nations such as Australia, Canada, Polynesia, New Zealand, Switzerland have a very light body of pain, quality of life is better and there are fewer crimes and social inequalities.

While the older nations such as Italy, Greece, Portugal, Ukraine, many Arab peoples and the State of Israel are densely populated nations with very serious social consequences. This pain is transmitted with the vibrational field that every individual creates around him. Imagine what a disaster can be caused by centuries of unresolved pain in one nation. I want to analyze the last holocaust that has perpetuated for 76 years of atavistic pain and hate among Jews and Palestinians. Until 21st July 2014, after a week of conflict, there were 500 deaths, including many women and children, 1000 injured, 100,000 displaced without dwelling and food.

But this conflict originates from a very ancient pain, from the Jewish diaspora between 70 a.d. and 135 a.d. There were two great revolts of the Jewish people that caused 600,000,000 deaths, twice the temple of Solomon was destroyed, Judea or Palestine was dominated first by the Babylonian Assyrians and then became a region of the Roman Empire; the Jewish people were divided into various groups who departed with the hope of making fortunes for Africa and Europe. After the Second World War 1939-1945 and the Holocaust caused by the madness of Hitler and the German people that caused the extermination of 6 million Jews, the UN decided to return Palestine to the Jews. On May 14, 1948, the state of Israel was founded. But this UN decision to divide the territory between Jews and Palestinian Arabs was not accepted by the Arabs who attacked the state of Israel from various fronts; the Arab states were united: Egypt, Iraq, Iran, Lebanon, with the Palestinians. The Americans provided aid to the Jews who succeeded in winning the first conflict to defend their land of origin. From 1948 to 2014 thousands of people died at the borders with the

famous Gaza strip. This body of millennial pain among Jews and Arabs has made me think about E. Tolle's teaching, the great truth of this enlightened man finds its confirmation in the various disasters that the human ego perpetuated in the last 5000 years of history. Spiritual freedom helps us to evolve, to change this old energy dominated by ego and to move to the spirit new energy that will transform our planet with its divine love into the new Eden, peace and prosperity for all mankind.

## 10. An unusual Journey to India

I want to tell you an unusual adventure in the ultimate mystical nation, India. Five years ago, my traveling companion Federica offered me a trip to India; I was completely unaware of the spiritual value of that journey I was about to take. I had a vague idea of India, as a boy I read the books by E.Salgari: "The Pirates of Malaysia, The Tigers of Mompracem and Sandokan": what I remembered of those books was the mystery atmosphere that Salgari inscribed in every story, I was unaware that I was going to have an experience beyond the simple touristic journey, I would have had a human, mystical and cultural experience beyond any imagination.

I want to describe the atmosphere, the feelings I felt in North India, leaving out the description of the wonderful Hindu and Buddhist temples I visited in New Delhi, Jaipur, Khajuraho, Orchha, Agra and Varanasi. We were guided and accompanied in this wonderful tour by a Sik guide, a nice two-meter-tall big man with a beard like Sandokan. The first feeling I felt was the high energy that places and people emitted, despite the poverty of this third world Country. Here there is the caste of untouchables, people living in the street in bad hygienic conditions, who carry infectious diseases. In the streets cows, pigs, hens, monkeys walked undisturbed; in deafening and chaotic traffic, cars stopped so animals could pass: respect for them was the hub of Hindu beliefs about the reincarnation of soul. One of the evolutionary steps of human soul was the animal incarnation, which is why animals are sacred; in fact, our guide greeted a monkey, said it was his grandfather dead two years earlier. This unusual reality had a timeless beauty, a 5000 years jump back in time, a paradoxical reality in the westerners' eyes, but this apparent anomaly radiated the same amazement that a child experiences when he admires and discovers the world around him. Continuing our journey to the unknown, I noticed the people praying everywhere in the temples and in the streets, mysticism, prayer, dominant part of their existence, I had never seen a human spectacle of such magnitude, I began to understand a millennial culture that remained unchanged although the passing of time. At Agra we admired the Taj Mahal, I was impressed by the majesty and beauty of this sumptuous marble palace, dedicated by Emperor Shah Jahan to his second wife, Mumtaz Mahal, who died of childbirth in 1631. This architectural wonder was a gift of love, the emperor's love to the memory of the second wife he loved more than himself, the silence surrounding this wonderful tomb was unreal, the optical effect gave the palace a magical floating, the building seems to float in the clouds as in a dream. The greatest experience of the entire trip was the visit to Varanasi, the holy city where the Hindus come from every region of India to cremate their family and spread their ashes into the sacred Ganges. At five o'clock in the morning, we went with a guide to the Ganges River; before we arrived, we met groups of

Indian mystics who performed a rite that consisted of brushing their teeth with a twig of a sacred plant, purifying themselves before bathing in Sacred river. When we got to the river, we got on a rowing boat, traveling around the worship area, a unique spectacle: while the dead were cremated, the family prayed and bathed in the Ganges, then the ashes in the river were scattered, some memory lights floated in the river River in honor of the deceased, to favor the passage in the afterlife. The mist surrounding the millennial city of Varanasi made highly mystical and magical that worship time; the guide explained to me that the Indian people live connected with the Divine at any time of the day, while the Westerners are separated from God (we pray only when in a trouble or moments of need, we think that God is our 'butler'). Recalling those timeless moments, I am aware of the spiritual value of my trip to India, I am grateful to the universe for having allowed such great emotions in the nation that gave birth to Buddha. Thank you Friends, it is an honor to have shared with you this unusual mystic journey. . Namastè

## 11. The evolutionary Leap of the Spirit

Our Generation is privileged, we are witnesses and protagonists of a great epochal change that takes place every 3500 years, we are the means of the greatest evolutionary leap in the history of humanity. I want to quote the words of Jesus written by apostle Matthew 21.34; after having described the signs announcing the return of (God's) human son and the apocalyptic events changing the whole humanity, he concludes by saying, "Truly I say to you, this generation will not pass away until all these things take place" The generation that Jesus refers to is ours, and there will be the end of the old world linked to the old mentality, to old political, religious and financial powers that have caused social inequalities, hunger worldwide, destruction of the environment, They will collapse and a new era of common wellbeing will begin: here humans will have equal value, will not be discriminated due to sex, skin color, social caste but everyone will actively participate in the global community with their potential and creativity by contributing to Progress, common good, safeguarding of the environment. You will emerge from the old selfish mentality that divides human beings into nations, categories, the first world and the third world, we will leave the old debt-based economy, which is destroying entire generations and entire nations, ending unnecessary investment on weapons, wars as a means of economic speculation used by the wealthiest and most influential nations of the international scenario. The new mentality will be guided by the universe -creator that has become aware of himself with many enlightened men in the world who are favoring and speeding up this evolutionary leap: spiritual liberty over the last decade is re-educating millions of people and is promoting a massive revival of humanity.

This silent and peaceful revolution is intended to unify our material with our spiritual being, to create a new generation of human beings connected with universal intelligence, to leave the sense of separation and mistrust, the thousands of fragmentations of our Self, the problems and conflicts that old energy has created on the planet as a whole. We will be global co-creators, the new era is global, from Italy to Australia, from the United States to Africa, we are all connected to the one: therefore we are all co-creators responsible for the well-being of the whole planet. The selfish globalization of multinationals

and corporations has failed, as it has led to poverty and exploitation of the poorest populations' labor force, it has caused a collapse of the entire world economy as well as environmental catastrophes. The new global economy is emerging, many nations and business groups are investing in eco-sustainability and alternative energies, they are creating new prosperous jobs, with good salaries and great creative prospects, the common good is no longer a mirage, but a reality that will expand across the globe. A world of spiritual businesses is rising (Spiritus in Latin means breathing, life force); Professor William W. George at Harvard University teaches the future American managerial class the universal principles of spiritual freedom, the mind-body-spirit equilibrium and balance that provides enormous power to work and to the community. Religions have nothing to do with this evolution, in the business world there is a transformation of the mentality that will bring the world of high finance to serve a common cause, the common good for the whole planet. The shop chain Target contributes with \$ 3 million a week, 5% of gross profit, for social services, education, and art. In Los Angeles there is an association of scientists, working with passion and creativity, helping in the research of biologists, entomologists, astrophysics of NASA. With this massive collaboration they are fostering scientific discoveries, this is the tangible evidence of man's evolutionary jumping, all contributing to the scientific progress and the common good of the global community. At Apple there is a room for spiritual meditation and they donate millions of dollars in charity for social work.

I could write a list of thousands of patrons' names who help the global community, including international actors and singers, but I'll avoid this grueling reading to you.

Our inner microworld is changing, consequently changing the exterior macroworld, the new business world will satisfy the material needs of society, the creation of a creative and happy environment. Thus, the Darwinian principle of the strongest species overwhelming the weaker ones is about to end, as the evolutionary leap is in progress and will transform the primitive mentality of separation from the whole, becoming a new spiritual energy associated with everything, we have the right to prosperity and abundance. Dear friends, I understand that in Italy we are experiencing a very hard reality, but if you change your mind, you will change yourselves and the surrounding world, you will join your troubled brothers, gain the freedom and prosperity that is yours as a birthright. It will be Your evolutionary leap. Namastè!

## 12. Miracles

What is the miracle? In Latin miraculum means wonderful thing; in Theological studies, the miracle is a manifestation beyond the laws governing nature, the miracle is for theology a magical event created by God.

I grew up with the idea that miracles were "far" from human beings, and only a few elected, Saints, the Virgin and Jesus had the super powers that God allowed them to create striking manifestations to astonish underdeveloped and ignorant human beings. None of us have ever seen a miracle, since what we were taught us at school, in the family, in society, and in religion, automatically excluded us from seeing the manifestations that we ourselves unknowingly create. Remember the old saying "If you have not shined as a young man, you will not shine as an adult," this is one of the many obstacles that we are going

to convey, from generation to generation, this is 'true' ignorance which leads us to deny evidence of facts; if our eyes do not see they do not believe, instead we should change way of thinking: I believe then I see. Miracles are in the reach of all human beings, we are all endowed with great potentials, the difference between a human being and the other, whether it is successful or not, is his perseverance in action, the courage to go ahead, though the world around him tells him he got illusion, he is a visionary, and he will pay the consequences for that. People who have manifested a miraculous change in their lives and have consequently changed the lives of other millions, did not have super-intelligence but were courageous, they realized what was missing in our world, they persevered in their ideas. They have created miracles. Look around: art, architecture, laws of physics, cars, subway, phone, computers, electricity, bulbs, microwave, hot water, air conditioning etc. etc. . All that has changed our way of life from the Stone Age until today, the great inventions that have changed the way of living, communicating, thinking of the whole of humanity, are miracles manifested by people who have listened to their Inner voice, the voice of the creator, the ingenious intuition that men show when they are free from self- blocks and resistances. They make the great universal mind's creative energy flow as we are all connected since man was created. These great men have had the ability to look forward, to listen to creative insights and to persist with commitment to carry them forward, instead of listening to the old mindset that criticized them: they could replace and eliminate the old man with the new one, following the Universal laws of expansion and creation, manifesting the great miracles that have allowed humanity evolution. Jesus said

' Blessed are those who will believe without seeing!' Men who have performed wonderful miracles for the whole mankind have followed this great teaching, they had an idea, an intuition, and without seeing they believed it worked, they were expecting the miracle, they had faith and perseverance. Each of us can change our lives, no matter if you are old or young, rich or poor, so if you open your heart and mind to the Creator-universe, its energy will create through you, miracles will occur in your life. You have been created in the image and likeness of God. I recommend a book by the great Joe Vitale "Expect Miracles", you will understand the true meaning of the word miracle. Namastè!

### 13. The New Age

Months ago I awakened, I started a spiritual journey to the unknown; the confidence that made me go ahead, was stimulated by an inner voice that encouraged me lovingly; at that time I thought I was going mad. Of course, I had no idea where I was going. I was guided by my inner guide while surfing the internet on a New Age site: "Shaumbra"; I'm not ashamed to admit my ignorance of spiritual subject and the New Age movement. But what made my experience magic, was writing on a blog and dealing with a topic unknown to me; what happened to me can not be described, I had the feeling that the information coming into my mind was guided by a Superior intelligence who was timeless, an ancient wisdom: my brain stored information so quickly that I am still pleasantly surprised today.

My life has changed, now I see the world with other eyes: the things I had always believed in, no longer mattered, the benevolent universe welcomed me

in its arms, and fears, anxieties, doubts, disappeared as it within me the awareness of my true cosmic origin has grown: my divine being is part of the whole.

Only six months later I found that what I experienced is an awakening process, described by the New Age movement. New Age began in the late 1960s in the United States in Los Angeles and San Francisco as a movement that promotes spiritual and social freedom, born in synergy with the sun's entry into the constellation of the aquarius. The new era will affect 2155 years, which will be characterized by profound epochal changes, human beings will be guided by wisdom, love, and the common good. The New Age rebelled against the dogmas of the churches, embracing all forms of spirituality that in the past were considered heretical, "Shamanism, Theosophy, Transcendentalism, Alchemy, Cabal, Astrology, Oriental Philosophy". The New Age practiced the concepts of meditation, channeling, reincarnation, crystal-therapy, holistic and homeopathic medicine, organic nutrition and environmentalism, dealing with various mysteries related to Stone Age, Wheat circles, Atlantis, Essenes, Indians and aliens. The New Age is a non-intermediary spiritual movement, our soul is connected to the universe cosmic laws; souls make an evolutionary path called Karma, reincarnating in various lives. New Age believes in the Angels and Arcangels, fairies, ascended Buddha and Jesus masters, in the divine universe, and in the fundamental laws of creation (The Law of Attraction and the Law of Cause and Effect), studied and explained by quantum physics: we are extensions of the Divine Universe, creators of reality, our thoughts and desires materialize in our reality.

The New Age breaks out political, social, religious and economic schemes that dominate the egocentric world, pursuing the economy of giving, the new economy that will overcome the wealth of few in favor of global abundance, the true evolution of being human. I invite you to deepen the New Age topic by reading the books, "Conversations with God" by Neale Donald Walsch and "The Celestine Prophecy" by James Redfield. Namastè!

#### 14. Noah

Have you ever considered the biblical history of genesis? The universal flood and its protagonist, the Patriarch Noah? As a child I thought it was a fairy tale, I had a vague idea of sacred texts, in school, during the 'hour of religion' the priest described the biblical event with emphasis, in my childhood mind, God seemed like a tough and inexorable father. I was terrified by the idea of a God drowning all corrupt humanity. From the hour of religion I got only one lesson, to distance myself from God, a too violent God, who terrorized and killed those who disobeyed his laws.

The biblical Patriarch Noah, in Genesis, described as a strong man in faith and will, was a farmer, Lameth's son and Methuselah's nephew, descendant of the tenth generation of Adam, that of Set; he had three sons Sam, Cam and Lafet, and was chosen by God to build the ark that would save from the flood all the pairs of animal species beyond his family, which would repopulate the earth after 40 days. Noah, at the time of the flood, was 600 years old, and lived up to 950. Biblical symbolism was badly interpreted, many incorrect and manipulated translations throughout history have altered the true meaning of biblical events. The actual sense of the universal flood, the evolutionary leap of

mankind, was not the end of the world but a new beginning. The old mentality left room for the new, God or Universe connected to Noah, a new quantum creation began. If you think, from Adam to Noah, 10 generations have passed (the first evolutionary leap), from Noah to Abraham another ten generations succeeded, (2<sup>nd</sup> evolutionary jump), from Abraham to Jesus belonging to King David's lineage there were 42 generations: 40 years each generation, representing a great evolutionary leap and mentality upheaval. If we read the bible considering the true message of the universe, which communicates through the patriarchs a tell us about the various evolutionary jumps of humanity, it becomes a present and innovative book; but if we read it through a mentality misled by the Christian religion, it becomes an incomprehensible text, without value, an old tale invented to subdue and create dogmas and superstitions to humanity for 4000 years.

From Adam to Jesus, the universe manifested itself with its true laws, revealing and generating with them and through them the miracle of quantum creation. The observer and observed, the universe that creates, evolves and changes shape, we are all part of the whole, we are all composed of sub-atomic particles, we are the consciousness behind the formless essence, we are God manifested through us, we are unlimited and timeless. In reality, more than 80% of the world's population lives in the 'small' world created by mind to survive: human suffering is dominated by their compulsive thoughts, we could all live in excellence, but we have self imposed mediocrity. Noah and all the patriarchs, until Jesus, traced the evolutionary path of the soul, the evolution of the true self. Now we are the new Noahs: the flood of misinformation will not overwhelm us, we are safe on the arch of our awareness that will lead us into the new era, the Eden we deserve for divine birthright. Namasté!

## 15. Karma

About fifteen years ago I separated from my wife, after 15 years together. In the eyes of the people who knew us we were a perfect couple, apparently nothing was missing, a villa on the hill, the best economic conditions, we also shared a competitive sport and a beautiful gym. But our life degenerated, without an obvious cause, we certainly had our responsibilities, but everything happened quickly and irreversibly. One of our dear friends who knew us since when we were engaged, said, "You are paying for your Karma," this word seemed incomprehensible to me, Karma? I asked him, "What is Karma?" She told me that she had lived in India for 10 years, she was part of a spiritual group that worshiped Krishna. Karma is a cosmic debt of the previous life, we had to have done something wrong in the previous life, and we had to 'serve the sentence' in this incarnation, with suffering and detachment. In Hinduism, Karma philosophy is the implementation of cause and effect law, of our thoughts and actions, it is based on the experiences of our previous life: our soul follows a path of evolution and passion for various incarnations, of various lives; all the experiences that we live in this life are influenced by positive events or experiences had in previous lives. If in a previous life you were a ruthless bloody warrior, in this life to 'pay for your mistakes' you will be a person working in the social field and helping others. Our soul lives these steps, as an evolutionary renewal, a change in the way of acting and thinking. Our soul knows that we can not escape the Karma Law, when her human

incarnation tries to plan with his ego a way out of the situation, the soul has fun, for her it is like watching a comic movie where the human protagonist combines the most exhilarating puzzles, like Mr Bean. Here we are when we follow the ego. In order to build a 'right' Karma for our next life, we must live the actual incarnation in tune with Dharma, a fair and loving life. The universe always indicates the easiest path to follow, to transmute the apparent problem in a favorable and fortunate situation; as usual we are the ones who do not catch the fleeting moment, 'carpe diem' the Romans said.

We miss several trains and various years of our lives complaining, lamenting and suffering, repeating the usual mourners, that we will inevitably be forced to face in the next life, if we remain unconscious; even our next lives will be wasted, blocking the evolution of our soul and the Evolution of the whole humanity.

Reflect about this, friends, we have great responsibility for the future generations of souls, be aware of it and evolve your potential, the power of creation and life itself can not be stopped, we have been created in the image and resemblance of the universe. Be adventurous, abandon the old repetitive schemes, create the great masterpiece for which you have offered volunteers. You have forgotten your cosmic origins, but abandoning the ego mediocrity, and living the excellence of your divine soul, you will sort out. Namastè!

## 16. Feeling Separated From Everything

There are human dramas every day in Italy; I won't list murders, suicides, corpses of immigrants floating in our seas, evictions and foreclosures by Equitalia. But all this human cataclysm has been caused by us, due to our unconsciousness. We are among the nations of the world that are regressing in evolutionary scale of the human species. We can not blame those who rule us; they have been elected by the people, they are a mirror of the nation: egoistic and dishonest people deserve politicians belonging to the same rank.

Let's take our responsibility, stop blaming the 'outside', we shall look inside of us and we will find the truth, only if we accept ourselves we can change.

We feel separated from everything, we have a great sense of helplessness, we face our problems with fear and doubt, we are not a democratic nation where citizens are part of the whole.

I wish to tell you an episode I experienced in the historic center of a Tuscan town where I lived; I was at home, at about six in the afternoon, I heard a big metallic noise in the street, but from my window I couldn't see anything. 20 minutes later I heard a lament and a request for help, I went downstairs, I saw at about 100 meters from home, a motorbike overturn that was crushing a person. I immediately ran to aid him, and after a few minutes I could lift the motorbike, free the man from that trap imprisoning him. After thanking me, he told that many people had passed by without helping him. After saying goodbye, a neighbor who had seen the scene told me, "Why did you help him, he's always drunk, he would have deserved to stay there all night." From this inexorable judgment I realized that each of us feels separated from the rest of mankind, has no solidarity. However, if a person gets an injustice, he immediately blames and judges the misconduct of people. This means feeling apart, separated from the whole, whereas we are one. We are all part of the same source; this way of life has made us slaves of ourselves.

In various areas of Italy the average wage is one euro and fifty per hour, so do not be surprised if the third world is at our home. But very often we can hear people commenting on this ominous moment of our nation, stating it is right to be slaves, we have to accept reality and roll up our sleeves.

These thoughts, saturated with human misery, reinforce slavery, materializes this creation with self-sabotaging thoughts, don't be surprised if climate has changed, too: we are changing our reality, from abundance we deserve to misery. In fact people have constant thoughts of misery producing an evident result. Just look around you.

Greg Braden states, in his lectures: "The Divine Matrix is the container of the universe, the bridge that unites all things and the mirror that shows us what we have created."

Dear Italian friends, when you feel overwhelmed with problems, meditate: suffering comes from the wrong perception of what we consider a problem; if fear and doubt pervade you, ask yourself this question: "what would love do in this situation?" If you can answer this question, then You will be part of the whole, separation will no longer exist, life will be free and wonderful for all of you. Namastè!

## 17. Are we souls?

Let's give a definition of soul, what is soul? In ancient Greek, the word *ànemos* depicted soul as blow or breath. Different religions, philosophy and spirituality define soul as the vital and spiritual part of a living being, distinct from the physical body: Souls is part of spirit and of ego. But proceeding over the centuries, the term soul has been confused with the expression human spirit, which is an integral part of our rational mind, so 'the soul' blends into the term psyche related to the material body. This great confusion of terms and perceptions connected to the five senses has distorted the true sense of word soul; its true spiritual essence has been replaced by ego, altering the true purpose of human being.

One Sunday morning I was at sea, a place called Calambrone, very convenient to reach: it is the last oasis in Tuscany where free beaches survive. Many unconscious human souls were on the beach. Since the veil has fallen from my eyes, now I observe reality with a new awareness. When I am in the midst of so many people, I am a vigilant presence, I observe reality without resistance, watching and listening to what it is. I am aware we are all connected, our souls are part of the one, but around me I only felt the ego of people, I listened to their speeches where separation dominated, I stayed watchful to their affirmations: lots of them, in their discussions constantly added criticisms, I began counting their judgments in those speeches and I was very amazed. Hundreds of negative words against others, society, crisis, sea, sand, climate. I remained alert as I did not want to get involved into negative energy being around them. These people have been condemned since they were very young, like we all. Psychologists say that the critical spirit of children forms at the age of five. This critical spirit, exalted by our society as a quality to be praised, will make the future man live well in society, making him strong, smart and ..mad. While I watched the scene with so much compassion I reflected "Poor souls submerged by thick layers of negative emotions and judgments". A girl next to me talked about one of her friends, saying to her boyfriend: "Martha is

unbearable, I feel anger and pity for her." Incredible as besides being separated from the whole, her ego felt superior to the person she was talking about. My dear friends, I saw, in them, my egoic part exactly like in a mirror, I felt a great compassion for them and for the old me, I prayed for them and for me, I wished them peace, love and joy, because life lived with conflict is a real torment.

In the afternoon I walked on the beach, and after a kilometer, I found more than five hundred panicked people, while lifeguards ran to take the boats, a lady, about 60 years old, was screaming saying that a 25 year-old girl had disappeared into the the sea, she had seen her sinking. The collective anxiety at those words grew, everyone looked at the sea, imagining to see at any moment a floating body, her corpse. Then I tried to calm those people, telling them that according to my humble idea, the girl had gone for a walk. In the past I had worked as lifeguard assistant and I had a similar experience. A very nervous boy silenced me, saying that in these situations you have to think badly, that for sure the girl had died! Wow, I thought: "Tolle is right, the collective ego thinks about the worst, it's useless to fight for power!" Half an hour later, the girl was found alive and quiet, eating an ice cream, enjoying the walk, while the colossal ego had created a drama where she was the unfortunate victim.

