



# **Awakening**

Embracing the Call of the Soul

**Anelly Aya**

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**"There is one Teacher - God.  
And everything is His Perfect manifestation."**

*Awakening of the Secret Consciousness*

"In you, another consciousness will awaken, which will encompass both self-awareness, subconsciousness, and superconsciousness. All these consciousnesses will merge into one, and then you will see the Divine beginning and the human end, as well as the human beginning and the Divine end. These two beginnings will unite into one." The Teacher Peter Deunov)

## Introduction

Hello, friend! I'm glad you've come to this meeting, an introduction to yourself. I'm happy that you found yourself here, reading these lines. I searched for the most suitable way to start this introductory book and spontaneously decided to begin with these words - a greeting to a friend because you are such a friend, resonating with the message of awakening that this book carries. I say this because I have long known, through truly "living the book," that it is already written and exists - I know it has manifested. It is only a matter of time before it is shared and written down, shaped and arranged, published and printed, and then read and felt as a personal revelation.

This is not an ordinary book; it is simply an extraordinary ordinary book. This is my sincere message to my world. In it, I reveal things about myself biographically as they have happened and are happening in time, and some things are intentions for a planned occurrence as a direction for the future. In 'Awakening,' you will find a selection of words from the Wise and the Teachers. I hope it serves as inspiration and a source of light and knowledge.

I am a strange person, a very strange person, not because I am something different, something special, or something extraordinary as a human being, but because I am simply a person with my view of not just being a human creature, but a being with a human body, with a soul, with a divine awareness of life and reality, with unlimited perceptions and sensitivity, a unified being that constantly experiences its own vision and sees itself as such, as an indivisible whole.

What I will share in the book 'Awakening' is what I have realized along my path, being who I am and simply living. Much has already been spoken and written in my blog 'Nature and I,' on my Facebook page 'Nature and I,' as well as on the website 'Awakening,' which has been my virtual space for seven years. Here and now, in this book and in this format, everything will gain more clarity, depth, and coherence. The book is actually writing itself, entirely encompassing signs and synchronicities, incidents and situations, reflections and spontaneous insights, excerpts from dialogues with Teachers, inspirations, in order to express its maximum purity and unbiased purpose. It knows the flow of its own energy, and I would like to catch its wave, simply with real, simple facts from our daily lives and existence, so that more people can feel the magic of Life, connect with it, and see their own message and direction. Why do I mention my own direction? Because there is no right direction. Because each person can see only themselves. And this is not due to some ego-centrism, but it is the result of the One that We Are, manifested in different forms and perspectives of experience. Some words may sound heavy, philosophical, hard to digest, and burdensome. Just accept them as they are, with time, as you read, they will gain their true meaning for you. Or suppose you feel the desire to simply skip or bypass these lines - that is also "laying your own path," realizing your personal choice, giving your own meaning. It is wonderful that

things happen so freely, based on will and the right to choose. And I always wish for things to happen in this way.

Something that is important to note candidly is that I have always had a "problem" in my speech and communication with people. My communication has either been through silence or with a "heavy" outpouring, with difficult-to-understand, hard-to-assimilate expressions. That's me. I make an effort and work really hard on myself and controlling my thought flow to result in greater organization and logical sequence of thoughts. I would like to apologize in advance if this somehow brings discomfort to you, the reader. In fact, I know it can be inhibiting and burdensome. As for myself, after a certain period of time when I turn to my writings, I feel difficulty. And I say to myself, "God, how did I write this? Are these my thoughts?" Wherever you feel that happening, simply leave the book. It's not your message. Not at that particular moment. Maybe later. Or maybe not at all. Don't read it. I am not your messenger. Perhaps you will hear your message in the lyrics of the next song, posted with a YouTube link in the Facebook space, or in a completely "random" article, or in a meeting with a stranger at the bus stop or in the park – not as words, but as a feeling, as a memory. The truth reveals itself and speaks for itself in many ways, with multiple symbols, from all directions. And there is no way you won't see it at one point. We have intended it to be that way. It flashes in its full power and light at one moment. So, the Truth is You. And You carry it within you. And this book means nothing without your existence, your reading, your meaning, your path. Furthermore, I will go even further – you have created this book. You have written it yourself. And you have chosen it as your reading material. You have the right to choose, hey, right now in this moment, to set it aside. Don't read the book and do whatever makes you happy and feel attracted to, even if it means putting the book aside.

Wisdom and knowledge are not in books. They are a means to remember, to record, to remind ourselves when we get stuck and forget. But in truth, wisdom and knowledge are within us and all around us. Wherever we focus, we can see them. If we don't see them, we will look, look, live, exist, and at one moment, we will see ourselves.

When something is a message, in one's gut, in one's heart, there is a warm feeling of desire to receive, to accept, to read. That it is joy, a gift... And when a person feels that - they know they are truly reading themselves, and the format and exact wording don't matter, it just resonates with them and is for them. They feel and understand what is written. Because behind the words, there are thoughts, there is energy. And if the energy is similar to their own as an energetic being, then the words and how they are arranged don't matter because communication is happening on a symbolic level, on an energetic level, multidimensional communication that doesn't solely occur at the level of words and sentences. Not only at the level of thoughts.

Simply follow that butterfly feeling in everything you do. Let the feeling, the inner navigator, intuition, and heart lead. These are beautiful, simple, clear, and wise words. Let your intuitive feeling guide you, I urge you... That's all that matters.

I believe that everyone is a messenger to everyone else, that we are mutually messengers. I believe and know that when we meet someone, we give something to that person, and vice versa. We mutually share knowledge. We mutually remind each other through communication and interaction of who we really are. This will be discussed throughout the book, from beginning to end - who we really are... I feel the desire to share and express, and I know that when I follow what I feel drawn and called to do, someone out there will have the book in their hands and receive their inspiration and self-remembrance. It's just a matter of time for it to happen. Because it has already happened. I am simply a conduit, a conductor, an executor, a servant. To Myself. To God.

There are moments when I contemplate - well, why write, is there a need for it to be written and spoken?!... Everyone, at some point, reaches themselves in one way or another, simply by living. This is the principle of holism, of the unified organism, of the Universe - everything returns to itself. Why write? I see what I see, and isn't it for me? No. That would be selfish. And it leads me to illness. Not giving what you feel you are here to give, not doing what you were born to do, not gifting yourself - that is illness. I do not perceive myself as a giver to others, only as a giver to myself. Nothing different from that. Nothing. I have only one job, and that is to serve myself, to create myself, to give to myself, to love myself, to share with myself. And myself - that is me in everyone in my world, everyone in my reality is me. I feel the desire to share.

And when I separate and deceive myself, experiencing myself as separate and different from others, then I suffer and self-harm. The fact that I am writing a book does not mean that I am not working with myself beyond the words. That I am not sharing with everyone silently, purely energetically. Because everyone, everyone who has come across these lines and reads them, is me. Everyone who reads me will understand that I am him or her. And he or she is me. That's it. There are no boundaries. No ego. No me and you. No separateness. There is merging and sharing, unity and experiencing Love.

So when the connection is not a connection but interconnectedness, then writing is not simply a relationship between author and reader, it is already a given-giving, it is an exchange desired by both sides in duality. And from a singular thought. I am not teaching anyone; I am only teaching myself. I am not writing for anyone. I am writing only for myself and giving it only to myself. Words are not the best means of communication, but they serve as a springboard. And between and with them, thoughts, energy, and information flow. Multilayered and multidimensional, parallel. Words are simply dots, like stitches that sew together a new perception and a new view of my realities.

Interconnectedness is a thin and delicate thread, but a strong, powerful, and eternal force that holds us together as a whole. One essence, one existence, one organism that we all are has one body, and that is all of us together. And if one heart, for example, does not fulfill its purpose, which is to push and supply blood to important organs and systems, then the entire organism suffers and aches. The best way to be of service to the Whole is to be truly yourself in your own life, to be of service to yourself, to serve yourself. That is how you authentically serve the entire system. Of course, the reference to the heart is a metaphor, but it represents the essence, the meaning of giving and receiving what is given.

And so, I have decided that what I have to say and feel compelled to express, to pass on further, I will write and gather it in a book. I know it will be helpful to someone. Even if it's just one person, the book will have fulfilled its purpose.

Thank you for inspiring me to create life, for being me, and for the opportunity to be myself and share! I love you!

Aneliya Mihaylova



## Welcome!

Welcome to this meeting, an introduction to yourself! A meeting that constantly occurs in various forms, everywhere. Welcome to the pages of 'Awakening'! There are no random encounters in Life. Life itself is a special meeting with oneself; every 'coincidence' and synchronicity is the signature of Life and God within us. Our happenings, our existence, are simply another name for the Creator. Life, every moment of it, is a meeting with the Creator. The Creator and the creation are in unity. The Creator recognizes and experiences itself through the creation it brings forth. And the creation acquaints itself with itself and what it is through the Living Force of Existence. It understands that it is a result of it, that it is its masterpiece, its manifestation, that it is the very Force itself, the very Truth, the very Path, the very Life.

Such an encounter happens here with the book 'Awakening' - we meet ourselves, familiar and unfamiliar perspectives, conscious and unconscious patterns of thinking. We work with the unconscious, take steps together towards conscious living and existence. We consciously create together. We meet and acquaint ourselves with the magical power of living, being in life itself, and being the Life itself...

Welcome, and I am also welcome! It's a pleasure to meet you! And I know that when I meet myself, the encounter is desired, and the pleasant feeling is beautiful, euphoric, and mutual. Otherwise, I wouldn't be writing these lines, and you wouldn't have found yourself before these words. We wouldn't be in resonance on a similar energetic frequency. We wouldn't have met. I see the divine purpose in every happening. I see God in you, in myself. That's why I say - I am getting to know myself and I am grateful. And it seems like it has already happened. I just need to embrace it, accept it with gratitude, and experience the magical encounter with the Creator within us, in the perfect moment of Now! We are on the path of getting to know ourselves, on the path of Awakening. May our magical and mystical journey to ourselves, to God, be filled with Light and Love!

Everything in Life leads us to our sacred truth. Every circumstance, every situation, every person, every conversation. That is the purpose of the world, and it is also the purpose of Life itself, seen as the truth revealing itself to itself. And Life, revealing itself to itself, is God. Life, revealing itself to us, is the truth that leads us to the God within ourselves, to the source of Love and Happiness.

The one who knows your truth about why you are here, who you truly are, and what you want to create and experience, is yourself. The highest authority is within you, it is yourself, in your Higher perspective. You are the sole arbitrator. The one who observes, becomes aware, accepts, rejects, decides, chooses, acts, lives. There is no one else outside of you who can tell you how to live rightly, how to think rightly, how to act rightly, and what actions would lead you to your well-being and prosperity. There is no

one else outside of you. There is only You. Because each of us has a direct connection to the Divine. Only you know your truth. Your teacher is solely and only yourself, by walking your own path, following yourself, and living your Life.

And that path, the Path, is actually Yourself. The truth, it is actually encoded within Yourself. And Life, it is actually Yourself. Yourself - the True One Living Your Path. There is no way not to live your path because You are the Path. But there is a path-ray - one without suffering and deprivation - and there is a path-hell, where you are disconnected from consciously experiencing your true nature, experiencing yourself as separate from others, from God, in lack, suffering, pain, and unhappiness.

And this understanding is embedded in each and every one of us. Because we are all One, and we are all Divine manifestations, we are all part of God's body, in the flow of Life-Energy. And there is no exteriority to the flow, there is no outside of God and separateness. We can create the illusion of it, exercising our right to personal will and choice, based on our divine nature as creators. We can separate ourselves if we choose to experience that. And in such separation, in our conscious part, we will see ourselves as alone, in deficiency, outside the source of happiness and love, of health, outside of paradise. And so, as we walk the path, until we realize that everything we experience is a result of our choice and no one else's because there is no one else, and that the sole responsibility falls on ourselves in the realization of a new choice and the creation of a new reality. Then the illusion simply melts away and disappears, its illusory and imaginary boundaries neutralized by the power of the Creator in a new happening.

We all want to be in comfort, convenience, satisfaction, abundance, love, light, to be happy, let's call it - we want to be at home. There are many paths that lead to home. It is not a single path. Thousands, infinitely many trails lead to God. There is no trail that does not lead. All trails lead home, to God. There is nowhere else to go. Because we are already home. We are already at Home. It is a matter of seeing, a matter of realizing, a matter of self-discovery, self-remembrance, a matter of living, a matter of lives, a matter of time, a matter of Awakening. And time, as well as space and the form in which I perceive the truth about myself, are irrelevant. And they are supreme illusions, created for the purposes of experience, intended to be seen from every angle in every form of my absolute existence. Many paths, always passing through some illusions, and always reaching the fundamental true reality. We are already at Home. No matter how we walk, wherever we walk, we are always walking home, just on different paths. And our arrival at home, to the knowledge of Self, to Truth, to Home, is already secured, already happening, as well as always about to happen. Always in every time, space, form.

God enters our lives through so many true and tangible paths. In fact, I would say that they are not paths, but spatial realities where He "speaks" (without quotation marks)

from everywhere. From everywhere, we speak the truth about ourselves, from everywhere, we encounter ourselves and self-discover.

Our awakening happens in every moment and is an ongoing process of seeing the Truth. The Truth is known only by You, in your Higher perspective, where you merge with God, in communion with Him...

"Be a lamp unto yourself. Be a refuge unto yourself. Hold fast to the truth within yourself as to the only light." (Buddha)

"And you will know the Truth, and the Truth will set you free." (Jesus Christ)

Separation from God is an illusion. An illusion for human consciousness with divinely opened eyes turned towards itself. And here, I feel the moment to share one of my favorite quotes by Carl Gustav Jung: "Psychic wholeness arises only when the energy previously invested in an external deity is withdrawn and returned to its source in the psyche." This self-returning is an uninterrupted process. A necessary and natural phase of this process is the level of externalizing God. It is not a mistake. "The truth is as eternal as the all-knowing and magnanimous God. It may remain hidden from human eyes until the time appointed by Providence, and then its rays will disperse with an irresistible flow the clouds of prejudice and proclaim the dawn of a new day, which will shine with bright and magical light for the good of mankind." (Samuel Hahnemann, "Organon of the Art of Healing," Introduction, pp. 66-67, 2010 edition)

"The truth forces its way when its time comes, not a moment earlier." (Georg Wilhelm Friedrich Hegel)

## The Truth

There is a significant difference between the voice of the mind, its illusory productions... and the 'Inner' Voice - when you 'hear' it, you know it is neither external nor internal... it is simply our limitations and boundaries, in which we are accustomed to placing ourselves, that deceive us... spatial illusions... This whisper within us, from us, to us, for us... is the wisdom of the Heart, it is Love, it is guiding Light. It is God in manifestation. It is me in the highest form. The Truth reveals itself... for us to feel, to register, to hear, to experience... it reveals itself entirely, to the one who is ready to see and accept it, to the one who 'has the eyes'...

