



By

Ed Lecca L.

Published in XXXXXX in 2018 by Eternal Liminality

Copyright: Edward A. Lecca L./Eternal Liminality - 2018

All rights reserved. No part of this book may be reproduced in any form, or by any electronic or mechanical means, without written permission from the publisher or the author.

ISBN: XXX-XXXXXXXXXXX-XXX-XX

CONTENT

Introduction.....	4
Preparation.....	6
Liberation.....	39
Ignition.....	72
Enlightenment.....	76
Bibliography.....	79

INTRODUCTION

The concepts, maxims, ideas and/or suggestions that I share in this book are simply based on how a person, within a determined circumstance and with the enough will, can approach or experience certain Elevation during his lifetime. Of course, this is possible according to the circumstances in which every single person is currently living or involved, and based on those circumstances you'll have to find the way to climb the ladder of consciousness in order to fully understand/realize this ephemeral episode we call life.

Fortunately, there isn't any type of circumstance in which a person can't really achieve changes or make the necessary adjustments that will lead him to the evolution of his consciousness, which at the same time is also the evolution of mankind, it will be his contribution.

This also depends on what each person is looking/searching for during his lifetime. You should not be forced, you must voluntarily feel the need to change, to readjust and to modify your mind, to modify your way of thinking and perception, that's the only way a person can really succeed with such goal.

In "Wise Joy!" I'm simply communicating what I learned, a message that might be strange or unknown for some people, but it's common for others. And please, don't take it too seriously, take it as a cosmic joke or a comic strip.

"Wise Joy!" can also be like a tool, a tool for the way we focus on certain things that surround us, a tool in order to make certain adjustments within your mind, within your thoughts.

What is your main objective or goal during your lifetime?

Depending on your answer, the most important thing is to be conscious of what motivates your own actions/reactions, and by being aware of your true intentions towards everything around you and towards everyone. You must not only focus on the shape or surface of what surrounds you, but also in the depth, the profoundness, the meaning of everything, "read between the lines".

Maybe this book won't be what you really expected to read, or doesn't give the information you expected to find. It may not necessary be alike with your current way of thinking. If you don't agree with what you will read here it'll be absolutely valid. And if you agree or understand what you'll read here, it'll be valid too. Got it?

There isn't any type of religious intention with this book, not at all!!
Have fun, enjoy the ride...

Ed Lecca L. (2007)

“A new type of thinking is essential if mankind is to survive and move towards higher levels.”

Albert Einstein

“Our intention is to affirm this life, not to bring order out of chaos nor to suggest improvements in creation, but simply to wake up to the very life we're living, which is so excellent once one gets one's mind and one's desires out of its way and lets it act of its own accord.”

John Cage

PREPARATION



- **The first step: Nutrition and your daily lifestyle. Physical and mental readjustments.**
- **Study your past. Analysis and balance of your life and the different circumstances you went through since you were born.**

Ask yourself:

Where am I from?

Where do I really come from?

Who am I?

What am I really looking for?

Where am I headed to?

How will my end be?

What shall I really take or not take with me?

All the answers to those questions will lead you to the same point, which is to die. That's why you were born, you were born to die.

For many people, death could be the end. For others it could be a beginning. What we really need to know is how to die.

There is a sort of "interview", so prepare yourself.

Things that might appear to be difficult might offer you transcendental freedom.

You must not believe, you must know.

One thing is to become an erudite/scholar, and another is to become wise.

One thing is to gain knowledge in terms of quantity, and another is to gain essential knowledge, which is how to experience and practice the knowledge you gained, that's the real benefit for us. A wise mind practices what he has learned, only then he knows.

You reach wisdom by what you know and experienced, not because of the age you have.

We are like a glass or a cup, so you must continuously flush the water and let it run through your glass, let the water run and flow, so it will clean us permanently.

To prepare yourself means to purify yourself, step by step. Then you'll be able to free or liberate yourself. Then ignite or turn on yourself, and finally reach an enlighten state, to illuminate yourself, you'll become your own light and a guiding light for others.

- Nutrition, what you eat or ingest, is the first of many keys you'll need along the way. This first key will only open the door of entrance, the first of many doors or gates along the way.
- Every time you wake up in the morning the best thing you can do is, get out of bed, clean yourself, take a shower and feed yourself with fresh and energizing food, free of heavy toxins or fats.
- What we eat and drink is important in order to accomplish the necessary changes along the way. We must not allow our body to catch diseases that will later take our time and waste our energy. All this depends on what kind of food we introduce to our body, to our blood stream.
- It's necessary to re-adjust our likes and dislikes to what we eat and feed ourselves. We must feed our body, which is our temple, with the correct nutrition. Remember that your body is the temple where your mind dwells.
- Blood = Energy.
- Our brain must be well irrigated. We must be very careful of what we introduce to our body, to our blood stream, through our mouth, stomach, nose, sense of perception and thoughts.

What do you eat? What do you drink? What do you breathe? What do you think? We feed ourselves in many different ways.

Our body is a temple, and at the same time the vehicle that we will use along the way during our entire lifetime.

With a proper nutrition, the older you get the healthier you'll be!

We must enjoy what is good and healthy for us, what is natural, and what makes our body be in a state of harmony with itself.

- Shall we like what will do us harm? Shall we like what will make us lose our time, what will weaken us, and distract us from our main goal? Shall we enjoy eating dead animals? Who led us to those habits? Who taught us all that?
To the people who misled us, which happens to be our past, our parents, and the parents of our parents, we must look into their eyes and ask ourselves in silence, if this life or this society/system gave them what they most wanted. Did they reach true wisdom and true happiness?
Why does this society live in a permanent state of violence, permanent wars, killings, suffering, sexual confusion or pornography that damages our future generations? Why do we have to witness in this society bloody facts like, pagan and absurd sacrifices, killings, bullfights, boxing? Why do they teach us to compete against each other? When we really should only compete with ourselves, within us, within our own mind. In our current society some of these facts are still approved and even rewarded.
What will the people of our past answer to us?
Nothing, they really won't be able to answer.
Because they weren't capable enough to realize or be aware of the consequences of all these facts, they ignored it, the level of their consciousness was still in a basic level.
- To kill in order to feed yourself is anti-natural, at least for a real human being. The most toxic substances that we pour into our blood stream come from the meat of dead animals. It's sometimes even worse than any other chemical substance or drug.
- Who makes a profit when we eat animals? Who makes a profit when we are ill or have a serious disease?
Think in all the slaughterhouses, the legal drug industries, the hospitals, drugstores/pharmacies, they are all anti-natural, and every day it appears to be more of them in our societies. Why? Is it a good business?
Nowadays, in our societies exists a worldwide "Health Day", but it's celebrated by the sick or ill people!
Isn't it ridicule, isn't it incoherent? It makes no sense at all.

- To kill in order to feed, or to kill for survival, is only for animals! It was valid only when mankind was in a very primitive stage of evolution. When mankind had to hunt, like animals do.

What are we then?

Are you still an animal or a human being?

Do you picture yourself as a half man/half animal, or as half man/half human?

Not because you don't kill the animal with your own hands means that you are free of the problem. The animal will be inside you, in your blood stream, in your brain. Therefore, you will also suffer the same consequences or even worse. Remember that there are neurochemical/mental diseases due to having a nutrition based on animals. And remember that the mind is the wheel of our body, the vehicle we need during this life.

- Any person that eats animals/meat should avoid talking about corporal hygiene or about health. It's not ethical!
Only the healthy and pure should talk about health.
- Do you eat what I eat? Do you drink what I drink? Do you breathe what I breathe? Do you think what I think?
Do you really know?
Only then, we can discuss these topics.
- Don't kill animals to feed yourself, or don't kill them because of fear or because of money. Animals are more frightened than mankind, to kill them generates Karma. If you want you can exterminate every single animal in the planet, but don't eat them! You can exterminate animals if they represent a major threat to people, or in order to keep our societies free from certain diseases, for hygienic reasons. But don't eat animals!
Wipe out all of them if you want. But don't eat them!

- Mother Earth, our planet, offers all the necessary fruits and vegetables for our nutrition. Although, not all the vegetables/plants we find are to be taken as food, some are exclusively for medical/curative treatments or therapies. If we want to be in harmony with nature, we should eat what nature gives us. Let's sow the seeds. If we eat fruits we'll be able to give fruits in our lives, by eating animals we'll only find ourselves in confusion, suffering, and premature death.
You'll reap what you sow!
- Step by step... If you are currently eating meat from cow (red meat, beef) or pork meat, you should start changing it for chicken, after a short period of time you should change chicken for fish, after another short period of time you should be changing it for gluten or dehydrated soybean or mushrooms. During all this process you should increase the amount of vegetables in your dishes. After you quit animal-based nutrition you will then start avoiding the derivatives that comes from animals, like milk (including chocolates/creams/dressings), cheese, eggs, or even honey, etc. Of course, this is in case you want to experiment a true 100% vegetarian nutrition. Later you could also experiment a true vegan nutrition, based only on raw vegetables. But the main goal is to avoid eating dead animals, that's enough.
- Of course, all these changes depend on what you do for a living and what type of lifestyle you have. Beware, it depends on what you are looking for, on what you are searching for, or what is the goal in your life. You can't expect a person that has a heavy duty job, like construction workers, etc., to have this kind of diet/nutrition, when the only reason or goal in their life is to have a job and buy food only to survive. Every kind of lifestyle or level must have a proper type of nutrition/diet.
- We can delay the process of aging by practicing certain physical exercises with a proper diet/nutrition. The younger we take this decision the better it will be, and the more fruits/benefits we'll be able to harvest.

- Changes in your health cannot happen without changes in your lifestyle.
It's not a matter of only changing the view, you have to change your life, your habits and points of view.

Recommended food to be taken during the first steps of changing your nutrition habits.

The variety of these products depends on the place/region where each person lives.

The basic rule is simple, two meals a day (breakfast and complete lunch). Six hours in-between meals. Some fruits or vegetables for a light meal at evening. No less than 3-4 hours before going to bed/sleep.

Don't eat in-between meals, it's not really recommended, only beverages/light drinks.

Prepare your food and dishes with low or no seasonings, and with low quantities of salt or spices.

Try to drink at least 2 liters of water a day.

FRUITS

- . Papaya, bananas, pineapple, apples (best if eaten without skin), pears, peaches, plums, watermelon, melon, sweet pepino, oranges, tangerines, mangos, grapes, etc.
- . Olives, avocados, nuts, hazelnuts, pecans, almonds, peanuts, coconut, chestnuts.

VEGETABLES

- . Celery, lettuce, tomatoes, peppers, spinach, cabbage, broccoli, cauliflower.
- . Stews (beans/grains/cereals): lentils, peas, chickpeas, variety of beans, soybean, string beans, wheat, buckwheat, quinoa, oat, rice, barley, corn.
- . Asparagus, palm heart, artichoke.
- . Variety of potatoes, yucca/manioc, sweet potatoes, carrots, beetroots, squash, pumpkin.
- (*) Mushrooms or variety of edible fungi.
- . All the protein that our body needs can be found in all the fruits and vegetables, and by the combination of them.
- . Fat can be found in soybean oils, olive oil and oleaginous fruits.
- . Calories can be found in vegetable oils, almonds, nuts, coconuts, peanuts, corn, rice, wheat, oat, lentils, beans, chickpeas, peas, potatoes, yucca, sweet potato, mushrooms, fresh fruits and raisins.

