Chapter Four

WHAT ARE THE PROPER, RIGHT, CORRECT, EFFICIENT, SUCCESSFUL AND EFFECTIVE MEANS AND WAYS TO FIND YOUR WAY BACK TO THE TRUE LIFE, TO YOUR TRUE INNER SELF, TO YOUR TRUE INNER MIND AND TO TRUE HAPPINESS? HOW DO YOU GET RID OF EVERYTHING IN YOU WHICH CAUSES YOU ALL KINDS OF PROBLEMS AND TROUBLES BE THEY SPIRITUAL, MENTAL, EMOTIONAL INTELLECTUAL, SEXUAL, PERSONAL OR PHYSICAL OR ANY OTHERS WITHOUT ANY EXCEPTION OR EXCLUSION?

*Content of „**Who Are You And Why Are You Here ?**“, pg. 113 - 220, Chapter Four*

“As you remember from the previous chapters, one of the major assignments of your life on this planet is to find your way back home, to the true life, to your true inner self and Super--Self, to your Inner Mind and to the Most High, the Lord Jesus Christ in your Inner Mind or to the five percent of everything which is human in you, and thus, to a true and genuine happiness.

In order to do this, you have to be equipped with a tool, or an ability or a gift which would allow you to accomplish this crucial, vital and important task.

Because you ark on this planet, in the Zone of Displacement, where the negative state is fully activated and dominant, it presupposes that you came to this world with such an ability or tool or gift. This was one of the conditions under which you agreed to come here.

Most people are not aware that they have such an ability. And yet, very often they spontaneously use it in their lives or experience its influence without fully realizing that it is a part of their life equipment and, thus, it is an integral part of their personality and their mind.

Have you ever found yourself in deep, profound thought or in a state of day-dreaming, during which time, perhaps, many hours passed and you had no idea that so much time elapsed? And that during that time you had no awareness of what was going on around you in the external world? Or have you ever read an exciting, thrilling book or watched an exciting, suspenseful show during which time you found yourself to be an integral part of the story of that book or that show and that during that time you had no idea or no awareness of anything around you in the external world? Or have you ever closed your eyes and relaxed and vividly visualized yourself or pictured yourself in your favorite fantasy spot? Do you have your secret, private, favorite, intimate and personal fantasy place, or state, or spot where you like to go when you feel that you need to rest and to shut off all those turmoils, stresses, pressures, problems and demands of the everyday hassles which we call life? Have you ever driven a car on a freeway and drifted off in your thoughts somewhere else and caught yourself driving off the freeway with the awareness that you have no memory or recollection of what happened from the moment you got on the freeway to the moment you got off the freeway? These are some examples of that gift or ability that all of us, without any exception or exclusion, have at our disposal. I am pretty sure there are many other examples of that gift at work in your life. I am pretty positive that you could tell numerous stories from your own personal experiences which would support the existence of such a gift or tool or ability.

Every human being has this ability and everyone of us, at one time or another, experienced its work in our life. We can go so far as to say that, without such an ability, gift or tool, we would not be able to survive in this harsh and demanding world.

Even if some of you were to tell me that you have never experienced anything like what I described above, I would have to tell you that if you would close your eyes, for example, and if you would think of yourself doing something that you like to do the best, you would experience what I am talking about. During such intense thinking or visualization you would not be aware of anything else that is happening around you in the external world. You would be aware only of that which is going on in your thinking - inside of you.
What is happening when you experience these kinds of states or conditions, be they spontaneous, without your conscious invitation to them, or be they purposefully evoked by your own will for the purpose of relaxing, for example, or whatever purpose you have?
The most important thing which is happening in the process of such an experience is that you shift your awareness from your external world and your external environment to your internal world and your internal environment; from outside of yourself to inside of yourself; from without to within.

This ability to turn your attention or to shift your awareness from the outward world into your own private inward world is the crucial and vital tool that was given to you by the Most High for the purpose of finding your way back to the positive state or to the five percent of the true human in you.

However, most people do not realize that this ability can become a royal road to their true Inner Mind and to the true Most High in their Inner Mind if they learn how to properly and effectively utilize this ability. If you do not know what to do with this gift of yours, it will lie dormant and unutilized by you. It will only occasionally exhibit itself in your life, spontaneously, just to remind you that it is there. This reminder comes usually from the region of the five percent of the true human in you. That part of you wants to be aware that you have something that can help you to make a contact with the center and the Source of your life and your true self. There you can find all answers to your questions and the true happiness and joy of your life.

Some professional people call this ability of yours by an unfortunate name - "hypnosis" or "self-hypnosis." It is called by the unfortunate name "hypnosis" when someone else utilizes this, your inborn ability, to help you shift your attention and awareness from your outer self to your inner self. It is called by the unfortunate name, "self-hypnosis," if you do it yourself with the volitional purpose of going inside yourself for relaxation or to feel better or for any other reason that you might choose. The reason why these names are unfortunate is because they imply sleep, seeming loss of volitional control, total lethargy and many various other phenomena that give you a false impression that something is being imposed upon you from the outside. Such an apparent picture of hypnosis and self-hypnosis turns many people off and makes them suspicious of these states. Yet in a true sense just the opposite is true.

Do you remember your experiences when you day-dreamed or when you read an exciting book or watched a show and how you were totally absorbed in your inward activities? Does it strike you like sleep or lethargy or like a loss of volitional control or whatever other nonsense is ascribed to hypnosis and self-hypnosis? Is it not true that during this experience your mind is more alert and active than at any other time? Are you not the one who, by your own free will, chose to go inward, or to read the book or whatever you did for that purpose? Do you see what I mean?

This unfortunate misconception about hypnosis and self-hypnosis, being dangerous and out of your control, was artificially fabricated by the behavior of the stage hypnotists whom most

of you have experienced at one time or another in your life. It usually comes from the induction of trance and from the type of wording and tricks that hypnotists use to induce hypnosis. But most people do not realize that all of those tricks and specific verbal instructions to induce sleep or relaxation are nothing more than an attempt to shift your attention and your awareness from everything outside, to solely what the hypnotist suggests or to what is happening in you - inwardly. Those tricks and words have no other function whatsoever. But the way they are used, the voice which is used during such inductions, the behavior of the hypnotist and his various postures give you a very false impression that something very unusual, very mysterious and, perhaps, even dangerous is happening.

Yet, I can assure you that during this kind of induction nothing whatsoever is happening to you more than what you experience when you occasionally day-dream or when you watch an exciting show or read a suspenseful book and you listen to the voices of the people in the show or read the dialogue of the characters in your book. The voices of people on the show and the dialogues of the heroes in your book have a very peculiar effect on you. They put you in a hypnotic trance so that you can actively, from within yourself, participate in what is happening with those people in the show and in the book. Usually, you are not consciously aware that such is the case. Now, the voice of the hypnotist has no more or no less effect than all those voices in a suspenseful show or all those dialogues of your heroes in the thrilling book that you read. Moreover, those kinds of voices, including the voice of the hypnotist, can have an effect on you only if you choose to follow them or to pay attention to them from your own free will from within yourself. Not even the best hypnotist in the world can hypnotize you if you decide not to follow his/her suggestions. The reason why people follow the hypnotist's suggestions, even the most ridiculous ones (such as, for example, to bark like a dog), is because they agree from within themselves to experience the effects of the hypnotist's suggestions and to see how it feels. In the moment they agree from within themselves, the suggestions of the hypnotist become reality to them and they fully identify themselves with the content of those suggestions. In fact, they become, for a moment, those suggestions. However, if they do not agree with these suggestions from within themselves, nothing will happen and even the best hypnotist in the world will fail.

It is important to realize that for any suggestion to be effective, the agreement to accept it must come from within yourself. It is not sufficient to solicit your agreement from your external conscious mind only. Your external conscious mind's agreement may or may not produce the desirable response. Usually it does not unless it happens to be aligned with the agreement from your mind within you. On the other hand, very often, when your external conscious mind disagrees but your inward, unconscious mind agrees, you will respond to suggestions because your inward state knows better what you need to experience while your external conscious mind usually does not have that knowledge. This latter situation - the discrepancy between your external conscious mind's attitude and your inward unconscious part - gives you a false impression that the hypnotist imposes his/her will on you and that you are under his/her spell because you know for sure that you did not want it to happen consciously. But, as you see, it was your external conscious mind that did not want it to happen and not your inward unconscious mind. You do not have any conscious awareness of this situation. People see this happen to a hypnotized person over and over again. From this they falsely conclude that a hypnotist is in control of the subject's will and that the hypnotist can suggest just anything in the world to the hypnotized person and that the hypnotized person will carry out the hypnotist's suggestions, no matter how hard a hypnotized person would try to resist them. But people forget those people who from the position of their external conscious mind wanted desperately to experience a deep trance induced by the hypnotist yet, to their greatest disappointment, they were not able to have such a desirable experience. How is this possible if a hypnotist is in control of your will? Do you see what I mean? If for some important reason your inward unconscious mind does not agree to

accept the hypnotist's suggestions, you will not respond to any of his/her suggestions no matter how hard you try. In fact, the harder you try to do it consciously, the less you will succeed. This is the law of your mind.

I hope, that from these considerations, I was able to sufficiently convince you that hypnosis and self-hypnosis is not something imposed on or "induced" into you from the outside or from a hypnotist. It is a gift, an ability or a tool that we all have and that we all experience on an everyday basis. Thus, hypnosis is a normal, essential, necessary and healthy condition of our lives and our personality make-up which we shift in and out of at all times without even being consciously aware of doing so.

You can see now that the only thing that a hypnotist is trying to do is to utilize this ability of yours and to make you shift your awareness or attention from the outside world to your inward world in order to solicit from your inward unconscious mind an agreement to experience this or that.

You have to remember that your external conscious mind is only a shell and that it is not truly you. The true you begins beyond that shell. So that, if I am asking for the agreement and cooperation of your shell - which is your conscious external mind - I am not asking the true you. I am asking only your shell but not you. Unfortunately, people have the tendency to think of their shells as being truly themselves. This is a tragedy and a source of many human problems and miseries and the result of the activation and dominance of the negative state as revealed in the previous chapters of this book. The negative state wants nothing more than for you to consider yourself to be that shell and to believe that there is nothing more to you than that shell. This way, the negative state can keep you out of yourself, outside of yourself, in the external world, in the world of delusions, myths, illusions and falsities away from the true spiritual essence and substance of your being and existence. This is one of the reasons why the negative state does everything in its power to discredit hypnosis and self-hypnosis and to come up with all kinds of convincing nonsense about its nature so that you will not utilize that powerful gift for becoming a better human being, that is, a truly spiritual human being. As you will see later, we can consider a special type of hypnosis a royal road to becoming a truly spiritual human being.

On the other hand, if I am by-passing your shell, and contacting something which is inside that shell, I am contacting the true you and asking the real you to go along with my suggestions. If the real you agrees, then suggestions will work. If not, they will fail. Simple as that.
When professional people noticed this unusual phenomena which they called by the unfortunate name of hypnosis, they decided to utilize this inborn human ability for treatment purposes or for the purpose of helping people to improve their lives. The professional people realized that, if they could somehow solicit an agreement of the true you (which "you" has a seat somewhere beyond your shell - the external conscious mind) to respond to their suggestions for the elimination of your various habits, problems and illnesses, you would get rid of your bad habits, personal problems or even physical and mental illnesses. Simply stated, you would get well.

This is how treatment by means of hypnosis and self-hypnosis was instituted by the professional people.

Yet, even in this kind of treatment, which utilizes your gift or ability to shift into yourself, there are too many failures and many of us do not respond to suggestions to get well.

Why is this so? Basically, there are two general reasons:

(1)
One is that the present understanding of the nature of hypnosis and self-hypnosis and their

use is insufficient, very limited, superficial and has a wrong theoretical foundation.

(2)
Most people have preconceived ideas about hypnosis and self-hypnosis and they believe in all kinds of myths and misconceptions about their nature. This attitude blocks proper and more effective utilization of the possibilities that hypnosis and self-hypnosis could offer. As mentioned above, the negative state in you does not want you to have the right understanding and attitude about these tools so that you will not become liberated from its clutches and the hold which it has on you. It even uses various religious doctrines to prove that hypnosis and self-hypnosis is dangerous because it takes away or at least endangers your free will and, thus, leads you away from God. This is the typical upside down position of the negative state toward hypnosis as toward everything else. The reality is that, if you learn how to properly utilize this excellent gift of the Most High within you, it will only bring you to the true inward control and to the true free will and toward recognizing and accepting the Most High, the Lord Jesus Christ as the only Creator. There are some people who even use some literal quotations from the Holy Bible to prove that hypnosis and self-hypnosis is dangerous. These people do not understand that everything in human hands can be misused and abused and, thus, that everything can become dangerous if it is used with the wrong purpose, intent and motivation. When literal statements in the Holy Bible speak about certain things that you should not do, in the internal sense of such statements is contained a meaning that tells you that you should not do it only with wrong and evil intent and motivation. To do anything with wrong and evil intent, no matter how good it seems to be to you from the outside, is to do it from the hells, from the devil, Satan and demons, that is, to do it from the negative state, against the Most High and His/Her spiritual principles. On the other hand, to do anything at all with good, proper, positive and right intent and motivation is to do it from the Most High, from His/Her true spiritual principles and from the positive state.

This is the most important spiritual principle that you have to be aware of and accept. It is necessary to be aware of and to accept these spiritual principles into your life if you want to succeed in anything at all.

This spiritual principle is, of course, also fully applicable to the use of hypnosis and self-hypnosis. If you use hypnosis and self hypnosis with a wrong and evil intent, purpose and motivation, and if you use them improperly with a wrong approach, you will get in touch only with the negative state in you and its hellish representatives. However, if you use hypnosis and selfhypnosis for proper spiritual purposes, with good, positive intent and motivation to be a better human being and to be a more spiritual human being, you are using a gift of God in you from the Most High, for the Most High, with the Most High and by the Most High. You, therefore, become blessed.

Why do you think you were given the ability to go inward, or to experience hypnosis or self-hypnosis, if it is such a dangerous, evil and negative tool? What would be the purpose of having anything like that in your personality make-up, if it could not be utilized for some good and positive purposes? Whatever can help you to get well, to become a better human being, a more spiritual human being cannot be from anywhere else but from the Most High because it is the Most High that desires nothing more for you than your health and happiness. This is the reason why He gave you this valuable gift in the first place. Or do you want to claim from the standpoint of your own personal prejudices or distorted understandings of the literal Biblical statements and distorted teachings of your religion, that such abilities come from the hells or the devil? Why would the devil give you something that can help you to get well? Don't you think that with such an attitude as this you are endangering yourself into ascribing to the devil the work that belongs to God? Be careful that you do not sin by such a foolish attitude.

On the other hand, professional people limit their understanding of hypnosis and self-hypnosis to a superficial explanation that hypnosis is a simple selective ability of your

consciousness to alter its state, for example. This state is different from your conscious state. And because in this state your attention is focused only on one thing (let us say on the words of the hypnotist or on your own self-suggestions in the case of self-hypnosis), you can better pay concentrated attention to what is being said to you or felt by you. By virtue of this ability, you become more suggestible. You will tend to carry out suggestions more readily from this kind of state or condition, than if I were to give you some suggestions in your normal, non-altered state of consciousness. Simple as that.

This understanding of and attitude toward hypnosis and self-hypnosis by professional people Limits their use to a considerable degree. No wonder that there are so many failures when they treat people with hypnosis.

But there is another problem with the understanding of hypnosis and self-hypnosis as it is conceived by many professional people. They limit its use to contacting your subconscious or unconscious mind only. No mention of the necessity of contacting your true Inner Mind is ever, or only rarely made. No attempt, unless it happens spontaneously, to get in contact with other levels and dimensions of your mind and regions where various levels of your mind reside, is ever or only rarely made. And yet, this contact is crucial and vital because from those regions and dimensions most of your problems originate and are supported. How can you get rid of the negative state, manifested in you by your personal problems and miseries, unless you get to the root and source of it?

Do you remember what was said in chapter two of this book where we were discussing the important topic of what do you really consist and how many levels and aspects are there in you? Why do you think we needed to discuss that question? If you don't know who you are and what you consist of, you cannot very well get rid of your problems. Your problems are tied into the structure of your mind as described in that chapter.

Unfortunately, most professional people do not recognize the facts about you and about the structure of the human mind as revealed in that chapter. They don't realize that ninety-five percent of what we consider us is not the true us but it is only a superimposed artificially built pseudo-mind, with its three regions and nine degrees, which blocks and closes off our access to the rest of the five percent that is truly us.

But you have to know that ninety-five percent of that pseudo-mind is in the mode of unconsciousness, and only its shell, which is called the external mind, is conscious. This is the way the negative state wants it to be. It works in darkness and secrecy, afraid to be exposed and its true nature brought to light, because once you recognize its true nature, you will eliminate it. This is the reason why it keeps all of us, including professionals, in a thick darkness about ourselves and what we consist of.

So, when you hypnotize someone or when you hypnotize yourself, without proper knowledge about yourself and about what you consist of, you usually do not get in touch with the true mind, that is, the five percent in you. Instead you get in touch with some lower regions of your pseudo-mind which do contain all the information about your experiences from the moment of your conception in your mother's womb to your present Earthly time. By releasing that information, many people do get well. But do they really get well? Maybe they get rid of symptoms but do they really gain a true control over the negative state in themselves?

Another difficulty with the traditional professional approach to this matter is that most professional people do not recognize that all causes of human problems and miseries, no matter what they might be, can only be of a spiritual nature. For that reason many of them disregard the most important, if not the only, one, feasible approach in their treatment effort. Why do you think so many people, after being treated by non-spiritual means, replace one problem with another one sometimes even worse? Have you ever been a smoker? What is

the biggest dread that a smoker has if he/she decides to quit smoking? Gaining weight. Many former smokers, after they quit, start to drink more or eat more, gain weight or come up with some kind of different bad habits which can even be worse. Or if a heavy drinker of alcohol quits his/her drinking he/she has a tendency to start to chain smoke and drink excessive amounts of coffee. These examples show you the obvious replacement of one problem with another one. But there are even less obvious and more hidden replacements than what I mentioned above. Like, for example, getting rid of cancer only to be choked to death on a piece of food. (I am talking here from my own professional experience.) Or getting rid of a migraine headache only to develop cancer of the colon and so on. Or losing weight only to develop severe depression. Or getting rid of severe depression only to be involved in a traffic accident and either killed or crippled for life. I could go on endlessly in giving you these kinds of examples to illustrate to you that this is what happens if the spiritual aspect, the most important one, is disregarded, is not considered or even laughed at as being a crazy idea.

This is the way hypnosis and self-hypnosis are being utilized. No spiritual considerations are taken whatsoever. The only exception to this rule is that some hypnotherapists work in the so-called life regression therapy to regress you to your previous life (a false concept of reincarnation that comes from the pseudo-inner mind and the evil, negative spirits attached to it) or they spontaneously encounter, while in deep trance, some spiritual experiences in the form of people's spiritual advisors. (See later on the issue of spiritual advisors.) Thus, inevitably all such non-spiritual efforts are doomed to failure in one way or another.

Yet, it is being revealed here from the Most High, that the main reason why these gifts, tools, and abilities in the form of hypnosis and self-hypnosis were given to us by the Most High is for purely spiritual reasons and purposes: to find our way back home into our Inner Mind and to the Most High so that we can get out of the world where everything is upside down and get into the world of the true reality where everything is right-side up.