"The mind sees things from inside-out. What it takes for life is actually death, and what it takes for death is actually life. Oh, God, show us the way to see things as they truly are. Lead us through this hall of mirrors." (Jalal ad-Din Rumi)

## The True Reality

The Creator of "today" thinks and creates both in this moment and in "yesterday" and "tomorrow" - simultaneously, as "eternity."

The Creator of "self" thinks and creates both in this moment, in "you," and in everything and everyone - simultaneously, united in a single body of self-realization, self-perfection, self-experience.

The one who breathes within me also breathes within you. The one in whom I breathe, you also breathe.

The one who sees within me also sees within you. The one in whom I see, you also see.

The one who thinks within me also thinks within you. The one in whom I think, you also think.

The one in which we are immersed is our life force, living in and through us, and we live in Him and through Him. Our body belongs to Him, and His body is within us. We see through God, see through Him, think through Him. God breathes through us, sees through us, thinks through us, through all His creations. Creator, creation, creativity - they are one. Awakening, living, life - they are one.

The door to God does not look outward but inward. God is not somewhere out there; He is here within us. The health of our bodies depends on our communion with God, with His entire body. We are in agreement. The aim of every cell in our body is to function in such a way that the entire organism is healthy, in harmony, in balance. This is the continuous program of life force - God within us. To work for the whole, to serve correctly, dedicatedly, unconditionally, to be healthy both as the higher system and as the individual cell within the whole. This aim is set as our primary and sole desire - to serve God, the Whole. And this labor is always richly rewarded. With health. With joy. With happiness.

To desire to give wholeheartedly, with love, and unconditionally does not make you sick. The fear and doubt that by giving, you will deplete yourself is an illusion, and it is precisely this that makes you sick. Separation, holding on to a separate self from the Whole, causes illness.

The Bulgarian people, and not only them, have a very specific character trait - the desire to give, to give, but then, since the one who has given has not received enough love to awaken to the True Reality, they begin to mistreat the first person, take advantage of their kindness, abuse it. The first person feels disappointed, hurt, disillusioned, used. They say to themselves - what did I give, what did I do, and how

did they repay me? What an ungrateful person! This is the pattern of the pseudo-sacrifice. To give, at the moment of giving, to be the Spirit itself, not the personality, not the ego. To give with Love, with one's Soul, coming from its Wisdom, from God within you. But after a while, when you are in the state of your own Spirit, when you identify with your ego, you demand, you have expectations of gratitude from others, for acknowledgment and approval. And you start seeking understanding. This is an illusion, it deceives, it is not true service to others. All of us, to some extent (when we have localized and identified with the personality, the ego, the separateness from God, in fears and aggressions)... all of us activate and deactivate our egos. Of course, one ego will not admit this. Nadezhda Zakharyeva said it - "To love is to give your soul without regret and instantly forget to whom and what you gave!"

I found it difficult to see this trait within myself. It is hard to see when it has become ingrained and deeply rooted in the collective consciousness here, on Bulgarian frequencies.

I hope that I have been helpful to someone with what I have shared, even if they deny me and use it as a background for personal self-identification. There are levels, time, necessity, and simply from that... to present yourself rightly to continue your path. Further on, the next level of learning comes (and life is that - learning, school). And then, you see that the other is you. You don't see it until you mature to see it. That everyone is perfectly right in their truth. That truth is multidimensional, with many faces. Two argue, and both are right. And if they see it, they would embrace each other with a smile. But the process of ripening and awakening requires breaking boundaries and pain, conflicts, sufferings, contradictions. It is necessary.

I love everyone so much... because they are me, and they are right, true, perfect, just as they are. I exist because they exist. And vice versa. Everything and everyone is in the right place. There are no madmen, no guilty ones, no otherness. There is creativity - from coarse matter, towards refinement, towards finer spheres of creation.

Every coarse thought that gives birth to pain creates a situation of conflict, suffering, and contradiction, so that the necessary purification occurs until reaching a state of humility, unconditional love, and selflessness. The soul, in communion with God, is great and strong, and just as a delicate flower finds its way through the soil to grow and blossom, so does the Soul awaken and live in the Real World - the Kingdom of God.

For the Kingdom of God to come to Earth, The vessel for the Holy Spirit, the body, the soul - must be pure.

**Everything that pulses with Life is God.  
God is the Soul of my soul...  
God is the Soul of your soul...  
God is the Love between all Souls...  
Everything that pulses with Life is God.**

## When the eye sees...

I breathe God. I experience God. I celebrate God. In every breath, there is God. From every breath, I receive energy, strength, health, and life. From every breath, I take in Love and Light. And I am in God. I breathe Him. And God is within me. We are one. And with every exhale, I share God. Every exhale is for a new inhale.

Every moment is grand. In every moment, the Sun rises somewhere on Earth, and someone welcomes it, contemplating... Every moment is a celebration of Life and God.

Every bird sings in its unique way. In its flight, it dances with the divine celestial body, announcing the greatness of the Creator.

Every gaze toward the Sun is caressed by illumination. Every sunny and bright thought inhaled at birth is infused with the energy of a sunbeam to be manifested. The true thinker draws inspiration from Nature and the Divine Presence within it. Just as the air reaches a creature thirsty for life and strength naturally, every thought finds its recipient, eager to inhale, process, and direct it into action and sharing. Everyone is mentally enlightened by the unified Consciousness, by the One Sun. And every thought-breath is divine. And there is no thought outside the ocean-God.

The invisible but tangible Presence is God. One must free themselves from the illusion of God to find Him.

When every expectation, anticipation, when every demand, pretension, and desire for control in life die, in their death, we are born in the Spirit of God.

There is no outside. There is no inside. There is no separation, no detachment.

Inhalation and exhalation are a single indivisible process - Breathing. And the breath of Life is to feed on God. You are in Him, and He is in you. One.

Every gaze, every view is an encounter and acquaintance with the Divine. Eyes see because God is in them, because they are vitally nourished by Him. And God, through the eyes of His creations, sees Himself.

Creation is alive and actively recognizes its Creator. The Creator continuously expresses Himself through ceaseless sculpting of new and new eyes for perception.

Everything that functions materially is animated by the invisible and immaterial so that the eye of the seeker may meet the sight of the invisible.

And when the eye sees, it acquires the gaze of a radiant light and love, the Sun.

When the eye sees...



## From the traps of the ego...

Ego = to seek faults in others  
Ego = to complain about others  
Ego = to criticize, judge, and blame others (or oneself)  
Ego = to complain, be discontented, resist, be stubborn, and avoid taking responsibility  
Ego = to have expectations and demands towards events, reality, the world, and people  
Ego = to attach negative mental labels to people in their presence or in front of others, gossiping, slandering, or simply having negative thoughts  
Ego = to feel offended, react, justify oneself, and prove oneself  
Ego = to become angry and upset  
Ego = the pattern of "you are right, and the other is wrong"  
Ego = to obsess, not allowing others the freedom to be themselves, invading their personal space  
Ego = to feel insignificant  
Ego = to feel superior, considering oneself better than others  
Ego = to sacrifice oneself for others with selfish motives  
Ego = to play the role of the "poor me"  
Ego = to love conditionally, in order to receive attention, care, and resources  
Ego = to tell convenient lies to someone in order to be approved or appreciated  
Ego = to believe oneself to be the only one who is right and that everyone else is wrong  
Ego = to assert oneself, control, and manipulate people or situations  
Ego = to be dependent on someone/something, to be clingy, inclined towards excessively attaching to others

The ego is not our true "self." The ego is the unreal illusory "self," created through unconscious identification with the mind.

"If you wish to shine like day, burn up the dark night of selfishness within yourself."  
(Jalal ad-Din Rumi)

## When the heart still beats...

When the heart still beats, there is meaning in life. Always keep moving forward, pause for moments to understand where you feel the impulse to go, and keep going. If you have come this far, if you exist, if you are alive, it means there is always a path. Live it, live it today, with gratitude in your heart and trust in Life. We think that we are born once and live, but in reality, we are born every moment, and these gathered moments are life and living. Birth, paving the way and direction, creation, and creativity are life and health. And every moment of blockage, powerlessness, stagnation, and immobility is a disease and leads to death. The flower paves its way to grow through the soil, the baby paves its way through the birth canal with its little head to come into the world, everything is a unique struggle, paving the way with faith and knowledge that there is an exit. When the heart still beats, the strength is within me, and therefore, the path as well.

## The Two Paths

There are essentially two paths to Enlightenment (Self-realization). One is the long path - the path of obedience to the Teacher, self-surrender, following the Teacher, and serving God. The second path (which essentially represents a kind of "final right" of the first path of deepening and refining, of purifying from ego-elements) is the path of self-inquiry. This path can only be traversed by people who have already done a certain inner work in their journey along the long path of acquiring virtues - selflessness, self-sacrifice, patience, humility, gratitude, generosity, love for others... The fundamental task of our existence is to recognize our true nature, to transfer our identification from the ego to the Higher Self. This recognition will be brought to us by the very grace of the Higher Self. This transfer of self-identification from the ego to the Higher Self is accomplished through two paths. The long and the short path. The long one involves sustained efforts of the will, while the short one involves focused loving attention. The foundation of the long path is the development, perfection of personality, the acquisition of virtues, and the purification of selfish motives. Along this path, the ego is ennobled, human potential is developed, and one learns how to calm and master their thoughts, studying their consciousness. The foundation of the short path is the Eternal Presence of the Higher Self. On this path, one adheres to inner silence, affirming their original essence as the Higher Self. Enlightenment does not consist of adding something, acquiring something, or integrating something previously external. It is not necessary to attain the Higher Self because it is already here. The Higher Self is not a goal but a realization of what already IS. The long and the short path should not be considered separately. Since in order to reach the short path, one has passed through the work on themselves, which belongs to the long path, or one can train and follow both paths simultaneously. In fact, only the long path is seen as a path. It is necessary to perform the refining "vessels" for the "coming of the Holy Spirit" inner work. "From the very beginning of your spiritual search, in your explorations and meditations that you practice, it is the Higher Self that has inspired you and will sustain you until the end. From the very first moment you entered the Path, the Divine impulse has unconsciously guided you. This very impulse is the first sign of God's Grace." In the end, there is only one path that is entirely subject to the Higher Self. "The Long Path leads to the Short Path. The Short Path leads to the ever-present grace of the Higher Self, of God."

## The Long Path

On the Long Path, you work on your ego by:

- Purifying, affirming, and perfecting your character and emotions.
- Learning concentration and meditation.
- Increasing your knowledge.
- Acquiring virtues.

- Overcoming obstacles to Enlightenment. The Long Path calls for continuous efforts. It takes a long time. The Long Path prepares you for the Short Path, and the Short Path leads to Enlightenment—the ultimate goal of human existence.

## The Short Path

The foundation of the Short Path is that the Higher Self is always present. You are in the Higher Self now more than ever. You are the Higher Self. You just need to always remember this fact! The Short Path is fundamentally an inner attitude. The practices of the Short Path are different in nature from those of the Long Path. Here, there are no references to the ego. This is the Path of Grace. On the Short Path:

- You constantly remember the Higher Self—its nature, attributes, characteristic traits, and signs of presence and eternity.
- You are in stillness and knowing.
- You rest peacefully simply because the Higher Self exists.
- You accept what the Universe determines for you.
- You shift your self-identification, your selfhood, from the Ego to the Higher Self.
- You offer your love to the Higher Self (here, the merging of the two paths—the long and the short—can be seen most clearly: the path of self-surrender and the path of affirmation).
- You penetrate into truth.
- You rely joyfully on the Higher Self in all circumstances.
- You replace contemplation with meditation.
- You stand as a sideline observer of life, including your own life.
- You do not immediately accept or reject all negative thoughts and feelings as soon as they arise.
- In short: The Short Path is the surrender of your Higher Self through hope, gratitude, love, humble obedience (humility), and remembrance.

(based on materials by Paul Brunton, a disciple of Ramana Maharshi)

## Self-inquiry or "Who am I?"

Everyone should understand their true nature through self-inquiry. The consciousness arising in relation to the body is related to self-identity, egoism, ignorance (blindness), illusion, impurity (sin, separation from God), the individual soul (as having karma, impressions, karmic burden as a result of past thoughts and actions) - all of this can be summed up as ego or personality. The liberation of a person happens through self-inquiry and involves the destruction of self-identity. The destruction of the ego is not in a direct sense but essentially the mastery of the mind. What everyone needs to do is carefully and attentively investigate - Now, what is it that appears as "I"? Then, in the Heart (not the left side physiologically, but in the sense we are accustomed to attributing), the ineffable Higher Self will shine. There, unlimited and pure Consciousness will shine forth from itself, and limited and manifold thoughts will disappear. If a person remains still, without leaving that state, then egoism, the sense of separateness in the form of "I am the body," will be completely destroyed, and ultimately, the last thought of self-identity (or the "I" form) will also fade away, just as camphor is consumed by fire. The great sages and sacred texts declare that this is the only liberation. All thoughts arising in the Heart are based on egoism, which is the first mental form of "I" or the recognition of the form "I am the body." The emergence of egoism is the cause and source of the arising of all other thoughts. Therefore, if self-identity, as a form of egoism, which is the root of the illusory tree of suffering (bondage) consisting of transmigration, is destroyed, all other thoughts will be completely annihilated like an uprooted tree. Whatever thoughts arise as obstacles in spiritual discipline, the mind should not be allowed to follow their direction but should be left to rest in the Self. This is the true means of mastering the mind. This method, which easily destroys egoism, deserves to be called devotion, meditation, concentration, and knowledge. The sacred texts declare that the very thought itself is a shackle; the best practice is to remain in stillness, never forgetting God, the Self, after whatever way you have opened the mind, which is in the form of the "I-thought." This is the ultimate teaching of the sacred texts. \*Psalm 46:10 "Be still, and know that I am God."

In sacred texts, the explanation of the nature of the mind is as follows: "The mind is formed by the assimilated subtle part of the food we eat; it grows with passions such as attachment and aversion, desire and anger; being a combination of the mind, intellect, memory, and ego, it is collectively called 'mind'; its characteristics include thinking, will, etc.; as an object of Consciousness (the Self), it is what is seen, i.e., inert; even though inert, it appears conscious due to its association with Consciousness (like the red-hot iron and the fire in it); it is limited, non-eternal, divided, and changing like resin, gold, wax, etc.; it has the nature of all elements (of phenomenal existence); its location is the lotus of the Heart, just as the location of the sense of sight is the eyes, and so on; it is an adjunct of the individual soul; by thinking about an object, it transforms into its form and, along with the knowledge in the brain, moves like a stream through the channels

of the five senses, connects with objects through the brain (associated with knowledge), and thus knows and experiences objects and derives satisfaction. This substance is the mind."

