



***THE UNIVERSE WANTS OUR
IMPROVEMENT***

ABOUT THE BOOK

This book is a step toward a broader understanding of life and of the world. It is about a type of understanding that is almost completely not discussed in science, but has been publicized and interpreted in different ways in all kinds of spiritual practices.

The information that is in this book is knowledge acquired with the help of my inner seeing (clairvoyance). I use daily in helping people achieve their goals.

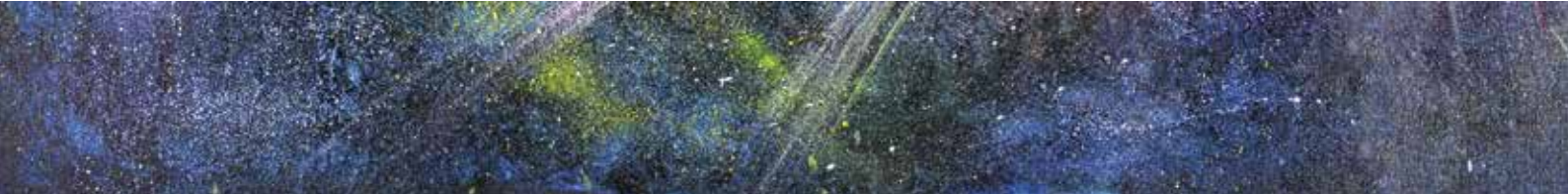
My goal is the merging the spiritual and the material world. When a person does that inside, he becomes conscious. Then he is making his community more conscious. Such a person knows the laws of the Universe.

Being conscious is impossible without inner seeing. Because it is only by knowing the subtle levels, can you fix them, and thus change your physical life, too.

I am writing this book so that people would get to know the theory of working on themselves. And, when they know the theory, I'll gladly help them to learn how to apply all of it (and more) in practice, in pursuing their goals and eliminating daily problems.

There are plenty of people who believe in God or in the subtle, spiritual world, and inner seeing helps someone, who's a believer to become a knower.

Rokas Jarašius



ABOUT ME

*Speaker, mentor, businessman,
active statesman - Rokas Jarašius*

I was very active and lively for the whole of my life. I think that this is the quality that has helped me out of challenging life situations the most. Thanks to my abundance of energy, in the first grade I was already nominated in the greatest student's contest. Later, having directed my exuberance into sports, I was winning at many competitions in Lithuania and there were many times I was on podiums in nationwide competitions. I'd often participate in various yearly events, such as reciters' contests and hosting of different events. I was elected as the president of the school. Even though I was engaged in all the various activities, sometimes I still couldn't control all of my energy, which would end up as a talk with police officers, even though I never ended up being convicted.

There came a time in my life, when being energetic alone wasn't enough. On November 15, 2010 while driving with friends we got into an accident, during which out of the five friends 3 survived, and out of the survivors 2 of us were left completely disabled. After the accident I woke up in the reception of the clinics. Besides me I saw my parents standing, who were trying to get me talking, so I wouldn't lose consciousness again, because, if that happened, I probably wouldn't have woken up again. The doctors didn't give a single percent that I'd survive. From of their behavior one could

understand, that I was left in the corner to die, as my parents put it. Even though for about a week more the doctors weren't increasing my chance of survival, because almost all of my neck vertebrae were shattered, even the ones responsible for breathing. And it felt strange to me at that time, how they're not giving me food for so long.

Of course, the few weeks I spent in the revival clinics felt like hell on Earth. I wasn't at all controlling my body. I couldn't speak. And the breathing was so weak, that, even with the breathing machine I could suffocate at any time, because I'd simply forget how to breathe. I remember a time in my life, when, while lying in the revival clinics, my mom visited. She had a tiny paper in her hands, on which was a prayer, written by my pastor uncle George. When my mom read it to me, I felt something new reawakening inside me. I remembered my childhood, when as a kiddo, I'd drive alone to the graveyard of the town to catch the lizards that live in the fences, and when I'd feel and see the silhouettes of souls who haven't left. I remembered how, in the primary grades, I'd go to the church to serve the priest, and I'd talk to God with my thoughts and receive all the needed answers from him. I remembered, when, back then, as a trouble would come I'd ask God for help and he'd always help me. I remembered a time, when I moved away from God and god lost in physical things. I remembered, when, starting to learn and become a masseuse I started going toward the spiritual world, and often I'd get thoughts, that something bad will happen to my health and only then I'll be able to create many meaningful things in my life. I didn't know how to deal with them

back then, so I'd simply push them aside as meaningless thoughts. I remembered, how the night before the car crash happened my parents were watching TV, that showed an anti-commercial for speeding, where a young guy in a wheelchair was talking, and mom was speaking strangely worried, saying, "Rokas, don't go anywhere, because that will happen to you..."

My health started improving rapidly. Out of the revival clinics I was moved to the ward, and later to the rehabilitation hospital. I spent a long time there simply laying. Sports was very different from rehabilitation, maybe except for fighting sports. When I started learning how to sit again, I'd lose consciousness for many times over, because the organism had experienced a big shock and it was too much for the body to handle. When I got back home, I was full of optimism and home that I'd rise from the wheelchair soon. I'd try to sit in the wheelchair as long as possible and I'd train a lot, which sometimes would end in a weakening of the organism and worsening results. After a half year, I once again went away to the rehabilitation clinics for 24 days, full of motivation and willingness to gain knowledge on how to keep recovering. But instead of knowledge and strengthening, during catheterizing I got an infection of my urinary bladder. Thereafter my health has gone really bad and I spent the whole time of rehabilitation in bed. That infection would cause terrible pains and lived in me for 1.5 years. When I'd drink some antibiotics, it would settle, but after a week it would return in an even stronger form, and the previous antibiotics wouldn't work anymore and I needed ever stronger medicine. That

continued until there were no antibiotics that could affect the infection left.

In the clinics I was offered a surgery of adding a direct tube from the bladder, but however badly it hurt, however badly I felt, my inside was shouting NO and I didn't do it. Often, when meeting doctors, because of all kinds of illnesses I had, I'd get the answer that it's completely normal, since I've had such a trauma and I'm completely disabled, so there's no point or possibilities to help me in some way. Such situations would keep pushing me to seek ways out. I started getting in depth to all kinds of spiritual practices. Even though before the accident I was also aware of them, because while being a masseuse I've worked with people's energies, but after the accident my awareness and how I saw life changed dramatically. As I was going more deeply into myself, I'd start seeing the true causes, and in that way I've healed all of my illnesses, except one, the disability itself. However, I understood why it stayed with me and why it's still helpful. One hot summer day, while I was training with a kinesiotherapist, I felt strong pains in my heart area. These pains continued for a few hours and we went to the hospital. While there, the doctor listened to it with the listening device and told me he was hearing heart palpitations, but having done the cardiogram, he didn't see anything in it. Then he listened again and still heard the heart palpitations. That's how the trip to the hospital was over. I was no longer tested and was sent home and told to have some mineral water. When back home I was very concerned, because the pain wasn't decreasing, then I asked myself a question – why is this

happening? Why does it hurt? And I saw the picture of the blood fluidifying medicine. I've stopped using this medicine a month ago and I was drinking different ones, because the doctor had told be switching between those with different ones. I took the medicine that I saw in the vision and drank them. The pain started decreasing and eventually disappeared. That's was the first time I've solved a life situation through inner seeing. If I haven't had the medicine, the blood would have probably clotted and the blood vessels would have probably clogged up. Once again, death was very dear.

Later, with the help of inner seeing, I closed 15 situations from past lives and healed my urinary bladder. Also, by closing certain situations, having seen the real causes of the effects, I've dealt with blood pressure, that was very low after the trauma, the breathing, the intestines, constantly hurting quinsy, blood coagulation, urination, cold shivers, insomnia... I used to drink heaps of medicine daily, but, when working with myself, with the help of my inner seeing, I'm medicine free for 4 years now. When I do prophylactic tests, the doctors are surprised, because the tests are great. My family doctor says, it's unbelievable that they're the same as when I was a jock.

People started asking me for advice more and more often, and I started sharing my knowledge and teaching others about working on their own inner seeing. I started using my psychic abilities not only in health, but also in relationships. The abilities were me turning from a powerless disabled person lying in bed to a successful human being. I've found

the woman of my life, my wife Rita. I'm a speaker, mentor and I work with people daily, allowing them to solve their problems and achieve their goals. With the help of my inner seeing, I've consolidated a club of the disabled and healthy people called ERZON, with which we've made an exemplifying product in Lithuania. I've created a product "Seers", the goal of which is to share needed information on the topic of improvement. Me and my wife have opened a health and improvement space "Toward feeling great" in a Lithuanian resort, Druskininkai. I work with all kinds of investments online. Also, at the moment, I and my team are trying to enact 2 international business projects. And all of this came about in only 4 years' time.

I remember the most challenging situation of my life, which definitely wasn't the toughest one – being in the revival clinics. My mom was at home, when, bothered by my urinary bladder infection, I found out that my mother got a malignant breast cancer, I understood that my life got infinitely better when the help of God and inner seeing. And I must teach it to others. That's how lives change, how the world changes for the better. At this moment, my wife is completely changed, she has a business and is creating by using her inner seeing.

TABLE OF CONTENTS

- 7** Interview with Rokas Jarašius – THE UNIVERSE WANTS OUR IMPROVEMENT
- 11** KARMA AND ITS CLEANING
- 15** TRUE SPIRITUALITY (PART I)
- 18** TRUE SPIRITUALITY (PART II)
- 21** TRUE SPIRITUALITY (PART III)
- 30** KARMA AND ITS CLEANING (PART II)
- 34** ELEMENTS IN OUR LIVES
- 38** ENTITIES
- 41** FATHER, DIVINE HALVES, SOUL TWINS, CREATORS, PRIMARY SOURCE
- 44** RELATIONSHIPS WITH THE BELOVED ONES
- 48** DISEASES AND THEIR REAL REASONS
- 52** THE MAIN BLOCKS AND PROGRAMS FOR BUSINESS

Interview with Rokas Jarašius – THE UNIVERSE WANTS OUR IMPROVEMENT

(The beginning era – golden age for spiritual growth)

Not so long ago, as 2012 was approaching, there was a wave of worry arising in the world, for the supposed ending of the world. A terrifying date has passed, and, it would seem as nothing has happened in the visible dimension. However, the ones who have been researching the processes of the universe, as well as the ones in them, know that the changes are really happening and they're huge. The newly beginning age of Aquarius, also known as the Golden age means, that our planet is entering into a qualitatively new sphere. Similar changes are also happening with human beings. This conversation with Rokas Jarašius is about this period of time and what important things we can do, how to influence these processes and, first of all, help ourselves.

So what's really happened, when crossing the infamous threshold of the supposed end of the world?

That which appeared to be a frightful message in the media, was merely the ending of the old era. The Divine forces had foreseen the presently occurring processes long ago, so there were many prophets (especially the Mayans, since in their calendar this period of time detailed a great change) managed to get a glimpse of it, just didn't manage to presage it in great detail.

The era of Christ that lasted for 2 millennia is ending. It was trade-marked with the bearing the cross. That meant that learning and improving were to be done through pain, suffering and painful lessons. The



newly beginning age of Aquarius is called the Golden age for a reason. It is a period of time (of course, it's just beginning), when energies are shifting. The coming lighter energies allow people to learn through insights. It's no longer necessary to receive painful lessons in order to improve. Another thing that's change is that now improvement is a synthesis between spirituality and materiality – both of these areas are important. It's a time, when it's easier to develop inner seeing than it was before. It is inner seeing that can help each person to find the causes of illnesses, realize them and solve them, while avoiding painful lessons.

You help people develop their inner seeing and solve problems with it and with realizations, to understand and eliminate causes of diseases. How did you learn it? What brought you to this path?

I've been working with people for about 4 years now. It's true, while I was trying to help people, while working as a masseuse, I'd already feel energies and see them a bit with the help of my inner seeing, but that was only the beginning of clairvoyance. My inner seeing got even stronger after the accident I had 4 years ago. By trying to help myself, I got into different kinds of practices. I was learning more about myself and the causes of what happened to me, looking for ways to get well. There were many and great health problems. Every day I'd drink lots of medicine and the doctors were unable to help me. Then I discovered ways of improving my health, fixed my blood flow and other illnesses that many people experience after similar traumas. I didn't need to drink medicine anymore. Then I started sharing my knowledge with others, started helping them solve their problems.

So now you know what the main reason of diseases are?

People get sick or have accidents happen to them mostly when their improvement is stagnating. Even though usually, especially for the stronger diseases, there's a multitude of causes. Then lessons are learnt. Sometimes to get well we need to, for example, fix our improvement in family, relationships or other areas. I never advise to disregard the help of doctors. But I've learnt that you can get well, by learning the causes of illnesses, when I managed to help people who had cancer, rheumatoid arthritis, schizophrenia. These aren't cured by medicine alone.

In reality, the causes of illnesses aren't physical. People attract a bad situation as well as illnesses into his life due to his deeds, actions, negative attitudes. In order to heal, one must first identify the reason. When it clears out, we see how to eliminate the disease. As I mentioned, I'm not against traditional medicine. However, inner seeing can help to not only see the reason (often even that leads to recovery), but also to check what tools can facilitate the healing – medicine, massages, maybe simply the right exercise.

With what questions do people usually come to you? What is your source of experience and knowledge?

I often help people fix their relationship, business, karma. The latter is the reaction of our actions.

In other words, whatever bad we've done goes against us. There are more and more people who come to me, but, also, more knowledge comes, seeing deepens. I try to not stop and to constantly improve. By growing myself, I can then help others deal with their inner problems, too.

Inner seeing is a great help for those, who seek improvement. We used to think that the gift of clairvoyance is innate, but recently there's been more and more people who are developing it. Is it attainable for everybody?

I am sure that it is developable. At least for that people that I've worked with, who wanted it and went purposefully towards it did it – they can now use inner seeing in their path of development. Now is a time, when you don't need as many efforts as before to develop inner seeing. But seeing is given for specific reasons (definitely not just for curiosity, because curiosity is a negative energy) – so that while improving the person can be let by his spiritual heart. Overall, the main tool for eliminating obstacles on the path of improvement is following the heart. If that's not being done, seeing is not used according to its purpose, then it starts fading. Listening to one's heart is very important, then inner seeing is strengthening, we attain more and more abilities from the Universe, energies to walk the path of the heart.