For that reason it was necessary to develop an entirely different approach toward hypnosis and self-hypnosis. This new approach disregards the traditional limited approach and establishes a spiritual type of hypnosis and self-hypnosis. This spiritual type returns hypnosis and self-hypnosis to the original purpose for which they were given to us by the Most High in the first place.

This new approach is called spiritual hypnosis and spiritual self-hypnosis. The principles of spiritual hypnosis and self-hypnosis have been formulated in two books by the author, "Principles of Spiritual Hypnosis" and "Intensive Spiritual Hynotherapy," with Dr. Arthur Jones. Those of you who are interested in learning more about these principles are referred here to those books.

Here are some brief answers to the question of what the crucial difference is between spiritual hypnosis and self-hypnosis and traditional non-spiritual hypnosis and self-hypnosis.

1. Most hypnotists of the traditional hypnosis and most practitioners of traditional self-hypnosis limit their use to giving their clients or themselves direct or indirect suggestions for the elimination of problems or symptoms of any kind without exploring or learning the reasons why such problems or symptoms exist and what purpose and learning they serve.
On the other hand, in the spiritual approach, no such suggestions are given until we establish the reasons for the existence of the problems; the purpose and learning they serve; their source and origin; and, of course, whether they did serve their purpose; whether they did exhaust their usefulness; and whether it is time to get rid of them and replace them with something permanently positive and good.

2. Some traditional hypnotists and practitioners of traditional self-hypnosis explore the

reasons for and the source of the problems but only from the psychological or medical standpoint and only within the life-span from conception or from early childhood to the present time. Thus, this approach erroneously puts the origin and causation of all human problems and miseries into the experiences that people have during their Earthly life-span. In case of medical problems they put it into some kind of external misuse and abuse of the body or failure of the body to defend itself against illness. No considerations are given to the possibility that life neither started nor ends on this planet.

Spiritual hypnosis and spiritual self-hypnosis very carefully distinguish between Earthly events and experiences of our life while on the planet Earth, which are considered to be only the triggering devices of the problems but not causative factors, and the spiritual causes. The spiritual causes, in most instances, took place either entirely or simultaneously in all other dimensions and worlds where various regions of our mind reside or to which we are constantly being connected. This connectedness and residence happens without any conscious awareness on our part.

(3)
Traditional hypnosis and self-hypnosis acknowledges the existence of the sub-conscious or unconscious mind without recognizing that ninety-five percent of what is considered to be us, is not us, but a fake mind fabricated in the manner described in the previous chapters. Thus, they work, in most instances, with the fake mind, particularly with its lower unconscious parts. No attempt is made to check out whether they are in contact with the true mind and usually they take it for granted that they speak to the true human mind.

On the other hand, in spiritual hypnosis and self-hypnosis, from the very beginning an attempt is made to by-pass this fake mind and get in direct contact with the true Inner Mind and do all the work from that position only. Continuous checks and double checks are made to make sure that we are in contact with that true Inner Mind.

(4)
In traditional hypnosis and self-hypnosis, no attempt is made, unless it happens spontaneously and unexpectedly, to get in touch with the other worlds, dimensions and their inhabitants (where various levels of mind reside and are connected), for the purpose of soliciting their help in finding the source of all our problems and the way to get rid of them.
On the other hand, spiritual hypnosis and self-hypnosis do just that.

(5)
In traditional hypnosis and self-hypnosis, no deliberate attempt is ever made to get in touch with the true Source in your Inner Mind, that is with the Most High, and to work on all the issues of life, without any exceptions or exclusions, from the Most High, by the Most High, through the Most High, and with the Most High in us.

On the other hand, one of the most important purposes for undertaking spiritual hypnosis and spiritual self-hypnosis is to get in touch with the Most High in our Inner Minds and to work only from that position.

(6)
In traditional hypnosis and self-hypnosis everything is suggested from the outside, either from the hypnotherapists or from the conscious mind of the practitioner of self-hypnosis. These suggestions are usually derived from wishful thinking or from your therapist's or from your own conscious external mind's ideas of how you should be and what kind of suggestions you need. Very rarely do they ask their Inner Mind whether it agrees with those kinds of suggestions and ideas.

On the other hand, during spiritual hypnosis and spiritual self-hypnosis everything is derived

and suggested from your Inner Mind. The ideas of your Inner Mind about how you should be or what you should feel or what kind of suggestions you need are fed back to your external conscious mind and to the other regions of your unconscious. After such suggestions and ideas are fed back to you, they are thoroughly checked and double checked with your true Inner Mind to see whether this was what your Inner Mind wanted to be suggested to you and whether it agrees to help you carry out these suggestions.

(7)
In the traditional approach toward hypnosis and self-hypnosis no consideration is ever given, with very few exceptions of spontaneous occurrences, to the fact that every human being has assigned to him/her, for the purpose of survival in the Zone of Displacement, certain entities that are called Spiritual Advisors. No attempt is made to engage them in working on your problems.

On the other hand, one of the important purposes of spiritual hypnosis and self-hypnosis is to get in touch with your true Spiritual Advisors. They perform a vitally important assignment of linking you to the rest of Creation, without which link you could never survive. Your Spiritual Advisors are asked to help you in working on your problems from the position and area that they represent and correspond to.

(8)
Traditional hypnosis and self-hypnosis rarely recognizes that the very original source of all human problems and miseries is the activation of the negative state by the actualization of that idea inborn in us that we may refuse to accept the fact that life cannot originate from any other source than the Most High. Therefore, the traditional approach does not make any deliberate attempt to define human problems from this crucial spiritual standpoint which is the only one that can have any validity.

On the other hand, spiritual hypnosis and self-hypnosis gradually, slowly, cautiously, at your own pace, leads you toward this discovery and realization from within yourself so that you may recognize this and come to your own conclusions about all of this and learn how to derive everything from the Spiritual Source which is the Most High.

(9)
The traditional hypnosis and self-hypnosis, and especially Neuro-Linguistic Programing, tend to program you on how to be and what to do by standards and norms as defined by the traditions, conventions, customs, views and principles established in this society. They do not recognize the fact that they are using the negative state's methodologies and procedures. You cannot very well eliminate problems or the negative state by using the negative state and its problems. It would be like exorcising the devil by the powers of the devil, as Jesus Christ pointed out. This kind of approach, in an ultimate sense and in the long run, can only compound your problems (if not on this Earth, then after you get off this Earth. This is why this kind of approach is so dangerous).

On the other hand, spiritual hypnosis and self-hypnosis, from the position of your true Inner Mind and the true Most High in your Inner Mind and your true Spiritual Advisors in your Inner Mind, help you to free yourself from slavery, imprisonment and dependency on human traditions, conventions, customs, laws and principles built from non-spiritual states. Spiritual hypnosis and self-hypnosis help you to establish the Lord's principles, commandments, orders, precepts, establishments and ordinances of freedom and independence in your life as formulated by the Most High for you. No programing from outside or inside is permitted to take place at any time since you are presented with many choices from which you can choose only that which is best for you. You, yourself find out from your Inner Mind and the Most High in your Inner Mind what is the best for you and you identify yourself with that and become that way. This is how you become free from all your problems, sufferings, miseries,

illnesses of any kind or whatever you have and this is how you can become a truly happy, satisfied, content, joyous, free and independent individual.

These are, then, some major differences between traditional hypnosis and self-hypnosis and spiritual hypnosis and selfhypnosis.

Once you have all this knowledge, as presented to you so far, once you absorb and have a proper understanding of what has been said so far, you are ready to learn the proper procedures for practicing your spiritual self-hypnosis. You do this for the purpose of getting in touch with the truly human five percent within you. You do this for the purpose of getting in touch with your true Inner Mind in that five percent, with the Most High who resides there and with your true Spiritual Advisors who link you to the rest of Creation. You do this for the purpose of liberating yourself from all things that are not yours, that don't belong to you which were artificially imposed on you by the negative state which you accepted as reality. You do this for the purpose of establishing in your life a meaningful, fulfilling, satisfying, happy, joyous, loving, kind and wise style of life.

Let us proceed now with the outline of the proper and right procedures for establishing the spiritual self-hypnotic trance.

There are two important steps that you need to take in order to actualize your gift or tool or ability from the Most High:

(1)
To learn how to induce spiritual self-hypnosis.

(2)
To learn what to do and how to proceed when working on yourself and on your problems, once you have definitely established your spiritual trance.

We shall address ourselves to the first step.

HOW TO INDUCE SPIRITUAL SELF-HYPNOSIS

In a general sense, you can induce your spiritual self-hypnosis in two ways.

(1)
You can do it on your own, entirely by yourself, by following the exact procedures as described below.

(2)
You can do it by asking a professional spiritual hypnospecialist, or, what we call a facilitator of spiritual trance, to teach you how to establish your own spiritual self-hypnosis.

In the second case, the facilitator will put you in spiritual trance by demonstrating to you the methodology which is described below. While in that trance you will learn or you will subsequently be taught how to do it yourself.

The problem with the second way is that, at the present time, there are very few facilitators of spiritual trance in the world and in the United States who can do it properly by following prescribed procedures. Recently a special effort was undertaken to initiate the training of such facilitators, who, among other things, will serve people with just that purpose. In the near future, you will be able to get in touch with them, and ask for assistance.

However, although the second way is preferable to the first, most people will not have an

opportunity to meet anyone who can help them to learn how to properly utilize their gift for going into spiritual trance. This is the reason why the Most High requested that this book be written so that people like you can be instructed in 'the proper procedure for getting in touch with your Inner Mind and with the Absolute Source in your Inner Mind - the Most High, on your own without any facilitators. You have to learn to be your own facilitator.

If you follow the proper procedures step-by-step and if you are ready to benefit from this spiritual methodology, you will most certainly succeed.

Here are some steps which you need to take in order to establish a spiritual self-hypnotic trance.

FIRST STEP

Find yourself a quiet, comfortable place in your house or wherever you are at the time, where you will not be disturbed. If possible, take your telephone off the hook. Sit down in the most comfortable chair that you have in your home, preferably a recliner. If you do not have a recliner or a comfortable chair, lie down on the bed or the couch or whatever you have which is comfortable, have a strong thought that you are not going to fall asleep, and be very alert. & careful if you are lying down on the bed because some people have a tendency to associate lying on the bed with falling asleep. This is the reason why you need to concentrate on a strong thought or idea that you are not going to fall asleep but that you will remain alert for the purpose of experiencing spiritual self-hypnosis.

SECOND STEP

Make yourself very comfortable in that chair or bed or couch or whatever you have. Place both your hands with palms down on your thighs. **Do not cross your legs or feet and do not touch your hands or intertwine the fingers of your hands under any circumstances.** At all times, during the first steps of induction, your hands must rest on your thighs and your feet or legs must be uncrossed.

THIRD STEP

Once you make yourself comfortable, close your eyes and take a very deep breath. Start to breathe slowly, deeply and regularly. Continue to breathe in this slow, regular, rhythmical, deep way for several minutes until you experience that you are completely, totally and comfortably relaxed.

FOURTH STEP

Tell yourself, silently, as you are breathing slowly, deeply and regularly, something like this:

"By my own free will, by my own free choice, I choose to go inward to the center of my being, to my **true** *Inner Mind, to the five percent of the true human in me for the purpose of learning how to be a better human being and a truly spiritual human being."*

Repeat this type of statement several times.

FIFTH STEP

Once you silently say those words or similar words you start to concentrate on your forehead either on the middle of your forehead, from the inside of your head, between your eyes, or, if for some reason, you are not comfortable with that kind of concentration, concentrate on the

middle of your chest in the region of your heart. If you are not comfortable with concentrating either on the middle of your head or on the middle of your chest, imagine in your mind's eye, while your eyes are closed, an object of your choice such as, for example, a pendulum, a ring or a coin or anything else that you come up with which is pleasant and comfortable to you.

SIXTH STEP

As you are concentrating on, let us say, the middle of your chest, observe your breathing and slowly start to count silently in unison with your breathing from one upward as far as you want to go. As you are counting, tell yourself silently, that with every count you choose from your own free will, by your own free choice you will go inward to your true Inner Mind into the deep state of spiritual trance.

SEVENTH STEP

Suggest to yourself, in the process of counting slowly, that from your own free will, by your own free choice, you are inviting your true Inner Mind to take over everything in you - your entire mind, your body, your vocal cords, your hands, your fingers, your thoughts, your feelings, your will, and everything else that you consist of. Ask your Inner Mind to take over everything in you without any exceptions or exclusions. Tell yourself that you are your Inner Mind. Everything else that is not your Inner Mind is not the true you.

EIGHTH STEP

Request your Inner Mind, which is always in you and listens to and observes what you say and what you do when it perceives that you are in a deep trance, sufficient for you for that particular moment, to have you lose any desire or wish to continue to count.

NINTH STEP

When you perceive that you have lost any desire for counting, make the following request to your Inner Mind and to the true Most High, the Lord Jesus Christ in your Inner Mind, Who is always there and listens all the time:

"From my own free will, Lord, by my own free choice, I am asking that from this moment on, while I am in this spiritual trance or going into this spiritual trance, only You and my true Inner Mind are constantly and continuously in charge. No fake, pseudo-inner mind, from the area of the ninety five percent in me that is not me, nor anyone or anything else connected to the ninety-five percent of the pseudo-mind, will ever be allowed to interrupt, at any time, to resist or to insinuate itself into this process so that I am not misled, misguided or misused in any way or manner. I am also humbly asking You, Lord, in my Inner Mind to eliminate from me and to protect me from any kind of interferences from the external, conscious mind; from my own wishful thinking, self-fulfilling prophecies, subjective projections, preconceived ideas, personal predispositions, unrealistic expectations and anticipations; from any kind of biases, superstitions, prejudices or any kind of false religious impositions or belief systems that I might have or cling to. Help me, Lord, to keep my mind open and to be flexible and accept any experiences that will come even if, for some important reasons, nothing will happen for some time or in my first attempt to establish contact with You. Please remove any egoism from me or any conscious or unconscious evil or wrong intent or motivation in approaching this important task."

TENTH STEP

When you are through saying that from the bottom of your heart, and it has to come from the bottom .of your heart otherwise it will not work, ask your Inner Mind to allow you to experience in your arms and hands a light feathery feeling. Tell yourself something like this:

"Inner Mind, please make my right arm or my left arm or hand, or both simultaneously - the choice is yours, as light as a feather. Let that arm and hand or arm and hands float by themselves toward my face until the fingers of my hands will touch my chin or my face. As these arms and hands are floating by themselves (it has to be by themselves without any conscious effort on your part from the position of your external mind), help me to get into a deeper and deeper state of inwardness and self-hypnotic trance to the fullest of my potential, all the way as far as I need to go inward in this first attempt to do my spiritual self-trance. I understand, Inner Mind, that there are no limits to how deep within I can go. The only limits are the ones that I put on myself. But, because I, from my conscious external mind, have no idea what is the best and most appropriate level of the depth of inwardness for me to experience, I let you decide this important issue and I let you place me in that level, as my hands and arms are floating to my face. So that at the moment my fingers will touch my chin or my face, it will be a clue, a signal for me to be at that, designated by you, Inner Mind, level of spiritual self-hypnotic trance."

ELEVENTH STEP

Take your time for the tenth step to happen. Should you have no experience of hand or arm levitation, do not be discouraged, it only means that you don't need to experience it at this time. In this case, proceed with the eleventh step.

After your fingers touch your chin, request your Inner Mind to put them into the same position they came from; on your thighs, and request your Inner Mind, as it is putting your hands and arms back onto your thighs, to deepen your trance even more. Once your hands are back on your thighs (or if they stayed on your thighs without the experience of arm levitation), request the following from your Inner Mind:

"Inner Mind, first of all, I would like to thank You for everything that has happened so far and at this point I would like to request You to take over my hands and make them numb from my wrists to the tips of my fingers so that I have no conscious feelings in them whatsoever. Let them disappear from my conscious awareness or at least let me have no influence on the movements of my fingers except for having a sense and recognition that they move and which finger or hand moves. Please, You be in charge of my fingers entirely as well as everything else in me."

TWELFTH STEP

Tell your Inner Mind:

"Inner Mind, I would like to communicate with You. For the purpose of this communication, I would like to establish first a signaling from You through my fingers.

If I ask a question and the answer to it is, "`Yes,' lift up the forefinger on my right hand or the forefingers of both my hands, but not on the left hand independently without simultaneous lifting of the right forefinger. This finger or fingers will always mean, whenever they lift, a `Yes' response. I f your answer is `No,' then lift the middle finger of my right hand upward or both hands simultaneously. The lifting of the middle finger will always signify a `No' response. If the answer is, `I do not know,' then lift my ring finger. However, Inner Mind, you know everything about me and there is nothing hidden from You about me and, therefore, if this ring finger lifts on either hand, it will

signify that my external or my conscious mind is leaking in this process or that something or somebody from the fake pseudo-mind is trying to interfere. Thus, lifting of the ring finger will always signify an 'I do not know' response."

Please, note here: should this be the case, that is, if the "I do not know" finger lifts, repeat steps nine through twelve as many times as needed until you get a different response than "I do not know." The "I do not know" response always means that the negative state in you is strongly interfering with your trance state. By repeating steps nine through twelve, you, at the same time, deepen your state of inwardness considerably and at one point you will get a true response from your true Inner Mind.

"If the answer is 'I do not want to answer your question because it is either inadequate or it is not time for you to know the answer in this trance-work,' then, Inner Mind, lift my small finger on my right hand or on both hands simultaneously. The lifting of the small finger will always signify the '`I do not want to answer' response."
"If you did not understand my question and want me to repeat it or to rephrase it, then, Inner Mind, lift the thumb of my right hand or simultaneously the thumbs, of both my hands. Thus, the lifting of the thumbs will always signify 'I did not understand the question. Please repeat it or rephrase it."

THIRTEENTH STEP

Once you designate the way to communicate with the Inner Mind, for the time being (at one point your Inner Mind will be able to use your vocal cords to speak to you with words as well as with finger movements), you ask your Inner Mind the first important question.

"Inner Mind, are you willing to communicate with me? Am I ready to get in contact with you and establish a spiritual relationship with You and with the Most High in You? If you are willing and I am ready, please, without my conscious effort, disregarding my wishful thinking or wrong intentions, let my `Yes' finger lift above my thigh. If you are not willing, then, please, lift my `No' finger. If for some reasons I am not ready yet for this type of experience, please lift the `I do not want to answer your question' finger."

Watch for the response. If you get no response at all, that is, if no finger is moving, you have an influence from the negative state. In this case, take a break and repeat the entire procedure from the very first step to step thirteen, until you get some kind of response.

If you get a "No" response, it means that you picked the r wrong time, wrong place, wrong condition, or wrong situation which is not favorable for communication or for the establishment of the spiritual trance. Ask the Inner Mind to give you a sudden idea, or a sudden thought, about what is wrong and why it does not want to communicate with you. If you do not get any idea or response in your thoughts, try a different time, different place, different day or different conditions.

If you get an "I do not want to answer your question" response, it means that you are not ready for this type of spiritual methodology. Work on yourself for a few weeks in the regular trance, without any contact with the Inner Mind, by simply telling yourself that at one point you will be ready. And when you are ready for such a communication, your Inner Mind will let you know by giving you a desire or a strong urge to re-read this book and after re-reading it, to make a fresh attempt to follow these procedures again.

If you get a "Yes" response, proceed with the next step.

FOURTEENTH STEP

Say:
"Thank you, Inner Mind, for your willingness to communicate with me. I appreciate your response very much. Please help me to go into a much deeper state of inwardness as we are communicating. Please let nothing disturb me or bother me or interfere with my trance. Let everything be utilized by you, all those outside noises or anything else which is happening around me, to deepen my spiritual trance and not to lighten it so that I can always go deeper until we are through with this particular session."