Just as the same person is called by different names due to the different activities they perform, similarly, the same mind is called by different names (mind, intellect, memory, and ego) not because of any real differences, but because it has different aspects. The mind itself is a form of everything, i.e., the soul, God, and the world. When it assumes the form of the Self through knowledge, liberation occurs, whose nature is Absolute. This is the teaching.

The universe is a form of the mind. The universe is the most common illusion. But in order to be known, seen, there are phases - stages of the creation of the universe. The main goal is the realization of the Absolute after revealing the visible universe as false. Therefore, for the purposes of teaching, the creation of the world is allowed.

For students in the lower grades, it is taught that creation is a stage of the realized phases of the evolution of the primary nature, the great intelligence, the subtle essences, the gross elements, the world, the body of the Absolute. At the same time, for more advanced students, it is taught (with an element of responsibility) that the world has appeared as a dream from oneself, due to our own thoughts, caused by the lack of knowledge of ourselves as the Self.

From the fact that the creation of the world is explained in "different" ways, it becomes clear that the sole purpose is the teaching of the true nature of the Absolute after the revelation, in one way or another, of the illusory nature of the Universe. That the world is an illusion, everyone can directly know in the state of Realization, which is a form of realizing our own blissful essence.

The nature of the mind is constant change. It is possible for the Self to be experienced by the mind. As long as the constituent part of the primary nature, which relates to purity, intelligence, is the nature of the mind, and as long as the mind is pure and unsullied like ether, what is called the mind is actually the nature of knowledge.

When it remains in its natural (pure) state, it is not even called 'mind.' The mind is called what has incorrect knowledge and confuses one thing with another.

What was originally a pure mind with the nature of pure knowledge, having forgotten its nature-knowledge due to ignorance, it transforms into the world under the influence of inertia, and under the influence of actions, passions, it presents itself as 'I am the body,'

the world is real,' and so on, achieving results such as merits and demerits, due to attachment, aversion, and thanks to the residual impressions, it undergoes repeated birth and death (samsara).

But the mind, purified from contamination (sin) through actions performed without attachment, accumulated over many past lives, listens to the teachings of the sacred texts from a true Teacher, contemplates their meaning, and meditates to attain the natural state of the mind in the form of the Self, i.e., in the form of the Absolute, which is the result of prolonged contemplation of the Absolute. In this way, the transformation of the mind into the world, with its aspect of inertia/dullness, and the aspect of activities and passions, desires, claims, demands, fears, control, which are associated with much movement in it, will be eliminated. When this purification occurs, the mind becomes subtle and motionless, finding rest.

Only because of the mind, which is impure and under the influence of the mentioned aspects, Reality (the Self, God) cannot be experienced, just as a piece of fine silk cannot be sewn with a thick metal needle, or the details of delicate objects cannot be distinguished with a lamp whose flame flickers in the wind. But in the pure mind, which has become subtle and motionless through the above-described meditation, the bliss of the Self will arise. Since experience is not possible without the mind, the purified mind can be gifted with an extremely refined form and can experience the bliss of the Self, remaining in that form (in the form of the Absolute). Then, this very Self, which has the nature of the Absolute, will be clearly experienced.

However, is it possible for such an experience to occur for the mind, which still needs to perform its functions in accordance with its karma, past thoughts, and actions that have begun to bear fruit, even in the conditions of empirical existence? This is acting; a person can play many different roles in a play, but at the same time, the thought that one is experiencing the absolute does not leave their mind. This mental connection actually purifies karma and elevates frequencies.

When one is engaged in various empirical actions, one must have a consciously firm conviction and identification with 'I am the Self,' without allowing the false idea 'I am the body, etc.' to arise. If the mind starts to wander, then self-inquiry must be immediately undertaken: 'Oh! I am not the body, then who am I?' and thus, the mind should be restored to its pure state.

The inquiry 'Who am I?' is crucial for the elimination of all suffering and the attainment of supreme bliss. When the mind remains in its natural state of rest, the harmonious experience of the Self arises effortlessly. Then, sensory pleasures and pains will not disturb the mind. Then, all phenomena will appear as a dream, without the arising of attachment. The constant remembrance of the limitless Self is true devotion, true control and mastery of the mind, true knowledge, and dedication. That is what the sages say...

In all possible states, everyone should gradually cultivate the aspiration not to forget their true Self, which is God. If this is accomplished, everything is accomplished. The mind will not turn towards anything else. Even while performing actions, similar to an

actor (actions that are the result of that part of destiny due to past thoughts and actions, karma, bearing fruit in the present birth/incarnation), one should establish the mind in the Self, not allowing the sense of 'I am acting' to arise. That is, one must be engaged in innumerable empirical actions with an attitude of detachment. In this, there is the renunciation of the 'I-thought,' not the rejection of external objects. One who has renounced this ('I-thought') remains the same, whether alone or amidst the vast empirical world.

Similarly, just as the mind, focused on one object, does not observe

other things, even if they are close, the sage may perform many actions, but in reality, they do nothing because they have allowed the mind to rest in the Self (this is humility), without allowing the 'I-thought' to arise. Just as in a dream, it appears that we are falling rapidly downward, but in reality, we are motionless, so too the ignorant individual, i.e., the individual from whom the 'I-thought' has not been erased, even though remaining alone in constant meditation, actually performs all empirical actions.

That is what the sages say...

(References: Books by Raman Maharshi)



## **Fireflies along the path...**

Non-resistance to reality. Observation. Acceptance of everything and everyone as they are. Non-judgment. Non-attachment. Always focused on "I" (in the Self) and present in the now.

From hereon, in every moment-life, I intend these to be my "firefly-messages" along my path...

Every negativity is a sign for attention. And always, when I sense something negative, I will remind myself that it is happening to bring my focus back to myself, to awaken, to illuminate a certain illusion, to step out of the world of the mind, and to be present.

## **Be still, and know that I am God**

The ego is the "I" (in English); the symbol of the cross (+) represents the negation of the ego or crossing out, the surrendering of the ego, the dissolution of the lower "I". When the ego is crucified and "dies," what remains is the true Essence of "I" - the Absolute Being (God); "I and my Father are one," as Jesus says.

In the Bible, it is said: "Be still, and know that I am God," Psalm 46:10. English translation: "Be still, and know that I am God." Bulgarian translation: "Be silent and know that I am God."

The Bulgarian pathology shines in its full splendor.

## The Path of Devotion and the Path of Knowledge

The culmination of the path of devotion is to realize the truth that an action performed with selfless dedication, using the purified "instruments" of body-speech-mind, in the role of a servant of God, becomes an action of God, and to remain thereafter free from the sense of "I" and "mine." This is the highest devotion or living in service to God.

The culmination of the path of knowledge is to realize the truth that the "I" is not different from the Lord, and to be free from the sense of being the doer of actions.

In fact, the culmination of both paths is one and the same. Whatever the means, the goal is the destruction of the sense of "I" and "mine," and since they are interdependent, the destruction of one leads to the destruction of the other. Therefore, to achieve that state of silence, stillness beyond thoughts and words, or the path of knowledge that removes the sense of "I," or the path of devotion that removes the sense of "mine," either one will suffice. So there is no doubt that the culmination of the path of devotion and knowledge is one and the same. As long as the "I" exists, one must accept the presence of God. If someone desires to easily regain the supreme state of identity, now lost to them, the only correct solution is to accept this proposition.

What is the significance of the ego? The ego is the individual soul in the form of "I." The Self, which has the nature of intelligence, has no sense of "I." Likewise, the insentient body has no sense of "I." The mysterious appearance of the deceptive ego between the intelligent and the insentient is the root of all problems. By destroying it through any means, that which truly exists will be seen as it is. This is called liberation.

(Sources: Books by Ramana Maharshi)

## The Path of Self-Surrender to God

After a person matures through their self-surrender to God (relinquishing themselves into His hands, surrendering with humility), He comes in the form of a Teacher (an enlightened "I") and pushes the person's mind from the outside inward, directing the mind inward while, at the same time, as the Supreme Self, drawing the person from within like a magnet until they merge with the Supreme, with the Self.

Usually, such a Teacher is necessary for enlightenment to occur in a person, unless we are talking about unique and exceptionally gifted souls (who themselves are their own guide and Teacher).

The Teacher doesn't always have to be in human form. Initially, a person tends to think of themselves as lowly, unworthy, alone, and that there is an all-knowing and all-powerful God somewhere out there, controlling the destinies of all, the destiny of the world. Then the person worships God, surrenders to Him. When they reach a certain level of maturity, of wakefulness, and are ready for enlightenment, the same God whom they worshipped appears as a Teacher and leads them forward. The Teacher appears solely to deliver the message: "The God you bow to, surrender to, glorify, and worship is within yourself. Dive into yourself, immerse yourself in yourself, and realize that."

The Teacher, God, the Supreme Self are one and the same. God is the only Teacher.

"There are two techniques through which self-surrender can be achieved. The first is to discover and merge with the source of 'I.' The second is to realize the following: 'On my own, I am helpless; only God is all-powerful, and the only way for me to survive is to completely surrender into His hands.' Slowly, you will convince yourself that only God exists and that the ego is irrelevant. Both techniques lead to the same goal. Perfect surrender is another way of saying Liberation." (Ramana Maharshi)

## The Spiritual Dimensions of Mathematics

There is an analogy between arithmetic and geometric concepts and certain processes in cosmic and psychic life. (Teacher Peter Deunov) "Mathematics can be discovered in everything, in the Universe, as well as in humans. The mathematical sciences are far from being a set of abstractions; they correspond to our psyche. Proof of this is the four operations. If I ask, 'Do you know the four mathematical operations?' you will answer, 'Of course, we know: addition, subtraction, multiplication, and division.' Well, don't be so sure, because these operations become extraordinarily difficult when they need to be performed correctly. Many, for example, suffer because they have made thoughtless additions with someone else and then don't know how to perform the subtraction operation!... What corresponds to addition within us is the heart—it can only add, it keeps adding and adding, and in the end, everything becomes confused. What corresponds to subtraction is the mind. And the soul, it multiplies, while the spirit divides in order to distribute, to share. One of the most famous passages from the Gospel is the one in which an interpreter of Jewish laws asked Jesus, 'Teacher, which is the greatest commandment?' And He answered, 'You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength!' (Matthew 22:37) Through this answer, Jesus explains that a person consists of four psychic principles: the heart, the soul, the mind, and the spirit (strength, as only the spirit possesses true strength), and that these four principles must be placed in the service of the Divine. How? Teacher Peter Deunov reveals it to us in the following words: Have a heart as pure as crystal, a mind as bright as the Sun, a soul as vast as the Universe, a spirit as powerful as God and united with God. This means that we must love God with the purity of our heart, with the light of our mind, with the infinity of our soul, and with the strength of our spirit. Thus, the Teacher illuminates for us the teaching of Jesus Christ. The heart must be pure, i.e., free from selfish feelings, from all desires and temptations that turn it into mud because the murky waters of the mud do not reflect the splendor of Heaven. The mind must be bright, i.e., freed from the dust gathered on crooked paths, which prevents it from seeing clearly. The soul must be vast, and it expands through love: filled with love, we are capable of embracing the entire Universe. And finally, the spirit becomes strong when it connects with the Creator, because true strength comes from the Divine source. Source: Excerpts from the speeches of Omraam Mikhaël Aïvanhov

The next quote I have extracted is from the book 'Living with the Himalayan Masters' by Swami Rama. It is rare for a sadhu to explain the philosophical significance of the mathematical science, and since it is associatively related to the topic of mathematical knowledge, I integrate and combine it in the context of the above excerpts from Teacher Jesus, Teacher Peter Deunov from Rila, Bulgaria, and Teacher Omraam Mikhaël Aïvanhov (in fact, of the One Teacher—God). The said sadhu, with whom Swami Rama studied for some time, is among the most prominent mathematicians in India, and his name is Chakravarti.

Swami Rama states the following: "This swami was very kind and also taught me philosophy through mathematics. Each digit was explained with verses from the Upanishads. From zero to one hundred, he explained the philosophical meaning of the mathematic science.

Metamathematics deals with the number 1. All other numbers are composed of the same unit, a sum of such units. In a similar way, there is only one absolute Reality, and all names and forms in the Universe are multiple manifestations of the same One. As he drew on the sand on the banks of the Ganges with his staff, he drew a triangle and explained to me how life should be an equilateral triangle. Since all numbers are derived from a point that cannot be measured, the entire Universe has emerged from some immeasurable emptiness. Life is like a wheel, which he compared to a circle or zero. This circle is the expansion of the point. He used another analogy - There are two points called 'death' and 'birth,' and life here is the line between the two. The unknown part of life is an infinite line. ...

The last day this swami taught me was beautiful.

- Now, first write a zero," he said, "and after it write one: 01. Each zero has value if the one is placed before it, but the zero has no value if the one is not first. All things in this world are like the zero and without realizing the one Reality, they have absolutely no value. When we remember the one Reality, life gains value. Otherwise, it is just a burdensome weight.

This swami went into the deepest Himalayan thickets, and I never saw him again. I am grateful to the Teachers who took their precious time to teach me.

## Beyond Boundless Love

Divine Love transcends the limited definitions and framed understandings of human relationships, relative friendships, infatuation... In True Love, boundaries are dissolved, they do not exist. They only exist in duality and in the world of the mind. God is Love. And God is everything, encompassing all in Oneness. There is no need for definition, no need for categorization; only the experience of Love as Source, Origin, Radiating from and towards... in the singular reality - Divine Energy, Light, and Love. Describing it with words imposes conditions and distorts understanding. Knowledge resides within each of us. It is within us because we are Divine Self-Creators and Self-Created Beings. Let us simply live and experience instead of trying to label Divine Love. I am a friend, and I am loved, because I am both, as I am all-manifesting... Love.

Health, Light, Love.

God is Love. Love is Health. Health is Life and Power.

Be your Nurturing Force and create with expansive wings of infinite possibilities!

"The only force that can heal the world is Love." (The Teacher Peter Deunov)

## Call for Liberation from Dependency

One July summer morning, as I greeted the sunrise, the following thought came to me: When the focus of my consciousness is outward, in the ego, in the persona - I suffer. When my focus is in the Self, in the Higher Self, in the Spirit, in God - there is nothing to suffer from. When Jesus says to leave behind loved ones, relatives, and friends, parents, brothers, and sisters for His sake, and to follow Him, He, as the manifested pure Self, Holy Spirit, revealed God, calls us to cleanse our focus, to detach ourselves, to free ourselves from dependencies. And this concerns inner work, it is an internal process. I quickly wrote all of this in my notebook. And at the same moment when I closed the notebook, a white down, a feather from a dove, fell from the air beside me. It is a symbol of the presence of the Holy Spirit... It is not necessary to escape but to live consciously present, awake, in the role we have taken on, without personal identification and association with the situations we go through. Soon after, entirely following the principle of synchronicity, a text appeared that I will share here. It is contextual and provides clarity regarding dependencies, the tendency to run away, resist, deny, and reject what our ego does not approve of. "There is no benefit in changing the environment. The mind is the obstacle that must be overcome, whether you are at home or in the forest. If you can achieve this in the forest, why can't you achieve it in your own home? Why do you need to change your environment? You can make efforts even now - regardless of the environment you are in. The environment will never change according to your whims...

