



Spiritual Newsletters



Subscription of - **Abonnement des** **Cyberspace Ashram's Spiritual Newsletter**

Beloved soul

All Spiritual Newsletters are written by the author of this web site of the Cyberspace Ashram. The purpose of the spiritual Newsletters is to provide you with some precise lessons and steps to follow on your spiritual path - i.e. to provide you some practical examples of applied solutions of love in all situations of life.

Spiritual newsletters are sent by e-Mail only. You may expect an average of one or more spiritual newsletters per month.

Also spiritual workshops and major web site updates may be announced through this newsletters.

Previous major issues of the Spiritual Newsletters published prior to November 17th 1999 can be found in the [far right box on this page](#).

For all spiritual questions about any topic directly related to your spiritual

Geliebte Seele

Ab April 2001 wird der spirituelle newsletter nur noch in english erscheinen. eine umfrage unter den aktiven teilnehmern hat klar ergeben, dass alle gottsucher aus dem deutschsprachigen raum ausreichend englisch kenntnisse besitzen um alle ausgaben in english lesen zu koennen.

Der spirituelle Newsletter wird vom Autor des Cyberspace Ashram verfasst und soll dir praktische Beispiele angewandter Spiritualität im Alltag - Lösungen der Liebe für alle Situationen des Lebens - vermitteln.

Ebenso werden Neue Kapitel, Änderungen im Cybersapce Ashram, neue Leistungen, sowie spirituelle Workshops mit dem Newsletter angekündigt.

Der Versand erfolgt ausschliesslich per e-Mail. Es werden meist ein oder mehrere Newsletter pro Monat veroeffentlicht.

In der rechten Box findest du Links zu früheren Ausgaben des Newslettters.

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success on your path of Love to God - please use the spiritual FAQ Forum. You will find all links in the box to the right of this page.

All services of the Cyberspace Ashram are FREE and are financed by [YOUR honest and supporting contributions](#).

The Cyberspace Ashram is a one man - one soul fulltime-project from A-Z !

With Divine Love and
Bliss

Hans

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Für alle spirituellen Fragen in Bezug auf Themen des spirituellen Newsletter oder weitere Themen die in dierektem Zusammenhang mit deinem spirituellen Fortschritt auf dem Weg der Liebe zu Gott stehen - benutze bitte ausschliesslich das spirituelle FAQ Forum.

Alle spirituell wichtigen Leistungen des Cabersapce Ashram werden von [DEINER ehrlichen Spende](#) mit-finanziert. Das Cyberspace Ashram ist ein ein Mann - eine Seele Vollzeit-Projekt von A-Z !

In Liebe und Gottes Segen

Hans

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Important notice:

as of may 2002 due to a new procedure and format used - most newsletters will no longer be stored HERE for public download - the only way to read newsletters after may 2002 is by direct subscription !

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Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

April 18th, 1999

Spiritual progress

beloved souls

spiritual progress is like technical progress. You may first ask yourself a few questions and obtain from yourself clear and precise answers. The goal in your life should be clear before you can achieve it. If you agree on a clearly outlined goal for your life, then start to ask yourself some of the additional questions below.

on the other side, if you still are focusing on your political, scientific, technical, sports or business - career or just wasting time for no particular reason, while at the same time attempting a spiritual progress, you may soon realize that these are different developments quite often going in opposite directions.

Let's go through a few points, it may help you to speed up your very own spiritual progress.

Make sure you can clearly answer each of the following questions with either **YES** or NO, anything else may hamper your spiritual progress and delay any further separation from God.

do I really want to become God-realized ?

If yes ..

do you really follow all the known steps to accomplish this goal within the shortest possible delay ?

if no ..

What is the reason you may want to continue suffering on this planet or beyond ?

What is the reason you may still refrain from loving all mankind and being loved by all ?

If you stay with a clear no, then be aware that there is never a justified reason to claim anyone

else responsibility for any suffering or discomfort in YOUR life.

whatever you decide, is your free choice. It is your birthright to make your very own decisions and live accordingly.

Do I know what the word God-realization means ?

If unclear, learn more about God, about spiritual nature of a human soul. Read, study and become aware of the full meaning of this word. Become aware of the true origin of your soul and being, as well as your true destiny in eternal life. through continuous spiritual progress, your perception of the full meaning of this word may increase months after months, death, life without a physical body, loving all mankind in any situation whatever they do, may become normal for you, may become a permanent part of your growing spiritual being - made to the image of God.

Are you afraid of dying, if yes why ?

Life starts beyond physical existence. Life is becoming more and more intense beyond physical existence.

Become aware of your answers, think about and strive to realize the goal of your life.

If your goal is clearly of spiritual nature, if you can clearly and with the full power of mind and soul say

YES I want to return to God, I want to become a fully God - realized soul. A being of light and Love . Then you may ask

do I undertake all possible efforts to achieve this goal directly or is there still some hesitation in my spiritual efforts. The only reason for limited efforts on your spiritual progress may be lack of knowledge about God and Godrealization.

Become free of the distraction by others. Remember, it is the right of anyone, to live however he/she wants to live. Those souls without any conscious thought about God, may still need some of the physical lessons this planet has to offer.

However they have no right to keep you from going your own spiritual way.

Some of your friends however may be afraid of losing you. They want to grab hold on you and keep you within the cycle of physical reincarnation. At least during the present incarnation.

This however is very selfish of such other persons. The only way you ever can help your friends, family-members, your society, even your home-country, if this is important to you,

is through your spiritual progress.

The more you succeed on your spiritual path, the more Love and spiritual power you will develop, the more you may gently and lovingly help the entire Divine creation.

Life starts after achieving God-realization. Life starts when you have learned to truly Love at any time for eternity.

What in life are you still doing that may slow down or even prevent any spiritual progress. If there are still a number of different factors in your life, YOU and only YOU are in the position to change.

You may instantly change your attitude after becoming aware of any distracting factors in your life.

Just say YES to God, say YES to Love . And anything else will vanish in the fire of the almighty Divine Love .

Dissolve any current of future obstacle in Love, by constantly focusing on your spiritual goal, by constantly solving any situation in Love , nothing but Love .

some of the chapters of "on your wings of Love - on your way to God" may certainly help you on your way home. Learn and reread them until you have understood the full spiritual truth it contains. You may additionally read and study a few other spiritual books. Allowing you to get a different look at one and the same topic.

However remember, you may never become a saint by reading books, but only by living, by doing, by actively living and loving in your life.

You may at one point of your life wish to retire from mankind and spend some time in a peaceful and quiet retreat. This may be most helpful for most if not all serious God-seekers.

Spiritual progress may require a combination of retreat and involvement in daily life. Before you may achieve God-realization you certainly have learned to Love anyone anytime.

This is quiet simple. Just stop fighting, stop arguing by continuously loving. Love in all situations. And all goal may be achieved easier and more peacefully.

I love you

With Divine Love and Bliss

Hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

the Web Site of God and Divine Love

Feb 17th, 1999

Our thoughts affect our environment around us

Beloved souls

all our thoughts and emotions affect all other beings - human and others - around us. we have a greater influence on others peoples well-being and comfort

as most of us may be ready to admit.

since our behavior and our thoughts affect our environment, we shall become less mysterious to others, we shall strive to become fully transparent to all others. more and more people reincarnate with the divine gift of clairvoyance, seeing the aura of others as well as knowing about others thoughts and emotions. the most secret what we considered ours for millenaries is becoming public property. and yes it is good so. because all of us finally are striving for the one goal in life. in one way or another we all somehow are out to find love from various or all possible sources.

one prerequisite to become open for love from all sources as well as from our beloved one within our family is to become open toward all beings. because whatever is between you and anyone else may also be between you and your nearest ones.

learn to admit all your thoughts whenever you are asked "what do you think now ?". let's learn to admit all our true and deepest desires and emotions, because we need to learn it anyway during the course of our spiritual progress. before achieving god-realization we all will have learned to be completely transparent to all. it is the ONLY way to ever become one with god.

it certainly may appear to be a tough lesson for many of us. tough because it was very unusual for most of this planet during the past several thousand years. yet we all continue to spiritually grow, and all others as well. spiritual growth will drastically speed up in the future and life will become

more social, more spiritual and hence more peaceful and love filled.

learn to leave your drawers and your desk open within your home as well as within your work-places. we all are involved with each others "business" private or others. because there is no possible separation between private and business. it is all but one single continuity. one single spiritual lesson on the way to infinite freedom in god. freedom includes full confidence in the divinity of all of us.

learn to apply and live faith in god, by having faith in all of his children. if we realize to be honest all the way, we shall have no reason to ever fear any possible karma. the karma of loving others is being loved by others. let' s love each other and give each other again and again another chance to improve what we may have missed in the passed.

let's learn to always admit all our feelings, fears, frustration, joy, love, desires, and we shall see that all mankind on earth has some similar thoughts and emotions. finally we all are made of the one and only - we all are made from god, out of his very own divinity. to the image of god. we all are divine children of god - learning to really be divine and free, to love all the time for the remainder of eternity.

help each other to tear down the walls of fear that we all have been putting up in the past. help each others to heal that fear by the power of divine love.

learn to work and live free of any copyright and patents, free of any confidential papers or documents in all situations. some one always must go ahead in front of others to show others how it works to be truly spiritual. live that example in all situations, for your children, your family, your friends and your enemies.

with divine love and bliss

hans

Activities for the near future

Beloved souls

it appears that a few of my disciples are interested to go on a fasten-walk to Assisi in Italy. starting point may be Munich / germany, crossing the mountains and hitting south toward Italy near Venice, then along the coast of the Adriatic sea toward Assisi. the total distance of this pleasurable walk may be expected to be around 1000 km (600 miles). though it is rather short and can easily be accomplished by anyone interested. the purpose and goal of this walk is purely of spiritual nature, with god and love in your mind time will pass and you may even loose control over time - as time is relative and exists only in the mind of mankind.

each one participating does so at his full and sole responsibility and "risk". there are as usual no fees. however any personal expenses for any accommodation, food, drinks, etc are covered by each participant. return may be by any method, whatever participants prefer. some may prefer to stay in Assisi for a while or visit the ashram of swami kriyananda there, others may prefer to stay there for a private retreat somewhere in the mountains, or just return home or stay in Italy for a vacation. you are free souls, free to do any time during this walk or after whatever you prefer and like.

however be aware that each one is carrying his own luggage all the time. so you may prefer to take only the minimum necessary on this walk. in India for example a typical sanyasin has a single small bag with approximately 2-3 kg of luggage. the climate is mixed as we are crossing the mountains and may encounter some rain. so we certainly may need a sleeping bag, a hammock or a small tent may be advisable. best is to test your equipment before on a weekend trip to see whether it fits your needs and everything is comfortable.