Dear friends, our soul is brave and adventurous, it does not live in doubt and fear, do not confuse human soul with spiritual soul: the latter is connected with the universe. Practice silence for at least 15 minutes a day in an isolated place, possibly immersed in nature, you will perceive its presence in you, its mild voice speaks to you, listen to it and love it, it is the true consciousness, your true Self. Namastè!

## 18. The Reincarnation

This paragraph deals with the very controversial subject of reincarnation. In ancient Greek the term is metempsychosis, that is the passage of souls into a new physical body. Reincarnation is the hub of Oriental religions (Hinduism, Sikhism, Jainis) and is also the foundation of New Age doctrine. The Vatican, the center of Christian worship, has always denied the existence of reincarnation. Under the Constantinople's hegemony, at the Council of Constantinople 392 AD, the sacred texts about reincarnation were modified, since this truth, if it had come to light, would have removed the hegemony exerted by the priestly (religious) class. If men were conscious of being immortal and free, they would have to deal with God individually without intermediaries. False beliefs that religious authorities have spread in the last 2000 years, have separated human beings from the source that created them. But in spite of that, our soul fulfills its evolutionary journey of knowledge and awareness: we are spirits wandering on this earth since prehistory, (4 million years ago). Our task is to evolve, to learn, our adventure spans through various ages, evolution is our purpose, the fuel of our evolutionary engine is love and compassion, unfortunately many human beings do not follow these great divine feelings. Hate and resentment fill their hearts, and here their souls continue to return to other physical bodies until they learn this lesson. Only when ready they will be able to approach the Divine source; the purpose of souls is learning to be compassionate and loving towards themselves and others, and then teaching other souls the way to the source.

The famous psychiatrist Brian Weiss in 1980, dealt with regressive hypnosis a patient named Catherine, who was suffering from anxiety and disabling panic attacks; but this practice brought him to the boundaries of unknown, as the patient regressed to previous lives, even 89 reincarnations in various historical epochs: anxieties and panic attacks were linked to layers of suffering accumulated in various lives. Brian Weiss spoke through the patient with the masters of the passing kingdoms, where the souls (after death of physical body) were purified in the source light and then reincarnated into a new physical body, to complete their evolution, to learn to know themselves, their divine part, to complete their soul path on earth. My people run the risk of always repeating the usual path to infinity, but if you are aware in this life the whole human race will evolve, the Evolutionary miracle will make a big leap, towards a right world dominated by love and compassion. Namastè

## 19. The Great 'Reaper'

Today we will analyze our irrational fear toward death, called 'sister death' by St. Francis of Assisi. Death is defined by different religions as a 'neutral' entity, neither good nor bad, its function is to bring passed-on souls to the world of the dead. In medieval iconography death is personalized, it has a body, or rather what remains of it. It is a skeleton with a black coat and a hood, in his hand brandishing a sickle, and is called the big Reaper (harvester). His obscure and macabre image has terrorized mankind for millennia: in the Bible, death is the fourth knight of apocalypse, for the Jewish religion it is the angel of death, for the ancient Greeks it is Thanatos depicted in the temple of Artemis of Ephesus like a winged young man. Nevertheless, over the centuries, the great reaper brings fear and horror to human beings; in our modern society in 21<sup>st</sup> century, fear of death is a justification for behaving badly to one's neighbor, the recurring phrase is: "You live once, let's enjoy life, even hurting others" Our atheist and consumerist society sees in the death an enemy that will one day prevent them from enjoying their accumulated material goods, thus exacerbating their vices and manipulative behaviors to exploit others because they feel empowered by the precariousness of human existence.

Dear friends, death and life on our planet are part of the harmony of universal laws, we are immortal souls. Death is the end of a lifetime, but it is also the new beginning of another life, in nature everything happens in harmony and ease, the death of a living creature creates life for other living things. When a multicellular being decomposes, it creating and fertilizing the entire soil where it lies: in nature everything is created, nothing is destroyed. Death is part of creation, everything has a purpose, life and death are part of a unique design, the great masterpiece of life. But causing death is a great offense to the universe, it is the interruption of a soul path by killing its body: it entails a punishment for the murderer in his next reincarnation; he will live an unpleasant and suffering life, he shall atone for his debt if he perseveres in his mistakes without learning "the lesson". When I discovered we are immortal souls, my fear of death ceased, I am quiet and joyful in the present moment, I love life, now I know that I am part of it, I am son of the universe, a disobedient prodigal son, but at the end of my learning path on earth I will return home in eternal bliss, I will be united to the source for eternity.

Dear friends, you are all children of God, you just have to learn in the physical world that mistakes are part of the learning path, you have to climb 7 evolutionary dimensions, various lives and experiences, there is no good or bad. But at the end of this path, your soul will learn Compassion, forgiveness, joy and love, you will be enlightened and purified, you will be united for eternity with the source. Namastè!

## 20. Courage and Spirit of Adventure

Today we will start a journey towards the full realization of ourselves. We have come to planet Earth from far away, we have chosen in full awareness this great adventure. The planet Earth is wonderful: seas, mountains, forests, living beings of all kinds. We are constantly on a journey and you have to concentrate on it indeed. We have a material body, we can enjoy and love life on earth, but we must realize that we are a unique expression of Divinity, as each of us is a unique and unrepeatable model, we are different from each other, we have different attitudes, skills and capabilities. Each of us has a divine gift with which he can create his reality, we are creators of our success or failure, we must free ourselves from our blocks. Too many times we are stuck on roles or jobs that do not gratify or satisfy us, we are bound to conflicting and destructive sentimental relationships, we are dominated by our subconscious which has been programmed for our unhappiness. We are on this planet to change ourselves, to reveal our adventurous and courageous spirit that we have forgotten, this test is very demanding, but we can succeed, we must love and accept ourselves as we are. Being too strict or stern towards our part we want to change, will not bring any benefit, since what we resist persists. Life on Earth is wonderful but as soon as it appeared on this planet, our brave spirit had to face a dual reality (he was not used to). When we were immaterial, we were connected to universal one, in bliss and peace, whereas on earth we must face new challenges we did not know, suffering, sickness, poverty, death. All these facts have confused the human being in which we have incarnated, who has stopped listening and being connected to God. This separation abruptly interrupted our journey towards joy and abundance as well as towards full realization of ourselves. Let's resume this journey, dear friends, no matter what you do, whether you are poor or rich, whether you are old or young, 'cause you deserve the absolute good in your life. We are stronger than you imagine, we only have to rediscover the courage we have always had inside of us since the beginning of creation, resume that self-confidence and confidence in our creator who works with us and through us.

I tell you a story that really happened: some years ago I met a boy who was an agent, carrying out this work with heart and passion, but the pressures of his family and his wife made him change his path, to have a safe job and a fixed salary. This boy began to suffer from anxiety, although he earned money he was unhappy, his soul suffered because he had abandoned his gift, his true divine attitude. He confided to me how happy he was when he was working in touch with the public. He loved his job, it was not money that motivated him, but his love for what he did. I told him to resume courageously the interrupted path, because we should follow our heart and our spirit of adventure, so the results would be a consequence of our passion. Now he owns a firm and earns four times the salary he earned as employee: courage and adventure spirit

allowed him to express his divine gift. Each of us has a gift, unique abilities, it is up to us to discover our wonderful inner world, rich in creativity and intuition. Dear friends, I urge you to discover your treasure, no illusory economic crisis can stop your adventurous soul. Namastè!

## 21. The New Human Consciousness' Nine Enlightenment

We continue our evolutionary journey together, today we will understand who we really are; our evolution is linked to understanding and consciousness of the true reality. We are all interconnected, consciously or not, to the universe and its energy, but the duality of our mind separates us from the unity of our creator. The last 3000 years of conflict and false beliefs prove it. But a new conscience is taking place in the world; when we reach the critical mass, or the necessary number of people to change the collective consciousness, we will be cocreators of the evolutionary leap of mankind. We will finally remember it, it will be stored in our collective mind, allowing future generations' evolution. We will live in a world where spirituality will be an integral part of our lives, in a global society where personal interest and prosperity will be replaced by collective well-being. The first illumination of our consciousness arises from a state of inner anxiety: we begin to ask ourselves some questions about our existence mysteries. In our lives, strange coincidences begin to appear: they are not coincidences, even if we do not understand them, we know they are real. The Second Illumination stems from a new interpretation of the history of humanity of the last 1000 years: we start to be aware of the great lies and fears that religions have implanted in us, we begin to understand that we worshiped a God who was invented by power to subdue us. The third Illumination is the awareness of the New energy: God is the energy to which we are all connected. Quantum physics has opened the door that false religious beliefs had closed, we all live interconnected in a quantum flow of subatomic particles. We are the consciousness, the observer that changes the movement of these particles, we are beings of light and conscious energy. This energy is generated by love and beauty which are inside all things. The fourth illumination is the awareness that the universe energy can sustain us and act in our favor: we understand that this miracle is hindered by our personal conflicts, competition among humans, struggle for personal power. They all prevent energy from acting in our favor. The fifth illumination is a brief mystical experience that projects us in the future: we understand the cosmic laws and our true origins, we perceive energy and its power but unfortunately we get in touch with our outer world characterized by conflicts. Then we are still projected back, to the origin, but we have seen the way that will bring us to the truth about ourselves in the future.

Sixth illumination: the moment when we understand who we are, so we work on ourselves, observe reality with detachment, understand our purpose in life, help others, disseminate the truth about our spiritual and human existence. Seventh illumination: it increases our intuitive perception: we succeed in following intuitions that our soul perceives from universal intelligence, we enter the creative vortex of cosmic laws, magic begins. The Eighth Illumination teaches us how to communicate with others by bringing light to them, showing their best part, receiving from the other answers and truths that help us in our

spiritual journey. The Ninth Illumination is the Christic Consciousness: doubts and fears end, faith and certitude are our guides, our energy vibrates at high frequencies, miracles become reality, we base ourselves on universal energy, we become unity, we are Divine co-creators, we travel to other dimensions of consciousness, we are unlimited and go through the way shown by Jesus, we consciously travel between this material life and the spiritual world from which we come. The evolutionary jump is completed, we return to the source; the whole humanity will make this evolutionary leap. Eden on Earth is a reality that will be fulfilled in this generation. Namastè!

## 22. Devil was Invented by Male

Ever since I crossed the threshold of truth, the information gets to me at an awesome speed; I attract books that I would never read in my life; all of this has caused suffering to my ego which had been misled by millennial beliefs, but as the great spiritual masters say: 'a bad day for the ego is a wonderful day for our soul'. Today I want to analyze the false belief of the Devil. I have always wondered how God made his "peer" who is wicked and opposes him and competes for eternity. This is completely out of every universal logic: how can harmony cause disharmony and lose control? We have been afraid of asking this question for centuries, religions taught us to fear God and fear the devil; we have never opposed their dogmas for fear of being damned for eternity. I have investigated this obscure topic by getting answers: devil has been in man's beliefs since the 9th century BC. Ovid called 'Strix' a devilish night bird that at night snatched and kidnapped children to suck their blood. Women worshipping Goddess Diana (Deity of fertility and hunting) were called *dominae nocturnae* (ladies of night) and were associated to this evil being, named Strix. In the Middle Ages, the cult of Diana was identified with the worship of Salome (king Herod's daughter) who received, as gift, John Baptist's decapitated head. From the Latin term "Strix" in the Middle Ages, the word witch (*strega*) was coined: its meaning was 'devil worshiper' (the holy inquisition killed 9 million presumed witches between 1250 and 1750).

In the 9th century BC, society was matriarchal (Roman Matrons), women had a superior role to man, besides educating their children they had power in political and social life. Man had the role of peasant and warrior like bees workers, woman was the queen bee, and dominated man. In fact, the children were educated to have emotions, which were very positive for their growth and evolution. When men (male gender) decided to end woman's power by associating her with a malicious power, the children's education changed, the six natural emotions (pain, anger, envy, fear, love, sex) were repressed, over the following millennia, by religions, causing unnatural emotions that still cause harm to humanity.

Repressed anger has turned into violent rage, repressed envy into dangerous jealousy, repressed fear into disabling panic, repressed pain into destructive depression, repressed love has become obsessive possession, repressed sex has caused violence and perversions. The devil invented by 'the male' was the means to dominate the female and create new repressed generations of

humans, altering the natural harmony of human being and his evolution. Wars, Inequalities, Sexual Violence, Hunger in the World, Pollution, etc. are the testimony of damage caused by male dominance. Devil is the false belief that the great male powers (Vatican, multinationals, nations, politics, wild economy) used at the expense of all humanity. Dear friends, the future is woman, we will return to natural emotions and universal harmony, we will return to be united to the universal one from which we have been separated by repressing our natural emotions. I recommend reading the Bible of the 21st, Neale Donald Walsch's Trilogy "Conversations With God" and you will see that your worldview will change definitively. Namastè!

### 23. Forgive Your Enemies

My Friends! Christmas is an opportunity to love and to forgive; in a world that is conditioned by psychological time, control, hit-and-run system, we have never time to devote to ourselves and others. The human condition is the radicalization of unhappiness, we are lots of 'White rabbits' with the obsession of time passing, we are always in a hurry even if we can live at slower pace; sometimes we run across other human lives as we go to work or to supermarket and we can not communicate, the only words we can say are: "It's late, I'm in a hurry, I have so many things to do" Dear White-rabbits: what gives you the compulsive feeling you have to run? Why do you think you have to run? A mystic said, that the life of humans is like a Ferrari who travels at high speed between cradle and grave, without being aware of who one is. Dear Friends, bring into transitory spot a drop of eternity and your life will change fast, you are immortal if you realize it: love and forgiveness will enter your life. A man named Jesus came to our world more than 2000 years ago to help evolve our thinking; Jesus knew man in his inwardness, he could see the love of God in every man. He told he had come for those whose hearts had forgotten God, he came to show us the way, the truth and the life; he came for those human beings who were condemned and marginalized by society, for thieves, assassins, prostitutes, and the needy.

This Christmas, dear friends, put into practice Jesus' words, so if you have repressed grudges against a family member, a friend, a colleague, or your employer, if you have suffered an actual or presumed injustice, forgive and set yourselves free from your inner enemy. Jesus said 'forgive your enemies, love them'. He was not crazy, pardoning your enemies is the way to inner freedom, it is the way for the true Self. During these holidays forgive your enemies, bring love into your hearts and homes, have compassion on your neighbor, do not judge for not to be judged. Be Love, be joy, be forgiveness: love those who condemn you, be the opposite of what the community is conditioned to be, be the change without fear of being disapproved, be what you are in the deeper part of your Being; there are no enemies out there, it is just an illusion of your mind. Merry Christmas to you and to your families. I love you all unconditionally, you are wonderful. Namaste!

### 24. Wake up, Sleepers!

Tonight we shall continue our path through awakening of consciousness. Maya \_which for a long time made me blind and deaf to the universal truths\_ has finally dissolved; now a new awareness pervades and pushes me to continue my journey.

How many unusual books I've read in my life, false story, false science, false politics, false religion, false archeology that it would have been better to be completely ignorant than to get my brain full of falsity and rubbish. But if we do not know the deception we can not know the truth, God and Satan collaborate to make us known and remember who we are, it will seem a blasphemy but there is no good and evil but only unity. God and Satan are one, even if on earth we believe they are opposed, if there was no extreme evil we would not be able to know the supreme good. Dear Friends, which part of God is predominant in you? The answer is none! We are Yin and Yang, the good and the bad are both within us, we have to work the two energies in synergy, we must channel the positive and the negative into one single energy, in one faith. Many of you do not know that man has a physical body, a mental body, an astral body, an etheric body, and a causal body. The physical body vibrates on different levels: atomic, subatomic, super-etheric, etheric, liquid and gaseous; in the third dimension we have a solid body dominated by 5 senses, low vibrations create our solid world and we are programmed to perceive the solid world. The astral body is the one where feelings and emotions reside, but also where all physical illnesses associated with the emotionality arising from a distorted vision of reality derive. The third body is mental: it develops thoughts and rationality, forms with the education, study and information of our family and society, we need it to experience ego, but it is not our true self, it's only its reflection. The fourth body is the causal one, the dimension of soul or psyche, it has psychic senses that are unknown to us in the third dimension, namely telecinesis, telepathy, clairvoyance and self-healing. This is the fourth dimension where miracles happen, it's the causal plane where the higher self is connected to unity, we live in a time-space continuum, we leave relative time, here immense possibilities begin, we know the true life, the true 'I', we understand who we are and where we come from. In nature nothing is created, nothing is destroyed, but everything is transformed, death does not exist, we move to another level of existence, we become pure consciousness, in the space time continuum, everything exists without time but instantly, like a movie on a DVD: we can rewind and see it again, we can see what we think it's past, present and future at the same time. Dear friends, wake up, you are not living the real life, you sleep standing up, you are acting automatically, you are sleepwalkers wandering in the illusion of time and space, power nourishes your unconscious sleep, dominates you and destroys you, wake up: the time has come to know who you are. Namastè!

## 25. You Must Ignore Human Illusions

Good evening Dear Friends! Jesus came on earth more than two thousand years ago to restore sight to the blind and hearing to the deaf. He brought a new awareness and conscience but the man was not ready for change, as he should have done the opposite of what he had done until that moment. A task too difficult and hard for his evolutionary level, although after more than 2000 years the story is repeating: many masters around the world are expanding the

new spirituality, millions have been informed and woken up. After having realized, in practical life, that embracing the new spirituality makes them free from being dependent and slaves to a mental prison created by religion and society, many people inexplicably return to their old beliefs justifying with "I am not Jesus, if I change I will be crucified by society and I will be marginalized" Fear of judgment and doubt about universal truths make many of them abandon their freedom and return to slavery. Nevertheless, I do not give up, I trust in man, persevering in faith, for I am sure that no one can consciously or unknowingly depart from to the power of life, which connect them.

I want to list the twelve human illusions handed down for millennia, which have conditioned us partially or entirely until now. 1 The Need exists. 2 Failure exists. 3 Separation exists. 4 Lack exists. 5. Requirement Exists. 6 Judgment Exists. 7 Condemnation exists. 8 Condition exists. 9 Superiority exists. 10 Ignorance exists. 11 Your will be done. 12 The Most Suitable Survival. In summary, dear friends, most humans believe that God wants them to give him something, that they are separated from God, they must do something to please God and if they don't, they will be punished with eternal damnation, so love is subject to conditions. Then knowing and respecting these conditions make them superior and elected; those who are more suitable and have respected God's will, will survive; but we cannot ignore that all these rules are illusions. If we continue to live with these these false myths we will never see the true ultimate divine reality. How many excuses do you find in your mind for not living real life?, the recurring speeches are these: "We were born into a hostile world with an Inquisitor God, we would like to change and that things were different, in fact we are struggling to be as one, but other humans are bad and selfish, we can not be overwhelmed, we have to fight in this valley of tears. We have to compete for everything and choose a religion that has power and popularity over others; in life there resources are not enough for everyone. Then we will do everything to win and survive, those who lose will live hell on earth. Fathers' sins will be visited upon their children; Adam and Eve disobeyed God by eating the fruit of the tree of good and evil knowledge: they made God irate and brought him to chase and banish them from the eden, and to condemn the whole of humanity to death and suffering.

Therefore since this is human condition, we have the right to secure our victory over others to survive, we have the right to kill and subdue others. If we follow the right religion and the right power we can write the rules that all humanity must follow, so that we can get the most of the planet assets; then God's will protects us as we are his elected people. Many of you accept this illusory system of rules as truth, some accept it partially, but the end result is you accept it because you were told that this is the tough reality of life.

But now, the wind of change is blowing, let's welcome it, dear friends; the false illusions conditioning our life will be swept away because they are not real. The Creator is within you, it's all around you, discovering your co-creator personal power will dissolve human illusions. Namastè

## 26. Primordial Language of Nature

Dear Friends! We have lost our origins, we live in disharmony, we are disconnected from nature, we no longer know the primordial language. This Handicap has caused physical, mental, and stressful illness. No need to list the

many pathologies that scourge lots of human beings, but the worst of all is the lack of awareness of being God who manifests and experiences through us.

I want to summarize a story that really happened in Peru. We all know the Incas were exterminated and subjugated by the Spaniards, in 1532, led by the conquistador Francisco Pizarro; since then the Quechua people (called Incas by the Europeans) have been discriminated against and persecuted by the 'holy' inquisition that considered their shamanic rites were a work of the devil or witchcraft. Still today, Peruvian cities are dominated by half-castes and whites of Spanish origins, the Indians who retain their mystical traditions, Quechua living in the countryside and mountains in huts or shacks. The descendants of the Quechua people are becoming extinct and, along with them, the primordial language allowing them to live connected with nature. Every tree, every rock, every mountain, every animal has a soul with vibrations, and Indians know how to decipher or decode this primordial language; they can communicate and live in harmony with everything that is alive.

The story begins with an Indian guy (an Indio), who returned to the city of Arequipa, thanks to an opportunity to study at the university and become a professional. This man, named Mamani, had settled in Lima, commercial capital city of Peru, and needed to return to its origins, since he was severely ill after a food poisoning. He was welcomed by his father he had not seen for so many years: since Mamani had "civilized", he had denied his Indian origins, had pursued the Western dream of success and money at all costs. When his father saw him so scrawny, he felt compassion and reassured that he would care for him with, aided by Pachamama and the herbs she provided so to heal him. Mamani had no confidence in the Quechua curator's methods, since he considered them old superstitious beliefs. Well, his father took away all chemical medicines that had worsen his illness symptoms: the guy drank an infusion of herbs picked up in the forest, massaged his body with aromatic herbs, then covered him with blankets warmed in the sun. After a few minutes Mamani's body overheated and began to sweat copiously, after a few hours the father changed the blankets, Mamani sweated all night; the next day he was almost healed, his body detoxified. Mamani was astonished, having no confidence in shamanic methods, but believing in the drugs Lima specialists had prescribed for him, considered the evolution of medical science. Instead, he had risked to be killed by those pharmaceuticals, whereas all natural methods of the ancient Quechua could save him. Despite his logical mind resistance prevented him from believing, after a complete physical recovering, Mamani had to surrender to the evidence. His father told him he was predestined to be a messenger of Quechua spirituality. Mamani anyhow was not totally convinced about the miracle and his destiny. But after several months he began to have dreams and visions, to admire the beauty of nature, to awaken spiritually: all resistances and false beliefs instilled by university and capitalist society, left him letting his Cultural and spiritual origins enter. Mamani's metamorphosis was led by his guiding spirit, every coincidence and event after healing was synchronized with an invisible force he was connected to, he got in touch with the Indian communities and healing shamans. He was no longer the same person as before; on Mount Ampato, his spirit guide Anta Willki predicted he would become a defender and world communicator of culture and spirituality of the Quechua Indians. The prophecy has come true: Hernan Huarache Mamani, indian Quechua, is a world-renowned professor,

spreader and writer on the planetary level of Andean culture and expert of indigenous languages, he is messenger of the wise spiritual men living on the Andes. His experience and spiritual transformation shows that if we are detoxified by drugs, dead foods without energy, false beliefs, fake culture, and mass media messages, our soul rises: we remove the crystallized layers that these psychological and food poisons have built on our physical body. Reflect on that, my friends, we have been hurt to be unconscious livestock to exploit and enslave. Namastè!