If objects exist independently, i.e., if they exist somewhere separate from you, then it would be possible to escape from them. But they don't exist separately from you; they owe their existence to you and your thoughts. So, where can you go to escape them? Where can you hide from the world or from objects? They are like a person's shadow from which he cannot escape. There is a funny story about a man who wanted to bury his shadow. He dug a deep pit, and when he saw his shadow at the bottom, he rejoiced that he had managed to bury it so deeply. Then he started filling the pit, and when he finished, he discovered that the shadow was still above him. He was surprised and disappointed. Similarly, objects or thoughts about them will always be with you until you realize the True Self. Denial always happens in the mind, not through escape into the forest or isolated places, nor through the rejection of personal responsibilities. The most important thing is to understand that the mind does not direct outward, but inward. Indeed, it is not up to a person whether they go to this or that place or whether they abandon their duties or not. All of this happens as fate has ordained. All bodily activities are predetermined from the moment the body comes into existence. Whether you accept or reject them does not depend on you. The only freedom you possess is to direct your mind inward and renounce them there. No one can say why only this freedom is left to man. Such is the Divine plan. The renunciation of activities means renouncing attachment to them or to their fruits and rejecting the notion of "I am the doer." The activities destined for this body will have to be performed. It is not possible to reject them, whether one likes it or not. If a person remains in the Self, the activities



will continue without affecting their effectiveness. A person should not live with the idea that they are the doer. Even in this way, the activities will continue. The power that has given existence to the body, whatever name you may call it, will ensure that all the activities through which the body is meant to pass are accomplished. If passions are external to us, we can take weapons and ammunition and conquer them. However, they all come from within ourselves. If we prevent their arising by looking into their source, we will conquer them. The world and the objects in it awaken our passions. But the world and those objects are nothing more than creations of our mind. They do not exist while we are in deep sleep. A person can perform any number of actions, and do so quite successfully, without identifying in any way with them and without even imagining that they are the doer. Some power acts through their body and utilizes it to accomplish the task." (Sri Ramana Maharshi)

## The Pearl-Self

"Just as the diver ties a stone around his waist and sinks to the bottom of the sea to collect pearls, so should everyone be endowed with detachment, dive into oneself, and acquire the Pearl-Self." (Sri Ramana Maharshi)

During the descent towards the bottom, a person willingly ties a stone to their waist. This is a conscious choice of self-surrender, humility, detachment, and self-sacrifice. Upon reaching the bottom, one sees the pearl and obtains it only when they become humble. This is a long and continuous process that goes through the lessons of patience and acceptance of reality as it manifests itself. Humility "releases" the stone at the bottom, and the person emerges to the surface, now enriched and liberated, having acquired the pearl. One process is involutive, entering into form, a solid and heavy sphere, and working with the boundaries of the ego. The other process is an evolutionary transformation, involving liberation from imposed limitations. Both movements are necessary for the journey. A young tree, as it grows, needs a fence, support, and boundaries, but when it matures, everything surrounding it hinders its realization and healthy growth. This is simply a metaphor illustrating the process of self-realization.

## Give yourself meaning

When you reach a point where everything seems meaningless... exactly at that moment, start giving meaning to what is happening to you. When it seems like your life is falling apart, allow yourself to believe that it is actually rearranging itself. Set a direction for yourself, establish new goals, be the creator of your own world, not its victim. And if you don't feel ready for a change, just be who you are, and with time, readiness will come naturally.

"At the bottom of the abyss comes the voice of salvation," says the mythologist Joseph Campbell. "In the moment of darkness, the true message of change reveals itself. Light comes in the darkest hour." It is always darkest just before the dawn.

Ideal and mission. Each of us has our own ideal, our own mission that we must fulfill in life. Whatever else may be lost, as long as that ideal is not lost and that calling is not defiled, nothing can kill us. Wealth may come and go, misfortunes may pile up as high as mountains, but if we have preserved our ideal untainted, nothing can destroy us. ... But if the ideal disappears and our mission dies, nothing can save us. All the wealth in the world cannot save us.

And what are nations if not multiplied individuals? In the same way, each nation has to fulfill its mission in the harmony of nationalities; and as long as that nation adheres to its ideal, it cannot be destroyed by anything. But if it abandons it and follows something else, its life is shortened and it vanishes.

The same is true for religions. The fact that all the great religions are alive and thriving today proves that they must have preserved their mission untarnished. Despite all the mistakes, all the divisions, all the encrustations of so many forms and images in them, the heart of each one is strong – it is a pulsating, beating, living heart. They have not lost – not one of them – the great mission for which they have come. (Swami Vivekananda)

## Relationships

A true connection is one that is not dominated by ego with its posing and egocentrism. In a genuine relationship, there is an outward flow of conscious attention towards the other, without any demands or expectations. This conscious attention is Presence. It is a prerequisite for any true relationship.

When we no longer see ourselves as separate souls on our own sacred journeys, we fail to see the foundation and purpose of relationships, which is to treat each other as divine companions. Because there are no mistakes in the fact that someone is in front of us, everything that happens is perfect and chosen. If someone is in front of us just as they are and we, within our limited perceptions, consider the other as not-us... in fact, it is our denial and avoidance that prevents us from seeing that they are a precious gift, an angel from God, meant for us to see, define, self-know, and choose anew who we want to be. The hurt does not come from the person in front of us that we see, but from how we see them, the process of seeing, whether it is acceptance, gratitude, recognition, or denial and rejection...

And... the most authentic correction to the thick filters and lenses we have placed before our eyes is to ask ourselves, "How would Love act here and now? What would Love say?"

The teacher is within ourselves; they are not encountered, but solely "heard," "seen," and felt. There is no external and internal within us; there is Oneness, and all circumstances, personalities in our lives, and situations we find ourselves in are as they are for us to remember who we are and what we are. Everyone is in front of us to truly know ourselves. And in every moment, we are in the process of co-creation and creation. There are no mistakes in this creation; there is a process of self-recognition. The speed at which one recognizes and remembers themselves does not make them go forward or backward, more or less than anyone else because in the Oneness, there is no here and there, no me and you, but there is One-We. Teacher, student, and teachings are one and the same. They exist mutually, just like dance, dancer, and music. There is no dance without a dancer and music. When you are ready, the teacher appears—this happens because the teacher within you matures to "see" themselves in others... When you are ready, the teacher appears because the student is the learning teacher, and they are their own guide on their journey.

## Fear - Pain

Fear is a fundamental precondition/component of pain... When we experience fear, we activate control as a defense mechanism, which hinders the complete release from pain. Only when we are unconditionally ready to accept and allow pain to be as it is, to have a "channel" for expression, only when we give freedom to pain and abandon attempts to control it... Only then does pain "drain away," liberate itself, and disappear. "Pleasure and pain are simply the 'crest' and 'trough,' the two inseparable components of the 'wave' of consciousness. Therefore, any attempt to focus solely on the positive 'crest' and eliminate the negative 'trough' would be an attempt to entirely eliminate the very wave of consciousness itself" (Ken Wilber, No Boundary). "Whoever has come to Earth to learn will experience both joys and bitterness. Bitterness in life hides healing properties. It organizes the forces of the human body. Without bitterness, a person cannot heal. Without bitterness, a student cannot progress. Through suffering, nature warns a person to be careful, not to fall into the abyss of losing their life. When one suffers, they become vigilant, they introspect their life, and when they find something wrong, they correct it. Once a person gains self-mastery, the sufferings and hardships in their life disappear on their own" (Teacher Peter Deunov). "If you give thanks for the sufferings, the hardships, the torment, they will leave you sooner than if you complain. They are the wickedness of people because they do not love it" (Teacher Peter Deunov).

When human thinking changes its usual perspective towards illnesses and accepts them as a natural fact, a person will begin to understand the law of liberation and, with this correct way of thinking, will reach non-resistance. Nowadays, by applying the power of their focused thinking and strong antagonism towards illnesses, people only amplify the problems. Once a person reshapes their thinking in the direction of truth and spirit, physical sufferings will begin to fade away.

## About the process of Life, about patience

The process of Life is perfect in every form and manifestation. Without a larva, a butterfly could not emerge. The larva is perfect in being a stage of the process-life-butterfly. Life itself is perfect. And if something dies today, something else is born. Beginning and End are one and the same. Every convergence of circumstances is perfect and most correct. There are no mistakes in Nature. "Patience is a fundamental pillar of life. If you have patience, you can achieve anything. Patience is a great quality, and there is no nobler trait in human character than it. Patience is not born with a person; it must be acquired. And suffering is a process through which patience can be acquired. If you first take on learning patience in life - enduring everything with humility and joy - you will find the Truth. All the sufferings in the world serve only to shape patience within us, to teach us to endure, to be composed, to look with faith towards the future, and no matter what adversities and disappointments we may have, never to be disheartened" (Teacher Peter Deunov). The Multidimensional Truth "Very often, it is believed that in one's path towards perfection, one goes from error to truth, that when one moves from one idea to another, they are obligated to reject the first. But no error can lead to truth. The soul passing through its different stages moves from truth to truth, and each of these stages is true. This viewpoint can be illustrated in the following way. A person travels towards the sun and captures it at each stage of their journey. How different the first photograph would be from the second, and how different from the third and the last when they reach the real sun! But all of them, despite being very different from each other, are real and appear different due to the different conditions of time and space" (Swami Vivekananda).

## Different thoughts

Everything is reason, purpose, a web of pro-thoughts, creating... When someone is ready to realize, to think through, to consider, to put a thought into action in reality and motion, it emerges from superconsciousness (the unconscious) towards someone's consciousness and they think it. That is, we think of something that we are ready for - always, something that is for us - always. We think that we control our thoughts - it's not entirely true. The Supermind - God - controls them. The human mind is not in that scope. Therefore, the same message is often thought from different perspectives, different manifestations, different people, without any apparent connection in the material sense, without physically knowing each other, meeting, and communicating in the physical world.

Because our thoughts are common, they share a field. In the single organism that we are. Just as we breathe the air together, in and out, just as water circulates and nourishes us, everything is exchange, and interrelated intertwining of divine manifestations. There is no random thought, it is always ready to be taken and developed... There is no non-random thought. Thinking never happens without energy behind it, without purpose. There are no chance occurrences. Including this writing.

Space is an illusion.

I have noticed that when I have cried - moments of my life when I have sought help, been in pain and sorrow.... today, right now, I am talking to myself then - and my thoughts today and now, in a peculiar conversation, are thoughts towards me then, which came to me then, which "took me out" of the so-called bottom of the sinusoid and continued life. I talk to myself outside of time. And not just with myself. This represents a connection, a "bridge" between the different levels of organization of consciousness.

Subconsciousness (past life + everything forgotten) = past Self-consciousness = present Superconsciousness = future

Time is also an illusion. How can I know anything about the past or the future when the light of the Beloved shines only NOW? (Jalaluddin Rumi) And Jesus said to him, "No one who puts his hand to the plow and looks back is fit for the kingdom of God." (Luke 9:62) "The past and future are lids, closing the window through which God's sunlight streams." (Jalaluddin Rumi)

**All fires are ignited from the Fire Above.  
Our thoughts and feelings are ignited from God's thoughts and feelings.  
God's Spirit is unified everywhere.**

**"That which gives life is one in everything." (Leo Tolstoy)**



## The voice of intuition

There is no language barrier for intuition. It is the language of the single organism and the oneness that we are. Bulgarian, English, German, any language - they are expressions of an unspoken and unheard intuitive language - we start speaking from the outside because we have forgotten and stopped listening to ourselves. And through communication with others, we look back to remember... The voice of intuition is the source, for me, it is the voice of God, of the oneness that we all are.

The need to communicate with others through words arose after the onset of amnesia and "deafness" towards ourselves. The attempt to return is through sharing and communication. God always gathers, and the path home is secured. In my opinion, on a global scale, there is a "gathering" of oneself, the integration of thoughts (consciously, because it has already happened in reality, we just don't consciously register it)... And integration as a process is a gravitational force in the human psyche. "All thoughts condense; thoughts encounter other thoughts, intersect each other in an incredible labyrinth of energy, and constantly form a changing pattern of indescribable beauty and unimaginable complexity. Similar energies attract and form clusters (to put it in simple terms). When enough similar clusters intersect their paths and collide, they stick together. It is necessary for a large amount of similar energy to adhere as one whole in order for matter to form. But matter is certainly formed from pure energy. In fact, this is the only way it can form." Clusters of information gather associatively based on the principle of similarity (synthesizing gravitational force).

"Thinking consists not so much in decomposing objects into elements in consciousness, but in uniting the connected elements into unity. Without analysis, there is no synthesis." (Engels)

"Human thinking, by its essence, is capable of giving and does give absolute truth, which is formed by the sum of relative truths. Each stage of scientific development adds new grains to this sum of absolute truth, but the boundaries of truth in each scientific thesis are relative - they expand or contract depending on the further growth of knowledge." (Lenin)

## Presence...

When I find myself caught up in excessive analysis, reflections, and deep thought processes that anchor me in my past, send me into the abstract and presumed future, thoughts born out of fears and insignificance, I discovered a way for myself to "brake" these thoughts, their production of reality, respectively - by sharply and focusedly returning to the present through a simple and pure action - listening... I simply listen to what is happening right now in this moment - rain is falling, the drops are heard against the window, the computer hums, fingers snap in writing this... In listening, there is a cessation of all mental processes, and there is alertness, observance, readiness... as if to grasp every sound, to register the ongoing life in the moment... there are no thoughts in it. This is my way of concentration and "stepping" into the present. Another... method, which is essentially the same action of listening, is to try to trace that interval between every two thoughts. There is no time in it. There is only the now and being...

Everything around us speaks, but people do not know how to listen, and therefore, they cannot hear the speech of the Sun, the trees, the rocks, the lakes, the mountains, and the birds... they don't even hear their own inner voice that never stops talking to them. But if there are rumors, insults, or slander to listen to, they immediately sharpen their ears...

The voice of God can only be heard in Silence. If that Voice guides a person, they walk the path of happiness and Eternity.

## The Path of Water...

Water always finds a way to flow, a direction to go, and the path it finds is the path of least resistance, the easiest for its current. It is wonderful for our consciousness to be like water, allowing our minds to uncontrollably and fearlessly dive into all kinds of deep and unexplored crevices, to absorb wisdom and express it in creative living... There is nothing to fear in any situation we encounter; water always finds a way to pass and carve a path... and in doing so, it creates the most perfect and healthy life path.