FIFTEENTH STEP

After you have said that, speak to your Inner Mind in the following way:

"First of all, thank you, Inner Mind, for everything that has happened so far. Inner Mind, only you can know for sure how deep I am in trance. From the standpoint of my own conscious mind, I have no idea or feeling of how deep I might be in trance. But you know, because you know everything about me. For that reason, I would Like you to indicate to me how deep I am in trance by the following methodology: we shall use fingers again for that purpose. If I am in little or no trance, then lift the thumb of my right hand which is, as you know, the `I do not understand your question. Please repeat it or rephrase it' thumb. If I am in a Light trance, then lift my forefinger which is my `Yes' finger. If I am in a medium trance, then lift my middle finger, which is my `No' finger. If I am in a deep trance, then lift my ring finger which is the `I do not know' f finger. I f I am in a very deep trance, then lift my small finger, which is the `I do not want to answer your question' finger. If I am in a deeper trance than that, then lift the thumb of my left hand. If I am even deeper than that, then lift the forefinger of my left hand. But if I am even deeper than that - after all there are no limits to how deep I can go - then lift the middle finger of my left hand. But if I am even deeper than that, then lift the ring finger of my left hand. If I am even deeper than that, then lift the little finger of my left hand. But should I be at this point already in a spiritual trance, then lift my entire right hand."

(The spiritual trance starts at this point, that is, at the point when your entire right hand lifts. This is beyond the ten fingers of your hands.)

"If I am even deeper than the entire right hand, then, please, lift my left hand. And, finally, if I am on the beginning of the plenary state of spiritual trance, then lift both of my hands."

The plenary state of trance is the most profound level of trance that you need to achieve in order to get in touch with the Most High in your Inner Mind and with your Spiritual Advisors in the Spiritual World. The plenary state of trance means that state which includes and involves all levels, degrees, aspects, steps and dimensions of your being and existence and of the totality of your entire mind. Nothing is left out. This is the ultimate goal when you work with spiritual trance and it is the ultimate goal of life to be and to exist in the plenary state at all times. Now, watch for a response and see what kind of response you get.

SIXTEENTH STEP

After you get a response about the depth of your trance, should the indication be that you are in a lesser degree of the trance than the plenary state of spiritual trance, ask your Inner Mind the following question:

"Inner Mind, is the level of trance that I am experiencing right now, sufficient for me to experience today and to do what is needed to be done or to be experienced? Or

should I go deeper? If it is sufficient for today, let me know, Inner Mind, by lifting my `Yes' finger. If I should go deeper than I am right now, then lift my `No' finger."

Watch for a response and if the "No" finger lifts, you have to deepen your trance.

SEVENTEENTH STEP

Deepening your own trance. The best way to deepen your trance is by imagining, visualizing and picturing yourself at your favorite fantasy spot or place or doing something you like to do the best. What is it that makes you happiest and puts you into the most peaceful, serene, comfortable, delightful and pleasant condition? What kind of scenery do you like the best? Picture that situation, visualize it, re-experience it. As you do that, ask your Inner Mind, in the moment you reach the desirable level of the trance, from the standpoint of your Inner Mind, to lift a finger, or one hand or both hands, which will correspond to that level of trance. In the moment you experience that lift, give yourself silently, but with strong emphasis, the following suggestions:

"From this moment on, no matter what *I experience, no matter* what is *going* to *happen* to me, no *matter* what *I hear,* what *I feel, what* I see, *inward*ly *or* outwardly, everything without any *exception or* exclusion will be *incorporated* by my *Inner* Mind to *deepen* my trance, not to *lighten it,* to *deepen* not to lighten it, until the Inner Mind *perceives* that *we are* through *and* I am *ready* to *come* out of my trance."

EIGHTEENTH STEP

Once you are at this point, you ask your Inner Mind the following question.
"Inner Mind, are we ready to proceed with the work that needs to be done? If we are ready, then lift my 'Yes' finger. If we are not ready, let my 'No' finger lift."

If the "No" finger lifts, ask your Inner Mind to let you know how soon you can start working on your problems. Ask your Inner Mind to flash in your mind a certain number which would be the number of days that you need to wait in preparation for working on your problems. When the number flashes, make sure to verify the correctness of that number through the finger lifting in the following manner. Say:

"Inner Mind, the number that just flashed in my mind, is this the number of days that I need to wait in preparation before we can start to work on my problems? If this is not the correct number, then, please lift my `No' finger."

If the "No" finger has lifted, repeat the request to flash another number in your mind until you get confirmation through the finger movements that you have the right number of days.

If you are not ready to work on the problems, it means that you need to put yourself in this kind of spiritual trance every day, a minimum of twice a day, but preferably three times a day, and give yourself suggestions as follows:

"I am suggesting to myself that every day in each and every way I am becoming more and more ready to work on my problems. From my own free will, by my own free choice, I am determined to go through this until I am able to contact my Absolute Source in my Inner Mind, the Most High, and be introduced to my Spiritual Advisors and to eliminate with their help all negativity, all evils and all falsities from my life in any form, disguise and condition no matter how hidden or secret or apparent they are. And I am doing this without any ulterior motivation, without any wrong or evil intent. The purpose for which I am pursuing this task is to come back home to the positive state and to become a better human being, a more spiritual human being, a true

channel of the Most High. I want to do the Most High's will in all respects and to fulfill the purpose of my life without any obstacles or hindrances and to be the way the Most High made me. I want the five percent of the truly human in me to take hold of me and gradually repudiate and eliminate the artificially induced ninety five percent of the animalistic tendencies. At one point of my life I want those animalistic tendencies to be replaced with ninety-five percent of everything human in me, which is from the Most High. The remaining five percent I want to be assigned to the idea that I have freedom of choice to reject the acceptance of my Source, the Most High, and His/Her spiritual principles. I am doing this only for one purpose - to contribute my best toward the ultimate elimination of the negative state from the entire Creation and for the purpose of putting it in a dormant and deactivated condition. Should I have any ulterior motivation or wrong intention, in the process of this preparation I am now asking for all help from my Inner Mind and from the Most High in my Inner Mind, in unity, oneness, harmony and in conjunction with all my Spiritual Advisors, to get rid of any traces of these kinds of ulterior, wrong, false, bad, evil intentions and motivations. This I am asking for the purpose of approaching my work on myself with purity of heart for the sake of all in the Most High's Creation from the position of unconditional Love and Wisdom, unconditional Good and Truth, unconditional Objectivity and Righteousness, and unconditional Justice and Judgment. "

Repeat these kinds of suggestions with variations every day, at least twice but preferably three times a day, until the day when you are ready to start to work on your problems. Of course, these suggestions have to be repeated at the level of trance that you experienced at the moment when your Inner Mind gave you the number of the days that you need to wait. You always put yourself back into that particular level of trance or a much deeper trance, since with every session you can go deeper and deeper all the time, and then repeat these and similar suggestions to yourself until the appointed time.

However, very often the Inner Mind refuses to divulge the length of time you need for this kind of preparation. For very important spiritual reasons, it prefers not to indicate the exact number of days or weeks you need to wait. Instead, the indication is that you should ask this question every time you are in your spiritual trance. Ask as follows:

"Inner Mind, please check me out thoroughly and indicate to me whether I am ready to start working on my problems today. If yes, lift my ` 'Yes' finger. If not, lift my ` 'No' finger."

Repeat this procedure until, at one point, you get the "Yes" response, at which time proceed as outlined below.

If, however, you get a "Yes" response, meaning that you are ready to start work on your problems, proceed with the next step as described below under the heading, "What To Do and How To Proceed Once You Have Established Your Spiritual Trance."

It is important to remember, from the spiritual standpoint, you cannot properly start work on any of your problems until you reach the spiritual level of the trance which is designated by lifting your right hand. The reason for this is that if you are in a lighter level of trance than the spiritual trance, you are subject to too much interference and contamination from the fake pseudo-mind and your own expectations, anticipations, wishful thinking and self-fulfilling prophesies. You want to avoid all that garbage. Of course, the best level of the trance that you will learn to work from is the plenary state of spiritual trance, that is, when both your hands will go up.

NINETEENTH STEP

Once you finish your work on your problems for that day, you are ready to bring yourself out of trance. You will simply state:

"Inner Mind, I am profoundly and deeply thankful to you for all your work with me. I am looking forward to working with you in my next spiritual trance session. Please, help me to go even deeper in trance and make it much easier than the first time. In my next session, in the moment that I recline in the chair or lie on the bed, and the moment that I close my eyes and take a deep breath, let me shift instantaneously into the level of the trance that I experience right now and, from that moment, help me to go much deeper. When we are ready to proceed with whatever we need to do, let me know by lifting my 'Yes' finger. Do you agree to do this for me?"

(Watch for a response. Usually and in most instances you will get the "Yes" response.)
"Once more, Inner Mind, thank you very much. And now, please bring me out of this trance and help me to shift comfortably to the external level of my awareness feeling very fresh, alert, clearheaded, in an excellent, delightful, pleasant, comfortable mood, full of energy and vigor, full of determination to do my spiritual self-hypnotic trance continuously in a better way all the time throughout my life."

If the trance-work is done just before you go to sleep, do not phrase your post-hypnotic suggestions like this. Instead, say:

"Help me now to fall into a deep, natural, physical sleep and to have a very pleasant, comfortable, refreshing, recuperating night's sleep and help me to wake up in the morning at the appointed time completely refreshed, alert, clear-headed, in an excellent, delightful, pleasant, comfortable mood, full of energy and vigor and full of determination to go immediately, the first thing in the morning, into a deep spiritual trance and contact you and to do whatever we need to do, before I go to perform my everyday duties and obligations that I have on this planet Earth."

These nineteen steps give you an idea of how to induce a spiritual trance. You are advised to study this induction technique carefully and memorize it if possible. Follow it as precisely and meticulously as possible. Any deviation from this procedure can cause you a lot of trouble because there is always the danger that, if you don't follow these procedures, you will get in touch with some areas of your pseudo-mind and its negative inhabitants. You will learn later how to thoroughly and carefully check out whether you are in touch with your true Inner Mind and its true, positive inhabitants.

WHAT TO DO AND HOW TO PROCEED WITH WORKING ON YOURSELF AFTER YOU ARE IN DEEP SPIRITUAL SELF-HYPNOTIC TRANCE.

Once you have firmly established your spiritual trance, before proceeding with anything else, it is necessary for you to follow the next important rule.

The first thing that you have to work on with the assistance of your true Inner Mind is all your personal problems. It is extremely dangerous to try to do anything else before all your personal problems are worked out. Before proceeding further you must work out all those problems which your Inner Mind indicates you need to work out. Do not be impatient or try to do anything else, such as, for example, regressing yourself before your physical birth in order to find out what happened to you before that time (as many people, unfortunately, do). Or to try to contact your Spiritual Advisors or the Most High in your Inner Mind. Such an attempt is an attempt from the position of the negative state, that is, it is from your problems. When you attempt to do things from the position of your problems, you will get in touch only with the negative state or that part of your mind which is not you but, in fact, is the pseudo-inner mind or any other region of the fake pseudo-mind or of the artificial ninety-five percent

in you, and their negative inhabitants.

What is the negative state? You always have to remember again and again, as was said before, that the negative state is not here or there, it is not outside somewhere over there, but the negative state is all your problems, it is in you. As long as you cling to and hold on to your problems, and live in your problems, you are in the midst of the negative state and the negative state resides in you.

Therefore, it is only logical and understandable that, as a first step in your work on yourself while you are in deep spiritual self-hypnosis, you concentrate all your efforts on the elimination of your slavery to and dependence on your problems.

You also have to remember that you are a multi-dimensional being, that is, that you live, reside and are connected to, by the various regions of your true mind and the pseudo-mind, all other dimensions, both in the true Creation and in the Zone of Displacement.

How does this connection take place? Through your various affections, feelings, thoughts, attractions, desires, wishes, wants and similar states of mind. By your negative, bad and adverse states of mind you attract to yourself and connect to yourself all the evil and negative spirits and entities in the Zone of Displacement. Your problems feed them and they, in return, feed you back your problems. This is how problems are perpetuated and maintained throughout the negative state and the entire Zone of Displacement. It is a mutual feeding on miseries that are considered to be delicious.

On the other hand, through your various good, positive, loving, kind and peaceful affections, feelings, thoughts, attractions, desires, wishes, wants and similar positive states of mind, you attract to yourself and are connected to all positive and good spirits and entities who reside in and come from the positive state of the Most High's Creation.

Of course, you are not consciously aware of such attractions and connections. For all practical purposes, from the standpoint of your external mind, the way you live on this planet, no such entities or spirits even exist. But the situation is entirely different when you go into a deep state of spiritual trance, in which you are able to overcome the gross limitations of your external mind and of all scientific and religious superimpositions, prejudices, biases and superstitions which are only a shell of what you truly are. In this state you are able to be fully aware of the presence of those entities and spirits with you and in you and of how they relate to the various states and conditions of your mind and life. The awareness and perception of those entities and spirits is not necessarily a visual one, but they can be presented in many other ways and modes of perception that are available to you. We shall speak about it later.

In view of this important fact, it is very obvious that any attempt to get in touch with these various entities and spirits prematurely before you have worked out your problems, is very dangerous because you are able to relate to them only from the position of your problems. And since that position attracts and is connected to the negative and evil entities and spirits only, you will only get in touch with the negative and evil spirits or with the fake pseudo-inner mind. These types of spirits and entities like nothing better than for you to try to get in touch with them before you have worked out your personal problems. This allows them to lie to you and to mislead you by very often even pretending to be Jesus Christ, the Most High, God, the Holy Spirit or various archangels or similar positive entities. This they do for the purpose of seducing you and keeping you permanently in the negative state. Once you get in touch with these kinds of entities and spirits in you, you tend to be in awe of them especially if they claim to be Jesus Christ. And, of course, you tend, unfortunately for you, to follow and abide by their misleading advice. Unfortunately, at the present time, under the presently existing spiritual conditions on planet Earth, they can speak in big beautiful words of love, in big beautiful words of wisdom and deceive you by their seemingly loving and wise words and

advice. They feed you all kinds of lies about yourself, about reincarnation, about God, about Jesus Christ and about the negative spirits and entities. Usually the content of such speech is derived from your wishful thinking. They perceive your views, your opinions, your desires, your wishes and your belief system and speak from that. Thus, they are feeding you your own pipe-dreams, your own wishful thinking and self fulfilling prophecies.

This is one of the reasons why it is necessary to follow the prescribed procedures in the process both for putting yourself into spiritual trance and during your work on your problems while you are in a deep spiritual trance so meticulously.

So, with this important warning, which can be considered a matter of life and death, so to speak, you proceed in your first step of what to do, once you are in a deep spiritual self-hypnotic trance, and once you have made your first contact with what you think is your true Inner Mind.

FIRST STEP

The very first step, before you proceed any further, is to test vigorously and severely whether you are in contact with your true Inner Mind. You say silently to your Inner Mind:

"Inner Mind, as you know so well, there is that ninety five percent in me, which was super-imposed on me and which encapsulated you and separates you from me, or what I think is me. For that reason, I have to make sure that I am in contact with my true Inner Mind. Am I in contact with my true Inner Mind? If I am, then my `Yes' finger will lift or if it is a false Inner Mind or a misleading negative entity or spirit, then my `No' finger will lift. At this point, Inner Mind, by my own free will, by the power of my choice, ***which power is always positive because it is a direct endowment of the Most High in me,*** *I hereby choose that only my true Inner Mind is in control of my finger movements and everything else in me."*

"Because I exercise here the power of my free will, which I have directly from the Most High, by the Most High, through the Most High and with the Most High in me, no one or nothing else in me or outside of me will be able to influence my finger movements except my true Inner Mind, unless I personally give such permission, should there be a future necessity to do so for some important learning. "

"Now, with this proclamation of my free will and my free choice, I am humbly, in modesty and humility, requesting my true Inner Mind to indicate through my finger movements, whether I am in contact with my true `Inner Mind.'"

Watch for a response. If you get a "No" answer, repeat the above formula and request your true Inner Mind to come through and indicate its presence by lifting your "Yes" finger.
If you get a "Yes" response, proceed to test your Inner Mind in the following way:

"Inner Mind, I would like you to take over my vocal cords now and speak to me directly, or if it is not yet appropriate for you to speak out loud through my vocal cords, speak in my thoughts, and tell me whom do you worship and serve?"

The following answer should be received if you are in contact with. your true Inner Mind:

"I worship the Lord Jesus Christ, Who has marry other names, and Who is the Most High, and the Holy Spirit, One Indivisible God, the Creator of the entire Creation and the Supreme Lord, Master and Ruler of all that is, including all hells, the negative state and the entire regions of the Zone of Displacement."

This or a very similar answer has to come through. It has to be **the Lord Jesus Christ, the Most High, One Indivisible God.** No other answer than this is acceptable. This is also true regarding anyone who belongs to any other religion than the Christian religion because such names as Jehovah, Adonii, Shaddai, Elohim, Allah, Krishna, Vishnu, Buddha, Great Spirit or whatever name is used in your particular religion, are nothing else but various different aspects of the same ONE GOD WHO IS THE LORD JESUS CHRIST. This is an indisputable fact. This is what is being revealed here by the Most High. Either you accept it or you do not accept it. You have your freedom of choice. If you do, you are safe to proceed. If you do not, you would be better off not to use this methodology because you would be misled by the negative entities and spirits who would reinforce arid confirm your own misleading belief system or whatever you have. Such a reinforcement and confirmation of your own belief system, or whatever you have, is extremely dangerous for your future spiritual progression particularly at the time after your departure from planet Earth. You could find yourself in a much worse situation than you were in even during your stay on planet Earth. This is the reason why I would strongly advise, for your own future sake, not to proceed further or to use this spiritual methodology unless from the bottom of your heart you can accept this fact about God.
Since the Lord Jesus Christ is the same as God, the Most High, Allah, Krishna, Vishnu, Buddha, Great Spirit, or whatever name you use, the presented test-formula is universally valid for everyone without exception and exclusion, not only for people on this planet but throughout the entire Creation of the Most High.

Once you receive the appropriate answer from your true Inner Mind, as described above, the next question to ask is:

"Inner Mind, what is your attitude toward the Bible?"

The true Inner Mind of everyone, regardless of any belief system, will answer in a similar fashion:

"The Holy Bible is the true Word of God. Thirty-five books in the Holy Bible contain the inner, higher or internal sense which is clothed in the literal sense."

(For your information, these thirty-five books in the Holy Bible, containing this important internal sense, which makes the Holy Bible the Word of God, are as follows: Genesis, Exodus, Leviticus, Numbers, Deuteronomy, Joshua, Judges, the First Book of Samuel, the Second Book of Samuel, the First Book of Kings, the Second Book of Kings, Job, Psalms, Isaiah, Jeremiah, Lamentations, Ezekial, Daniel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi; The Gospel in accordance with Matthew, the Gospel in accordance with Mark, the Gospel in accordance with Luke, the Gospel in accordance with John and the Revelation of Jesus Christ.) After you have received a satisfactory answer to this question, the next question you ask is:

"Inner Mind, what is your true understanding and knowledge of the so-called literal, continuous, physical reincarnation of one spirit into the same world of the negative state?"

The only acceptable answer to this question from the true Inner Mind, even though you are a firm believer in reincarnation, is:

"There is no literal, physical reincarnation of the same spirit into the same place two or more times and particularly into the negative state of this planet. The Lord Jesus Christ, being an infinitely and absolutely loving and wise God, would never place people in the same situation two or more times. This is a regression and not a progression. There is no stagnation in the Lord's Creation. Everything proceeds in

progressive steps. Reincarnation means regression or return to the same place which is regressive and not progressive."