- . Raisins regenerate the blood, helps intestine and circulation functions. They contain iron, calcium, potassium and magnesium.
- . Pecans contain proteins, calcium, potassium, zinc. They also regenerate brain cells.
- . For blood cleansing and prevention of certain diseases of our digestive (intestines/bowels) and breathing systems, we could use raw garlic, raw onions, raw ginger, and green lemon (or known as lime in certain countries).
- . To purify our blood, kidneys and/or liver, we should drink plenty of water, green lemon/lime beverages, like a lemonade but with no sugar. Boldo is excellent to protect our liver.
- . You may also drink chamomile, anise, boldo, oregano, varieties of tea or coffee (avoiding sugar in some cases).
- . If you enjoy sugar, it's better to use natural brown sugar from sugarcane. It's better than refined white sugar.

About fasting:

Fasting and air nutrition is a must if you want to go through a treatment in order to cure diseases and disorders. Or if you simply would like to experience certain level of purification of your body.

You must fast at least 1 or 2 days a week and drink a lot of water.

During a short or a long term fasting (4 days or more) it's recommended to drink plenty of water, better if it's warm water.

Prudence/precaution is necessary when you return to eat after fasting for long terms. You should start with liquids/fruit juices, then fresh fruits, fresh vegetables, soups, then light salads and light stewed meals.

- What is known as "The Way" is really your own lifetime or your own lifestyle, and what you do within it. Since your conception and birth until you die.
- Life is like a corridor with many doors, windows and balconies, but each of them have their own keys, it's not so easy to find the keys to open those doors, windows and balconies, it takes some effort, but it's not impossible either. This is up to each candidate or walker/wanderer.
What are you? Who are you?
A key chain or a key?
You must stop being a key chain and start being a key!
- It's all in your head, in your brain, in your mind.
What's the part of your body that can easily get dirty?
Is it your mouth? Is it your ass? Is it your hands?
No!
It's your mind!
It's time to wash and purify your mind.
Before thinking in how you can free yourself, or ignite yourself, you must first clean and purify yourself, washing away all the dirt and contamination your mind got and gathered over the years within this system/society.
You must carefully clean your mind and also your body.
May the water run through your body permanently, like a river runs towards the sea, washing and cleaning everything on its way through.
- The only real war or battle in the entire Cosmos, is the one between the animal aspect against the human aspect within mankind himself.
Which aspect will succeed?
Ask yourself that question every time you wake up.

- Disappeared? Extinct?

The majority of scientists and scholars still debate on how the dinosaurs and other ancient species disappeared. Some say it was due to a plague, a volcanic eruption, a huge meteor impact, a global catastrophe, etc. Maybe all of those things happened, slowly reducing the population of these species from the surface of the planet, until they finally disappeared.

But, are they really extinct?

I guess not.

Isn't it possible that maybe they mutated into new forms of life?

Step by step, slowly, over thousands of years, they mutated, changing due to the new climate or weather on this planet.

Dinosaurs muted into what we now see as reptiles, right?

Genetically speaking, isn't the legendary T-Rex inside our genetic code?

What about those men on Wall Street or the Federal Reserve Bank, or those political leaders that act like true predators in our societies, or those "lords of wars", aren't they genetically similar to a T-Rex?

I guess so.

- Our origin comes from cells, then plants, then animals, we have in our genes the animal aspect, we have the sense of survival, we have the sense of reproduction of the specie, we also have stupidity, ignorance and certain instincts, like it or not, we all have that in our genetic code.

We must adjust and surpass those primitive stages, like when a baby or a child does in order to become an adult, from the bottom to the top, we must climb that ladder.

Since thousands of years ago, the tools that helped us climb that ladder have been certain psychoactive chemicals or substances/drugs.

Mankind, scientists, doctors, scholars, teachers, they still have to do a better research on this subject, and above all they have to communicate it and teach us.

- First, mankind is linked or closer to the vegetable kingdom, then to the dolphins, to the whales, to reptiles, and finally to the monkeys.
- Mammals reached certain consciousness long time ago, they became men/women. Mankind took several steps, but on his way, he felt the need for power and the manipulation of his own specie, and without assuming the consequences, this brought ignorance and decadence.

This mistake is often taken as some sort of prize or reward.

- The serious problem begins with the firsts steps that mankind took towards consciousness. Yes, it was a brand and huge new step, but he didn't watch his step, he stumbled and finally fell down.

The big mistake begins when mankind drags his own animal instincts to this new step he takes, he drags certain habits and lifestyle of his past, of our past, from our ancestors or progenitors. He really had to get rid of those animal habits before making his next step in evolution. But he didn't, and the consequences are that he keeps falling down and down and down. These animal habits only delay our steps towards evolution as real humans, they don't stop it. It's just a temporary delay.

Ignorant people usually consider these animal habits as "holy pleasures" of life, to eat in excess or in an exaggerated way (gluttony), to kill/torture (sadism), to have sex in excess, ill and degenerated sex (fornication), to be obsessive and compulsive with material things (to covet, greed, and be territorial).

These things don't help us on our way towards a human evolution, but mankind is deeply attached and addicted to these desires and 'pleasures', he distracts himself with transitory and illusive things. This huge mistake is comparable with the misuse of drugs or mind-altering substances.

- Mankind will never be able to fully evolve if they keep dragging their own animal behavior, those animal and destructive instincts. It's an obstacle if mankind wants to reach the second and then the third level of consciousness.
- Our society itself promotes such things as killing and stealing, it promotes how to hate each other. Mankind has to avoid getting late or delayed, and must stop wasting his time. The exit to all of these obstacles is within his own mind.
- Some people are so close to find the exit, so near the exit to all those primitive/basic instincts that take their time away, but sometimes they feel like to stop searching, they give up, they "throw the towel", and succumb.

Come on, let's go!

Just balance yourself, all you need is patience and perseverance. Step by step, you have to find yourself, search for the highest "you" inside yourself and become One, in harmony with the cosmic laws.

Balance yourself!

This sort of roulette, this sort of game, that we call life, will end in any moment, and you'll be left behind, you'll miss the last bus or last train to your real destination.

- The serious problem begins when we stare at what surrounds us with the wrong point of view, given to us by the decadent programming of our heads, forced by our ancestors/parents. This programming exists inside our mind since we were children and teenagers, programs installed in our heads by our schools, by the media and by educational policies. This programming was always molding us.
- Mankind still uses his hands to destroy and make serious mistakes. Why does mankind like to use so much his hands when he still uses so little his mind?

- Our actions are the result and fulfillment and materialization of our thoughts. That is like a boomerang, it will bring us back the exact consequence/effect. It all depends on the motivation or intentions we had when the boomerang was thrown away.
What do you like to share with the people that surrounds you?
- What is good, beautiful and clean motivates and generates what is natural and transcendental, which at the same time it's what is real, what brings unity, harmony, what is generous and constructive, taking us further in terms of evolution.
What is bad, ugly and dirty motivates and generates what is anti-natural and what is transitory, which also means illusion, selfishness, vanity, pride (defense mechanism), disunion and what is destructive, taking us backwards.
- People are able to handle guns/weapons, hassle and threat each other, some people can even lift many pounds to 'prove' they are strong, there's even people who use their head to hit somebody. But it's so difficult for them to lift the veil of ignorance that was programmed by their past/parents. This veil is as light as a feather and at the same time as heavy as a mountain. Right?
- You must overcome the prejudices of what you still don't know for sure, of what you still don't understand, by leaving your ego behind, by leaving that false pride behind.
Individually you aren't number one. ALL OF US are number one.
The more people unite with themselves, the faster will this important social change take place.
- Prejudice is ignorance, ego is ignorance, fear is ignorance, to be attached is ignorance, beliefs and religion is ignorance. Fortunately, some tools and techniques exist in order to help us get rid of this ignorance.

- We must avoid prejudgets, we must avoid any social barrier, like lying, cheating, taking advantage of our fellow men.
We must not allow religions, nor beliefs, nor believers, nor superstitions, nor paganism, nor adorations.
Religions have become refuges for people that are fearful of life and death. It has become a refuge for mentally ill people that hallucinates with a 'Creator' or a 'God'. It's time to accept that mankind created a 'God' based on himself, so he can later use this 'God' to manipulate other people.
- Fear will always feed violence.
- Men starts to feel despair, they become violent due to his own impotence of not knowing how to eliminate his ignorance and fear, he gets confused due to his failures and frustrations. This behavior is dangerous, this feeling is like a disease, and it needs medical or psychological treatment.
- To evolve it is necessary not to do what we have done in the past, not to do what our parents/ancestors did. We must not fear what our parents weren't capable of doing. Your parents will always think you are doing wrong or bad if you don't do what they did, or if you do what they didn't understand or were unable to understand. Your parents will feel fear against any type of changes, or towards something they don't know about.
People have descendants or children so they could be able to evolve, genetically speaking. This new generation will teach those parents by the changes they achieve. Children are the evolution of their parents in every sense! But, if the new generation keeps doing the same what their parents did, where's the evolution in that?
- People don't really fear what is new for them, they fear the change between something old and something new. They fear the change between an old lifestyle and a new one. They think that those changes are too risky to take.

- We are all children of people who are asleep, in a dormant state, and who remain ignorant. It's not bad, but we must free ourselves from their fears, attachments, beliefs and mistakes. We must clean and purify our genes before we reproduce ourselves.
- Before you begin to reproduce yourself, before you begin to create a new life and decide to have children you must first have to be Alive or Awaken. Otherwise, don't have children, don't feed the current system which is based on this ignorance.
- The majority of us are descendants of ignorant and decadent people, of people who fear and hate. We must accept this first. Otherwise, we won't be able to take any step further on our way towards Enlightenment and become real human beings.
- We all have been, or still are, children of poor and unfortunate victims of this system, which is out of control and unbalanced. We are all children of a plague that obeyed, or still obeys, all the lies and ignorance of our past generations, what our parents thought or believed that was right or true.
- The great majority of people were born in this world like pets of their parents, they procreated us without really thinking or planning it, they just followed the 'script'. The result from an unhealthy education, full of frustration, that they gave us, "Do this, or do that...", "Don't do this or I'll throw you out of the house!", "Come here! You piece of...", "Do as I say!", "I give the rules here, you understood?", "Otherwise, I'll kick your ass out!".
- Children are the evolution of their parents, they must not make the same mistakes. The majority of men who decided to have children is because they weren't able to accomplish their main and highest objective in life. It's all a matter of genetic science!