a possible and recommended start date could be either June 17 or June 24 1999 plus / minus a few days. if however there are reasons / participants who can only participate at a different date convenient for all others as well, there is no fixed date that needs to be met. any suitable date is OK for this soul.

the duration of the journey may be expected 30 - 50 days, no speed limit or time limit. it is a

spiritual fasting combined with easy walking of a daily distance around

30 - 40 km, sometimes less or sometimes more, depending on many factors. ;-))

Please realize, that a soul is a creation of god, hence the physical body of each soul having the pleasure to carry one, is equally made by god, though the power and potential of each human being is infinite. let god carry you along this path to Assisi and enjoy it. let's have fun while making spiritual progress !!

accommodation will be open air on the ground, in a hammock or in a small tent, whatever you prefer. the walk goes on in any wheather condition, however there is no time limit and we may as well pause for a few days if indicated by weather condition or condition of participants. one of the goal is to make this walk as a group and walk in peace, love and harmony all together, slowly or fast, loving each other and all the remainder of creation all the time. ;-))

the spiritual purpose of this walk is of manifold nature:

- a fasting over an extended period always leads to a purification of the physical as well as metaphysical body. note that food intake will decrease by quantity from the beginning, but increase by quality, until we may eat little or no physical food by the end of the walk. whatever we eat may be what we find in nature (berries and herbs, plus small amounts of fruits and plentiful of water)
- learn to use and apply positive words and thoughts in all situations
- increase your metaphysical sensitivity, learn to feel energy and feel the difference between different energies
- dissolve mental limits in love and increase your realized physical potential
- initiation (diksha) to kriya yoga may be received either at the beginning or any time during the walk whatever is best
- learn and practice spiritual healing, sensing the aura of each other and plants, trees, minerals
- practice meditation and kriya yoga on your own during the course of the walk, there may be plenty of time each day.
- realize how little a spiritual person may need to live comfortably and be happy.

for all those living nearby there will be a preparatory weekend of 4 days from may 20th evening until may 24 1999 evening. this 4 day fasting walk is open to anyone independent of participation on the fasting walk to Assisi !! welcome to enjoy divine nature and company for a few days.

Anyone interested may obtain additional information, final decision about participation and agreement on a departure date should be done within the next week or two, as some may have to arrange for leave with their employers and get air tickets, and therefor may need a few weeks to get everything arranged. myself I shall be ready any time to accompany you on this pleasure walk to Assisi.

please let me know as soon as possible. note however that there is no obligation to participate, even after signing up, you are free any time to change your mind and plans.

before, during and after the walk. note that this may well be a one time walk that may never be repeated again unless you do it on your own. it is just for fun and spiritual progress. no fees of any

kind. freedom and love all the time for all. each one participating does so for fun and spiritual progress, at his own responsibility and "risk".

traditionally as every year there is a blessing ceremonial on

may 9th

meeting at 1500 hrs local time at my present place. anyone who cannot be here physically may spend the time from 2100 until 2300 hrs his local time in meditation and silence to open for divine bliss to flow during this particular day.

always remember that divine bliss, love, mercy and grace from god may instantly free you any time if you really open yourself and are ready to continue living with love in any situation. love toward self as well as all others.

may divine love and bliss free your soul and bring peace and harmony in your life, now and for eternity

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

the Web Site of God and Divine Love

Beloved souls

one important step toward self-realization or god-realization is to truly realize that YOU are a Divine Child of God. this appears a major problem to many or most people on this planet. you may need to do some brain-work and some helpful imagination to support the realization of this truth.

look at the animal world. small animals sometime have a different name than the same adult form. small fishes like butterfly fishes even may behave differently than their parents without getting any problems from other adult butterfly fishes. they have a different color during their childhood and any other fish of the same family knows: these are babies and need some ADDITIONAL tender loving care to grow up and learn all the laws of our adult world. we also have a different color and shape - now, as growing up and learning "baby-saints" we have a physical body - later on we have a body made of divine light and love.

look at babies or children, even teenagers. everyone agrees, this are human beings. even if in a very small body. everyone knows they grow up and one day are true adults, may become engineers, doctors, professors, craftsmen, healers,

now look at yourself as being a Child of God - NOW, HERE, ON THIS PLANET. even if caught in a physical body. it serves the purpose to learn and spiritually grow up.

before you can truly feel like a divine being of light and love - made to the image of God, **you may first need to stop to feel guilty all the times**. whatever you do, you always remain a divine Child of God. you may need to become aware of your feelings of guilt. how ? quiet easy. here some helpful steps to follow:

how often do you approach other persons with

excuse me

millions of people in various countries and various languages use this starting words. when they ask for a way, an address, the time, or just when they want to talk to someone and many other occasions. this is frequently done in india, europe, usa and many other places around this planet.

instead of using "excuse me" you may just use the word "please " and combine it with a smile and pack it in love. it makes YOU feel better and it is more pleasant for the others as well. there is simply no need at all to excuse yourself just because you are talking to another person or asking another person a question. you as a Child of God have the potential and Divine right to talk to anyone who is willing to talk to you. you may open his heart with Love and a smile. anyone needs and loves love, hence anyone may accept your approach with love and may most probably

have the time for you that you may need.

you may however learn to control your ego while approaching a person. first smile and love the person and wait until the person looks at you to make sure he is available to you without having to interrupt any of his very private thoughts, or any talk, phone call or other work he is just busy with NOW when you approach him. make sure you are patiently waiting until HE looks at you and then he may even ask you how he can help you. then you may ask your question with LOVE and a smile from the depth of your heart. be sure you look directly into his eyes. eye-contact is very important for the best possible energy-exchange between the to soul and personalities. if you have direct and continuous eye-contact with the person you approached, it also shows that you and your soul fully agree with your present action, thoughts and feelings, with the reason you have to approach this very person.

even when you are in a crowd, bus, train, super market or any other crowded area and accidentally touch another person, there is NO need to say excuse me just be loving and gentle. anyone going to such places should accept being touched by others, else he should take a serious and long retreat to realize how much he may soon miss any social contact with humans. be gentle in all you do, do it with love and care for the wellbeing of all, any time, any where. who could ever get angry at someone who has a loving smile on the face. no one. but it must be true love coming from the depth of your heart toward anyone around you and away from you. look at how small children are approaching anyone, even "foreigners" they do it curiously, with love and a smile and most people love them and smile back. we adults could re-learn this technique of approach very quickly. just do it ! NOW !!

have faith in your divinity and the potential power of your divine love. he / she is a divine Child of God and you may bow in front of him / her, at least within yourself you should. but YOU are a Divine Child of God as well. start to imagine that you are an angel-like Child of God just learning to behave as such. it is very easy. do whatever you want to do with Love in your heart and a smile on your face. He / she is also learning to behave like a Divine Child of God and may need just this situation to practice and may need your loving help to progress.

and if once and again one person or a group of persons you approached still cannot smile back at you. he / she may have gone through some really traumatic experiences in the past and may have a serious problem with himself / herself. this is a reason to love and smile even more and to pray for Divine assistance and Bliss for that person.

learn to see and feel yourself as being part of a huge divine family. helping each others to spiritually grow and accumulate experiences while practicing on earth and beyond.

have fun being a Child of God.

;:-))

with Divine Love and Bliss

Hans

Spiritual Newsletter

from the

Cyberspace Ashram

www.kriyayoga.com

September 30th, 1999

Beloved souls

Many people from around the world ask me again and again why God doesn't answer to their prayers, why God doesn't change or improve their lives. Here some important key point to keep in mind when expecting God to change or improve any situation in your life., or even when expecting God to heal you from any illness:

- health is a reflection of your harmony with the first and great commandment of love. **illness is the proof of disharmony within yourself**. Your overall physical condition is a direct reflection on how you are living in accordance with [yama and niyama](#) - the spiritual laws that prepare you to live and realize the first and great commandment of love.
- even if living according to a.m. spiritual laws, many of you may be attached to a condition of life, attached to an environment, attached to a profession, attached to persons, attached to a lifestyle - that cause disharmony, mental or emotional turmoil, or illness.

if you expect help from God, help to change or improve your life, you may first be willing to make considerable changes

- in your life
- in your emotions
- in your mind
- in your attitude
- in your behavior toward others and / or yourself

and first of all you may need to take full and sole responsibility for all of your life. Become independent - **free** - of any involvement in your life by others. This means that you may love all the near and dear ones, but still conduct YOUR life. because YOU and no one else is responsible for your own destiny, for your own karma, for your own spiritual growth and liberalization to achieve **God-Union**. it can never be the others to take your time - it is always you to spend your time with others. It is never others to force you to live in a particular way, or according to certain standards or expectations of society.

Be free of the expectation of others, of society, of your family and friends. Live according to the spiritual needs of your soul. Living and realizing the true and spiritual needs of your soul automatically leads to God-Realization and God-Union. Because your soul only wants to go home - to your eternal home in God. The souls of all others have the same desires, even if the present ego of others around you may have different goals at present. Selfish goals and priorities in life can only be the result of spiritual ignorance within others. Striving for true spiritual goals however always leads to receiving all spiritual support and bliss by other souls **and by God** as well.

When you strive for a change - first learn to completely dissolve any attachment to your previous behavior and situations. Learn to accept something totally new and different from anything you ever made before on earth. Be ready for a total change in life, including anything you ever could imagine.

Please keep in mind that most of the cultural behavior of your society must be wrong - because if your society would be right in most what they do - **all people within that society would be home in God** - rather than being on earth. Being on earth simply proves that they missed some of the substantial spiritual lessons in life. However always remember that every culture, every religion, every nation, every system, every race on earth still has something really valuable to teach you, to give you.

One mistake in common for most groups on earth is the missing spiritual knowledge and strive within their lives, the missing LOVE in their lives whatever they do. This is a particular lesson on this very planet earth. And it is the very particular lesson the authoring soul of this web site would like to help you understand and realize through the many chapters of this web site.

Be ready for a complete change in life -and you´ll be free and open for all LOVE and BLISS from God that you ever need to achieve spiritual growth and freedom in God. Stop accusing others and calling others responsible for your present situation and start to take full and sole responsibility for your entire life, for your past, your present and your future. **Be in charge of your life** - God will help you to drive your soul home - through all the imaginable storms of earthly life and spiritual exams - home on your way of LOVE. God certainly wants to know and make sure that you really want to go back to your divine and eternal home before uplifting you. How could he ever pull you out of a situation to which you still feel more attachment than toward LOVE and freedom in God. He gave you freedom and that is exactly what you have - the freedom of choice in every second you live. May USE of this freedom, make wise use and decide on your own.