While we need love, there is no love within us. We desire to be loved because we do not love. The moment we start loving, the thirst ends, and we no longer question whether someone loves us or not. While we need love, there is no love within us. If we do not experience love, we are thirsty, aggressive, empty... If the heart is filled with love, we will never desire to be loved, we will never extend our begging bowl to someone to fill it. Only those who feel lacking want to fill the emptiness, but an empty heart can never be filled by chasing after a guru or seeking love through hundreds of other ways.

## Focus within me...

Anyone who mistreats us, insults us, humiliates us, or forces us to suppress ourselves is a person who does not respect life or themselves. When we give significance and a place in our lives to such people in positions of authority, we have mistaken ourselves, creating and participating in such a scenario, diverting our focus and energy outward. Self-denial and self-suppression in me are equivalent to the egocentric behavior in others. Because I am not the sole focus, truth, meaning, or authority. Self-denial finds its reflection precisely in the egotism of others.

In my opinion, when I see myself involved in such a script, I should immediately stop causing harm to myself and participating in this farce. Attempts to convince the external world that it is aggressive are destructive to myself.

That is why I separate myself from such people. When someone does not respect the heart of a person, their feelings, emotions, and life, such individuals do not deserve to be in their life. There is simply no similarity - there is nothing to mutually learn, exchange, or give in the relationship.

Simply withdraw silently and distance oneself. One cannot change the world from the outside when they have seen something that does not truly resonate within them.

My only task lies within myself; the key to realignment is within me. First within myself, and then it reflects in reality... I should be the only authority, not psychologically dependent on anyone, with no internal conflict or ambivalence. If there is, I only have work to do with myself to recognize and resolve the issue. Those who are aggressive have their reasons, which will become apparent if they wish to see it, in due time. I have no task of opening their eyes to who they are or who they are not. Around them, there will always be people who need their slaps to see what they are causing to themselves. Like attracts like. There are no mistakes in nature. Every manifestation is not accidental and has its place under the sun. Aggression is evaluated as something negative by the mind. Otherwise, it is neither good nor bad.

## **I have myself...**

The truth and life I can only realize, understand, and experience through myself - through no one else's perception will I truly self-know, and through no one else's eyes can I see, except through my own. My teachings, my wisdom, my truth are within me. I learn to fly freely, guided by myself, and soaring without the aid and advice of any system of knowledge or self-development, but personally navigated by myself and in flight with my own wings. I do not need teachers or guides, all of that is illusion and a delay of the true conscious journey, and using crutches for safety, in someone else's paradise and comfort zone... but not mine. I don't need it. Piles of courses, seminars, events, my Facebook profile is cluttered with offers and invitations... And I realize... that I don't need to become dependent or introduce authorities into my life. I have myself. The only necessary authority is me. Whatever knowledge is meant for me, I have no doubt I will discover and receive it. I don't need to secure myself... Because it results in a fabricated belief that I am becoming aware - but it is prepared by someone else, not by myself... That's why I don't desire to assimilate any healing systems, teachings, leadership, methods, or techniques. They are all distorted prisms, not my own... I... I have myself.

The Inner Teacher Even in the case of those who follow the instructions of a guru, it should not be forgotten that if progress is sufficient, the student must, at a certain point, start becoming their own teacher, they must start seeking and finding the inner guru - their own soul. A sincere and competent guru would require that. (Paul Brunton, a disciple of Ramana Maharshi)

## **"Wave your hand and move on, forget the evil..."**

"I only do one thing: forgetting what is behind me and striving toward what is ahead of me." (Apostle Paul in the Letter to the Philippians, 3:13) It is not alarming for the Wise to appear foolish.

If you happen to encounter someone in your life who offends you, hurts you, defines you as someone you're not, as a bad person - there's no point in talking to them or explaining the injustice, you will only hurt yourself even more. That someone needs to see you that way, they need that backdrop for themselves. And their perception of you does not depend on you, you cannot change what their eyes see. Whether it's fair or not doesn't matter. What matters is being fair to yourself - stay far away from people who do not appreciate you as a human being. You will carry a heavy burden if you try to fight against unjust actions and words. You cannot plant a heart in heartless people. But be careful not to kill your own. Those who don't have the eyes to see and recognize you now, won't have them even after your words. Those who don't understand you in silence, won't understand your words either. Sometimes it happens that your entire being knows and sees the unjust treatment towards you or others. You understand others, you have coverage there, but they don't understand you. Know this - if life abruptly and disproportionately pushes you away through these people, there is a reason for it. You may not see it now, you may not understand it, you may feel alone, rejected, abandoned, tarnished, betrayed. You don't know how pure and intelligent the happening is, it is a safeguard for yourself. The Higher Intelligence knows much more than anyone who claims to be higher... human. Those who judge and pass judgment will fall into their own trap. It's just a matter of time. No, don't expect or hope for change and enlightenment from the other side. It only takes away from your life, your energy, your happiness. If you have perceived someone as a friend - wave your hand and move on, forget the evil. That way, you are not betraying yourself, nor those you considered friends. Don't become bitter, your heart doesn't need that. Love. Love yourself, love others, and move forward. Boldly. Ahead. Without looking back. You will encounter memories, you will see the offenses and the dirty clothes they have dressed you in. Do not identify with that. That's not you. Those are foreign prisms. Foreign transmissions. Foreign attire. Foreign fashion. Don't wear what's foreign. Wear what's yours.

Do not doubt - for others, you are the wrong one, you are not on the right path, but remember - you simply collided with someone who needed a victim. And trying to explain to a perpetrator that they are one, they will never understand you. They will continue to be more aggressive. With words, with actions. And even worse, they will make you feel guilty, the aggressor (and for them, this is the truth). The aggressor makes their victim guilty to justify their own personal aggression. If you see this - be happy. Rejoice that you have reached this understanding.

"God advocates for the persecuted, regardless of whether a righteous person persecutes another righteous person or a wicked person - the wicked. He still advocates for the persecuted, whoever they may be." (The Talmud)

Focus on yourself and keep moving forward, regardless of the slanders you see and hear. Everyone walks their own path, with their own illusions. And everyone pays the price for injustice sooner or later. Because there is no other, and sooner or

later, the caused returns to the causer. Remember that. Say goodbye. In your heart. Wish for Love and Light. And continue.

Life awaits you...

## **Fear exists when we don't love ourselves...**

The lack of self-awareness is the insidious disease that afflicts humanity... It seems very hopeless that we are heading towards disintegration, destruction. In fact, there is a gravitational force of self-return, from which we cannot escape through the illusions we have believed in and the models we have assumed, masks, running away from ourselves as superficial consuming beings. There is a return, and the accumulation of repressed true experiences, falsehood, farce, lies, stupidity, leads to a leap - the realization of oneself. Stupidity kills humanity, the simplicity to be ourselves and the courage to be revolutionary in a new way, regardless of how others perceive us, only by following our inner compass of truth. This simplicity liberates and saves... It is very simple - not to serve models, schemes, consumption, feeding the ego, money, greed, envy, hatred, conditional loves... but simply... simply to be genuine. This is what a fearful ego says - wait a moment, they will devour me like warm bread, they will crush me instantly. This is a current against. No. This is analysis and fear. In the mind. This is how we are conditioned - to nourish the system. This is how we have been trained. To maintain illusions - they are beneficial to everyone. Because they don't know that in reality, we are self-destructing within them. We are here... to become genuine and live as such. Any other way of living is equal to death. For me. And I choose every moment... to be crazy but myself. To be annoying with my messages, but myself. I don't teach anyone. I don't preach. Everyone learns on their own. The teacher is within us. There is no need for instruction. There is no need for gurus. But there is a need for sharing, expression, exchange. The model of authority, for me, is the nourishment of ego norms and orders, which are actually a prison for our true selves. They say - you are too heavy, you overanalyze - but the focus is not on the weight of the ego's burden. Where does the mind go - to judge who is analyzing. And it doesn't want to hear what I am saying. It is very cunning and slippery. But not at all. For the keen eye. For the vigilant one. For the observer. For the one who doesn't take sides. Life is not a court case. I will judge you, says the ego. I will judge you, I need to know you, I have to study you, break you into pieces for analysis and dissection, place you in the right and wrong, in a logical sequence, to see if I can believe. We judge when we are afraid. We offend and push away, chase and ignore, spit and lie - when we are afraid. And there is fear when we don't love ourselves. When we are not love...



## When you are hurt or offended by

When you are hurt or offended by someone (through their blindness/neurosis, through their limitations), it doesn't make sense to talk to them - you only feed and serve their neurosis more. It doesn't make sense to try to show them that they are wrong, that they are mistaken about you. It doesn't make sense to react to them in any way. Nor to suppress yourself and remain silent. None of these things help. What is outside of me is inside of me. What it manifests, I indicate to myself that it is time for me to see and understand, to clarify and change. The external conflict is merely a symptom, an indicator, a warning light of the inner conflict taking place. It's not about the other person. They are just a collaborator. I am always the starting point. I am always the beginning of the experience. The internal conflict can only be mine. Not someone else's. If I find myself in such a situation, with such people, and I am hurt in this way, it means I am telling myself something with it. And it's not through charging forward with horns against it that I find my liberation. Not through fighting. That only awakens the beast within me. Observation, not rejection by taking a position, splitting, good and bad, right and wrong. Not through fighting. Not through suppression, through seemingly superficial acceptance of reality. That is a sickness. It's reconciliation. Strength comes from seeing things, events, and people as they are. Period. Without judgment. Without analysis. But with a choice to have been made, but with a change through a new choice. No. That's just self-deception. Change through choice does not exist. Through positioning - it doesn't exist. It's only postponement. And a continuation of the same old, copy-paste. Yes, an expanded perspective, more different, but still the same chaos. The new choice is in seeing that. "Choice is bondage. Lack of choice is freedom." (Sri Sri Ravi Shankar) When there is no "I," there is no karma. When there is no "I," we are all one. No one is to blame for the fact that I cannot look at myself as I am. For others' realizations - that's their job, not mine. I don't live through others, only through myself. I see through my own eyes (how blind they are - that's another question, I see something, whatever I can), I hear through my own ears, I breathe through myself, not through others.

Why do we constantly distract ourselves and occupy ourselves with others?! Why don't we see and understand ourselves? A great amnesia has struck us, and only fears, which generate anger and pain... Where is love? We talk about it incessantly. We search for it everywhere. But there is no genuine love within us...

Everything comes with conditions. Everything is business. Love is perceived as such. Conditional love, with expectations and demands. You'll be something if you fulfill my conditions, and I'll be soooo in love with you. Oh, how happy we will be tomorrow when you fulfill my conditions.

Oh, God, what Love!

Money doesn't bring happiness. Conditional love doesn't bring happiness. How many consumerist lives revolve around conditions. How much pain is the price for these conditions...

Pain. That we run away from ourselves. And everyone says, "It's not my job. Am I the fool to go against everything that is established? Am I the fool to start changing the world?" Because the ego understands only such kind of change - imposing itself upon the world. That's how it lives. In mutual relationships, it finds its nourishment. But I am not that. Before I relate mutually... what am I, who am I, why am I? What keeps me alive? Is it conditional love from others?

"Another esoteric charlatan" - that's a nice label I stuck on myself, and it used to hurt me before, but now I'm happy that I see what I see. Alone. Yes, everyone is alone. Some, however, don't realize it. And they delude themselves that the group and the approval of others are identification, legitimization, and meaning. No, it's self-delusion. A greatly distorted self-delusion. A mirage.

Everyone shares... suffering and agonizing in analyses, reflections, and passions, in theories and educational systems, in plans and techniques... all of which are solely fueled by fear and the ego's need to evaluate, explore, measure, and distinguish right from wrong. And so it goes on. In endless "cut and sew"...

The pretensions of an ego have no end. Because they have deep roots in mutual relationships and definition (karma - another word to describe it). And the ego looks at others and always, always, always sees itself because it sees through its own ego. It looks at reality and sees only itself. And it says, "No, you are the ego. Look at yourself." It instructs, "See yourself!" It gives lessons on personal fulfillment, self-development, and self-awareness for a lot of money - well, of course, the ego-society needs to feed the illusion of money. Otherwise, what would happen? Horror, what will happen if there is no money? I'll die. Horror. Panic. Fear. This is absolute self-mockery and manipulation.

And it emerges - an ego playing God.

Well, how can so many people see the illusion of money, the feeding of greed, envy... the pain and consequences of wrongly distributed earthly goods... and each one plugs their ears and refuses to take responsibility?

New plans, new systems, new parties, new I-don't-know-what... There is no salvation as long as we feed our egos... I'm not saying that the ego is something bad - it is a tool in reality for me to be a separate individual. To self-actualize, to create with thoughts, actions, to share, to communicate, to engage in relationships

. The ego is a necessity. I have an ego. But the ego is not my true essence. And a life of blind sacrifice and positioning in the ego... is a sacrifice upon a sacrifice upon a sacrifice... a matrix.

Such a life for me is not real, but a deception. And hypocrisy. Masquerade. Farce.

And because society does not tolerate such thinking, because it does not serve the current of collective neurosis, they directly say - you're crazy, go get yourself checked, go seek treatment... How many barriers there are between us and the objects! Our moods, our health, all the tissues of the eye, the glasses in our room, the fog, the smoke, the rain or the dust, and even the light - all of it never stops changing. Heraclitus says, "You cannot step into the same river twice," and I would say: you cannot see the same landscape twice because both the observer and the observed are constantly changing infinitely. Wisdom comes down to submitting to the universal illusion without it leading you astray. In my opinion, reason inevitably leads us to the conclusion that everything material is only a dream within a dream. Only the feelings of duty, moral requirements, lead us out of the realm of magical dreams. Only conscience breaks the enchantment of Maya, only it dispels the money of enchantment, the hallucinations of opium, and the tranquility of contemplative indifference. It, conscience, makes us aware of our responsibility as human beings. This is the alarm clock, the rooster's cry that scatters the illusions, this is the archangel armed with a sword, who drives man out of his artificial paradise. (Leo Tolstoy, from Henri-Frédéric Amiel)

## The heart...

The heart asks the question, "Why? What is the cause? What specifically generates behavior in a person?" And the ego simply rejects, passes judgments, cuts off, condemns, "crucifies" the other in condemnation, because the ego cannot look within itself and see itself as it is. Why does it do that? Because it hurts... And if only it knew that by defending itself in this way, it would hurt even more... Empathy, compassion, sympathy, love, acceptance, the ability to feel the other as oneself, to understand them, to be unbiased first, in order to hear what they say, what they share with you – that is what the heart knows. The ego does not know it. One must be still, one must be nobody, in order to hear, to see, to feel. That is love. The ability to listen without judging. The other judges. The other bends to his ego... And he, the other, is the way you see him, because of yourself and what you identify with, what you identify as. And it turns out that you judge from outside yourself, thinking it's someone else. But it's not. It's your very self. You judge the other based on your own distorting abilities and filters. The mirror is not to blame for what it reflects. Nor is your shadow crooked. It comes from within you. "There is a place where God can dwell - the human heart. The temple, that is the human heart. We have a projection of God within us." (Teacher Peter Deunov) "The physician who heals you resides in the heart; He comes from God, he is of natural light; And at the foundation of all remedies is Love." (Paracelsus von Hohenheim)

## Exams - testing non-resistance

On our path to self-awareness and self-actualization... we reach a moment that serves as a test of our fearlessness - whether we are prepared to let go of everything, including our overly inflated self-image, which hinders our spiritual progress... Or... symbolically speaking, it can be seen as a test of non-resistance, a test and examination of the poisons of doubt and negativity that hinder us from moving forward without looking back... to surrender, to find peace, to accept, to trust... to "die" in order to be reborn... anew. "The universe knows what is best. Sooner or later, it brings us the right people and separates us from the unnecessary ones." (Buddha) "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted." (Matthew 23:12)

We know how to converse well with someone who agrees or almost agrees with us, but do we see that our interlocutor does not believe in the truth we acknowledge and does not even understand it? When we try to explain it to them and convince them that it is just, but they still disagree with us and, as it seems to us, persist or distort our words, we quickly lose self-control and become irritated. We may start speaking unpleasant things to our conversation partner or terminate the conversation, arguing that it's not worth trying to enlighten such an obtuse and malicious person. If you want to demonstrate some truth in a conversation, the most important thing is not to get annoyed and not to say any bad or offensive words. (Epictetus)

## Unconditional Love

"Those who truly love never regret loving and not receiving love in return." (Teacher Peter Deunov)

In Infinite Love, in unconditional Love, in unmanifested Love, in "unshared" Love - God is present. Through it, He manifests Himself. Life has meaning in the Infinite and Unmanifested. There is no unshared love. Every Love is shared - from God in the person we love. God in them always loves us.