- Why do people procreate themselves?
Why do they have children/descendants?
Many people procreate without really planning it.
They aren't conscious of what having children really means and the true importance of it.
- Reform and re-educate yourself.
What you sow now is what you'll reap tomorrow.
Are you part of the solution or part of the problem?
- Did we have past lives?
Of course, without exception all of us had past lives, genetically speaking, of course. It means that our past lives were the lives of our ancestors, our parents, grandparents, great grandparents, and so on. We drag all that information in our genetic code, in our present genetic memory.
- Will knowing about our past lives or our origin help mankind on its way towards evolution?
Begin by studying your parents' behavior and habits, study the parents of your parents, and your grandparents, etc.
That's your past life (or lives).
- You must get rid of your past like a serpent sheds its skin.
You must walk into the fire, so it will consume your past, but you must avoid getting burned. You must remember your past by thinking in what you were before and what you are now. Be a witness of your own past.
- Study and analyze yourself and you'll be able to find the true career or profession in this life. Don't lose your time!
- We really know the truth, but we must make a huge effort to remember it, it's within our genetic hidden archives, deep in our brain, in our genetic memory.

- One thing is to gain knowledge and another is to gain knowledge that other people wanted for you. There's only two options for those who believe that can gain knowledge in some sort of institution, university or within four walls. One option is the path of working and surviving from what you studied in a college or institution, the other option is to become a scholar or erudite, which will bring you certain recognition and/or certain fame. Both of these options are concerned with the quantity, with money, and with how you will make a living out of what you have studied.
True knowledge or wisdom isn't gained that way or having that type of lifestyle.
- If you put a limit to yourself in order to know only the theory, you'll become an erudite. To execute, to practice, to experience that knowledge during your life is the way how you'll attain true wisdom.
- Mankind likes to put names to the planets, to the stars, to the galaxies, and to everything within the Cosmos or Universe, but that really doesn't mean that they have that name, or that they are really called like that.
- So many years have passed, and we still see these plagues or social diseases. These type of leaders that feed themselves with taxes and take advantage of the ignorance of the majority and average people.
- The current decadent educational system prepares and programs people for going to school, for their weekly routine, for university, for working from 9 to 5, to pay taxes, for marriage and to have a family, then comes retirement and the final fear towards death, the end.
You must redefine the concept you have of life or "The Way". The way to what, the way to where?

- The majority of people spend their entire lives working for other people's benefit, for other people's ideals or plans, for what other people feel or want. It's valid too, as long as you get paid, right? But, those people aren't really interested in what you really need, want, or what you feel. Those people are selfish and will only use you for their own purposes, taking advantage of your precious time and energy. You should stop acting like a sheep, even if you get paid. You should work for what you really need, want, for the real freedom and liberty of your own time. Because this existence, this life is about time.
- More than 90% of the world's population doesn't really qualify as true human beings. The majority of people are still half-men and half-animal.
- There are people who are only concerned about the image they show towards the others, they are concerned in using make-up, dye their hair, use tattoos or pierce different parts of their bodies in order to grab the attention of others, they go to the gym to build up their muscles in order to stimulate their sexual appearance or their mask, using as an excuse that they are doing it for healthy reasons. All these people only show us the level of their defense mechanism, which is their ego, and they only show us the level of their vanity. We heard many times "A healthy mind in a healthy body", but what is to be healthy for real? You must be able to exercise the "muscle" of your mind, you must expand and increase the use of your brain, and begin to climb the ladder of consciousness. Only then, you can consider yourself healthy.
- A hemorrhage, with the exception of menstruation, means that something isn't well in your body. Tears can also mean that something isn't quite well in your mind.
- Our emotions affect our biological organs. Fear also has a deep impact on the function of our glands and organs.

- Our current system/society takes away from us the real sense of the experience concerning life. It takes away from us the real essence or meaning of life.
In our current societies, the inappropriate people are in charge of power, power among everyone (laws).
The ignorant, the people that starve for money, the greed for power, the believers, those who hallucinate that there is a god upon us, they will use that religious idea against your freedom. People with such serious mental issues, full of mental disorders and fears, those are the ones that are in our governments, and we take them as leaders or as guides. Worse of all, they make people believe that they voted for them.
That's our current reality, since many years ago.
It sounds like it's some kind of a bad joke, right?
Or like if somebody has been taking advantage of us, right?
- Our current system feeds itself with your ignorance, feed itself with the lack of union and people's fear. This system gets weak and falls apart when you proof or realize how false, illusive and transitory this system is. People who are in charge of the government are mostly motivated by selfishness, greed and negative intentions. You must discern between reality and illusion, and seek for the truth. You must search for union and for harmony. That is what will lead you to be part of the solution.
- Capitalism currently invests in publicity/advertisement that aims straight to your fears, desires and attachments. Like sex, violence, death, unnecessary and excessive materialistic consumption, etc.
- You must get rid of any trace of belief (religion) and illusion. That is part of our mythical past, created by fear towards the Nothingness. It was just a simple thought based on fear, it simply came out from a fearful mind.

- Faith is born from simplicity and innocence, the only problem is our ignorance and confusion.
Don't misunderstand faith with belief. Beliefs are for those who hallucinate with gods and that impose a universal thought or dogma/creed.
Who gave them that right?
Man's thoughts or ideas aren't Cosmic Laws.
- You must tolerate and feel pity for those who believe that are exclusively "children of god", or that are the "chosen people of god", or "the chosen ones". You must feel pity for those who think they belong to a superior race or superior ethnic group. You must feel pity for those who believe that they are tidy/neat people, or very clean people on the outside, based on their image or looks, and what they really are is the opposite within their body and their mind.
All these arrogant and ignorant people or these believers only procreate mental illness and insanity like, hatred, racism, indifference, wars, crime, etc.
We are all ONE!
But, do these people think the same?
No!
We must help them get rid of their own ignorance and mental blindness.
- Any type of "spirituality" that asks for any kind of profit/money, or any "spirituality" that is being sold in shopping centers, streets or media, is FALSE!!!
- You must not imitate, emulate nor follow anybody. You must avoid someone that tells you or insists to you to follow him. Avoid people who think and say they are some kind of "chosen one" or "messiah" or "the son of God".
Stay away from them!

- The main differences between people that believe and people that know is:
Believers can be qualified as good people or bad people, but both kinds believe in a god or in any type of philosophy or ideal. A teacher, an altruist and a devotee, but also a thief, a criminal and a killer, they all can believe in the same god. But, in people that know, specifically those who are wise, we won't find bad people, because they know about the consequences, and they just don't know those consequences by word or theory, but also because they practiced and experimented by proving it, that's why they don't dare to become bad people, they avoid being bad people, they balance that energy and that type of personality, they know about the "boomerang" or the cosmic law known as Karma. Believers also read and take everything in a literal way, they don't "read between the lines" or interpret what they read. Instead, people that know, or people that are wise, they understand the true meaning of those texts and the difference of what means to believe or to know about something, and they practice it and gain experience during their life.
- Only believe in what you've done, in your own actions and in your own reactions.
- The so called "paradise"/"heaven" and "hell" are located in your mind, in your head, and only during your lifetime, during your time here on Earth. They aren't places where you can go. It's a state of mind, which makes your life a "paradise" or "hell".

- Nowadays, the majority of us live in societies with a tremendous lack of culture, lack of consciousness, and a complete lack of vision. Due to the current and temporary leaders that are in charge of the direction of our societies, and of our own lives. They manipulate everybody in order to keep people in a state of stupidity/ignorance with a sort of 'new-age' slavery system. They are in charge of keeping people blinded or distracted and ill.

The ignorant are the ones in power, they are the ones that pave the trends for young people or the new generations, with terrible results for our own societies and the future of our specie as real humans.

Manipulation of people is clever, indeed. It's not something easy to achieve by those who are currently in power. But if people in power were really smart enough or fully aware, with a higher level of consciousness, they would manipulate or guide people for good, for people's own freedom and happiness, so that everybody can achieve their own personal goals and find their own stability within our societies.

People in power, the politicians, the leaders, should really be the guides towards happiness and full awareness, teaching people to avoid the current excess of materialism. But, people in power induce the average young people to become addicted to materialism, through the media, becoming modern-type slaves, full of economical debts, and excess of working hours and struggles, with no time for them to seek for true knowledge, the result is a very low level of awareness.

Isn't the evolution of mankind also the evolution of our own time and freedom? Why do we have to work 5 or 6 days a week, and only enjoy 1 day off?

What happened with the importance of our spare time?

Time which could be so important for us to enjoy this life properly, enjoy time with our families, with our friends, with ourselves and our inner peace.

If we really want a better society to live in, these changes are a must!

Otherwise, our societies will remain doomed. Full of lies, hypocrisy, arrogance, envy, greed, hatred, crimes, wars, ignorance, full of cultural poverty and intellectual misery.

- In any circumstance that you find yourself you'll be able to find the correspondent "exit" in order to find true freedom for you to achieve, which is the main and most important thing. This chance or opportunity, this "exit" or invitation, is available for all of us, with no exception. The only thing required is to have a strong will and a free mind, that's the main key.
- The way, this road or life, is only transitory and has a determined length of time. To be attached to this life, or to the things that this life offers, stops us from taking the next step. Yes, it's okay and it's valid to satisfy yourself and experience what is to enjoy all these transitory things. Then you must get rid of all these transitory things, and not waste your time in being attached to them. Then you must only contemplate and let things pass by.

Mankind owns a natural desire/attachment to possess everything, mankind wants everything for himself. He wants it all. Then, mankind fears losing all these material things, and that fear becomes the main distraction of our real goal. In the end, he must only possess what he'll take during the process of death, that's the only thing that belongs to him, nothing else.

- If you govern yourself you will attain true happiness, if you let others govern your life you will fall in disgrace.
- Do you deserve to suffer?
Should you suffer?
Do you deserve to be cheated?
Do you ignore reality?
Why do you have desires?
Why do you ignore?
Why do you fear?
Please, practice all these questions and search for the answers within yourself.

- Why?
What for?
What are the benefits and the consequences?
Ask yourself these questions before you are going to do anything in this life, before any action/reaction.
- How long will you still be walking under the rains of salt that pours over your wounds?
How long will you still stare at the light from the shadow?
You must learn how to stare at the sun without blinding your vision, how to stare at 'God' without losing your reason.
Don't be afraid, let yourself go.
You'll be able to see 'colors' that you've never seen before, you'll hear 'voices' that others can't even imagine, or won't even dare to listen to.
- All the colors come from one single light.
We are all one!
We are all equal in a relative way, we are all born and all of us will die.
We will be "interviewed" by our own mirror, by that inner "I" that we all have connected and linked with the Cosmos, linked with The Truth.
Each and every one of us has the chance to decide if we want to go further or not. Free will!
The only difference between each other is our level of consciousness.
The important thing is that all of us should reach the same level of consciousness, by helping each other to become One.
- The madman or vagabond seem to be similar with the wise man, both of them do nothing. The difference is the circumstance and motivation that they had, the intentions that led them to do nothing.
- Past = Animal
Present = Mankind
Future = Human Being

- When the positive and negative poles are balanced they deliver everything. The negative aspect isn't necessary bad or wrong, we must discern between the 'negative-bad' side and the 'negative-good' side.
Balance brings perfection and it paves the way for true happiness.
- Everything = Nothing = Everything.
- We must think beyond what is good or what is bad, we must focus on the true intentions of our own actions and reactions. Our true intentions will give us the answer, if it was something "good" or something "bad".
- You must be steady and have the enough patience towards adversity and towards your daily work. You must be like an anvil, strong and calm towards any type of disgrace or "bad" news.
- We must build a temple in heaven and a temple in hell.
In our daily life, within this society, we deal with moments that are like "heaven" (ups) and moments that are like "hell" (downs). Our mind should have a "temple", where we can balance all these daily facts and incidents in order to learn from them and also be able to bear with all these different type of events.
- To live in harmony with nature's way and with the cosmic laws is a virtue. This virtue must be indifferent towards pleasure, pain, fortune or misfortune. It must always focus on its free development according to your own circumstance in this life.