With Divine Love and Bliss

Hans

Beloved Souls

From the Cyberspace Ashram

<http://www.kriyayoga.com>

January 29th, 2000

For your soul and peace of mind

For your soul and spiritual progress

the principle of living NOW and HERE is an old one. too old to be mentioned again and again - but still most people on earth forget it again and again. thus here one repetition again for your reference:

many of us are living in the future. living in the future means

- worrying about anything past today
- thinking about their old age
- worrying about how to get all the resources, money, food, work to finance the next year, next decade, the life of children when they are grown up in years from NOW,
- the political future of the own country
- the economical future of the own country
- the economical future of the own business or employer
- and more such thoughts

all this and more may keep your mind busy and away from

- learning TODAY's lesson
- doing today's work with all your concentration, with all your Love and all devotion needed and deserved by your surrounding environment.
- learning today ALL the spiritual lessons God offered YOU TODAY, today really means TODAY - just look at a calendar, at your wrist watch and see what day we have TODAY.

Today we all may have met people that had something for us to learn. something for us to do to further proceed on our spiritual path of Love toward our final destination of our soul.

did you realize your lessons of TODAY and those of YESTERDAY and the days before ??

as long as we allow our mind to travel into future or into past, we may miss all or most of our daily lessons, hence we may skip or miss most or all of the possible spiritual progress that God offered us today on our path of Love - this creates our future - future incarnations - until all has been learned and dissolved in Love.

the alternate path we choose automatically when skipping our daily lessons is - the path of Karma - that means we learn by suffering all or part of all karma we cause day by day as long as we are mentally, emotionally or physically absent during our physical activities HERE and NOW.

all souls having a physical body learn at first through the means of this physical body and by meeting physical persons. all that have a physical body need to learn all lessons first by using ALL part of their physical body - to think, to taste, to smell, to feel, to LOVE, to work, to talk, to write, to listen - with and/or to other souls having a physical body as well.

true spiritual learning starts after you have truly mastered ALL ways of physical communication with your entire surrounding, with all animals, plants, minerals, nature in general and as a whole, and of course with ALL humans on earth.

this learning is FUN and involves lots of LOVE for all person involved. for ALL - as long as you do all with all your mind, emotions, body fully open and fully focused toward all your present surrounding. keep all your attention fully focused on all activities, all meetings, all work, all people you meet, at this very seconds and minutes. when you are truly and fully concentrating on what you do NOW - these seconds - and when you are fully open toward all experiences YOU have NOW - these seconds at the place you are NOW. then you may save dozens of incarnations - incarnations that might be needed to learn when you skip your today's lesson by being mentally, emotionally or physically blocking off your present HERE and NOW experiences.

all part of you should be HERE - NOW

- your physical body should be fully open to all experiences offered to you HERE and NOW
- your thoughts are part of your lightbody - also of your physical body - and all of them should be with your body, focusing on what is going on inside you and immediately surrounding you
- your attention and awareness should be fully present in your NOW and HERE direct surroundings
- your emotions should be with you at the place and with the persons you meet NOW - these seconds. with the single person that might be hugging you NOW these seconds or the person that needs your LOVE NOW because your love is the only power that can dissolve your karma. your Love comes from God - hence you need to be open for God all the time (see the new chapter about that) and at the same time fully open for your present person approaching you NOW at any time of your existence.

when you have learned to solve all that is offered NOW to you by God - one day there might be only one TIME - the NOW. it all is one.

the future comes to existence by postponing for any future date what is offered to you NOW - today - these seconds. one day you may have learned to offer anything you ever do to God - thus keeping you free eternally.

anything and all you do right now on earth needs to be dissolved one day

ALL

any company you found is being dissolved for sure one day

any house you build and finance is being dissolved one day

any money you save is being dissolved and lost one day

any family ties you build up is being dissolved one day

any education you receive is being dissolved one day

any relationship on earth is being dissolved one day

it is but Love that persists and survives all incarnations

because Love is the only Divine you ever can have on earth

just Love is all you really need to find your path to God

I love you

Hans

15th February 2000

Beloved souls

content:

1. away for 3 months approximately
2. workshops in may 2000
3. welcome in the philippines
4. for your soul and spiritual progress

1. as of Feb. 17th I am away until approx. may 18th 2000

for all really urgent and purely spiritual questions you may contact me during this time by e-mail through the return address of this email and may expect an answer within 2-4 weeks approximately.

by now return go germany is scheduled for my 18th 2000. this may vary depending on real needs. after return a stay of 3 weeks or so in germany to conduct a few workshops when needed may be scheduled.

early june another journey abroad for several months may be planned.

2. workshops ...

initiation to kriya yoga / or spiritual counseling may be held between may 18th and about june 7th 2000 in germany upon prior request and arrangements

if interested please e-mail well ahead of time to allow for planning. you will find more on the what's new page at [aktuelles - what's new](#). current URLs of mirrors have been mailed to you previously and remain valid for the time being.

3. scheduled to be in the Philippines

from Feb. 18th till approximately may 17th 2000

if you are living in the philippines or plan to go there and wish a personal meeting or diksha (initiation) to kriya and are properly prepared as outlined in the [Kriya Yoga Information](#) page you may arrange a meeting there and we may meet at the place of my residence. e-mail contact is possible but you need to expect an answer to take 2-4 weeks as I intend to be in remote areas fully focusing on meditation and writing new chapters and may have limited access to the internet..

4. for your soul and spiritual progress

what is your goal in life ?

did you ever seriously think about it ?

do you have many goals and the priority even changes every once in a while ?

can you clearly and positively describe your present incarnation's single most and only goal in a short single sentence ?

making up your single and only priority in life as a key to success is important. many godseekers happen to have no clear goal at all. some just want to escape this planet or their present situation in business or family. to reach god however you truly and sincerely need to make a positive decision and affirm it again and again.

after having read the chapter about the magic of words and about the principle of samyama you

should be aware of the importance on how to mentally or verbally affirm your goal in order to reach it at all.

if you truly have a spiritual goal in this incarnation you may need to learn to positively affirm this goal again and again. writing this single goal onto a piece of paper and put it at a place to see it daily helps you.

if you have a spiritual goal and one or more material goals, your life may become a turmoil as the two may easily conflict with each other and tear you in opposite directions.

keep in mind that you have eternity to find your way back home or you may decide this incarnation to be your very last one.

if you ever should decide this incarnation to be your very last one - then it surely is time to pack your bundle and start moving. there is plenty to do and thinking that all this may be done later may result in a situation described in the chapter later may be too late. **the fact that YOU ARE HERE is the single and absolute proof that in earlier incarnations it was too late when you started your spiritual path.** do you really want to repeat this cycle of reincarnation again and again ??

to end the cycle of reincarnation may take as much as several ten thousands of hours of intense spiritual practice such as 20'000 to 30'000 hours of kriya pranayama in addition to many ten thousands or up to hundred thousand or more hours of true, sincere and intense practical application of all you have spiritually learned. time is relative and the required time finally depends on the purity of divine love that you develop. in normal cases it takes dozens of incarnations to end the cycle of reincarnation for most people. however it truly is possible to finish this cycle by the end of the present incarnation if this is your true, sole and final goal in this incarnation. if love is all and the only motivation of all you ever do. if to love and help ALL others is all you ever have in mind and if you allow all divine bliss and love to flow into you and uplift you.

spiritual development is a long lasting process that takes many hundred thousands of years and may last even many millions of years of longer. after all it is a process that all can shorten when working full time and with all the power of your heart and soul toward that single goal.

you first need to make up your mind - and find a single and only priority in life. if spirituality is important to you and you can positively say YES to godrealization and godunion - to Love in all and any situation of life - then you will need to develop willpower to achieve this goal. you also will need to develop common sense and good judgment to always recognize anything that might ever pull you out of your most direct and straightforward path to god. as soon as recognizing any deviation from your most direct path of love to god - re-adjust your direction and keep asking and praying to god to help you to stay attuned on your path of love. put all your energy into that single goal - freedom and love in God is an eternal achievement beyond any earthly description or experience and far beyond the value of anything material you ever could achieve on earth. godunion is a goal really worth to strive for but to reach such a divine goal you truly and fully need to concentrate ALL your efforts of TODAY toward reaching such a divine goal - else you may find yourself again somewhere - sometime - in a physical body. again and again - just as you do NOW !!

it is your freedom to make any decision you like and love -

but

keep in mind that you should refrain - **eternally** - from any later complaints when illness, pain, diseases and old age are hitting you one day - just as a result of regular earthly life. it always is and was your own and sole decision and your present situation on earth is the sole result of **YOUR** previous incarnations and **YOUR** previous decisions **YOU** ever made before. have you recently lost a friend, husband or wife, children, sisters or parents, did you lose a job are you fearing the loss of your job, are you fearing anything at all - like being left by a beloved one, or do you fear death or what's beyond death ? are you ever dissatisfied, frustrated, stressed or even angry due to a present or past situation in your family, job, political, economical or other condition in your life ? this all is the result of lack of spiritual drive in your present or past incarnations.

YOU may change such situation immediately - if you make spiritual progress your full time job as of today and working just a carrier to get you along through the many places and lessons needed to spiritually progress and prosper. many helpful topics and explanations can be found in the various chapters of the Cyberspace Ashrams web site - read, study, learn, understand and apply it all - for your benefit and the benefit of all mankind on earth and beyond. are you still hesitating on your path to god - hesitating in life generally
- then please

look at the average population on this planet - that exactly is what is happening to mankind focusing on earthly and material development and values rather than on spiritual development. how many millions are suffering from cancer, BSE, AIDS, tuberculosis, malaria, MS, alcoholism, drug abuse, war, violence, malnutrition, and many other violent and painful illnesses worldwide. how many people are leaving their present physical body in a normal way - a normal way is experienced by all true godseekers having conducted a life filled with love - nothing but love - a normal "death" means being completely healthy and physically fit one day and going to bed - sleeping - and dropping the body while asleep - just to wake up beyond. how many percent of all mankind has achieved a state of spiritual development to leave their present body in such divine peace ?? ask your friends, family members and look around. probably you will find that far less than 10 percent are leaving their body in health and peace, ALL OTHERS are losing their body to their karma just to pick up another one for the coming incarnation to be a straight and direct continuation of the present one.

is this what you truly and really want ??

please make up your mind and wake up from all your dreams.