## 27. The Rainbow People

After the last terrorist attacks in Paris and Syria by Islamic extremists, I started asking myself several questions. In this decade, will there be a change of global mentality or will we undergo the sixth mass extinction of the planet Earth? In 1990 the various world spiritual communities led by Osho, Sai Baba, Hernan Huarache Mamani, warned the humanity of the imminent ecological disaster and of a future third world war. The deadline of prophecies of these enlightened men was 2013; after this date if humanity all over the world had not awakened, the process of self-destruction and self-regeneration of Mother Earth would start, in addition to the risk of a third world conflict. In May 2012, as announced by the Mayan calendar, the sun's magnetic field decreased; the Earth's vibrational field changed too due to the progressive but inexorable displacement of its axis by 160 km a year.

The Quechua spirits of Mount Ampato in 1990 had prophesied to Hernan Mamani that we would enter a new cosmic era; the big eras have cycles of 500 years, and during these years a Hatun Pachacutiy will form: it is era and cycle change taking place every 12,000 years. We are coming out of a darkness period to enter a period of light. Empires born under the powers of money, selfish interests, supremacy, predominance of a few over the world's population, slavery, violence, terrorism, death and inequality have come to their end. A new global mentality based on love, illumination and compassion, will begin; man will safeguard nature and animals, will live in harmony, peace and collaboration. Wisdom, knowledge, spirituality, and creativity will follow. If the old egoistic mentality of power contradicts this change, it will come into conflict with the new Rainbow people who are already incarnating.

The new Rainbow generation will be endowed with more advanced psychic faculties and a great love for the Earth. Highly genetically evolved children were born between 1970s and 2014: Indigo and Crystal Generations. If humanity joins the Rainbow people, the planet will be saved and peace and prosperity will begin on Earth. If this does not happen, the planet will become a large cemetery contaminated with radioactivity, (13,000 years ago Atlantis population had almost disintegrated the planet); Mother Earth to detoxify her body will cause cataclysms, earthquakes, tsunamis and hurricanes. However, Quechua spirits reassured Mamani that the Rainbow people and the awakened humans with a higher vibratory frequency will be rescued by the Pleiades Brothers, who with their spaceships will transfer the survivors to another planet, until the earth self-regenerates. Jesus announcing the apocalypse to the apostles said, "this generation will not pass away" we are that generation. Awaken, my friends, if you're asleep like living dead, the end will be inevitable,

but if you wake up you can do it. We have Divine power within us, and we will help the guardian spirits save the planet. Namastè!

## 28. Let's remember our Soul is Immortal

In this period of materialistic obscurantism many human beings are unaware of having a soul. I tried to talk to some friends and some relatives, but I received a negative reaction, someone even laughed at me or worse yet got upset saying "it is useless to start talking about this subject, nothing exists!!!". I felt and feel compassion for these people because they do not know they have great power, they are slaves to an egoistic system they can not counteract, their conscience has been irreversibly narcotized. I have to admit that I was in their same condition, some years ago, I do not judge them, it's just an observation of reality. When we can hear the soft reassuring voice of our soul, our lives will no longer be the same, perhaps for a while we will forget about it, but then we will go back to listening to it because it is our true self, what we really are, a spiritual being that gains experience in a material body. Our planet Earth is a learning school, our soul becomes incarnate hundreds of times in various physical bodies, the purpose of his path is to transmute a rough diamond into a precious gem. Our soul must learn unconditional love, love for oneself, compassion, forgiveness, spirituality, empathy, patience, nonviolence, contemplation, and meditation; it must acquire all these divine qualities Then move on to another learning dimension. The soul is God and evolves in its individualization, evolution never stops; souls who do not learn the lessons of life relating to other souls, are sent back to other lives to repeat the same experiences until they learn and evolve.

We are helped by learning from more evolved spirits, called masters, angels or guardians, the souls that are on Earth come from other planets, or vice versa, earthy souls reincarnate on other planets, there are no rules. The soul chooses to find the way of its evolution before incarnating. For more than 20 years, psychiatrist Brian Weiss has healed people through regression and progression under hypnosis in past or future lives: this method favors emotional healing from anxiety, depression, violence, and aggression. In fact people who come into contact with their past or future life, get aware of their immortality, of their evolutionary path and mistakes they have made in previous lives, so to have the opportunity to correct them and live a serene present life. Anyway, I want to point out that present, past and future occur at the same time, now, at present. I want to summarize a regression that Brian Weiss defined amazing: in his office a boy named Patrick who had self-esteem problems, was shaky and untidy, and works as accountant in his father's firm. The regression began: at Weiss's question "in What epoch do you live, Patrick," he replied, "I'm a male but I'm not human, I come from another planet, the age I'm living is sixty thousands years ago" Weiss was quite dazed, he had never spoken with an extraterrestrial soul. Patrick continued to recount his migration along with other colonies of beings from other planets and other dimensions that had chosen the planet Earth for its resources and beauty. These beings reincarnated into a subspecies, human beings, far less evolved and less intelligent than them. Patrick continues to describe their advanced technology and their high level of knowledge and conscience; the purpose of that mass immigration on planet Earth was to preserve their culture and their achievements, so through reincarnation, help the young earthly people to evolve. After the regression,

Patrick began attending Astronomy University courses, regained safety in himself, and engaged. This further testimony to our origins is a great revelation, we are immortal souls and come from other planets, religions lied to subdue us, truth will make us free, indeed we are already free now . Namastè!

## 29. Patience and Perseverance

The spiritual warrior must face his ego, it takes so much courage and perseverance to deal with the various fragmentations of his lower ego. Dear friends, we are really fragmented, we live in the illusion of controlling our mind, but how can we guide our thoughts and emotions if we do not know who we are. Which 'I' are you today? The emotional I? The aggressive I? The victim I? The violent I? The paranoid I? Or the sly, the liar, the sexual, the depressed, the anxious, the judging, the romantic, the megalomaniac, the conflicting, the presumptuous, the frightened I? I could make an endless list of fragments of the 'I', unfortunately all of these act without control and simultaneously. You flutter from one personality to another during the day and even while sleeping, change mood continuously, you're lost in the noisy blender that fragment your thoughts and personality. Awakening is very painful dear friends, since your various 'I' have crystallized, the only remedy is selfless observation, much perseverance and even willpower 24hours a day. This is the reality of awakening and it is not "a walk in the park", but a daily commitment, every time you fall prey to the personality you will have the strength to rise up and resume your journey. But don't be afraid as you will be supported by your Higher Self, the mild and reassuring voice of your soul, necessary for self observation. In fact if you observe through your mind you will be condemned and destroyed by your hypercritical judging subconscious that will not solve the your personality conflicts but would aggravate them by making you crazy.

On the path to awakening, perseverance will help you not to give up, although you will need another spiritual quality not to get out of the right way: patience. If you are not patient you will not go anywhere, the universe creates easily without hesitation; if the results you are seeking are knowledge and awareness, if you really want awakening you must be patient. Impatience deprives you of joy and enthusiasm: the goal is crucial but you have to learn during the journey, the results arrive when you are ready to receive. Our egoic society is based on the speed of results, but if you really want to awaken, patience is the only way to approach your soul.

When I woke up I had no idea what had happened to me. A friend of mine who had attended spiritual courses for years, advised me to read some books and to follow the lectures of some enlightened masters on youtube. This helped me a lot and thanked him for showing me the right way.

Several months later I met him and was excited about this spiritual evolution, but I was surprised when he told me that he had suspended his spiritual 'journey' because too demanding, and added that one day I would have stopped proceeding to awakening as practical life cannot be in tune with the spiritual one. This is an example of lack of perseverance and patience; despite helping me to make the first steps towards spirituality, he was abandoning his

path as if it were then a boring game. This event saddened me a lot because he had given up on the evolutionary path of his soul. A great spiritual technique is alchemy, in fact the alchemists convert lead into gold, negative emotions into positive emotions. Salvatore Brizzi is a great contemporary enlightened man who made easy to apply and learn, this antique esoteric science. I suggest you watch his videos helping you in your awakening path. Remember, however, much perseverance and patience are spiritual qualities that will make your efforts effective. Namastè!

### 30. Song of the Soul

When I discovered the secret of life I was ecstatic and confused: our material filter allows us to understand the universal truths of our existence in small steps, and I am happy to share this journey with you.

In the awakening process, bringing the message, and sharing it, improves oneself and the others; we are all one, even though our ego separates and confine us to a limited and illusory reality. The Christian religion taught me that everyone has a distinct soul, which is within our physical body. But deepening my knowledge and conscience, I have come to a great truth: soul envelops our physical body: the saints' famous aura we saw in holy paintings. But the greatest revelation was that our individual soul is not disconnected from the other souls: there are no boundaries between one soul and another, we are part of the one soul existing, the soul of God or the Universe. The great soul of God contains the whole universe and all of our physical bodies; the energy changes, the vibrations in the great Divine energy field change. This creates an individualization of the different physical bodies, but we are all one, we are all God who manifests and experiences in various forms and experiences: we are part of everything that is and has always been, in the 'eternal now'. Our Divine soul has all the absolute knowledge of everything, but we forget it, to experience and remember, from one life to another, who we are and the divine inside us. God manifests and experiences himself with us and through us. We are the same energy that is massed and compressed in different ways to create diverse shapes and materials. Scientists have analyzed the composition of the moon, meteor, trees and humans, showing we are composed of the same matter. The words of Jesus are now very clear "Without my father, I am nothing." There's only One of us, and that's what we are. The Divine Dicotomy, which enlightened me, says, "There is Only of us, and there are many of us" Our individualization is given by a vibrational change; in practice sometimes energy can be higher or lower, aura can be more rarefied, but there is always energy, there is no separation; our conscience and consciousness change the vibrational field. We have felt separated from the whole, as our little evolved ego (our part making us feel small and helpless) makes us deny the existence of God within us. Remember Jesus' words to Peter "Before the rooster crows you will disown me three times." Every thought of our lower Self, denies what we really are, denying God. Every word of our lower Self, humiliates us and deny

God. Its every action leads us to be inadequate and deny God. We have the power of cocreating our reality because we are him and he is 'us'. But our unconsciousness harm ourselves and the others.

I want to advise people considering these universal truths as fantasies: listen to the song of soul which is the song of life itself. Meditation is a means to be present, to live the 'now' and to experience our uniqueness. 15 minutes sitting in the middle of nature, closing our eyes and focusing our attention on the listening, we can hear all the noises and sounds of nature; after 5 minutes our mind clears all thoughts, reach void and silence. Here is the moment of eternity that reminds us who we are, we hear singing life and soul of God that we share. We live here and now, which are the only existing things: we leave the relative truth of material life and enter the Unique absolute truth of what it is. Namastè!

### 31. Does Soulmate exist?

How many of you have had a perfect relationship or want to have one? You will answer in unison 'we all wish it'! Ok! But as usual we have good intentions, but we do not know what to do. Dear friends the problem is always the same as we do not know who we are, so we look at the various events of our lives from a material perspective, the lowest perspective.

Let's analyze sacred marriage and cohabitation. Why do most marriages and domestic partnerships finish? A spontaneous answer is: "because love ends!" Or "after so many years habits and boredom destroy the relationship!" Or 'I gave various possibilities, but he or she did not change way of being!' An expression even more colorful ' How could I stay with a man or a woman so bad!' Or "he or she was beneath me, I'm too superior and evolved to live with this person!" I could go on forever, there would be no solution to the problem. As I said at the beginning, the main problem of so much chaos is the observer perspective. If we live our relationship just with the mind, we will always try to control our relationship, we will calculate the probabilities of a long term duration, what can I get from this person? Will this person be faithful? Or can I obtain what I still miss? Will he/she be my missing half? Will I be completed? If we look from the body perspective, we will just rely on our sex ego, look for emotions and sensual ecstasy through our partner, getting confirmation to be worthy (beautiful or handsome, super alpha male), we will swear promising a great love, while possessing that body, exchanging sex with love. Many of these people, when their relationship ends, make a list of their sexual performance, thinking that their 'love' is over due to a sexual decline. This immense unconsciousness of the human being on true love creates catastrophic human and family drama. Our main mistake to believe in the illusion of love, sure it is true love. We practically do not know what true love is, so we do not know how to love. In our unconsciousness passed on for centuries by community and religions, we have been led to believe that obligations, control, possession, sacrifices are love. What makes me sad is the justification: all relationships end up in habits and boredom, It's just a matter of time! Stating that love between two human beings has to become ill, is creating

denial of love! As usual, we forget we have a soul, which is the pure essence of love, true universal love: our soul experiences, in practical earthly relationships, its spiritual side, it lives them as opportunity, not as obligation. The soul is complete, it has been created complete, there is no missing half although many people think so, the soul lives in the full freedom of its being, rejoices when it can express and recreate itself. The soul does not seek a relationship to 'solve' solitude, out of duty, the soul has no expectations or programs, the soul loves itself and the others according to its love for itself. True love is between one soul and another, one being and another, rejoicing in being together, filled with love and vital energy, in the full freedom of expressing one's Self. There is no resistance, judgment, only happiness and joy of being together. If you have any doubt in your relationships, ask yourself this question: What would love do now? For your soul there is only this question and nothing else. I love you all my friends. Namastè!

### 32. Life is not a Discovery, it's Creation

I am a messenger not a master, as Jesus said "he who has ears to hear....." without being obliged to believe in my message, the task of our souls is to remember and recreate who we are. We have been created in the image and likeness of the Creator, we are triune beings: Father, Son and Holy Spirit as religions say. If we follow spiritual freedom: Mind, Body, and Soul or conscious mind (I), Unconscious (or subconscious) and Super Conscious mind described by Freud, father of psychoanalysis, or by Jung. Whatever the Divine Trinity is called, it is a process of creation: Word, Thought and Action, these are the generators of creation, the 'I am', of whom we are co-authors as God's children. The Universe or God never gave 10 commandments to Moses, for God has always respected his kids' free will, but he gave 10 agreements and intentions to find God within us, which are changes awakening Divinity inside of us. I summarize the ten agreements made with Moses dictated by God to Neale Donald Walsch in his first volume of Conversations With God. Do not be shocked, dear friends, as 99% of the sacred scriptures were modified in various ecumenical councils, to keep the believers unaware. First pact: you will love God with all your heart, your whole body, your whole soul; you will no longer worship any human symbol, success, power, money, or similar symbol (although they are not worthless, you have anyway elevated to a higher level of understanding of God and you will know that's the right way). Second pact: You will never pronounce my name in vain for unnecessary reasons. You understand the power of words and thoughts, you will never invoke my name uselessly because you can not, since my name, the great I Am, has never been used in vain without results, it may ever be. When you find God you will know him, and you will be given other signs. Third pact: You will not forget to reserve and dedicate a day to me, calling it holy, so to avoid remaining in your illusions; remember who and what you are, soon all your days will be called holy, every moment will be holy. Fourth Agreement: Honor your Father and your Mother, you will be aware that you are the son of God, when you honor God the father and the mother, as well as your earthly father and mother who gave you life, you will honor all. Fifth Agreement: You know you find God when you won't kill voluntarily without reason: you will realize that you can not interrupt one's life in any circumstance, since life is eternal, you will not choose to break

any particular incarnation, change any life energy, by moving it from one form to another, without the most sacred of justifications. You will honor all life forms, plants, animals, minerals, and you will never hit them without reason, you will only do it when it's for the highest good. I will send you signs on your way to make you understand that you are on the right path. Sixth Agreement: You will not violate the chastity of love with deceit and dishonesty, for this is adultery. When you find God you will never commit this adultery. Seventh Agreement: You will not take possession of objects which are not yours, you will not cheat or be accomplice to dishonorable actions, you will not hurt others. When you find God you will not steal. Eighth Agreement: Do not lie or tell false testimony. Ninth pact: You will not desire your neighbor's wife; why should you wrong your neighbor if you can have all the women you want? Tenth Agreement: Do not desire your neighbor's goods, why should you yearn his goods if you know that all the goods can belong to you and all your things belong to the world? You do not have to follow these ten pacts with the universe because you are afraid to end in hell, or if you follow them perfectly you will go to paradise. Our friend universe doesn't want such behaviors, but it just wants to tell us the way to illumination that will allow us to realize we do not need to reach a particular place, our journey does not take us anywhere, the bliss of our soul and our existence is here, now. If somebody considers these these agreements as profane or sacrilegious, I invite them to listen to the voice of his soul that will show him the way, the truth, and the life. Namastè!

### 33. The False Prophet

Good evening my Friends! I am sorrowful for the unconsciousness dominating humanity. Several months ago I wrote a post describing the Vatican marketing operation, the good pope who comes from Argentina, 'the' Christ who comes to save us, the humble man who takes off his possessions, who carries a metal cross, who lives in a monastery, who catches the tram, man among men, the new Christ, embracing the sinners and pointing to the door of ascension. I want to confirm that I have nothing against Pope Bergoglio, it is a divine soul like all of us, but who does not listen to his soul; unfortunately he follows the interest of the Vatican SPA that was losing prosperity and many faithful: like all great self respecting corporations, they had to renew their staff, to regain credibility in the world. If you have ears to hear and eyes to see I can say that in all commercials/advertising spots Pope Francesco appears, the famous Treccani encyclopedia rewrites the popes' history until Pope Francis, reconfirming the holiness of the various popes, the gospels written by Pope Francesco, the books written by him, the RAI (state Tv) broadcasts dedicated to him, the sticker-albums, with Pope Francis. DVD recordings with his great social crusades in favor of the latter, played by a great protagonist, acting better than Al Pacino, Pope Bergoglio. The second last crusade was against Islam and Isis, which slaughter and crucify Christians, but he is merciful despite they are the devil, he forgives them and is ready for a dialogue with them. Then by chance, there are death threats to the Vatican, Christians and the Holy Pope Francesco, November 14th 2014. But our super hero does not surrender, even he goes to the European Parliament in Strasbourg on November 25, 2014, to talk about sacredness of the human being and of safeguarding the environment against a European economy without Heart, scrapping the ones it longer needs. By

chance next to the pope was Renzi (then prime minister) who reconfirmed that in Italy he is renovating the system and is solving the problems of unemployment with greater flexibility provided by the Job Act. At the end of this speech Pope Francesco praised young politicians who are committed to renewing an old and classist system. Now think about subliminal messages they give the community.

The Apocalypse, the last times, in the final apostasy written by Matthew, Jesus announces his return with the warning: "Watch out that no one can seduce you, as many will come in my name saying 'I am the Christ'; they will seduce many, false Christs and false prophets will arise, and they will do great wonders and great signs to seduce, if possible, even the elect. Here I foresee that'' Meditate, dear Friends, we are in the middle of the Apocalypse (mentality change). Do not be seduced by false Christs. Pope Francesco in 1976 was part of the iron guard in Argentina, linked to the dictator Videla who caused the Desaparesidos massacre and execution (I recommend you to read the online true story written by journalist Horacio Verbitsky about the dark period of the Jesuits leader Bergoglio, the black pope. Use your head, instead that of others, be disobedient to the power that wants you subjects, you are immortal souls. No one can subjugate you, be conscious and aware of your power, no one can take you away from liberty, if you don't allow it, reflect on that, my friends. Namastè

#### 34. The Purpose of Life is to Serve the Others

Hi there, dear Friends. How many times have you asked yourselves, what is the purpose of my life? When you turn to your mind, the answer is that we must survive! But if you dig deep into your being, you'll find an invaluable treasure, for which we have been created: helping and serving the others. Someone might tell me ' maybe you've become crazy, the others do not exist, when you help someone you'll never get anything in return, maybe instead you'll pay for the consequences, since the others will not understand your altruist gesture, you'll be the chump of situation and they will take advantage of you'. I wonder why practically nobody have taught us, since childhood, that altruism and generosity is an invaluable gift that can change vision of the world, which will help you at the same time as helping another man. How many times have you wished to do it but false beliefs implanted by community, have prevented you from doing so?.. Dear friends, always serve and donate. We have always been taught to delegate institutions or bodies helping the poor, the sick, the environment; I agree that donating some money can be worthy, I do not question it, but it is not about your inner growth, it is impersonal help. Stand in the front line, no matter how, just a word, smile, goodwill, a greeting, kindness, a friendly gesture to give light to another human being. The hint is beginning with the little things everyday,. We were taught to appropriate everything that the planet offers, to waste resources, and destroy the environment. If you respect creation you will love Gaia Mother Earth, like Native Americans who feel in tune with animals, trees, sky, earth, they consume the minimum necessary to live without plundering the planet resources. Serving others and the planet, makes us evolve spiritually, and represents benefits for our next lives. The collective mindset will change, thanks to our change, we'll help the universe restore harmony on the planet.

Life is short, dear friends, I know that the media have made you indifferent to death now, but stop for a moment; how many men and women die every day! We do not know when our number will come out, it could be 91, or 25. Give a beneficial purpose to your life, serve and donate daily: altruism will be rewarded multiplied many times. If you have the chance to take stock of your life one day, how will you judge your actions; will you be happy or empty and sad? How would you like to be remembered? Did you do something positive to help the world and others? Or have you wasted opportunities to be altruistic? It does not matter having a long life, but it must be life, not a long agony tormented by selfishness.

I wish to tell you a short story about a dear friend of mine. This guy had lost the right path, but one day he decided to volunteer at Misericordia (a charity association). Since then his life changed totally; one day he told me: 'dear Rosario, today something wonderful happened to me: today I've helped an old lady who has given me the biggest treasure I have ever had' I asked what kind of treasure it was. He replied: 'she told me Thank you' a simple hearty word, thank you, that paid me back more than one million euros: I felt joy in my soul for helping her, it gave meaning and purpose to my life.

Dear friends, we are in a crisis era, so be good one to each other, even if you have no money; give love and you will receive love, this is a great opportunity to change mindset, to transform and bring light into the world. Namastè!

### 35. Indigo Children

Hello everybody! Here I will deal with the advent of masters from the 1960s to the 1990s. This genetic and divine event has been widely disseminated and spread by the New Age spiritual culture. This new generation of new children was called Indigo, many writers have dealt with these psychologically supergifted and spiritually aware kids, the new level of human evolution, being then different from other children. The first scientists who studied this evolutionary phenomenon were the two psychotherapists Lee Carroll and Jan Tober. In the early eighties they identified special children who were "sedated" for their exuberance and hyperactivity. Carroll and Tober gave them the name of Indigo children due to their energy aura whose color was indigo. Many of these children had been cataloged by many psychotherapists as suffering from learning deficiency syndrome, and were treated with psych meds. This new evolutionary level as usual had been ghettoized as a New Age belief. In Indigo children, the right hemisphere (site of creativity, intuition, and imagination) of their brain is well developed, while in 'common' children, left hemisphere is more developed, being the side of logical, practical, common linear intelligence. In fact, for this different intellectual development, Indigo children are not educated with balance and respect, they become aggressive, asocial, even antisocial. At school, Indigo children suffer from the notion-based teaching method, end up disapproving it and being distracted and inattentive. Indigo children are very creative and ingenious when supported and guided, they have a higher consciousness awareness, their relationship with the Creating Universe is strong, they have no logical resistances that prevent them from channeling their power, they have Psychic powers, telepathic skills, are able to see the aura of people and understand their thoughts, talk with angels, being very empathetic and sensitive. Indigo children have an equal relationship with

their parents, do not accept subjection, they can teach their parents true spirituality, being true and pure light. All this is possible if they get a positive and respectful education, without making them feel different. If they do not find fertile soil for their character development, many of them become aggressive, timid and insecure, lose their empathic and spiritual power, may fall prey to fears and anxieties, their potential strength as divine masters in the earth is canceled and wasted. Indigo children, being very mature and sure of themselves, being catalysts of divine universal intelligence, are not comfortable with common children who often mislead and consider them strange and clumsy. These kids are evolved and pure spirits, getting in touch with unconsciousness and primitive level of our society's behavior; they enter an existential crisis and end up doing a lonely and ascetic life. However, many enlightened psychologists are interested in these super-evolved children, including Doreen Virtue, who helps and directs families who have an indigo child to educate him with gentleness and respect, so to exalt his great divine gifts.