- Men and women have a powerful body and a powerful mind. What they use to call "god" is what men or women are themselves. "God" is within ourselves. If we reach the highest level of consciousness we become "god", the supreme personality.
Some men that are aware of this information, especially those who reached the third level of consciousness, are the ones that manipulate the people that don't know about this information, or that still remain in the first or second level of consciousness. Although, the majority of men that know this information prefer to withdraw from society, following an alternative way or lifestyle, concerned about the development towards the higher levels of consciousness.
- We are a physical manifestation on this plane of existence, we are the representation of "god".
We are "god".
But, do we behave like a "god"?
We are all children of "god", that means we are all children of the Sun, children of the Cosmos, children of the Big Bang, children of the Nothingness.
"God" = Energy.
You are "god", look around you and contemplate everything as a "god", and above all, behave like a "god", behave like a real human being.
- Nobody ever told us or communicated us, nor explained to us, what does the "Truth of it All" means.
When the Truth will stand in front of us, will we know how to react?
Will it be possible for us to face and accept the Truth?
Will we know how to manage the information that the Truth will bring us?
Prepare yourself, once you reach the precise wavelength the Truth will knock on your door and introduce itself.

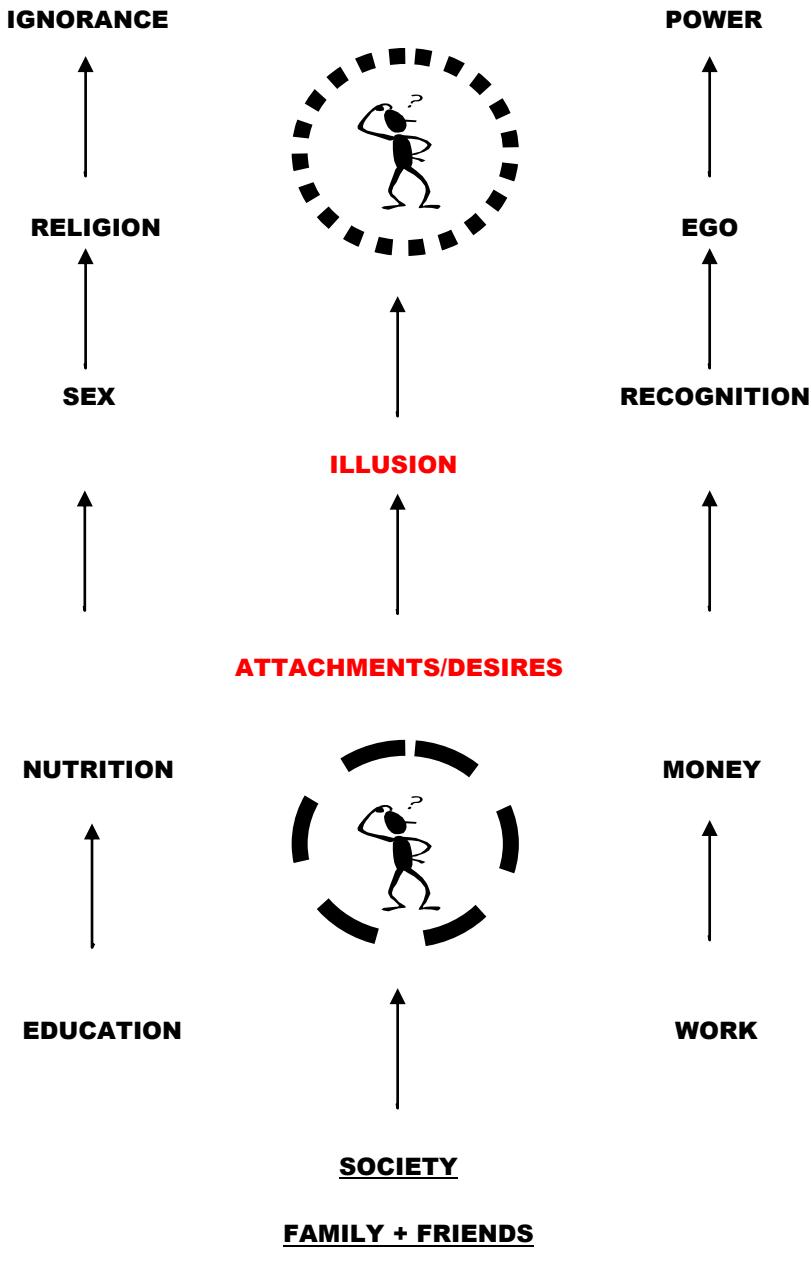
- Life is like a dream, like an illusion, and at any moment, without even expecting it, you'll end up waking up.
Are you ready to wake up?
Are you ready for the waking hour?
Are you ready for the end of your lifetime?
Prepare yourself!
- Why is this life considered an illusion?
How can I understand this?
Because it's ephemeral, transitory, with a determined length of time. Something which is out of your control. Like a dream.
- Due to an illusion is how you currently perceive this life.
- The main goal is to build a bridge (consciousness) between life and death, upon the river or the stream of ourselves within our own lives.
- Many people ask themselves:
What will I find after the process of dying?
What does death mean?
We first have to know why we are in this life.
What is life for?
This life is like a career or a profession, and the graduation takes place during the process of dying.
- The volunteers for these types of experiences must be completely free and aware, they have to realize that they must elevate and harmonize their steps along "The Way".

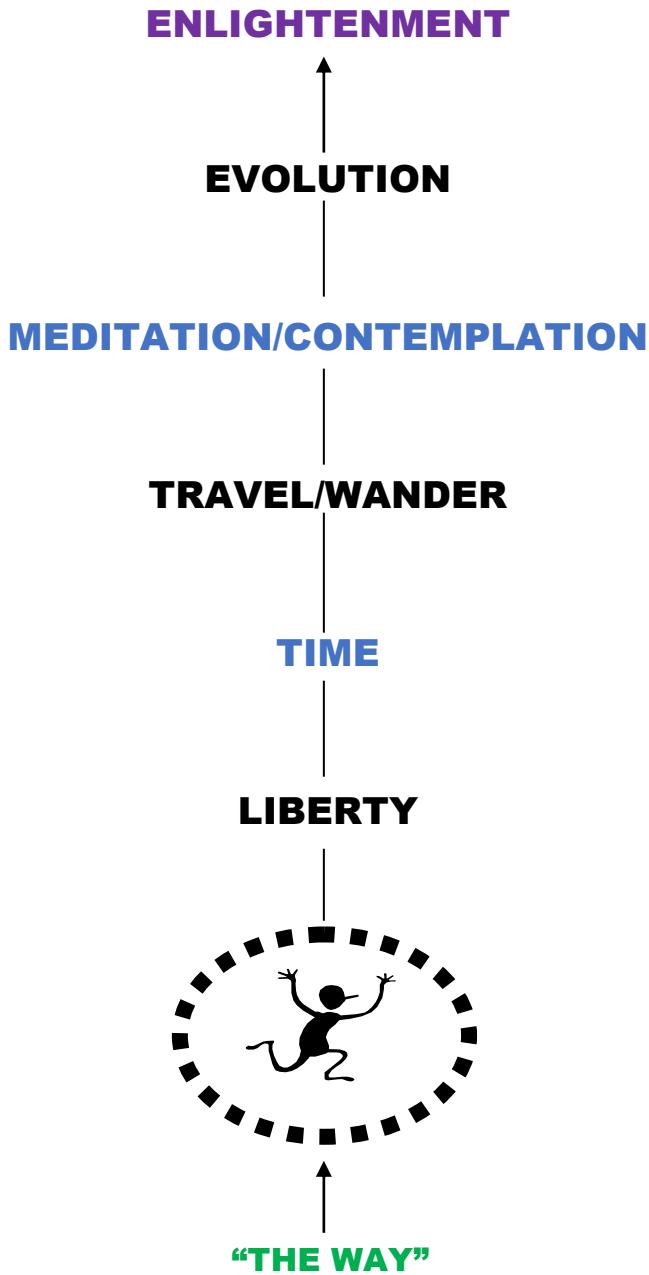
NOTE:

The following next two diagrams must be read from the bottom to the top.

The first diagram is about everything that our system/society offers us, and what we will be able to achieve/accomplish in it.

The second diagram is about an alternative way of living/lifestyle, and what we must follow in order to gain the highest level of consciousness or the highest level of perception/awareness.





You must always show your gratitude towards:

The Day

To our Past.
For this Temple.
For the mind that lives within our body.
For the Light and for its colors.
Thanks for the opportunity to evolve and for its consequences.
Thanks for letting us know where we are now and where we go,
ready to pass through the threshold.
Thanks for this new day, this new dawn, this new sunset.
For this body free of any type of disease.
For the keys.
For the invitation.
For what I learn here and now.
For contemplation, for wisdom, for liberty.
We are all One.
We are the fruit and reward of our planet.
Thanks for being the key of this existence.
Thanks for the Union.
Thanks for the Harmony.

Food

Thanks for this pure and natural food.
Fuel for our bodies, given by our Father (Sun) and by our
Mother (Earth).
Thanks for the water and the minerals.
For the air and its pure energy.
Thanks for all the plants.
For the benefits and its consequences.
Thanks for this natural food.
That keeps our Temple clean and healthy.

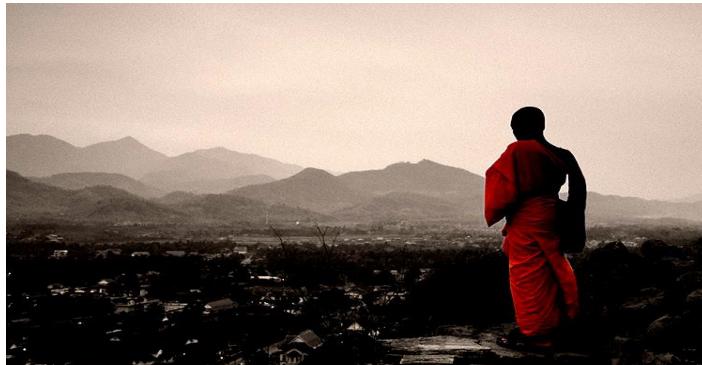
The Way

Thanks to the Sun.
To the Moon.
To our planet, our environment.
For the Time and Space.
Thanks for the elements, for our key senses.
For our body and mind, for our consciousness.
Thanks to the masters and teachers.
Thanks for the fruits of Knowledge.
Truth over illusion.
Transcendental over transitory.
Wisdom over ignorance.
Happiness over sorrow.
Love over hate.
Thanks for our actions and reactions, thanks for the lessons.
For our mistakes and how we learn from them.
Thanks to Nothingness we have Everything.
Thanks to everyone we are all One.
Let us be free of fears, attachments and desires.
We are here to overcome any suffering.
Thanks for the changes and adjustments along The Way.
Thanks to this life there is death.
Giving away everything for nothing we get Everything.