If you received this or similar kinds of answers to all of your questions, you can be sure that you are in contact with your true Inner Mind.

Remember, any deviation from the meaning and content of these types of answers to these questions, formulated above, always, without any exception or exclusion, signifies that you are not in contact with the true Inner Mind. Instead, there is a contamination either from your fake pseudo-inner mind or one of the negative spirits or entities is attached to or insinuated in one of your problems, which is blocking access to your true Inner Mind.

Under presently existing spiritual conditions on planet Earth, this rule is the only valid one. Later on, when you make contact with the true Most High in your true Inner Mind, you can ask the Most High yourself whether this is true and why the presently existing spiritual conditions on planet Earth require such a meticulous and seemingly rigid following of these steps and procedures, and such a vigorous and severe testing. You will be surprised to find out the true answer.
After you have finished these tests and you have received satisfactory answers, you may proceed to the next step.

STEP TWO

As you know so well, we are all aware that we have some kinds of problems. Very few people would dare to claim that they are free of any problems. If any of you are making such a foolish claim right now, during the reading of this book (unless you have gone through the work on yourself thoroughly in the state of spiritual trance or self-hypnotic trance), you had better go into trance immediately and find out what you are avoiding or escaping from.

People can have all kinds of problems. These problems can be physical or mental or emotional or intellectual or sexual or personal or spiritual. If you are a woman you can have all kinds of menstrual disorders, especially menstrual cramps, infertility, being unorgasmic, that is, unable to experience orgasm, or having frequent miscarriages. You might be a lesbian and have difficulties with being that way; or you may have many other similar problems. If you are a male, you might have problems with maintaining your erection, that is, suffering from impotence or premature ejaculation or not being able to impregnate your sexual partner or you might have problems with your own sexual identifications and are homosexual, or a child-molester, or you masturbate excessively, or have a desire to expose yourself, and similar problems. Or you suffer from frequent common colds, or you have sinuses or asthma or bronchitis or all kinds of allergies or emphysema or tuberculosis or a peptic ulcer or colitis or constipation or diarrhea or vomiting or nausea or lack of appetite or too much appetite. Or you or your children used to have problems with bed-wetting, or you have urinary retention or incontinence or nervous frequency, that is, you have to urinate or to have bowel movements to o often and similar disorders. Or you may have muscle spasms, back-aches, slipped disks, sciatica, or arthritis, bursitis, wry neck, rhinitis, headaches, and all kinds of aches and pains in various parts of your body. Or you may suffer from diabetes, neuralgia, hypertension, that is, high blood pressure, or tics or various heart conditions or various forms of cancers and various other kinds of physical or so-called physical illnesses. Or, you may suffer from some type of neuroses such as phobias, anxiety, hysteria, obsessions, compulsions, severe insomnia or you may suffer from various types of psychosis. Or you may suffer from various types of personal problems such as inferiority-superiority complex, lack of confidence, negative thinking, guilt feelings, worries. Or, you may suffer from the state of perfectionism, negativism, egoism, selfishness, self-centeredness, sadism, masochism. Or, you may suffer from depressions, feelings of unworthiness, or disobedience, or aggressiveness or passivity or laziness or indifference, or impatience, or in-

efficiency, or indecisiveness, or procrastination. Or, you might suffer from stage-fright. Or, you have a tendency to seek too much attention. Or, you may suffer from habitual lying or you have been delinquent or criminal. Or, you might be a severe or light smoker, or drug user, or an alcoholic or heavy drinker. Or, you might have a severe problem with food intake and you are obese and overweight, or you bite your nails or you have difficulties with learning or remembering, suffering from an inability to recall or retrieve what you learned. Or, you have difficulties in studying and taking examinations. Or, you have various speech disorders such as stuttering or stammering. Or, you suffer from hives, acne and all kinds of skin disorders or anything else for that matter. It is very likely that you have at least one of the problems described in the medical and psychiatric books.

As you see, the list of problems people can have can go on endlessly, forever. I am pretty positive that from the above partial list of problems, you found your own somewhere.

I want you to be aware that all of these problems without any exceptions or exclusions can be worked out by means of spiritual hypnosis and spiritual self-hypnosis if you are ready, open and eligible for such a procedure. You have to ask your own Inner Mind, when you are in deep spiritual self-hypnotic trance, whether you are ready, open and eligible. It will indicate whether this methodology is proper and right for you to apply and whether through this methodology you can permanently get rid of the problems you have or are habituated to. You have to be aware of that for certain spiritual reasons, as a result of your free choice, sometimes you need to use a different methodology for getting rid of your problems than spiritual self-hypnosis.

Otherwise, you would deprive yourself of the very important learning that such an opportunity, that is to be treated by some other methods, provides for you. This is the reason why it is always necessary to ask your Inner Mind what is the best methodology to use for getting rid of each particular problem. Don't be surprised to find out that you may resolve certain problems through the spiritual methodology that is presented in this book, while you will be advised to resolve some other problems with some typical medical, surgical or psychological methods. But be aware that, once you are consulting your true Inner Mind about what is best for you, even if your Inner Mind indicates that you should have surgery or use some prescribed medications or some regular psychotherapy, that advice comes from the purely Spiritual Source and, therefore, because you are following the advice of your true Inner Mind, you are following the spiritual path. The typical medical, surgical or psychological methods or means for getting rid of your problems are, in fact, in such instances, tools for the manifestation of spiritual learning. Therefore, in this connotation all those so-called non-spiritual procedures are the results and consequences of purely spiritual ideas.

The next thing that you have to be aware of and that I want you to bear in mind is that very often what you consciously think your problems are, is not necessarily so from the standpoint of your true Inner Mind. Very often those problems are only a disguise or covering for some deeper problems of which you are not aware on your conscious level or from the standpoint of your external mind. Of course, even coverings and disguises, as any other true problems, are always, without exception or exclusion, of the spiritual origin and source. After all, your external mind doesn't know anything about you. Usually it only guesses and that guess may or may not be correct. But even if it is a correct guess, it is only a guess and this is the reason why you need to check it out, in this second step of the prescribed procedures, with your true Inner Mind. For your information, once the real problem is resolved, in many instances, the covering or disguise of the real problem or that cover up or disguise which you consider to be a problem, disappears spontaneously without any further necessity to work on it.

So, you ask the following question of your true Inner Mind:

"Inner Mind, thank you very much for your cooperation."

(At every point of your communication with your Inner Mind, **never forget to thank your Inner Mind for everything no matter what it is.**)

"I would like you to explore me thoroughly and find out whether those problems that I think I have-
(At this point, enumerate all your problems one by one, which you think you have.)

are real problems or are they in addition to some other problems that I am not consciously aware of? Or are these problems only coverings and disguises behind which are the real problems? Now, if they are the real problems, and we have to work on them first, then please lift my `Yes' finger. If, however, they are not my real problems but only coverings and disguises, then lift my `No' finger. And if, by any chance, they are in addition to some other problems that I am not consciously aware of then Lift my ring finger. In this case the ring finger will no longer signify `I don't know,' but it will signify some kind of third alternative."

Watch for the response and then proceed to the third step.

THIRD STEP:

Any response in step two (you really know what your problems are; the problems you think are your problems but are not and are only coverings and disguises of the real problems; and the problems that you are aware of are in addition to some other problems that you are not consciously aware of) requires at this point, after you thank your Inner Mind, the following inquiry:

"Thank you, Inner Mind. The next question I have is whether it is your choice or whether you should indicate to me in advance the number of problems that we have to work on before I am ready to meet my true Spiritual Advisors. Or, instead, should we take one problem at a time and proceed until you, Inner Mind, indicate to me that now we are ready to proceed with the next step? If you want me to know in advance how many problems we have to work on, then, please lift my `Yes' finger. If it would not be beneficial for me to know this in advance but, instead, we should work on one problem at a time as they come, then my `No' finger will lift."

If you get a "Yes" response, then proceed as follows:

"Inner Mind, how many problems do we have to work on before I am ready to proceed with the next step? Inner Mind, please use my fingers to indicate the number of problems. Each finger, starting with the right thumb of my hand will signify one problem. I have ten fingers. Please lift that finger on my hands which corresponds to the number of the problems that I have to work on."
(The count goes from the thumb of the right hand all the way to the small finger of the left hand.)

"If by any chance I have more than ten problems to work on, then lift my entire left hand."

Should your entire left hand lift, proceed as follows:

"Inner Mind, I am now designating my fingers as follows: the thumb on my right hand will signify eleven problems, and so on until the small finger of my Left hand which will signify twenty problems. Please lift that finger which will correspond to the number of

problems that we have to work on. If by any chance I have more than twenty problems, then lift my entire left hand."

If your left hand lifted again, repeat the procedure with upgrading the counting until you get the precise number.
When you have the precise number of the problems that your Inner Mind wants you to work on before proceeding to the next crucial step in your work on yourself, **make sure** to double check the correctness of the response like this:

"Inner Mind, the indication is that I have to work on, let's say, six problems before I can proceed with my next crucial step. Is this the correct answer?"

If you get a "No" response, repeat the above procedure until you get the confirmation that this is a correct number.

STEP FOUR:

Once you have established the number of problems that you have to work on or, once you establish that you need to take one problem at a time without knowing in advance the number of the problems, you are ready to proceed with the next step. (An important note of warning. The indication from your true Inner Mind of the number of the problems that you have to work on does not necessarily mean that you have to work only on those problems and nothing else or more. It only indicates and signifies that you have to work out certain problems on your own with your own true Inner Mind before you are ready to be introduced to your true Spiritual Advisors, to convert and liberate your own true Shadow and establish direct access to the Most High in your true Inner Mind. It will be brought to your attention later on if there is something else or some other problems that need to be worked on and removed from your life. Certain problems are of such a deep spiritual nature that they can be worked out only with your own converted and liberated Shadow and all other Spiritual Advisors, or only directly with the Most High. See about this issue later on. Or, in most instances, the physical and psychological aspect of any problems have to be worked out first before their spiritual aspects can be revealed with the help of the true Spiritual Advisors and the Most High.)

Next, you ask your Inner Mind:

"Thank you, Inner Mind, for your indication; and now I would like to ask You if we are ready to proceed to work on the first problem?"

Usually, you will get the "Yes" response. The "No" response usually means that you need to take a break, or to start working on your first problem in the next regular session that you will have with yourself. Check it out with your Inner Mind.
Once you get a "Yes" response, proceed as follows (if you know consciously what your problems are).

"Inner Mind, how was this problem triggered? When was the first time it appeared in my Earthly Life?"

(At this time you do not ask anything about your experiences in the specific Intermediate world. This can be done only with the help of your converted and liberated Shadow and your true Spiritual Advisors and only under the presiding of the Most High in your Inner Mind.)
*"And what were the subsequent events in my life that supported and reinforced that problem? Please, bring it to my recollection **step-by-step**, event after event, so that I may know and understand what happened and how it happened and what I am doing wrong to have this problem."*

At this point you either can ask for the Inner Mind to speak through your vocal cords to tell you what happened and how it happened or to give you the exact memories of what happened and how it happened or, simultaneously, both. It is up to your true Inner Mind to decide which way it wants to proceed since it knows what is the best and most effective way for you.

In the process of this work you will be shown what went wrong and how the problem was triggered and started to plague your life.

Once all events of your life, related to the triggering, supporting and reinforcing of that problem are revealed and are clear to you, ask your true Inner Mind the following question:

"Inner Mind, please, reveal to me the lessons that I have been learning from this particular problem. Have I learned my lessons properly? Has this particular problem exhausted its usefulness in my life and is it time that I am free of it and get rid of it?"

If the learning occurred and the problem exhausted its usefulness, then you are ready to proceed with the next step. In most instances, if you are at this point, you have learned your lessons and the problem that you are working on has exhausted its usefulness for you and for the entire Creation. Everybody throughout the entire Creation learned from that experience and it was placed permanently in the Universality-Of-It-All. Therefore you are ready to get rid of that problem. Otherwise, I can assure you, you would never have arrived at this point in your life. You would not even have any desire to do your spiritual self-hypnosis or maybe even to read this book.

Should there be an indication from your Inner Mind that you don't have a conscious awareness of your real problems, and should your Inner Mind indicate that you are ready to learn what the first problem is that you are not consciously aware of and that you are ready to work on, then proceed as follows:

"Inner Mind, as I am counting from one to seven silently in my mind, I would like to ask you to bring suddenly to my memory and recollection the nature of the problem which I am consciously not aware of but which is the one that I need to work on first. Help me to remember and to recall the exact nature of that problem; how is it manifested in my life; what the symptoms are of that problem in my life and in my behavior; how that problem was triggered; at what point of my Earthly life that problem was triggered; what other events of my life played the reinforcing and confirming role for that problem; and anything else that I need to know about that problem. So that, when I finish counting, suddenly I will know."

At this point, proceed with counting and, if necessary, repeat the counting several times until you are able to fully recall everything related to the first problem which you were not consciously aware of up to that point. When you have it, do exactly what was described in step four and after you have done that, proceed with step five which follows. (Sometimes you are given a smaller problem or two or more to practice on - so that the bigger ones are easier to handle. Also sometimes it takes several trance sessions to learn all of this.)

STEP FIVE:

Once your Inner Mind reveals to you the true nature of your first problem, or any subsequent problems, once you know what the particular learning was from having and perpetuating that problem, you are now ready to remove that problem. (Note, that I am not giving any concrete examples of case histories, since what I am presenting here are the results of numerous concrete case histories from my professional career. The reason why it is not appropriate to

give you such a case history is because each case is very different. The learning for any person, even though having exactly the same type of problem, is very different. No generalizations are possible and, most importantly, you are the only one who can be your own case history example. People, who would have the tendency to look for similar experiences and learnings, would waste their precious time on someone else's experiences, instead of concentrating all their attention on their own specific, unique and unrepeatable experiences and learnings which are the consequences of their own problems. This is the major reason why it would be damaging to the spirit of this book to feed you with all kinds of case histories. However, if you are interested in case histories, you can read them in "Intensive Spiritual Hypnotherapy" and "Principles of Spiritual Hypnosis" and in some chapters of "Reality, Myths and Illusions.")

There are several steps that you have to take at this crucial point.

First, from the bottom of your heart, in your thoughts and feelings, you have to ask the Most High for forgiveness and mercy. The Most High, as Jesus Christ, came to this world to provide everyone, who confesses his/her sins, repents and shows a desire to change, with an opportunity to be saved and to offer everyone mercy and forgiveness. By virtue of this fact you are constantly eligible for the Lord's mercy and forgiveness.

However, mercy and forgiveness cannot be given to you unless you ask for it through the process of confession of your sins, repentence, and removal of your sins. The Most High, being Absolute Freedom, and respecting your free choice to be the way you are or want to be, no matter how miserable that way is, would never impose on you any of His/Her mercy and forgiveness. The Most High, the Lord Jesus Christ forgave you and showed mercy for you a long time ago when He/She came to this world, conquered the negative state, subjugated all hells and put the entire Zone of Displacement with all its regions, dimensions and levels under His/Her control. So, all you have to do, is to ask for mercy and forgiveness by following the described procedures in this book.

So, the first thing for you to do is to confess your serious problems which are all sins, whatever they may be (perhaps one of those, enumerated problems, in step 2), one by one, as you are working on them with your Inner Mind in your spiritual self-hypnosis. Then, after confessing that particular problem-sin, you repent by showing remorse for polluting, poisoning and contaminating your spirit, your soul and your body and all their aspects, levels and degrees with that particular problem. And then you ask your Inner Mind to help you accept the Most High's mercy and forgiveness.

The reason why you have to undertake this first step is that, by accepting that problem as a part of your life, you denied your true essence and substance. Your true essence and substance is the direct endowment of the Most High in you. Thus, you denied the Most High and repudiated the Most High from that part of you which was given to that problem. Regardless of how much you confess your devotion and belief in the Most High, as long as you cling to and agree with your problem, with your current style of life, which derives from the negative state in you, you deny the Most High and the Most High's being and existence. Remember, the Most High cannot be in your problems. The reason for this is that all problems that we have are sins. Only the devil or evil spirits can be in your problems because only the devil or evil spirits can be in your sins. Thus, you stole from the Most High what was originally His/Hers and you gave it to the devil or evil spirits, that is, to the negative state. You did so in the moment you decided to allow that problem to enter your life and to dominate your life. In this sense, you became a thief and a robber. It doesn't make any difference how much you claim that you are a Christian, a church Boer, a Bible reader, an attendant of prayer meetings, a performer of all kinds of ceremonies, rituals and so on and so forth. As long as you cling to and are enslaved by your problems, you really do not believe in the Most High. You are deceiving yourself and all others around you if you claim that you

do believe in the Most High and that you are a follower of the Most High or a newborn Christian. You have chosen to let the devil or evil spirits dominate your living, and usually adversely affect those around you (by their choice).

It doesn't make any difference that you volunteered to come into the negative state for that purpose, that is, to experience those kinds of problems. As long as you identify yourself with anything negative and problematical, you become an activator or participant in the activation and maintenance of the negative state and its dominance within you. By that act, you repudiate the Most High from you, with the exception of the five percent of the true human in you. Please, do remember that, after all, when you were volunteering for your mission, a way out of the negative state was provided for you and you accepted the conditions of that way from your own free will and by your own free choice. You are now hereby being reminded of that way and of those procedures of how to get out of the negative state.

There is no other way. This is the reason, or one of the many reasons, why the Most High, as Jesus Christ, came to this world so that you could be provided with the possibility of activating this way. This one way is loud and clear: First step, confession of your sins-problems, repentence and asking for mercy and forgiveness of the Most High and for activation of your ability, desire and wish to change successfully and effectively.

The second crucial and important step in this process of getting rid of your problems-sins is that you, from the bottom of your heart, show mercy and extend forgiveness to everyone else, without any exception or exclusion, no matter who it is; who, for some reason or another, participated, or who you think and believe participated in triggering, reinforcing and perpetuating your problems-sins. But again, remember please, that all those problems enumerated in step two above, as well as any other problems under the sun, are sins. Do you remember that example which I quoted before in this book from the life of Jesus Christ on Earth when he said to the physically ill person, "Your sins are forgiven"?

You cannot go any further, not one tiny little step further, unless you are willing from the bottom of your heart to forgive and to show mercy to all people in your life on Earth, who participated, or who you think participated in triggering, reinforcing, maintaining and perpetuating your problems from the moment of your conception in your mother's womb to the present time. Again, no one person can be excluded from this process of forgiveness and mercy. And not only that, but it is crucial and vital that you continue at all times, on a daily basis, to show mercy and forgiveness to yourself and others as needed and when needed.

If you are not willing to forgive and to show mercy to them from the bottom of your heart for all their seeming wrong doings toward you; if you want to continue to hold your grudges against them and be angry at them and hate them, stop right here and go no further. You are wasting your time. You will only bring upon yourself more devastating problems than you have had prior to this time.

You can be shown mercy and forgiveness by the Most High only if you also show mercy and forgiveness to all others who need your mercy and forgiveness. It doesn't make any difference if the above mentioned people in your life continue to hold grudges against you, or to be angry at you or hate you or mistreat you as they always have done. This is not the point. The vital, crucial and important point is for you to realize that you have to forgive them and show mercy upon them, regardless of whether they forgave you and showed mercy to you. Once you do that, once you change your attitude toward them, you will be surprised at what will happen in their relationship with you from that point on.

So, if you fulfilled the requirement for these two steps, you are ready to proceed with the third step.