What is spiritual heart? What function does it serve?

It isn't the heart that's beating in our chests, even though they're related. A spiritual heart is that, what's also called the 6th sense. It picks the option that's most optimal for us in all the different areas, according to Universal energies of the time. I teach people to always hear it, when a decision needs to be made. When listening to your heart and using your inner seeing, you also begin hearing that, what's needed. Sometimes people are afraid of these subtle things. But I'm not teaching to look deep needlessly. You need to feel deeper, purposefully, that is with the purpose of self-improvement. That, which you do on the subtle level, must also be reflected on the

physical one. Let's say, if you're not good in business, you must look for reasons in yourself, instead of blaming others.

Not every person, who starts walking the path of improvement gets approval from their family members... How do you advice to solve this problem?

First, you must help yourself to gain insights, walk the path of heart. Then the outer world changes without any external efforts. If that doesn't happen, you should find out the reasons by using the inner seeing. It happens quite often, that having started to walk this path, the person is trying to force the knowledge onto others, who aren't yet ready for it, and they get certain lessons for that.

We've spoken about a new stage, newly emerging lighter energies, the need to improve. What are the main laws of the Universe now? What does it want from us?

The goal of the Universe is improvement. What it wants from us is to do exactly that, to help it improve. Firstly, we should focus on ourselves 100 percent and improve ourselves – that's key. Only when we deal with ourselves, there may come a point where we help others improve as well.

It's important to grow in all areas. One of the important ones is relationships. There must be a balance between the masculine and the feminine. Women resemble a material energy, thus, countries where men dominate and women are oppressed (common in the Eastern world) are quite impoverished. Where women are respected (e.g. Europe, USA) – there's more materiality, and that's not bad. However, when there's an overabundance of feminine energy, more distortions (pedophilia, etc.) So a balance must be maintained, and the best

way to do it is by moving towards in in every family. The more separate families will learn how balance and harmony are, the better off will the country and the planet be. But we must start with ourselves. Not to try and change our partner and others around us, but rather to look into what we can change in ourselves. Because we can change the world surrounding us only by changing ourselves.

What's the importance of having a goal?

It's important to set goals, but, sometimes, the person isn't ready to see the main goal of his life, so it's a good idea to start from smaller ones. While working on them, bigger ones emerge.

If we're following our spiritual heart, our path is the most optimal. Sometimes people set themselves wrong goals, for example: to have more money, to be famous etc. But these things can't be the goal, they're an effect of moving towards it, and if the goal isn't properly set, that a lot of energy that's meant for self-actualization and improvement. The most important thing is to not stagnate in your comfort zone. For example, the women who think, that their self-actualization is solely motherhood (I think that can be true in only very rare cases) often tend to stay in their comfort zone, thus they're beginning to gain weight. When the Universal energy isn't used out, the human being starts "blowing up". Self-actualization isn't possible in every work, however, stagnating isn't good – when the time comes, one shouldn't be afraid to change their workplace or business.

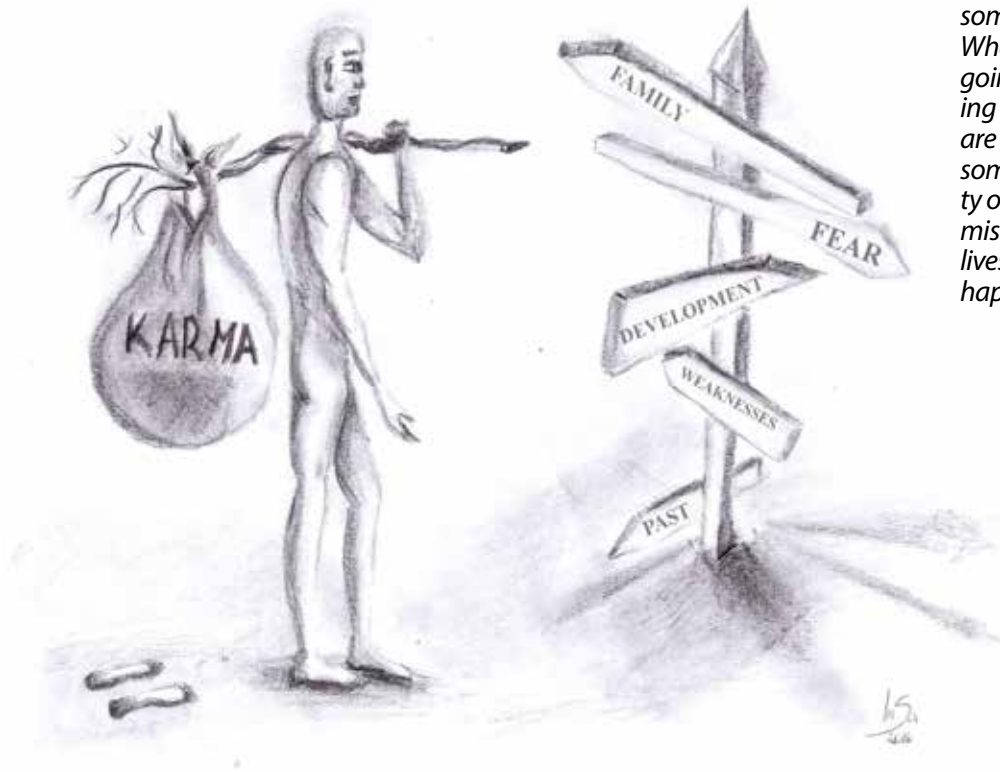
The concord of spirituality and materiality – is that also the essence of the new stage?

It's worth knowing, that money isn't evil at all, but energy, that's needed for improvement – you can create a lot with it. One must allow it to flow. The important thing is to realize, with the help of seeing, how much of this energy you can take at a certain point in time, because if the person takes more of some kind of energy then he can handle, problems start. The more we improve, realize ourselves, the greater works we can perform, create and accept more energies. But that must happen step-by-step.

There have been many discussions recently about food. The attitude's become quite popular, that we can help ourselves and the planet improve with vegetarianism, veganism. There are others who find many counterarguments to that. It is erroneous to think that there's only one path. We're all of different structures – some need meat, others don't. If we all became vegetarians, the birds and the animals that are bread would disappear. And they are on Earth for a reason, too. Everyone has their own function.

Interviewed by Jolanta Račelė

KARMA AND ITS CLEANSING



There are over 7 billion people on earth – some are lucky, others – misfortunate, some are healthy and some are sick... When life's going well, when everything is going great, people feel like they're living in harmony, however many of them are afraid inside, that the harmony can someday end. They are living in uncertainty of what tomorrow will bring: sickness, misfortune, pain... many people, many lives, many stories... How to live to have a happy story?

KARMA

The harmony and peacefulness of life is very much dependent upon karma. Karma is a derivative of past actions, the effects of which affect us. Each action has a reaction, by doing good, we get good, having done evil, the evil returns to us – that is a law of the Universe. A human being comes to life to realize something, to learn, but more often than not, people who come here not only don't complete their purpose, but also cause a lot of harm, which later comes back to them as diseases, misfortunes, poverty... Then, when the person is reborn in another lifetime, he has to do not only the goals of life, but also to realize what he's done in the past life and why he shouldn't act that way, because otherwise karmic lessons are received for the behaviors of past life. It is said, that all kinds of experience is good, but, in reality, without understanding, experience is mere history. All the tests that have been sent to us, to show that something needs to be realized on the way towards our life purpose, otherwise we won't achieve it... If we don't understand the signs that are shown, they lose their purpose, thus they become stronger, so that attention would eventually be paid by them and the reason for them appearing realized. The longer the person doesn't accept it, the more she increases her negative experience, instead of which she could just live happily. It happens, that a person's life purpose with which he came to earth is to know a disease, poverty or other hardships, but by being conscious, cleansing one's karma, goals can be changed and learnt through more pleasant things. Many people have heard about family's karma or country's karma that affect not one, but many beings.

KARMA OF THE FAMILY is when many relatives are affected by a certain negative effect, e.g. almost all the men in a family are alcoholics. A woman who's grown up in such a family with an alcoholic father seems to have made a decision to not choose a man who drinks. And still, a man comes to his life, that even if he's not a heavy drinker, he later becomes one later in the relationship. This happens, because the first woman of the family, who started the chain of events, didn't realize the cause of why she attracted such a man into her life. She transferred the programs and stereotypes, with which she attracted the man to her kids, and they to their kids, etc. In this way, because of certain stereotypes, programs and blocks are present, there can also be diseases in the family that repeat themselves, that are often simply thought to be inherited illnesses. If a person manages to find that program, block or stereotype and understands it, then no family karma can touch him. It depends only upon you, whether you'll continue baring the burden of karma or be free.

KARMA OF THE COUNTRY

Karma of the country embraces the people who live in that country, e.g. occupation of the country. The citizens of an occupied country were born and live there not just accidentally, but because from that situation they must understand why this happened to them, why they ended up at the occupied country. If most citizens of the country realize that, occupation moves away, if only some people realize it, the occupation begins to have less and less of an impact on them. Such opportunities appear, that they get an possibility to go off to another country or start living such a full life, that

they're not feeling the occupation anymore. An interesting example is the karma of the Native Americans. When the Europeans came to North America, it was strongly colonized. Their lands were taken away and the locals were put into reservations. The Native Americans experienced a strong pain, seeing how their nation was being destroyed... In this case Karma worked in a way, where most of the main colonists were later reborn as Native Americans and felt by themselves what it means to live in reservations, and what it means to see and feel your nation and its traditions dying off... However, at this point the Native American wisdom is more and more acknowledged, which helps the traditions live on.

KARMIC CLEANSING

Karmic cleansing starts from the wish, from an outspoken intention to go towards the light, towards the positive. To start cleansing karma, especially karma from past lives, first one must stop building it up in this life. You can do that even now, no need to keep putting it off. Stopping to build it only makes life only lighter and easier. Forgive yourself for everything that you feel guilty about, apologize to yourself for all the bad you've done to yourself, accept yourself as you are, send yourself love, surround yourself with love. Forgive everyone, who you feel have hurt you: your family, friends, enemies, politicians and employers – everyone you can think of. With your thoughts apologize to everyone, who you feel you've hurt, send them love. Do all of this from your whole heart and you're sure to feel a relief, because you'll be freed of a part of the burden of karma. It can be hard to forgive yourself and others for certain actions, but

by forgiving you will set yourself free from the grip of the negatives that are stopping you. We must finally realize that everything that happens to us is a consequence. Those who acted in a negative way towards you are simply signs that showed that you lived in a wrong way, thus attracting them with your wrong behavior, so there's no need to be mad. Be grateful for those signs. If you'll manage to send some love to them that will be a proof for you that you've forgiven from your whole heart. Take responsibility for yourself, because no one is guilty for what happens to you, that it is only a consequence of your own actions, how you are, that's how your environment is, that's how your life is. Start observing yourself, your actions, thoughts, words, your behavior with others, look at yourself, at your surroundings, sometimes from a detached point of view, as a neutral observer and you'll see how everything depends on your own behavior.

CLOSING SITUATIONS FROM PAST LIVES

The next step is closing of deeper situations that have happened during youth, childhood or even past lives. It's not a mere game, it's working on yourself and you must be very responsible with how you look at situations. The situations that are being closed are only the ones that affect life negatively at this point. Closing these situations would increase the quality of your life. We can only view the past life situations that we're capable of closing. All we need to find in them is the essence, which is needed for us at the moment, because many of us have lived many lifetimes, with even more important situations that have happened during the, so our whole life may not be enough for viewing them all. To close means to understand what was wrong in there and

what to do, so that it doesn't affect us negatively and the received knowledge would even help.

The Universe is made in such a way that you can get everything you want, but we must be ready for it, otherwise it will harm us. So if we have a goal, we must go a certain path until we reach it. Having gone, we're ready to receive our wish. Closing past lives isn't an end, it's the means to an end, and the end is a harmonious life. If you skip a certain stage, you will be unable to close a deep situation, and when it rises from the depths to the surface, it comes with a lot of negative, which was experienced there and will affect negatively, if you don't close the situation. It could cause different health problems, so it's very important to do it all step-by-step:

- 1 A wish, an expressed intention to move towards the light.
- 2 Taking responsibility for yourself. Everything that happens is merely a consequence of our actions.
- 3 Observing yourself and your environment in order to get rid of negative energies.
- 4 Recovering the seeing. Each person is psychic, just not everyone knows it, realizes it and accepts it.
- 5 Working with past life situations.

Each person chooses how to live. Some create a negative experience, without having any problem about it, others try to live positively, and others to fix the mistakes of their past. I chose the third option and my life turned from hopeless to great. There are no wrong paths, there is only a choice of how we'll learn – through the negative or the positive.

TRUE SPIRITUALITY (PART I)



True spirituality isn't just going to the church on a Sunday and then coming back to the table, drinking booze. True spirituality isn't asking God for help and then waiting, without moving a finger. True spirituality isn't a document lying about in a drawer claiming that you've once attained the Eucharist or that the priest got you married. True spirituality comes about only then, when it is combined with materiality – when you're walking through life by listening to your heart...

THE PATH OF HEART

Every human being has a path that's the most optimal to them and that path is shown by their heart. Many people are unable to hear their own heart – their mind disturbs them to do that, as well as all kinds of blocks and programs. Those, who are looking around, trying to parrot other people's models of success of ten get trapped to the failure of their life, since society is filled with programs, stereotypes and untrue beliefs, that lead one astray from the true path – the path of heart. Programs such as "you're only worth something once you've graduated" bare huge influences: thousands are choosing studies that aren't needed for their heart. Many people have professions, but aren't using them and are associating their life with completely different areas... or they work like robots, because their work doesn't bring them joy. And since their work doesn't bring them joy, life becomes dark and gloomy... millions of people, millions of hours, time and energy are wasted, because of choosing a path without listening to one's heart and that only leads to failure. It's a big mistake to choose studies and career only for money, because, having chosen something that's dear to your heart, there will be more money, since one's potential then increases many times.