The Night

Thanks for the darkness.
Thanks for the step towards the higher levels.
Thanks for the energy, for the Light during our trip.
Thanks for the peace of our destination.
Thanks for the Truth, the Union and Enlightenment.
Thanks for showing us the way towards eternity.
Towards Nothingness.

LIBERATION



- **Improving your will and discernment.**
Getting rid of ignorance and fear.
Balance of positive/negative energies.
Welcome renaissance and reformation, your mental rebirth.
Enjoying the journey through the shining path.
- **An alternative lifestyle.**
Becoming a cosmic witness.
Contemplation, the real fuel for your mind.

- How many times you said to yourself, "I can do this for the rest of my life".
Well, that's what you should do for the rest of your life.
- If you really begin to search you'll find what you were looking for, but you must be fully aware of what you are really looking for. Maybe you're looking for something YOU don't really need, or YOU don't really want.
- Remember that the goal is to avoid any negative or dangerous circumstance, which brings you no benefit at all, not only for yourself, but also for the rest of the people that surrounds you.
- Step by step... It's not only one step, there are many steps. Each new step we take should feel like a reward for the previous step. Keep walking!
- Follow that light within you. It will take you where you will want to share everything. It'll guide you to the stage where you will reach and enjoy a higher level of consciousness, higher than the one you had before, higher than the one you have now.
- In our societies the majority of people are in the stage of the first two levels of consciousness (survival and sex/materialism), both of them are under the manipulation of the third level (power/knowledge). The people with the fourth level of consciousness (love/compassion) are practically not seen in this society. The people with the last three levels of consciousness, they have a parallel or alternative lifestyle, usually they stay away from this type of society.
- We won't be able to evolve if we keep wanting or wishing to own a space or a territory. We must stop having the idea of territoriality, which is dragged from our animal instinct. All this planet belongs to every single human being that inhabits it. Of course, this doesn't mean we will invade the space where another human being is already settled.

- Mankind must stop its excessive reproduction in order to avoid an overcrowded planet. Overpopulation is something dangerous with terrible consequences. In terms of reproduction, mankind behaves like a plague, like a virus. Societies must stop the reproduction of the poor, the resented, the weak and the ignorant. Thieves and criminals should be castrated. People that suffer in this world, due to any type of physical or mental disability should avoid any chance of reproduction, people that are seriously disabled should not reproduced themselves. People that will be incapable of enjoying or having a decent lifestyle should not reproduce themselves. Societies should only allow and help prevail our specie with the physically and mentally ideal biological type, free of any kind of physical or mental diseases/disorders. Otherwise, societies will simply have to pay the consequences, and those consequences are quite terrible.
- We're living in times of wrath and ignorance, where almost everybody is stuck or hooked to the first 2 levels of consciousness. Everything that exists for them is survival and sex, desire and material attachment.
It's valid, but they end up having no balance at all within their minds and within their own lives. They live in constant confrontation, conflict, struggle, fear, illusion, beliefs, etc.
It's like a plague, it's like a cancer, like a virus.
That's why they really don't deserve to be called humans yet, they can only be classified as mankind, which is only one step forward from animals.
Humankind is a huge step after mankind.
- Many people remain in the third level of consciousness and they become masters of themselves, masters of their own path. Most of them get trapped by power, they become lost and confused in their own path, and their path will end there. They won't be able to keep going further.

- Real humans deliberately generate moments and circumstances that will awake or enhance our highest levels of consciousness. They share it through many forms of expression, that will inspire and encourage others to experience the true adventure of life, with a higher level of perception, with higher points of view, with absolute and true freedom, with harmony, with happiness and with complete awareness of what and who we really are, with awareness of everything that surrounds us in a natural and true cosmic sense.
Otherwise, the consequences will still force us to live like anti-humans/sub-humans, below the level of humanity, like mere beasts or 'animalized' beings, only wasting our precious time and energy, and the precious time and energy of others that surround us.
- When you get rid of your internal conflicts there is no conflict with the others. The conflict of other people won't affect you either.
- A Higher level of mind is a mind free of conflicts.
- You must clean and purify yourself.
Impurity brings disorder, brings anxiety and mental/nervous illness.
- Anxiety = Desire = Attachment = Confusion.
- Physical and mental purification is needed to evolve.
Be in contact and in harmony with nature.
- Peace is linked to the purity of your mind.
- Peace of mind will never be gained through something forced or by repression.
- Desire is like a trap. It creates in order to destroy.
- If desire or hope exists, then there won't be any Will.
You must be free of all desire, illusion or hope.

- Will is the full potency of your thoughts, of your emotions and feelings.
- To have Will is to know ourselves. The power of Will takes us towards happiness. Will is a must in order to reach higher levels of consciousness.
- Will + Union + Harmony + Love = Consciousness.
- You must attain Liberty, Comprehension, Union, Truth, Kindness, Harmony and Love.
- This life gives us the enough time to learn what we must do, and we also learn what we must not do.
- Everything is useful, whether if it's good or if it's bad. Suffering isn't in vain, it's because we deserve it. It's our Karma, our Boomerang, the lesson that still has to be learned. Those who live under Karma live in constant fear, many of them end up seeking for 'spiritual' shelter in certain religions.
- You will suffer in order to stop suffering.
- Everybody is a 'victim' of his own Karma.
- Karma is the reward or prize that we receive for each action we release from our minds. It exists in order to help our personality/mind to evolve. Many of these experiences might be disguised as negative or bad ones. It's a must, according to the Cosmic Laws, that everyone should receive the damage that he wishes or did to others. For Karma there is no time, it takes all the time it needs to teach us.
- The Bhagavad Gita teaches us with a single sentence: "Each and every person gains perfection through the fulfillment of his own Karma".

- Difficulties and obstacles exist in order to be surpassed, you can learn from them because they are a reflection of an old action or reaction. You can learn how to get High through them.
- We must amend if we hurt or if we offended others. We must truly apologize in case we offended someone or hurt their emotions/feelings. This will bring us freedom. It will set us free. It will clean our Karma.
No resentment at all!
No hard feelings towards anybody.
When the Eye is pure men begins to see, feel and understand.
Live and let live!
- The negative aspect of attaining Wisdom is the sensibility and compassion towards the lives of other people.
Wisdom shows us the way towards love and union with life.
Wisdom shows us the way towards Happiness.
Wisdom is a virtue, and its corruption is desire.
- Many years ago... Krishna, Shiva, Buddha, Zoroaster, Lao Tzu, Christ, Shankaracharya, Gandhi, among others, gave mankind and humanity a very simple message.
Many years later we were able to listen to that same message, thanks to many brilliant minds, during the Psychological Revolution and the Psychedelic Music of the mid/late 1960s and during the early/mid 1970s.
The message is everywhere, really. You just have to recognize it and identify it.
- The true artist collaborates with the evolution of mankind. He perceives and expresses what common people (lower levels of consciousness) don't perceive.
- Art (which means to express ourselves) can help a lot for those people who want to set themselves free, so they can elevate their level of consciousness.

- Most people think that music is only for entertainment or just to have a “good time” or only for dancing or parties. That is a superfluous definition of music, it’s valid, but it’s only superfluous.
Not everybody listens to music in order to gain knowledge.
Not everybody really listens.
- Certain type of music is a very good tool for mental therapy. Of course, not for everybody, common people won’t enjoy that type of music. But, it really isn’t because common people don’t like that certain type of music. What happens is, that due to a prejudice they don’t find the way to understand or enjoy that type of music, they begin to lose their patience, they expect to listen something familiar to their musical likes, they start to think it’s boring music, sometimes they even think it isn’t music at all. This usually happens with people when they listen to certain Avant-garde music, because it’s linked to absolute freedom, innovation and higher creativity, linked to transcendental subjects/concepts.
Some people expect to like certain type of music since the first time or moment they listen to it, without even knowing what they are really listening to. But, sometimes to enjoy this type of music it will take some time and effort.
Coincidence or not, common people expect the same with everything they deal with during their entire life. Without knowing that they might be missing something that can help them to change their lives for their own good, by switching their own perception.
- You must enjoy this life by learning, contemplating and elevating your levels of consciousness.
That’s the essential and true meaning of Wise Joy!
- We must become simple witnesses.
Nothing is bad/wrong or good/right, it’s just the result of certain action or reaction.

- The origin of any action is located in our thoughts, it is our thought that makes us move our hand, our hand doesn't move by itself.
- Our thoughts are like silent thunders. We can't hear them but they can generate powerful vibrations.
- Each and every one of us emanates vibrations and energies.
- Everything is recorded/registered in our memory.
Everything is vibration, we must prepare ourselves to Vibrate, and then emit the signal to other people who are interested or that are on the same wavelength/level.
- When you travel deeply into the levels of your subconscious you'll find hidden information/thoughts that will later bloom. Be careful, prepare yourself.
- Bringing back old memories from our past to our present produces certain euphoria, it ends up being something healthy for our mind and for our mood.
Retrospective therapies, sometimes with the help of certain psychedelic substances, are highly recommended in order to enjoy our past and learn from it.
You must be a witness of your own past, without identifying yourself with it.
- We must be able to remember all of our memories from our past, from our genetic memory.
Are you prepared for this?
That's the best way to really know ourselves and to know who we really are.
- Every night we stop being ourselves... We go to sleep, we start dreaming, we lose contact with our external world and we make contact with our inner self. We stop being ourselves, we stop using our ego, our "I".

- We must have a complete control of ourselves and take this life as an adventure and not too seriously or rigidly. You must attain Enlightenment in order to avoid the illusion of feeling or being proud of yourself as an individual.
- Nothing is more powerful than your own mind, nor any drug or any known chemical substance.

"I learned more in the six or seven hours of this experience [with a psychedelic substance] than in all my years as a psychologist".

Dr. Timothy Leary, 1963.

- Everything needs a real and profound proof or verification. This proof may be accomplished by certain therapies (entheogenic sessions) with some Master Plants. They will help us clean the 'dust' that covers certain information we all have in our genetic memory. We must be able to alter/change/modify the point of view that we drag from our past, we need a new and Real perception about Everything. We have the proper capacity of biochemical receptors in order to correctly receive the transmission and to succeed. We must have the correct reception for "The Truth" and certain "Cosmic Laws".
- The most important questions that a man can ask himself these days are:
How can we modify or alter the chemistry of our brain?
Is it possible to wake up, and use or explore consciously, certain regions of our brain that remain in a dormant state?
Is it possible to take advantage of that enhanced activity and different functions of our brain with the help of certain chemicals?
How can we manage the chemical process of dying that occurs in our brain?
- Our eyes will see what our brain perceives electronically through our senses. Our eyes will see what our mind perceives and deciphers/decodes through our senses.
When we are awake, during daytime, our brain works with a determined percentage, but when we go to sleep our brain works with a different activity, with a major percentage and with different speeds and revolutions.
When a person takes certain chemical substances or when a person meditates, he uses more percentage of his brain.
Let's learn how we can control our own mind, what is also known as our third eye, the mind's eye.
- There isn't too much difference between a psychological state of mind helped by the use of psychedelic substances, and the one acquired through yoga, fasting, meditation or other techniques.