Thirdly, by accepting mercy and forgiveness from the Most High, and by showing and giving your own mercy and forgiveness to others, you are ready to show mercy and forgiveness to yourself. Now you need to forgive yourself for everything that you have done to yourself and others, or you think and believe that you have done (whether or not you really have done it!) Now, from the bottom of your heart you have to forgive yourself and to show mercy upon yourself for all those hardships, miseries, sufferings and problems that you have been allowing to torment you, to plunder you and to destroy your spirit, your soul, your body and all their levels, aspects and degrees.

If you are not willing, for some reason or other, to forgive yourself and to show mercy upon yourself, stop right here and do not go a step further, because you will be in worse trouble than you have ever been before.

How can you accept forgiveness and mercy from the Most High or show mercy and forgiveness to others, unless you are willing to do the same for yourself? Are you not a part of the same whole? Is the Most High not in you? Is the Most High not in others? If you did not forgive yourself, you cannot truly forgive others either, and then you cannot truly apply the Lord's forgiveness and mercy to yourself at all because it depends on the other two acts of forgiveness.

On the other hand, if you think that you have forgiven yourself, but didn't want to forgive others and didn't accept the Most High's forgiveness, you deceived yourself and others into believing that you had forgiven yourself. The reason for this is that one act of forgiveness stems from another and there can be no forgiveness or mercy unless all three occur at the same time. If you separate them, you remain a slave of the negative state. Unwillingness to show mercy and forgiveness in all of these three aspects means that you have a problem in not being able to forgive in one or two or all three aspects of this act of forgiveness and mercy. This is a serious spiritual problem. At this point you are strongly advised, before ever proceeding further, to explore with your true Inner Mind, why it is that you find yourself unwilling or reluctant to accept the necessity of these three acts of forgiveness and mercy. Whom are you serving by this kind of terrible attitude? This only points out and means that you have to take into consideration that there is a possibility that, perhaps, for some reason or other, you allowed some evil, negative spirits or entities that block you from going through this vital and crucial act of mercy and forgiveness to possess you, or to insinuate themselves into you or attach themselves to you. Remember, please, that the entire negative state is built on hate, anger, hostility, viciousness, violence, destruction, grudges, revenge, retaliation, cruelty, unforgiveness and all other similar atrocities and abominations.

If you are not willing to forgive and show mercy in these three aspects, you are, unfortunately, allowing yourself to be an agent of the negative state from the hells.

In cases like this, you need help from a professional spiritual hypnotherapist and, if you want to go further in your process of spiritual transformation by your own free will and by your own free choice, then you better get in touch with someone who is trained in this spiritual methodology and ask for help and assistance.

After you complete these three steps in the act of mercy and forgiveness, you are ready to proceed to the next step.

The next step is to visualize, to picture and to see (if you have difficulties with visualization and imagination then please think, feel, hear, sense or whatever way you can) a brilliantly white light coming from in front of you, from above (which is always toward the East, in the spiritual hypnotic and self-hypnotic trances. No matter which way you turn, the East will always be in front of you, and above), as from the sun. The sun is rising. Request the presence of the Most High in that sun and in your Inner Mind to send a beam of light to your

forehead and let it enter you and take out that problem for good and forever. Visualize the full flood of white light coming from the sun, from the above, and engulfing you and penetrating you and everything in your spirit, soul and body. Visualize that light shattering, eliminating and removing the problem or all damaged, sick, weak cells or whatever you have. And visualize that light taking out all that blackness and darkness and everything and everyone else related to that problem together with that problem itself. Let it all be discharged from you at your feet. Repeat this process seven times until everything at your feet, as well as in the rest of you, is pure white light. See that blackness, darkness and ugliness dissipate and disappear into nothingness.

After you have done this, proceed to give yourself the following or similar suggestions:

"By my own free will and by my own free choice; by the power of the Most High's Divine Love and Divine Wisdom and His/Her Divine Mercy and Forgiveness and by the power of my true Inner Mind and my own mercy and forgiveness; by the power of my decision to identify myself fully with my true Inner Mind, I am freeing myself, I am liberating myself, by the three aspects of the act of mercy and forgiveness, from everything related to this problem and to that problem itself"

(indicate here by words what the problem is that you are getting rid of)

"for good and forever. All consequences, results and outcomes of that problem"

(again, name the problem by its specific name, such as cancer, smoking, weight problem, drinking, nail biting, whatever you have)

"are being abolished, stopped, nullified and they will no longer have any impact, any influence on or interference with my life. I am no longer a slave to that problem. I now am giving myself back to the Most High. And I am humbly asking the Most High to fill that spot or place in me, which I allowed that problem to steal from me, and the true Most High, and to occupy me, with pure unconditional love and wisdom; with pure unconditional good and truth; with pure unconditional charity and faith; with trust and confidence in the Lord and myself; with objectivity and righteousness; with justice and judgment; with mercy and forgiveness; with compassion and empathy; with kindness and gentleness; with modesty, humbleness and humility and all other positive attributes of the Most High's true nature and His/Her Creation."

If you have a physical problem which caused damage to your tissues or cells such as in cancer, for example, after you discharge those sick, aging, putrid, black, nasty, ugly cells from your system by the above described procedure, you add:

"and fill that place and organ or tissue, with new, strong, healthy and rejuvenated cells. I am asking you, the Most High, my Lord, the Savior, the Redeemer and the Maker and my Creator, in modesty, humbleness and humility to reform me, to regenerate me, to renew me, to rejuvenate me and to transform me into Your true likeness and image. Protect me and safeguard me, my Lord, from falling back into any habits related to that problem, or back into behavior patterns and a lifestyle that were the result of that problem."

You can add any other similar suggestions to yourself.

Once you finish all these steps, you ask the following questions of your Inner Mind:

"Inner Mind, are these suggestions acceptable to you the way I formulated them? Are you willing to help me to carry out and to become these suggestions so that they now

become my true life? Does the Most High in you accept my humble request for help? If yes, then lift my `Yes' finger, and if no, then lift my 'No' finger.

If, by chance, you get a "No" response (a very remote possibility, if you have followed the outlined procedures properly), ask your Inner Mind to reveal to you what was wrong with your suggestions and with your procedures. Usually, somewhere along the line you either didn't understand, or follow, the proper procedures. You will get a proper response and then make the necessary corrections in accordance with the suggestions of your true Inner Mind.

If you got the usual "Yes" response, ask your Inner Mind, after thanking it, the following important question:

"Inner Mind, is there anything else related to this particular problem that we have to work on?"

If you get a "Yes" response, proceed to explore further from the position of your Inner Mind what other aspects of that problem you need to work on. Work on that problem until at one point, when you ask the above question, you will get a "No" response. Working on one problem very often can take more than just one session in your spiritual self-hypnotic trance. To make sure that you have the correct answer, double check with the following question to your Inner Mind:

"Thank you Inner Mind. Have we resolved this problem permanently, for good, forever, as long as I keep up with my regular everyday work on myself?"

(The description of maintenance of your new spiritual condition and life will be given in the next chapter of this book.) If the problem is really worked out, you will get the "Yes" response. Otherwise, continue working on that problem until it is eliminated by repeating the procedures described in the above steps. Then ask:

"Is there anything else for today?"

If "Yes," ask what it is and do what you are being told. If not, with thankfulness and gratitude to the Most High and to your Inner Mind, bring yourself out of your spiritual trance by the procedure described above in step nineteen of the induction of spiritual self-hypnotic trance.

STEP SIX:

Once you complete the work on the first problem, you are ready to take the next step. Before you proceed further, I want you to be aware of the following important, crucial and vital fact and procedure that you have to follow every time you are doing your spiritual trance-work. This rule is absolutely necessary and valid every time you go into your spiritual self-hypnosis, even if it is done the same day. Never skip or miss this procedure. Whenever you are contacting your Inner Mind at the beginning of each of your sessions (please, no exceptions or exclusions), you repeat the security checks with your true Inner Mind as described in step one of this part.

Why is it necessary to do so every time? You have to remember that in-between sessions you are back in your external mind and in the external world where the negative state fully dominates. During that period of time, you are subject to all kinds of pollutions, poisons, contaminations, traps, attacks, bombardments and many other things of the negative state which want you to remain in its clutches and traps. Therefore, when in the next regular session, you shift back to your true Inner Mind, you can never be sure whether you are in contact with your true Inner Mind or with your fake pseudo-inner mind. For that reason, if you don't want to be deceived and misled, you have to go through the regular security checks as

described in step number one of this part. Later on, after your Shadow is liberated and converted, you will learn a more reliable, simplified and faster security clearance in this respect. But, until that time you have to start each of your sessions with the security clearance as described in the first step of this part.

After you have established your next spiritual trance-state and contacted your true Inner Mind and performed the proper security checks, you ask your Inner Mind, first of all, to help in purifying and cleansing you from any possible contaminations, pollutions and poisons of everything evil, negative, bad, wrong and adverse that might have occurred in-between your sessions. Ask your Inner Mind to direct the brilliantly white light of Divine Love and Divine Wisdom of the Most High from the sun into you and thoroughly wash you, cleanse you, and fumigate you in your entire essence, substance, body, spirit, soul and everything that you have from all garbage of the negative state until it is all gone from your system. Ask your Inner Mind to indicate to you if you have done anything wrong or inadequate or erroneous or made mistakes between sessions. Let it be brought to your attention, work on it, ask for mercy and forgiveness and eliminate it with the white light. Once you are through with this, or if the answer was "No," that is, there was no contamination or wrongdoing in any way in between your sessions, then ask your Inner Mind, after you thank it for the work which has been done so far, the following question:

"Inner Mind, are we ready to proceed to work on the next problem?"

(Of course, this question is valid only if you have more than one problem at the moment or if your Inner Mind indicated that you need to work only on one problem.) If the answer is "No," ask your Inner Mind what should be done in this session; what kind of work you need to do on yourself; what kind of suggestions you need to give yourself and when you are going to be ready to work on the next problem.

Once you get a "Yes" response, proceed to work on the next problem in exactly the same manner as described in steps four and five.

It is absolutely necessary for you to follow all the steps as described in those procedures without ever leaving anything out. You are well advised to re-read the content of step number four and five of this part many times, and if possible, almost memorize it, so that you strictly adhere to those steps in the process of the elimination of your next problem. You have to repeat each step exactly as described in those two steps in working on every aspect of your problems. Failure to do so can bring total disaster and compound your problems under the pretense that the problems were worked out. The negative state would like very much for you to violate and deviate from these procedures so that it could sabotage and undermine your efforts. Remember, this procedure was revealed directly by the Most High for the purpose of giving you, if you choose to accept it by your own free will and your own free choice, an opportunity to free yourself from the slavery to all your problems and, thus, to the negative state. If you follow these procedures meticulously, you can never go wrong especially if you follow the act of mercy and forgiveness in its three aspects at all times.

And in exactly the same manner, as described in steps four and five, without leaving anything out of those steps, you will work on the rest of your problems which your Inner Mind says you have to work on. You will do so until your Inner Mind tells you that this is all and that it is time for you to go to the next crucial point in your spiritual transformation process. **This type of spiritual work on yourself can be considered a process of your spiritual transformation or being born again.**

Once again, if you are interested in learning more about how this work is done by concrete examples, as well as what follows next, you are advised to read chapter two, part two of "Intensive Spiritual Hypnotherapy," and chapter twelve and fourteen of "Reality, Myths and

Illusions." These parts in those two books, as well as some parts in "Principles of Spiritual Hypnosis," are mostly simple dialogues which can be easily understood by anyone who can read.

HOW TO LIBERATE AND CONVERT YOUR TRUE SHADOW; HOW TO EXORCISE POSSESSIVE, INSINUATING OR ATTACHED EVIL, NEGATIVE SPIRITS AND ENTITIES; HOW TO EVOKE YOUR TRUE SPIRITUAL ADVISORS; HOW TO ESTABLISH PERMANENT CONTACT WITH THE MOST HIGH; AND HOW TO WORK WITH YOUR TRUE SPIRITUAL FAMILY.

Once you are at this point, and you have been given firm confirmation by your true Inner Mind that you are ready to take your next vital, crucial and important step in the process of your spiritual transformation, you have to proceed as follows:

STEP ONE:

While in a deep state of spiritual trance (by this time you should be able without any difficulties to be in a plenary state of spiritual trance represented by the lifting up of both your hands. To make sure how deep you are, occasionally double check it with your true Inner Mind as you were taught in the steps for induction of spiritual trance at the beginning of this chapter), transport yourself in your imagination to the top of the high mountain. See yourself, picture yourself, visualize yourself, or think yourself, feel yourself or hear yourself or however you do it best, on the top of a high mountain, with a nice leveled top, with green grass where you can comfortably stand, sit, relax and work. You can get yourself to the top of the spiritual mountain by one of the following ways.

(1)
If you like to climb mountains, climb until you reach the top and then relax there.

(2)
You can see yourself, picture yourself, imagine yourself, visualize yourself, think of yourself, hear yourself, feel yourself or however you do it, lying on a brilliantly white cloud which is taking you toward the ridge of the mountains that you can see far ahead. That cloud will come over the ridge of the mountain and you can scrutinize all tops and summits and find yourself a summit that is spacious, well leveled, and has a beautiful cover of green grass and a nice huge boulder, and perhaps even a nice, beautiful flower garden.

(3)
Or you can be lifted to the top of the mountain on a special lift made for that purpose (as in the Swiss Alps, for example).

(4)
Or, you can find a comfortable paved road that leads to the top of your spiritual mountain and drive up in your car. Just before reaching the top, you will park your car in a special, safe place which will be provided for you as you are driving up. After you park the car, get out of it and walk the rest of the way, a very short distance to the top.

(5)
Or, you can get to your spiritual mountain top in any other way you wish or want to, or in the way which is the most comfortable and effective for you.

Once you are at your spiritual mountain top you need to have the following arrangements:

In front of you, no matter which way you will turn, will always be the East side of the mountain. The sun will always be above you, shining, above the horizon, in the summertime

10:00 o'clock morning position, with a clear beautiful day with blue skies. On your right side, or to the South, no matter which way you turn, will always be a huge rock or a boulder (very big). On your left side, or to the North, no matter which way you turn, there will be a visible path leading down from the mountain top into the plain far below, through a gate which you will see on the left side of the mountain or on your left side. A mist or a fog lies over the plain. As mentioned above, you can have, if you wish and like, a nice beautiful garden on your mountain top with a waterfall of crystal clear and pure, cool water. There will be no snow, or ice, or cold on your spiritual mountain top even if you like snow and ice.

The above described arrangements have to be established permanently and no deviation from them is permitted. Any deviation from these arrangements is very dangerous because it breaks the proper meaning of spiritual correspondences and allows the negative and evil forces to contaminate, to distort and to pollute your process.

The spiritual mountain top corresponds to the heavens or to the spiritual world or to the positive state or to the true Creation of the Most High. The East corresponds to the Most High. The sun in the East corresponds to the abode of the Most High. The warmth, which radiates from the sun, corresponds to the Most High's Divine Love, Good and Charity, and the emanating light from that sun corresponds to the Most High's Divine Wisdom, Truth and Faith. The right side, or south, in this connotation, corresponds to the mighty power of all truths of the entire positive state of the Most High's Creation. The rock or boulder corresponds to the foundation of that truth in faith, trust and confidence that the truth of the Most High always prevails because it is from good. The waterfall or crystal clear water corresponds to the pure truth that purifies and cleanses from all falsities, badness and evilness. The flower garden corresponds to the Most High's peace, calmness, serenity and tranquility that always accompanies the positive state. The left side, North, the path down to the plain's gate, fog, mist, and the plain correspond to the different aspect of the negative state and all hells that you need to conquer with the help of everyone and everything on your spiritual mountain top. At this point, the gate on your left side or the North side of the mountain, through which the path goes down to the plain or to the hells, is open. The open gate symbolizes that you have not yet completed your process of spiritual transformation and that you are not entirely free from the dominance of the negative state in your life as manifested by all your problems-sins. You are still connected to the hells. You are only at the beginning of this process.

Now, do you see why it is so important not to deviate from these arrangements on your spiritual mountain top? If you deviate from these arrangements, you violate the universal laws of correspondences. That is what the pseudo-creators did initially. In order to activate the negative state, they had to re-arrange and violate the order of the universal structure of the Most High's Creation as represented by the true correspondences. The reason why no snow and ice are acceptable on your spiritual mountain top, even though you might like them, is because snow and ice are cold to the touch and anything cold signifies lack of love. You cannot do anything good or build anything properly if love is lacking. Therefore, it is not wise to have ice and snow on your spiritual mountain top.

Once you establish yourself firmly on your spiritual mountain top, the following rule will have to be followed from now on **without ever violating this rule or deviating from this rule.**

From this moment on, all your work, without any exception or exclusion, even if you go into trance just to relax or for some other important reasons, will be done on your spiritual mountain top. From now on, whenever you go into your spiritual trance, the first thing you do is to go to your spiritual mountain top, before doing anything else. I repeat here again, that you will be doing nothing whatsoever, while you are in trance, unless you are on the spiritual mountain top. Even if the Most High Himself/Herself will appear to you and tell you that you do not have to be on your spiritual mountain top and that you can work someplace else or

without being there, do not believe it. Do not buy it. Such advice, whether it comes from the so-called Most High or from the so-called Inner Mind or anyone else, is an indication that you are dealing with a false Most High, a false Spiritual Advisor or a false, fake Inner Mind. **This is the golden rule of this methodology.** Either you follow it or you will be in trouble.

While you are at the top of your mountain, check carefully whether everything on your spiritual mountain top is exactly as described above. Should any changes or deviation be present, it signifies that your spiritual mountain top has been contaminated by the negative state. You have to explore with your Inner Mind and find out what has happened, why it has happened and what should be done about it. (Of course, you ask your Inner Mind these questions only after the thorough security clearance and check of your Inner Mind!) When you learn the reasons for the change, eliminate those reasons, correct everything which needs to be corrected and arrange everything on your mountain top the way it is supposed to be. Only after this is done are you ready to proceed to your next step.

STEP TWO:

The first question which you ask your Inner Mind (after thorough security clearance and checking out the arrangement on your spiritual mountain top as just described above) is whether it is time for you to meet your true Shadow. Your Shadow will have to come up from the plain to the top of your mountain, through the gates, along the path. It will join you so that you can liberate and convert your Shadow from the negative state. Again, this is a rule from which it is dangerous to deviate. **Do not proceed any further until you have your Shadow liberated and converted.**

What does the Shadow represent in your life and who is your Shadow?

The Shadow is your spiritual counterpart who represents everything negative, bad and unpleasant in you and your life. It also represents all the precious energy, strength, vitality and creativity which you have been wasting throughout your life by your futility, foolishness and yielding to self-destructive, self-denying, self-defeating desires, wishes and lusts for the wrong type of pleasures (such as, for example, pleasure in smoking, drinking, drug use, or similar destructive "pleasures"), to greediness, egoism, violence and things like that. The Shadow is a spiritual being, independent of you, who resides in or has an assignment in the hells. The reason why this particular Shadow is attached to you is because it represents your link to the hells. It is a part of your Shadow's assignment to remind you of your negativity and your problems by putting you in all kinds of embarrassing situations, causing you to make all kinds of mistakes and causing other problems. This is done for the purpose of awakening you from your spiritual blindness and sleep and giving you and itself an opportunity to get out of the hells and away from the negative state. Of course, this latter part of your Shadow's assignment in your life remains hidden and secret even from the Shadow itself, so that the enemy in the hells will not detect this important secret mission and assignment. For all apparent purposes, your Shadow, before liberation and conversion, is a loyal subject to its masters in the hells.