- dreams of first enjoying life - how can you enjoy life in a prison on earth - your physical body is a prison for your soul - making you blind for all the remainder of god's divine creation, the emotions of all others and more.
- dreams of first enjoying money, wealth and career and start your spiritual path later - when later ? when you are old and broken by your karma and the many illnesses most are suffering in old age on this planet - how could you ever have then the power of will and physical power you need to go through all the many ten thousands of hours of kriya pranayama, spiritual practice, meditation, karma yoga, loving of all mankind and more
- dreams of going to god without ever having worked for it at all - after a life of enjoyment, selfishness and material greed and stinginess - how would you ever find a path through your own aura ? to dissolve all in love needs continuous time and continuous efforts for years and decades - for the entire remainder of your present incarnation as of today !

please remember that you all are free - free to make any decisions necessary - free to change anything in life needed to attain more and real happiness and love in all situations. but YOU need to make all the decisions and changes - once YOU made all these steps you then will feel that god

was but waiting all the time until YOU made up your mind and allowed him to assist you and uplift you - but you need to emphasize this decision day after day again and again by positively affirming your sole and only priority of life being a true and eternal oneness in god and love.

I love you

Hans

Cyberspace Ashram

<http://www.kriyayoga.com>

Spiritual Newsletter March 3rd 2000

Beloved Souls	Geliebte Seelen
<p>And now something for your soul to improve your quality of earthly life on your path of Love to God:</p> <p>I don't know ... I cannot ... Too difficult for me ... I cannot understand this ...</p> <p>do you use such phrases every once in a while ??</p> <p>Please always keep in mind that WE ALL got the absolute same and full potential from God. If you ever noticed that your PERSONAL capabilities - intellectual or physical - seem to be less than the one you observe from others, then it is only due to YOUR slowing and killing selfhypnosis.</p> <p>Pay attention to your thoughts and pay attention to your words and thoughts in regard to anyone else. Whatever you say or think about others affects you as well. If you are using phrases like "you are too small to understand", "you are too weak to ...", "you are too stupid to ...". such and similar sentences spoken or thought about others are affecting you in exactly the way as they do others !!</p>	<p>Und hier etwas für deine Seele und deinen erfolgreichen Weg durch das irdische auf dem Weg der Liebe zu Gott</p> <p>I weiss nicht Kann ich nicht zu schwierig für mich ... versteh das nicht ...</p> <p>kennst und benutzt du solche Ausdrücke hin und wieder in deinem Leben ??</p> <p>Dann bedenke, dass alle Kinder Gottes das absolut gleiche göttliche Potential erhalten haben - nämlich absolut alles was Gott auch in sich hat. So wie aus einem kleinen Fohlen auf wackligen Beinen eines Tages ein grosses und kräftiges Pferd - Vater und Mutter zum Bilde gemacht - wird, so werden auch wir voll entfaltete Ebenbilder Gottes - Kinder Gottes - Gott zum Bilde geschaffen.</p> <p>Was dich JETZT von anderen Menschen auf diesem Planeten im physischen Bereich deiner Fähigkeiten und Möglichkeiten unterscheiden mag ist NUR und AUSSCHLIESSLICH das Resultat deiner eigenen hemmenden, erniedrigenden und tötenden SELBTHYPNOSE. Sätze wie oben genannt und ähnlich - in Bezug auf DICH selbst oder in Bezug auf andere gesprochen und / oder GEDACHT (das</p>

Always make sure to use positive affirmations to reach any goal like:

- I can achieve anything and everything I really want
- I can do anything
- I can learn whatever I want to learn
- I can do as much and even more than anyone else
- God gave me all Divine Power and Potential and I can easily learn to realize that potential if I really want to do so

Learn in small but STEADY steps to achieve anything you really want. You can do anything you like to do. God is always helping you. Even the most difficult things to master are but a series of small steps added together. Some others may have needed several years, decades or even incarnations to achieve what they have and are NOW - several ten thousands of hours or more - if YOU invest a similar amount of energy, effort, concentration and willpower, you will truly achieve similar results --- IF YOU REALLY AND FULLHEARTEDLY WANT TO ACHIEVE IT !!!

the question always is WHAT DO I REALLY WANT ?? Free from any expectations from others what they expect YOU to do for them !! Make up your own mind, find your own goals for YOUR life and then GO FOR. it is just a few steps away from now.

If you do what you want for the true wellbeing of all mankind it all will become even much easier. then all souls, God and all creation may be supporting you on your path to achieve your goals.

if however you are heading toward any true personal goal, personal career, anything that only serves yourself and may be a few ten thousand others or a single country or continent, then you may have to fight against the rest of the world or against the rest of the entire creation.

kannst du noch nicht, du bist zu klein dazu, du bist zu dumm dazu,) sind es, die dich auf deinem spirituellen Weg ebenso wie im beruflichen oder allen weiteren Bereichen des irdischen Seins hemmend und blockieren.

Beachte dass du ausschliesslich positive, starke Affirmationen verwendest, wie zum Beispiel:

- Ich kann alles erreichen was ich wirklich will
- ich kann alles lernen was ich will
- ich schaffe alles
- ich erreiche jedes beliebige Ziel das ich wirklich erreichen will
- Gott gab mir alle Kraft und das ganze Potential was immer ich brauche, um all meine Ziele erreichen zu können - wenn ich sie wirklich erreichen will

Lerne in kleinen aber stetigen Schritten deine Ziele zu erreichen. Du kannst alles erreichen was du wirklich und ganzherzig mit Leib und Seele erreichen willst !!

Selbst die schwierigsten Dinge im Leben sind nur eine Reihe verschiedener Schritte aneinandergereiht. andere Menschen, die du vielleicht ob ihres Erfolges bewunderst mögen viele Jahre, Jahrzehnte oder Inkarnationen - viele Tausend oder Zehntausende von Stunden oder mehr investiert haben um das zu erreichen was sie jetzt haben oder sind. --- WENN DU WIRKLICH UND ERNSTHAFT GANZHERZIG WILLST, DANN KANNST AUCH DU DASSELBE ERREICHEN !!!

Die Frage ist immer "was will ICH überhaupt ?? Entscheide dich was DU wirklich willst, frei von Erwartungen anderer !! Deine Motivation ist nur dann 100% wenn du DEIN eigenes ZIEL anstrebst. dann kann dich die ganze göttliche Schöpfung unterstützen beim Erreichen deiner Ziele.

Wenn du als einziges Ziel das wohl der ganzen Menschheit, der ganzen Schöpfung

this is the difference between selfless action that you truly can offer God or selfish action that only serves a part of creation or even less. for all selfless action god is carrying you all the way !!!!!!! all other action YOU are going it personally step by step.

als Motivation deiner Ziele hast, dann werden dich alle Seelen, die ganze Schöpfung und natürlich Gott bei allem was du tust voll unterstützen.

Wenn du jedoch deine eigenen persönlichen Ziele anstrebst, die vielleicht NUR dir und einigen Zehn-Tausend anderer oder einzelnen Ländern dienen, dann kann es sein, dass du gegen die ganze restliche welt und Schöpfung ankämpfen musst.

Möchtest du jedoch allen Menschen, der gesamten Schöpfung dienen, so kannst du mit Leichtigkeit alle deine Ziele und Handlungen Gott widmen und wirst auf allen deinen wegen immer von Gott und der gesamten Schöpfung unterstützt.

dies ist der Unterschied zwischen selbstlosem Handeln und selbstsüchtigem Handeln. Wenn du selbstlos handelst - so wirst du von Gott auf deinem Weg getragen. Handelst du selbstsüchtig - so wirst du i.d. Regel den Weg persönlich gehen - Schritt für Schritt.

with Divine Bliss and Love

Hans

In Liebe und Gottes Segen

Hans

Cyberspace Ashram - Spiritual Newsletter

May 21st, 2000

Eternity - Infinity

Ewigkeit - Unendlichkeit

Beloved Soul

God is eternal so are we - have you ever thought about what that means to you - living eternally ? Where do you want to live eternally and how do you want to live eternally ??

Are you always making the right decisions to achieve your very eternal goal or at least are you approaching this goal more or less directly ??

God and God's entire creation is infinite - since we are his children and are made to his image - it means that all of us is infinite as well, including our divine potential to All is infinite

- our potential to learn
- our potential of creativity
- our potential to love in an infinite number of different ways and with infinite power and strength of our Divine innermost being of our soul
- our potential of making experiences - including painful experiences often called "mistakes" is infinite
- the velocity - speed - to learn and spiritually grow is potentially infinite -

Geliebte Seele

Gott ist ewig - so sind wir - hast du je darüber nachgedacht was dies für dich bedeutet ? Wo willst du deinen Rest der Ewigkeit verbringen und wie ???

Bist du sicher, dass du immer die richtigen Entscheidungen triffst, um dich DEINEM selbst gewählten Ziel zu nähern und letztendlich eins mit deinem Ziel zu werden ?? Oder bist du wenigstens gewiss, dass du dies auf einem mehr oder weniger direkten Weg tust ??

Gott und dies gesamte göttliche Schöpfung sind unendlich - frei von jeglichen Grenzen in jeglicher Hinsicht und in allen Dimensionen des Seins. Dies bedeutet, dass auch wir potentiell in allen Dimensionen unseres Seins ebenso frei von Grenzen - also unendlich - sind, also

- in unserer Fähigkeit zu lernen
- in unserer Kreativität und Schöpfungskraft
- in unserer Fähigkeit zu lieben in einer grenzenlosen Anzahl verschiedenster Weisen und mit grenzenloser Intensität und Macht unseres innersten göttlichen Kerns unserer Seele
- in unserer Fähigkeit Erfahrungen zu machen - auch schmerzhaft, die oftmals als "Fehler" bezeichnet oder betrachtet werden

- we can learn extremely slowly or extremely fast - it all is up to us !!
- the potential number of places to incarnate is infinite as well as the number of different spiritual locations - levels of spiritual development and achievement is infinite
 - the number of paths to God is potentially infinite as well as the opportunities to get lost - at least for a part of eternity - within the many locations and universes our ego is capable to create and support - is infinite !!!!!!!
 - how much or how little is part of eternity ??
 - be aware that you have a real and absolute goal in your life pointing to a point far beyond the present incarnation. Be sure you know how easy it is to lose orientation without a compass in the middle of desert. Mankind on earth is like in the middle of desert and most of the present population has lost the orientation in life.

If true divine Love is what you are aiming at - then you surely have a solid orientation and you never can really get lost - except for a few days or weeks in weird situations - if you temporarily lose your orientation and get absorbed by fear or worries or anger for a very brief period.

Please learn to orient yourself in Love toward development of ever expanding Love - remember Love is eternal and infinite - the development of Love never ends - it goes on and on eternally.