Indigo children will be indigo adults, who will bring our planet to another spiritual evolutionary stage. Many of them will struggle for the environment, being very close to Gaia, communicating through their spiritual powers with all the natural elements and with great creative force of the Universe. Doreen Virtue, being a seer, has prophesied during the 2000s, another evolutionary leap: the birth of crystal children, which together with Indigo children will change the global mindset in the near future and save the planet Earth from self destruction. As you can observe, nothing can counteract the evolution of mankind, the old and obscure energy will succumb, as the universe and the elected men (where the Christian seed is planted), is advancing fast, change is imminent, "this generation will not pass away". Remember it and have confidence in yourself, the masterpiece will be completed very soon. Namastè!

### 36. The Fairies and The Elemental Creatures

Dear Friends! How are you doing? Do you believe in fairies? I believe in fairies! 'I swear! I swear!' Peter Pan said. Fairies are elemental angelic creatures that protect animals, plants and insects. They are called elementary because they watch over the main elements of nature, water, air, earth, and fire. It is thought that these angelic beings appear only in Celtic culture, but they are a constant in Greek culture and in the whole Mediterranean area, in Africa, in Polynesia and are also named by the Native Americans' traditions, the Teutons and the Nordic peoples. They are protagonists some German fairy tales by Brothers Grimm. The fairies are related to nature, their divine mission is to protect the ecosystem; unlike the angels they have an ego, they practically judge you according to your behavior towards the environment, animals, and plants. If they consider you guilty of misconduct, they may even harm, damage your personal belongings or spite you, but if you are environmentally friendly and able to become their friends, they can help you in practical matters, life situations, house, and money. Fairies have very thin wings like dragonflies, they have been seen and pictured in the woods as small spheres of light, they love the children with whom they can communicate; they are keen on fun, they play, party in the woods, dance and have a sweet tooth. But they are very responsible in their duties: reminding us that animals are our brothers, nature

has to be respected and loved, life is everywhere even in minerals, everything has a soul, Gaia is harmony, is love and as such is to be protected. To get in touch with fairies, enter the woods, near plants, flowers and bodies of water; you may find them in the city, in parks, public garden, backyards, even if you have houseplants. It is said that every blade of grass has a fairy whispering it to grow. To become their friends you have to safeguard the environment, there are testimonies in various parts of the world about relationships between humans and fairies who manifest and communicate by feelings and thought. Many people have heard their thought exhorting them to clean up the wood near home, getting rid of litter; after a few days they were reciprocated with economic benefit or the healing of their pet. They love glittering stones, crystals and zircons as well as candies! If you want to make friends, put these gifts near your plants, they will come and live in your house, then protect you. Other elementary creatures are: Climate Deva, Dryads which are the trees' life force, Elves who can help you in art and creativity, leprechauns (goblins) with thin wings, gnomes, menhunes who have human form and live in Polynesia and Hawaii, the Nymphs that live in lakes and rivers, the Sirens (Mermaids) and Tritons (mermen) living in the seas and Oceans. All these creatures live in the myths of all the world cultures, but if you free your heart and your logical mind, you may come into contact with these angels of nature and get help from them. Before concluding I would like to tell you about my personal experience, one Summer I bought a little houseplant with beautiful tiny yellow flowers. After a month it started to lose flowers and leaves, it was dying. I went to the countryside, on the hill where I practice meditation which I call the hill of desires. I planted it under a maple, I prayed the angels of nature to help it and make it live, I took the responsibility for the damage; just two leaves had left on the poor plant and it was not even straight, it was almost dead. Once a week I went to see it, praying for its heart; well the miracle happened: I went to see it after some days; thirty leaves had grown and it was healthy. A butterfly laid on my shoulder, in the middle of December, I felt a sense of gratitude and love; I understood that we are all important, everything is life and everything has a soul, we are all connected with creation. The angels of nature reassured me and confirmed I am on the right track. I dedicate this place to these wonderful angelic creatures urging us to save the planet from the imminent catastrophe caused by our unconsciousness. We are all responsible but we can make up for it. Namastè!

### 37. The Human Beings' Subconscious is Saturated with Millennial Memories

Tonight, my friends, we'll think together of our origins; I will repeat forever that we are on the planet from the beginning of the time, from about 4.5 billion years that should be the age of formation. In the first 500,000 years the earth was inhospitable to develop life, it was subjected to continuous bombardments coming from space, meteorites and comets, our atmosphere was not formed (70 km of atmosphere defending us the material coming from sidereal space). All this building material and these continuous collisions with our planet favored the birth of the Protoplanet called Luna(moon). In addition to collisions and external bombing from space, our planet was subjected to volcanic eruptions and earthquakes. Modern Geophysics documents a transition period of at least 300 million years before the living cell's arrival and the appearance

on our planet of the first unicellular beings. Biologist Francis Crick, Nobel Prize winner in 1962 for discovering the DNA code of life, stated that the germs of life were brought to earth by a spaceship of an ancient extraterrestrial civilization, but this was denied by many scientists claiming that life was born spontaneously after various processes of the planet natural transformation. This prologue about the beginning of our Earth's times is not so good, considering that modern astrophysics with satellites and telescope available can only look at 5% of the universe, whereas 95% of the universe is called obscure matter: so we can not perceive and study through our technology and 5 senses the universe in its entirety. Quantum Physics is the only solution to our limited universal knowledge and its laws, from infinitely small to infinitely large, holographic universe and parallel universes, which will be in the future our primary source of knowledge leading us to Know the truth about our creator and our real origins.

Dear Friends, the so-called non-civilized peoples, can guide us to our true origins: the Kahuna, Hawaiian shamans, have kept this secret for millennia, until one of them in 1982 decided to reveal to the world the secret of life. This this great benefactor of Humanity is called Mornah Simeona, who was criticized by Kahuna and banned for disclosing the technique of purifying our memories. This cleansing technique is Ho-oponopono, which I described previously. Kahuna believe everything has soul connected with the universal One, then clearing ourselves from memories helps the environment, the surrounding nature and the people who we are directly and indirectly linked to. The Kahuna have handed down this technique for thousands of years, but the origin of this technique, as Dr. Hev Len states, dates back to an extraterrestrial civilization that lived in the ancient continent called Lemuria. Dear friends, all roads lead to Rome, the proverb says. Atlantis , Lemuria, the Pleiadians and the Sirias, above described. Dr. Hev Len states that Ho-oponopono technique was used 500 million years ago by these ancient extraterrestrial civilizations from which we come, then handed down until nowadays to Kahuna. Hew Len says we need to clean up 4 billion years of memories because our souls have lived on Earth since the appearance of first unicellular organisms, amoeba, bacteria, and viruses. All that might seem a madness for a logical mind, but we know that our brain does not see the true reality but projects a distorted reality due to the past memories. Cleansing every day brings us closer to zero, to the present, to the calm of compulsive thought, approaching the creator: this way we will understand who we really are and where we come from. "Sorry, forgive me, thank you, I love you" these are the ho-oponopono Mantra that will take us to our extraterrestrial spiritual origins, then to our true creator. Namastè

### 38. Do not Do To Others What You do not Want done To Yourself

Welcome, dear Friends! Now we are dealing with an ethical and moral problem, the great enlightened teacher, Jesus. Over 2000 years ago he gave this message to humanity "Do not do to others what you don't want them to do to you". Instead the human ego which is conflicting, avid and violent, refused him, persisting in the mistakes and horrors against his fellow men and the natural environment up to nowadays. Do not do to others what you don't want done to yourself, Jesus said; this ethical law of reciprocity is wonderful. If it was applied

even just by 10% of the world population, it would change the collective selfish mentality and consequently open the door to a new global mindset. However, do not despair, as unknowingly or consciously, change will happen soon, or better it is already happening. Following in the footsteps of the great master Jesus Christ, who, by his parables, explained his message meanings, humbly I intend to tell you a story really happened which will serve as an example to not persist in mistakes. Each of you of course has his own stories and beliefs, but remember what matters is not the messenger but the message; I hope it is comprehensive and persuasive, but everyone has the freedom to accept or reject it. I'm not infallible, I am walking along an evolutionary path with you as I write, this is the miracle of life.

Months ago, in the gym I talked to a guy (I won't name to respect his privacy). He belongs to the group of privileged few with indefinite duration employment who earns 2500 euros a month. I do not envy his economic position, indeed I wish him well-being and health. But when we are on the other side of the river we forget about who does not have the means to cross it. I do not want to judge or blame his behavior, mine is just a simple observation of reality: after ten minutes of conversation, he told me he had pulled a prank on some people. I listened very closely to him, perceived innocence and unawareness in him. With one friend, he went to an industrial area main street, tied 2000 euros in banknotes to a wire, hid behind a wall, then waited for the human prey who seeing the money on the sidewalk would wince joyful and pounce on that "nest eggs" bait: of course, recording this joke by their smartphone video. He emphasized that so many people could sight the money even 500 yards away, adding 'we are in the third world: they are deadbeats, beggars, poor people' While saying that he placed himself in a position of superiority over other humans. I became aware of his total unconsciousness, but I asked him a question to meditate: 'if one day you happened to be jobless, in misery and somebody mocked your condition of poverty, how would you react?' He replied he did not want to think about it, for the time being he did not have such problems and hoped this never happened.

Dear friends here is the explanation of being separated from the whole, seeing others as a distant world, as alien to the problems of Inequality destroying our world. I do not want to judge, the logical and egocentric mind observes reality in a distorted manner; many people are sick and do not know it. Feel compassion and forgiveness for those who do not know what they are doing. Do not do to others what you don't want done to yourself. I urge you to follow this universal principle even towards those whose ego irritates you unwittingly. If you are reactive and violent to unconscious people, you violate the principle of ethical reciprocity just described, you also find yourself unaware and suffering in turn. We must break the chains that bind us harming each other, victims and executioners; at the end of this fratricidal war we will all be losers. We have to help our unconscious brothers with our awareness which will change the collective mentality and hence the whole world. Apply pardon and compassion toward those who can not see beyond the ego; Jesus' words can help us: "Friends, love each other and love the others like I loved you"

Much love to you all. Namastè

39. Infinite Consciousness Will Make Us Happy

Hi, my Friends! You are all Divine but unknowing to be, we live in a third dimension but we have a second dimension awareness: our perception of reality is limited to our 5 senses, we are not superior to the vegetable, mineral and animal world as our brain makes us believe.

We are parasites that are devastating the planet. This premise does not want to blame but awaken from the 'software' used to program our DNA / RNA. We are androids that have been created to obey and to be enslaved by more evolved extraterrestrial civilizations. When you become aware of what has prevented the human race from evolving, you will be free. But if you keep on believing the reality programmed in your DNA is real, you will continue in mistakes and suffering.

Our friend Greg Braden who wrote the book Divine Matrix is a messenger of true science that will change the planet earth. The Chandra satellite has found that there is no empty space but everything is interconnected with energy filaments similar to our brain neurons. This great network is connected to the great Divine mind, the big universal intelligence that has created the whole: this big central unit connected with everything existing, is a large hologram in turn composed of small holograms. The features of this hologram are as follows: each single part is a piece of the whole, so the same image of the large hologram is in small holograms, under small format. So anyone who can connect to the great portal can create everything instantly; this is the power that we, human beings, have lost. We are potentially cocreators of our reality. Our life could be happy and prosperous if we were aware of our potential strength but we do not know who we are and we live in a constant disharmony. The reality we create unconsciously is illusory and precarious for a fundamental reason: we have been programmed to be slaves. For millennia reptilians have dominates us, for them we are guinea pigs or breeding animals. Reptilian civilizations know how to use the universal portal in their favor, use the matrix to control us. They are practically the operators who push the enter button by sending programs and data depriving us of consciousness about who we really are. Our DNA / RNA is the software that the power (elite) has installed in us to receive these programs: our DNA / RNA decodes these programs and obey predetermined orders like an unconscious robot. These data give us several Illusions: of living in a solid world, of fear of not surviving, of the ego fragmentation, of separation from the whole, of illness and death, of conflict. They manipulate the matrix to project into our minds a hologram that is not reality. Their purpose is dominate and control us. The hybrid Illuminati are in turn dominated by the reptilians. The Darwinian principle 'the strongest dominates' is the reality they are projecting into the hologram that we passively accept as reality.

But since 2012, the new global consciousness has emerged, many global awakened people have disclosed and are spreading the truth, millions have become aware of the true reality, creating a change in the matrix. We are the viruses in reptilian computers. The Power (elite) defends itself by isolating the awakened ones and accusing them of being crazy subversive, someone being threatened with death or even killed. The power wants to scare the awakened men and women to regain power over their minds. Dear friends, the galactic light federation has been on earth for millennia but reptilian power denies the existence of extraterrestrials. Jesus was an extraterrestrial being who landed on the earth with a spaceship, he was entrusted to the Essene people, and raised as a child by Mary of Nazareth. His mission was to bring light to the

darkness, instill divine consciousness in subdued men to make them evolve and reveal the true quantum reality. We are not our physical body, we are not our thoughts or our emotions, we are not our mind, we live in an illusory solid world, we are convinced that time and space govern our lives. But time and space do not exist, there is only the 'here and now', everything happens instantly, we are subatomic particles that have consciousness to exist. We perceive by our 5 senses an illusory reality maneuvered by the power, but the past and the future happen at the same time. The reptilians have installed programs in our DNA / RNA by falsifying all the human sciences, history, religions, archaeological finds. Therefore false science, false education, these false data have delayed our evolution. Awaken Your Divine Consciousness, dear friends and you will be free: love is all that exists, and thanks to its Divine power, nobody can control and condition us. Finally we will see the true reality. We will understand who we really are and we will be aware of our great power. I suggest the video of Salvatore Paladino who is a healer, an enlightened man: I was guided to his video by chance, as coincidences that are no coincidence. Namastè

#### 40. Wake Up Your True Self

Hallo Dear Friends! If we could see who we really are, all inner and outer conflict will end, no one could manipulate us. Nobody can manipulate God or universal consciousness, whatever name you choose. We are all God who manifests in various forms and experiences of this reality called life. But other most advanced parts of God have overwhelmed and trapped us into a false reality. Although this speech may seem contradictory or unusual, hold on as I'll express my perception of reality. We are all God who experiences himself through us. If you pause for a moment on your 'inner field' where silence and peace reign, you will understand that I am telling the truth: we are formless beings who are experiencing form and materiality, but all this is illusory. We are not as solid as it sounds. The powers elite that are dominating us by using fear, lowering our vibrations, making heavy and solidifying our reality. Even though they are God expressing through them, these technologically more advanced beings have no consciousness of being him, they have not evolved spiritually. So their struggle for survival has the upper hand over the true nature of unity: which is collaboration and love without limits. That's why disagreement and disharmony between the parties is dominating: it has separated us into prey and predators, divine dichotomy seems a paradox but we are all God and all part of him.

Our mind has been programmed with false information and false religious dogmas to project an illusory reality giving us a false sense of being separated from the whole. There is no good and evil as we have been taught; instead remembering and existing represent our true reality. I am, I exist: this is our true nature, the true being. So stop worrying and fearing, as nothing can destroy God, forget everything you have taught, you are not submitted to anyone, you are free and immortal, indeed you were never born since you have always been absolute reality, you are Alpha and Omega. Unfortunately you have no awareness of your Self. You are trapped in an interspace created by your thoughts misled by false beliefs. Because you are divine cocreators your thought will materialize your inner world and your material reality. But if you

keep your false beliefs of a fake paradise and phony hell, you will be trapped even after death in an interspace you'll consider real, materialized by your false data. The reptilians and illuminati know this reality, they are God who wants to dominate other parts of God, they are various evolutionary stages of the same divine essence, prey and predators unknowing of being unity, all God. Be awake, friends: it is not a war between good and evil, but a great hologram we can break whenever we want, we have the remote control of our fake reality's big screen. When you are conscious of being God, it will disappear like a dream. Now our unconscious reptilian "friends" want to dominate us and themselves: they have engineered a fake ufo attack and false sacred images using HAARP technology and chemical trails. The Blue Beam project is another video game that would terrorize those who are unaware of their deity. Watch the video and laugh, laugh and you'll be free. Life is a great movie created by your father and friend God of which we are an integral part. God is the director, producer and actor in his thrilling colossal. Namastè my Divine Brothers!

#### 41. The Infinite

Poetry elevates man's soul to God. Here I want to deal with the great Giacomo Leopardi. when I attended high school I was a student disobeying school rules, I did not love the archaic teaching methods used by teachers of the 1980's. Although I was not a model student, my mind learned what it considered to have a universal value. Although I was unaware of having a soul, I was moved to read Giacomo Leopardi's great poems, I felt the divine love that manifested through the words of his great poetry. To remind this great artist, his big soul, I want to give a summary of the historical and biographical information of this important character in world literature. Giacomo Leopardi was born in Recanati on June 29, 1798 and died in Naples on June 14, 1837. He represents, for the depth of his reflections on human existence, the world-wide excellence of literary romance and the forerunner of existentialism like his contemporaries Schopenhauer and Nietzsche. He was a poet, a literate and a philosopher; I mention some of his most famous works: Zibaldone, War of Mice and Frogs, Solitary Life, To Silvia, The Village Saturday, The Dream, Calm After Storm, to his Woman, Solitary Sparrow, Nightsong of a Wandering Shepherd in Asia, The Infinite. Giacomo Leopardi had a chronic illness (spine bone tuberculosis) causing him suffering all his life. Unfortunately he was not good looking and was rejected by the women of his age. But this did not prevent him from loving. His works are testimony to his great love for life. I want to give a new image of this great soul: in high school the professors described Leopardi as a complex and depressed, neglecting the true magnificent essence he incarnated. In him there were unconditional love and the ability to perceive the infinite universe. But as we know human ego only saw the outside instead of the great inner beauty of his soul. Unfortunately, the film "Il Giovane Favoloso" (the Young Fabulous) by M.Martone, dedicated to Giacomo Leopardi, gave a scholarly and denigrating description of his life depicting him as a young man with a handicap, poor and disadvantaged, obsessed with sex. Maybe he had, in his private life, due to disappointments of love, much suffering but let's focus on his soul instead of his suffering body. Let's highlight the content, not the container. However, dear friends, a poem in particular, captivated: "The Infinite". In this poem he describes the eternal, infinite silence of creation and

the emotions that arouse when we stare at infinite spaces, letting thought and soul fly to the immensity of the whole, merging with it. He describes the Nirvana, the moment when the soul blends with everything, no one has ever described the universal infinite as Leopardi. Thank you Giacomo for your creations that elevate the human being to God, thank you for these spiritual gifts every generation can receive by reading your wonderful poems. Namastè!

#### 42. Job's Patience (biblical figure)

Now I wish to describe in summary the famous book of Job, written by the wise man 3000 years ago, so 1000 years before the birth of Christ. As a child, Job was traumatized by the kidnapping of his sister Rebecca as she collected water at a source. Her father, after this tragedy, said that he had surely attracted this misfortune and he was responsible for what had happened since God would reward the righteous and punish the wicked. Job did not understand why the father took the responsibility and continued to praise God after this unjust tragedy. Job grew in God's love and fear, he acted as a right, fair and loving man with his community until one day, his fields and cattle were struck by a terrifying calamity. His grain was dying and incinerated on the plant, his cattle died suffering from an unknown illness. Despite falling into economic misery, Job did not get angry with God, he sacrificed lambs in his honor, asking him what he had done to make him upset. Job also blessed his children's homes, apologizing to God if he had inadvertently made impure thoughts that had caused his wrath. Job organized a family reunion at his elder son's home to talk about the calamity that had devastated their fields and livestock. While they gathered kneeling to pray and apologize to God, as soon as he uttered the first words, the house collapsed and all his sons and grandchildren died, only he and his wife were saved. Job fell in despair telling his wife they had been abandoned and cursed, the demons had destroyed his life. Then he went to the desert to repent and pray, sprinkled his body of ashes, but in the night his body filled with purulent and infected sores. Job cursed the day he was born, he did not understand why he had been so severely punished despite being committed and an honest man. His three dearest friends Elifaz, Bildad and Zofar pitied Job, but they blamed him since he had certainly sinned and deserved such suffering and punishment. He had then to repent and prostrate to God; Job defended himself by saying that he had always been a just man. His friends called his wife to convince Job to admit his faults, and his wife said, "I can not weep forever, curse God and die, so I can get marry a man who is blessed by God." Job was stunned by these cruel words and replied he wouldn't curse God but her for this wrong behavior. While Job was laying, swollen by woes, sores and his 'friends'' bad words, at a short distance he heard the voice of a boy who was about 16 years old named Eliu. He turned to Job's 'friends' saying "You were wrong to blame Job for making him recognize sins he has never committed, observe your sins instead of seeing mistakes in Job's heart, you are hypocrites! " The boy was under the influence of the Holy Spirit, the words he pronounced were God's phrases saying he had made a bet with Satan, that Job would never curse God and doubt him; in fact he had won this bet: despite calamities, destruction of his family and harassment, Job did not betray God. After these trials he was rewarded with new abundance and

serenity. Dear friends, God was misunderstood and badly interpreted, each epoch had a different level of consciousness, for this reason God's figure was incoherent and cruel. Religions used this avenging incomprehensible God, to subdue the people. In fact, persecuting Job for a trivial bet between God and Satan does nothing but fuel doubt in believers and create atheism. Unfortunately, Job had no opportunity to lighten his torment. God manifested absolute terms saying "I am the Lord, your God." Job's virtue is worth nothing if God so wants.

When Adam and Eve were expelled from Eden, it was decreed that their lives were full of suffering. In the Hebrew Bible Gen. 3.14 Yahweh says "Be cursed more than all livestock, and more than all the wild beasts; on your womb you will walk and you will eat dust all the days of your life." An avenging and fickle God, wearing man egoic mask: this entity still terrorizes our psyche, we are traumatized by a punitive God. Listen to your soul that exhorts you not to believe in these horror stories, invested by religious power to terrorize and subdue us. Namasté

#### 43. Message to Humanity

How many times have you asked this question?: how should I do to communicate with God? Mystics, saints, enlightened people of various historical epochs have communicated God's messages to humanity, but many of you have always been skeptical about an invisible and non-tangible God. But God has always communicated with you from the beginning of time, the human being has the presumption of not being part of life, he only believes in what he sees but unfortunately \_being blind and ignoring it\_ he gropes through the darkness of his ego with suffering fear. To establish a link with the Divine, there are four gates: devotion, understanding, service and meditation. Devotion is always available to those who love God, the more this desire to approach God is intensified the stronger your devotion is. Devotion is an inner journey that leads to bliss, joy, and ability to see God in all things, it is astonishment of seeing it in everything that exists, a great and tumultuous love story, it is a path where the individual recognizes that God has touched his heart. Rumi is the mystic who embodies the great love story with God. The individual uses his mind to know God but the true way of understanding overcomes obstacles and illusions to get to the creator. Man asks: "Who am I? Why was I created? What is the meaning of my existence? " he begins an investigation of God, to understand human existence, and the truth about the superior reality of creation. This man will continue all his life to reflect on God: the symbol of mental knowledge of God is Socrates. Service is the way of altruism, joy of existing and serving other beings. God does not claim anything from us, we are not obliged to serve and the ones who follows the way of service loses their ego as well as the concept of mine and yours. He serves other beings since they are life itself; humility of Mother Teresa of Calcutta is the example of giving without wanting anything in return, rejoicing in donating.

Meditation is the solitary way of being, there is only the being and the void from which everything has been created; on the way of meditation we open our minds to a higher conscience that is our true essence. Isolation does not have to be physical, as we can meditate while we carry out our daily activities: time does not exist, there is only the 'here and now,' the goal is eternity.