- It's recommended, and sometimes necessary, the use of certain chemical substances to help us activate, clean, wash and feed our brain and nervous system, because both of them have been dirty and impure, due to what they absorbed during the contaminated social irrigation of our past.

Our brain is our mind. Our mind is what we think. Our thoughts are what we become as human beings. The highest level our mind is the so called "spirit".

Mind = Soul.

If we righteously use certain chemical tools we can be able to expand and enhance our thoughts, our perception, our senses, this is due to a chemical reaction of certain hormones within our brain, within our central nervous/neurological system.

This is a therapy/method in order to become Ignited, to turn yourself ON, to turn ON your innermost being.

You must avoid falling asleep or be unconscious while you are under the effects of any psychedelic substance.

- These psychoactive substances will help us with the access to certain regions within our brain. This natural process is possible thanks to the existence of biochemical receptors (hormones) and neurotransmitters within our own brain.
- It seems that certain psychedelic drugs/substances help us reach a communion between the right side of the brain and the left side. These substances can help the brain attain balance.
- The problem is not the substances that are being taken, the problem is who takes the substance and why he takes it. It isn't the same if a prepared and intelligent/smart person takes the drug, or if a person who is confused, or mentally disturbed, full of conflicts, anger and hatred takes the chemical substance.
It's not the same!

- If these chemical substances are taken by a non-qualified person, or by people that don't have the mental requirements for taking them, it could be dangerous. The consequences are unfortunate and makes well employment of these substances seem untrustworthy.
You must prepare yourself and know how to get High with psychedelic substances.
- The person who says that psychedelic substances are bad or harmful is because they never had any experience with them and/or they are afraid of them, or simply because they based themselves on negative experiences, or because they have some kind of prejudices towards them, motivated by ignorance, insanity or by a traumatic negative experience.
- People must not blame the tool if something goes wrong. It's like if you use a hammer and you hit your finger, you don't blame the hammer. Right?
The same is with these type drugs, they are tools for your mind. If something goes wrong, it was your mistake.
- People who want to hallucinate will hallucinate. People who don't want to hallucinate they won't.
It's all in your mind, it depends on your thoughts and the balance of them.
- It's quite strange that these psychedelic substances are illegal or prohibited. It really means that they are under control by the government or by special agencies in charge. Curiously and coincidentally, they are controlled by the same organizations and agencies that use these chemicals on certain experiments with psychiatric, psychological or therapeutic purposes.
Of course, this information is usually classified.
- Psychedelics/entheogens will introduce us to encounter death. It's a trip towards the process of dying, chemically speaking. It's a mental therapy.

- The true and real shamans or some Tibetan monks or holy men and enlightened human beings are people who already experienced that process of dying.
- These are some of the psychoactive substances to be used in entheogenic/psychedelic sessions or therapies.
You must have the correct preparation. You must be able to qualify psychologically/psychiatrically for these type of sessions.
You must first read the instructions and information!

1. LSD-25 (a synthetic compound which is extracted from certain type of fungi called Ergot found on the rye).
2. Mescaline (extracted or found in certain cacti of Central and South America, known as Peyote in Mexico and Saint Peter in Peru).
3. Psilocybin (found on Psilocybe mushrooms).
4. Harmaline (found in certain vine in the rainforests of South America, known as *banisteriopsis caapi*. The brew is known as 'Ayahuasca', which also contains another chemical substance known as DMT).
5. DMT (Dimethyltryptamine, found on several type of plants in the Amazonian rainforests, like *diplopterys cabrerana* and *psychotria viridis*).
6. THC (Tetrahydrocannabinol, found in the plant known as Cannabis Sattiva or Cannabis Indica).

- You can also reach these higher levels without using any external chemical or substance, but by practicing profound purification and meditation techniques during days, months, or even years. You'll need to have a totally different lifestyle, a totally different point of view towards life, in other words, a new lifestyle, which perhaps is the best and true way of getting High and elevating our mind in order to attain the higher levels of consciousness.
- It's all linked to certain frequencies, related to the vibrations of the entire Cosmos and everything within it. That's pure energy, soundless energy that our ears won't be capable of listening, our eyes won't be capable of seeing, but it's there. Understand it or not, like it or not, it's always there. Frequencies make vibrate certain regions within our inner cosmos, which is our brain, our mind, our nervous system, resulting in actions, thoughts, emotions, which alter the chemistry of our brain.
We have to adjust, readjust, tune-up, in order to assimilate and analyze all this information within us, within our genetic code, our genetic memory. We have to learn how to translate and decipher these codes, by using, expanding and enhancing our mind, our "third-eye" vision.
- The so called "Third Eye" is the one we use within deep levels of meditation. The third eye is the mind's eye. Your thoughts, the view from your thoughts...
Do you control your third eye?
- Switch yourself ON!!!
Free yourself from yourself, from your "I", from your ego. Open the door within yourself. Walk in, stand in front of your own mirror, stare at yourself, evaluate your thoughts, your life. Then you should start to think things over.

- Everything that mankind needs for his mental evolution is: Liberty, peace, pure and fresh air, a small space in the countryside or wilderness to meditate and contemplate. Like our planet, that is permanently moving, each and every one of us should be constantly moving and wandering during the process of seeking "The Truth".
- We should not put Time in a frame in order to illusively think we control time or that we possess time.
Mankind uses a clock/watch and the calendar due to his fear against the cosmic infinity, because men is finite.
Time is like a picture with no frame nor bounds, it's infinite, that's how we must contemplate the whole picture.
Evolution's accomplice is Time.
Time is like a never-ending expansion, it's perpetual and in permanent movement.
- You must think beyond Time.
If you think in your future, your present will devour your time.
If you think in your present, you might end up seeking for a refuge in your past. If you find shelter in your past your future is dead.
To remain on "The Way" we must overfly Time.
The only way to control time is with your mind.
You simply have to think in being here and now.

I can suggest certain type of music for a mental therapy session or a psychedelic session. You must prepare yourself and program the following track order sequence before starting the session, so you won't have any interruptions in finding or selecting the tracks/albums during the session.

Get familiarized with these albums and tracks by listening to them many times as possible before you use them in a psychedelic session.

Choose a cool and comfortable place or environment, avoid any type of interruptions during the session (approximately 5-6 hours).

Listen to it in the following order and let the music guide you, don't question, just let yourself go and enjoy the trip:

(If you speak and understand English you can begin the session with the following albums/tracks, which are spoken word, 1-3)

1. Timothy Leary/The Psychedelic Experience (Full Album, 1966)
2. The Zodiac - Cosmic Sounds (Full Album, 1967)
3. Timothy Leary "You Can Be Anyone This Time Around" (track, 1970)

4. Popol Vuh/Affenstunde (Full Album, 1970)
5. Ash Ra Tempel "Traummaschine" (track, 1971)
6. Popol Vuh "In Der Garten Pharaos" (track, 1971)
7. Ash Ra Tempel "Schwingungen: Suche Und Liebe" (track, 1972)
8. Klaus Schulze "Exil Sils Maria" (track, 1972)
9. Timothy Leary & Ash Ra Tempel/Seven Up (Full Album, 1973)
10. The Cosmic Jokers "Galactic Joke" (track, 1974)
11. The Cosmic Jokers/Planetens Sit-In (Full Album, 1974)
12. Tangerine Dream "Phaedra" (track, 1974)
13. Tangerine Dream "Sequent C" (track, 1974)
14. Klaus Schulze "Totem" (track, 1975)

“The words of love, which are always the same, take the taste of the lips from where they came from...”

Guy de Maupassant

- Before you wish to help other people, or to share love with them, you must first help yourself and love yourself.
- If there is love within you, there's no conflict.
Violence is a reaction, people that reach the state of love don't react, so there won't be any type of violence nor conflict.
- Without love there's nothing at all.
Without love we're nothing at all.
Of course, first we need to define love.
What's love?
Is it some kind of chemical formula within our brain or nervous system?
It's found on the 4th level of consciousness, linked to the heart energy center.
Love is a level where significant changes take place in our mind, in our personality, in our emotions and behavior.
But, almost no one cares about it nowadays, and people are still confused about the true meaning of love.
Love is caring, love is to give and share affection unconditionally, without expecting anything in return. Like when a caring mother feeds her baby, she doesn't expect anything in return.
- Love is High Energy and electricity.
Example:
She looked into his eyes, hugging him, and whispering to his ear, she said, "I love you and I want to be by your side till the end of our lives".
Words like that are powerful, they become pure chemistry and later electric impulses in our brain and nervous system. It really activates a highly emotional level within us.
You'll end up speechless once you go through that experience. Love opens certain doors and paths on our way to increase our levels of consciousness.

- If you really know how to love, you'll have a thousand times more pleasure.
- Don't misunderstand love with sex. Don't misunderstand love with business or a deal/transaction.
- Singing about love?

Some years ago, a famous and handsome singer was being interviewed, and he said that all his life he only sang about love, but that he really never found true love in his own life. That sounds quite strange, right?

Perhaps he thought he was singing about love, but instead he was singing about sex. He confused love with sex. And with no doubt, he had a lot of sex in his life.

- Love is not on the outside. It's inside!
- Men who are sexually active are being manipulated by their female aspect, which means their woman-side within their genetic code. The more he is bound to his sexual desires, the more female he is.

If a man wants to climb the levels of awareness within his mind he has to be capable of controlling his sexual level, he has to be capable of leaving it behind, only then he'll enter the following level of consciousness. If it isn't possible for him to do such thing it's because of his own ego, and his deep attachment towards sex, towards his animal-side.

The consequences of dragging sex towards a higher level will only bring confusion and waste the time of the candidate.

- Men must learn how to employ sex.
Sex is more important than what he can imagine, sex is an interplay of energies between people.
Nowadays, in most cases, relationships consist of selfish and 'brainless' couples, that only think on themselves, individually, selfishly, they only care about their physical appearance or how they look like. This goes against true happiness and true love.
You must not base a relationship on sex, it should be based on affection, on caring with each other. In other words, it should be based on love.
- A person should not start a relationship with another person if there is conflict within himself/herself.
Love is not possible if there is fear.
Love is the end of suffering, love is union.
Love belongs to the fourth level of consciousness.
Love or humbleness aren't simply attained by mere techniques or methods. Both are the connection between our heart and our mind, you activate them after certain deep experiences in your life.
Once you know what love really is you'll understand the significance of many other things.
- Nowadays women have fallen into a trap, following the wrong steps of men.
The majority of men consider women only as a sexual object, and the majority of women are happy with that.
Such convenient ignorance, right?
- Women should be considered divine beings.
Are they treated as such?
Do they treat themselves as such?
Women are the light of this world.
Thanks to women we are here alive, we are here to enjoy this life.
Women should also consider men as divine beings.
They must adore and worship each other.