If you are mathematically inclined - at least a little - then you can imagine a ray starting at one point and going into infinity - of any and all dimension !!! - like the spectrum of frequency that starts with ZERO Hertz and the frequency (vibration of human mind, body, consciousness, Love,) increases more and more - with absolutely no end into infinity - Love and all related manifestations of Love increase eternally and infinitely their frequency (vibration) !!!!!

When focusing in your daily life toward God - toward his infinite Divine Love - then you are tapping this very infinite source and connecting your own body, mind and soul with all pertaining manifestations to this

- in unserer Geschwindigkeit zu lernen, uns spirituell zu entfalten ebenso wie auch in der Reinheit der göttlichen Entfaltung unseres Wesens, unserer göttlichen Liebesfähigkeit
- in der Anzahl möglicher Orte in denen wir re-inkarnieren können, als auch in der Zahl der Inkarnationen die wir erleben können, so wir im Kreislauf der Inkarnationen verweilen - bzw. versäumen diesen Kreislauf bewusst und durch eigenen Anstrengungen und Änderungen zu verlassen !!!!!!!
- in der Anzahl unterschiedlicher spiritueller Entwicklungsstufen abseits von Gott
- in der Anzahl Wege zu Gott - vom kompliziertesten und indirektesten bis zum direkten Weg der Liebe - ebenso wie in der Fähigkeit uns grundsätzlich für einen Teil der Ewigkeit in Gottes Schöpfung zu "verlieren" in der Vielfalt der göttlichen Schöpfung abseits der göttlichen Welt der Liebe in Gott
- Wieviel oder wie wenig ist ein Teil der Ewigkeit, die du abseits von Gott verweilen und dich verlieren kannst ???
- werde dir voll und ganz bewusst welches Ziel du in der aktuellen Inkarnation anstrebst und schaue ob dieses Ziel auch über die aktuelle Inkarnation hinaus zu Gott und zur Entfaltung von Liebe führt. Werde dir bewusst wie leicht es ist, sich zeitweise in der eigenen Welt des Ego zu verlieren und die Orientierung in der Ewigkeit und Unendlichkeit zu verlieren.

Wenn du wirklich wahre göttliche Liebe anstrebst, dann hast du mit Gewissheit ein robustes Ziel in deinem Sein geschaffen. Ein Ziel mit einem immens starkem Magnetismus der dich deinem Ziel immer näher führt - mit zunehmendem Fortschritt auf deinem wird dies auf einem liebevollen und immer direkteren Weg erfolgen. Zu Beginn deines Weges magst du kurzfristig noch von Ängsten, Sorgen und Zweifeln erfüllt und von deinem Ziel abgelenkt werden. Werde dir solcher Ablenkungen bewusst und orientiere dich noch konzentrierter auf dein eigenes spirituelles Ziel und die Ablenkungen werden von Tag zu Tag immer seltener und schwächer. Durch deine sich stetig verbessernde Zuwendung und Hingabe an Gott und die Entfaltung von Liebe wirst du immer mehr zu einem verwirklichten göttlichen Wesen der Liebe.

Lerne bitte dich immer intensiver auf dieses Ziel zu konzentrieren und darauf zuzusteuern. Erwinnere dich, dass Liebe unendlich und ewiglich sind - die Entfaltung und Verfeinerung deiner Liebesfähigkeit wird ewiglich, unendlich und immer schneller wachsen - in alle Ewigkeit und frei von jeglichen Grenzen !!!!!

So auch die Entfaltung aller anderer Wesen in Gottes Schöpfung.

very Divine source of all sources and of course your own body mind and soul will be filled and finally becomes one with this very Divine vibration of Divine Love until you ARE THIS VERY DIVINE LOVE in all your manifestations - infinitely and eternally !!

To make sure that YOUR remainder of eternity turns into a pleasure, Love and bliss you need to start to learn and continuously practice to control and direct your mind, your attention and focus toward Love - once you have achieved God-Union you are free for eternity to do whatever you love to do and whatever you want to do - until then you have to learn whatever separates you from your Divine destination.

If however you reject or refuse to consciously learn to love and direct your development toward Love - you may as well find yourself for millions and millions of years in a circle of incarnation into the physical plane or astral universes of infinite variety of ego, selfishness, aggression, There is and always will be an infinite number of aggressive ways to live and an infinite number of loving ways to spend eternity. The choice always is yours.

Focus for a while - and repeat this again later on - on the meaning of eternity and infinity of human life, consciousness, awareness, being, potential and loving - it may help you to achieve a different inner attitude within your self or fine tune your present attitude to achieve your goals faster, smoother and more lovingly.

Wenn du mathematisch begabt bist, so stelle dir bitte die Entwicklung wie ein Frequenzstrahl vor. Beginnend mit NULL Hertz und in sich in alle Unendlichkeit ausdehnend. Also gibt es in die Richtung der Schwingungserhöhung oder Verfeinerung der Schwingung keinerlei Grenzen. Dies stellt die Fähigkeit zu lieben dar. alle anderen Fähigkeiten und Dimensionen - Raum, Zeit, Kreativität, Heilkraft, Gedanken-Vielfalt, Gefühlsvielfalt und Gefühlsfeinheit, Wahrnehmungsfeinheit, verhalten sich ebenso !!

Wenn du deine Aufmerksamkeit und dein Ziel auf diese göttlich unendliche Liebesfähigkeit richtest - so trittst du mit dieser grenzenlosen Liebe in direkte Verbindung und sie wird dich emporheben zu deinem Ziel. Immer schneller und immer liebender, da du immer offener und reiner für den Empfang und die Umsetzung dieser Liebe wirst. Übe diese stete und immer direktere Orientierung auf das Ziel der Liebe im deinem Leben immer öfters und intensiver - du und deine gesamte Umgebung werden den Nutzen davon haben.

Wenn du jedoch - egal aus welchen Gründen - dich gegen Liebe sträubst oder Liebe strikte ablehnst, so werde dir bewusst, dass du durchaus auch Millionen von Jahren abseits in physischen oder astralen Dimensionen verweilen und inkarnieren kannst und darfst. Die freie Entscheidung deines Lebensinhaltes liegt immer bei dir alleine !! Es gibt eine unendliche Anzahl des aggressiven und selbstsüchtigen Seins ebenso wie eine unendliche Anzahl des liebenden Seins.

Denke wiederholt über die Begriffe Ewigkeit und Unendlichkeit nach und werde dir deren Bedeutung für dich und die gesamte Menschheit und göttliche Schöpfung bewusst. Dieser Bewusst-Werdungs-Prozess wird dir helfen klarer und intensiver das Ziel deines innersten Wesens zu erkennen und zu erreichen. IN mehr Liebe und aus Liebe.

Cyberspace Ashram - Spiritual Newsletter

June 3rd, 2000

**Making
others
happy**

**Andere
glücklich
machen**

Beloved Soul

some true Godseekers sometimes feel alone on this planet - alone in the sense of having or experiencing no one else to assist them helping others, loving others, joining them on their path to God.

it is true that you may find a few ones talking about their deepest spiritual believes and goals. but you can be assured that finally you have several thousands of true companions working full time toward Godrealization and at the same time helping other reaching the same goal. While many Godseekers still may be involved in worldly affairs - most retire from such activities and concentrate on their spiritual goal for the well-being of all mankind on earth and beyond.

Geliebte Seele

Einige der Gottsucher rund um die Welt fühlen sich einsam - einsam im Sinne von alleine auf dem Weg zu Gott in einer nahezu ausschliesslich materiell orientierten Welt.

In vielen Teilen dieser Erde finden wir wenige Menschen, die bewusst spirituell sind und noch darüber reden. Oftmals erfahren und erleben wir, dass Spiritualität out zu sein scheint. Und doch ist Spiritualität das wichtigste im innersten fast aller Menschen. dies wird meist im Angesicht des Todes jedem betroffenen bewusst. In anderen Ländern wiederum erfahren wir das Gegenteil. Dass nahezu alle Menschen bewusst spirituell sind und sich nahezu täglich bewusst und teilweise sehr intensiv über spirituelle Themen unterhalten und auf mehr oder weniger liebevollen Wegen fortschritte machen

learn to feel as a member of this group. even if most true Godseekers never may belong to any particular organization or even be free of any religion, they may work in disguise and use description to do their spiritual work because it leaves them more energy and freedom to concentrate on the true purpose and goal of their present incarnation - Godrealization and uplifting all mankind.

become a silent member of this group and allow God to organize and manage all your spiritual work, help and assistance as well as your own lessons and progress. the more you allow God to guide you - the more you may free yourself from any involvement in worldly and administrative affairs.

God never needs or uses administration - only mankind's ego does so. God focuses on Love - as love needs to flow freely to heal, any administration or regulation of such Love can be but detrimental to any true divine spiritual goal or achievement of mankind on earth and beyond.

learn to direct all your efforts and energy into loving and healing others and withdraw your energy and life force from administrative waste in your life. remember: your happiness is the result of creating happiness in others. making others happy could well be a nice and enjoyable full time job for all mankind for eternity.

learning to make others in more and more different way happy with the purest love you ever can let flow through you is one of the most divine experiences on earth while having a physical body.

enjoy making others happy - repeat this experience again and again and

zu wollen. Bereit zu lernen, bereit lieben zu wollen ohne zu wissen wie.

Es gibt auch viele Tausende Menschen die zu ihrem Innersten und somit auch zu Gott stehen und mit dir den Weg zu Gott gehen, ohne dich in dieser Inkarnation je gesehen oder getroffen zu haben. Welchen Sinn würde es auch ergeben, wenn alle Gottsucher zusammen auf einem "Haufen" leben und alle hier auf Erden verlorenen Kinder Gottes, die derzeit in Sackgassen der Kriege, Feindschaft und des rein materiellen Seins umherirren und innerlich um Hilfe schreien allesamt alleine wären - alleine unter sich - alleine unter verirrtten - Blinde unter Blinden. Also sind die bewusst liebenden und zum Helfen bereiten Menschen verstreut über den ganzen Planeten - in Liebe ihre freiwillig vorgenommene Aufgabe erfüllend.

Viele liebende Seelen sind auf Erden, den Menschen zu helfen. So wie du oder so wie du vielleicht helfen lernen möchtest. Sei bereit alleine diesen Weg zu gehen, sein bereit dich als einzelner diesen spirituellen Aufgaben zu widmen. In DEINEM Innersten wirst du immer umgeben von zahlreichen liebenden Seelen sein, die dir Tag für Tag helfen deine Aufgaben liebevoll zu erfüllen, deine momentanen spirituellen oder mentalen Blockaden in Liebe aufzulösen, dich von allen Spuren der Vergangenheit in Liebe und mit Liebe zu heilen, dich zu liebenden - physischen - Freunden zu führen.