Eckhart Tolle is the living example of daily meditation to come into contact with our deepest being. Dear friends, what are we looking for? Perhaps all we want is to be able to communicate with God,; being aware of this truth, leads us to the consciousness of ourselves. We have separated from life, but life is something we will never part with. So open to it and it'll support you by making your adventure more enjoyable and joyful on this planet. Wars, hunger, illness, pollution, violence, distrust, poverty, inequalities have been created by the ego; remember that you are not driven by the ideas of those who hold the power. Let's bring down this mental dictatorship, so to begin to live our true humanity connected with Divine energy, our true and real being. I quote a phrase from the well-known Indian mystical poet, Rabindranath Tagore: "Love is the only reality and not mere sentiment, it is the ultimate truth that lies in the heart of creation" Namastè!

#### 44 The twelve Spiritual Energies of Human DNA

Our search on Who we really are goes on. Our three-dimensional reality is limited, we are not what our linear mind tells us. DNA, the code of life that the two famous scientists James Watson and Francis Crick discovered in 1953, paved the way for study of genes, chromosomes and heredity. By the way, after 62 years, only 4% of DNA is known, the remaining 96% is considered to be "junk" DNA, in fact scientists have been unable to understand the function of most of our genetic code, so to simplify they called it 'trash', but since in nature everything has a function, 96% of human DNA can not be useless. I have deepened my research on DNA and attracted an enlightening book by Lee Carroll, which analyzes Kryon. Well I summarize the interesting esoteric and quantum material contained in this book. DNA is the portal between physics and spirituality, the multidimensional bridge that leads us to the creator, one day science and spirituality will be united in a sole quantum consciousness. Kryon divides into twelve layers of our DNA, these layers are interconnected, exchange information instantly, we can describe and understand them only if we turn our mind into quantum mind. A linear mind would describe these layers one by one in order with a beginning and an end. The quantum mind instead sees the whole, various layers in a circle, where they interconnect and collaborate, overlap without a precise order. But the ultimate goal is harmony and functioning of the complete human being. This enlightening revelation of Kryon makes us understand the true spiritual essence of humans, who are not aware that 96% of their DNA is a spiritual portal, part of the infinite Divine Consciousness.

I describe the twelve layers of DNA following a wrong linear order: the first layer is the tree of life, the biological part, consisting of a three-dimensional part and a multidimensional part, it gets and transmits information, then it receives information from Multidimensional field and uses them in genetic structure; the second layer represents life lessons and duality, it is our part that must learn from life to life the universal principles of love, forgiveness, compassion, and joy. The third layer is that of ascension and activation: it is the one of spiritual awakening, activator of the other layers, relating to our consciousness and action; the fourth and fifth layers are together since they contain the crystal of Akashic records, where all previous lives are: it is our divine part, and the connection with Gaia. The sixth layer pertains to the higher

'Self', the portal between you and the divine that separates from you when you descend on earth, in duality; that's the layer communicating with the other side of multidimensional veil. The seven, eight, and nine layers are the Lemurian and Pleiadian ones. 100,000 years ago, the Pleiadians, people of the seven sisters, spiritually the most evolved in the universe, modified three layers of our DNA to give us: mastery of ourselves, wisdom and responsibility, interconnection with the divine, Akashic record of our soul, quantum interdimension and self-healing (the violent flame discovered by the great master ascended St. Germain). Our Pleiades brothers and sisters gave us spiritual immortality. The tenth, eleventh, and twelfth layers are the divine quantum layers, the recognition of God within himself, the sacred feminine wisdom and the mother's compassion, the omnipotent and inner God and its essence inside human being. In ascended masters, DNA was 100% active, because they performed miracles and wonders. In 3D three-dimension, only 30% of DNA is active; then being aware of the immense potential contained in our DNA will change our existence radically, projecting ourselves into the multidimensional universe of infinite possibilities. Humanity in the near future will be able to communicate with his DNA and gain great spiritual power, the evolutionary leap is imminent, the awareness about who we really are will make us unite to the divine source which originates us all. Namastè!

#### 45 Ignorance or Wisdom?

How many of you (so to ease and speed up your spiritual journey) would turn to a guru or a saint? I'm not referring to normal awakened communicators of spirituality, but to human beings who have merged with the One, human beings who are God. In India there are divine human beings who have fused with cosmic consciousness, the Indian Yogi, through meditation, have become divine humans. In 1910, when he was 19, the famous Paramahansa Yogananda (this is the name he chose when he became swami monk, being his real name Mukunda), began ten years of hermitage at Serampore with his spiritual guide and guru Sri Yukteswar (disciple of the great master ascended Lahiri Mahasaya. As a child Yogananda had the blessing of master Lahiri Mahasaya predicting his future: Yogananda would become a famous international Yogi teacher, teach and disseminate Kriya Yoga throughout the Western world, founded three centers for Prayer and meditation (the Self-Realization Fellowship) in 1920 in California, to give the aspirant disciples the opportunity to know God through direct experience. In ten years of enlightened teachings, Yogananda became divine; his guru Sri Yukteswar was very severe and critical towards his students who had to demolish their ego to allow cosmic energy to flow into them. When he realized that a student was not sincere or interested in the spiritual journey, he sent him away from hermitage. Sri Yukteswar was a saint with unique abilities, he knew the world is the objectivation of the creator's dream. As he was aware and conscious of his union with the divine dreamer, he could dematerialize and re-materialize or modify the atoms of the phenomenal world's dream. He could read in thought and telepathically transmit his thoughts, he had the gift of foresight, healing, and ubiquity. Paramansa tells that Sri Yukteswar had gone by train to Benares (today Varanasi) but there was an unexpected event in his return trip: his train was late, then he appeared in Calcutta to Paramansa, telling him to go to the station at ten o'clock in the

evening to take him, he was in flesh and bones. Sri Yukteswar said he had asked the creator to bilocate to ask for help from his disciple. One day while meditating, Sri Yuckteswar called and asked Paramansa what he fervently wished in his heart. He replied: attaining divine conscience. The master replied that his desire would be granted, he gave him a tap on his heart and Paramansa fell to the ground as sucked by a magnet: his motionless body was apparently dead, he began to feel maya veils melt with his darkness and his sufferings. His conscience and his atoms expanded to infinity, there was no past and future, but only the eternal present, his true self flowed everywhere in the universe between stars, planets, galaxies: his self was merging into the cosmic ocean, his consciousness was one with the universe consciousness. Infinite joy and love pervaded his whole being, he was at the remote borders of eternity and in the cosmic ocean he could observe his little ego floating, saw and felt the atoms and electrons dancing around him vibrating . Then he returned to being limited in his material body, and realized he had made an experience of cosmic consciousness.

Sri Yukteswar claimed that there are two types of human beings: the ignorant who believe with rationality and their pseudo-culture to deny the existence of God beforehand, indeed these individuals have never looked for him and will never find it. Then there are the sages who seek God with perseverance and faith, do not surrender to difficulties, look for him everywhere, see him everywhere, and after so many searches they find him in a remote and obscure place where they had never looked for: within themselves. They understand that their consciousness and divine conscience are a unique indissoluble entity. My dear friends, I have dived briefly into deep places of spirituality, my current state of consciousness does not allow me to access further, since the vibrations of these spiritually evolved human beings would burn my low-evolved being, but I am happy to peek through the keyhole. The awareness we are immortal beings make me joyful and love life, we were never born and have never died, we have always existed and we will exist until the end of time. Namastè

#### 46. We Are Common Men In The Great Creator's Dream

If we were conscious of being projections of the creator's dream, what would change in our lives? I'm sure everything would change: life would flow with joy and lightheartedness, the dramas would end, death would not exist. Maya is the illusion making us slaves of an unreal world. However I often wonder why our creator likes to play with us. The evolution of common men is very slow, it takes one million years to get rid of karma and crystallized ego; but even 2 million years if we are totally unaware. Evolution proceeds in slow motion as we have misunderstood free will, we continue to harm ourselves and others in the centuries and millenniums. When the creator decides to allow us an evolutionary jump and to accelerate the moviola (slo-mo) of the divine dream, he sends us an avatar on earth. What is an avatar? The avatar is God's descent human form, it is a divine incarnation. The Christian, Muslim, and Hebrew religion calls them prophets, Muhammad, Jesus, Isaiah, Buddha, Krishna, Rama, Babaji, Sai Baba just to name a few. These avatars are not property of religions, they are God who has incarnated, in different epochs, to solve common man's problems, wars, famines, inequalities, religious sectarianism, racism,

materialism, and pollution. Well, our great creator chooses to individualize in the common ignorant man and in avatars who come to aid humanity. This big game is not discovered 'cause the common man lives in the third dimension between the maya mists and the egoic thought compulsion. Maya deceives us with the illusion that time exists, we are trapped in soap bubbles we believe real. Our great intellectuals try to understand the creator with philosophy and science, but how can this pseudo-consciousness be trusted if we live in the maya's illusion? All perceptions of illusory reality make every science and philosophy untrustworthy and incorrect. Think of the paradox of Plato's allegory of the cave: if we were forced to live in a cave with our eyes facing the walls, with a fire on our shoulders, we would just see shadows perceiving them as reality, failing to check its veracity, as we are trapped in that cave.

Dear friends, this is our third-dimensional perception, do not panic, ordinary men, we are still children of God, if we awaken we have the opportunity to evolve to another level of consciousness. When we die, our soul stops in the astral dimension; if our Self has not developed, we are burdened with situations we have not solved, we return quickly to earth to reincarnate in the third dimension. Instead, if we have woken up in this life, we have done a good inner work through self-observation and presence, being aware of who we are, then in the next incarnation we will always be on earth but evolve into the fourth dimension, the one of the soul.

I understand that for so many common men this information is absurd, but that is the divine game of evolution, each of us is on different levels of consciousness. Those ready to evolve will understand and evolve, others will be ready in future life. If there was no such game between the various divine individualizations, evolution would stop. Reality is conscience observing conscience: that's why the various divine avatars have always urged us not to judge our neighbor, since whatever be his form, action or behaviour, God is always the protagonist, there is no right or wrong in God, there is no separation, there is only the One. When you become aware of the true reality, your common people's lives will flow easily and in harmony with everything existing in the eternal present. Namastè!

#### 47. Are We Awake or Are We Still Sleeping?

I want to analyze the awakening of consciousness, including mine; there is a fine line between being awake and being asleep. Unfortunately at primary school, since the first grade, we should be taught spiritual liberty and esotericism, to begin building our souls and our subtle bodies. But between our 30s and 50s, we are still totally ignorant of spiritual matter as well as contaminated by resistance and false beliefs making our journey to awakening so painful and difficult. I hope future generations will have an easier spiritual path and esoteric masters will care for them paving the way for knowledge, to open the doors to wisdom and immortality that humanity deserves by divine right.

Let's analyze the state of collective normality: being dormant, having the brain dominated by ceaseless guttural sounds of screaming monkeys of the Mexican rainforest. In the morning we wake up and go to work without asking so many questions, in the evening we talk with friends about football, last episode of the 'celebrity love island', our mother-in-law persecuting us, our

girlfriend who makes us suffer, then we complain about bills that are increasingly expensive. Then we go to sleep after reading a page of the same book for years on our bedside table, we will never end reading. Our opinions are commonplace, in Africa millions die of aids, politicians are thieves and Belen Rodriguez is very cool. We believe that esotericism is associated with Satanism and the extraterrestrials are an invention of people affected by schizophrenia. This is our so-called normal life, that even a zombie would refuse to live, preferring death to such lack of freedom of thought. These are just 'peaceful' remarks, as I know Morfeo's world very well: I was a sleeper too, I am very compassionate for those who do not realize it and continue to sleep. From that sleeping state, a first awakening begins after an economic or psychological trauma (conclusion of a relationship, loss of work, depression, debts): this is the intermediate phase of our journey, we begin to read the books of enlightened masters, criticize everything and everyone, we no longer watch the news or talk shows, we talk with friends and relatives about spirituality, want to express the truth that has been revealed to us, we abhor superficiality, in short we become unbearable and create the void around us. All those who start awakening, live this intermediate, hypercritical phase, we do not feel guilty of "proselytizing", trying to persuade others. The reason is we do not even know what happened to us, we try to convince others because we are not convinced. We alternate the sleeping phase with the stage of first awakening; someone in this intermediate phase goes crazy, enters a sect, begins to have mystical visions, meditates for ten hours a day. In the middle stage we are still sleeping, but we believe we are awake since we criticize everything we consider as rubbish. However if you stay calm and centered, from this stage you can access the true awakening of consciousness, the practice of self-observation and zero-judgment. Real awakening is achieved with commitment, perseverance and will, at this stage we return calm and serene, accepting ourselves and others; we take our responsibilities, observing ourselves twenty-four hours a day: we are aware there is no external objective world, but a subjective world within us. Once beyond personality, far from judgments, from concepts of right and wrong, we have the certainty that God is within us. Thus we can communicate with others, without seeking their approval, "those who have ears to hear" said Jesus Christ"; we just have certainties, so doubts and fears are won. We can safely see talk shows, newscasts, and laugh at politicians' egoistic recitations, we have no limits and no one can influence us, now we are immortal souls, invulnerable, awakened and unlimited beings, and we can see the true reality. What a wonderful day friends, when you wake up and live eternally in love with life.

#### 48. Our Reality Is A Hologram

What is a Hologram? If you are passionate about science fiction movies, you must have seen holograms, but you didn't pay attention. Do you remember the Star Trek-Voyager TV series and the USS Voyager spacecraft? In episode one, after the death of the medical team, the star federation creates the holographic emergency doctor, who is consulted by the crew at critical times: that image projected of the doctor is a hologram. One of the earliest holograms employed in science fiction films is the one of Princess Leila in Star Wars 1977. The princess asks Luke Skywalker to help her people, through an image stored

by android C2, which projects it to the yedi to inform about the danger of the black death, the dark side of the Force. The holographic image is created in films by projecting laser light on a three-dimensional image, the light spreads on the whole image and a hologram manifests. The holographic image has this feature: each fragment in which we split the image (regardless it's divided into four or a thousand) reflects the whole small scale image. For example we divide into a hundred fragments a photo of a galaxy: each fragment will be the galaxy (in small format) of the entire projected image. In the holographic phenomenon, every small part will reflect the whole. So, my friends, if quantum physics believes that we are holographic histories of the universe, we are small fragments of aware energy connected to divine energy: we are part of the universe, we are not disconnected. Everything that happens to a small fragment, affects the entire universe energy network. The Buddhists describe this phenomenon in the sutra, as the wonderful network uniting the whole cosmos: if the universe is holographic, besides connecting everything, its every point reflects all the others. The quantum physicists led various experiments with two twin photons. In Geneva they separated two photons, they conducted the experiment 22 km away, forced the first photon to choose the path between two possibilities; when the first photon headed for a path, his twin (22 km away) acted simultaneously following the same direction, as if they were still united, despite 22 km distance separating them. This experiment proves that our prayers and actions can affect the whole humanity: if we are in tune with the universal network language, we can change the world, bring peace and the common good. Just 1% of the world population, connected to the divine network with meditations and prayers, would be sufficient to heal world wars and famines. It would cure the entire world population. This simultaneity miracle of the holographic world means that all positive expectations and prayers, at the very moment when they are created, are already at their destination. We have a great power, dear friends, although skepticism prevents us from seeing the true quantum reality that raises us to co\_creators, not to simply helpless spectators, powerless to life. Listen to your soul, you will be guided with love and wisdom towards the things for you. Namastè!

#### 49. Electrons Are Eternal Guardians of Consciousness

I write this paragraph while I'm home, 38° fever, flu is inexorable, it propagates very quickly. From this reflection this passage was born: Einstein and Big Bang theory are about to be replaced by quantum theory of the Big Bounce. In fact, our universe was created by a pre-existent universe that was about to implode: it released great vibrational energies (information) originating a new universe. It was not a big explosion but a big rebound of energies. Our universe (to which astrophysics gave an approximate time of 14 billion and a half years) was generated by memories carried by the electrons of a universe unknown to us. Therefore everything existing, had already been created in the original universe. The electrons within us swing at frequencies of ten to the twenty-third power and simultaneously transmit information. As soon as energy is transmitted to an atom by oscillation or electric impulses, the electron leaves the mother atom and jumps into the adjacent atom. The charge of the atom must be equal, in the same billionth of a second the other atom's electron jumps and occupies the space of the first electron that jumped off. The

two electrons exchanging their place, cross path without ever colliding, and while this occurs, information is transmitted through the black photons (which are as luminous quanta without mass and with a very short wavelength). This exchange of information between electrons has been called 'beam of Schwarzschild', by the astronomer himself who discovered it in the early 1900s. Our collective consciousness was transmitted by the electrons' memories. The electron is the subatomic particle of creation, it is indestructible and eternal. If you reflect, whatever has been created by man, was born from a vibration (thought) implemented in matter from the focus of our data processor or computer (the brain). The famous law of attraction is nothing more than our vibrating being's essence that focuses on and tune our thinking with vibrations of the result imagined and wished. Decoding the eternal memories, which are in our electrons, will be the future of human evolution; the eternal consciousness contained in electrons is the key to accessing non-universal time, bringing us closer to our creator.

I quote a sentence by Dr. Heinke Sudhoff, world-renowned medium, who received this message from the universe vibrations: "In the beginning, before conscience, there was only spirit, the spirit of the great one, there was neither space nor time, only void in which all forms are traced as a possibility, and everything is designed as vibration and energy ". Dear friends, be you as well, through your thoughts (vibrations), the messengers of the creating universe. We can change the collective memory that has imprisoned us, we can evolve in harmony with universal laws, we have the creative power in us, we have to use it and the world will change. Namastè!

## 50. Giordano Bruno: The Wise Man Between Science And Spirituality

Thanks to Giordano Bruno's mystical and scientific intuitions, two worlds merge into one reality, creation becomes a natural event created by a rational mind, God is not seen through dogmatic lenses of religions, but through the scientific observation of creation. Man becomes consciousness by which God himself observes himself, conscience that observes conscience, an extraordinary intuition that cost Giordano Bruno's life.

I quote two great mystical reflections by Giordano Bruno, and if we are aware of our true self, they will elicit shivers of emotion: "Divine light is always in man, presenting itself to the senses and to the comprehension, but man rejects it. I understand Being in all and over all, as there is nothing without participation in being" G.Bruno describes the "I am", the void that has created everything: his Copernican scientific studies completely changed his vision of the world and God; he claimed that there are several stars and various planets inhabited by sentient beings. Giordano Bruno together with Galileo and Kepler, were the authors of the evolutionary leap that developed quantum thinking. But the Church of Rome could not tolerate that a former Dominican friar rebelled against its authority. For the Church, science was the devil who was mocking it, but ignorance creates power, power creates ignorance. Bruno was arrested in Venice, betrayed by the bishop of the city in 1593. He was transferred to Rome, chained into a horse-drawn carriage; during his travel days he was not even allowed to relieve himself (outside the carriage), he traveled for three days without eating in the sting of his excrement. Then the

Jesuits' head came to take him (irony of fate: those who represented Jesus tortured and killed the alleged heretics and witches).

After he changed his clothes and washed, they treated him kindly, took him to a room similar to a court where four other prelates were. They wondered why he enjoyed offending God with his absurd fantasies. Giordano Bruno picked up an apple from a basket and said "Who created this apple? The creator. How did he create it? Red, round, crunchy. Is describing this apple a demonic sin? I have described this apple as I described what I see in the sky. " The Jesuit attacked Bruno, saying: "According to you, shall true redemption be releasing of soul from error in order to join God", Bruno replied "yes, it is so magnificent" The Jesuit attacked with violence saying "Can you remain peaceful observing your vile heresy without seeing the hell?" After a number of allegations of heresy, G. Bruno was brought into the dungeons and tortured: first they tucked a rag in his mouth and poured water into his nostrils, then used steel pliers and hot coals on his chest. These tortures aimed at making him suffer without killing him; one year later he was brought back to the Jesuit courthouse where they asked him if he had something to say, and Giordano Bruno replied "I would like a diploma of suffering" They brought him back to Castel Sant'Angelo dungeon and continued to torture him, and so for seven years. Later the inquisition sent a Dominican priest to make him speak, several times Bruno rejected and sent him away. Then one day he turned to the priest and told him "Before they kill me, I want to talk to someone who is witness to what your tortures have caused me: while my body is wrinkled and distorted by torture, my soul expands, I've transcended death, God has given me immortality. Beyond horror and sorrow I found the light I was looking for, I was flooded with light until I became the light itself. The Jesuits are stupid, as thanks to the terrible torture they have inflicted, I have defeated my fears, there is no worse than the worst" The Dominican friar went away, horrified by G. Bruno's statement. Before executing the sentence, the cardinals asked him if he had something to declare, so Giordano Bruno answered "Nothing," before his tongue was nailed, he said, "you tremble more in pronouncing the sentence than I in receiving it". In Campo De 'Fiori on February 17, 1600, Giordano Bruno was burnt alive. Before execution a nail was applied to his tongue and a brank put to keep him from talking before the people. Ultimately he had been tortured for seven years and killed for telling the truth. The Church waited seven years before killing him so to erase the memory of Giordano Bruno from collective mind, a manipulative strategy to control the masses. I wonder how can a billion people be devoted to the Church of Rome? The Vatican SPA continues to kill in the name of God. Dear friends, wake up from oblivion, disinformation is an enemy for awareness, ignorance is the most powerful weapon that the power (elite) uses against you. Namastè!

## 51. Ancient Sciences

Welcome, my Friends! Let's carry on this journey called life in a temporal continuum: now we are in ancient Egypt that, for the record, following relative time is in 2000 b.c. Here an ancient science called alchemy is born. Alchemy is a philosophy that studies the elements of nature and their transformation; the founder of this spiritual science is the priest Thoth, a demigod, a legendary figure depicted in various hieroglyphs as provided with an ibis head and man

body; he is also known as Theuti. Thoth has the merit of introducing writing, law, the alchemic secrets of nature and medicine; it is said that Thoth's secrets are transcribed in 42 books called emerald tables. When Egyptian culture comes into contact with Greek civilization, the alchemic traditions continue and Thoth is known by the name of Hermes Trismegistus (three times Great, three times born) and gives rise to hermetism (or hermeticism), a mystic philosophy which includes magic, alchemy, and other manifestations of the spirit into matter. Two fundamental principles of hermetism, used in homeopathic medicine, are: 'like cures like' and "as above, so below". Alchemy is an ancient science but far-sighted: according to alchemists, the origin of creation on our planet has been orchestrated by the universal spirit using the three fundamental elements namely water, fire and air and the three sexual polarities: man, woman and child. That corresponds, in modern physics, to hydrogen, nitrogen and oxygen, electron and neutrons, positive, negative, and neutral. Alchemists did not have technical terms to describe the basic elements of creation, but knew about the transformation of matter like our biologists and physicists. Alchemists thought the fourth fundamental element of creation was earth; our biologists claim that carbon in the earth is essential for the chemical composition of our DNA and cells.

The elements of nature that have contributed to the divine creation of man and our planet are well described by another alchemical tradition, that of ancient Essenes in the famous Dead Sea Scrolls, found in Qumran caves in 1947. The Essenes called 'angels' all the forces of creation which were: angels of wind, fire, water and earth. In summary, our scientific predecessors told us that the human body was formed by the temperature (fire), mineral salts, carbon, hydrogen, nitrogen and oxygen as well as the whole universe, the earth, the planets and the stars (composed of the same natural elements). I wonder who 'educated', 4000 years ago, the ancient Egyptians, the Egyptians, the Greeks and the Essenes! Their scientific knowledge corresponded to that of the twentieth century, they were precursors of Albert Einstein, Watson, Crick and Lavoisier. Dear fiends, reflect using your holistic mind that has a global vision of everything, do not be misled by the linear mind that cannot see the truth in front of its eyes. The journey to discovering hidden truths is becoming more and more exciting, follow me, together we will understand who we are and where we are from. Namastè!