"Divine Love is distinguished by the fact that whatever you gain in it, no one can take away from you. Moreover, the further you are from the one you love, the closer you are, the stronger your Love is. In human love, it is the opposite: only when you are close to the one you love is your love strong, but when you are far away, it disappears." (Teacher Peter Deunov)

## Just a conversation...

You, who suffer, know this: you suffer because of yourself. No one forces you to suffer. The liberation from suffering will also come only from yourself. (Gautama Buddha)

- They "pushed" on my old wounds again, I had balanced myself and taken off as if with stronger wings upward, and now I feel confused again; and I think it's for the best, for the dark corners of the soul to emerge, for the old wounds to heal, but at the same time, I also think... how long will it go on like this, all this suffering, will I ever become strong?
- Don't have expectations; see in suffering the cleansing, the polishing, God's hand, the guidance, the refinement; as long as there is dissatisfaction and resistance, and "how long will it go on like this, all this suffering," there will be suffering because there is a lack of humility and acceptance. Every wound contains within itself the seed for its own healing. Love the pain, see it as your gift, necessary for you to purify yourself and return to the Truth. Treasures are hidden in our wounds. And this is not masochism - I'm not saying to hurt yourself and invite slaps, but to look at your pain in a new way.
- Yes, I understand.
- Look at the pain with gratitude, with love for God and what He has given you as an experience, let go of control!
- That's exactly right.
- Leave behind your fears, don't identify with them. The old wounds are in the past, the lesson from the pain remains today. Take it and make it the foundation of your life now, without digging deeper into the past. Extract wisdom from everything that has hurt you, without delving into detailed analyses - that complicates things, mental acrobatics complicate things. Things are simple.
- How wonderful...
- If your heart trembles in front of something - it's true, follow it. In lifeless matter, in the past, you have no work or place. Eternity is in the NOW. Jesus speaks of this eternal life, freedom is in the present moment, the Kingdom of God. The past and the future are projections, illusions, not reality. And wounds exist because we run away from the present, because we lose focus. That's why we get hurt, to focus on the present. Jesus said, "No one who puts a hand to the plow and looks back is fit for service in the kingdom of God." (Luke 9:62) Set a strong anchor in the present. Embrace and LOVE GOD - in everyone, in yourself, in every living being. Recognize Him, seek Him, and see Him. Meet with God. When you see someone, let your first thought be, "God, I want to see you in this person." And you will see Him. You may encounter the ego of the other person or your own ego, but there will be a moment, a word, a gesture, and it will be a manifestation of God. And that is happiness - for your eyes to see the invisible,

for your soul to be light and free. The Teacher is in everyone, don't focus on authorities and outward appearances... Don't have authorities... "THERE IS NO OTHER GOD BESIDES ME"; don't create idols...

- Oh, my God, it's beautiful...

Listen, God is within yourself. You have a Teacher within yourself. In every person, God speaks constantly. Listen, don't have external crutches. A person needs an external Teacher until they discover, until they hear their Teacher within themselves. The Teacher is not necessarily in physical form. If you read someone's words as a Teacher - accept them as a voice from the One. The Teacher is God. Jesus said, "I am the way, the truth, and the life." Life teaches you, the path leads on its own. There is no need to try to stop the pain because that is manipulation, disobedience, restlessness, action from a position of fear, escape, resistance. The more you reject your cross, the heavier it becomes. It exhausts you, stops the flow of Divine energy, you lose your connection with God, your connection with Him is blocked. Trust in what happens, you are in God's hands, He takes care of His children and gives them the best. Accept that every pain is not pain but the best and perfect for you. I can share this with you, dear soul, as a revelation for you. Thank you for setting the tone for me...

- Oh, I thank you! I really, really needed it.
- Smile!
- Indeed, you understand me and give me the right perspective. Okay, I'll smile, a little sad smile, but it's okay, I know it's for the good.
- Of course, everything is for our good. BE HAPPY!!! Accept everything as it is, be happy with yourself in your sad moments, accept it, don't fight what happens, embrace it. That is the Spirit ruling over matter, over the ego, over fears, over lower desires and ambitions, over the lower nature, over personality.
- How do you see life management? I mean, can't a person manage their own life?
- There is no such thing as life management, actually. There is someone who governs and manages - God is the commander. You can listen to what your heart guides you, that is the command, that is the management. You listen, recognize, and take the necessary steps, the necessary actions, with pure will and pure selfless motivation, to fulfill God's will. The heart conveys GOD'S WILL.
- Oh my God, that's exactly what I needed to articulate, exactly that as a formula.
- When something makes you sad, uncomfortable, when you wish something would happen differently, say to yourself: "Let it be God's will. First, God, let Your will be done, not mine." And God knows what should happen, you just accept and experience it without resistance.
- Amazing, that's what my heart tells me, and my mind says, "Choose to be a victor, not a victim." And I've been struggling for the past two days, am I a victim or a victor?

:) That forcing actually breaks you, tires you, makes you sick. You are a child of God, and once you realize and feel that, you are already a victor. The Spirit has overcome



the ego, the animalistic, the lower, the fears. Victory is to subdue the ego, victory is to be a SERVANT OF GOD with complete devotion, without doubts, without analysis, to position yourself in the Spirit, not in the pretentious personality and its selfish goals and aspirations, for achievements, for careers, for success, for happenings, for manipulating relationships with dependencies. Because that, that is fleeting, that is building castles without a foundation. You need a SPIRITUAL FOUNDATION, you need a conscious connection with the Source, and then use the ego for its purpose and create with it. CREATE, discover, learn, write, work on what draws you, affirm God's power and glorify Him, don't do anything without being "plugged in." When I start working on a serious project on my laptop, I plug it into the power outlet, not just on battery, because the battery will run out quickly, it will "die," it won't last long, success won't happen, the work won't get done, it will turn off, it will stop the resource of electricity. And so... it is the same with a person - to be connected to the Source, not trying to live separately and independently.

- I am very, very grateful for these moments, short but with profound messages, very powerful, right on time.

"Do you have humility? God's Love can enter you. In the spiritual world, humility gives plasticity to the human soul to perceive the blessings that the Divine Spirit carries within Himself. That is what the human soul strives for. Only in this state can we perceive."  
(Teacher Peter Deunov)

## Now we are alive

The past is dead. The future is a projection of expectations generated by the lived and remembered past stored in the archive. In other words, it is a dead, projected past. Life happens in the present. And we are alive now. We breathe, hear, see, perceive, speak, feel - everything is in the moment, in the Now. When we step out of the past, out of its conditioning, we are imprisoned in our own ego-mind illusions. When we have pretensions, expectations for the future, we don't see the present as it is, and we deprive ourselves of the life and happiness that happen now, in this moment.

There is no disappointment without expectation. Our expectations towards what happens to us hurt and make us ill.

## Getting to Know Yourself

It is not shameful, sectarian, eccentric, or psychopathic for a person to seek God within themselves and in everything and everyone. It does not lead to madness or "flying in the sky." Turning to God is the most beautiful and true task of the human soul.

Happiness is only possible when the soul is at home with God. Opening and reading the Bible is not a waste of time. In most cases, people's opinions, disapproval, ignorance, and non-acceptance act as brakes due to the fear of what others will say, like "Oh God, what will others say – this person has joined a sect." So many people fail to see that they have become zombified and completely forget themselves in the sect of ego, money, and materialism. They serve social norms and orders, serve the collective neurosis of society, and forget their true selves, their souls. Or if they remember, it is only when some illness occurs on the physical level because they can't go to work and have a terrible fear of death.

How many people think of God without experiencing something cathartic and shaking, without pain and limitations? How many are grateful and enjoy the air, the water, the flowing life within them? How many are not ashamed to publicly pronounce the word "God" with sincerity and selflessness, with true faith and hope?

Absolute egocentrism leads people. They are led by their egos, greed, jealousy, fears, anger, and aggression, criticism, and condemnation, self-pity... all qualities inherent in the hungry personality, the dissatisfied, empty, unsatisfied one.

This knot, this entanglement of ego positioning and reactions, imposition and authorities, hierarchies, fear-aggressions, will not be untangled like this. Never. What you fight, persists. Everything will be resolved by turning to the Truth, to God, to Love, which we are, to its pure and selfless manifestation.

Of course, people (their egos) constantly analyze, label, this one is like that, that one is like this, I am like this, the other is like that... everything is subjected to dissection – a property of the mind, of the ego, to "put things in place."

I just want to share and believe that behind the reading ego, there is a Divine spark, a Soul... which will smile at me, which may be able to find its way in the battle between personality (ego) and individuality (soul), in the ego-soul struggle. I believe and "babble," and I write... Someone might say, "What has she started preaching, mumbling, annoying..." But that is just another criticism that the ego of that person will feed on.

We are not egos, although we almost constantly identify ourselves as such. We have egos, but we are Souls... Just as a tree has roots, we also need the earthly ego, but it is

there to serve higher purposes, the mission of our Souls. The tree bears fruit by using the lower for the higher, not the other way around.

God is within each of us, within all of us. And patiently, our Souls await the encounter... the acquaintance with ourselves. The spirit rules over matter. The spirit rules over the ego, over the personality.

"...To see a world in a grain of sand And heaven in a wildflower; Hold infinity in the palm of your hand And eternity in an hour." (William Blake)

## The Path is Love.

The Path is Love. A path of Reason and Self-discovery, Bright Spirit, Soul, and Body. A path of Kindness, Joy, Balance, and Harmony. A path of Beauty, of Unity with Life. A path of Justice and Fairness, Humility, Gratitude, Purity, and selflessness. A path of Honesty and Directness, with Pure actions, Bright thoughts, Bright emotions, with Strong pure will and enthusiasm. A path of Determination, Purposefulness, and Perseverance. A path of Forgiveness, Compassion, Gentleness, Warmth, and Mercy, Generosity, Magnanimity, Willingness to sacrifice, Courage, and Patience. A path of Silence, Observance, Stillness. A path of Moderation, Unforced, Naturalness. A path of Non-resistance but acceptance. A path of Trust, Hope, Unconditionality, Faith, Trust, Freedom without obsession and attachment, without judgment, denial, imposition. Allowing every soul to follow its own path, accepting its level of awareness, its pace, and degree of development. It makes no sense to force a flower to grow faster... A path of Enlightenment, Alert mind, Vigilance, Swiftiness, and Dedication in work. A path of Creativity. The Path is Love.



"Let everything you do be done in Love." (Apostle Paul in 1 Corinthians 16:14)

## Love is the fulfillment of God's law

"Owe no one anything, except to love one another, for the one who loves another has fulfilled the law. The commandments, 'You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet'; and any other commandment, are summed up in this word, 'Love your neighbor as yourself.' Love does no wrong to a neighbor; therefore, love is the fulfilling of the law." (Romans 13:8-10)

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." (1 Corinthians 13:4-8)

## Don't follow me

Don't follow me, I am within you, I don't want followers.

Stop searching for me, I am within you, I don't want to be sought.

And there is no message. Giving a message requires being far away. And you distance yourself. The message requires distance. But I am within you. I am you. You seek a teacher to guide you, to follow them. Know that the teacher is not a relationship - desire or aversion, the teacher is presence. Just feel the presence of the teacher. Your world is a relative reality that imposes limitations... And the presence gives you boundless vastness, infinity, and wholeness. And in the felt presence of the teacher, knowledge flourishes, sorrow disappears, joy is born, lack diminishes, talent manifests. And you understand that your Self is life in everything. And then the common becomes personal, and you feel richness, wisdom, and power. And then the personal becomes universal, and you find boundless love and freedom. Without desires. Desire means tomorrow, not now. That's the nature of desire - waiting for tomorrow, neglecting today. I run towards tomorrow, forgetting today. But my joy is never tomorrow, it is always in the now. Desires are my illusions because they arise from old experiences, dictated by memory, past impressions. If a desire arises, wanting it not to be there, you transform it into a new manifestation, into another desire. And everything is eliminated with the desire for truth, it dissolves everything, ultimately oneself, and only bliss remains. Otherwise, desire born for someone or something, received in reality, generates gratitude within you. And you express gratitude... And if you are grateful for something (external or internal, defining otherness), then you don't belong to me, to yourself, and you feel separated, centering yourself on something important, and your gratitude shows it. And if you have it, you establish separation. Desires, passions... they speak of lack. But there is no lack in my wholeness. I am the wholeness in true desired harmony.