- The genetic evolution of a mother is her son. He will represent his mother, it's her genetic future.
- "Mother, my beloved mother... The best of me comes from you... The best of me is thanks to you..."
- Men and women, positive and negative energies. It's science. It's cosmic energy. It doesn't depend on us it was nature's way. Men represent the perfect evolution of women. Men are physically, mentally and genetically the evolution of women. Nature wanted for men to be free of what women aren't, or from what women can't be free of, naturally speaking. Women are deeply linked and connected with this existence or planet. Men wants to find a "way up", he goes further in order to seek for a higher existence or lifestyle.
- The formula or prescription for our evolution:
 Tenderness + Affection + Goodness + Peace +
 Innocence + Companionship + Tolerance +
 Trust + Awareness + Wisdom +
 Happiness + Love = Human!
- Never stop telling and showing to your beloved ones how much you love them. That keeps relationships warm and stable. Because in this existence, that we call life, time is in charge of turning everything cold.
- Nothing nor anybody can really erase the true happiness or the love within us.
 If we reach a higher level of consciousness, real happiness and love isn't only for a moment or two, it's for the rest of our lives, even if we go through sad or difficult moments.

- You must always smile or laugh at the adversities and difficulties that you might experience in your daily life. Not to harden your heart, but to understand that everything will teach you something in order to become a better person.
Don't take this process too seriously, imagine it's a cosmic joke, at the end of the day you'll end up having fun.
- You must love every single thing in this life. Everything!
- You must feel love towards your fellow man, towards animals, vegetables, etc.
Altruism/generosity is a must, those who are altruists/generous can be the perfect teachers/masters and leaders.
- Hatred must exist in order to love?
Love – hate
Hate – love
From a cosmic point of view, both are almost the same, they are like mental/emotional tools or lessons for mankind.
We can only enhance our level of consciousness by keeping them in balance.
- If you talk about love it's because you live in a world where hate also exists, that's the dual world.
Love is not universal, we only find it or feel it within people and here on Earth.
- To enjoy and feel love or happiness is to be alive. To hate, to envy and to feel sadness is worse than being dead.

**“Neither the sun nor death can be looked at
with a steady eye.”**

François VI de La Rochefoucauld

"A Butterfly" (by G. Eustace Owen)

A butterfly rested upon a flower,
Happy was he and light as flake.
And there he met a caterpillar,
Sobbing as though his heart would break.
It hurt the happy butterfly to see a caterpillar cry.
Said he, "Whatever is the matter?
And may I help in any way?"
"I've lost my brother," wept the other,
"He's been unwell for many days.
Now I discover, sad to tell,
He's only a dead and empty shell."
"Unhappy grub, be done with weeping,
Your sickly brother is not dead.
His body's stronger and no longer
Crawls like a worm, but flies instead.
He dances through the sunny hours,
And drinks sweet nectar from the flowers."
"Away, away deceitful villain.
Go to the winds where you belong.
I won't be grieving at your leaving,
So take away your lying tongue.
Am I a foolish slug or snail to swallow such a fairy tale?"
"I'll prove my words.
Now listen well, and look at me.
I am none other than your brother,
Alive and well and fancy free.
Soon you'll be with me in the skies,
Among the flirting butterflies."
"Ah!", cried the mournful caterpillar.
"It is clear I must be seeing things.
You're only a specter sipping nectar,
Flicking your ornamental wings,
And talking nonsense by the yard.
I will not hear another word."
The butterfly gave up the struggle,
"I have no more to say", said.
He spread his splendid wings and ascended into the air
And flew away.
And while he fluttered far and wide,
The caterpillar sat and cried.

- We are so scared of dying, more than what we can imagine. Not necessarily only because of fear, but due to the ignorant concepts of death that we were programmed by our past. Some people say that anything is worth more than dying or being dead. Where's the humanity in that? Death is not a tragedy, tragic is the way we perceive death and how we were taught to encounter it. Death has nothing to do with what we imagined or thought about. Death must not be a sad ending, on the contrary, it must be a happy ending. But it demands some effort to understand and achieve that.
- To learn how to die is to learn how to live. The superior man spends almost all of his life learning how to die. Free from any attachment, desire and fear. Desire and fear exist due to the experiences of our genetic past, and due to the fear of dying that bewitches our future. The superior man will recognize death, and death will recognize him. We must recognize the way towards death. The way to die consciously, with our eye wide open. That's the way to leave this plane "alive". When you die consciously you'll realize that your body was only a recipient or container, and that after death you'll no longer be that container. You'll end up being what held that recipient... Nothingness!
- We must die laughing. The way to encounter the process of death is by laughing. Otherwise, if we encounter death with fear or desperation, we will struggle and face the consequences, we might end up having a "bad trip".

- You die if you want to die, you die when you want to die. That's the correct way, that's how it should be.
In a natural way, the process of dying starts in our mind/brain. It's the mind that immediately communicates to the heart, through the nervous system, to stop beating.
Do you control your mind?
Can you control death?
- You must learn how to enter death's realm.
- Something that is sacred or holy is what brings transcendental benefits to your life.
- If we reach Wisdom there'll be Freedom and Happiness. If there is Ignorance there'll be desire and illusion (with its disappointments and frustrations).
- Trust and Intuition is a must for the evolution of your mind.
- Liberation and Elevation of your mind delivers supreme joy.
- This plane of existence is the place where "The Truth" must be found, the instrument to find it is your mind. If you discover "The Truth" it will be a benefit for the rest of your life. You'll become a partner with your own cosmic nature.
- The Inner Voice (our Highest thoughts) is the one that tells us "The Truth".
- "The Truth" is very simple, it's not complicated nor confusing.
- Nothing in this existence is mysterious, everything is simply admirable and fascinating.

- When the mind accepts its own limitations then it will bring the state of humbleness and renunciation. We must understand our own mind through meditation.
We must keep our body with perfect health and remain in harmony with the cosmos.
- Yoga is union with "god", it's a vehicle or tool in order to achieve that union.
"God" = Higher State Of Mind (the supreme personality).
- Our thoughts and our mood = Chemistry.
"God" = Chemistry (a higher state of consciousness, triggered by the biochemistry of our brain).
- To conquer "god" is the real triumph for a man, it is a psychological-chemical process. Those who take this step or initiative within their own lives means they're making a huge step forward, and they will always qualify as real and true guides.
- Everyone can attain the Buddha or Christ state of mind/level. Everyone is enabled to reach that state of mind.
Purify your thoughts!
- Only by yourself you'll be able to reach the Higher level of consciousness. Nobody or nothing must force you.
A Guru, a teacher or master, will not describe you or tell you how do those levels look or feel like, they can only tell you or guide you towards them. They will only show you the way to get there.
- We have a horizontal age, but what really matters is our vertical age, which is the level of our consciousness or wisdom.
- The important thing is the reaction that you will feel within yourself after you read, listened and understood these words, not what you were told.

- All the teachers or masters were once apprentices or disciples, but they never stop studying and learning.
- People with a higher level of consciousness will demonstrate their superiority by tolerating and teaching those who are in the lower levels. They always teach with a smile and with certain sense of humor. Sometimes they might sound or be quite rigid, but without losing their temper or control, avoiding that the disciples get frightened or confused. Although, sometimes they can simulate certain craziness on purpose, especially when dealing with 'difficult type' of people.
- The new shamans/leaders/gurus will come or arrive from a Western society. They'll close the circle that started in the East.
- The sensible mind won't really need a teacher/guru or a master, they will learn by contemplating nature and understanding the Cosmic Laws.
- You are your own Guru or "spiritual" master.
- **"Hare Krishna, Hare Krishna... Krishna Krishna, Hare Hare. Hare Rama, Hare Rama... Rama Rama, Hare Hare".**
For every action or reaction, for everything we do, we shall always have in mind and repeat this mantra, between our thoughts and our actions.
- The superior man doesn't have any past that can capture him, he learned how to walk on the snow without leaving any footprint. He learned how to walk on water.
This metaphor must be well understood.
- This superior man, this wise man, can truly and absolutely love with his entire being, with his entire life. He doesn't work for money. Neither failure nor death affects him and he is always willing to serve his fellow man.

- Silence is meditation, silence is communion. The more we remain in silence the more we learn.
- Silence + Contemplation = Tao.
- Tao = Freedom = Wisdom = Harmony = Cosmos.
- Something is truly divine when it shines with its own internal light.
- Each and every one of us have the same final destination.
- Wherever you go, wherever you are, you must feel like being at home. Even if it's under a tree, in a tent, in a shack, in the mountains, in the desert, in towns or cities, in houses or in a cave.
Everywhere is your home!

- The seven energy centers within our bodies and the seven levels of consciousness within our minds are all linked together.

The seven colors form the energy field which surrounds our bodies, also known as Aura. Thanks to this Aura we can measure the condition of our health and the efficiency of our energy centers or Chakras. These energy centers are (from the bottom to the top):

1. The root center, which is located in the base of our spine, in the coccyx. This energy connects us with Earth, it's the primary energy that allows us to stand up straight. In this energy center we find the Kundalini, which is the vital energy, but it's in a dormant state. This energy center is linked with our survival mental state or perception.
Color: Red.
2. The sexual center, which is located in the genitals. This energy center is linked to material satisfaction, physical satisfaction. Desires, sexual pleasures and everything related to them. A mental state or perception that will focus on the sexual aspects of life.
Color: Orange.
3. The breathing center or Solar Plexus, which is located above the belly, in the "mouth of the stomach". Breathing control, domination of the basic emotions, such as joy, laughter, hate, anger, rage. Mentally it's the level of knowledge, mastery, scholarship, power, science.
Color: Yellow.
4. Vibrating center or the heart center. Control of the Higher emotions, such as Love, Intuition, Compassion. A mental state or perception focused on the purity of everything.
Color: Green.

5. Verbal or throat center, located in the larynx. It's where air/oxygen/Prana penetrates the body. Control of the word/Verb, which is what we say, talk and communicate. Complete control of Space and Time. The minds that reach this level are the true and authentic leaders and/or masters.
Color: Blue.
6. Visionary center, located within our head, between our eyebrows and over the nose. It's our 'third eye', the mind's eye. Mental Elevation, certain psychic abilities. Superior beings, masters of masters.
Color: Indigo.
7. Crown center, located at the top of our head. It's the permanent contact with the Cosmos, Enlightenment. The Universal Witness. Panoramic and wide perception called "god". The supreme Elevation of our mind.
Color: Violet.



- You must remember that within yourself, within your mind, exists 12 different personalities. They all play together and they're all linked/combined with one another. In order to free yourself from yourself, from your 12 personalities, you must find the balance of them, only then you'll reach the supreme balance, which is the 13th personality within us, the level or state of God/Krishna/Shiva/Buddha/Lao Tzu, among others.