## CHAPTER 7

### Global and Extraterrestrial Conspiracy

#### 1. It Can't Rain Forever

From the rain of this (Italian) tropical summer, an existential question is born: can it rain forever? Remember the movie that made this phrase famous: "The Crow" with starring actor Brandon Lee, Bruce Lee's son. Peculiarity of this dramatic film is a dialogue of the protagonist who lost the love of his life due to an aggression by a group of thugs. Even the protagonist dies, but rises from the dead, with the powers of a dismal crow whose mission is avenging the death of this beloved woman. In the movie, it always rains and it makes the vengeance darker and more painful.

During the past months I went to visit many suburbs of Tuscan cities, including plant nurseries in Pistoia, where without my knowledge communities of people live. It was not a tourist trip, but a spiritual mission, as the spiritual warrior must venture into the rubble of our fallen world, from which a greater awareness of reality arises. Most people avoid outskirts or suburbs because they find them degraded and dangerous and avoid looking at the horror that we all have created, as they think that does not concern them, they feel separate from this subcategory of human beings. Yet these souls have the same Divine origin. If you do not visit the suburbs of Italian cities, you cannot realize the disaster of separation, which weakens the entire Italian people. It does not matter to go overseas, it's not necessary to visit favelas in Rio de Janeiro, or ghettos of Mumbai in India, to be horrified and disgusted with social inequalities. We have this uncomfortable habitat in Italy, in historic centers, in industrial peripheries, in the outskirts of cities across Italy. But people judge and feel that their peers deserve to live in poverty and degradation; considering superior is the triumph of human ego, which creates unimaginable disasters. I have been to the industrial zone of Osmannoro and Via Pratese, suburbs of Florence, where thousands of Chinese slaves to the Chinese mafia live and work. They work for 12 hours a day, in the other 12 hours they eat and sleep. This "non-life" takes place inside industrial sheds, where hygiene conditions are awful, stink of fried food blends with smell of organic sewage: these inhumane life conditions are unimaginable. Continuing towards the city Prato, the Chinese communities proliferate, I think there are at least 50,000 Chinese people between Florence and Prato. All this situation is made even more disconcerting by prostitutes (working in the streets and among factories) and by drug dealers who carry out their undisturbed trade.

But the Italian movida has no limits: the Florence station is crowded with the homeless. Pistoia's plant nursery areas are inhabited by Italians, Romanians and Albanians, who are employed day by day by the managers of the large nurseries. We have returned to landlordism as these poor human beings live in very old, almost ruined homes. A man told me that when it rains, he must put some buckets to collect water that filters between the tiles. In the historic towns of Empoli, Fucecchio, Castelfranco di Sotto, Castelfiorentino, Pisa, Santa Croce sull'Arno, San Romano, Pontedera, communities of Italians, Senegalese, Egyptians, Moroccans, live in moldy and damp homes, even sewage waters overflow, the bad odor is very strong.

Dear friends, I am describing a region that, 10 years ago, was one of the richest in Italy. I also visited a reception center (I won't name), where people emigrating or fleeing from their countries are accommodated. Many of them come from Lampedusa, live in the dirt among cockroaches and mice. I invite you to make a tour of your city suburbs so to get aware of the national disaster: do not put your head under the ground like ostriches. Be spiritual warriors, have the courage to face your own responsibilities, compassion and non-judgment will be your weapons, no one is safe in this fake democracy, as politicians are vampires who live on the blood of honest people. The day of the social revolution will come, millions of silent people will stand under the Montecitorio Palace, without violence as Gandhi has taught us, and will exile the whole political class to replace it with people who love their nation. It can not rain forever friends, let's bring the sun in our beautiful Italy. Namasté

## 2. The World Order Plots Against Spiritual Freedom

I am a spiritual warrior, as such I have the necessary will, perseverance and courage necessary to counteract false information that some slaves of power are spreading. I assure that I have compassion on them because they do not know what they are doing. I was informed by a friend who is "keen on conspiracy", about a post that circulates on the web under the name "Operation Blue Beam". I looked for and read it on the blog that posted it, I was shocked by that misleading and false content. I do not feel resentment towards these writers, rather I forgive them. Their message is clear: New Age and spiritual freedom are demonized and called by the author 'spiritual communism of the new world order'. I synthesize the message of the article: according to the author, NASA has created a program called Blue Beam to eliminate all religions, inventing that sacred texts have been modified, conditioning the world population, that there is only one God and that people have been deceived by the Pope and the spiritual leaders of the major religions (Muslim, Christian, Hindu, etc.). Then using modern laser technology, NASA will create holograms of true Christ, appearing on the skies of all the world nations. This way the world population will understand that New Age is the only sincere religion that has always consistently worshiped One God. After this great deception, New Age will become the only religion that can be invoked on earth. Therefore, according to the author, New Age will be the true anti-christian party to the new world order to carry out a brainwashing of the entire world population by subjugating them to slavery. They will also use massive mental conditioning means, by "sounding" the voice of the true New Age God in the

world people's mind, who will be lobotomized and enslaved for thousands of years.

My Friends, this story, on the other hand, is used by the power to destabilize Spiritual liberty, seen as real danger: millions of people have awakened, are aware that governments and multinationals or corporations are depleting the planet of any resource, and that inequality, world hunger, pollution, and climate change are demonstration of this egotistical policy. The system of power exploit fear and concerns to break people's trust, use false information, are creators of this disaster, lowering people's energies with this mental terrorism, keeping humans from being aware of their souls' Divine power. But they have underestimated the law of cause and effect: when someone acts badly against his human brothers by intentionally causing poverty and despair, the cause and effect law repays him with the same equal and opposite force. I recommend friends to read the falsities they have written on various blogs. Use google engine search for "Blue Beam Operation", you will laugh of their tragicomic ego (as Osho used to say). Namastè!

### 3. Aliens o Alienated?

Thousands of alien aircraft are spotted worldwide every year; since the 40s, there have been millions of testimonies, sightings and alien abductions. A great deal of material on the subject is offered by the documentaries (focus) and by thousands of books on the market. In 1982, Spielberg had the inspiration of creating ET, a benevolent alien, which got lost in a reconnaissance mission on Earth led by his spaceship. ET is gray, has got enormous eyes, and its shape was inspired by the 1960s documentary in area 51 in Nevada, where an alien spacecraft was shot down and the gray aliens were vivisected in the lab. The video is breathtaking and stems spontaneous questioning: are we the only sentient living beings of the universe? In The 1990s, The Xfiles was a very successful series, as among the many mysteries dealt by Molder and Scully (the two protagonists) there are alien abductions, Molder himself is kidnapped and used as a human 'guinea pig'. From 1979 to 1997, the colossal films Aliens obtained great success. Its two directors who alternated were Ridley Scott and David Fincher, but this time the aliens were really monstrous and devouring men. In 2005, Steven Spielberg got inspiration from the novel 'The War of the Worlds' by H.G.Wells. Short parenthesis: On October 30, 1938 CBS Radio in New York broadcast an extraterrestrial attack simulation, whose conductor Orson Welles interpreted the novel The War of the Worlds, making it so real to trigger panic in various states of America.

Anyhow, even Spielberg's movie 'the War of he Worlds' (whose main character was Tom Cruise) is a drama, since aliens use humans as test subjects and a source of livelihood. There are hundreds of famous and less known films that describe aliens as monsters from space who want to conquer and exterminate us. But the most striking of all, describes the illuminati who dominate the political and economic world, as an alien race called "reptilians," among whom are well-known figures such as George Bush, Bill Clinton and Obama. There are even images on youtube testifying the 'reptile' features that emerge from their face, many coincidences that are not coincidences. Wheat circles are unexplained phenomena but could be a form of extraterrestrial communication. From this alienating documentation that creates new fears for humans, this is

my reflection: I believe extraterrestrials existed from the beginning of time. On the Earth, there is an extraterrestrial population, technologically advanced but spiritually primitive who co-operate and dominate with the world's major powers over humanity (the Vatican, Multinational companies, Nasa, the Pentagon). Moreover there is a spiritually enlightened extraterrestrial people who look at us and help us to counteract the power alliance between the world rulers and the dark extraterrestrial people. They can travel millions of light-years by their spaceships so fast to 'vanish' from our sight, utilizing portals with which they pass from one dimension to another, moving like photons (quantum physics experiment: photons move simultaneously in space). In the quantum world, space and time do not exist, everything happens here and now, instantly. Reflect, dear friends, learn about the physics of probabilities and possibilities. Do not be surprised if there are extra-terrestrial beings living in another dimension which is more advanced and evolved; extraterrestrials travel timelessly in the quantum universe. We are not alone in the universe: NASA on March 7, 2009 sent to the space the Kepler satellite equipped with a powerful telescope. Since then Kepler has sent us, from the deepest space, many images that document the existence of 17 million planets revolving around stars (similar to the sun) in the swan galaxy; at least 5000 of them are similar to planet earth, showing all environmental and climatic conditions suitable for developing intelligent and advanced forms of life. Namastè!

#### 4. C-Series Human Beings

As a reality observer, some time ago, I went to the employment center where I absorbed so much low energy and negativity, despite the inner work done. For a couple of hours I was invested by self-damaging thoughts, the reality created by power and ourselves is horrible. I asked the secretary about the rights of 50years old men who want to re-enter the job world. The answer was like river in flood: virtually nothing, tax breaks (for employer) do not exist, unless in dire financial straights, unemployed without welfare benefit for two years or fired for just cause by a failing company where you were employed under permanent contract. I kept on asking for information: are there any subsidies for unemployed without income? No subsidies the answer was; I went on in the interview: why many unemployed people in Europe have the right to a home and a subsidy? The answer was very negative and direct: we are in Italy! But we are part of the European Community, why don't our laws comply with the rest of Europe legislation? Upset, she replied: 'it is not my problem, make do with what you can'. I continued my search, I looked at the ads on the bulletin board in the job center. It was unbelievable: only contracts for the age range from 18 to 29, of monthly or quarterly duration, so also youth and fiscal facilitation gave no advantage, absolute precariousness. I continued the tear valley tour: the foreigners were given priority in the job, as they work 14 hours, getting an insignificant wage, 700 or maximum 800 euro per month. But who is the winner in this reality materialized by ourselves? There are no winners nor losers, my friends: we all lose, we have lost our power, we are considered to be C-class humans. Being misinformed by the media aggravates our condition. Dear friends even if you have a job for an indefinite period, find out about your neighbor's condition, "love your neighbor as yourself" said Jesus. If you do not realize that we are all connected, think of a nation as a living organism: if a

part of its body becomes ill, the whole living being collapses; every citizen is a cell of this great body, we are all connected and important to the health and prosperity of the nation's great body, we are all part of it.

Look around, there is plenty of money and abundance, but they flow in one direction, in the pockets of politicians, businessmen and mafiosi: do you wonder why? The answer is obvious: it is you, yourselves, that favor that inequality, your negative energies encourage those in power and power makes you feel useless and weak, a sort of C-series humans, then you lose awareness of being united people who have an unlimited and free soul. If you read 'the seven spiritual laws of success' by Deepak Chopra, you will realize that only if we are in harmony with the seven natural principles governing the universe, we can have peace, abundance and prosperity. I list the seven laws: pure potentiality, giving, cause-effect, the least effort, desire and intent, detachment, the purpose of life. If you deepen the subject you realize they are the laws of life itself, each cell of our body works in harmony with these laws, our body is part of the universe and operates perfectly with the same laws governing creation.

Dear friends, be aware that by changing the way you think, from you, another human being will evolve and will have the cosmic awareness of his true being, he will no longer be a slave of power, but free to express himself and deserve the absolute good in his life.

We are on earth to share our existence, in harmony and prosperity, be aware of this short moment of eternity, do not waste your earthly life in unnecessary conflicts and divisions which are illusions created by the ego, it is not the actual reality. You are not a C series human beings, you are excellent, magnificent and unlimited, so think big, create abundance in your life, you deserve it as birth right. Namastè!

## 5. The New World Government Our Creator Wants for Us

Domestic and foreign policy is driven by the personal interests of few individuals who hold power. Their purpose is to protect their personal interests and profits; politics is born to lie, in fact, it follows the primitive way of thinking 'everyone should look after themselves'. Some people are elected by voters who in turn only take care of their interests. One of the most common slogans of politics is "it's necessary to support a lie as long as possible, so it will be accepted as truth". On our planet, the nation governments have not evolved, exactly like the whole world population, apart from few exceptions.

The whole international political scenario does not strive for fairness and common good, feeling and claiming it is not a political but moral issue. Everything at the international level, is ruled by the highest profit, every action and reform brings forward maximum speculation and gain. For instance ecofriendly technologies are quite concealed; they are disclosed as little as possible because oil multinationals must get richer and richer by exhausting every resource on the planet and polluting the Earth's atmosphere, now they are drilling at the Arctic Circle.

All this chaos is accentuated by the lack of transparency, as all the tons of money that international speculators (few 'elected') earn on the planet, are hidden. Inequalities and world poverty increase, as well as many diseases

caused by poisons people daily absorb from air and food treated with preservatives, fertilizers and pesticides.

Our Creator does not condemn and judge, he just considers this barbarism as an evolutionary delay of humanity. In practice, those who speculate and get rich on the lives of others, those who kill, who destroy nature, who lie and manipulate, are not bad or wicked but ignorant.

And here's the core message of our creator: he does not judge or punish us, but suggests how to evolve our conscience and awareness. The new world government must not create automatons, all the same and well-off, but it must give everyone the opportunity to evolve both economically and creatively. The spiritual economy, the policy of transparency and giving, all budgets and global spending will be made public to all. Military spending (nowadays equal to million dollars per minute) will be suspended at the arms industries expenses, with the benefit of the poorest populations. Laws will be reduced by number, duties and control will be replaced by fairness, truth, and honesty. Mafias and illicit activities will thus decrease until they disappear and those who govern will ultimately aim at the entire world population's wellbeing and protection of the whole planet environment. This evolutionary path will lead us to be an illuminated world population, we will no longer need governments that impose rules and duties but self-government will be our solution: we will follow the law of love. Love gives without asking for anything in return, we do not need governments, but to let our conscience and awareness evolve. Violence and wars will end, since if each person's primary needs are met, people will not be forced to struggle to live, so humanity will open up and achieve more noble goals. Ensuring life and human dignity on a global scale will ultimately cease the selfishness of those who live at the expense of others, that 1% of the population currently plundering the planet. Always remember, my friends, that we are all one connected with the Divine and only with this awareness, humanity will evolve towards eternal peace and love. Namastè!

## 6. Messengers of the Universe: All For One, One For All

In 1844, Alexandre Dumas wrote the novel "The Three Musketeers". As a child I was fascinated by the courage and friendship keeping together Athos, Porthos, Aramis and D'Artagnan; their epic feats are known to everyone, but in particular their motto has remained immortal, "All for one, one for all". I started this paragraph recalling spirit of adventure and bravery of the three musketeers, for a very important reason: we must find inside of us, what modern society has taken away, namely unity, friendship and courage.

Years ago I started a journey to the unknown, I was guided by an unknown energy, my inner voice suggested every step I had to take, during this path I understood the meaning of the journey: it was my soul emerging from the rubble where I had buried it. A subtle voice told me that I had to help others awaken; I lived moments when doubts and fears prevented me from walking, but miraculously that inner reassuring voice told me I was on the right track. Within a year I realized that the Universe was driving me towards the purpose of my life. From the little man I believed to be (impotent to the external events that had to obey the powerful, bowing to the harsh reality of life, limited to surviving) an unlimited energy came and my soul incited me to disobey, to write and communicate to the other souls the truth that had been concealed.

So my blog started and I wrote my E.book. Though to many of you it may seem paradoxical this is the truth.

We are all one, those who woke up are aware of this miracle; I have a message for you all, dear friends: everything is changing and will change much faster than your imagination can understand. We have a great deed to carry out; in the past hundreds of masters brought the universe messages to humanity but have not been heard. Instead many of their books are now read by millions, the growth of the world's consciousness makes it possible impossible. The Vatican, fearing this mass awakening, created the 'good pope', whose role of humble and merciful man, is slyly performed by travelling by bus, embracing everybody, instead of providing material aid to the needy. General Motors shares get the Vatican billions of dollars on Wall Street, but a billion people in the world are starving. This false prophet was created to get believers drunk, the Church is afraid of losing its millennial power. My friends, remember where we come from, we are the spiritual army of the universe, we are its messengers, we shall take God's people back to consciousness, bring children back to their father, this is our task as awakened souls.

We are like a Japanese samurai, who holds a lantern in one hand and a sword on the other: the lantern symbolizes knowledge, consciousness and inner strength; the sword means courage and loyalty. A brave man will never use his sword, but compassion, for the sword is just a symbol of allegiance and bravery. Dear brave souls, we are all one, we fight for freedom "All for One, One For All". Namastè!

## 7. Year 2014, the new Feudalism begins

Here I wish to go beyond the spiritual and psychological theme of my text, and describe the evolutionary regression of our nation. My wish is that the Italian people come out of the mental chaos that media are enhancing with false, negative and paranoid news. I do not want to blame or hate those who are ruling Italy. We know that everything we resist persists, but I want to awaken your consciousness and your natural desire for freedom, harmony and economic well-being we deserve and which are our rights.

Follow me, we travel along through time and space, going back several centuries, in 476 a.d. when the western Roman Empire falls and Europe is torn into small urban agglomerations that (the so-called) barbarians shared out. The Goths, the Longobards, the Franks created self-organized communities and returned to barter. During the ninth century, after the rise to the throne by Charlemagne, in a period called the High Middle Ages, the nobles and the knights began to reorganize politically, economically and socially to create order on their territory and bring back the prosperous class hegemony in a destroyed Europe. In the centuries to come, initially in the frankish territories the system of feudalism started to spread. Feudalism is a political-economic aggregation of aristocracy, the organization was represented on the territory by two main figures, the lord and the vassal. Vassalage was not intended as submission to the lord, but was a real political, economic and military alliance to control the lands. The Lord divided his feuds (a feud was a territory given to a vassal under a pact of trust) among noble vassals, so according to their power and wealth, the lands were divided and their residences and castles built. The lord (from whom the Lordship derives) together with his vassals

decided how to administer both expenses and taxes of the various feuds donated. In summary, during the early middle ages (also called Dark Ages) the people were subjected to the feuds, most of the population was made up of illiterate peasants, dried up by taxes and subdued to unjust laws decided by lord and vassals. In 1789 the French Revolution ended the system of Feudalism. Now let's move forward to 2014 in Italy, think twice or even three times about our economic policy situation. 'Lord' Matteo Renzi reestablished feudalism in Italy, splitted out the territory, and shared the powers with vassals (lobbyists: the word lobby is a medieval word, stemming from the word "laumbia" which means loggia where clans plotting at the expense of collectivity).

His last summit of Leopolda in Florence ratified the alliance between lords and lobbies; at the top of the organization there were Renzi, Marco Carrai, Luca Lotti and Alberto Bianchi 'Holy Trinity' of the Florentine seignior, then there were the powerful vassals who shared out what had remained of made in Italy: Poste Italiane (Italian Post Office), Eni, Isim, Trenitalia (railways), Lottomatica (betting system), Rai (state tv), Telecom, Cultural Heritage, Public Procurement, Enel, Banks. I just mention some: Pasquale Salzano, Filippo Grasso, Giuseppe Coccon, Francesca Chauouqui, Pope Bergoglio's lobbyst (as you see the false prophet of Christianity was among the vassals) Dennis Verdini, Luigi Bisignani, Stefano Lucchini, Gianluca Comin, Fabio Corsico etc etc. From 1948 to now, 50 law decrees have been presented to limit the lobby, although no decree has been approved. The five stars movement (5stelle) had prophesied this, but they could not fight it and they were forced to pass on the baton to Machiavellian Renzi, the "right" man in the "right" place

In this chaos extreme right-wing groups led by Salvini and Meloni(the old politics) took the advantage to ride the wave.

Watch out guys, don't be misled by homeland saviors, they exploits the psychological suffering and distress of the people. As I told you at the beginning, I do not blame and condemn those who run the power, but I tell you my friends that you are part of the community that needs to change mentality, be aware and responsible. We are the ones who have created this economic-social disaster, our unconsciousness and disinterest for the common good, our collective mentality has created Renzi and company, we are the creators who are unaware of our national reality.

I urge you to be united and to struggle to regain the freedom and honor we have thrown into the rubbish. The system will collapse and be put under external administration. It is the right time to be united, be conscious people, rebuild our nation with a new awareness and new community mentality committing to the common good of the whole collectivity. All of us are connected, we are all one, my well-being, your wellbeing is everybody wellness, do not forget it. Strength and Honor!

## 8. Highly Evolved Beings

Are We alone in this Universe? Are we the only evolved beings in the universe? This question is recurring at this historic moment of humanity. We are in a special moment, all the myths and dogmas of religions have been questioned, the evolutionary jump is under way, we want to explain the inexplicable, we want to know the truth. We are lucky to live in the modern era, the 'holy'

inquisition no longer exists, spiritual freedom is a reality shared by millions of people on the planet, the world is changing.

Unfortunately, one of the forerunners of the times of spiritual freedom lived in an obscure and persecutory period; the Friar Giordano Bruno in 1583 wrote and published a scientific work, his title in Latin was "De La Causa, Principio Et Uno". In that work Giordano Bruno described the Creating Universe of every form of life as an infinite space, where many worlds and earth-like planetary systems coexist, inhabited by highly evolved beings, even more advanced than us. This sacrilegious work was seized by holy inquisition, Giordano Bruno was tried and condemned to the stake for heresy; on February 17, 1600, he was burned alive in the Campo Dei Fiori square in Rome; before the execution, to prevent him from speaking, his tongue was tied by a gag bit. I ask now a very simple question: was the Church afraid of Giordano Bruno and his truth? Even they tied his tongue before burning him. What scared the Church's power? Perhaps they knew the secret that Bruno wanted to unveil, frightened to lose their dominion, if truths about God became public, and lies would come to light. The God that the Church had invented and used to create fears and superstitions in the community, could collapse like a sand castle. Power was in danger, it had to defend it by eliminating the enlightened people.

Dear Friends, there are other worlds in the universe, we have been presumptuous to believe that we were the elect of God. Me too, I have changed my mind by expanding my knowledge: we have been created in the image and likeness of God, our soul is part of the great soul of Divine universe, but like us, other souls have colonized other planets, we are all one, between us the only difference is only the form in which we are incarnated. The degree of evolution varies from being to being in which we incarnate, we (who are Homo Sapiens) are limited by our data processor, the brain is our cage that has a primitive part, called reptile brain, which in practice reacts to events in a distorted and disproportionate way, causing separation between us and the true reality. All this has caused inequality, poverty, death, suffering and wars on earth. All souls are evolved and wise, but our earthly filter is primitive and has caused separation between us and the Divine Universe. God has sent us hundreds of masters over the centuries from other galaxies, from other worlds that are more evolved than us, among them Jesus always said, "follow me I am the way and the life," it was the evolutionary process that he tried to bring on earth, the change of mentality that would have made us evolve faster. But he was crucified, our reptilian mind rebels to God, wants to dominate others, to feel superior to his own soul. The highly evolved beings live connected to the One, the common good of the entire collectivity is their purpose. They exploit 100% of their mind power, they also manage to disassemble and rematerialize their bodies, travel by their spaceships slipping on the universe matrix over millions of light years in a few seconds, while we try to cross it without getting any results. Well, these very evolved beings are between us and are helping us to make the evolutionary leap, the change of mindset, which will save us and the planet.

Dear Friends, spread this truth, there is no evil alien, but beings coming from other worlds sent by the Divine Universe to save us from mass extinction, we can make it, dear guys: paradise is near we must believe and not be misled by our reptile brain. I recommend you the third volume of 'Conversation with God' by Neale Donald Walsch, it will open your mind. Namastè!