That, which one likes is learnt much faster and better, work becomes more productive, and that kind of person becomes a professional in his area. If you really enjoy cooking, then go become a chef, instead of choosing law, because society values it. Then you'd have to spend your whole life in an office instead of enthusiastic and working in your own restaurant. The most important thing is happiness: once you find a job that you like, you simply don't need to work, it's a pleasure for you to do it. Just think about what work you'd do that's useful for yourself and for society, if you had enough food, clothes you like, a nice place to live and money as much as necessary. What would you do then? That will be the path that your heart leads you to take. And many people are working for money, not realizing that money and many more amazing things will come, when they'll start creating from their heart. Fears can come up, that you won't succeed, that the chosen path is unprofitable, but it will all eventually work out, if you'll decide to walk this path 100 percent. Ask yourself daily: what can I do today, so I'd go towards what I really want? And do it without waiting for anything and without being afraid. The path of heart is the only path to happiness, and all other paths are mere circles, in which you're running around, because you're not ready to step on the next step of development. If for some reasons you're not choosing to be guided by you heart, you'll once again go back to the starting point. There you'll have to restart the journey of heart. You'll get signs that will manifest in thoughts, different kinds of situations, such as diseases and misfortunes that will be guiding you to return to your true path. It only depends on you how long you'll be walking around your purpose for which you're here on

earth and when you'll simply start walking towards the straightest path of improvement. Listening to one's heart is the first step to TRUE SPIRITUALITY, because that's how we create goodness for ourselves and around ourselves. Those, who create by sacrificing themselves, live in an illusion that they're creating spirituality and they give themselves out like that, becoming weak. Strong are those, who create good for others, but do so for themselves, realizing that their goodness depends on the goodness of the world and that must be added to.

4 levels of creating:

- 1 Not being able to pursue your goals, complete drifting.
- 2 Pursuing one's goals without integrity towards others.
- 3 Trying to live as positively as one can.
- 4 Trying to not only live positively by oneself, but to also create good for one's town, country, the whole planet, its people and nature. All of this is our environment, and when environment is moving toward perfection, so are we.

Our improvement is always happening according to these stages, which include many tiny sub-stages, which include many more daily situations that need to be solved with one's heart – that's the only way for growing and improving.

SEEING

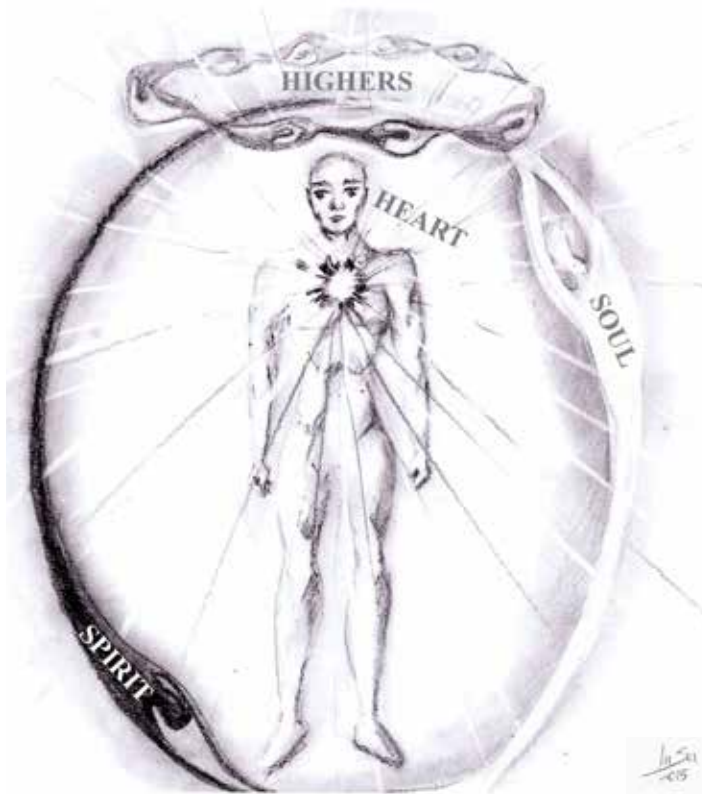
Every human being comes to Earth in order to create something in here. If he chooses to create with his heart and do Divine deeds, God gives needed abilities to fulfill them. One of these abilities is inner seeing. Seeing is clairvoyance and anyone can have it. With the help of seeing, one can see the effect of every cause, and, in this way, create a positive life. Seeing is the road map of life, by which roadblocks on the path of life are eliminated, sometimes those in the future, that we won't even face. By seeing past lives and realizing the ungodly acts in them, we avoid karmic lessons which we'd otherwise go through in this lifetime. Every action has a reaction, and only by understanding our actions of past lives, can we truly change the direction of our lives in a way that is more true to us. Each misfortune, illness and bad luck have a reason to them, and by seeing the reason we may eliminate them. That gives life a completely different meaning. The world isn't just a physical body. It's made up of many different layers, and the physical tangible layer is only one out of many. Since it seen without the help of the third eye it is often thought to be the only one. People are afraid of that, of the subtle world, afraid of what they don't understand, afraid of the unknown, but only by stepping into the unknown can greater knowing appear. The man-made comfort zone, that the world is a certain way and not the other, brings no good. If a person sticks his head into the sand, it doesn't mean he's not affected by what he doesn't see. Sometimes he is indeed affected by it, and very strongly, too. Seeing is not only meant for protecting yourself from bad things, the main purpose of seeing is creation: everything that we create in the physical level first appears in the subtle realm. Thoughts and wishes have already

been created in certain subtle levels and the reality of those levels is going down as an elevator down the floors of a house, while it reaches the first floor, that is the very familiar to everyone physical level. It's said for a good reason, that "our thoughts materialize", but definitely not all thoughts do, because in some subtle level they get stuck for one reason or another. Blocks that hinder our wishes coming true may appear for all kinds of reasons, such as different choices chosen, when pursuing a wish, consequences of past lives, fears or even our own wishes clashing with someone else's... And these are just several reasons from many, because of which one cannot reach their goal, and, with the help of seeing, one can see how to eliminate the interferences that hinder the reaching of the goal on both subtle and physical levels.

- *Why did I come to Earth and what must I do here?*
- *Why has my life turned to a certain direction, and what to do in order to turn it into a positive direction?*
- *What to do to find a second half that would be the best companion for your life?*
- *How to cleanse your karma?*
- *How to reach your goals?*

You can answer these and many more questions by simply recovering your seeing, which, because of not using it for many lifetimes has simply atrophied. Kids often have leftovers of seeing, but even these leftovers are soon gone, because by adults it's categorized as needless fantasy... It depends on you and only you whether you'll start to truly see or continue the journey of unknown...

TRUE SPIRITUALITY (PART II)



THE RECOVERY OF SEEING

The recovery of seeing starts from the path of heart. This listening of the heart is the sixth sense, the intuition that guides towards correct decisions. The next step toward the seeing, is starting to communicate your Divine team and collect it. As I mentioned previously, the world isn't just a physical body, so also a human being is a great entity with many parts and layers, not just physical, but subtle ones, too. Many people hold parts of one's entity such as soul or spirit to be something mystical and don't even consider that it is also necessary to communicate with them to become an integral and whole being. These 2 parts of our being are a part of our Divine team.

THE DIVINE TEAM (DT) CONSISTS OF:

HEART – it's the part of our entity that shows the direction

- 1 (Spiritual) Heart
- 2 Soul
- 3 Spirit
- 4 The Highest Ones

where our Divine path leads us. The heart never lies, thus, by learning to listen to it, we can check everything in life through it, and, in this way, make the best and most truthful decisions in this way. The voice of the heart can only be felt. The heart doesn't speak with words, unless it may through the other parts of the DT, then they act as a channel of transmission. Sometimes the voice of the heart is associated with attachment to intimate partners or other people, to jealousy or other types of negative energies. In reality, in the heart there's only unconditional love, that guides the being toward the light, and the negative energies can come from the mind, other parts of the soul, but never from the heart. Negative energies overwhelm the heart, and it becomes more and more difficult to feel it.

SOUL is a part of the DT that reincarnates and has the experience of many lifetimes, thus, when communicating with the soul, one can already see past lives, and by realizing what's happened in them, a person can clean her karma. The soul, differently than the heart, speaks not only in emotions, but also in words and images. The soul reflects the feminine part of our being, its positive energies are sensitivity, care-giving and flexibility. It doesn't matter, whether you're a man or woman, your essence must be balanced with masculine and feminine energies, otherwise perversions occur and cause physical and emotional disturbances. Of course, if you're a man, there should be much more masculine energy, and if you're a woman, more of the feminine. But you may restore the balance that's the most suited with you only with seeing.

SPIRIT. If the soul is the feminine part, the spirit is the masculine one. These two parts of the DT are strongly interrelated, and, when time comes, when the being has matured, they combine. Then, a strong harmony is felt. The spirit inside us resembles strength, toughness and persistence in tackling obstacles of life and in pursuing goals. The more persistent we are with our goals, the more firmly we're walking our path, the stronger our spirit is. An imbalance of the soul and the spirit reflects in our characters. If the soul starts dominating, it overwhelms the spirit. Then the positive qualities of the spirit are replaced by whining and self-pity... And when the spirit takes up more room than it should in the being and starts performing the functions of other parts of the being, then flexibility, conditionlessness and strength are replaced by hot-headedness, stiffness and attachments... The spirit, like the soul, can communicate with us not only in feelings, but also in words and images.

THE HIGHEST ONES – the connection with the highest is the last one that's made in the Divine team, that's when the person has already decided to walk the Divine path, when she is already working harmoniously with his heart, soul and spirit. There are a number of the highest ones in the being. Their number depends upon the evolvement of a human being, when walking toward the Divine path. The greater Divine works we're doing, the more of the highest ones God sends to help us, and, with them, needed abilities, too. The universe is so full, that our mind simply can't comprehend many of its parts, especially the ones that are new, unfamiliar. And the highest ones can transfer information from high subtle levels in a way that we can realize it. The

heart checks the correctness of this information, and when we use all that we find out in our lives and it works, then our mind starts calming down, too. When the connection with the highest ones is restored, seeing increases vastly and the subtle levels are seen and felt even more.

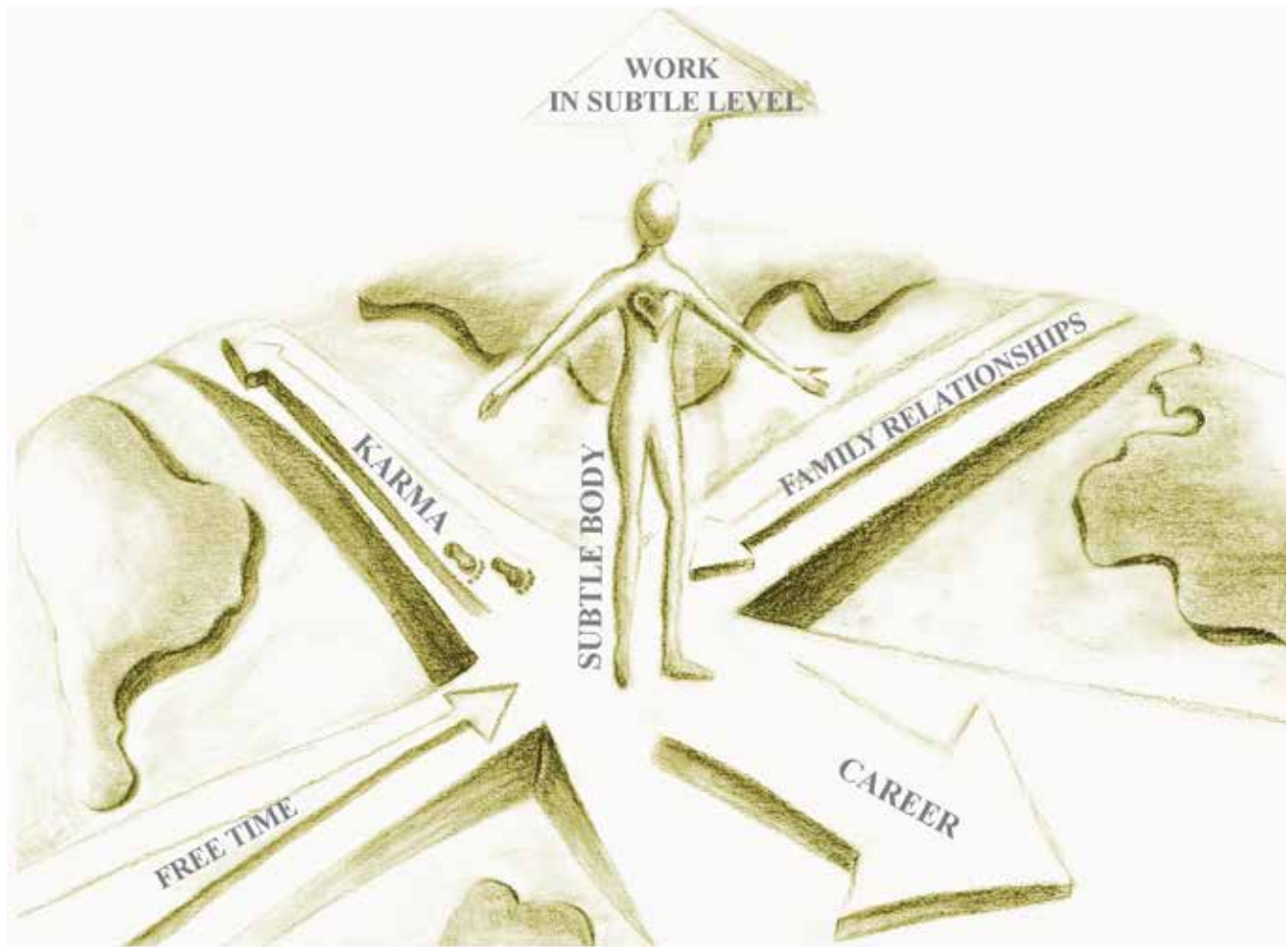
Each part of our being has to take its place and perform its functions. Harmony and fullness is felt only then. In order to restore balance in ourselves, we need seeing. In order to restore seeing, we need a well seeing person to make our DT speak and teach us to communicate with it. When a person is walking on the Divine path, a time comes, when he can help not only himself, but also see other people's structures and the causes of the consequences of their lives. Theoretically, one can learn to get their DT communicating, but, practically, it's very difficult, because in this and in past lives there have been situations, because of which, all kinds of blocks that block seeing and one's connection with DT have been put in place. Then it's simply impossible to take them off without the help of someone who sees. What cooperation with the Divine team is, is addressing a part of it or even all of it through thoughts, where right answers to important questions are received: the causes of the effects are realized and it's found out what's the best way to behave in each different situation.