## The Choice of Health

God is Love. Love is Health. Health is Life and Power. The divine, manifested in health, is the life force that directs everything and everyone, the driving energy behind what happens to us. We will always strive to understand ourselves, seeking an explanation for the processes that "animate" us - always in eternal and existential search for the true Self. Who are we and what makes us alive? Who holds us together? What is health and what is illness? Isn't health wholeness? And isn't illness a manifestation of health as a constant activating mechanism? Who manages the mechanism? Aren't illness and health one whole, one and the same thing? We are constantly in search of ourselves. If we seek, we will find. What we find is the product of our desire for truth. And the truth is ourselves - in the wholeness that we represent, in all our known and unknown, conscious and not-yet-conscious aspects of our essence. And while we ask who we are, we will receive answers that we are ready to see and understand, but we will never receive a clarified reality because the truth is in the very moment of questioning, in that eternal conscious moment of clear "uncertainty." The truth is in the eternal here and now. It is not about asking, it is not about answering. It is about experiencing. It is about experiencing everything that manifestation requires - namely, the manifestation of the energy of life. Energy is another name for life. Energy is the force that gives birth to, moves, and sustains life. And as a result, life simply IS - in its full perfection, in pure form, uninterrupted, eternal, infinitely alive... Life, nourished by energy, by the power of Existence, by the life force. We live in health with the life force that determines it. We live in illness with the same determining life force. Health and illness are determined by the life force, determined by the same spiritual life-giver. We misinterpret health and illness, not seeing their sole driving force. We say illness and health - two definitions of the same energetic action as a mechanism. We see two as one. And we say again in our illusory perception - "I am sick" and "I am healthy" - as if "I" and illness/health are different definitions, as if illness or health characterize the same "I" in different ways? No. In the illusion of our seeing, we fall into the deception of duality and construct our own images of health and illness. But in reality, health and illness are one. "I" and health are one and the same. Life, "I," health, moving energy are one and the same manifestation of the Higher Consciousness. Simply IS. There is no definition because the moment we define, we fall into limitation. We create illnesses as a universal regulator of our irrational behavior, of our misunderstood existence. To understand our wholeness, it is necessary to feel incompleteness.

And every pain comes to signal. It is a symptom. It is a lesson. Our own lesson, which we give ourselves at the right time and in the right way.

Lack and scarcity are precisely what remind us to return to ourselves, to God, to us.



Illnesses are a "healthy," necessary product for self-discovery, self-knowledge, self-improvement, or rather, realization of our perfect nature in the beginning, our essence as such.

Because our deep consciousness remembers our true essence, the Divine voice speaks, remembers, and knows that we are designed to be in health and harmony with everything and everyone. With ourselves.

The very striving for harmony with oneself is the mechanism that operates everywhere in nature. And everything acts in this way – everything is in harmony with the other. Because we are all one. From one and one. One soul. One organism. One principle acts everywhere – the life force and energy.

Energy always exists. It transitions from form to form, but it exists. It simply exists. The fact that we don't see it with the limited senses of our physical bodies doesn't mean that energy doesn't exist, that the connection between all of us doesn't exist, and that we are "separate from," "different from." It's not about connection. Connection exists when there are two separate things and they are connected, when there is duality. But energy is one and is everywhere.

We choose how to perceive and perceive the world. Because the force that created us is a constantly acting force, and we are the ones who, in our blindness and self-limitations, deny the ability to use it in our lives.

The circumstances in our lives are guided by us – a project of our own thoughts, feelings, understandings, and awareness.

And... we are left to search for ourselves in order to be ourselves, natural by nature, as we are created. Everyone has their choice and uses it according to their understanding of choice. One can choose to benefit from their choice, to express themselves, to express their essence. But one can also choose to be a reflection of the thoughts and desires of others.

To express oneself freely, to choose to be oneself, is to choose one's naturalness. And when you suppress the natural process, when you don't give yourself the chance to choose to be yourself, the only thing you are doing is self-aggression. A phenomenon is created, resembling a conflict between what we choose to manifest and what we are by nature.

And in this "dispute," tension is formed, which gradually manifests itself in symptoms of the diseases that afflict our physical bodies. The same analogy, created not only for me as an individual but for everyone, creates the illness of an entire society.

To be oneself is the health we desire. Freedom and happiness lie in being oneself. Happiness is health. And happiness is achieved through the conscious understanding of health and illness as disturbed health. Because we are not a "problem" defined as a disease, but we are the solution, seen in health as the only manifestation of life force. And it doesn't make sense to fight the disease as conventional medicine does because everything we try to fight against only weakens us and prevents us from seeing a new possibility in the "obstacle" (disease = disturbed health).

At the moment of acknowledgment, recognition - "I have a disease," "I fight the disease," you acknowledge that you are not in harmony and health, that there is no health (and there is no way not to have it if you are alive because health equals life force). You create the boundary "unwell/well" for yourself, and until you set it, until you step on this idea, you are not actually healing (this is what allopathy does), i.e., you constantly accept the boundary as given, real, and true, thereby reinforcing and affirming the very illusion you struggle to dispel - namely, that you are "in illness." You cannot expect reality by escaping from illusion with illusion.

The instrument of treatment, the idea with which it starts, produces illusory "health," "disease," which, perceived as such, hinder true healing - through the restoration of the disturbed life force.

All healing methods create the possibility of healing. It can be the surgical removal of a tumor to give the rest of the body a chance to recover. But it can also mean that the psychotherapist, hypnotherapist, or shaman create a situation in which thought patterns, emotions, or "evil spirits" responsible for the disease are changed or expelled, allowing the body to restore its healthy balance. Creating the possibility of healing, in any case, means removing the factors that hinder the innate self-healing powers of the body, as well as supporting and activating those factors that maintain and activate this ability.

My own work in preventive medicine, as well as with chronically ill patients, is largely based on the assumption that healing is a natural process, an inherent mechanism of the body. There is an intelligence that serves to maintain homeostasis or balance in the body in view of various threats from the outside and inside.

Seen from this perspective, diseased symptoms are often warnings that draw our attention to unmet needs.

We can also consider illness as a Western form of an invitation to meditation. In the West, where meditation does not have a long tradition, and people are not accustomed to occasionally delving into themselves and contemplating their lives, illness - sometimes just a very severe illness like a heart attack or cancer - forces the sufferer to stop and calmly take stock. In reality, it often happens that people suffering from a serious illness find deeper meaning in their lives and set new priorities.

When a person becomes seriously ill, they often try to "negotiate" with that entity they believe represents the organizational principle of the universe. They say, for example, "When I recover, I will devote more time to my family" or "I will develop my creative abilities," and so on. Sometimes the promised changes are realized, sometimes not. But if no change occurs or if the change is short-lived, the sufferer often receives a new "lesson" in the form of a relapse or a new illness.

...

In my opinion, there are very few factors more important than the way a doctor communicates with their patient. I cannot recall a case where it was unnecessary or unjustified to reassure a patient. If the outlook for treatment is not presented positively, the success of the therapy will be hindered. On the other hand, the attitude towards treatment affects the immune system. The patient's hopes are the doctor's best ally. A doctor who relies on these hopes and reinforces them creates an atmosphere in which therapy can have optimal effects. (Kurt Tepperwein)

## To mature, in order changing...

Towards Freedom Before we reach freedom, we must work through the law. External aids and methods, ceremonies, rituals, beliefs, doctrines - they all have their rightful place and are meant to support us and give us strength until we become strong. After that, they are no longer necessary. They are our crutches, and as such, they are mandatory in youth. Even books are like crutches, medicines are crutches. But we must work to reach the point where a person realizes their dominion over their own body. Herbs and medicines have power over us until we allow them to, but when we become strong, these external methods are no longer necessary.

Life introduced me to homeopathy, its theoretical foundations, as well as the real natural principles that occur at all levels, analogous to life itself. Life opened my eyes to what health is, what true restoration of health is, and what true healing is. Life presented me with a spiritual teaching, where the perspective on health and events is holistic, rooted in a multidimensional existence across different levels, it is highly associative, and it is a model of thinking with an expanded perspective. Life continues to teach me by revealing a broader perspective of seeing and knowledge.

The most important insight is that healing happens within the patient. Regardless of the methods used for treatment, neither the doctor nor the therapist are responsible for the healing. Every healing, without exception, is self-healing. We live under the delusion that doctors or medicine heal people. This is a pure illusion based on a mental error. We assume that the patient recovers after surgery because of the surgery itself. In reality, the surgery does not heal. Medicines, acupuncture, crystals, or homeopathy also do not heal. The patient who undergoes surgery, takes medication, or undergoes alternative treatments must heal themselves. All the aforementioned therapeutic methods may be necessary to remove blockages that hinder self-healing, but they are not sufficient to cause healing. From the experience of doctors and practitioners, we know that this is true. We also know that there are patients who die despite a "successful" surgery.

Since healing happens within the patient, there is no difference between true therapy and placebo treatment. All therapeutic methods stimulate the patient's own healing powers, and one method may be successful for one person, while another method may be successful for someone else. When true healing occurs, a new life is always born. Healing is a creative process that gives birth to new patterns of behavior and new connections that did not exist before. Instead of returning to the previous level of life, healing is associated with a new birth, and therefore, assistance is needed not from a surgeon but from a midwife. (Kurt Tepperwein)

I understood that a person needs to accept reality as it is, accept the level at which they are working, and "play by the rules of the game" in order to be maximally beneficial to the Whole, to what has been established at the specific level, and to what our society is ready for. External change cannot be imposed, it's not possible because people are not ready as consciousness, as thinking, as a model of living. Things are much deeper than just protests and mere reforms. The important internal reform is the foundation we are waiting for, and we need to work for it.

Here's an inspired excerpt from a book (Ramana Maharshi - "Collected Works"). The quote from the book is an exceptional message to me. The Teacher asks him the following question: "Doesn't the one who strives for Enlightenment (the disciple, the aspirant) lose something by not following the rules of societal norms and established phases of life?" And he answers: "As long as the acquisition of Knowledge is the ultimate goal of all practices, there is no rule that the person who is in a certain phase of life, at a certain level of understanding and experience, and who is constantly seeking Knowledge, there is no rule that the person is limited to following the rules laid down for that phase of life. If he follows the rules of the stratum, the norm of society, and the established phases of life, then he does it for the good of the world. He derives no benefit from following the rules. Nor does he lose anything by not following them."

I sensed this as a message - we work at the level that society is at, even if we have seen much higher. We come down to that level and raise the frequencies, cleanse karma, but not through fighting, upheaval, protests, and resistance, but through unconditional acceptance - change will happen from within first, and then from the outside.

The healer is a person who helps others learn, trust their own inner truth, and lead a fulfilling and freer life. In order to heal themselves, people must first understand that deep within them resides an inner guide and second, that they can trust it. My work consists of showing people simple ways to connect with their inner wisdom and encouraging them to trust that voice and let it guide them. We can summarize that a good therapist helps their patients, clients, or students connect with their inner wisdom and increasingly trust it. Of course, individual therapists or healers achieve this in different ways. But I am convinced that the reason for true healing lies in people finding their inner truth and learning to trust it, respect it, and take care of themselves in harmony with it. The more therapists and teachers understand this, the more consciously the healing they mediate will aim to teach people to believe in their inner voice and take good care of themselves instead of turning to external authorities. In other words, less importance is attached to external guides, healers, and teachers, and more emphasis is placed on self-inquiry. Shifting the center doesn't mean that there will no longer be a need for teachers, healers, and therapists, but rather that we will witness an increasingly significant change in the roles of teachers and students, healers and patients. They will become more equal in an interdependence that presupposes mutual healing and learning. (Kurt Tepperwein)

Now I will quote Teacher Peter Deunov, who said the same thing, but in the context of health in one of his lectures (I don't remember which one because I extract thoughts that touch me in my notebooks without specifying where I read them, and after reading so many books, I start losing track, for which I apologize).

"The sick person can heal by raising the vibrations of their body." (Teacher Peter Deunov)

"There are two ways of healing: the old way and the new way. Modern people usually heal in the old way - with medicines, baths, etc. This method of healing is slow and yields microscopic results. And I heal in this way too. When a sick person comes to me, I give them certain methods, certain advice, and I tell them: 'If you follow my advice, after 6 months, you will see microscopic results.' However, I don't heal people in the new way. Why? Because they are not ready yet. The new way is spiritual healing. If I heal someone spiritually, but they are not ready to lead a pure life, they will make even more mistakes, which will create greater difficulties in life. For those who are ready, spiritual healing instantly yields results. It is enough to give the sick person a microscopic portion of the elixir of life, and they will heal instantly." (Teacher Peter Deunov)

There is no need to fight the illusion and the wrong attitudes, approaches, paradigms, and methods of medicine, or any sphere of life. At this moment, the evolutionary level of humanity's consciousness, of society, is what it is - medicine is necessary, it is a product, a result of the collective level of human awareness. It is necessary for maintaining and preserving health (the question is already how it is maintained and whether it is actually not being destroyed.)

Evil, delusion, illusion, ignorance, and unawareness are destroyed by themselves, they naturally fall away. Medicine itself will transform because when people change internally, they will no longer resonate with this type of treatment (allopathic), they will no longer need or use such services. There will be no one left to be treated in the old way. With a sufficient accumulation of awakened consciousness, an evolutionary leap and transformation will occur. This will lead to external change - not only in medical services but in all aspects of life, in a new model in society. Acceptance, humility, love, open-mindedness, unconditional commitment to the level where humanity currently stands in terms of awareness (for the most part) actually accelerate and catalyze the process of awakening, realizing, and transforming. There is no need for protests; inner work is needed. Because every imposed change is the same pattern. Again, the same pattern. The new pattern is that of love, humility, and acceptance. And anyone who would sacrifice themselves to change the established system, if there is not enough accumulation in the face of their working counterparts in one direction and goal, will simply be a sacrifice, and there will be no change because the moment is not ripe yet.

"Do not pull the flower to make it grow faster." This means work, work, work, time, time, time, faith, faith, faith - as Teacher Peter Deunov used to say.

The other day, I had an insight, and I will share it. I told myself that from now on, I will "dial" through the internal line (i.e., I will work with myself in my inner mental world with other people). Here's what I mean... This dialing and ringing are metaphors. When I call, I dial numbers, meaning I become similar to the subscriber I'm dialing, I align with their consciousness. After doing this, I am actually working, doing the work, and transformation is work. Furthermore, I expect someone to pick up, which is time, waiting concerns time (i.e., the speed at which the person on the other end hears my call, understands what I'm saying, and picks up and responds, reacts for change, for healing) - that concerns time. And faith is what makes me call, the belief that there is someone on the other end who will hear me, that this is an existing subscriber, i.e., that God is there, and someday I will pick up from there. So - work, time, faith... In my opinion, the ultimate goal is as follows (regarding health and healing) - I don't know who said it, probably Teacher Peter Deunov, but it doesn't matter because the ONLY TEACHER is GOD.

Tell the illness: "In the name of the Lord in whom I believe, I command you (the illness) to leave me!" Treating yourself with medicines is not healing. It is an exercise. Healing is Christ's "Arise and walk!"