12 Personalities (Interplay)

(+)

(-)

1. Happy/Motivational	2. Sad/Demotivational/Anger/Frustration
3. Trustful/Innocence	4. Distrustful/Corrupted/Malicious
5. Humble	6. Proud/Arrogant/Greedy/To Covet
7. Compassionate/Generous	8. Selfish/Self-centered/Vain/Envy
9. Love	10. Hate
11. Smart/Patient/Stable/Rational/Aware	12. Not smart/Impatient/Unstable/ Impulsive/Flighty/Scatterbrained/ Unaware
13. Wise/Witness/Balance/Supreme Arbitrator	

FOR A FUTURE EDUCATIONAL REFORM/CURRICULUM

- **Human Education: Hygiene, Nutrition and Health. Sociology and Social Relationships.**
- **Psychology: Human behavior and personalities (1-13) and levels of consciousness (1-7). Psychological Revolution.**
- **Sciences/Medical Sciences/Genetic Science/ Neurochemistry. Pharmacology. History of drugs and its consumption.**
- **Philosophy. History of religions, myths and popular beliefs. Human Expression: Arts/Music.**
- **Retreats and Meditation: Techniques, exercises and postures. Trips/expeditions/temporarily and permanent retreats.**
- **Research and studies for the foundations of social neo-communities or neo-societies.**
- **Definite Retreats (knowledge and total control of the process of dying).**

IGNITION



- **Physical and mental techniques along “The Way”. Approaching an Elevated state of mind/perception and the higher levels of consciousness.**

- For meditation it isn't necessary to have a master/teacher/guru, for the Asanas a master/teacher/guide is a must.
- Asanas or the physical-mental exercises/postures are designed to increase blood circulation over certain nervous centers around all our body, these are linked to certain endocrine glands.

- Meditation posture. You must sit or lay down in a comfortable position, with your back straight, from the coccyx to your head. No disturbance, total relaxation. We must remain in that position as long as we can, starting from 10 minutes, increasing the time little by little, as long as you feel comfortable and fine.

In silence, we let ourselves go, we stop thinking about anything, letting yourself go, we even stop thinking about this, only inner self contemplation, no thinking at all...

Remember, nothing has to be forced nor uncomfortable.

You must feel like wanting to stay like that for the rest of your life. Search for the position that most suits you, the important thing is to have your back/spine and your head straight and relaxed. Remember, you are searching/looking for BALANCE.

- Remember: Sit down, straight body, right hand over left hand, eyes closed and relaxed, right foot over left thigh, left foot over right thigh, your neck straight, balanced on itself. Impure air is eliminated by exhaling little by little through your mouth, then you close your mouth. We inhale softly through our nose. We exhale through our nose with the mouth closed. 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale and so on...

We must breathe deeply into the bottom of our lungs, to the top of our abdomen, little by little, pure/fresh air.

With this balance we will reach a state of joy and we will start to vibrate.

- Inhale – exhale only through your nose, deeper and deeper, without doing any noise while breathing, just softly, silently, deeper and deeper...

- Then we focus or visualize our past, our genetic past, our experiences, our actions, our reactions, our accomplishments, our failures, our good and our bad scenes during our lives. We evaluate them, we analyze them, we overcome them, our happy and sad moments, we then focus on our present, on our future, our future destination above time and space...

Once we are prepared and freed, we proceed to retire, to leave our body... Slowly, slowly... We drift away...

- There are many people that don't need these types of therapies, some people may need other type of techniques/ methods. It all depends on what level you find yourself. Others will only need to have another type of lifestyle, one where you'll be in a permanent retreat, away from society, like a wanderer, like a hermit. Full of joy!
- We must remember that Buddha, Lao Tzu, Jesus Christ, Zoroaster, Shankaracharya and others, were all "disciples" of Shiva and his teachings.
- Happiness + Love = Wisdom.
- Shiva wasn't or isn't a person, it's a state of mind, a level of perception, a level of consciousness.
Shiva = Wisdom.
It's psychological.
Are you prepared and ready to become a Shiva-level minded man?

- What about the next plane or dimension?

Some mystic men say it's the Moon, that you'll be able to make that step forward into the Moon after the process of death.

Of course, you by yourself will determine if you qualify or not.

What these mystics say is, that the Moon is another dimension, it's not really a satellite of the Earth, that's what mankind perceives, physically speaking. But, it's really a superior/higher plane of existence compared to Earth. It's like another planet, another plane of existence.

If you want to go to the Moon with your physical body, which is really impossible, you must exist in a different revolution/speed, it's a different level of existence.

First try going to a psychiatrist, and ask him why you want to go to the Moon, even if nowadays it's kind of possible, it's ridiculous... You'll have to live like in a prison, in an artificial way. Our physical body does not belong to that plane of existence, our body only belongs to this planet, called by us "Earth".

Period.

End of the story.

ENLIGHTENMENT



- **Once you cross the threshold you'll deal with the "Interview".**
- **Transmigration of our vital energy...**

- Once you are ignited you prepare to trespass the mirror... You walk through the corridor and the world of the dimmed white light. Towards the other side. You will leave your body behind...
- "7 levels of death for 7 levels of consciousness". Metaphorical scenes, from the bottom to the top. Where your "interview" might take place. Our energy heads towards:
 01. Corridors in a hospital.
 02. A bridge over a river or sea.
 03. Corridors and classrooms in some school or college/university.
 04. A big and endless pool surrounded by other people we knew on this life and died before us.
 05. The shore of a lonely beach.
 06. A house or cabin in the countryside, at twilight (dawn/dusk).
 07. Some forest in a valley, under a landscape of snowy peaks/mountains with a fresh, cool and fragrant breeze.
- Your very last thought, during the last seconds of your life, should be wanting to be in a Shiva state of mind and to focus on the entrance towards the Moon, the next level. Remember some mantras, they might help you...
- Your thoughts, words and actions must be motivated by your Highest will and personality. Beyond love and hate, beyond every thought created by mankind or by a human being. Beyond any trace of duality. The dual world is now over...
- Duality doesn't exist in the next plane of existence.

- Focus on your next step...
Towards a superior plane of cosmic existence.
Your "thoughts" and your "perception" are now deeply connected with the Cosmos ("God"/The Void/Everything/The Truth/Nothingness).
Your "thoughts" or "perception" aren't yours anymore.
You don't exist anymore. No more names, no identity, no "I".
You become one with the eternal Nothingness...
- A place where sleep doesn't exist.
A place where eternity exists.
- Have a nice trip...
Enjoy the trip...
Farewell!!!

BIBLIOGRAPHY

- . The Buddhism Handbook; by John Snelling.
- . The I Ching.
- . Tao Te Ching - Lao Tzu; translated by Onorio Ferrero.
- . The Tibetan Book Of The Dead; by Walter Evans-Wentz.
- . The Psychedelic Experience; by T.Leary, R.Alpert, R.Metzner.
- . Be Here Now; by Ram Dass (Richard Alpert).
- . Organic Alchemy; by R.P. Kauschik.
- . The Secret Exercises Of The Taoist Monks; by Kim Tawn.
- . Hatha Yoga; by Sri Swami Sivananda.
- . Kundalini Yoga; by Sri Swami Sivananda.
- . Dhammapada; by Carmen Dragonetti de Coni-Molina.
- . Srimad Bhagavatam-IV; by Prabhupada.
- . Krishna Vol. I; by Prabhupada.
- . Bhagavad Gita –As It Is; by Prabhupada.

- . History Of Drugs; by Antonio Escohotado.
- . La Cuestión Del Cáñamo; by Antonio Escohotado.
- . Psychedelics Encyclopedia; by Peter Stafford.
- . Plants Of The Gods; by Albert Hofmann & Richard Evans Schultes.

- . Several other books/texts/articles/documentaries/interviews read or watched on the Internet between 1999-2001/2005-2008/2011-13.

The following texts/books can be useful for further reading and research on some of the topics or subjects mentioned on this book.

- About certain master plants, chemical substances and certain type of drugs and their effects on mankind:
 01. Plants Intoxicants - Ernst von Bibra (1855/1995).
 02. Phantastica – Louis Lewin (1924/1998).
 03. The Road To Eleusis – R. Gordon Wasson, Carl Ruck, A. Hofmann (1978/1999).
 04. The Botany And Chemistry Of Hallucinogens - Richard Evans Schultes y A. Hofmann (1980).
 05. LSD Psychotherapy – Stanislav Grof (1980).
 06. LSD: My Problem Child - Albert Hofmann (1983).
 07. Persephone's Quest - R. Gordon Wasson, Stella Kraumrisch, Jonathan Ott, Carl Ruck (1986).
 08. Guide To Psychoactive Drugs – Richard B. Seymour y David E. Smith (1987).
 09. How To Get High - David Human (1988).
 10. The Scientist – John Lilly (1988/1996).
 11. The Drug User (1840-1960) – John Strausbaugh y Donald Blaise (1991).
 12. PIHKAL – Alexander y Ann Shulgin (1991).
 13. Ayahuasca Visions – Luis Eduardo Luna y Pablo Amaringo (1991).
 14. Psychedelics Encyclopedia – Peter Stafford (1992).
 15. Food Of The Gods – Terence McKenna (1992).
 16. Controlled Substances – Alexander Shulgin (1992).
 17. From Chocolate To Morphine – Andrew Weil y Winfred Rosen (1993/98).
 18. Pharmactheon – Jonathan Ott (1993/96).
 19. Ecstasy, The MDMA Story – Bruce Eisner (1994).
 20. LSD, Still With Us After All These Years – Leigh Henderson y William Glass (1994).
 21. Receptors – Richard Restak (1994).
 22. The Natural Mind – Andrew Weil (1994).
 23. Fifty Years Of LSD – A. Pletscher (1994).
 24. Pinoline And Other Tryptamine Derivatives – James Callaway Jr. (1994).

25. History Of Drugs – Antonio Escohotado (1995).
26. Drugs, Origins And Prohibitions – Antonio Escohotado (1995).
27. Drugs And Behaviour – Fred Leavitt (1995).
28. On Drugs – David Lenson (1995).
29. Textbook Of Transpersonal Psychiatry And Psychology – Scotton, Chinen, Battista (1996).
30. Drugs And The Brain – Solomon H. Snyder (1996).
31. Psilocybin Mushroom Of The World – Paul Stamets (1996).
32. Brain Mechanism And Psychotropic Drugs – Andrius Baskys y Gary Remington (1996).
33. Wisdom's Maw – Todd B. Fahey (1996).
34. Entheogens And The Future Of Religion – Robert Forte (1997).
35. TIHKAL – Alexander y Ann Shulgin (1997).
36. La Cuestión Del Cáñamo – Antonio Escohotado (1997).
37. The Cosmic Serpent – Jeremy Narby (1998).
38. DMT: The Spirit Molecule – Richard Strassman (199).
39. Ayahuasca – Ralph Metzner (199).
40. The Little Book Of Acid – Cam Cloud (1999).

- About certain transcendental Eastern techniques:

41. Tao Te Tching – Onorio Ferrero (1972).
42. The Tibetan Book Of The Dead/Bardo Thodol – W.Y. Evans Wentz (1960).
43. The Psychedelic Experience – T. Leary, R. Alpert, R. Metzner (1964/1992).
44. Be Here Now – R. Alpert/Ram Dass (1971).
45. The Tibetan Book Of Life And Death – Sogyal Rimpoche (1998).