Combining spirituality and materiality is the secret to a successful life, it's the path to the fullness of life. However, most people are unable to find the balance between these 2, which leads to extremes... In India, Tibet and most Muslim countries, spirituality is one of the main focuses, because

of which people no longer see the depleted materiality of their country – starvation, poverty and polluted water often become the daily realities of these lands. The man is a creator and the woman materializes that, which the man has created. If there is no balance between the masculine and feminine energies, perversions come about, which is strongly reflected in the named countries. Since women are underrated in these countries and, since feminine energy is the energy of materialization, it doesn't matter how much of their time they spend in prayer, in meditation or flying around in the astral levels, their spirituality still doesn't increase, and their families starve, because the true spirituality is the balance between spirituality and materiality. In the west, the opposite is the case – many people focus on the other extreme – materiality, because of which different kinds of perversions come about: completeness isn't felt, and the space that spirituality would normally occupy in one's life, people fill with other things: alcohol, drugs, computer games, pointless staring at the TV, and that leads to degradation... Drugs cause an imbalance, and society has a program leading to think that they help relax... One relaxes only then, when he or she feels peace in their soul and in all of their being, which only happens when in balance. Internet is a subtle level that's the closest to the physical level, and the players of internet games are like those yogis – flying around in the clouds, in there, using so much energy, that in physics there's no time or strength to create...

SPIRITUALITY AND MATERIALITY MUST GO HAND IN HAND AND SUPPORT EACH OTHER. THIS IS THE FORMULA OF SUCCESS AND THAT'S WHAT I CALL TRUE SPIRITUALITY.

TRUE SPIRITUALITY (PART III)



SPINE, SUBTLE LEVEL AND THE MAIN 6 AREAS OF LIFE:

A person's spine reflects the ground of her life. Having a narrow ground of life is reflected in health, and is especially often pronounced as sicknesses of the spine. If we want to achieve a lot in life, then the ground of life has to be wide and strong. The wider the ground, the more one can build on it.

A wide ground of life consists of:

- 1 A career that is guided by one's heart
- 2 Meaningful leisure time
- 3 Good relationships in the family
- 4 Cleansing karma
- 5 Faith, connection with God. Seeing and knowing how to work in subtle levels
- 6 Love for nature. Connection with the earth and the ability to receive necessary energies from nature.

Some people are very little affected by their narrow ground of life, but to some it can turn to a tragedy. Man come to earth to learn their lessons by walking that path of life. The greater is the being of a man, the greater deeds it is ready to do. A small entity may have come to earth to be a homeless person or a murderer, who spends half of his life

in jail and is still in great health, but for a great entity such way of life would be disastrous, because before coming to life, she chose much greater goals, and the universe will push her into attaining them in all possible ways. The greater the chosen goals are, the more energy the Universe sends for accomplishing them. If the goals aren't being acted upon, the main energy channel of a human being is tarnished, and thus becomes heavy because most of the energy received is not being used. Then the channel is bent (it manifests itself on the physical level as a pain in the back, rupture hernia), or the channel cuts off (in the physical level it's manifested as breaks of the spine), or the channel is being breaking up and energy goes out to other structures of the being (on the physical level this manifests as diseases of other organs). To not get the channel tarnished, one must purposefully distribute his energy to the 6 areas of life, which, as I mentioned constitute the wide ground of life.

Each of the six areas are very well seen on the subtle level, just as the life path that we're walking (that our subtle body is walking). As I've mentioned in the previous articles, a human being has not only a physical body, but also a subtle body. All the illnesses, diseases, accidents that we experience happen primarily on the subtle level and land to the physical level only after some time, by attracting negative life situations. Seeing helps one see the problem and then remove it before it goes down into the physical level. I'll illustrate with an example to make it easier to understand: a person is lacking in one area of the ground of life – meaningful free time. He works a lot and doesn't have any time for himself, for his free time, and so in the subtle level the

energy flow gets stuck. The energy channels are clogging up, clogs come up in the subtle body, e.g. in the subtle leg, then a negative situation is attracted to the physical body: a person, while walking on the street, slips and breaks his leg. Out of first sight, it seems like he broke the leg, because it was slippery or because he wasn't careful, but the real reason for receiving this lesson was absence of free time. While the leg is healing, balance is being restored, because at that point one needs to inevitably dedicate more time to himself. Being sick and healing traumas is definitely not the nicest way to spend one's time, thus it is important that all the six areas of life would develop purposefully and productively, thus using out the energy that's received from the universe. Then the energy channels don't get clogged up and more and more good things are created, while also avoiding the unpleasant situations. This is just an example, and the disorder of the flow of energy can manifest in all kinds of situations in the physical level – the one I mentioned is just one out of many possible options.

Career has to be a top priority, because, when walking on the path of life, we must constantly be evolving it. To have a Divine career (I call Divine that, which leads to improvement), it has to raise the person, develop him and help him grow – only in this way can one's career be truly successful.

The size of one's being according to their career:

- 1 The first level of being is that of a very small being. These are the people in our society that tend to act like parasites – they usually don't work anywhere and

degrade their energies by wasting it off with intoxicants. Such people simply don't want anything, and they're not interested in what would lead them and their environment into improvement. These people may have chosen their free time over their career at some point in their lives, which caused huge perversions in their lives. This group of people also consists of those, who have focused the energy of their career to doing things that are harmful to society, e.g. stealing, cheating, drug businesses etc. Such creators may at times be making big money in dirty ways, because in past lives they walked the right path and became great beings, who have large energetic channels, and, the larger and wider their channels are, the more money one can make, the more they can create. Choosing a negative path narrows energetic channels, and, inevitably, even a great being becomes small.

- 2 The second level of a being reflects a somewhat greater being. These are people who are unhappy with their job, life and blame the government, their employer or someone else for it. . . . But only the person himself is responsible for his life, and throwing off the responsibility to someone else only makes it more difficult for him. Our decisions, choices and karma are that, what leads us to all kinds of life situations and to where we are now. Such people often live salary to salary, have financial problems and are being used by others as cheap labor. Such situations usually come about, because of the person's fears to create new things, because of fears to leave their self-created comfort zones, because

of fear to create with the heart. When a person isn't creating with his heart, he can't actualize himself as a person, he's looking to others for examples, looking into others paths, by trying to find that of his own, but that only causes depreciation and turns them into a sheep.

3 The third level of a being stands for a big being. These are people who love their job, people who create with their heart.

4 The forth level of a being stands for a very big being. These are the people, who are guided by their heart and gain a lot of energy from the universe, with which they can create not only a job they love, but also create great workplaces for other people. People become like that when they've been creating with their heart for a long time, and, the more and the longer one listens to their heart, the more their energetic channels expand, through which they receive more and more energy, and thus create more.

In order to have a great and firm career, it must lead us and our environment toward improvement, thus it's important to concentrate not on money or the wish to create a comfort zone with money, but to the wish to improve yourself and your environment. Money, homes, companies – these can't be the main goal, they have to be a consequence of moving forward in the right way, as well as tools to further fulfill one's main purpose – IMPROVEMENT. If a person's purpose is only to create a comfort zone, he puts a block on

his growth and energies that he receives from God, from the Universe, from his environment, thus not using his full potential. Where there is no energy, there is no creativity. If you're pursuing a career, do it only from your heart, and our heart leads us to the betterment of ourselves and of society. For example, if you're making food products for sale, make them as tasty, healthy and fresh as possible, and like that bring good to the consumers. Make only that, what you really want to make, create only that, which you feel to be meaningful and which you enjoy creating. Expand your work, without resting on your laurels. Only in this way will you charge yourself with the energy of success. The emotions you'll create with determines the result you'll have. Think and feel what you've been good at in life? What are you good at? Why are you good at it? And without waiting, start living all of your potential.

Family must stand on the left in the subtle level. Left resembles strength. Strong relationships in the family help to stay on one's path, these are like the anchors of life. Life is full of all kinds of challenges, and sometimes it's not easy to overcome them, but when we go back to a strong family, we feel its support, calm and a leverage to life's difficulties. Creating a family is one more opportunity to grow as a person. By accepting one's responsibilities, as a member of a family, we again increase our motivation to create, to pursue a career, because now one carries a responsibility not only for oneself, but also for one's family, which requires more than we require, when we're by ourselves. The bounty that comes from having a strong family is immense. Often times in families, the members of a family don't perform their duties and are looking for flaws in one another,

blaming, trying to change them. But it's impossible to change others. One can only change by their free will. The base of a strong family is focusing on yourself. Think about it, what you should be like? What should you do different? To be the 100% best father you can be, the 100% best mother you can be, the 100% best daughter you can be, the 100% best son you can be, and with no delay, do your best to be that way – that's the only way to have good relationships in your family. When we take on our responsibilities, we take up only our own place in the family. We're trying to be as good as we can, and the members of our families are automatically changing for the better. The most important is, as I mentioned, to focus not on their responsibilities, but on those of our own.

The size of one's being according to family relationships:

- 1 The first level of being stands for a very small being. These are people who don't take responsibility for their family and don't accept it in their lives. And if they have kids, they usually leave them, sometimes even kill them as they're born. Most of the time such people are also tiny in other areas of their lives, thus they can't even take care of themselves.
- 2 The second level of being stands for a somewhat greater being. These are people who think that it's their responsibility to support their family.
- 3 The third level of being stands for a great being. These are people who hold all family members equal to

themselves. Father, mother, son and daughter are all equal, just everyone has their place in their family and no place is greater than the other.

- 4 The fourth level of being stands for a huge being. These people are seers and can see the true cause of every problem that arises in the family, and knowing it, they can also eliminate it. Children's revolt, cheating husband, children's illnesses and other problems that are arising in the family are all a sign for you that you're doing something wrong, and by purposefully changing yourself, you'll also change the family situation. Even though sometimes it may seem unfair, and I hear that from the people I work with: "Why do I need to try, not the partner? I'm already doing a lot." But such attitude does the relationships no good... Only by changing ourselves, can we change our life.

The right side in the subtle level reflects one's freedom. A good and appropriate free time is necessary for each person. Career and family are as if we're exercising different muscle groups, and free time is exactly what relaxes them. Divine free time is necessary to not burn out and to not be tense. As I mentioned before, I hold Divine that, which leads to improvement, so free time has to be meaningful, too. If family is support from the left, then free time is support from the right. If these two supports don't exist in a person's life, then he quickly strays away from his main path and difficulties begin. When we're following our heart, we grow. That's how all the six areas of

life expand and constitute a wide ground of life. If a small being is content with a free time that only gets them to forget everything and rest from their main activity in any way, the free time of a huge being has to be as meaningful as possible.

The size of one's entity according to their free time: WORKING IN THE SUBTLE LEVEL

- 1 This is the first level of being that stands for a small being. These people during their free time tend to drink alcohol, use drugs or other types of intoxicants.
- 2 The second level of being stands for a slightly bigger being. These people tend to spend their free time by playing video games, pointlessly watching TV or wasting away their precious time in other ways.
- 3 The third level stands for a great being. These people try to spend their free time as meaningfully as possible, so they'd be improving even during their free time. Free time is often filled with sports, being in nature, improving themselves in seminars, reading meaningful books and watching meaningful films.
- 4 The fourth level goes for a huge being. These people have a lot of energy and create a meaningful free time not only for themselves, but also for other people. These people are usually attracting many other people to them. They are leaders, organizers, motivators.

Knowing how to work in the subtle level reflects a person's masterfulness. Such person knows the true causes of every consequence, and, knowing the causes, he can remove obstacles from his life, thus achieving even more. For someone to be able to work in the subtle level, he must first become a seer, a clairvoyant, and he can become such by going forward in the right way, as well as a teacher that sees well. Some people are seers since they've been born – that's usually a consequence of strong spiritual advancement in one's past life, thus their seeing has remained intact. But if we aren't using our seeing, just like any other unused part of our body is decaying. Only with the help of seeing can we attain the most optimal results in the previously mentioned areas of life. Seeing is just a roadmap with the help of which we can take off blocks, disturbances that are stopping us from becoming a great being. This part of life must stand above us in the subtle level, and the more we improve in all the six areas of our lives, the more we grow and move in this direction. As we grow, to evolve and create even more God sends us necessary abilities, knowledge with which we can heal without medicines, avoid diseases, avoid misfortunes, realize why we're here on earth, cleanse our karma, see how to reach our goals and many more things...

The size of a being by their ability to work on subtle levels:

- 1 The first level goes for a small being. These are people who don't acknowledge anything else besides the physical world. They think that the physical world is as they understand it and it can't be any other way. These people put limitations and blocks on their own improvement, because our development depends on how we can realize and integrate new things into our lives.
- 2 These are greater beings, who believe in God, believe that there's something in the universe that's greater than the physical body. But the evolvement of these beings has stopped because of blind faith in all kinds of dogmas, fanaticism or simply not doing anything to attain their goals, but just waiting when God gives them something and changes something. God gives us only as much as we're ready to receive and as much as we deserve. Only by improving and creating good things, can we get more. When asking God for something, first consider if you deserve it. Without creating by ourselves, there is little to no good to ask. Only by creating with your heart will you receive the necessary opportunities to complete the work you should complete. A time comes in a person's life, when he wants to continue improving. Then he has to trust not some scriptures he's read or teachings from other people, but learn to hear him-

self, his own heart, learn to see and thus realize what truth is and what lie is. In other words, he goes from being a believer to being a seer.

- 3 These are great beings who listen to their heart. These people feel energies, the flow in their body and outside it and see at least to some extent. They try to not stop improving by searching, trying out all kinds of spiritual practices, thus not stagnating in one place and finding what suits them best.
- 4 These are huge beings who know how to work in subtle levels and thus turn their life in their desired direction. I call these people the masters of life.

Connection with the earth reflects stability. If we're stable, it's hard to distract us from our path. There are cases when people focus too much on spiritual matters: religions, sects, spiritual practices, because of which they go too much astray, which leads to fanaticism, disconnection from their physical life, which causes a great deal of problems. In these cases one's subtle body gets up from the ground to higher vibrations and earthly problems don't seem so important anymore, thus they're just left alone without being solved... but all the negative aspects only show that we're doing something wrong, and belittling them in this way attracts even greater problems. This person's subtle body, that's high above the ground still comes down at some point, and the longer and the higher it had gone, the more painful the landing. To not

rise from the ground, one must use all of their spiritual practices and methods of improvement only for improving their physical life. If your health is bad, if your career is stagnant, if you're not finding a life partner, it means the methods you're using isn't working for you. On the other hand, success in these aspects reflects that you're firmly on the ground and are walking the right path. Those, who are high up can't really create anything else apart from their illusory spirituality. Being lifted high above the ground can also be caused by dreams, visualization, excessive planning and certain types of meditations... When you're thinking about something that you're not able to accomplish at the moment, you lose a lot of energy that you could use to create something right now, the consequence of which is inability to create anything useful and big.