Lerne dich als Mitglied dieser Familie der helfenden, liebenden Seelen zu fühlen und auch entsprechend zu verhalten, zu helfen, zu lieben. Bedenke immer wieder, dass du Mitglied in einem Team bist in dem alles Hand in Hand geht. Jeder hat eine bestimmte Aufgabe - so wie in einem Ameisenhaufen - jeder "arbeitet" hier auf Erden spirituell auf ein bestimmtes Ziel zum spirituellen Wohle der Menschheit, des gesamten Planeten und Sonnensystems hin. Jeder

you find ways to improve the quality and strength of your love - day after day - eternally

thousands of others are doing exactly this and nothing else - making others happy day after day - as a full time job. join this team of divine lovers and feel as a member of ONE single family. dissolve anything that still might separate you from truly realizing this feeling of being a family. by the time you have reached Godunion you surely have become a family member of this single family - created in love - with love - by God.

trillions of non-physical human souls are with you in the worlds beyond, many of them helping YOU to achieve your own spiritual goals as well as to help others in their individual spiritual development and besides all these team members GOD is with you every single second - every single second - whatever you do, however you do what you do, God loves you every single second, God is ready "to take your hand" and help you, to heal you from any damage you have done to yourself, to uplift you with his infinite Love.

God's universes are creations of Love - the planet earth is but a tiny small schoolhouse-planet where Love appears sometimes to be missing, because many of us fail to perceive beyond our physical limits that we have created in our mind.

Open up your heart, mind and soul and you will perceive all oceans of Love that ever have been surrounding us - surrounding this planet and all beings here. Surrounded by an Ocean of Love - in an Ocean of Love of infinite and eternal dimensions.

Inhale Love and be Love to dissolve

ist dauernd umgeben von gleichgesinnten mit gleichen Zielen.

Jedoch bedeutet dies auch, dass es Tausende gibt die auf das Resultat deiner Hilfe warten damit sie da weitermachen können, wo du aufhörst. Es bedeutet auch, dass der gesamte spirituelle Fortschritt auch davon abhängt, ob du überhaupt deinen Teil erfüllst und wenn ja, ob du dies immer oder überwiegend SOFORT tust und mit Liebe zu Ende tust oder ob du gelegentlich auch deinen dir voll bewussten Teil und deine dir voll bewussten Lektionen in späteren Tagen, Wochen oder Monaten - eventuell auch gelegentlich gar nie - erfüllst.

Betrachte das ganze wie beispielsweise ein Fussballspiel - das nur ins Rollen kommen kann und Spass machen kann, wenn alle 22 Spieler auf dem Feld irgendwie aktiv sein möchten und es dann auch sind. Ob alle immer das beste tun ist nebensächlich, aber ob sie überhaupt etwas tun und das was sie tun auf das gemeinsam vereinbarte Ziel hin tun ist entscheidend, ob ein Spiel überhaupt stattfindet oder alles am Erstarren ist.

Tausende von liebenden Seelen hier auf Erden sind nahezu Vollzeit am lieben, heilen und helfen. Trillionen von Seelen ohne physischen Körper sind noch viel intensiver am heilen und lieben, viele davon sind bereit auch uns auf Erden liebend zur Seite zu stehen und einem höheren Ziel zu dienen - zum spirituellen Wohle der gesamten Schöpfung, einschliesslich der Menschheit auf Erden. sie sind bereit uns zu helfen, zu führen, uns zu befreien aus unseren vorübergehenden Schwierigkeiten und selbstgestrickten Sackgassen. Liebend und in Liebe uns immer und immer wieder - für viele unsichtbar und unfühlbar - zu begleiten, unsere Trümmer zu reparieren, uns in die liebevollsten Bahnen zu lenken, uns zu helfen immer und immer wieder zum richtigen Zeitpunkt am richtigen Ort sein

in Love all that presently is
separating you from the source of
Love. Say YES to Love and solutions
of Love - and LOVE.

with Love and Divine Bliss

hans

zu können, oder wenn wir uns zu sehr
streuben - die Menschen zu UNS zu
führen, die WIR hätten finden und
treffen sollen - treffen um weiter zu
kommen, treffen um Hand in Hand
gehen zu können, wenigstens für einige
Zeit, treffen um einen anderen
Menschen, der sich noch mehr verirrt
hat weiterzureichen in sichere und
liebende Hände. Manchmal sind
Hilfesuchende wie ein Spielball - den
man liebevoll weiterreicht zum nächsten
Liebenden - bist ein verletztes Kind
Gottes so viel Liebe von so vielen
verschiedenen Menschen erhalten hat,
dass es wieder gesund und stark selbst
weitergehen kann. Der Mensch als
heiliges Kind Gottes ist die heiligste
medizin für andere Menschen, so er sich
vollkommen schenken kann und will.

Öffne dein Herz und deine Seele, sag JA
zur LIEBE und LIEBE. Lerne dir bewusst
zu sein, dass du ein dauerndes
Familienmitglied einer einzigen ewigen
Familie bist. Eine Familie liebender, von
Gott geschaffener und von Gott liebend
geführter Kinder Gottes - Engeln
zugleich - hier auf Erden wieder lernend
zu lieben, zu helfen, zu heilen, für
andere da zu sein, einem gemeinsamen
Ziel zustrebend - in Liebe und aus Liebe
zur Liebe, aus Liebe zu allen und allem.

Du bist umgeben von Liebe - in einem
Ozean von Liebe - umgeben von
zahlreichen liebenden Seelen, die deinen
Weg gemiensam mit dir gehen. Lerne
dies bewusst wahrzunehmen und du
wirst dich geliebt wissen und als wahres
geliebtes und liebendes Mitglied einer
ewigen Familie wissen. Welchen Sinn
hätte es, wenn alle hier auf Erden
liebenden auf einem Haufen wären und
alle hier verirrt unter sich alleine noch
einsamer. wir sind hier den
hilfesuchenden zu helfen, sie zu lieben
und sie aus ihrer Sackgasse zu Gott
zurück zu führen - wenigstens einige
Schritte und so weit sie es freiwillig
wünschen. Viele von uns haben sich
gerade dieses letztgenannte Ziel fest
vorgenommen bevor sie die jetzige

Inkarnation begonnen haben - für viele war es der alleinige Grund überhaupt zu inkarnieren. Kein Wunsch nach Karriere, Geld, materiellem Reichtum, sondern nur und ausschliesslich Menschen hier auf Erden liebend zu helfen.

Lerne dieses innerste und heiligste deiner Ziele zu erkennen und zu erfüllen - nach bestem Wissen und Gewissen und mit aller Liebe. Zusammen in einem Team von liebenden unter liebenden - umgeben von einem Ozean von göttlicher Liebe - geführt und ewiglich geliebt von GOTT. Gott ist der Ozean von Liebe der uns dauernd auch hier auf Erden umgibt. Jedoch ist Gottes Liebe so fein, so rein, dass viele diese Liebe erst später wahrnehmen können, wenn sie beträchtliche Fortschritte auf dem Weg der Liebe gemacht haben. Gott war immer bei dir - in jeder Sekunde deines Seins. Gott wird immer liebend bei dir sein, darauf wartend dass du dir liebend von ihm helfen lässt - dich zu befreien, dich in deiner Tätigkeit liebend zu unterstützen und am Schluss deiner irdischen Mission dich in Liebe befreiend und nach Hause tragend - auf einer Wolke von Liebe.

In Liebe und Gottes Segen

Hans

Cyberspace Ashram - Spiritual Newsletter

June 12th, 2000

Main site: <http://www.kriyayoga.com>

Avoid problems is easier than to solve problems

Probleme vermeiden ist leichter als Probleme lösen

Beloved Soul

Mankind is innovative - however many or most are using their divine creativity to create new problems instead of solving them. let's have a look at one of the most common of such options and learn to avoid such problems in your life.

- how many times people do answer questions without being direct witness of the answer ?
- how many times do you say "I have heard ..." ?
- how many times do you talk about people while these people are absent and have no chance to correct what you say ?
- how many times do you forward stories with questionable origin and content ?

all such behavior is leading to repeated misunderstandings that need to be corrected or dissolved in love by the persons involved.

if you wish to reduce problems - one first step is to

- reduce any talk about third parties being absent.
- reduce or stop completely any talk about others at all unless it is for true teaching or true love and help
- start to say only what you have directly, consciously and fully witnessed in person yourself
- talk only if you truly have been asked to do so
- talk only about others if you have something really positive to say, even if you have been asked about your opinion - avoid any blackmail for any reason
- avoid any judgments about others in any situation - remember that God only loves and we all are learning to love all in any situations as much as God does
- keep yourself out of any discussion about others - allow them to be present or invite them to be present - but do so only if you have the power to truly and divinely love them

if however you want to progress even more on your spiritual path then you may

- focus all your efforts on your own life and matters and work with all your strength and love to dissolve your own ego in love rather than spending a single minute talking, discussion, arguing or thinking about others
- use other peoples behavior and experiences to learn from their life for your very own spiritual benefit
- remember that chances that you have done exactly the very same as most others on earth - including all your experiences in previous incarnations - is nearly 99.99% or higher !!!
- if you feel to be any better than any other particular person - proof it by loving this person and all others more intensely than anyone else ever did. your intensity of love is the only measure of your spiritual state of progress.

true love in all and any situation of live, business, family, political, recreation, ... is the only and most efficient method to keep yourself out of any troubles and to improve the overall condition of life on this planet and beyond.

Geliebte Seele

Die Menschheit ist innovativ - jedoch nutzen viele ihre göttliche Kreativität nur oder überwiegend zum schaffen neuer Probleme. Deshalb ist es wichtig alle deine verschiedenen quellen von Problemen zu erkennen und zu meiden oder in Liebe aufzulösen.

- wie oft geben Menschen Antworten oder legen Zeugnis ab über Dinge oder Gegebenheiten ohne je direkt Zeuge davon gewesen zu sein ? also nur vom hören sagen, von Vermutungen, oder aus ganz persönlichen und begrenzten Sichtweisen heraus.
- wie oft sagst du ich habe gehört, dass ?
- wie oft sprichst du über Personen, die abwesend sind und somit keinerlei Möglichkeit haben, dich sofort zu korrigieren oder gesagtes zu berichtigen bzw. geschehenes ins richtige Licht zu rücken und alle Hintergründe zu erläutern ?
- wie oft hast du schon etwas weitererzählt dessen Quelle dir fremd, unbekannt oder zweifelhaft war ?