## 9. The Atlantis Dream

At this point I'm writing a text that I've written twice, but that's what I call coincidences that are not coincidences. Twice the computer system refused this text without memorizing it, now I'm writing it for the third time. I have asked the masters who follow me to guide my thoughts so to be wise. Maybe my mental filter was blocked by low and dark energies, perhaps the topic chosen should not be revealed.

I intend to tell a story of pure science fiction, but scientific intuitions may sometimes arise from science fiction. The universe teaches me to always believe in what the ego considers a logic nonsense. Since I'm on the road to remember who I am, the things I considered foolishly, actually revealed universal truths.

As a child, Atlantis appeared to me in dreams; I didn't know from which comics my mind had extracted that story or myth, I lived it in dream, my imagination made those sensations real, I had the feeling of having lived in Atlantis. I saw the sumptuous walls shimmering in the sun, spaceships floating in the sky, submarines exploring the abysses, all the people were smiling and happy, we lived in peace with ourselves and creation was paradise on earth, humanity had reached the earthly eden. Nature outside the walls was lush, every living species was in harmony in an unspoiled environment, the rivers were transparent and cozy, I remember bathing with my friends on the hot summer days; after the bath I slept on the grass near the banks of the river that flowed and reassured us with its sweet sound. The feeling of peace and bliss I felt was wonderful, but growing up I wouldn't have peace anymore. By the way at that present moment I was united with all the surrounding things and beings. That sensation absolute love and union was the true Eden. One day we were told that we were in war with people they called Mu, I wondered what the war was. Maybe a new game? But it was not a game, I saw spaceships leaving loaded with weapons, the navy sailing to the immense ocean, behind the ships were the submarines; what was happening? Some days later, there were the first dead and injured men, nobody laughed any more, silent people wandered in the streets without talking. What was happening to people I wondered about? Some ships returned loaded with jewels and gold, many soldiers said they had routed the enemy. I asked myself: what does it mean to be an enemy? In my dream I perceived fear and despair, I wondered what drove people to overwhelm and kill other men? Every dream became a nightmare, joy had been overcome by aggression, wisdom had been replaced by greed. Then I saw myself in a dream, I was adult, on a spaceship, but I had an aggressive and violent look, in the dream I felt the fear of myself adult; some soldiers talked about the final clash. After decades of war, so many people were dead, the pain emerged from my face; a vague memory of the bath in the river with my friends in a hot summer afternoon gave me a moment of peace. Suddenly there was a dazzling light from the sky, something plunged down to the ocean, I observed astonished that extraordinary event, it was a moment of eternity. The adult myself admired the beauty of that unknown phenomenon, a few minutes or moments later, a mountain rose from the ocean, we could not see its end as high as it was, we heard a roar, I did not understand what it was but it moved fast to us, I was not afraid I was aware that the suffering was over, I was in peace, my dream ended and Atlantis no longer existed, disintegrated in a few minutes. This recurring dream has accompanied my

childhood, but I never reflected on its meaning, but now that I'm about 50, I understand its message.

Dear Friends, do not ignore your dreams, we have lived other lives many years ago, ridden millions of years of evolution, in every life we have to remember who we are and help others remember themselves.

The dream about Atlantis reminded me that 12,000 years ago we were as evolved as we are now, we had paradise and sold it off for 30 denarii; power, greed, aggressiveness destroyed an advanced civilization like Atlantis. We are again at the starting point, still dealing with war, pollution, inequalities, selfishness: we are committing the same mistakes destroying us and which sentenced the end of Atlantis. We are back on earth to bring these messages; now I'm aware of it, brothers, be light in the darkness, we can manage it, the door is open we just have to enter, overcome the third dimension and reach the fourth dimension, we deserve it by Divine law, be adventurous and brave and you will be rewarded with peace and eternal bliss. Namasté.

## 10. The German Bell

Here dear Friends, I would like to deal with a myth that might be real (coincidences that are no coincidence). However many of you are convinced or will soon be of the existence of extraterrestrial beings: our planet has been colonized by various extraterrestrial cultures. The diversity of human 'race' and the very different traditions show that life were brought to our planet by very evolved beings from other planets. Unluckily many of them were competing for the territory, that's why the earth has been devastated for millions of years by nuclear warfare and natural cataclysms: I remind you of the destruction of two major continents: that of MU or Lemuria and Atlantis. In 1937, ten years before the Roswell accident in New Mexico, a UFO accident occurred in the outskirts of Berlin: an Aryan extraterrestrial spacecraft was found with its crew. The Nazis analyzed alien technology, Hitler and Himmler were so obsessed with this opportunity to strengthen their armaments and become invincible, that they created a team of researchers, engineers and scientists, the best of that era. The team was called Reichsforschungsrat led by Albert Speer. It is assumed that extraterrestrials called Aryans (those who survived the accident) collaborated with the German scientists. The team began a retro-engineering operation using what they could recover from the extraterrestrial spaceship: the first results were wing-shaped jet-powered fighter-bomber and rocket bombs V1 and V2 provided with advanced synthetic fuel and high potential explosives. Due to this advancement in military technology, the super-powers of America and Russia got suspicious and employed a large spying network becoming aware of the extraterrestrial technology utilized by Nazi Germany. By the way, they did not popularize their secrets to the rest of the world. But the most striking experiment of the SS Nazis and the extraterrestrial Aryan race was the Glocke motor (the bell): a multidimensional futuristic engine that neutralized the force of gravity and opened a door in the space-time continuum. As a matter of fact, it is said that in 1944 the Nazis and the Aryans succeeded in creating a flying saucer they named Kugelblitz (ball lightning), made of light aluminum and magnesium alloy and reaching 1250 miles per hour. It was extremely easy to maneuver and emitted a strong electromagnetic field that would switch off the engines of enemy aircraft

making them fall: the purpose of these flying saucers was to bomb the United States. Hitler imagined sending these intercontinental aircrafts to New York and Washington, calling them V-3. Prior to the surrender of Germany to the Allies, the Germans, working with the Aryans, had discovered atom fission, and were building the atomic bomb. The allies were aware of these new weapons and rushed to invade Germany, because if they had delayed a few months the outcome of World War II would change in favor of Nazi Germany.

It is reported that the Germans, thanks to Glocke extraterrestrial technology, besides creating a flying saucer, managed to create a cosmic gate to move to other dimensions and on other planets. That's why some German scientists and their extraterrestrial Aryan allies disappeared mysteriously into nothingness and were never found by allied forces.

The journey to discovering our true origins is more and more interesting and I am happy to share it with you. Namastè

## 11. Gods coming from other Planets

Hello, Dear Friends! How many fibs that we have been told!! Our evolution has been intentionally stopped, so many people are unaware and have lost the will to know the truth. How many living dead walk on the planet earth, their mind stuffed with false information. I am happy to inquire and let you know the evidence that many writers have disclosed over the past 40 years.

In this last period I've been guided and I've attracted books and information that changed my life completely. Now I'm awake, I see the reality that has been concealed for all humanity. Let's rewind the space-time continuum: now we are in Austria, we get acquainted with a scientist born in Vienna in 1860: his name is Hans Hörbiger. This character graduated from the Vienna Polytechnic Engineering; after the university he became a steam engines and hydraulic systems designer. He worked for various German companies, where he got an inspiration while observing the molten steel: in 1913 he wrote and published his book "Glacial Cosmology". His innovative theory described the eternal battle between ice and fire, in the universe. In his work, he described how a lot of civilizations in the different geologic eras had evolved and then disappeared because of large blocks of ice that collided with the planet Earth. According to Hörbiger, the disappearance of Atlantis and the Universal Flood had been caused by these collisions. He claimed that man had already evolved during the tertiary period, 25,000 years before Christ. However, in that geological era, the moon had precipitated and the whole planet had been submerged by the ocean. Hörbiger was criticized for his 'glacial theory', but he was not intimidated, and overturned the entire history that considered the Sumerians in Mesopotamia and the Egyptians, as the most ancient civilizations. Hörbiger stated the origin of man was much more ancient, hypothesized civilizations of giants-men and deities dating back to millions of years, coming from other planets. The scientist saw the universe as a living organism to which everything was connected and where everything affected everything, as well as life was instantly created in all planets of the universe. The archaeologist Edmund Kiss, who was his follower, worked for nine years on the Bolivian plateau in the ruins of Tiahuanaco, the city where a monolithic gate, called 'sun gate', was found. A calendar showing solstices and equinoxes was engraved on the sun gate. According to Edmund Kiss's calculations, Tiahuanaco's civilization

lived in 27,000 BC. Edmund Kiss managed to find the evidence of a great cataclysm: marine sediments, volcanic lava and remains of giants and men (belonging to that geologic era) were found, at an altitude of 4000 meters. These finds substantiated Hörbiger's theory that the moon was exploded and precipitated on the earth more 27,000 years earlier. Between 1904 and 1945 Arthur Posnansky, engineer and geologist, worked at Tiahuanaco to study the sun gate and the statue Pacha-Mama (mother of the cosmos) and analyzed all the stone structures of the neighboring Puma punku. After decrypting the astronomical calendar on the sun gate, he reconfirmed the theories of Kiss and Hörbiger about a very ancient civilization dating back over 15450 years before Christ. But this decipherment of the calendar gave rise to some surprises: the twelve solstices and equinoxes were divided into twelve months counting 24 days, except February, March and April, which were of 25 days. Every day had 30 hours and in every hour were 22 minutes. It was not a terrestrial calendar, on the door were depicted giants, winged beings, and a large solar disc, an ancient civilization lived over 27,000 years ago. Afterwards the stone blocks composing the city were analyzed, too. How could a Paleolithic civilization belonging to the Stone Age, cut blocks of diorite whose hardness is 8, without having advanced technical means or instruments equipped with diamond tip, which is the only mineral able to cut diorite? As a matter of fact, those stone blocks had been cut following a millimeter accuracy that only a technologically advanced civilization could achieve. If you look at the stone blocks in the pictures on the net, you will realize that these jobs were made by engineers who used mechanical and computer cutters. It is said that Tiahuanaco and Puma punku were built in one night; then how could Aymara (a people lived during the Stone Age) carry out this technological miracle at 4000 meters of altitude. As Jesus said, "He who has ears, let him hear". Meditate, dear friends, about the great global scam perpetuated for millennia at our expense. Namastè

## 12. The Return of the Snake God

Hi there, my Friends! On November 15, 1519, the conqueror Hernan Cortès got in front of Tenochtitlan, the legendary Atztec city. To him, the view of the Mexican lagoon was like a miracle, its pyramids sparkled under the first rays of the sun showing their imposing splendor. Cortès, along with a few men, proceeded to the gates of the ancient Atztec town.

Montezuma, priest-emperor of the Aztecs friendly welcomed Cortès, because in their calendar the arrival of the Spanish corresponded with the return of the serpent God Quetzal. Montezuma believed that Cortès was a messenger of the snake god Snake Quetzal. For three days Cortès enjoyed the hospitality of the emperor Montezuma, even a Christian chapel was erected by Aztec craftsmen. In the palace, together with his soldiers, Cortès found a secret door that led to a room full of statues, gold objects and precious gems. During the party organized in his honor by Montezuma, Cortès killed 700 Aztec noblemen and plundered the treasure of the Atztec city.

The naivety of the emperor cost him the life because he was stoned by his own people. Cortès escaped with their treasure, chased by the Aztec army that caused him heavy losses among the Spanish soldiers. In 1521 Cortès returned to Mexico with a large fleet and wiped out the Aztec as well as the Mayan

people. He raided and ransacked in the name of the christian God: he destroyed all the documents of the two civilizations that witnessed the return of extraterrestrials and the serpent god Quetzal.

The harm of Christianity on the great extraterrestrial Maya and Atzec documentation was irremediable; 'luckily', four manuscripts of the pre-humanistic era were rescued. They are called codes and are now in Mexico City, Madrid, Paris and Dresden. Many scientists have devoted themselves to deciphering maya codes, the most famous being the Dresden code that describes rotations of the planet Venus and various deities called the lords of heaven, which the scientists have divided in alphabetical order A.D.E.L.N. Six code sheets depict the orbits of various celestial bodies: Venus, Mars, Moon Jupiter, Mercury, Saturn, constellations of Orion, of Gemini and of Pleiades. The tables represent complex calculations and the planets' position related to Earth; they also indicate mercurial, venusian, martian, and terrestrial periods with 135,200 days, and astronomical periods dating back to 400 million years. Moreover, the codes described wars between the different planets.

In 1937, Professor Herbert Noll Husum wrote that in the Dresden code there are cyclical astronomical references repeating every 6,000 years; the Mayan people have not survived all these years. By the way all the calculations in those code document accurately that the orbit of Venus every 6,000 years shifts back one day.

The astronomical codes were in the Mayan hands at the beginning of their civilization, as if they had fallen from the sky or carried by the snake quetzal snake everywhere in their pyramids and codes. Now my question is: how could the Mayans, who lived in the Stone Age, study the cosmos in such detail (without having the telescope), considering in their geographic area, for six months a yer, they had to cope with low sky visibility, due to high humidity and mist. The image of this serpent also appears in many cultures of North American Indians, the Hopi, the Pawnee, Tootoosh, Cherokee: the American Indians called it Thunderbird.

Many Native American stories deal with peoples coming from the stars carried by the thunderbird, which helped the Indians with important information they needed to evolve. Why were these coincidences, which are no coincidences, hidden? Why were these serpents gods quetzal (coming by their astronauts to southern and northern America, communicating with peoples of the Stone Age, carrying scientific news and information about life on other planets) concealed or declared false by those who hold power?

In conclusion: the famous date December 21, 2012 which was revealed by the translation of the Mayan calendars discovered in the temple of Xultun in Guatemala, refers to 2012 as the beginning of great climatic and geological changes for our planet, the return of Serpent God Quetzal and of the extraterrestrials on the earth. They are already among us, dear friends, we are the result of a genetic experiment done millions of years ago to speed up our evolution from hominids to homo sapiens: 96% of our DNA is unknown. We are extraterrestrial hybrids, our extraterrestrial origins are about to be revealed. Are you ready for the trauma that the truth about our true origins will cause to many of you? Namastè

### 13. Stories Of Ordinary Madness

Hi there, my Friends! Let's talk about the philosopher Immanuel Kant who lived in the second half of the eighteenth century and said, "I bet all that I own; I am certain that one of the planets visible from the earth is inhabited". Enrico Fermi, nuclear physicist, in 1950 stated: "If the universe swarms with aliens, where are they all?" This question is called Fermi's paradox. This dual opinion about the existence of extraterrestrial life characterized the 20<sup>th</sup> and the beginning of the 21<sup>st</sup> centuries. No proof of their existence has ever been taken into account. Many archaeologists as well as historians have investigated and provided evidence of the Ets' existence, but this has always been rejected by the scientific and the religious caste. Whenever an evidence appeared, it was concealed, even the witnesses disappeared or died for alleged natural causes after disclosing these news to the public. Boyd Bushman, Area 51 scientist who disclosed pictures of the grays (alien) on the internet, disappeared for allegedly natural reasons on August 7, 2014. Billy Meier, a contactee who in the 1970s showed pictures of the Pleiadian spacecrafts and their extraterrestrial crew, was threatened of death and shot; he survived but retired in exile in a Swiss chalet. Roland De Vaux, Bible scholar, was translating the famous Dead Sea Scrolls, but in 1971 died for a simple surgical operation, and was replaced by Benoit Pierre Maurice, appreciated the Jewish caste. "coincidentally" the scrolls were moved to the Rockefellers' Museum, one of the most powerful illuminated Jewish light families in the world. This hide-and-seek game has been going on for 3000 years: BBS's reporter, David Icke, for 22 years, has been releasing reliable evidence of the global plot that conceals the truth about extraterrestrials; media denigrated and denounced him as a crazy escaped from the loony bin. Another enlightened Italian is Paladino Salvatore from Marsala: you can see his videos on the youtube. For 42 years, he has disclosed the truth about the extraterrestrials who contacted him as a boy. He wrote the book 'Fourth Dimension' and was threatened and shot 5 times, but he was saved every time by his extraterrestrial friends. I invite you to visit his site.

The story of Jesus repeats indefinitely, whenever an enlightened being helps others to remember who they are, he is eliminated or injured.

To conclude, I want to tell you the true story of Noah (before deluge), described on one of the Dead Sea Scrolls, that of Lamech. After having been absent for several months, Lamech came home and found in his wife's tent a light-skinned child with blue eyes; furious, Lamech accused her of betraying him, asked who was her lover she betrayed him with. The woman answered she had not had sexual intercourse with anyone, neither with the children of heaven. Lamech visited his father Methuselah to ask for advice but he didn't know what to suggest and delegated his grandfather Enoch, the seventh Antediluvian prophet who resolved that enigma. Enoch explained the guardians of the sky had introduced the seed in his wife's womb without abusing her. After the flood, her illegitimate son would become the progenitor of a new bloodline: Lamech should call him Noah. The Flood had been programmed by extraterrestrial beings, so Enoch had been informed by the high spaceship commander, then taught by space travelers to build the ark so to save embryos and semen (sperms) of the living species on earth. Enoch was taken away by a chariot of fire (spaceship); the story ends with a future return of Enoch on Earth after several years.

After describing the true story of Noah on the Lamech scroll, I will be 'captured', labeled as crazy and confined to a psychiatric hospital! Lol.

Actually I wonder who the true mad is, in this world being totally disconnected

I love you all, dear friends, namastè!

#### 14. Are We Pleiades' Children?

At this point, I'll let you know my insight. Lately I was pestered by a constant thinking: who are we truly? When I woke up (some time ago) I had no idea where I was going, I was like a sleepwalker, wandering between two worlds, then the first channelings happened: my mind perceived the information to me totally unknown about my past consciousness. I left fear and started to wonder, moving from unconsciousness to awareness. But lately, I received a lot of new information both intuitively and via the internet as well as thanks to you, dear lightworkers (Salusà, Shaumbra, and the various galactic federations); better if from here I call you brothers and sisters, since we all come from another planet.

The two nuclear wars between the Sirians and the Pleiadians (120,000 b.c. the first and 40,000 b.c. the second) were the cause of fragmentation of our DNA which from 36,000-layers (that the original human race owned and made them aware of third dimension) to just two layers, making us detached from our soul and unaware. These only two DNA layers cannot allow us to perceive the high spirit vibrations, with the resulting incapacity of empathy and feelings. Practically, for several millennia, we have been similar to machines dominated by our data processor (the brain), then subjected to false collective beliefs and slaves to the lies of religions and political power. The human race comes from other planets of our universe: 200,000 b.c. the first colony coming from Sirius, the Race (red and black) settled in Lemuria (Mu continent), which then occupied a geographic area comprising the current Indian Ocean, Central and South Asia, Africa and Europe; 20,000 years later, the Pleiadians from Erra, white and yellow, arrived in the same area. The first nuclear war between Sirians and Pleiadians, 120,000 b.c., destroyed the continent of Mu, which was divided into Atlantis and Pangea: Atlantis was inhabited by the Pleiadian descendants occupying a geographical area corresponding to the current Atlantic Ocean, the United States, Mexico and the center America; Pangea inhabited by the Sirians, included the territory of present-day Africa, Europe and Asia. The Second Nuclear War between Sirians and Pleiadians, about 40,000 b.c. caused serious climate changes on the earth and the consequent sinking of Atlantis due to an asteroid precipitated in the Atlantic Ocean in 12,000 b.c. The Sirians and Pleiadians who survived, took refuge below ground in Antarctica and in Tibet to escape the cataclysm of nuclear war: they built a subterranean kingdom, the hollow land, whose capital was called Shamballa. William Shakespeare, in his work Hamlet, in a supposed conversation with the philosopher Horace, said: "There are more things in heaven and earth, Horace, than your philosophy may dream about"

Dear friends, my current evolutionary state can only allow me to glimpse reality, but I'm happy to peek through the hole in the lock, it's always a good start to enlightenment. Let me talk to you about Billy Meier, a luminous man who has been in contact with the Pleiadians since 1970, has gathered extensive

documentation both with pictures and objects coming from the planet Erra. Billy Meier once went to the planet Erra, traveling by a Pleiadian spaceship. He narrates that he has reached the starry system of the Pleiades, 500 light years from the earth, in seven hours. Since the Pleiadians move into the interdimensional quantum universe following the laws of physics which are unknown to us; their planet is invisible to us we cannot see their planet from the earth, as it is in the fifth dimension at a fraction of second ahead of earth. The Pleiadians, our progenitors, are much more advanced than us, they can communicate telepathically, their technological progress is 4,500 years ahead as well as their spiritual development is 5,000 years ahead of ours. They live on average 1000 years their society have been living without wars, money, crime, or violence. They just work two hours a day, the common good and the protection of the environment are the main linchpins of their evolved society. Billy Meier has been discredited by global power as a visionary, but his documentation has been valued by many scientists. He currently lives in Switzerland, in a chalet, in the middle of the Alps, isolated from the rest of the world. The Pleiadians feel responsible for the damage caused to human race after their 120,000 and 40,000 b.c. nuclear warfare; the genetic harm has provoked our state of unconsciousness and self-destructiveness. Since 2012 the vibrational field of the planet has changed fortunately for us. Now the Pleiadians can help us; millions of people in the world are waking up from oblivion, new universal energy is favoring us, many Pleiadians are incarnated among us in strategic roles, many are politicians, patrons, environmentalists, scientists, writers, bloggers. Trust that the planet is safe, the evolutionary jump is in progress, eventually the earthmen will have peace and bliss after so many millennia of suffering. Namastè

## 15. The Dark

In order to complete our evolution as immortal souls, the Universe has made us experience the two extreme polarities, light and darkness. But I could never imagine one day I had to be involved in a confrontation between the Galactic Federation of Light and the Dark. Sincerely I was doubtful about their existence, since my primitive knowledge was Homo-centric, and I was convinced that man was the only sentient being of the universe. But I was wrong: we are not alone, indeed the earth has been colonised by 22 different extraterrestrial races that have influenced our evolution and our DNA. All the history of humanity and sacred texts should be re-written. But obviously they were deliberately distorted by the Dark that over the last 13,000 years have dominated the community together with the great powers of the earth, the religious one and the political economy.

This is synthetically the great dark organization: the Reptilians come from the planet Alpha Draconis, in the Orione constellation, they have been on the earth for 165 million years; they have evolved into the second dimension together with dinosaurs when an asteroid fell in the Pacific Ocean in front of the Yucatan Peninsula, causing a great tsunami and a consequent huge climatic change that contributed to the extinction of the dinosaurs, so the Reptilians returned to their planet. In 13,000 b.c. they came back to colonize the earth: being technologically evolved, they quickly succeeded in subjugating the primitive terrestrial people which have been dominated for more than thirteen thousand

years, until now. The Reptilians perfectly know the universal laws, moving from the third to the fourth dimension, their technology is really advanced, they have the power of telepathy, telekinesis, and can change shape but are very primitive spiritually, have no emotions, compete for supremacy over other species and do not respect the environment. The planets they have colonized have been dominated and destroyed, as the writer David Icke says: thanks to their telepathic and shape-changing powers, they succeed in dominating the minds of the earth's powerful and the richest families in the world, sometimes replacing them when major decisions have to be taken globally. David Icke makes a list of world-notorious families linked to masonic and obscure sects, allied with the Reptilians; the most famous are: "Rothschild, Bilderberg, Rockefeller, Windsor." Even presidents of the United States "George Bush, Barack Obama, Clinton, etc." and religious power, the Vatican, the Jewish Rabbis. By the way, the Reptilians over the last 13,000 years have caused world conflicts, religious wars, epidemics, hunger in the world, inequalities, global economic crises, the most cruel crimes against humanity.

Other two extraterrestrial races belong to the Reptilians: the Gray and the Annunaki coming from Zeta Reticuli, serving the Reptilians.