Love for nature, being in nature and nurturing it give people a lot of necessary energy for materializing their goals. With the help of seeing, we can take blocks away from our connection with the Earth and vastly improve our wellbeing, have more energy, speed up our processes of healing and create many more wonderful things.

The size of one's being according to their connection with the Earth:

- 1 This is a very small being. These are the people who don't love the nature, who pollute and demolish it. Their understanding is so tiny that they don't understand that by destroying nature they're destroying themselves.

- 2 These are couch potatoes. They rarely leave home, spend little time in the nature, do no sports and a small circle of the people surrounding them leads to an inability to realize oneself, and a strong self-realization means a good connection to the earth.

- 3 These are the people who love nature, spend a lot of time in it, but don't know how to purposefully direct the energy they receive from it. These are unable to use off all the energy in positive ways, thus they become negative.

- 4 These are huge beings who love nature a lot. These people are seers, thus they can purposefully direct the energy they receive from nature to all the six areas of life. Knowing how to direct the energy, knowing how to remove blockages from the energetic channels and how to cleanse them, knowing how to expand them – all these provide a possibility to receive more energy from nature, and, with the energy, greater self-actualization.

Karma and its cleaning

Karma is the consequence of our actions. Each of our actions has a reaction, sometimes the reaction unpleasantly surprises us in the present, even though it may have come from a long forgotten mast. As I mentioned, with the help of seeing one can see the causes of different consequences, and sometimes these causes are of past

lifetimes. Why are you unlucky? Why are you sick? Why are you sad? Why do you feel a sense of pointlessness? Why you don't have any money? These and many more questions are bothering a lot of people, and, when one sees the causes of these things, one can answer these questions. Once a person realizes and eliminates the reasons, he can completely change his life for the better. But the main purpose of seeing and of karmic cleansing isn't problem solving – they're used for avoiding problems.

The size of one's being according to karmic cleansing:

- 1 People who consciously act very negatively and whose way of life is hurting others. Such people aren't cleansing karma, but, on the other hand, collecting difficult lessons that they'll receive for their actions. Usually, people go to this extreme, because they can't find how to make money through positive means, and thus start doing it negatively.
- 2 These are people who are drifting, without really doing anything for their improvement. The main of a human being coming to planet earth is IMPROVEMENT, if we stop doing it – problems are unavoidable. Mostly people end up in such a situation, because they create themselves some kind of a comfort zone that they don't want to leave or are afraid of leaving, the consequence of which is stagnancy. There can't be a stagnancy in any of the six areas of life, there always has to be a constant improvement – only in this way does the being

grow, and so avoid karmic lessons.

- 3 These are the people who try to live in the present by just doing the best they can every day, which creates a better future. These people don't look back to the past too much, because each day is too busy and there's no time to go back. Letting go of the past equals greater opportunities in the present.
- 4 These are people who see, who constantly cleans their karma, thus avoiding the karmic lessons that sneak upon them. There are life situations from the past, of this and other lifetimes, that aren't let go of easily, and are thus affecting thus negatively, so these situations have to be uprooted, seen and realized, only then can they be fully cleansed. Negative karma is like a big of rocks that we need to be dragging with ourselves for our whole life, and by cleansing it through understanding, with every closed situation we take one rock out of the stone and walking the path of life becomes easier and easier.

All of the six parts of life are very important, and an absence of one of them or stopping to improve in one of them slants the whole foundation of life, and the building of life, built on a slanted foundation, is also slanted... Each of the six areas come at a certain point in life, and whether the time for all of them has come, your hearts can tell the best.

KARMA AND ITS CLEANSING (PART II)



In the first part of “Karma & its cleansing” I wrote about how to go towards karmic cleansing and gave a general understanding of karma. In this part I’ll explain how the work itself goes and how the situations are closed.

Life consists of all kinds of situations, and in some situations the laws of the universe may have been broken, and, because of that, karmic lessons are received. Realizing these situations can help avoid a lot of painful life lessons, the reasons of which are often times lurking in past lives.

To be able to purposefully close situations, one must first restore one’s connection with their divine team – their soul, spirit, heart and the highest ones (you’ll learn more about the parts of the divine team in chapters “True spirituality and the formula of success II” and “FATHER, DIVINE HALVES, SOUL TWINS, CREATORS, PRIMAL SOURCE”). For some time I thought that in this chapter I’ll share information on how to restore seeing and connection with your Divine team by yourself. But at this point, according to the energies present on earth at this point, that is impossible to do. So I can offer my help, working live or online, where I’d help you restore seeing and connection with DT (Divine team), and the information that’s in the article will help to work personally for the ones, who have already restored their inner seeing.

Some are seers since birth. That depends on whether they've been seers in the past lifetime or not. Many people need help to restore their seeing, because in the past lifetime or even in multiple past lifetimes for some reasons it wasn't being used and, so it's dissipated, atrophied and blocked. And even many people who are seers from birth often push away this God given gift, because they simply don't know how to use it in life. My goal is for as many people who are ready to see as possible to learn to use their inner seeing, because this ability can be used not only for karmic cleansing or to avoid painful lessons, but also to better one's relationships, health, self-actualization, career, business, and receive answers to many of the life's questions.

Closing situations, when in touch with DK:

- 1 **Ask Father and Mother Earth to restore connections and channel between you and them to such as they have to be at this point in time.**

This request is needed in order to restore the channels with them, because you'll receive very much needed insights, as well as needed energies to close situations, from Father and from Earth. Very often these channels get canceled, broken or blocked by certain forces, or even ourselves, and this request helps to restore them to some extent.

- 2 **Ask Father to put up necessary protections and filters.**

Protections are necessary so that, when closing a situation on the subtle level, the astral beings or other

forces would interrupt as little as possible. Filters are needed so that you'd get cleaner and more purposeful information for closing the situation.

- 3 **Ask your DT to put all the situations that are now risen to divine quarantine and leave only that situation and leave only that situation that needs to be closed now.**

If few situations have risen all at once, then they're crisscrossing and mixing up with one another, which make closing the situations more difficult. The arisen situation is that, which is already affecting our physical body. So that the situations don't crisscross, we need to put them to divine quarantine, it's like a safe or a locker to put the situations for a while so that they don't interrupt with closing the one that needs to be closed first.

- 4 **Ask mind and logic to take the necessary place, where it has to be right now in your being. Ask Father and Mother Earth to cancel all the programs that have been put on you as much as it's needed to cancel at this point. Also put out the intention to be conditionless to the answers received.**

One needs to understand the arisen situations not through the mind, but through the insights received from Father and Mother. Often, especially for the people who've spent most of their lives guided by their minds, the mind interferes with receiving purposeful information. Thus, such request will ease the closing of the situation. In no way can one ask to turn the mind off, because then it may not come back on. That, of

course is the worst case scenario, but even with better scenarios, afflictions will occur, even if they won't immediately be felt in the physical level. The mind is given to us for a reason, thus it simply has to take its place and do there what it has to do. In the mind there's a lot of society's programs of what's right and what's wrong, how to behave and how not to behave, what's lie and what's truth, what's good and what's evil. By putting in place such programs, people can easily be manipulated by all kinds of forces. Such programs interfere with hearing one's own heart's voice and accepting new necessary information. Only our hearts know best that which we truly need. Also sometimes certain parts of the being are scared of what insights will be shown, what path the heart will choose etc. And by not being conditionless they pervert those or block answers, thus the outspoken intention to be conditionless to the answers received will reduce these perversions and blockages.

5 Ask Father and Mother Earth to send you necessary insights to close a situation 100%.

Each arisen situation has to be closed fully, 100%, otherwise negativeness will pour out of it and harm you. Some situations are simply impossible to close with your own knowledge, so one asks Father and Mother Earth to give the necessary insights for closing the situation. Then the parts of our Divine team receive necessary insights to close the situation, and, when asked, it is shown. Also, in this way, the necessary answers are received along the path of improvement.

6 Ask your DT to show the essence of the situation being closed – what needs to be realized in it.

By asking to show the essence of the situation, time is saved up, because if we were to watch every episode of the past life situation, then no time will be left to live this life. Often times there are lots and lots of lifetimes lived, thus when closing situations, one is only concerned with what's influencing the present that needs to be improved.

7 Closing a situation.

After each insight realized, ask your team what percentage of the situation is closed, and continue closing it until it says 100%. When DT shows that it's 100%, then check again if the situation has fully closed, by asking your heart, because if one's heart is cleansed from all the other energies, it never lies, and gives the most optimal answers for our improvement. A cleansed heart is the cleanest energy, but often there are other parts of the being enmeshed in it, that may distort or stifle the answer that's given by one's heart. Cleansing of the heart is a very important part before starting to work with deeper situations. Only once the heart has given the answer that a situation has fully closed, you can let it go, it's closed. If you feel that a situation hasn't closed yet, then put it into quarantine and I'll be glad to help and tell you what's missing.

CONTRACTS

When closing situations, it often occurs that we need to cancel out contracts. These contracts are usually agreed upon on the subtle level and many people at the physical level have no idea they exist, but they have an effect, and every negative effect, too. Thus, these contracts must be canceled out. Contracts are usually agreed upon between people and the dark forces. Contracts are of these three types: hand shake, hug and blood. According to the strength, the strongest one is blood contract, it is written by blood. But, when seeing is present, no contracts should pose problems. Let me give you a couple of examples to clarify what contracts can be like.

The first example is a contract between human beings: two beings, before coming to life agree upon the contract that they'll be hurting each other, and in this way learn through negative experience. People who have this type of contract would probably experience a lot of conflicts. Thus, in this situation, to cancel the contract, the being must realize that it should learn not through negative lessons, but through creation with her heart. By realizing the contract and deciding to act like this 100%, we need to ask our DT to cancel the contract. Without realizing the contract, it can't be canceled.

Another example is a contract between a human being and dark forces: that is a contract that's been agreed upon in the subtle level during this lifetime through some life situation, where a wrong decision was made. On the physical level one stole from another and in the subtle level signed a con-

tract with the devil that the devil will provide non-divine methods to get what one wants, but for that will take half of the energy of improvement. To cancel this agreement one must apologize to the one he stole from and to himself for such behavior. To realize that one can't take something that's not his to be his and to get what he wants he has to be ready for it and pursue it in divine ways, that is, in ways that lead the being to improving. Then send an energetic compensation to the person that has been stolen from. Such a contract interferes with the person's 100% realization, and canceling the contract doubles the opportunities. When going to all kinds of business or other meetings, it's very useful to see if you have any contracts with the people who will be present, and if seeing any, to cancel them. One contract can ruin the whole cooperation. The contracts from past lives are also still valid and many of us have written many of all kinds of contracts.

I shared some information about closing situations that's necessary when working with seeing. As one improves, the information changes, but there's no need to get scared of that. Simply allow yourself to accept new information and your improvement will continue smoothly.

THE ELEMENTS IN OUR LIVES



Jyoti
2016

Many of know the elements of nature: air, fire, water, earth, metal and rocks. In this article I'll explain how elements are reflected in our lives.

THE ELEMENT OF AIR

To have the element of air in balance in our lives, new winds have to be constantly blowing. New winds are new ideas, new people, new goals, new activities that are needed for improvement. To have new winds constantly blowing try to always be looking for ways to improve, to get out of your comfort zone. Eliminate all intoxicants, because they waste off your energy, and if you won't have new energy, the universe won't send you new possibilities.

Organs that are most related to the element of air: lungs, mouth, and nose.

The main sicknesses caused from imbalance in the element of air:

lung diseases, stuffy nose, bad breath, bloating.

THE ELEMENT OF FIRE

The element of fire determines one's energy level, motivation. If the right winds are blowing, then they will kindle your fire and you'll have more motivation and energy to achieve your life's goals. Too big goals will simply extinguish your fire. With goals that aren't chosen from your heart will be hardly burning. If the goals you set are too small, fire starts burning your body and health problems arise. The main way to create a wonderful fire in yourself is to move in your life while listening to your heart.

Organs most related to the element of fire:

heart, stomach.

The main illnesses caused from a dysfunction of the element of fire:

heart illnesses, increased stomach acidity, gastric ulcers, drying of the skin, liver diseases, and all kinds of burns.

THE ELEMENT OF WATER

The element of water stands for moving towards your purpose. If air is the idea and fire is the motivation to pursue it, then water stands for making the idea happen. When you get ideas, don't put them off, act on them. Don't stop yourself. Don't let fears consume your success. Only by not stopping yourself, will you have a strong water element in yourself. Only once we have done what needed to be done, can new winds start blowing again. Without completing the ideas that our heart wants to complete, the coming of the new ideas will also be hindered. A lack of motivation in the different areas of life only freezes and rots person's life, because an overabundance of the water element comes that the fire can no longer move.

Organs related to the element of water:

the bloodstream system, the nervous system, the intestinal system, the lymphatic system, the urinary system. Water constitutes about 70 percent of the human body and water all over are body, but the systems named best reflect the water element.

The main health problems caused by an imbalanced water element:

constipation, enlargement of lymphatic nodes, blood-vessel cracking.

THE ELEMENT OF EARTH

Air kindles the fire. The fire heats the water, which changes its structure and turns into steam. The steam turns into rain. Rain falls on the ground, and a plant grows out of the ground. All the results we achieve are of the earth element. Our results are like the plant that came out of the ground, and to grow and thrive, good weather conditions have to be present, in other words – to have the previously mentioned elements in balance.

Organs most related to the element of the earth:
muscles.

The main illnesses caused by an imbalance of the earth element:

usually these are sudden shocks that change a person's life forever, or he perishes.

THE ELEMENT OF METAL AND ROCKS

The knowledge received during the time of the process of all these different elements acting together constitute the element of metal and rocks. The more purposefully one is walking their path, the more useful the information that's collected in the entity is, the better off is the element of metal and rocks, within oneself.