This is what your true Shadow signifies and represents before its liberation and conversion. After its liberation and conversion it becomes one of your true Spiritual Advisors either in male or female form. Before liberation and conversion, your Shadow can have a very nasty and ugly appearance and it can appear to you in any form or even in many changeable forms (some kind of ugly animal or monstrosity or demon or insect or similar form). It also can appear in a distorted humanoid form or even in a perfectly human form but with some striking characteristic such as, for example, black and dark clothing.

After you receive an affirmative answer from your Inner Mind that you are ready to encounter your Shadow, look to the left. Go to the open gate and call your true Shadow to come up

from the plain and the fog and join you on the top of your spiritual mountain. Encourage your Shadow to come up for the purpose of making friends.

Observe whether anyone or anything is coming. If no one appears, turn yourself to the East and ask your Inner Mind and the presence of the Most High in your Inner Mind why no one has appeared. Listen for the answers and follow the instructions which you will receive at this point. Many of you will be afraid and frightened at this point. However, it is the negative state in you which is causing that fear, fright and terror because it doesn't want you to proceed further. It knows that, by this step, it will lose its hold on you. Therefore, if you are encountering fear or fright or any other adverse emotions or reactions at this time you are advised to concentrate on the feelings of love, mercy, compassion, and forgiveness in you. These feelings will eliminate all negative emotions from you. You also ask the Most High in the sun to protect you by engulfing you in white light that cannot be penetrated by anything evil, dangerous, hurtful or harmful to you. Such an arrangement usually eliminates your fear and dread.

The other thing, that you have to be very cautious about at this point, is that, whoever or whatever appears through the gate from the left side, will not necessarily be your true Shadow at first. It may or may not be your Shadow. You have to prepare yourself to vigorously and severely test anyone who appears through that gate.

So, at the moment someone or something appears at that gate, no matter how ugly or fearsome it looks, or how natural and normal it looks, don't get panicky in any manner or way but, instead, maintain your feelings of peace, love, compassion, empathy, mercy and forgiveness. These feelings are your undefeatable weapons. Never forget this. Also, remember, that whoever or whatever comes through that gate likes, very often and in many instances, to pretend to be very powerful, very fearsome, very harsh and very uncooperative. But the truth of the matter is that those pseudo-people are neither powerful, nor fearsome, nor do they have any control over you no matter how much they like to pretend this to be the case or how much they are trying to convince you that you are in their power, in their possession and that they will destroy you or that they have total and absolute control over you. Please, do remember that their power and control over you is only as much and to the extent that you believe and give them that power from your own free will and by your free choice. The more you are afraid of them, the more they have power over you. The more you love them and show mercy, forgiveness and compassion to them the less influence or power they have over you. So, under any circumstances, do not be taken in by anything that they say. Remember that they are habitual liars and deceivers. As long as you are aware of these important facts, nothing whatsoever can happen to you and you are completely safe at all times.

Once someone or something appears through that gate, fearlessly and courageously, with love and compassion and with all positive feelings, approach that entity and ask it the following questions:

"Who are you? What is your name? What do you represent in my life? Why are you here?"
At this point, you have to be aware of four possibilities:

(1)
Whoever or whatever appeared through that gate can be your true Shadow.

(2)
It is a deceptive, evil, negative spirit or entity which came to mislead you, to threaten you, to intimidate you and interfere with your process.

(3)

It is an evil and negative spirit or entity which is using the opportunity to come out of the hells and to be liberated and converted to the positive state.

(4)
It is an evil and negative entity which is insinuated in you or possesses you or is attached to you. For some reason, through some of your attitudes, views, habits and problems, you allowed that entity to be part of your life.

At the moment of the appearance of the entity through the gate, no matter in what shape or form, turn yourself to the East, to the sun, to the presence of the Most High in that sun and in your Inner Mind and ask to be enlightened as to the true identity of this entity. Also ask your Inner Mind through the finger signaling the following question:

"Inner Mind, from the presence of the Most High in you, in the presence of the Absolute Truth and Good and Absolute Love and Wisdom in the Most High, please, determine the true identity of this entity. If this entity is my true Shadow, then lift my 'Yes' finger. If it is an evil or misleading, interfering spirit or entity, then, please, lift my `No' finger. If it is an entity which, from the bottom of its heart, wants to be liberated and converted to the positive state, then lift my ring finger. However, if it is an evil spirit, which I allowed for some reason or other, to possess me or to insinuate into me or to be attached to me, then, please, lift my small finger which means `I don't want to answer your question.'"

After you receive an appropriate response, proceed as follows.

To make sure that your response is correct, direct a beam of brilliantly white light on that entity, coming from the East, and engulf it in white light. Have the entity say:

"The Lord Jesus Christ, One Indivisible God, Creator of the entire Creation and the Supreme Lord, Master and Ruler of all that is including all hells and all regions of the Zone of Displacement."

Make sure that the entity repeats this formula in this manner. Don't leave out this formula and especially the words:

"Lord Jesus Christ, One Indivisible God."

The refusal of that negative entity to say those words is suspect. Be aware that you are dealing with someone who is not your true Shadow. If the evil entity is the one which wants to interfere, it cannot say those words in that exact manner. It can neither survive the intensity of the white light for too long, nor can it endure for very long, your own feelings of love, compassion, mercy and forgiveness. When the entity tries to say those words it usually mispronounces them or comes up with an entirely different formulation. When you intensify your feelings of love, mercy, forgiveness, compassion and empathy toward that entity even more and ask for the greater intensification of the brilliantly white light from the East, from the presence of the Most High in the sun, then the entity usually runs back to the hells through the gate. However, before it does so, unless it runs back immediately without your having the opportunity to say anything more, it is your duty from the position of your love and wisdom to offer that entity an opportunity for liberation and conversion to the positive state. At that point you will proceed like this:

"I am going to read you your rights and privileges. As a being who Lives by the stolen principle of life from the Most High, you have certain rights and privileges which are eternally yours as a gift from the Most High. I would like to take this opportunity to remind you of those rights and privileges. You are not locked into one state and

condition forever. Neither are you condemned to be an evil spirit for eternity and to remain in the hells. You have an eternal gift from the Most High which is the gift of the ability to change and to choose. You are being presented here with the greatest opportunity of your life to use and apply that gift and to choose to change. That is, to convert from the negative state to the positive state and to be liberated from the hells. In order to do so, you need, from the bottom o f your heart, to confess your sins to the Most High, to repent, and to ask for the Most High's mercy and forgiveness. If you mean what you say or what you will say, you will be put in the front of this mountain, you will kneel down on your knees, facing the sun where the presence of the true Most High is, and you will do what I say. You will be engulfed in a very intense light by which you will be transfigured from the ugly, evil, negative, hellish form, which you appear in now, into a white and bright spirit. After that, you will receive a new name from the Most High and two angels will appear, the servants of the Most High, and will take you to the special division of the New School for Spiritual Re-awakening, Re-learning and Re-structuring. There you will undergo a process of total transformation from a negative, evil spirit; into a positive and good spirit within the time it is necessary to accomplish this task at your own pace. Be aware, if you don't mean what you say and if you are trying to deceive, you will not be able to survive being in that intense white light of the Most High's Divine Love and Divine Wisdom. You will be instantaneously transported to the deepest hells where you will be locked up to bear the consequences of your evil deeds, actions and deceptions. Having read you these rights and privileges, I am hereby asking you, what do you choose? You either choose to be liberated and converted from the negative state or you will have to go back to your own hell. But you cannot stay here because your being here is contrary to my choice and my free will."

(For a more detailed text of this reading of rights and privileges to any negative and evil entities, see chapter three, part two in "Reality, Myths and Illusions.")

Several things can happen with this type of evil entity.

(1)
It will disappear at the moment you direct the white light at it or when it is trying to say the words about the Lord Jesus Christ being One Indivisible God, and so on.

(2)
It will try to say these words but they will be said with some perceptible mistakes or mispronunciation.

(3)
It will go in front of the mountain and go through the procedure of transfiguration. In this case, if it is deceiving you and the Most High, it will be seized with feelings of great anguish and in that state, transported back to its hell where it will be locked up and bear the consequences of its evilness, negativity and deception. However, if it means business, and confesses its sins from the bottom of its heart and repents and asks for the mercy and forgiveness of the Most High, it will be transfigured into a white and bright spirit. After that it will be given a new name, and then the two angels will appear and take it to the New School for Spiritual Re-awakening, Re-learning and Restructuring, to the special division of that school for demons, devils, satans and evil, negative spirits who want to be liberated and converted. (For more on the New School, see various messages in "Messages From Within" and through various chapters in "Reality, Myths and Illusions." The New School for Spiritual Re-awakening, Re-learning and Re-structuring was created and established personally by the Most High specifically for such a purpose, among many other purposes. That New School was placed by the Most High in a very unusual and peculiar position and state, known only to the Most High, where it has connections to all levels, degrees, spheres of the

entire Creation, as well as to all regions, levels, spheres and degrees of the entire Zone of Displacement, from the deepest hells to the planet Earth. That school was opened on, to what corresponds in the spiritual world, June 1, 1982.)

If the evil entity came for the purpose of liberation and conversion, proceed as above with the deceptive entity.

Read it its rights and privileges and then place it in the front, to the East side of your spiritual mountain top. Have it face the presence of the Most High in the sun, kneeling down, confessing its sins and repenting, asking for mercy and forgiveness. After that have it transfigured into the white spirit, given a new name and taken by the two angels to the special division of the New School in the spiritual world.

After you have done this, try to get your true Shadow to come. Make sure to repeat security checks with any subsequently appearing entity because it is not uncommon that another attempt will be made to deceive you again by sending another importer. Before sending that importer back, always read it its rights and privileges first, giving it an opportunity to be liberated and converted to the positive state.

After your true Shadow appears (it could very well be at the very first try), proceed as follows. Ask:

"Are you my true Shadow? Inner Mind, is this poor creature my true Shadow? If it is, lift my `Yes' finger. If it is not, then lift my `No' finger."

If the "Yes" finger lifted:

"What is your name, sir/madame?"

(Usually you will get a name.)

"What do you *represent* in my *life?"*

(Usually it tells you what it represents in your life without any hesitations.)

"If you are my true Shadow, say the words, 'The Lord Jesus Christ, One God Indivisible.'"

(The true Shadow has no difficulty in saying these words, because it is, after all, a hidden secret agent of the Most High in the hells. Therefore, deep inside of its Inner Mind it knows the truth and longs for it even though it is not consciously aware of this fact.)

"Stand to the East and be engulfed in the brilliantly white light of the Most High's Divine Love and Divine Wisdom."

(The true Shadow can endure that light without too much difficulty.) After this, give your Shadow the free choice to become friends with you, to be liberated and to be converted into your true Spiritual Advisor. Sometimes the Shadow agrees with you about the feasibility of such liberation and conversion without any difficulties or hesitations. At other times, it may not agree with you and you have to insist on it. Tell your Shadow, you deeply and profoundly apologize and ask for its forgiveness for any mistreatment and disregard that you showed for it throughout your Earthly life, not giving it an opportunity to be friends with you and to work together with you. Make sure to remind your Shadow that he/she is not locked into one state or condition. Encourage your Shadow to try to experience the positive state with an important condition that if it doesn't like the positive state, it can always revert back to its former condi-

tion. (Of course, once the Shadow or any other negative spirit experiences the positive state, it will never again want to go back to the negative state. This is the way it is.)

"After all,"

tell your Shadow,

"you are not locked forever into the positive state either, unless you choose to be so."

Now, this kind of talk is very convincing to your Shadow. (For a concrete illustration of the liberation and conversion of the Shadow, you are strongly urged and advised to read in part two, Chapter Two of "Intensive Spiritual Hypnotherapy," and Chapter Fourteen in "Reality, Myths and Illusions.")

After the Shadow agrees to join forces with you and starts to work for you, and not against you, you will advise it to turn itself to the presence of the Most High in the sun to the East of the mountain. From this position have your Shadow confess its sins, repent, and ask for mercy and forgiveness and for transfiguration as well as for the first step in transformation into a true Spiritual Advisor. Give your Shadow a choice of which form it wants to assume - male or female form. After transfiguration is accomplished, he/she is given by the Most High in the sun, a new name. From that moment on, the newly liberated and converted Shadow will be enrolled in the New School. And at the same time, he/she will always be present on your spiritual mountain top, in all your spiritual self-hypnotic trances. He/she will no longer be called `Shadow,' but, your true Spiritual Advisor. Again, this is an important and vital rule to remember: after your former Shadow is liberated and converted into one of your Spiritual Advisors and starts to attend the New School, he/she has to be present always, without any exception or exclusion, whenever you go to your spiritual mountain top. Again, I repeat, no exceptions or exclusions are permitted from this rule. The absence of your former Shadow, now your true Spiritual Advisor, from your mountain top, signifies that there is something terribly wrong with your attitude, and the way you are proceeding or going. In such a case, you have to immediately explore, with your Inner Mind, to find out what went wrong in the interim, before you do anything else.

After transfiguration takes place, and the process of the transformation of your former Shadow starts (by the act of his/ her enrollment in the New School), have your newly acquired friend and ally kneel down again in the front, in the presence of the Most High in the sun, in the East, and request that presence to give your former Shadow a flaming two-edged Sword of Truth, that combats all evils and falsities, and a Holy Bible. From this moment on, your former Shadow will always be equipped with extremely important tools from the Most High, for helping you to conduct security checks and clearances on every incoming spirit on your spiritual mountain top, and, of course, checking himself/herself and also your own true Inner Mind, interior mind and exterior mind.

Once your former Shadow receives the Sword of Truth and the Holy Bible, request him/her to turn that Sword toward himself/herself and tap himself/herself seven times on the left shoulder and then seven times on the right shoulder. After that, have him/her open the Holy Bible to the Gospel according to John, First Chapter or Third Chapter, and place it against his/ her forehead, then against his/her heart and then, finally, against his/her solar plexus (the pit of the stomach). If he/she is your true former Shadow and not a deceptive one (some of the very cunning and sophisticated, hellish, evil spirits are capable of penetrating your stronghold on the mountain, all the way to this point), he/she will get stronger, more powerful, more radiant, more happy, more himself/herself. After this, request him/her to say whom from now on he/she is going to worship and to serve in his/her life. You should get the following response:

"I will worship, acknowledge and serve the Most High Who is the Lord Jesus Christ, One God Indivisible, Creator of the entire Creation and the Supreme Lord, Master and Ruler of everything that is, including all hells and aIL regions of the Zone of Displacement. "

When the converted Shadow declares this important formula of worship, you will ask Him/Her the following question:

"What will your attitude be toward the Holy Bible?"

The response to this question should be as follows:

"The Holy Bible is the Word of God. Thirty five Books in the Holy Bible contain the inner, internal or higher sense which is clothed with literal sense. The literal sense expresses only seeming or apparent truth, while the internal sense contains the real truth of the Most High."

After you receive this or a similar response, proceed with asking the following question:
"What is your understanding of the concept of literal, physical reincarnation?"

The only acceptable answer to this question is as follows:

"There is no such thing as literal, physical reincarnation of the same spirit into the physical body and onto the same planet through the physical birth in the mother's womb. The only thing that can be reincarnated is the will, intent, and desires of that spirit but not the spirit himself/herself."

Any responses that differ from these signify that you have an imposter. In case it is an imposter, proceed with the formal exorcism as described below.

When this is completed, he/she now will become a mighty warrior of the Most High's peace corps - a peace-bringer and a peace-keeper and the guardian of the gate to the hells. From that moment on, this gate will be locked and sealed and no one will be able to open it contrary to your free will. From now on, your former Shadow will be in charge of your power, of your strength, your vitality, your energy, your fun, your humor, your laughter, your relaxation, your good physical, mental and spiritual health; of your creativity. Also, from this moment on, he/ she will become your chief security officer, so to speak.

If by any chance, he/she is not your true Shadow, but an imposter, he/she will suddenly shrink and disappear entirely, as he/she is testing himself/herself with the above procedure. In this case, you will have to start all over again as described above, until you get a truly liberated and converted Shadow.

Once you have your former Shadow in this position, as a security officer and an officer of peace, have him check out your Inner Mind, whether you are or are not dealing with the true Inner Mind. Picture, visualize, see and imagine your true Inner Mind in your form standing next to the peace officer and your security officer, in the front, on the East side of the mountain facing the sun and the presence of the Most High in that sun. Let that form of your true Inner Mind be engulfed with the white lights and have the security officer tap you on your left shoulder seven times with the Sword of Truth, then seven times on your right shoulder. After that, have him/her press the Holy Bible, as described above, against your forehead, your heart and your solar plexus. If you are dealing with your true Inner Mind, the form of the true Inner Mind will become radiant, stronger, happier, and immensely delighted and joyous. If not, that form will shrink and disappear. In this case, you have to continue to bring out another form of your true Inner Mind on the mountain top, until you get your true Inner Mind.

From this moment on, you are safe, except that you have to repeat this procedure of security check every time you go back to your mountain top in your spiritual self-hypnotic trances, even if it happens the same day, as already mentioned before.

Thus, the first thing you do when you go to your spiritual mountain top is have your chief security officer, first of all, check himself/herself out, by tapping his/her shoulders seven times on both sides and by pressing the Holy Bible against his/ her forehead, heart and solar plexus, and by repeating the words:

"I worship the Most High who is the Lord Jesus Christ and Holy Spirit, Cue Indivisible God, Creator of the entire Creation and the Supreme Lord, Master and Ruler of everything that is, including all hells and all regions of the Zone of Displacement."

When he/she checks out, then have him/her check out your true Inner Mind. Should he/she disappear in the process of checking himself/herself out, it only means that some penetration by the negative forces occurred in between your sessions. Once again, call upon your chief security officer who, at this time, will come from behind the Rock on the right side. Have him/ her check himself/herself as described above. Repeat this until you really have your true chief security officer on your spiritual mountain top. Then proceed by checking whether you are dealing with your true Inner Mind. When you are sure you have your true security officer and your true Inner Mind, explore the reasons for penetration of your spiritual mountain top by the negative forces. Do not proceed further until you have learned those reasons and have removed any possible wrongdoings on your part which allowed that penetration (if any). Sometimes this is done for the purpose of learning and demonstrating that the negative state never sleeps.

But, there is a fourth possibility which we mentioned above. What should you do, should one of the appearing evil negative entities or spirits be from the fourth category, the one whom you allowed to come into you and who either possesses you or insinuates itself in you, or is attached to you? Should this situation occur before your true Shadow is liberated and converted, put that negative entity on "hold," by encircling it with an intense bright, white light without allowing it to come out of that circle. (It usually cannot cross the circle of light.) Keep that entity in that circle without dealing with it until you have your Shadow liberated and converted and equipped with the two-edged Sword of Truth that combats evils and falsities, and the Holy Bible. Remember, do not do anything with that entity until you have your Shadow liberated and converted. After you have done that, release the evil, negative entity from that circle and have your chief security officer read to that entity its rights and privileges. However, before you ask your chief security officer to read that entity its rights and privileges, you have to make the following important statement. (You are well advised to memorize this.)

"First of all, I deeply apologize and ask for your forgiveness for allowing you, by some of my problems, foolishness, and stupidity, which I am going to find out about after you are gone, to possess me or to insinuate into me or to be attached to me.

(Whatever the case may be.)