## The world needs people who are madly in love with God

For the purpose of doing good to the world: "They ask us: What good does your religion bring to society? Society has become the criterion for truth. However, this is completely illogical. Society is just one level of development that we go through. In the same way, we can assess the good that a scientific discovery will bring based on the benefit it will have for a baby. This is simply monstrous. For the condition of society to remain unchanged would be the same as a baby remaining a baby forever. There can be no such thing as a perfect baby-person; it is a logical contradiction, and in the same way, there cannot be a perfect society. Humanity must and will transcend these early stages. At a certain level, society is good, but it cannot be our ideal; it represents constant change. The present mercantile civilization must die - with all its pretenses and deceptions. What the world needs is the power of individual thought. My Teacher used to say, 'Why don't you help your own lotus flower to bloom? Then the bees will come on their own.' The world needs people who are madly in love with God. You must believe in yourself, and then you will believe in God. The history of the world consists of five or six people with faith, five or six people with a deep and pure character. We must possess three things: a heart that feels, a mind that understands, and hands that work. First, go out into the world and make yourself good tools for work. Become a dynamo. But at the same time, feel for the sake of the world. In this time when everyone is ready to work, where is the person of feeling? Where is the feeling that created Ignatius of Loyola? Test your love and humility. One who envies is not humble and loving. Envy is terrible; it is a dreadful sin that creeps into a person so mysteriously! Ask yourself, does your mind react with hatred and envy? God's works are constantly being destroyed by the torrents of hatred and anger that are poured into the world. If you are pure, if you are strong, you, one person, are equal to the whole world.

The understanding mind, the next condition for doing good to the world, is ultimately just a dry Sahara; it alone cannot do anything until it experiences feeling within itself. Take the love that has never failed; then the mind will understand, and the hands will work righteously. The saints have dreamt of this and have seen God. 'Blessed are the pure in heart, for they shall see God.' All great people claim that they have seen God. He was seen thousands of years ago, and the unity that lies beyond was known; and now the only thing we can do is to fill these glorious contours."



## Awakening

Time in timeless measure happens... I am the representation, and through me, it is represented in becoming. I feel that it expresses its essence through me and my dimension of representation. I measure everything in timeless nothingness, and nothingness presents itself in everything. But did representation give birth before feeling, or does feeling give birth to representation? One includes the other, how do they enter into becoming, before and after?! I am here. I am both inside and outside your measure and dimensions. You seek vision to imagine yourself... Realize - vision is not found in the search for views and in touching your framed limitations; the search lies in the feeling of immeasurability, an initial and unique dimension. And here it manifests in sensibility. And everywhere. Where do you seek me? You will reach nowhere in time, and you reach always early, late, or never in your time. There is no beginning, and there is no end, just as there is no time. There is the vision and the experiencing of the vision. The happening of the seen, the experiencing of you and me and everything. There is everything. It is seen. Interwoven aspects, details are all in one tone. There is no measure, no value; feel and be in synchrony. Music is one that plays, you simply hear a part of the sounds - Be in synchrony with them, and then you are valuable in the aspect of manifestation that I am. Everything in music and the instrument is you - you create it... When painful falseness captures you, inevitable in your search, you forget yourself... When sound is captured within sound, and together they give birth to a new sound in the collective melody of everything. When love is born in your soul, breathe with it and share it, for that is the way to keep it alive and pure within yourself. If you hold onto it, it will fade into a painful stream of silence and denial. Feel and be in synchrony. That is me. You follow me forever in your now. And I will happen in the healthy breath of your essences and the loving feeling in your eternity. And I am yours because you and I are One.

## Sharing

There are no impossible things. Life can be seen as a wondrous continuous game, an ongoing magic. By awakening to our true nature, we could change our lives. We are the ones creating the magic of Life because we are the magic itself. We create it with our thoughts, our understandings, our choices, and our experiences.

Let's listen to the whisper of our Self... to discover our higher purpose of existence... to remember who we truly are, to uncover our wisdom and power, to foresee our unique journey and how we ourselves are the path, unfolding the magical path of Life.

There is a collective "leap" in consciousness, through which we rediscover our interconnectedness with others, a leap where we recognize our mirrored self-produced "otherness"... as ours, as aspects of the self, as manifestations of a conscious, vital, creative energy... a leap into a "new," infinite, eternal (beyond time and space) perspective.

We, placed in time and space, realize the evolving mind... and as it evolves (we think there is causality, a chronological sequence, but it has already happened... just remembrance... of who I am)... as the mind evolves, it seems to become more complex... we discover our own evolution...

Our rational reality is a pleasant, convenient illusion, a deception. Yet necessary to experience ourselves in different manifestations, multidimensional, multifaceted, multitruthful, and diverse.

Everything is interconnected, one energy, intertwined, interwoven... dancing energy and light, a fabric - a living, vibrant force.

Quantum physics has already succeeded in proving that consciousness plays a fundamental role in physical reality. Reality is shaped by our thoughts, beliefs, and desires... and... the universe is like a grand thought.

We are interconnected in an astonishing way that transcends space and time.

Let's reflect on the following - our sciences, biology, chemistry, physics... metaphorically seem to study the hardware of a television receiver, trying to understand how the picture appears... while overlooking the crucial "software" - the "invisible" transmission of waves-information, the exchange of energy.

This metaphor can be seen in real life. And understood by each person according to their understanding of life and their reality.

And the viewer and observer will always be right because they refract the symbol, the metaphor, through their awareness and thus, through these tools of understanding, they construct, create the truth of their reality, producing it as valid and true, only as valid and true as the right and possibility of observation and the occurrence of any understanding.

The famous Plato's allegory of the cave - "Plato invites us to imagine that people are shackled in a dark underground cave. At the entrance of the cave, there is a burning fire whose flickering light casts shadows from the outside world onto the walls of the cave. The prisoners, bound by their chains, can only see those shadows of reality. One day, one of the captives is set free and dragged out of the cave. At first, he is blinded by the sunlight, but as his eyes adjust to the new conditions, he is amazed to realize that this is the magnificent real world and that the shadows on the walls of the cave were just illusions. The man rushes back into the cave to tell the others about his astonishing discovery - but they mock him when they hear his crazy tales of the "real world," and they cling steadfastly to their chains..."

And... what are our attempts to understand the external material dual world really?! These are attempts to know and explore our "inner space"... "gazes that we cast into a holographic mirror as if in a dream." With these sudden insights, we open ourselves to the magic in the Miracle of Life.

This is a mystical perception of the world in which consciousness is the primary reality. The universe is as it is, created by Consciousness. We are all interconnected, and reality is an illusion that we create ourselves. This ancient wisdom transcends rigid scientific and religious doctrines... wisdom that is foreseen and disseminated as knowledge... by prophets, seers, individuals with unlocked (or rather awakened, discovered, activated) extrasensory perceptions. Extrasensory... according to its localization... according to the reality and its subjective factors... Because otherwise, they are not "extra," but an inherent ability of everyone, of the collective, of the Creator. Of God.

The metaphysical view of the world... defines the three-dimensional reality in which we consciously dwell... as a projection... of a multidimensional higher reality. (We "mess around" in the messiness of Life :), there are no mistakes, only the turning of the evolutionary wheel of Life; In nature, there are no mistakes... we confuse our complex holographic illusions with reality.

I know that all of this can be seen as mere speculation and philosophizing, as a mind that transcends and imaginatively spreads its wings, trying to explain the world and processes in life... or an ego that needs to feed its illusion of importance...

I know that whoever sees it expressed this way is entirely right for themselves, and that's precisely the magic of individual experience in time and space... in the choice of

what and how to see and understand, in the choice to assume a particular position and follow one's own correctness, in one's own security that they are right.

By following myself, I share because it is through sharing with myself and all those who recognize me that I experience myself most fully.

We, humans, try to explain with words, with framed defining labels, with concepts, with many "diagnoses," and with a whole artillery of categorizations and terminology... the abilities and properties of the mind, as if that defines us... because we are in universal delusion, in the universal stagnant belief that the limited part, the part we see of ourselves with explanations and understanding, is the essence that conditions us, that creates and defines us... that is who we are.

But we are much more... we are everything, everything we can imagine... and what we can't imagine. We can be and are. Simply if we transcend the boundaries of common understanding... the ego-reproduced divisions of self-other, of differentiation. The ego is very afraid that it might not have a limited space of existence, afraid of undifferentiation, of merging, of non-identification, of self-giving, of lack of personal space and personal right. And in all of this, it makes sense for it to be that way, and it is not by chance. It is necessary. Therefore, everyone is right. No one is wrong. Never.

"If there were no illusions, there would be no enlightenment," a Buddhist saying...

Everything is continuously changeable, transitional. Because we are a process, not just the result of the action of the process called Life. We are not just the one living; we are Life itself and the act of living. This happening cannot be confined to a definition. It is inexplicable and eternal. And it is an illusion to think otherwise.

A given illusion has its purpose, embedded by its creator. And to benefit from it, you must know that it is an illusion, recognize it, and experience it as such. And when you know why it was created, it serves you by design, and you don't fall into the situation of suffering its effects as its blind victim. By knowing and recognizing an illusion, using it in the world of relativity as such, it gives you the opportunity to create and experience yourself in different, multifaceted forms. Then you serve the illusion by design. And then "every action is an act of self-definition."

## The teacher is within everyone

As we speak... we learn, educate, inspire ourselves and others in something, as we engage in analyzing, labeling things as right or wrong when we talk and proclaim. We become too preoccupied with it and fail to hear the truth about ourselves. And that truth speaks through intuition, thoughts, feelings, from everywhere... through the people we interact with, through symbolic events and circumstances, through everything. So the teacher is within every person, every being, in everything alive.

And when you see the world in this way, the teacher becomes yourself. You simply start to be... to express the truth consciously, to be a clear mirror for others. In that way, they also have the opportunity to see themselves as authentic. Everything is interconnected. Unlearning is necessary. We are conditioned by society, by our mothers, fathers, grandparents, teachers at school, by everything and everyone around us with whom we have had contact. We are taught not to be ourselves. We are taught to live for others, for norms and orders, for dogmas, for illusions. We constantly struggle with things we dislike, but they persist because they are based on ourselves at some level. We fight, but we don't see that we are rejecting ourselves. With the struggle, with the exerted force and energy, we lose and hurt ourselves. That's where the teacher within us, the guide within us, navigates and calls us—forget, unlearn the old model, surrender to the inner knowledge, to the universal natural process of existence. Surrender without control, without fear, but with trust that life is as it is, and what happens is always what's best for the whole system.

When you live in your consciousness and your thoughts in a personal perspective, you suffer in one way or another, wanting to take control of the collective. You are not ready to take it on. It's good to simply express what you were created for, what you are. Just be. When you relax and trust, life leads you to your highest essence. When you observe, you see. Genuine presence leads to genuine experience. The best way we can help ourselves is not by serving the interests and desires of others (some with good intentions, others not), because those are neurotic services, not authentic ones. It's not about living for others because that is anti-life. We are here to live as our true selves. Sacrificing yourself for someone else is not genuine experience. It is essentially the same as sacrificing someone else for yourself. The other polarity. When you suffer specifically for the sake of the world, in the name of the world, you don't help it; on the contrary, you damage it in its evolution and development. Because everyone is given their own time to see themselves. That is fundamental and inherent. To take someone's burden and carry it for them is not helping the other person. They needed that burden to learn something about themselves. The best way to help others is to be truly and authentically ourselves. By providing them with a clear reflection of themselves. Because everyone sees themselves in their external aspects. Those aspects are there as a background. And... separation illusion is necessary to see the unity of everything.

Time illusion is necessary for that vision to occur. Space illusion is necessary for there to be separation in reality. A system is in balance and harmony when its "components" are in balance and harmony, in good health. It is the same with us and society. If we genuinely follow ourselves and be ourselves, we best contribute to the collective health, well-being, and happiness. That is my personal opinion. And it is by no means teaching but sharing. Because the teacher is within each one of us, and no one is more special than another; everyone

is special. There is no higher or lower; there is only being what you truly are. And that is perfection, singularity, absoluteness... We have much unlearning to do, much to recover from a great amnesia and self-forgetting... But everything in its own time :) And "amnesia is forgotten" as long as it exists, it has its purpose. Each individual is given what they need to see and understand. And to be... themselves. Truly.

"The disciple who has an internal drive for learning will easily find their teacher."

"When one follows the steps of the Master, the ears of those who are ready for his Teaching open wide."

"When the ears of the disciple are ready to hear, then the lips appear to fill them with wisdom."

"The lips of Wisdom are closed except to the ears of Understanding."

## The Learning Teacher

When the "student" is ready, their readiness awakens them to new understanding and information, meaning that learning manifests itself and is experienced. They become a conscious student, teacher, and learner simultaneously.

They are a student because they acknowledge to themselves that there is always something more to learn about themselves.

They are a teacher because they self-educate themselves about their abilities and constantly seek information about who they are, what the purpose of being who they are is, whether in pain or joy.

They are a teacher because they "deliver" wisdom in a visible, relatable, understandable, and conscious way to the student who consciously asks for answers.

And... it is learning because the information I realize as a student about myself is instructive. Because the information is the teacher. And because I am the learning teacher.

## The Teacher-God

Great is the Teacher in everyone! Great is God! I praise and glorify the Teacher-God in everyone! I seek within myself, in everything and everyone, in everything visible and invisible, to see that. I extol the Manifested Teacher! The Teacher, merged with Truth; The Teacher, merged with Love; The Teacher, merged with Wisdom; The Teacher, becoming Light itself, Kindness, Justice. The Teacher, merged with their Teaching, with their students, with their manifestation.

I contemplate all that is created, and I see and feel the Presence of the One Teacher-God.

There is only one Teacher - God. And everything is His Perfect Manifestation.



## The Greatest Commandment

"And one of the scribes came up and heard them disputing with one another, and seeing that he answered them well, asked him, 'Which commandment is the most important of all?' Jesus answered, 'The most important is, "Hear, O Israel: The Lord our God, the Lord is one; and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." The second is this: "You shall love your neighbor as yourself." There is no other commandment greater than these.' And the scribe said to him, 'You are right, Teacher. You have truly said that he is one, and there is no other besides him; and to love him with all the heart, and with all the understanding, and with all the strength, and to love one's neighbor as oneself, is much more than all whole burnt offerings and sacrifices.' And when Jesus saw that he answered wisely, he said to him, 'You are not far from the kingdom of God.' And after that no one dared to ask him any more questions." (Mark 12:28-34)

"To love your neighbor as yourself" means that first, you must know how to love yourself in order to love others in the same way. Unfortunately, Bulgarians, to some extent, fall into the pattern of being a victim or a pseudo-saint, and in their effort to follow this commandment to love their neighbor, they completely forget about themselves. They don't know how to love themselves, they don't love themselves, and as a result, their love for their neighbor becomes distorted. Of course, loving oneself doesn't mean becoming egocentric and self-centered, or narcissistic to the point of forgetting about others. Loving oneself means having a healthy foundation of love, respect, acknowledgment, trust, and reverence for the soul, the divine spirit within oneself, which is God's child. No one can truly love others until they consciously love God within themselves. And when that happens, the neighbor becomes a part of oneself, and by loving them, you are actually loving yourself as well.