Organs most related to the element of metal and rocks:
brain, bone marrow.

The essential illnesses that come from an imbalance in the element of metal and rocks:

old age weak-mindedness, sclerosis.

EXAMPLE

To make it clearer how the elements determine one's health,

I'll give a concrete example. An idea comes to a man to build a new house. This idea stands for the new winds, and the new winds, as you already know stand for the air element. This idea causes the person to flare up inside. This idea inspires him, he's motivated to make it happen. This means that the winds have kindled the fire. The fire heats the water and makes the water move and change its structure. In actuality it's reflected by the person going to look for information on who could build the house or how to do it by himself. Actions associated with building the house start happening – that's the movement of the water element. After a while the foundation of the house is built, then the walls, and, eventually the whole house is built. The house then is the earth element. All the knowledge and experience that's built up during the building stand for the element of metal and rocks. This knowledge can be used as a foundation for new projects to be able to grow and develop in that area. That is, new winds start blowing again, for example to create a construction firm. That idea fires comes up, and one starts looking for ways of making it happen, and then he makes it happen.

All of life consists of all kinds of activities and each activity has its own element. The elements of all the activities together constitute the elements of life and how these elements work is perfectly reflected in one's body.

FOR SEERS

When working with people very often the balance of elements is tarnished by blocks and programs on the subtle level. Thus, life situations that are associated with that are

being brought up. You notice when this blockage was set up and what reasons caused it to be. By realizing the reasons, the block goes away. For example, if a person has a lot of blocks in the air element, he won't get realizations and ideas for new activities. But by taking the blockages off, a fountain of ideas starts bursting. The same is with other elements. If blocks are present there, it means that specific stage of an activity will be stuck.

The guidelines for seers to improve the working of their elements:

- Before starting the work, ask Father to put up the necessary protections and filters.
- Ask your Divine team to put all the risen situations to divine quarantine.
- Ask the mind and logic to take that place in your being, in which you must be currently. Ask Father and Mother Earth to cancel out all the programs that have been put onto you. Also, put out the intention to be conditionless to the answers you receive.
- Ask Father and Mother Earth to send you the necessary realizations for fixing the work with elements 100% of what's needed for the moment.
- Ask your Divine team to let go of the situations that have to do with elements and that need to be closed right now for automatic closure.

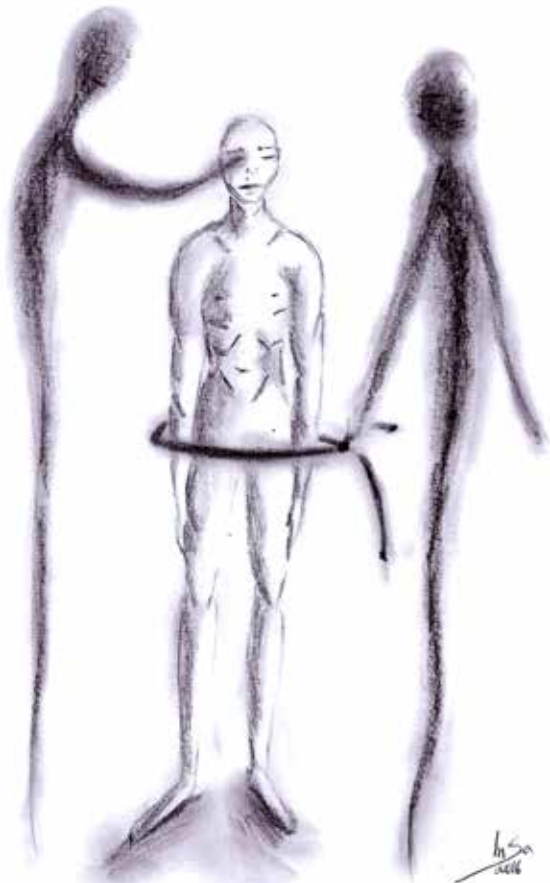
Sometimes these situations don't need to be seen and they can be closed in an automatic fashion, and at other times they must be viewed and realized, because otherwise they don't close and have a negative effect.

- Ask to show how many situations that have to do with elements and that need to be closed, arose. Ask your Divine team to put all the risen up situations to divine quarantine and leave only that situation that needs to be closed first. After the automatic closure often times all kinds of situations arise from the depth of our being, that need to be viewed and realized, in order to have them close. Take the arisen situations one by one and realize them, until your heart shows that they've fully closed.

- After all the arisen and closed elemental situations, ask your Divine team (DT), what percentage of each element is acting in your being. If it's shown that some element hasn't restored 100%, then ask your DT what needs to be realized or done to have the element working 100% as much as it needs to work at this moment, and keep realizing, until your heart shows that all the elements are operating at 100% of what they should be at this point.

One needs to check how the elements work in their being once in a while, whether it's working 100% and if it's not, restore it in the way just described. Because sometimes we lose balance on our path of life, which means that our elements get imbalanced too. Also, we grow, change, improve, and so, time new things come up in our elements, that need fixed so that our improvement and moving forward would be as optimal as possible.

ENTITIES



The universe, the world, the earth, the continents, the countries, the regions and the animal and plant kingdoms inside them are very diverse – full of colors, smells and tastes... Even though human senses say quite a bit, but far from everything. That's how creation works – some entities see better, others hear better, and the abilities of others are even more developed. Science has found that the hearing frequency of a cat is 10 Hz to 80000 Hz, and that of a human is only 16 Hz to 20000 Hz, the sense of smell of a dog is 11500 times better developed than that of a human, but they see without colors and only in 28 meter (~100 feet) distance. All entities develop exactly that which they need – that's perfectly shown the adaptation that happens in nature. With people it's the same – some are more sensitive to sound, others – to flavor, if a person works in a factory, where the sound is huge, his hearing adjusts and he hears worse, because it disturbs his work. If he doesn't work out, moves little and works, say, only on his laptop, his body gets a signal that it's not needed for the person, starts wilting, and that strongly affects the person's life. Many have heard about people, who see, hear and feel more than most people would deem usual. They see future, past lives, causes of consequences and find solutions out of the most difficult situations in seemingly incomprehensible ways.

EVERYONE IS A PSYCHIC, JUST NOT EVERYONE NOWS IT, REALIZES IT AND ACCEPTS IT.

Just like parts of our body, these abilities atrophy and disappear if they're not used, and most people have refused them for many lifetimes. If a person has a preconceived notion that there's nothing beyond the physical world, and that's the final truth, then he puts a blockage on himself and on knowing the universe, and, at the same time, on deeper seeing. He puts himself to a limited frame that hinders his growth and improvement. A fear to see what's beyond the physical (spirits, ghosts, demons or other entities of the subtle realm) is also a blockage. Because of blockages and stereotypes the seeing doesn't develop, but if we don't see, it doesn't mean we're unaffected.

There are lighter and darker entities, in other words, of higher and lower vibrations. The lighter a being is, the more it's oriented towards positivity. The darker it is, the more it's oriented towards negativity. People often condemn darker entities such as Devil, Demon, Anunnaki etc. For this, they possess the person and negatively affect him. There's nothing in the world that happens without a reason. Everything has a cause and a meaning. Every person came to earth to study and each decides by himself how to study – through positivity or through negativity. If a person is learning through positivity, universe helps him to move forward. If he decides to study through negativity, then the person's vibrations fall and he creates a field of low vibrations around him, which is the right environment for dark entities, which can easily affect people. In high vibrations there's nothing for them to do, because one of their functions is to make the person think about their actions, because they

lead towards darkness. A person who's of high vibrations and who's a seer is unaffected. But we can't say that the lighter entities are better than the darker ones, because each of them has their own function, and all of them exist, because the universe needs them. The universe grows and brightens, we're a part of it, and thus, if we cease growing, it shows it to us. The higher vibration entities serve us as an example that we can learn a lot from. The dark ones show us that it's not nice in the darkness. If people grow more positive, then the low vibration entities are also growing brighter, because by being so dark they're not needed. The changing of their vibrations depends on the changing of our vibrations, because only with love and light can we create an even greater love and light.

HOUSE SPIRITS – these are entities that live at our home. House spirits are relatively high vibrational beings. One of their functions is to help us. People aren't perfect and they often experience negative situations at home, such as quarrels, some sort of disagreements, control etc. These negative situations exude negative energy that often lurks at our homes even when the quarrel is over and the situation has finished. House spirits have the ability to clean it. Our thoughts create words, actions, and our words and actions create life. But we don't necessarily have to act out the thought physically for it to materialize. Often our thoughts materialize even without the help of our actions and words. That happens often if people grow and try to go towards the light, thus increasing their abilities. Therefore we must be very responsible for our thoughts. House spirits help us deal with that, which we unconsciously create with

our thoughts in the subtle level. And if we don't fix what we need to fix, it can often have a strong negative effect on our environment. Not always do house spirits live in our homes, not always do they perform their functions as they should. Sometimes we have refused them, at other times they simply can't perform their duties for other reasons. Only with seeing can we clarify that, and, when we clarify it, house spirits will start to stay at our homes and help maintain harmony in them.

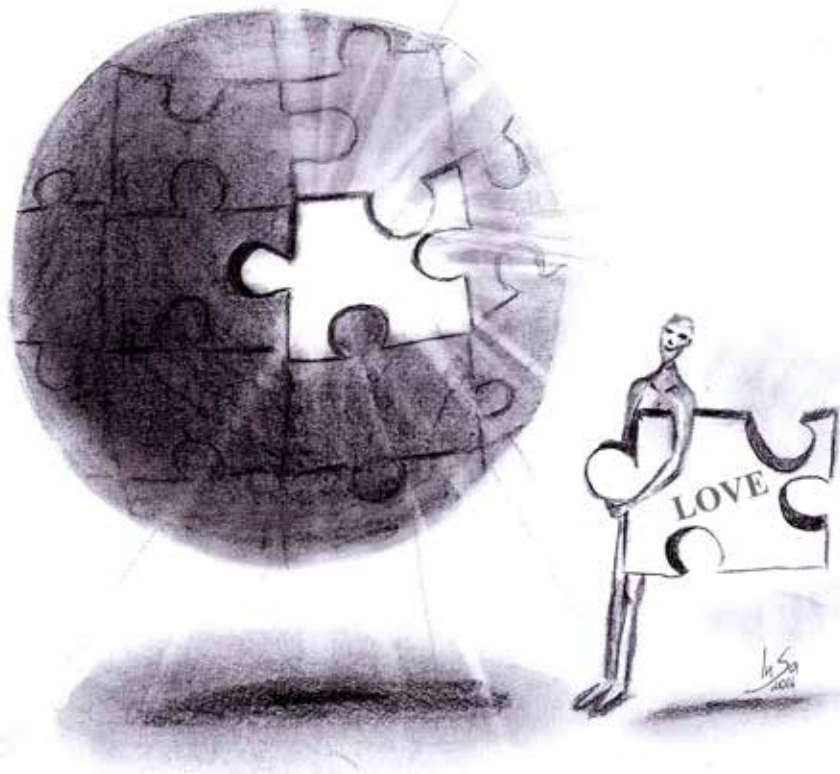
SPIRITS THAT HAVEN'T LEFT

Many of us have heard about spirits that haven't left, who are roaming around somewhere, haunting people or disturbing someone's life in some other way. The souls that don't leave are those that don't understand something. Lost spirits are stuck on their way, just as alive people are sometimes. Diseases, misfortunes and more can come their way... This happens, because they don't understand something, and thus difficulties arise in their path, so they can't leave. A seer can see the causes, why it's difficult for him to move forward and how to eliminate obstacles. And someone who's been working with it longer can help others, including lost souls.

There's a multitude of entities living on earth. I mentioned a few that most often come up when working with people. All of them are needed, because there is nothing in this world that's not needed. If we're affected negatively by it that means the cause lies inside us. I love everyone: both Gods and Demons, because by loving them I love myself. We all have positivity and negativity in ourselves, but by moving towards the light, towards the positivity, life

becomes much nicer and we're growing with the universe, which is so wonderful to feel. We're all related and only with love and light can we enlighten the darker ones, just as we're enlightened by the brighter ones.

FATHER, DIVINE HALVES, SOUL TWINS, CREATORS, PRIMAL SOURCE



Project Earth is a creation of the Father, in which souls could come and improve through negative lessons, which has never happened in the Universe before. The Father is an entity mentioned in most of the world's religions: in Christianity it is God the Father, in Islam – Allah, in Paganism – God of thunder, in Greek mythology – Zeus, in Egyptian civilization – Sun God Ra, in Judaism – Yahweh etc. It's the same entity that people would name different names. The entities that live on earth have already learnt what negative experience is, so the energies on this planet are strongly changing, so it's much easier to create positive things, and creating with negative energies is becoming more and more difficult.

HALVES:

At a certain stage of evolution of the souls, the soul split itself in half, so that it could improve more by collecting more experience, and, when time comes and many centuries have passed, to meet

again and share the collected experience. After this splitting of the souls followed the next stage – souls started splitting even more, no longer in half, but in smaller parts in order to collect even more experience by living several lives at once. For example, there's 70% of Andrew's soul in his being, and the rest 30% is shared over many other beings over 1 percent, 2 percent, half a percent, in order to collect more experience. But the parts of ourselves that are in other people and their parts in us create undivine entity channels between the beings, by which the beings are burdened, because if, say Andrew is very negative and parts of him are inside me, I'll also be feeling somewhat negative, which would burden my improvement. It is all because according to the old vibrations of the Earth any kind of experience would lead to improvement, but this stage is over. The new energies that have come on earth show that improvement doesn't happen through negativity anymore, thus beings need to restore parts of their soul in order for the entity to grow bigger and bigger and could live out the goals set by the heart. Such goals lead only to a positive experience. In this case, divine halves shouldn't connect, because by the souls splitting in half, they became separate beings with their own hearts, spirits, highest ones and their body... The Divine halves need to come together only if their hearts want to. Some people ask God to send divine halves to their lives, but their asking isn't correct. Since the person that's sent to your life can be completely unsuitable and unattractive for you. They can be much older, not your type, of the same sex, or even dead, which would make finding the right partner quite difficult.

SOUL TWINS:

At a certain point of the evolution of the souls, souls decided to create a new project. The new project is, before coming to the Earth, to create their copy, a soul twin – just one being is born as a man, the other one as a woman. Such a project was created in order that one could see how almost identical souls improve when they're of the masculine and of the feminine gender.