The Reptilians are also in the hollow earth, Shamballa and Agartha in Asia, Akakor in South America, where it is said that the king of the world controls the minds of rulers of earth. From 1950 to 2014, a million people were kidnapped and studied as human tests (human guinea pigs), the reason being the creation of human-reptilian hybrids, to increase their spiritual power, the lacking Reptilian side.

The Galactic Light Federation is opposed to the Dark, preventing them from completely destroying the world; the peoples belonging to the light brotherhood (Pleiadians, Adromedians, Gaianis, Larians, Sirians and Bellatrixians) are among us, incarnate, to help the whole planet. Our guardian angels bring light into the darkness.

This brief summary aims at explaining of what happened in our past and what is happening in our present. Our role as brothers of light is to collaborate with the Galactic Federation of Light, to help souls awaken and to remember who we are, we must maintain our high vibrations to face the Dark who want to subdue our energies. They will strike us with telepathy and with their mass media, send us viruses to damage our brains to make us paranoid and weak: as they know our potential as procreators, they fear and want to neutralize us. Meditation and positive visualization are the best weapons to neutralize the telepathic attack led by the Reptilians. They know our number is increasing, each of us is a potential opponent of the darkness. Brothers of light do not give up, united we can do it. I conclude with a phrase by Goethe: "Man was not born to solve the universe problems, but to find where they begin and to rely on his own reasoning within the limits of what is comprehensible". Have faith I love you all. Namastè!

## 16. Are We Sentient Beings or Machines Driven by Few Minds?

Let me pose a question, Dear Friends! Have we always been sentient beings? Or are we manipulated by a few minds holding the global powers?

Until few years ago I did not ask these questions, I was a machine that worked, produced and paid. I did not have time to reflect, I accepted all that the outside

world decided for me, I was convinced that the state and its laws were there for the benefit of the citizen; I read newspapers, watched the news, talk shows, I was certain that good would have won on evil, democracy would have always protected and safeguarded us. But the dark night in my mind, was bright to my soul, a new consciousness emerged in me, an inner voice that was driving and urged me to look beyond the veil which had made me blind and unconscious. I asked myself a question: But is the reality, that I'm living, real? Since then, the world was no longer the same, I was an observer of a reality that (before awakening) I passively absorbed; slowly I started recovering from the trauma caused by what I had always considered reality and which was instead a nightmare projected by our minds, like a collective hypnosis that made us helpless and incapable of reflecting and reacting.

When I became aware I started interacting with social networks and blogs with people like me who had woken up, but when the murky substrate budges, then from the depth all the astonishing truths start emerging. Our mind could refuse them, but it is crucial to understand that the states and the global 'democratic' nations are interconnected to manipulate us, we live in a great world dictatorship that uses the means of information to awaken our most atavistic fears, insecurities and anxieties. I have managed not to go crazy due to the pain of awakening, because life itself supported and encouraged me to proceed staying courageous.

I want to raise in you the memory and let you reflect on the upsetting events that have terrorized and totally changed the world: the attack against the twin towers in New York on September 11, 2001. The American super-power was challenged and threatened in its territory by Islamic terrorism, represented by Bin Laden, the demon that had caused the massacre and death of thousands of people. I was in front of the television that day in the early afternoon, on September 11, 2001, like many of you, it seemed a movie, but fear shook me, we were no longer safe from Islamic devils.

Coincidentally in December 2001, the single currency, euro, entered the European community; 'we are all richer', said Romano Prodi. While poor America was tacking the collapse of Wall Street after the attack, we rejoiced for the success of euro. But at that time, I thought we were separated from the rest of the world and said: poor America, what a drama. That same year, globalization was becoming stronger and stronger, creating the illusion that the world's free markets would bring prosperity and abundance to the whole planet. While these world-wide events took place, Bush began attacking Islamic terrorism, to avenge the innocent deaths of the twin towers. Afghanistan and Iraq were invaded and bombed, helpless women and children died, but we thought: this is a struggle against cruel and violent terrorists, so it is right.

In 2008, there was a big real estate scam led by the financier Madoff, which caused 23 billion debts to JP Morgan Bank and the poverty of millions of American citizens. The world crisis began there, entailing the failure of so many states in the world; besides, the debt economy advanced, in Europe the first nation to succumb was Greece, followed by Ireland, Cyprus and so on. Will it be our turn?

After this short summary dealing with global economic and social disaster that we all have suffered without reflecting, there is a question: who earns on this cataclysm? Was this 'hell' orchestrated? Well dear friends, all this chaos has been provoked to make us helpless, frightened and unconscious. Think of these three words: Problem-Reaction-Solution. Problem: Attack to Twin Towers,

Reaction: US Attack in Afghanistan and Iraq, Solution: Increased Control on America Territory, Proposal of inserting Microchips to American citizens then extend it to the rest of the world. Whoever holds global power has caused the twin towers holocaust, then pretending to protect the people with greater control over the territory by creating great democratic lagers where every citizen is under control. Reptilian hybrid families (called the Illuminati: Rothschild, Bilderberg, Rockefeller, Windsor, Bush) are the ones who hold 95% of the planet's riches. Fewer caste members are their well-paid servants: nations, regions, politicians, presidents, economists; at the bottom of the cattle stall, stays the population. Through the fake attack to the twin towers and the invented world crisis, they subjugated the peoples of the planet by making them slaves: in every state many labor laws, economic and social rules have changed, disparities have grown vertiginously, fears are aroused by media which are totally maneuvered by major powers. They are now proposing to introduce a micro-chip under our skin to facilitate our lives, work, health, making them safer. We are supplied with low-dose poison: we get used to live as subdued and controlled slaves, sheep of a great world flock.

Stop and think, my friends, start disobeying this mental control, use your head, we can do it, we have the power to do it, we are not alone, the Galactic Light Federation (Pleiadians, Sirians, Andromedans, and others) are working for us. Let's help them keeping our energies high and we will be free, the evolving leap is imminent. Namastè!

## 17. Journey to the Center of the Earth

Do you remember the fantastic journey to the center of earth described in his novel by Jules Verne in 1864. The protagonist Otto Lidenbrock, professor of mineralogy, in an old book finds a parchment written in the 16<sup>th</sup> century by the Icelandic alchemist Arne Saknussemm, who had successfully travelled to the earth's core, through the volcano Snaeffels in Iceland. This reminder inspired me to find out the myth of the hollow earth, Agartha and Shamballah. This underground world has existed since the beginning of times to preserve the knowledge of the entire Earth planet and of the extra-terrestrial civilizations that have colonized it. It is said that Agartha was built by the Lemurian and the Atlantis masters before the natural catastrophes that swept away these two continents. Even Egyptian, Mayan, Incas, and Aztec civilizations were created by the spiritually less evolved survivors of Atlantis; in fact they made human sacrifices which did not exist in Atlantean culture. These enlightened masters and the king of the world were entrusted with the guardianship of the human and extraterrestrial knowledge, especially the latter being in close contact with spiritually evolved human beings, among them the Dalai Lama, ascended masters such as the alchemist Madame Blavatsky and the Count of Saint-Germain, Jesus, Buddha and Krishna. This is because Agartha is only visible to spiritually evolved and pure beings that are in astral dimensions with high vibrations. There are various entrances to the hollow land in different regions of the planet, identified as sites where cosmic energy flows: they are called power centers and are located in Afghanistan, Iran, Iraq, Siberia, Alaska, Canada, Ghana, New Guinea, Nigeria, Chad, Tibet, Egypt, Peru, Bolivia, Mexico, Brazil, North and South Poles. All these entries lead to underground galleries linking Agartha. In Mongolia, in the Gobi desert, a hidden valley hosts Shamballah, the

capital, the center of Agarathi. The highly evolved beings inhabiting the hollow land draw Vril energy from the black sun: it gives them longevity, so their same physical body can live even 1000 years. They have psychic, psychokinetic, telepathic, healing, creative powers and propulsion energy to fly their spaceships. Greek and Roman philosophers, including Plato who in his dialogues 'Critias and Timaeus', described the galleries built under the city of Atlantis leading to the center of the Earth, where a sovereign, mediator of the spirituality of the whole planet, reigned. In his work "Natural History" Pliny The Elder described an underground world built and inhabited by the Atlantians to escape the catastrophe that destroyed their continent. Ovid in the work "Metamorphosis" spoke of the people living in the subsoil. Dante Alighieri in his Divine Comedy dealt with the hollow land. In more recent times in 1820, Captain and philosopher John Cleves Symmes conceived the theory of concentric spheres and polar openings, claiming that the Earth internally is "empty" and inhabitable. For ten years he struggled with the community of American academics to prove the truth of his thesis, he asked for funding to go to the north pole where he would surely find the entrance to the hollow land. Unfortunately, Symmes was never funded and his mission never realized. Instead, he was humiliated and mocked by the scientific community and newspapers of the time, calling his theory "The Symmes' hole" swallowing the ships in the ocean. Symmes died of heart attack on May 29, 1829 at the age of 49; his son Americus Symmes carried on his father's dissemination work, for further 40 years but did not obtain any recognition from the scientific caste. In 1922, the Polish scientist Ferdinand Ossendowski (forty-six years old) published a book titled "Beasts, Men and Gods", which became a bestseller in America, being reprinted 20 times. In his work, Ossendowski described his mystic journey to Central Asia, Tibet and Mongolia, where the author had been in touch with the Dalai Lama who told him about the arrival of a new messiah, called the king of the world, met by the Dalai Lama himself in 1890 in a subterranean temple in Mongolia. The Dalai Lama explained that he had been accompanied in this temple by four Mongolian knights, who in the presence of the king dissolved in the ether. The king of the world spoke to the Dalai Lama of the underground world of Agarathi, prophesying the following 50 years of human history, from 1890 to 1940. The World King spoke of the two world wars, of the Jewish and Japanese Holocaust, then predicted 71 years of peace in which the world would be ruled by three kingdoms or states. After those 71 years, a period of insanity and wars would begin, reaching their epilogue in 2029 with a catastrophic Third World War.

Ossendowski described perfectly the kingdom of Agarathi and Shamballah as well as the prophecy of the world's King. His book is still one of the most reliable historical and mystical documents on the hollow land. Think with your head, without being misled by viruses that power has stored in your subconscious mind, free your mind from the chains of egoic disinformation, and you will see the truth within you.

## 18. Vampires

I do not want to scare anybody, by telling a horror tale, but to reassure you that no reptilian vampire can steal energy if you are awakened and working inward with self observation and presence. These predators feed on low-frequency

vibrations emitted by emotions like fear, doubt, worries, impotence, stress, depression, hatred. Dear friends, these invisible invaders move through astral dimension and are ready to vampire the low energies they need; reflect on the episodes of irrational violence that have happened in recent years: families slaughtered, apparently causeless homicides, murders, true horror movie tragedies. The reason is that vampires tune and resonate with people who are overwhelmed by fear and worry, thus they steal their vital energy, by removing their the latest rational inhibitory restraints, instigating them in the most fierce violence. Human tragedies, for these predators, are full of energy that makes them live and prosper, our society is an inexhaustible source of low energy and nourishment for reptilian vampires: 24/7 newspapers, talk shows, tv news inundate us with every negativity. If you believe that this continued low-energy production is casual, it means you are irreversibly asleep, lambs to the slaughter. Dear friends those who hold the power, the notorious illuminati, who have dominated the planet for 5,000 years, are hybrids with 50% reptilian DNA. The Illuminati are allied with reptilian predators who have no empathy, regret or remorse; they allow them to keep the mind power over seven billion human beings who populate the planet earth. All the catastrophic events that feed vampires with energy, do not happen by chance; the ominous September 11th crash caused three thousand deaths in New York and thousands of deaths in Iraq and Afghanistan due to American and English bombings. This has triggered the domino effect of the global economic crisis, increased terrorism and violence, provoking fear, hate, poverty, violence, stress and concern in all human beings worldwide. From these planetary low frequency vibrations, reptilian vampires find nourishment and power, they mentally condition humans that remained terrorized and exploited thus losing their power by becoming armless pieces of meat to be smashed and eaten.

In addition to wars and attacks, the illuminati allies, put on the market junk food, stuffed with chemical substances, as bad nutrition damages our energy field, causing low vibrations in turn feeding the reptilians. We don't know the world we live in, because our DNA has been disabled 5000 years ago by the Annunaki allies of the reptilians: 96% of DNA is considered useless or garbage to create a slave race with little perception of reality. For instance we can perceive only ultra violet and infrared rays, only 5% of reality. We are blind and wander in an illusory world that we consider reality. We are ignorant and castrated by the false information we are provided by the power system; only our brain left hemisphere has developed: the famous rational linear intelligence, easily maneuverable and controllable at the expense of our right hemisphere, hosting creative holistic intelligence, the source of insights and imagination.

Let's refer to the movie Avatar by James Cameron, showing the world as it was in the golden age: prosperous and thriving. Its inhabitants lived in harmony with the whole creation, love, respect and fusion with the creating One. Then Soldiers (who can be identified as reptilians) arrived to exploit the planet mines, causing violence and disharmony in the earthly paradise.

Do not be afraid, friends, as millions of people in the world have resumed consciously their own power; high-frequency vibration energies can annihilate these reptilian beings without spirituality. The golden age is coming back on earth, Atlantis is resurrecting from waters. Don't despair, the victory is imminent. Namastè.

## 19. The Twenty-Century Heroes

At this point I wish to awaken the sleeping hero who is within each of you. As I have always reiterated on this text, dear friends, you are much stronger and brave than you think, you are immortal, among you there are souls of ancient warriors, priests and priestesses, beings of other planets. So look over the hominid personality you identify with yourself. Our body and physical brain are just a means to move on the planet earth. Our little 'I' identifies with the body, lives fearing death and doubting we can not survive; our sense of helplessness and conviction we have no personal power have caged us in the self-castrating prison of power. The earth planet has always been inhabited by beings from other planets, many earthmen come from the Pleiades; if you look inside yourselves and talk to the suave voice of your soul you will know the truth.

My heart open asks you to begin an inner work, follow whatever spiritual technique can be effective for you, join the great world community that is undergoing this evolutionary transmutation. It does not matter if we can not be physically close to our brothers and sisters in other nations. Here I quote some of them: "The Shaumbra community of Adamus in Los Angeles, The Agape community of Reverend Michael Beckwith in LA, The Conversation with God community founded by Neal Donald Walsch, The Chief of Pleiades Billy Meier, Salusa and St. Germain, The Galactic Federation of the Healer Salvatore Paladino, The Groups operating with National and International Ho'oponopono, and the other thousands of spiritual and shamanic communities working for the planet healing and helping to awaken sleeping souls.

If your soul awakens, the spiritual hero, who is dormant within you, will emerge from the ashes of your false identity; his awakening will be heard all over the planet, will join the beneficial energies working to heal humanity and the world. Every awakening hero will irradiate energy of love and strengthen the already existing mass of souls who have been working for us for a long time. We are all friends, not a fairy tale, it is the truth. In the new spirituality there are no hierarchies, every resurrected brother and sister becomes a master and helps other brothers and sisters to awaken, this 'silent' word of mouth is our strength, remember that you are all gods.

Embrace any esoteric and spiritual technique that can free you from junk software that society, media, football, religions, and politics have installed in your subconscious: these data make you act automatically, become an automaton reacting with the idea of others. The soul only can give you the self-consciousness and the strength to be truly free and wise.

We are not alone, we are so many, do not be misled by people who are now slaves of millennia generations, unfortunately many of them descend from the Sumera race that was genetically manipulated by the beings of the planet Nibiru, the Annunaki; Have compassion for them do not know what they say and do. Many beings of alien planets were conflicting and self-destructive as we are terrestrial, but for several millennia have evolved and live in peace and prosperity, our generation of heroes is the engine of change, when you realize who you are unstoppable, brothers and sisters strength Who holds power is not the master of the world. We are one being, we are all one until the end of time. Namastè !

## 20. The Annunaki

Who Are We Really? 445,000 years ago, from the planet Nibiru, ancient astronauts came to planet Earth; Alalu, deposed monarch of Nibiru, was the first Annunaki to set foot on Earth. The purpose of the mission was to look for gold mines intended to create a protective shield to the hole in Nibiru's atmosphere, provoked by a nuclear war. Since their intention was to extract gold from the mines, they chose Mars as transit station, their fixed seat. Anyhow, they were short of labor. Therefore, the Annunaki ("those who from heaven, went down to Earth") created a new slave race, manipulating the genes of a hominid belonging to planet Earth. From this genetic manipulation they originated the homo sapiens, here is the missing link between the hominids and the sapiens that Darwin could not find. This new breed represented the future human race. In the 19th century, archaeologists discovered the ancient capital of Assira and in the Assubanipal palace found a library containing about 25,000 clay tablets describing the entire genesis of humanity, Adam and Eve, Cain and Abel, the Deluge, the Tower of Babel, Moses and the Ten Commandments, as well as the wars and loves of gods from the told sky. Assubanipal narrates that the God ENKI came from heaven and taught him to write, for the first inscriptions of the human history are Sumerian. The Jews copied the genesis from the Sumerians. ENKI (lord of the earth) and his step brother EN-LIL, his rival (lord of command), led the expedition to E.DIN (Eden) aiming at mining in south-eastern Africa. Annunaki people rebelled for hard working conditions, so ENKI decided to make a genetic experiment on native hominids to create a sentient but slave race working in mines. The first hybrid he created was Adam (the One Who is of Earth or Earthman). As the first hybrid was not able to reproduce, then ENKI introduced into the hybrid some new chromosomes for sexual reproduction. ENKI himself mated with two human women from whom several children with his DNA were born. Human beings began to reproduce but were not as mild as ENKI imagined. EN-LIL decided to kill the entire human race without warning them of the imminent flood, as Earth was devastated by cataclysms. ENKI opposed this genocide and secretly instructed Noah to build the ark (submarine) and save the embryos of the human race and animals. ANU, King of Nibiru, in order to avoid the clash between the two brothers, ENKI and EN-LIL, divided equally the world domains. Unfortunately, the two families became rivals, the children of EN-LIL and ENKI, Marduk and Ninurta triggered a nuclear conflict that 4000 years ago destroyed the whole Sumeran civilization. The Annunaki fled in their flying crafts before the radioactive wave, watching the calamity they provoked from the stratosphere. Marduk was the winner in this nuclear conflict and became RA, the God of the Egyptians. Marduk dominates this people with cruelty. ENKI handed down the calamity caused by the use of forbidden arms (Nuclear Weapons) to the scribe master Endubsar, born in the town of Eridu, capital of the God ENKI's reign. In the famous clay tablets, ENKI justified his action by saying that he tried in all ways to avoid the catastrophe but nobody listened to him, and was embittered about the second mass destruction after the flood. ENKI concluded his speech stating that unfortunately the human kind created in image and likeness of the Annunaki, would perpetrate their mistakes and

self-destructive wars. Dear friends, the sacred texts were manipulated to hide our extraterrestrial origin. The gods of the bible (Old Testament) are completely different from Jesus on the New Testament and the Gospel, in fact they were two different extraterrestrial peoples, having diverse origin and spiritual evolution. Earth has been colonized by several extraterrestrial peoples belonging to different cultures. I invite you to deepen this matter and you will be overwhelmed by the truths hidden by the powers. Namastè!

## 21. Geo Engineering is Extraterrestrial Technology

let's go back to Atlantis, just before the Tsunami disintegrated it without leaving any trace. This civilization was totally cleared from the face of the Earth, leaving a myth narrated by Plato in his dialogues, *Krizia* 360-350 b.c. The philosopher told that Solone, politician philosopher, visiting Egypt, and talking with the priest of Sais's, discovered the existence of the mythical continent of Atlantis located beyond the columns of Hercules, which 9,000 years earlier, was completely submerged by the ocean in one night (just before the catastrophe, an immense and bright light appeared in the sky). It is said that the Mu people, fighting against Atlantis, possessed a very advanced technology. They used it to cause a giant seaquake and a huge tsunami as high as a mountain (2000 meters) that swept away the continent of Atlantis. The geologists found traces of the two continents of Atlantis and Mu in the Atlantic Ocean, in Antarctica and in the Pacific Ocean, dating back between the Cambrian era (570-500 million years ago) and the Mesozoic 136-65 million years ago. The Earth had two parallel human evolutions represented by a prehistoric genetic code (homo habilis, cromagnon, neanderthal, homo sapiens), and the genetically modified code of Atlantis and Mu, socially and technologically advanced. Mu and Atlantis' evolution were fostered by extraterrestrial beings who colonized the earth 570 million years ago; they were the same who have accelerated our technological evolution over the past 100 years.

In the middle of the Cold War between the two super-powers, America and the Soviet Union, exactly in 1960, Arpanet (Advanced Research Projects Agency Network) was created to serve as communications system to withstand a prolonged nuclear attack.

In 1969 Arpanet became the organization in charge of the US military technology; this network was the embryo that generated the internet. In 1994 Arpanet became a HAARP project aiming at geo-engineering purposes for military use; in 2014 the HAARP Geo Engineering project became an operational reality: finalizing researches on chemical trails and ELF waves (low frequency electromagnetic waves) emitted by large electromagnetic transmitters and directed to the ionosphere to modify the climate and cause earthquakes or tsunami having high destructive intensity.

It is hypothesized that HAARP has caused the four major earthquakes in the last three years, in Afghanistan, Iran, China and Japan. In addition, besides generating natural disasters and the consequent planet overheating, ELF waves can provoke, in human beings, severe consequences to their nervous

system, with serious alterations on mood, causing increasing number of suicides and homicides.

Human kind has been provided with super-advanced technologies by an extraterrestrial people already existing on the earth since the beginning. In the 60's, in area 51 in Nevada, NASA and the Grays began their collaboration. Videos and photos were released to awaken the community, but nobody has ever verified the truthfulness of the material.

In October 2014, a scientist working on area 51, Boyd Bushman published pictures and videos of aliens on the Internet, stating that the Grays had provided the United States Army with advanced technology that could change gravity as well as cause climatic and geological catastrophes. On August 7, 2014, the scientist vanished into the air. His videos were deactivated, maybe you will find Bushman and Grays photos online.

The first man who gave information to the world about the new US military technology and their occult deals with other nations, was Julian Assange. In 2009, he received 300,000 US Army documents by soldier Bradley Manning who disclosed, through his website Wikileaks, mainstay of his international organization, revealing secret documents hidden to the world's population. In 2012 in Sweden, Julian Assange was denounced for rape (being the Country one of the ELF wave transmitters). He could escape to London where he got asylum at the embassy of Ecuador for some years. The United States want to process him for espionage and condemn him to death. Julian Assange and Boyd Bushman are the heroes symbolizing global freedom, their example is the way to follow to save our planet. Namastè!

## Epilogue

We have started together the journey towards awakening, my task is to take you step by step to awareness. Maybe now you will start asking questions, you will start reading the books of the great enlightened masters (Salvatore Brizzi, Mike Dooley, Joe Vitale, Michael Bernard Beckwith, Mabel Katz, Dr. Hev Len, Greg Braden, Rhonda Byrne, Eckhart Tolle, Osho, Doreen Virtue, David Icke, Deepak Chopra, Neal Donald Walsch). You will have a great and wonderful experience and your consciousness will awaken. Like Virgil in the Divine Comedy I have fulfilled my task in the early stages of awakening, now I entrust you to the great enlightened men and their teachings, from which I draw inspiration.

Dear Friends, we are not alone, persevere in faith, and the universe will help you, we are the prodigal sons who return to God the Father, be aware of your light and it will illuminate your life. At this time in your life, here and now, while you are reading this E-book you have taken the path leading you to know who you are ("I know I do not know" Socrates)

A big hug to all of you, may peace enter your life! I thank all the masters and authors who thanks to their works have made me evolve on the path to awakening.

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Rosario Surace, formerly instructor and personal trainer, owner of a gym and supplement store, IFBB national bodbuilder, a fitness philosopher. Now owner of the NewShaumbra.it and .com blog, with which he releases spiritual freedom and helps awaken sleeping souls.

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