All dies wirst du früher oder später immer wieder berichtigen, jemand für Missverständnisse und daraus entstandenen Schaden um Verzeihung bitten oder gesagtes in Liebe auflösen.

Wenn du Probleme vermeiden willst - ist einer der ersten Schritte

- weniger oder gar nie mehr über andere in ihrer Abwesenheit zu sprechen
- nur noch über andere zu sprechen wenn es absolut wahr ist, als belehrendes Beispiel für dich und andere dienen kann und in Liebe oder zum liebevollen helfen gesagt werden kann.
- nur noch zu sprechen, wenn du ausdrücklich darum gebeten wirst
- nur noch das über andere zu sagen was du in Liebe und zu Ihrem Wohle sagen kannst - vermeide jede öffentliche Anklage oder Stimmungsmache gegen einen beliebigen Menschen - bedenke dass Gott alle Menschen immer nur liebt und dass wir hier auf Erden lernen ebenso zu lieben wie Gott.
- halte dich aus allen Diskussionen über abwesende heraus - erlaube allen Menschen bei Gesprächen immer anwesend zu sein oder lade sie hierzu ein. Lade andere Menschen aber nur zu Gesprächen ein, wenn du in der Lage bist sie vollkommen göttlich zu lieben - ansonsten schweige lieber und arbeite an deiner eigenen Liebesfähigkeit.

Wenn du jedoch an deinem eigenen spirituellen Fortschritt arbeiten möchtest, so könntest du

- all deine Bemühungen, Kraft und Energien vermehrt und ausschliesslich dazu anwenden, dein eigenes Ego in Liebe aufzulösen. Dies ist bedeutend wichtiger und fruchtbarer als auch nur eine einzelne Minute über andere zu denken oder zu sprechen.
- nutze das Verhalten anderer nur um selbst in Liebe daraus zu lernen deine eigene Liebesfähigkeit weiter entfalten zu lassen. und weitere spirituelle Fortschritte machen zu dürfen.
- bedenke, dass die Wahrscheinlichkeit, dass auch du irgendwann einmal - einschliesslich aller früherer

How can we learn to be quiet and loving while all the remaining of our society may be complaining, blackmailing and discussing about other people - you may ask ? You remember the previous chapters about "open for God" and "rejection and fear". The techniques described there can be used as well to dissolve any energy, talk and discussions that you might want to dissolve rather than to answer.

Here the links to these chapters for your reference:

http://www.kriyayoga.com/english/on_your_wings/rejection.htm

http://www.kriyayoga.com/english/on_your_wings/openforgod.htm

the source of divine bliss and love shall always shower upon you any love you ever need - it is up to you to let this divine love flow through you toward all mankind - by doing so YOU will experience happiness, love and peace within and all your life is divine - every second of eternity - even here on earth.

with Love and Bliss

Hans

Inkarnationen - das genau gleiche wie andere gemacht hast ist nahezu 99.99% oder höher.

- wenn du dich besser als andere fühlst - beweise es - indem du alle Menschen, alle Wesen noch intensiver liebst als alle anderen es je getan haben. Deine Fähigkeit wirklich zu lieben ist der einzige absolute Maßstab deines spirituellen Zustandes und Fortschrittes.

Wahre Liebe in absoluten allen Situationen des Seins - in Beruf, Familie, Freizeit, Politik, ... ist die einzige wahre und effiziente Methode um dich und alle betroffenen aus allen Problemen herauszuhalten oder zu befreien und die Lebensqualität aller Menschen auf Erden und darüber hinaus zu verbessern.

Wie kannst du nun immer in Liebe schweigen, auch wenn dein ganzes Umfeld über andere diskutiert, spricht oder lästert ? Die Übungen die in früheren Kapiteln beschrieben sind, helfen dir auch in diesen Situationen liebend zu bleiben.

Hier die Links zu den beiden wichtigsten Kapiteln hierzu:

<http://www.kriyayoga.com/Deutsch/aufdenfluegeln/ablehnung.htm>

<http://www.kriyayoga.com/Deutsch/aufdenfluegeln/lichtdusche.htm>

Die Quelle der Liebe und Segens wird immer für dich offen sein und dich begießen mit aller Liebe und Segen, den du je brauchen kannst. Es liegt an dir, dich hierfür zu öffnen und diese Liebe und göttlichen Segen auf dein Umfeld weiterstrahlen zu lassen. Wenn du zu einer strahlenden Sonne göttlicher Liebe und Segens in alle Ewigkeit geworden bist, so wird ewige Liebe, Segen und Frieden in dir und mit dir sein - für den Rest der Ewigkeit.

In Liebe und Gottes Segen

Hans

Cyberspace Ashram - Spiritual Newsletter

July 17th, 2000

Main site: <http://www.kriyayoga.com>

**"Enemies"
and
problems
may be
your most
valuable
friends on
your way
to God**

**"Feinde"
und
Probleme
können
deine
wertvollsten
Freunde
sein auf
deinem
Weg zu Gott**

Beloved soul

How easy is it to love amidst a loving environment of peace and freedom ?? !!

NO spiritual practice or spiritual maturity is required to remain calm and loving in a loving and friendly environment.

However is people insult you, lie at you, or use force and violence against you you may perceive how spiritual you truly are.

If you then call the police, consult your lawyer, call for punishment or revenge or re-act in a similar way or just consider such

Geliebte Seele

Wie leicht ist es doch inmitten einer liebevollen und friedlichen Umgebung zu lieben !!!

Um in solchen idealen oder nahezu idealen Situationen des täglichen Lebens in Liebe zu ruhen bedarf es keinerlei spirituellen Errungenschaftgen oder spiritueller Reife.

Wenn dich jedoch Menschen beschimpfen, beleidigen, verachten, erniedrigen, belügen, betrügen oder gar bedrohen oder dir Gewalt antun, zeigt sich dein wahrer spiritueller Stand deiner Entwicklung.

a action or re-action - your spiritual development is at or near ZERO.

Learn to love in absolute all situations of life. Learn to love all - whatever they do or ever have done to you or anyone else in any situation in the past, presence or future. Learn to love those most who appear to be your biggest enemies. Learn to love instead to re-act. Learn to love and dissolve in love and remain focused on God and divine love in all situations of life and crisis of life you ever may encounter.

Whoever insults you, kidnapps you, lies at you, uses violence against you, etc may have suffered from exactly the same or similar actions any time before - even in previous incarnations - and may need true divine love to be healed - YOUR LOVE - flowing from God through you to him, to heal him and heal all his wounds.

All such situations and apparent crisis of life are to give you feedback about your very own spiritual level of development and achievement. To allow YOU to grade yourself honestly and critically - it is for your very own spiritual benefit to do so again and again. Whatever you learn NOW is for the remainder of eternity - for YOUR very personal benefit. Be grateful for every such exam if spiritual life and achievement - all these situations help you to really progress on your path of love to God as they assist you to develop true divine love in all and any situations of life. The more you succeed to remain loving in such situations - the more you get closer and closer to God-union and freedom in God.

One day all these spiritual exams and test will disappear and be dissolved in an ocean of divine Love and all that will remain and persist is divine Love from God to You and to all creation, all beings. An eternal and almighty flow of divine Love shall start to flow through you - to free you and heal you for the remainder of eternity. In Love - with Love.

Wenn du dann zur Polizei gehst, einen Anwalt zur Hilfe nimmst, Anzeige erstattest, Rache oder Bestrafung forderst oder auch nur in Erwägung ziehst, mit gleichen oder ähnlichen Handlungen oder Worten re-agierst, dann ist deine spirituelle Entwicklung gleich oder nahezu NULL.

Lerne in absolut allen Situationen des Lebens zu lieben. Lerne diejenigen am meisten zu lieben die sich als deine grössten Feinde darzustellen scheinen. Lerne zu lieben statt zu re-agieren. Lerne in Liebe aufzulösen und dich in allen Situationen und "Krisen" des täglichen Lebens mit Gott zu verbinden und in Liebe zu ruhen.

Wer immer andere erniedrigt, beschimpft oder ihnen Gewalt antut, etc, ist womöglich von anderen seinerseits irgendwann in seiner Vergangenheit - auch in früheren Inkarnationen - erniedrigt, beschimpft oder misshandelt, etc worden. Wer immer sich "daneben" benimmt - nur wahre, göttliche Liebe kann ihm wirklich helfen - DEINE LIEBE - von Gott durch dich zu ihm fliegend und ihn heilend !!

ALLE solchen Situationen und alle scheinbaren "Krisen" des Lebens dienen dazu deinen wahren spirituellen Fortschritt zu prüfen und dir Einsicht in deinen eigenen spirituellen Entwicklungsstand zu geben. Prüfe und erkenne dich selbst - es ist zu deinem Wohle wirklich kritisch und ehrlich zu dir selbst zu sein. Sei dankbar für jede Prüfung und jede Lektion in deinem Leben - sie helfen dir Gott Tag für Tag näher zu kommen.

Eines Tages werden alle Prüfungen in einem Ozean von göttlicher Liebe verschwinden und nur noch Liebe übrig bleiben - Gottes Liebe für dich, die durch dich zu allen und der gesamten göttlichen Schöpfung fliesst. Ein ewiger und allmächtiger Kreislauf göttlicher Liebe beginnt zu fließen und dich zu befreien und dich zu heilen - für den Rest der Ewigkeit. In Liebe - aus Liebe.

In Liebe und Gottes Segen

with Divine Love and Bliss

Hans

Hans

Kriya Yoga Ashram and Cyberspace Ashram

Spiritual Newsletter

July 24th, 2000

**The more
obstacles
you may
encounter
the more
power
you can
develop
on your
Divine
path to
God**

**Je mehr
Widerstände
du erlebst -
je grösser
kann deine
Kraft auf
dem Weg in
die göttliche
Freiheit
werden**

Beloved soul

here on earth most mankind find thousands of obstacles on their path of life. In family, business, recreation - sometimes even on their path to God. Laws and rules of governments, parents, school-teachers, trainers, bosses, employers and even churches and religious groups or spiritual traditions attempt to enforce a variety of restrictions and obstacles on you and in your life. obstacles may hamper your happiness and your freedom as well as your overall wellbeing and overall health - obstacles may hamper your forward motion on your spiritual path

OR

they may make your decision on your path even stronger, clearer, firmer and finally may make YOU STRONG - strong enough to succeed even faster than ever - on your path of Love to God.

when facing an obstacle, basically you may find two different typical re-actions of most people

1. more or less total resignation, obedience, acceptance of any restriction in life until death - quiet acceptance of any restriction from any hierarchy with or without any reason whatsoever. this attitude often leads to a coma-like state of consciousness and awareness paralyzing most your life-force. this situation may lead to an attempt to escape life through alcohol, drugs and similar activities pulling your attention away from your daily reality. blind obedience and resignation leads to loss of vital force - loss of YOUR life-force for the benefit of the other party of the game - the hierarchy to which you sacrifice all your life.
2. inner revolution, inner strength and an attitude of a "fighter" telling " I will do it anyway" overcoming ANY obstacle directly or with the means of any technique or trick or through your ever increasing power of will to achieve what YOU want to achieve.