THE PRIMAL SOURCE is a place, an energy in the Universe that all the universe was born from.

REQUESTS

- 1 **Father and mother Earth, please help me find the exact partner that my heart needs.**
Such a relationship and the evolvment in them will be the greatest.
- 2 **Please return to me all of my parts, all of my energy from all the entities, all the lives and all the structures in full scope, as much as I need right now in my being.**
The energy and parts that return to you in this way will provide you with a greater possibility to unveil and realize yourself. There will be less negative channels through which negative energy is being sent.

SPIRITUAL FAMILY:

The first souls that were created from the primal source are the creators of spiritual families. The primary souls were improving and growing, and they could create other souls. Then, the created souls reached a certain stage of improvement could create still other souls etc. This whole chain of souls, from the primary source to the last soul created constitute a spiritual family with spiritual brothers, sisters, spiritual parents, that are also called creators. Each soul created from the primary source created its own spiritual family.

PARTS OF A BEING:

In the chapter "True spirituality (Part 2)" I have written about some of the parts of a person's being and their functions, so I won't elaborate too much about it here. I'll simply share where the primary parts of our being came from: the SOUL, as I mentioned, is created by a creator, or if it's a creator of a spiritual family, then – from the primal source. Souls live many lives and are reborn with the parts mentioned below somewhat different.

SPIRIT is created and given by the Father, the creator and protector of Earth. The Spirit is given only for this lifetime. The HIGHEST ONES are also given by the Father. The amount of them in an entity depends upon its improvement. The more we improve, the more of the highest ones father sends to us on the path of our lives, so that we could create more. They are given only for this lifetime.

THE SPIRITUAL HEART is a tiny piece of the primary source. With the help of Father it is given to a person so

that he can improve to the largest degree by following his heart. By following his heart, a person can make the most optimal decisions by the energies present in the universe at that time. That is because through the heart he receives direct information from the primary source, which contains the information of the whole universe.

THE PHYSICAL BODY is created by the Mother.

MIND, LOGIC AND SUBCONSCIOUS are all created and given by both Father and Mother combined. These are also given only for this lifetime.

All the information shared here is received through my inner seeing. By restoring their inner seeing and starting to cleanse one's karma people also start seeing these processes that have at some point occurred in the universe.

RELATIONSHIPS WITH ONE'S LOVED ONES

No person can change another person. One can only change by their own will. Each person decides by themselves, when they should find their intimate partner for harmonious relationships. Two loving people cannot take away, they only build on each other. The world is such that we create by ourselves. By creating positivity, we create a positive life. Love needs to be awakened, not demanded. Love in a way, that by loving you feel you've received, not in the way that you feel others owe you for it.

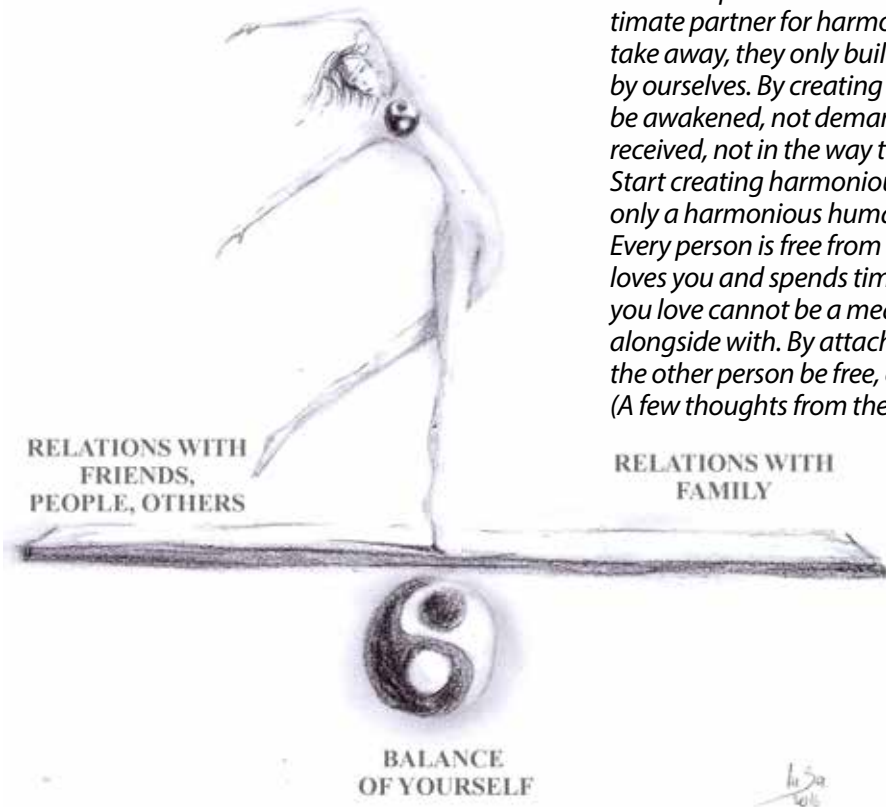
Start creating harmonious relationships by starting from yourself, because only a harmonious human being can create harmonious relationships. Every person is free from birth – that is how he should remain. If your partner loves you and spends time with you, that doesn't mean he's yours. A person you love cannot be a means to an end, it's someone who you need to walk alongside with. By attaching another, you attach yourself. Only by letting the other person be free, can you be free yourself.

(A few thoughts from the text)

RELATIONS WITH
FRIENDS,
PEOPLE, OTHERS

RELATIONS WITH
FAMILY

BALANCE
OF YOURSELF



la Sa
2016

RELATIONSHIPS

Many of us want to have an intimate partner as well as a beautiful and harmonious relationship, but it's not always as we want it to be. Some of us feel lonely and can't feel a person who our heart would like to be with. It also often happens that when we find a person for intimate relationships they aren't as we expected them to be, and we get disappointed. How do we find the right person? What to do to have a harmonious relationship? First of all, ask yourself, if you really want to find that person. Are you 100% ready for it? Is there nothing stopping you for this relationship? Because every doubt or fear, even the slightest one is a roadblock. Some people think that they can't find a partner, because it's not time yet for some unclear reasons. But the right timing and the readiness isn't set by destiny or some higher forces, but you. And when you're ready, it all happens with ease.

SELF-DEVALUATION

Many people devalue themselves for one reason or another, and that's a huge blockage for creating a relationship, that we put onto ourselves. Devaluation arises for all kinds of reasons: looks, financial situation, all kinds of qualities of character... By devaluing yourself, you immediately put a label on yourself that says "not ready for a relationship," and people, especially potential partners can feel that very well. Who would want to be with someone who's not ready? Strong relationships can't be built on materiality. Most people are bound by the stereotype that, in order to have a good relationship, you should have a house, a car, some special place in the society and many more stereotypes.

Such relationships are weak from the beginning – a program is immediately set in action, and a person that you're looking for is one who may not need you, but who needs to get something from you, and you become "drained". If you've put up this program, it means that you probably want a person like this and you're going to attract them, and not one of them. But is it worth it? I think it's not, because what is the use of such relationship that's not based on love? In each failure you'll probably feel tension, not support from your partner, you'll be pressured by him, because without the materiality you'd simply become obsolete for them. There simply won't be any fulfillment in your relationship and they'll be very fragile. Another common case of self-devaluation is looks. Many people devalue themselves for their physical shape, facial features, height and anything else you can think of. In life it's important to start from changing yourself. Only by changing yourself, can you change your environment. To put it more precisely, the environment will be changing by itself, if you'll be changing. The same with love, first you must love yourself. Your love will fulfill you and you'll be radiating it to others like a fountain of love energy that everyone can enjoy. It's much more fun to be with a person who's radiating love and joy than a sad mope. Every person is unique, everyone's beautiful in their own way, and every person has their path of life. By walking one's path of life, one meets other people that he learns something from and gains experience. In their path, one meets only those people who he needs. Thus, if you don't love yourself, don't find yourselves beautiful, then you'll attract people around you, who won't love you and devalue you, too. But no need to get angry toward

them. There are so many people around you who have all kinds of tastes, so love yourself, love others, glow and the people you need and people who love you will come to your life. I've also noticed one popular program people put on themselves, when they call all men or all women negatively, e.g. "all men are dumb"... With such program present, the only people who are attracted are those, who match your description. With this program you've set limits, because of which different kinds of people can't come into your life. You should never set such limitations, blockages or programs. People feel such programs, not all of them consciously, but they feel them. Even by blurting out such a phrase jokingly, you can add something that's not needed onto yourself. The world is what we make it be. Only by creating positivity will you be seeing positivity in your life. Some of you are now probably thinking that you're better off alone, that love hurts, that partners are hindering you and you're better off being alone. If you think that, it means you're not ready for relationships. Love can't stop, true relationships can't hinder you. Because in this relationship, when giving, you don't feel you lent something, but you feel like you've received. Two loving people can't deduce, they add onto each other. If you don't feel that, look for answers within yourself. Ask yourself: Why am I not ready for a harmonious love-based relationship? That's how life works – a man needs a woman, and a woman needs a man. Otherwise, distortions occur – diseases, not feeling fulfilled in life...

When one has found an intimate partner, relationships may be still panning out not in the way you'd like them to. Each of us has our own habits, hobbies, character flaws and it

sometimes crisscrosses those of our partner's. It may happen that even the slightest things create disharmony, for example, one person wants to watch TV, the other one – to go to nature, one wants to rest, the other one is telling him to work. Our beloved's habits start annoying us even when seemingly nothing is wrong. Why does this happen? Why is fancy and love replaced by annoyance, dissatisfaction and anger. Oftentimes, it happens because trying to control appears, to change around the life of our beloved. In truth, no person can change the other, only he can change himself. Two people choose to be together, because it's nice for them to be together. Trying to control ruins it. Our beloved person can't be a tool to achieve our goals – it's a fellow human being that you're walking alongside with. If your beloved doesn't want something you have to offer, it means you're not on the way with it. Choose together those paths that are on the way for the both of you.

By choosing to be with a person, you must accept him and love him – all of him, not just his bright side – only then can you help enlighten his dark side. If a person loves you and he's with you, that doesn't make him yours. Each person is free from his nature and always wants to stay that way. Those who take away freedom, love in a perverted way, harming their beloved. Everything we do with willingness and joy happens much easier and doesn't drain, because the used off life force is replenished. And when you're forced to do something and being controlled to do it, it simply gets drained, and its place is taken by negative energy. In the long run, such person gets exhausted and drained. Sickesses start to occur, one can no longer realize themselves and becomes a marionette. Oftentimes such

people start using intoxicants, because they see the only way to run away from the oppression and cease being controlled. If you plan to do something, then always do it from your heart, with joy. Allow your beloved person to do that, too. Only in free will, can there be harmony.

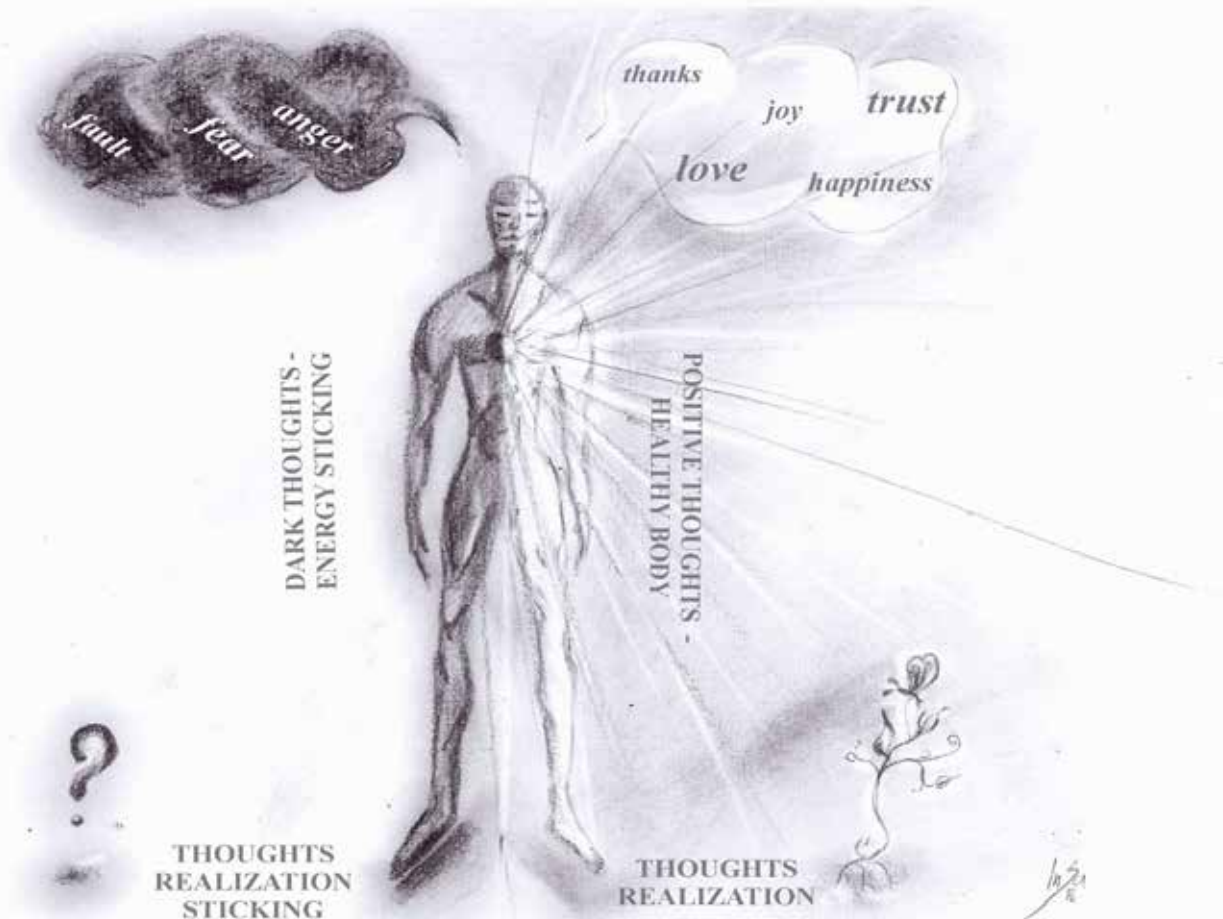
ATTACHMENT is when a person can no longer be without his beloved, when being apart creates a dissatisfaction, anger, fear of loss, jealousy and other negative energies. Then the person's freedom is limited again. Each person has to be with the other only when we wishes it himself. If that's not the case, you turn into energetic vampires, hurting your loved one.