Secondly, you are able to be in me only because I allowed it to happen by my own free will and by my own free choice. In fact, I invited you by my own free choice. Why I did that, I am going to find out immediately after you are gone. But now, by my own free will and by my own free choice, by the power and authority of the Lord Jesus Christ, One Indivisible God, and by His/Her Divine Love and Wisdom, Divine Mercy and Forgiveness and Divine Compassion and Empathy, as well as by my own, I hereby forgive you unconditionally for everything that you did to me or for what I allowed you to do to me. By this act you are hereby being exorcised, expelled, eliminated and removed for good and forever from my life or from any aspect of my

spirit, my soul, or my body, or my behavior or anything else. You will no longer have any hold over me. You are an impostor, an invader, of the territory and home which belongs to the Most High. I am giving you a court order for your eternal eviction from the territory and home of the Most High, so that the Most High can once again repossess what is His/Hers. However, because you are also a being with a free will and the ability to choose, I am now going to ask my friend and ally, my chief security officer, to read you your rights and privileges."

(Your former Shadow knows the exact wording of the text of the rights and privileges, as described above, and particularly in Chapter Three, part two in "Reality, Myths and Illusions.")

After this, proceed with the reading and see what that possessive, insinuating or attached spirit will choose. If it chooses to be liberated and converted, make sure that the peace officer or your chief security officer, taps that spirit seven times on both shoulders and presses the Holy Bible against its forehead, heart and solar plexus and has it say whom it will be worshipping and serving from now on in its life. It has to repeat that formula of worship and the other two points as formulated above. If that spirit survives this, he/she is given a choice to be a male or a female. A new name is given to him/her by the Most High, after which two angels appear and take him/her to the special division of the New School. If it doesn't want to be liberated and converted, have your chief security officer and the mighty warrior of the Most High's peace corps, grab that evil entity, open the gates, and throw it through the gates back to the hells with the final words of advice. The words of advice are as follows:

"Once you are back in your respective hell and locked up to bear the consequences of your foolish choice, and all the other evil deeds and acts of your Life, I urge you to reconsider everything that you have Learned from these experiences and to continuously remember that you are not locked in your hellish state and condition forever. If you, at one point, start to desire from the bottom of your heart to recede from your evil and false way of life in the hells, cry for help. You will be heard and helped and you will be shown the way out of the hells and to the New School. The Lord have mercy upon you."

With this final statement, the mighty warrior of the Most High's peace corps, after throwing that entity out through the gate into hell, will lock the gate again and put a permanent lock and seal of the Most High on the gate so that no negative, evil spirit can break or open it. (For more on the process of exorcism, read the second part of Chapter Two of "Intensive Spiritual Hypnotherapy" and Chapter Fourteen, in "Reality, Myths and Illusions.")

Immediately, after this is done, request your friend, ally and new Spiritual Advisor to help you to bring to your attention what it is in you that allowed that kind of evil and negative entity to be present in you and to be part of your life. Your new Spiritual Advisor has full knowledge of this fact. After you have learned why, and after checking the verity of it with your true Inner Mind through finger movements, get rid of anything which was inviting that spirit into you in the manner and way described in steps four and five in the part about working on your problems. Your new Spiritual Advisor will help you in the process of purification and cleansing from that problem, by putting you under the waterfall and scrubbing off everything of that nature; and then by putting you in brilliantly white lights that will purify and cleanse you from everything that allowed such insinuation, possession or attachment.

Be aware that exorcism of such a negative spirit, if it occurred at all at this point, doesn't mean that there are no more negative and evil spirits insinuating themselves into you or possessing you or being attached to you. It only means that it is not yet time at this point for such an exorcism. Also be aware that it is possible to have more than one original Shadow.

When you have the first Shadow liberated and converted, ask him/her whether you have more than one Shadow. And if you do, ask him/her to determine whether you should bring them out immediately or later. Proceed as advised by your former Shadow. Make sure always to check out with your Inner Mind through finger movements, whether this is true. And make sure that your chief security officer checks very carefully, with the Sword of Truth and the Holy Bible, everyone who comes through the gate and have them repeat the formula stating whom they worship, as described above. Thus the liberation and conversion of the remaining Shadows goes in exactly the same manner as was described above in the case of the first Shadow.

STEP THREE:

After all these things are successfully accomplished, you ask your new Spiritual Advisor the following important question:

"My friend (ask him/her by the first name), from your standpoint, are there any other problems in me that we need to work on first before we can proceed further?"

Make sure that the answer to this question comes simultaneously from your new Spiritual Advisor and through the finger movements from your true Inner Mind. If there are any problems that you need to work on, ask your new Spiritual Advisor to tell you, or to bring to your full attention, what those problems are. Then work on them in the exact same manner and way as prescribed above (in the section on working on your problems). When you are finished, ask your new Spiritual Advisors whether the problems were worked out to his/her satisfaction, to the satisfaction of your Inner Mind, and to the satisfaction of the true Most High in your Inner Mind. Because your new Spiritual Advisor is now a part of your true Inner Mind, it speaks only from the position of your true Inner Mind as well as all other subsequent Advisors. Remember, they never speak from themselves, but only from the position of your true Inner Mind. This is also true about the true Most High, Who, after all, is always present in the center of your true Inner Mind.

After all problems are worked out, from the standpoint of your new Spiritual Advisor in your true Inner Mind, you are ready to proceed with the next step. Check your readiness with your new Spiritual Advisor in your true Inner Mind as to whether you are truly ready. If he/she indicates that it is time to proceed, then go to the next step. Should he/she indicate, from the position of your Inner Mind, that it is not time yet, continue to work on your spiritual mountain top with him/her only until the time comes when you are fully prepared and ready. He/she will let you know when it is time.

STEP FOUR:

At this point, you can ask your first Spiritual Advisor (who is your former Shadow) whether he/she knows how many true Spiritual Advisors you have altogether. If he/she does, request him/her to reveal to you the number of your Spiritual Advisors, if you are ready, of course. If he/she doesn't know, wait until you either contact your next Spiritual Advisor, or until you contact your Highest Spiritual Advisor who is usually the Most High. They will tell you for sure.

Before proceeding further, you need to be further informed of the concept of the Spiritual Advisors. (For a more detailed account of this particular issue and its principles, please see "Principles of Spiritual Hypnosis.")

First of all, there is a minimum number of Spiritual Advisors that you need to be in contact, in touch end working with at all times, regardless of whether you are a male or a female.

Secondly, **there is no maximum number of Spiritual Advisors that you can have.** However, **less than the minimum requirement means you are not through with your process and that something is missing.**

The minimum requirement is to always have four Spiritual Advisors. One is your former Shadow, whom we have dealt with already in the previous step.

One is your male Spiritual Advisor who represents such qualities as truth, wisdom, rationality, faith, trust, confidence; positive self-concept, self-image and everything related to the principle of masculinity in you. Again, it doesn't make any difference whether you are a male or female.

One is your female Spiritual Advisor who represents such qualities as love, goodness, compassion, empathy, kindness, gentleness and everything related to the principle of femininity in you regardless of whether you are a male or a female.

One is your Highest Spiritual Advisor, who is usually the Most High or a representative of the Most High until the appointed time when you are ready to meet and contact the true Most High directly.

The Highest Spiritual Advisor represents and is the source of your life and the integrator of everything positive and good in you and of everything of truth and wisdom in you. He/She is the ultimate center of everything alive in you and from Him/ Her you live, you breathe, you move, you are, and you exist at any time of your being and existence.

Under no circumstances is it possible for anyone to have less than the four above mentioned types of Spiritual Advisors, because without the principles that those four Spiritual Advisors represent, the balance of your life would be violated and you would cease to exist. This rule applies to any human being without any exceptions or exclusions whatsoever.

If you initially encounter less than four Spiritual Advisors, it never means that you have less than four. It only means that you are not yet ready to be introduced to them until you work on yourself more.

However, all four Spiritual Advisors are always with you and in you. Otherwise you could not be alive regardless of whether you are or are not consciously aware of their presence or whether you are or are not encountering them in your spiritual self-hypnotic trance on your spiritual mountain top.

One of the major functions of your Spiritual Advisors, besides maintaining the life-support system in you, is to maintain a link between you and the rest of Creation. Without such a link, you would not be able to survive because no one in the Zone of Displacement can have life from the Zone of Displacement itself.

Because your Spiritual Advisors represent a link between the specific aspects of your mind and your personality to the rest of Creation, they know everything about all the principles in you that they represent. Therefore, they know your problems, your weaknesses, your shortcomings, your sensitive spots, your liabilities and your limitations. But also they know your strengths, your stamina, your potentials, your advantages, your gifts, your talents, your equipment and the best way for you to free yourself from your problems and miseries. They also know the kind of life that will be the most satisfying, joyous, fulfilling, meaningful and happy for you. This is the reason why you need to work with your Spiritual Advisors from the position of your true Inner Mind. They represent your true Inner Mind and enable your Inner Mind to function and to survive in its entrapped, closed-off and encapsulated condition. By

that entrapment and encapsulation, your Inner Mind, from the five percent of its activated mode, cannot reveal all its content and knowledge directly. It can do so only from and through your true Spiritual Advisors who are in your Inner Mind and who are not limited, encapsulated or entrapped in the negative state as are you and your Inner Mind. This is the arrangement of the situation of everyone who is in the Zone of Displacement. This is an agreed upon condition under which we stay in this Zone. There is no other way possible for anyone as long as we are in the Zone of Displacement.

You can, of course, also ask your Spiritual Advisors yourself, why you need them besides the reasons which were mentioned above and described in "Principles of Spiritual Hypnosis." They will be more than happy to inform you.

Having acquired this brief, preliminary and necessary knowledge and information about your Spiritual Advisors, you are now ready to proceed with bringing out your next Spiritual Advisor.

Have your chief security officer, your first Spiritual Advisor, stand by with his/her Sword of Truth and the Holy Bible, ready to check out anyone who is going to appear.

Look to the right toward the huge Rock. Request, from the position of your true Inner Mind, that your next Spiritual Advisor, whom you are ready to meet, come out from the right side, from behind the Rock or boulder. Wait a few minutes for someone to appear. If no one appears, together with your first Spiritual Advisor go behind the Rock, and see if there is anybody behind the Rock.

If nobody is behind the Rock, make a request to your first Spiritual Advisor to explore and discover why nobody appeared to you or why nobody was found behind the Rock. Turn yourself, both of you, to the presence of the Most High in the sun, in the East, and request humbly that the reason for this situation be revealed. After the reason is revealed and proper adjustments or preparatory work is done, repeat the procedure again.
If anyone appears from the right side, from behind the Rock, or if anyone is hiding or is concealed behind the Rock, you will go to that person, together with your chief security officer and introduce yourself to him/her. Give him/her your names. Ask for his/her name. Ask who he/she is, whether he/ she is your true male or female Spiritual Advisor, or one of the true Spiritual Advisors, and what he/she represents in your life That is, what kind of principles of your mind he/she is connected to or symbolizes. Check out any answers that the appeared entity is giving to you, through your finger movements from your true Inner Mind, who recognizes its own Advisors only too well. Have the appeared entity go to the East side of the mountain, kneel on his/her knees and look to the presence of the Most High in the sun, be engulfed in brilliantly white lights from the sun and proclaim loud and clear, who he/she worships and serves. He/she must repeat the worship formula as indicated above.

After this entity properly declares whom he/she worships and serves, ask him/her the following question:

"What is your attitude toward the Holy Bible?"

You should receive the same type of response as when you asked the same question of your converted Shadow. Following the proper answer to this question, you will ask the third question:

"What is your understanding of the concept of literal, physical reincarnation?"

Once again, you should be getting a similar response as outlined above with the testing of your converted Shadow.

Any deviation from the content of the above described answers, without any exceptions or exclusions, signifies that you are dealing with a negative, deceptive spirit. In a case like this, proceed with an exorcism in the manner described above. Never fail to give this kind, or any kind of negative spirit, the opportunity for conversion by reading them their rights and privileges.

After that, your chief security officer will check him/her out by tapping both his/her shoulders seven times and by pressing the Holy Bible, open at the Gospel according to John, Chapter One or Three, against his/her forehead, heart and solar plexus. If he/she is one of your true Spiritual Advisors, he/she will undertake all these tests with delight, pleasure and gratitude and will pass them with flying colors, so to speak. If not, he/she will disappear from your Spiritual mountain top and then you have to repeat the procedure over and over again until you have your next true Spiritual Advisor.

You have to remember, again and again, that you have ninety-five percent of the fake mind, fake pseudo-worlds and their fake inhabitants in you. From that position the negative state in the hells is trying to contaminate and penetrate your process and your spiritual mountain top, with everything in its power, in order to mislead and misguide you in a wrong direction agreeable to the negative state. They do everything to undermine and to sabotage the process. This is the reason why such a meticulous and, perhaps, laborious security check must be done every time you go back to your spiritual mountain top in your trance, even if it is on the same day. There are no exceptions or exclusions to this rule, as was already pointed out before.

After all this is done, invite your second Spiritual Advisor to be a permanent member of your Spiritual Family on your spiritual mountain top and engage him/her in working with you on your problems from the position of his/her representation. From this point on, whenever you go back to your spiritual mountain top, it is absolutely vital and crucial that that Advisor also be always present actively participating in your process, or whenever you are on your spiritual mountain top for any other reasons.

After that, you ask your new Spiritual Advisor, if there are any problems that need to be worked on from his/her standpoint or from the standpoint of the things that he/she symbolizes and represents in your life. If he/she indicates that there are such problems, proceed to work on them with the help of all Spiritual Advisors present. In this case, it is the first and second Advisors in succession, but in equal importance. Work on indicated problems until all problems are worked out in the exact manner as described in step four and five of the section, "How to Work on Your Problems." (By now, you should know those steps and the procedures described, by heart.)

When all necessary work with this Spiritual Advisor is finished, or the indication is that there are no problems from the standpoint of that particular Advisor, you ask both of your Advisors in your true Inner Mind, whether it is time for you to go to the next step. If they indicate that it is not time yet, work with them or be with your two Spiritual Advisors in your true Inner Mind, as long as they indicate that it is necessary to work, or until you are ready. Then proceed to the next step.

STEP FIVE:

In step five, you gradually evoke or bring out all the rest of your Spiritual Advisors, one by one, in exactly the same manner as described in step three and four. Never, ever, fail to do the security checks as outlined in those steps. Failure to do so may cause you a tremendous set-back or loss of your presently held spiritual position and progress.

After you check out each incoming Advisor in the described manner, always ask him/her, **before ever proceeding further,** whether there are any problems that you need to work on from the standpoint of that particular Advisor, and what he/ she represents, symbolizes or corresponds to in you. Only after you have worked on these problems, or if there was an indication that nothing needed to be worked out from the standpoint of that particular Advisor, you may proceed with bringing out your next Spiritual Advisor **if everyone already present on the spiritual mountain top agrees.** Each subsequent session in your spiritual self-hypnotic trance on your spiritual mountain top must be done with the presence of all Spiritual Advisors brought out so far, with their full, complete and active participation in your process or work, or whatever you do, without any exception or exclusion whatsoever. If anyone is missing, you may not proceed further until you have discovered from the present Spiritual Advisors and your Inner Mind, why someone is missing and what it signifies. Work it out so that the missing Advisor can either return or be replaced with someone else, if the missing one was there for only a brief time or on a temporary basis in the form of a helper.

When you have all your Advisors brought out, with the exception of your Highest Spiritual Advisor, and when they are all properly engaged in active work with you, ask them if you are ready and if it is time for all of you to meet your Highest Spiritual Advisor. If not, work with all other present Spiritual Advisors and your true Inner Mind until all of you are ready for this step. When you become ready, and they will indicate to you the proper time, then proceed with the next step.

STEP SIX:

At this time, you and all of your Spiritual Advisors will align yourselves in the front, on the East side of the mountain, toward the sun, and request, in modesty, humbleness and humility, the Highest Spiritual Advisor to come from the East, from the sun, and join you on the spiritual mountain top. Remember, the Highest Spiritual Advisor always comes from the front, from the East, and from the sun. Sometimes the Most High sends His/Her representative first who will prepare the way for the Most High to come to your spiritual mountain top. If this is the case, proceed with the security checks in exactly the same manner as with any other Spiritual Advisors, as described above. The chief security officer, together with all other Spiritual Advisors, will tap this new representative on both His/Her shoulders seven times, press the Holy Bible in the manner described above, and have Him/Her confess and profess loud and clear, whom He/She worships and what His/Her attitude toward the Holy Bible and reincarnation is. If all these tests are passed, you have a true representative of the Most High on your spiritual mountain top. If He/She is an imposter, He/She will disappear. In that case, repeat the procedure until you get the right one.

When you have the right representative of the Most High, ask Him/Her to help you in your preparation to meet your Highest Spiritual Advisor. Ask Him/Her what kind of problems there are in you which were concealed from you and the rest of your Spiritual Advisors, and which are known only to Him/Her, that you need to work on further before you are ready to meet your Highest Spiritual Advisor. Work with them until they are properly worked out in the exact same manner as described previously. When everything is worked out and you are properly prepared, the representative of the Most High, at one point, will invite the true Most High to your spiritual mountain top as you are all facing the East and the sun in the East. When the Most High descends to you and is on your spiritual mountain top, His/Her representative usually departs and subsequently visits your spiritual mountain top only occasionally, and only if and when needed.

When the Most High appears, it is necessary that He/She be tested in the exact same manner as any other Spiritual Advisor. The chief security officer taps Him/Her seven times on both shoulders and presses the open Holy Bible against His/Her forehead, heart, and solar plexus. Then the Most High is asked who Hoe/She really is. The following answer should be

received from the true Most High:

"I am the Most High, the Lord Jesus Christ and Holy Spirit, One God Indivisible, Creator of the entire Creation, and Lord, Master and Ruler of everything that is, including all regions of the hells and the Zone of Displacement."

When you receive this type of answer, proceed by asking the other two questions about the Holy Bible and reincarnation in exactly the same manner as above, and expecting the same type of answers as in step two and four.

The true Most High, not only does not object to such testing, as very often the fake and false Most Highs do, but the true Most High insists that such testing must be done on Him/Her also, because of the possibility of the appearance of the false Most High who will mislead, misguide and destroy you. I want to assure you that what is being presented here in this respect is upon the Most High's request and advice personally. So, do not ever hesitate to test the Most High in the same manner as any other Spiritual Advisor because of thinking: "Who am I to test the Most High in this manner?" If you don't you will be in serious trouble without ever knowing whether you are dealing with the Most High or whether you are dealing with a false Most High, an importer. Would you like to take advice and guidance from an importer? Do you see what I mean?

This is the reason why the Most High developed this procedure and requested that everyone of us does such thorough screening, testing and challenging of everyone who appears on the spiritual mountain top, including the Most High Himself/ Herself. This is done by the will of God, Lord Jesus Christ, the Most High, One God Indivisible.

If those tests are not passed and the fake Most High disappears, repeat the procedure until you get the true Most High. Remember, very often the true Most High permits several importers to appear before He/She comes in order to test you and all your Spiritual Advisors, to determine whether you are going to follow the procedures that He/She personally developed. Never forget that.

After all tests are finished, and you have the true Most High with you, ask the Most High if there are any other problems that you need to work on from the standpoint of the Most High. If there are, ask the Most High to bring them to your attention and to help you to get rid of them through the exact same procedures and steps as outlined above in steps four and five on, "How To Work on Your Problems."

After everything is worked out, ask the Most High to thoroughly search you, examine you, and explore you for the purpose of determining whether any evil, negative entities or spirits are possessing you or are insinuating themselves into you or are attached to you. If they are, ask the Most High to take them out of you together with bringing to your attention anything in you that allowed them to be in you. Ask Him to remove them and put them to the left side and with the help of all present on the spiritual mountain top, proceed with the exorcism in the exact manner as described above in step three of this section. Don't ever leave anything out of that procedure.