Attachment is a great harm to yourself, too, because then you forget yourself as an individual being that needs to grow by itself. And a lack of independence results in fear of loss.

You don't trust your beloved? That means you don't trust yourself, you don't trust your relationship and you don't trust your love. Where can a relationship filled with jealousy, mistrust and tension lead? Definitely not to harmonious relationships... The only way is to let go and be together whenever you both want to. Then you will fill each other with love, joy and be inseparable.

Never blame a close one for behaving with you negatively, because by blaming them you'll only ruin the relationship even more. Forgive. Start positive relationships with yourself. Then you'll witness them change. Everything that happens to us is always because of ourselves, so that we understand, realize something. We change and life changes.

DISEASES AND THEIR TRUE CAUSES



There ARE millions of people around the world who have all kinds of illnesses, and most people have no idea about their true reason. Not knowing the true cause of an illness and not eliminating it really makes the healing process more difficult or even leads to death. People often come to me asking for help with health problems, and I help them, by teaching them to see and eliminate their true causes. And, by eliminating the causes, people start getting better or completely heal themselves. So I'll mention the most common repeating causes of some diseases. Of course, every sickness is unique and the true causes can be seen only with the help of inner seeing, but I think that knowing the most common causes, can help many people on their path to well-being.

BREAST CANCER

The main reason of this disease is the inability to receive man's masculine energy. This disease often begins from cysts and myomas are a sign that masculine energy is blocked inside you. Energy should flow freely through our bodies, and lack of love from the husband, disappointment in him, sexual abstinence in the family and a few more negative things makes the masculine energy that comes from the man stuck in the woman. As a consequence, the stagnant masculine energy in the woman turns into cysts and myomas. Cysts and myomas appear, when, because of stagnant masculine energy the first chakra gets stuck. When the first chakra is completely clogged up, it usually pours out to the heart chakra, which results in BREAST CANCER. Another thing that happens, if one doesn't fix the flow of energy is a spilling out of energy to all of one's structure, the consequence of which is infected lymph and tumors appearing throughout one's

body.

Dear women, pick only the men you truly love, accept your men as they are, because there aren't any perfect ones. And we can change our life only by changing ourselves.

Dear men, try to improve and take care of your family so that your woman trusts you and would hold to be a true family man. In this way, you'll help protect the health of your loved ones.

PROSTATE

This disease usually appears because of man's inability to receive feminine energy. Because of not accepting the woman you're with, feminine energy gets stuck in the first chakra, thus stuffing it and destroying man's manhood.

URINARY BLADDER INFECTION

The most common reasons: not accepting yourself as you are, not accepting your partner as he or she is.

HEART ATTACK AND OTHER HEART ILLNESSES

They appear, because of not listening to the voice of your heart and the inability to walk the path of your heart. Inherited heart diseases usually are a consequence from not listening to your heart in past lives.

SCHIZOPHRENIA

This illness is usually a consequence of a wrong relationship with the dark ones in past lives, which is usually associated with using black magic. The dark ones are devil, demon, devilless and snake.

BLOOD PROBLEMS

Blood problems have to do with not radiating love. Non-love towards one's environment, people, nature, country etc. have a strong negative effect on their blood.

HEADACHE

Often people have headaches from unused energies that they receive from the universe to create with their heart. Fears, comfort zones, set programs and other things that stop one from creating with their heart, block the energies that are sent from the universe, and blocked energy pressures your head, which in the physical level manifests as a headache. If a good idea comes to you, don't stop it, make it happen. Also try to realize yourself 100% every day, to improve. In that way you will improve the energy flow in yourself, and with a good energy flow your health will be better as well.

SPINE PROBLEMS

Life built on wrong values, wrong chosen life goals. Life values and goals are like a foundation. If the foundation is wrong, then it can't hold all the energies received from the universe. And in the physical level that manifests as spine related illnesses.

JOINT PROBLEMS

Life is lacking flexibility. Most likely in some places you're being hard-headed and trying to overcome obstacles by sheer force, instead of by being flexible and conscious.

AIDS

Being's self-destruction mechanism is turned on, because of wrongly chosen life values that endanger the human population.

LUNG CANCER

Because of all kinds of blocks new winds don't come to life. New winds are new opportunities, new ideas.

STOMACH PROBLEMS

Some kind of misunderstood life situations that are on the surface. Deep situations are usually from the past life, surface ones are those that have happened recently.

DIABETES

At some stage of one's life, they've experienced or are still experiencing a heaviness in their organism or a shock. Organism sweetens itself in this way in order to be sweeter, because of the hardships and shocks experienced.

TONSILLITIS

Tonsillitis is how organism protects itself from negativity. It happens, when negative energy from ourselves or other people enters our organism. By surgically removing the quinsy, protections are also removed, and then the negativity easily enters the deeper organs, too.

CONSTIPATION

Things that are hindering improvement aren't let go of. That can be attachments, holding on to people that hinder our improvement, holding on to an old job that doesn't improve

you and many other things that make the being's evolution more difficult.

STRONG ALLERGIES

Too high or too high environmental vibrations. In these days many children that are allergic to too low vibrations in their family and in their environment are born. By bringing more positivity into it, things can start to get much better.

BODY PARASITIES

They occur because of unused energy. Children usually get them, because of unused energy of their parents. Children in the subtle level often take on their parent's negativity, trying to protect them in this way, but they react to the absorbed negativity much more sensitively, which causes common sicknesses.

A disease is a bodily signal that we've done or are now doing something wrong in life. By accepting the signal and realizing its causes, the person will get well.

FLU

We get flu, when another person transmits their negative energy onto us. Negative energy is transmitted unconsciously and can only enter us if we have passages. If we don't have any passages, we're unperturbable to other people's negativity and it can't enter us. Passages are our actions that violate or have violated the laws of the universe. Passages can be closed with the help of inner seeing.

Most often negativity in flue shape is sent by forces that do this to achieve certain ends. But, as I mentioned,

without having any passages, such negativity can't infringe upon us.

INJURIES ON THE LEFT SIDE OF THE BODY

When several painful places or different kinds of injuries appear on the left side of our body, these injuries are related with the wrong way the being is moving forward in life on the subtle level.

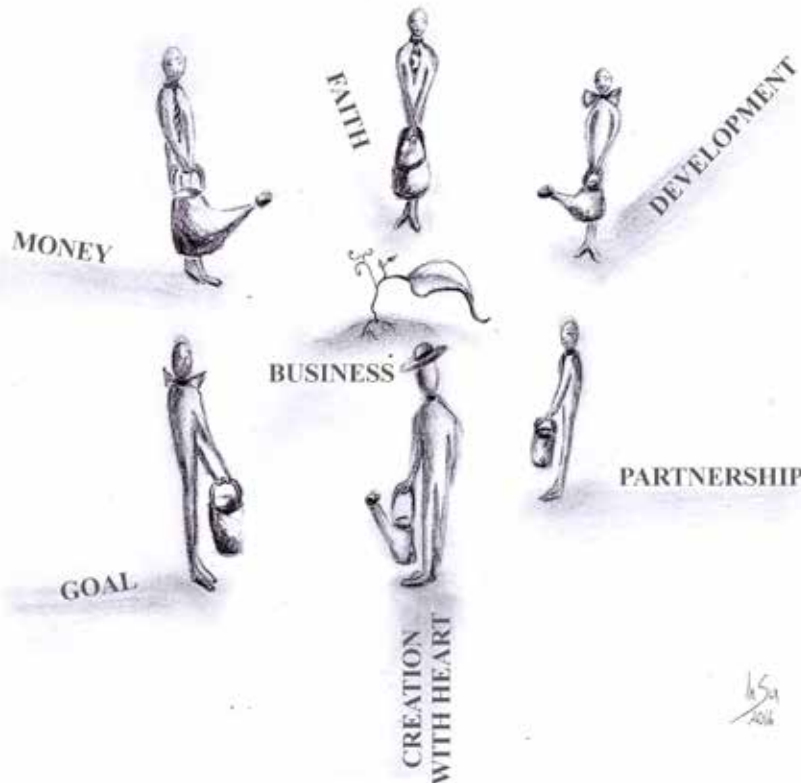
INJURIES ON THE RIGHT SIDE OF THE BODY

Same thing with the right side, except that these injuries show the being is moving forward in the wrong way on the material level.

FUNGUS DISEASES

They show a person's negligence of certain area or areas in his life.

MAIN BLOCKS AND PROGRAMS FOR BUSINESS THAT VIOLATE THE UNIVERSAL LAWS



- **Setting money as the primary purpose.** Money can't be the end, it has to be the means.
- **Wanting to make loads and loads of money.** Every wish is a signal sent to the universe, and the universe helps to make it come true. The most important thing is to be ready for those wishes, otherwise you'll have problems. Wanting to have loads of money will simply stuff the money channels on the subtle level and you won't have them, because the universe will be giving you what you want, but your money channels will be too narrow. Want as much money as you're ready to receive. The money channels are widening, when there is a purposeful improvement.
- **Many plans, many dreams.** Planning too much puts the energy into the future and there's much less of it left in the present. Without enough energy in the present, there won't be a good present. Thus, keep only those plans that you're making happen now. In this way, energy will be purposefully directed where it needs to be and improvement, as well as the creation will be happening much faster. Cancel out dreams, they're only a waste of time. Instead of those, choose goals that you feel you can achieve, and go towards achieving them every day.

- **Putting up a purpose to be better than someone else or the best in your area.** This goal is also bad, because part of its energy is used in the wrong way. The energy that has to be used for expanding one's business is used for competing, and competing is fighting. He who fights, loses. The one, who wins is the undamaged one. A great example for that is Switzerland that, having avoided the wars, has a good and stable economy.

Also, if you're not capable of beating your opponent, then on the subtle level it's like you're knocking your head at a concrete wall, which requires a lot of energy, and, sooner or later, will be felt again in the physical body as an illness. The best call is to concentrate all the energy on yourself, on your business, and just do the best you can do in it, every day, without hurting others.

- **Purpose to attract clients.** That is a wrong purpose, because attracting people requires a lot of energy and a universal law, free will, is violated. Your attraction energy will often also attract those people who simply don't need the product or service, and, having bought it, they will be negative. The negativity of unhappy people will make your business more difficult, and even if the sold product will look like increased profits, the business will eventually get stuck.

A positive goal is giving a product that you really feel to be valuable, and a wish for as many people, who need it, to see it. In this way, the energy on the subtle level will be focused on visibility, not on attracting others. By seeing your good product or service at the subtle or on the physical level, people will come to buy it by themselves, and you'll have

much more energy for expanding your business. Don't want random clients. Want only those clients who really need your product.

- **Following the mind and examples, not the heart.** Our mind chooses options, but of all these options we must choose the best and the most suitable one with our heart. Let me give a simple example how a mind-based decision brings failure: a man decides to grow buckwheat, without looking at any statistics, but by feeling that this is what he wants to do. His buckwheat is sold for a good price and he makes a nice profit. Next year a bunch of farmers, by using his example start growing buckwheat. It's consequence is an overabundance of this production in the market, and thus they're bought for very little. Therefore, we must try to feel with our heart whether a certain activity is for you or not. Is it still attractive to you without the numbers and logic? By following the heart, the farmers would've definitely had bigger profits. This feeling from your heart must be used in all final decisions. Learn how to use your sixth sense.

- **Discomfort and fear, when receiving money.** This blockage is often conceived put up by people who have recently started their business. But if you're afraid to take the true amount of money your service is worth, it means you're devaluing your business and yourself. By devaluing your service, you unconsciously show the client that you're not good at what you do. WHY SHOULD A CLIENT BUY YOUR PRODUCT IF YOU'RE NO GOOD? And that's exactly the energy you're radiating, when you're devaluing yourself. It's necessary to take as much money as you feel your product

or service is worth – that's the best tool for correct cooperation. If there's no exchange and reciprocity, you'll most likely exhaust yourself or put up a blockage on your own improvement. I'll share an example from my own life. The first year I started working with people I'd do it for free, being led by the idea of helping the world, to make it as better as possible. The results were that the people who I used to work with would almost always be the same. They became passive and unreceptive to learning. When I started taking money for my help, the amount of people tripled, and only a part of the old ones remained.

- **Holding onto and attaching your clients.** Your focus should be on yourself and on improving your business, not on attaching your clients. Clients need to move freely, change. Don't be afraid to let old clients go, because not letting go old clients cuts the path for new ones to come. The client will be feeling restricted, will really want to leave and be free, the consequence of which might be him not buying your product. A fear to lose a client is already a restriction on the subtle level.

- **Employee exploitation.** Exploitation is a short-term illusory gain. If an employee is being exploited, it means his energy is sucked off and his potential decreases. Without energy, the person becomes unhappy and negative, which will, without a doubt make your business more difficult. A good employer should try to see from the employee's perspective to better understand their collective and turn exploitation into cooperation. A successful collective is a happy, beaming and improving collective. Don't save money on good employees.

Feel with your heart how much they're really worth, and share honestly, if you really want to have a good team.

- **Selling your client a bad product.** Such a businessman isn't going to be in business for a long time, because long-term success requires trust. Sell only that product that seems great for yourself, then it will be charged with positive energy.

Loving your job or business is already 50% of the success. Not loving your job is a sign to change it.

MESSAGE OF GRATITUDE

I give thanks the most to my beloved wife Rita for the help in making my ideas come true. Her coming to my life switched me to a higher gear, and I was able to help many more people make these ideas come true.

Thank you, my love!

I also thank our heartfelt member of our group “Matantys” (Lithuanian for “Seers”) Indrė Saltonaitė for wonderful drawings that I could illustrate this book with. Indrė, it’s always fun to be creating together with you. I think will make happen many more projects together.

I thank my wonderful cousin, member of “Matantys”, Ieva Norvilaitė, for designing the book and beautifully connecting the information in it. I’m so glad, Ieva, that by cooperating we got to know each other on a much higher level and became so close.

Thanks to Universe for this wonderful journey of life. Where I am and what I do makes me the happiest I’ve ever been, and the most interesting thing is that it all continues to grow.



Liepų str. 2A, Druskininkai, Lithuania
rokasjarasius@gmail.com
+370 646 53599