After the exorcism is finished, speak to the Most High in the following or a similar manner:

"My Lord, I am asking You in modesty, humbleness and humility to fill me completely with Your Presence so that You are in me and I am in You; and so that from this moment on I can do everything only from You in me, and I in You; and so that I can serve You without any ulterior or egoistic motivations or intentions in the best possible manner, in accordance with my best abilities and to the fullest of my potential and capacity. Protect me and safeguard me from ever falling back into the trap of and

enslavement to the negative state and its hells. Help me to be the way You made me originally from You, and the way You want me to be so that I do only Your will. Let Your will be my will. Let Your choice for me be my choice. Let Your desire, wish, want, be my desire, wish and want; and let Your Divine Providence be my life and my law which I practice, live, and exercise in my everyday living."

After you have said these or similar words, you will have the ecstatic and deep emotional feeling that you have finally arrived back home. Now you are really home.

When all this is done, proceed with the next step.

STEP SEVEN:

Ask the Most High whether it is time to unite all the principles of Love, Good, Charity, Justice, and Femininity in you with all the principles of Wisdom, Truth, Faith, Judgment and Masculinity in you as represented by your true female and true male Spiritual Advisors. If the answer is "no," ask what other work should be done on yourself in order to make you eligible and ready for this important step. Work with all your Spiritual Advisors and your true Inner Mind under the auspices, guidance, and leadership of the Most High presiding on your spiritual mountain top until you are ready to take this crucial, vital and important step. (Note: again I would like to remind you that, from this point on, whenever you are on your spiritual mountain top, all your Spiritual Advisors, including your Highest Spiritual Advisor, the Most High, always have to be present on your spiritual mountain top. You should not proceed a step further in doing anything until you find out why someone is missing and what should be done about it. Remember, the Most High is part of you and, therefore, the Most High is always with you and is more than happy and willing to be present on your spiritual mountain top at all times as a manifestation of that indisputable fact that He/She is always in you and with you and that without Him/Her you cannot survive for a fraction of a second.)

When you are ready, request the Most High to perform unification of the above mentioned principles in you by and through the symbolic performance of marriage of your true male Spiritual Advisor and your true female Spiritual Advisor.

Here you have another important rule that you have to learn and to remember: Only the Most High can and may accomplish such a unification and, therefore, only the Most High can marry people. No one else can do that. A marriage that is not performed by the Most High, has no validity or result, or impact in any respect whatsoever, as you can so vividly see in the pseudomarriages that exist on this planet. You may find out why there are no true spiritual marriages possible on planet Earth from various messages in **"Messages From Within"** and throughout the book **"Reality, Myths and Illusions."** You are strongly advised to read them. In the Zone of Displacement and the planet Earth, which is the Zone of Displacement of the natural world, or the natural Earth, there are only pseudo-marriages and pseudo-families that have no validity from the standpoint of the spiritual world or the true Creation.

Once this spiritual marriage is performed, the process of your integration as a true spiritual being may begin. With this act, you have taken your **very first step** toward the process of your integration as a spiritual human being, as a true likeness and image of God. From this moment on, if you follow the procedures described in the next Chapter (Chapter Five), of this book, you will be progressively more and more integrated without any difficulties.

When this step is taken, you are ready to take the next very vital and crucial step in your Spiritual Transformation Process. However, before you go to the next step, make sure to check with all your true Spiritual Advisors and particularly with the true Most High, to see whether there are any other problems or anything else at all that needs to be done or worked on before you can proceed further. If there is, request everyone present to help you to work it

through and to remove anything from your life that doesn't belong in you, that is not from the Most High, by the Most High, through the Most High and with the Most High in you. Remember to replace all those negative things with something positive and good which stems and comes from the Most High's Absolutely Positive Nature as described in the Chapter before. This should be done anyway at every point whenever you have any problems to work on with every singular Spiritual Advisor and with all Spiritual Advisors together including the Most High. Never forget to replace or fill the spot, your previous problem occupied, with something positive and good which comes from the Absolutely Positive Nature of the Most High. You may request the Most High or any of your Spiritual Advisors to tell you or to advise you about what you most need to be filled with, or to acquire, in order to be a better human being and a more spiritual human being. They will be more than happy to give you such advice.

STEP EIGHT:

Once you accomplish all of this, you may ask the Most High now whether you are ready and whether it would be beneficial and useful for you to be regressed backward in time to the very moment when you were made into a unique, self-aware and permanently living being, entity or spirit. This means to take you all the way to your home base, where your life started. If by any chance your life started from the ideas of two creatures in the hells, or you are a volunteer who came from the hells, the answer to that question will be "No." The reason for such an answer is because you don't want to go back to those kinds of conditions (unless, of course, there is an important spiritual reason for going back). However, in this case, you will be permitted by the Most High to be regressed to the time when you were in the Zone of Displacement of the specific intermediate world in order that you may learn how your specific problems were acquired as related to your incarnation to planet Earth.

If you came to this world by any of the other five means, as described in Chapter Two, usually you are permitted, at some time during your work on yourself, to be taken back to the place, state, condition, situation where you were created as a unique, self-aware, and permanently living being or entity. There you will be able to meet all members of your true Spiritual Family.

You may at this point request that the Most High take you, together with all your true Spiritual Advisors, back to the very moment when you became a unique spirit. Then request the Most High to lead you step-by-step through all levels, degrees, spheres, worlds, galaxies, planets that you went through before your incarnation on planet Earth. Make sure that you are allowed to remember all the things that happened to you while you were in that specific intermediate world. Explore there, the following issues: what kind of problems you acquired there. How those problems relate to the problems that you have been working on so far in your spiritual self-hypnotic trances and that were manifested during your life on planet Earth. What was the reason and purpose that you acquired those specific problems there? What was the necessary learning and type of manifestation of the nature of the negative state that those problems provided for you and for the entire Creation? Why did you choose to incarnate on the planet Earth into those specific problems? Why did you choose the type of parents and their genes and the type of racial, economic, political, geographic, personal, hereditary or any other conditions that you have had in your Earthly life? What kind of specific and true spiritual purposes, goals and learnings have those problems been serving? Have all those problems exhausted their usefulness and, thus, their purpose? Is it now time to be free from all of them and to make a new and fresh choice and to proceed with the next step of your life's assignment on this Earth?

After you receive answers to these questions and after you have gone through all your experiences before your incarnation on Earth, and after you have removed all the problems that you are ready to remove, you are ready for the next and the final step in this process.

If for some reason, you are not ready to learn all the answers to these questions, and if you are not permitted to entirely remove all the problems that you acquired at that time, it means that the usefulness of that situation for your learning and the learning of the entire Creation has not been exhausted and you need to learn more. In this case, you simply ask the Most High, in conjunction with all your true Spiritual Advisors to help you to fully fulfill your purpose for being here, from the standpoint of the newly learned and acquired insights about all of this. However, you do have to remember that, even though you are ready to know all of this, and to get rid of all of these problems that were acquired in that world, please, bear in mind that the process of this learning and removal takes quite a lot of time, and sometimes can continue for the rest of your Earthly life. So don't be impatient and discouraged or disappointed and learn to be satisfied with whatever is given to you and whatever you are ready for. The true Most High in your true Inner Mind knows how much you can or are ready to know and how much it is safe for you to know.

STEP NINE:

During the activation of what was outlined in the previous step, you will be given glimpses of bits and pieces of your previous life. Gradually, step by little step, you will be able to put those bits and pieces together as a jig-saw puzzle. This will allow you to gradually come to the realization of the answer to the most important question that you have: specifically and uniquely, who you are, why you are here on this Earth and what your specific mission and assignment is. Of course, the answer to these crucial questions can never be fully and exhaustively answered while you are on this Earth and in your physical body. The reason for this is for your own protection. The Most High very carefully makes sure that you learn as much as is useful, proper, right and appropriate for you to know about yourself and your mission on Earth. No more no less. You have to remember that to be here is to be in the enemy's territory. You don't want your enemy - the negative state - to know who you are and why you are here. If such knowledge were divulged to you fully and completely, while you are here, your enemy would know it also, immediately. Having such vital knowledge and information, you would become very vulnerable and would easily be destroyed. This is the reason why it is not advisable for you to know the entire picture of who you are, why you are here and what your specific, private and intimate mission and assignment on this Earth is. However, from what will be revealed and shown to you and to the extent it will be revealed and shown to you, you will be able to have sufficient knowledge and understanding to make your life the way it is supposed to be: happy, content, joyous, pleasurable, delightful, free, fulfilling, satisfying, purposeful, productive, constructive, creative, peaceful and full of fun, humor, laughter and smiles, and so on and so forth.

After all, this is what you are after and this is the way you deserve to live your life as a man or woman of God. Remember if you are at this point of your work on yourself, you truly have become a man or woman of God. This is what it means to be a man or woman of God, or a holy man or a saint. Any other understanding of the concept of these terms is futile and foolish.

Of course, there is a higher understanding of the question, "Who Are You?" It is not related that much to your being on this Earth. Your being on this Earth is only a small part of it. The higher knowledge of "Who You Are," cannot be acquired during your stay on this Earth. You don't even need to know that during your stay on the planet Earth. Such knowledge is a crucial part of your eternal spiritual progression, during which you know yourself better and better in progressive steps. Of course, this process goes on to eternity. This is a motivating factor - to know yourself better and better and to be more and more the true image and likeness of God in that process of knowing yourself better and better - of your eternal continuation and your eternal life as a unique, self-aware and self-fulfilling, self-actualizing and self-realizing individual and person.

In concluding this Chapter, I would like to bring to your attention the following facts:

(1)
As mentioned many times before, everyone who is willing, open and ready may and can succeed in the methodology presented here. However, there are two conditions for succeeding in the application of this new spiritual methodology. One is your willingness to give up all the belief systems you have held so far. Please, sometime during the work on your problems, while you are in a deep, spiritual self-hypnotic trance, ask your true Inner Mind, your Spiritual Advisors and, most importantly, ask the true Most High whether what I am saying here or about any other issue is correct. Ask if it is possible to succeed in your effort if you are determined to continue to wallow in your old belief systems, no matter what they are. Weren't those belief systems what kept you in bondage and slavery to the negative state? Do you see what I mean? Why didn't they help you in your life the way they were supposed to or promised to?

Secondly, in order for you to succeed, and I cannot emphasize this strongly enough over and over again, it is crucial, vital and important to follow all procedures and steps as described in this book, as they were derived from the theoretical foundations on which they were built, as reflected in the first two Chapters. Any deviation from the procedures and from the application of each step will lead you astray and into ultimate failure and doom. Once again, I advise you to ask your true Inner Mind, your true Spiritual Advisors, and, most importantly, the true Most High why this is necessary and whether these are the procedures, tools and steps that were revealed directly by the true Most High, to give people a more practical means, next to the Revelation contained in the Holy Bible, for their spiritual rebirth.

(2)
Any problems, no matter how minute or unimportant or how big and important they are, be they spiritual, mental, emotional, intellectual, physical, social, economic, personal, medical, and so on, without any exception or exclusion, can be resolved by the proper application of this spiritual methodology. After all, all these problems are only symptoms of deep spiritual disturbances or disorders within you. This is true only if you carefully check with your true Inner Mind and your true Spiritual Family, while in a deep state of self-hypnotic trance, whether you are ready for it and whether this spiritual methodology is the treatment of choice for you from the standpoint of your true Inner Mind and your true Spiritual Family. However, bear in mind that even though this spiritual methodology might not be a treatment of choice for some or all of your problems in any category, it doesn't mean that you cannot benefit from or use this spiritual methodology in your everyday living and spiritual growth. By all means you can, and everyone is advised to do so regardless of whether it can help you with your personal problems or in treatment of the problems.

Once you have established from your true Inner Mind and from all your Spiritual Advisors under the auspices, guidance, leadership and presiding of the Most High, the best way of getting rid of your Earthly problems, you may and can, very effectively and successfully, use this spiritual methodology to help the other usual methods (such as, for example, surgery) to heal you better, faster and without any complications and to help you to get rid of the problem completely. Also, you can use it for checking out carefully whether the problems of that nature were resolved completely and what else should be done to resolve them to your full satisfaction and benefit.

(3)
It is important to realize that this spiritual methodology was given to us by the Most High for many reasons and not only for the sole purpose of treatment or working on all of the Earthly problems that plague us. It is by no means limited to this purpose no matter how important this purpose is. It serves other equally important purposes, such as, for example, to know

yourself better; to understand yourself better; to know and understand other people better; to understand and to control your nature better; to learn more easily; to have access to the spiritual world and other dimensions of the Most High's Creation or regions of the Zone of Displacement; to discover new, better, deeper, more transcending spiritual ideas and thoughts and ways and how to apply such thoughts in the best possible manner in your life; and, of course, most importantly, to ask your true Spiritual Advisors and the Most High, what to do and how to apply this methodology in the best possible manner; thus, to use it as a tool of choice-making and decision-making which can help you to make the best and most appropriate decisions and choices for yourself. Moreover, it can be used for confirming the verity and usefulness of the advice you usually get from other people and from your external mind and the verity and usefulness of all kinds of religions, spiritual claims, sects, cults, and various other spiritual trends or anything else for that matter.

This spiritual tool is given to us by the Most High for the major purpose of being free and independent of anything and anybody. Instead of listening to what other people say, or what your spiritual pseudo-leaders or your spiritual teachers, or gurus or swamis or ministers say, you can use this tool to go directly to the Most High, inward, to your true Inner Mind and get the answers to all your questions, right from the Absolute Source where it really counts. In this way, this tool serves you invaluably.

It is important to realize at this point that the usual attitude of the negative state toward communication with the Most High and the spiritual world and your Spiritual Advisors, is that it is very difficult, very dangerous and impossible. While the truth of the matter is that to communicate with the Most High directly within your Inner Mind (being sure to follow these procedures), is the most normal, the most natural, the most appropriate, the most healthy, the most desirable, and the most spiritual thing to do. This is what the Most High wants you to do.

(4)
At all costs, avoid using this spiritual tool and gift from God, for any egoistic or selfish reasons, motivations, intentions or egoistic gains, such as, for example, to ask which horse will win the race or what number or card you should play to win in a Las Vegas or Reno casino. Unless such information is volunteered to you by your true Inner Mind or by any of your true Spiritual Advisors, you never personally solicit it. If you do, you will most certainly lose further access to your spiritual mountain top, your Spiritual Family, and to your true Inner Mind. Remember, your Spiritual Family, and particularly the Most High, knows all your needs. If you learn to rely on Him/Her and to have faith, trust and confidence that the Most High knows what is best for you and that everything has its purpose, time and place, you will be provided with everything you **really** need.

(5)
The key to success in this spiritual methodology is to approach it with modesty, humbleness, humility, open-mindedness and in the spirit of mobility and flexibility, without any projections, expectations or anticipations. You have to realize from the onset of your working with this spiritual tool, that, from the standpoint of your external conscious mind, you really do not know what you need and what you lack and what your real problems are. You think you do. You think you need this or that, or that you need the same things that your neighbor has and unless you also have it, you become frustrated, unhappy, bitter, resentful, angry and demanding because you also want it. You, of course, also ask God to give you the same things as your neighbor has. But God will not give it to you because God knows only too well that if He gave it to you or listened to your foolish and arrogant whims and granted you your whims, it would ultimately destroy you spiritually, or cause you such tremendous misery that you would find yourself in a much worse condition than you have ever been before.

This spiritual tool is given to you to enable you to find out whether you really need what you

think you need and whether you lack what you think you lack. It is also given to you to learn how to utilize, to actualize, to realize and to manifest to the fullest of your potential, with thankfulness, gratitude, appreciation, and complete satisfaction that which you already have from the Most High. You have all your talents, gifts, abilities, tools and your unique life. Do not waste your precious time and energy on envying other people's possessions and running around complaining to others about your imaginary needs and trying to bilk people out of what they have.

If you were to concentrate all your time, effort and energy on manifesting, utilizing, improving, actualizing and realizing all which you have, and not on that which other people have, you would be in excellent shape and condition. Do not allow your gifts, tools, abilities, and your life to be idle, dormant, underutilized and lazy.

One of the reasons why this spiritual tool is given to you is for finding out the extent of your abilities, gifts, talents, and tools and how to go about using them in the best possible, most useful and beneficial manner and way for mutual benefit, common good and sharing with all in the Most High's Creation. In this respect, as in any other respect, all you have to do is to ask the Most High in your true Inner Mind, in conjunction, unity and oneness with all your true Spiritual Advisors and your true Inner Mind, to find out about all of this. If you ask for this kind of understanding and for this kind of unselfish purpose, you will be shown to your satisfaction and happiness, what to do, how to proceed and how to be fully satisfied with what you already have.

(6)
It is important for you to realize that one of the major purposes of this new spiritual methodology is to reverse the situation into which you were born as far as the structure of your mind is concerned. As you know from Chapter Two of this book, at the present time you consist of ninety-five percent of everything which is not you, and only five percent which is truly you and truly Godly.

One of the purposes for your being here is to reverse this state and condition, so that ninety-five percent of your being and existence becomes truly you and Godly, and only five percent is kept for the maintenance of your freedom of choice. You need to have that choice in order to be alive. The way you start this process of reversion is by identifying yourself more and more with your true Inner Mind, with your true Spiritual Advisors, and, most importantly, with the true Most High in you; and by putting your external mind and the entire pseudo-mind under the control of and into the service of the true Most High in your true Inner Mind. The Most High knows how to utilize that artificial pseudo-mind to your best advantage and how to gradually incorporate it into your true Inner Mind so that, at one point, you start to do everything, without exception or exclusion, from the position of your true Inner Mind and the Most High in it.

This is one of the major purposes of your work with this spiritual tool - to start to be your true Inner Mind and to start to think, to feel, to will, to act and to do everything without any exception or exclusion only from the position of your true Inner Mind, which is truly you; and from the position of the true Most High in your Inner Mind and the true Spiritual Family in your mind; and not from the position of your external mind which is only a lousy shell but not truly you.

(7)
And, finally, remember that everything takes its time and has its place. Do not expect immediate results or do not be disappointed or discouraged if things in your life are not changed within a few days after you start to use this methodology. Although there is an Intensive Spiritual Hypnotherapy methodology, described in the book, "Intensive Spiritual Hypnotherapy," (in which you can experience profound changes after four days and four

nights in subjectively distorted time-frame reference, when one hour equals one month, and four days and four nights equal eight years), bear in mind that not everyone is ready for this kind of drastic, revolutionary approach. In fact, at the present time, very few people are really ready to benefit from this intensive methodology. However, more and more people will become ready for this intensive methodology in the near future.

Therefore, remember, if you do want to have good results with this spiritual tool, you have to show your true Inner Mind that you really mean business. This means that you have to diligently, patiently, enduringly, consistently and intelligently apply this tool in your life. If you persevere, without giving up or becoming discouraged, you will most certainly accomplish your goal as soon as needed and as designated for you by your true Inner Mind and your true Spiritual Family and, most importantly, by the Most High in your Inner Mind.

Also, remember that different people require a different time and pace. Therefore, never compare your pace and your accomplishments and results with anyone else's. Only your true Inner Mind and the true Most High know, together with your Spiritual Family, the safest, the best and the most appropriate pace and time in which you need to start initiating deep and profound changes in your life.

If you rely on your true Spiritual Inner Mind and its Spiritual Family, and, most importantly, if you rely on the true Most High, your Creator, Maker, Redeemer, Savior and your Everything, instead of comparing yourself with someone else or someone else's results and accomplishments, you will never go wrong. ”