Geliebte Seele

Hier auf Erden finden die meisten Menschen Tausende von Hindernisse auf ihrem Lebensweg. In der Familie, im Geschäft, in der Freizeit, im Sport, in der Politik - ja sogar in der Religion, von der Kirche oder von spirituellen Gemeinschaften magst du Widerstände und Hindernisse erfahren. Widerstände und Hindernisse in deinem Leben können deine Lebensqualität, deine Freiheit und dein Lebensglück einschränken oder mindern, oder vorübergehend dein spirituelles Vorankommen verhindern

ODER

sie können dich stärken.

Widerstände und Hindernisse können deine Entscheidungen klären helfen, deine Entschlusskraft stärken, deine Willenskraft wachsen lassen bis du stark bist - STARK GENUG, um erfolgreicher und schneller deinen Weg zu Gott in Liebe gehen zu können.

Menschen, die einem Hindernis im Leben begegnen reagieren im wesentlichen auf zwei typische Weisen

1. mehr oder weniger totale Resignation, Gehorsam, Annahme der Behinderung oder Einschränkung deiner heiligen Freiheit von aussen durch beliebige Hierarchien - egal ob mit oder ohne scheinbaren oder angeblichen Grund. diese Einstellung der Unterwürfigkeit und passiver Annahme der gegebenen Situation kann zu einem Koma-ähnlichen Zustand im Leben führen. Tatenlosigkeit, Ratlosigkeit, Antriebslosigkeit, Teilnahmslosigkeit, apatisches Verhalten, können daraus resultieren - als weitere Folge: Kompensation, Verdrängung, Benebelung deines Geistes oder Flucht durch Alkohol, Drogen oder ähnliche Fluchtmittel die deine Aufmerksamkeit von deiner täglichen Realität ablenken oder die Erinnerung daran benebeln. Es tritt ein Verlust von Lebenskraft auf - denn Untergewürfigkeit und Ergebenheit führt immer zu Verlust von Lebenskraft - DEINER Lebenskraft die Gott DIR schenkt - der Gewinner / Empfänger dieser DEINER Lebenskraft ist immer die Hierarchie der du dich unterwirfst und

creating even greater creativity in
finding a solution into freedom and
fulfillment of your own goals

you need to become part of the second
group - the group of people who know
their own goals in life and learn to achieve
YOUR Divine Goals !!

but

of course you really need to learn to
achieve all your goals with the power of
Love. you need to clean your mind and
work out a single most important goal for
YOU - then you need to develop willpower
needed to achieve YOUR goal in love - no
matter what others say, mean or do -
freedom is Divine - YOUR freedom is
Divine - and NO ONE has the right to
restrict your Divine freedom even by one
percent ! since you worked out a clear
spiritual goal that is YOUR goal - you will
have developed the readiness to achieve
this goal on the basis of true Divine Love -
hence you will overcome or dissolve any
obstacle easily and your strength will grow
more and more until you have developed
all power needed to achieve freedom in
God - in Love.

May your heart, your soul and your
innermost Divine core of your being be
your only and sole weapon for all your
fights and may Divine Love be your
absolutely sole ammunition for all your
fights into freedom.

Learn to see any obstacle in life - what so
ever it may be - as a opportunity to
further train and practice development of
will power and strength - you need it to
overcome and dissolve all aspects of your
very own ego - with Love - in Love.

The greatest battle ever to be fought -
with the sole ammunition of Love - is
YOUR battle against all earthly
temptations and your EGO. On the basis
of true Divine Love this battle will leave
but winners - you and all others will
benefit from your victory - even your
"enemies" as your gratefulness for their
resistance and obstacles will enlighten and
finally uplift them all to the point where
they all want to learn to love as much as
you do and did. whoever resists you is
helping you to build up the power you

ergibst - der du dein Lebensinhalt
opferst.

2. die zweite mögliche Reaktion ist inneres
Aufbäumen, innere Revolution, Kampf
GEGEN jeden Widerstand von aussen.
Eine Einstellung von "denen werde ich's
zeigen" oder "aber jetzt erst recht". Ein
Aufbäumen aller Kraft gegen jeden
Widerstand und gegen jedes Verbot oder
jedes Hindernis - bis du das Hindernis
oder den Widerstand überwunden hast.
Auf diesem Weg wirst du trickreich -
kreativ - alle Mittel erfinden und
ergründen, die dich zu deinem Ziel
bringen können.

Du solltest lernen zur zweiten Gruppe von
Menschen zu gehören - zur Gruppe von
Menschen, die ihre Ziele klar erkennen und
IHRE HEILIGEN ZIELE erreichen - die IHR
Leben leben und in Liebe mit Liebe alle
Hindernisse auf dem Weg in die göttliche
Freiheit überwinden

aber

natürlich solltest du lernen alle deine Ziele
immer und ausschliesslich mit den Mitteln
göttlicher Liebe zu erreichen. Du brauchst
einen klaren und freien Geist, eine klare
Entschlusskraft und grosse Willenskraft Ziele
zu stecken und gesteckte Ziele auch zu
erreichen.

Deine Freiheit ist ein heiliges Geschenk Gottes -
kein Mensch - keine Institution - keine
Hierarchie darf je deine Freiheit einschränken.
Wenn Gott dir alle Freiheit schenkt und lässt -
wer sonst dürfte sich das Recht nehmen dir
dieses heiligste aller göttlichen Geschenke
wieder zu rauben ? Deine Freiheit in Liebe zu
leben ist also dein göttliches Geburtsrecht -
und da du dies ausschliesslich in Liebe erleben
willst und wirst - so wirst du auch immer
Gottes Segen und Unterstützung auf deinem
Weg der Liebe in die Freiheit erhalten dürfen.

Widerstände und Hindernisse dienen jedoch
dazu dir zu helfen die erforderliche Stärke und
Willenskraft zu erlangen - damit du mit
Leichtigkeit dein Ziel auf dem Weg der Liebe
erreichen kannst. Deine Kraft wird sich mit
jedem Hindernis im Leben steigern - bis deine
Stärke und deine Willenskraft ausreichen um
dein heiligstes aller Ziele zu erreichen.

Möge dein Herz, deine Seele und dein
heiligster inneres Wesenskern deine einzigen
Waffen in all deinen Kämpfen sein - möge

need - or are you really sure to be strong and powerful ?? if yes then you will never encounter any more obstacles as your power of love has developed sufficiently to guide you into freedom.

the day you have developed sufficient power of divine Love you will march into freedom - on your path of Love - leaving but traces of Love behind. healing traces of Divine Love.

Learn to realize the positive aspect of everything in life - anything that happens can be either straight forward positiv or can help you to find a positive solution of Love and can help you to achieve the necessary strength of Love to successfully achieve your goal of Love - in Love.

with Divine Love and Bliss

Hans

göttliche, heilige Liebe zu allen Zeiten deine absolut einzige und alleinige Munition auf deinem Weg in die göttliche Freiheit sein.

Lerne alle Hindernisse und Widerstände in deinem Leben als Trainings- und Wachstumsmöglichkeit für die Entfaltung und das Wachstum deiner Stärke zu sehen. Vielleicht fehlen dir klare Ziele im Leben sowie Entschlusskraft und Willenskraft eigene Ziele selbst zu erreichen - also könnte es sein, dass du Widerstände brauchst um wachsen zu können und stärker zu werden - um letztendlich alle Widerstände und Hindernisse durch die allheilige und allmächtige Kraft DEINER göttlichen Liebeskraft aufzulösen oder zu überwinden und DEINE ZIELE liebend erreichen zu können.

Am Tag an dem du diese Liebeskraft und Willenskraft entfaltet hast, werden sich alle Hindernisse und Widerstände in Liebe aufgelöst haben - denn sie haben ihr göttliches Lernaufgabe erfüllt. Du wirst von göttlicher Liebe erfüllt auf dem Weg der Liebe in die Freiheit gehen - Spuren von göttlicher, heilender Liebe hinterlassend - heilender Liebe - DEINER Liebe.

Lerne in allem auf Erden in deinem Leben immer das Positive zu erkennen. Was immer auch geschieht ist entweder direkt positiv oder dient dem Finden einer positiven Lösung der Liebe für eine bestimmte Situation im Leben.

In Liebe und Gottes Segen

Hans

Kriya Yoga Ashram and Cyberspace Ashram

Spiritual Newsletter

August 29th, 2000

Main site: <http://www.kriyayoga.com>

A Divine birthright to be happy

Ein heiliges Geburtsrecht auf glücklich sein

Beloved Souls

- mankind often is working hard
- punishing others or self
- chasten oneself
- sacrificing all their well-being and life
- sacrificing all their own happiness

for

those who **selected to be ill, weak, ...** - as a result of their very own missing decision to become loving and hence healthy, strong, successful and happy.

happiness is the result of a very clear decision and personal affirmation of each individual. either you decide clearly and firmly to be happy - to be worth to be happy and you shall be happy - or you fail to decide so and are different from happy - anything else but happy.

your happiness is the result of your own

Geliebte Seelen

- Die Menschheit arbeitet oft hart
- straft sich selbst oder andere
- verbringt Inkarnationen der Selbstzüchtigung und Selbskasteiung
- opfert ihr ganzes Wohlbefinden und Leben
- opfert alles eigene Glück

für

all diejenigen **die gewählt haben krank oder schwach sein zu wollen, ...** - als Resultat ihrer fehlenden Entscheidung lieben zu wollen, glücklich machen zu wollen und somit stark, erfolgreich, gesund und glücklich sein zu können.

Glück ist das Resultat einer bewussten und aktiven Entscheidung glücklich sein zu wollen - es wert zu sein glücklich sein zu können und zu dürfen. Glücklich sein kann aber auch das Resultat eines Urteils-Spruches über sich selbst sein - gefällt von dir über dich - oder als Resultat deines Urteiles und Richterspruches über

judgement - your own sentence for your own self or as a result for passing a sentence for others. whatever sentence you may ever have passed to others is what you may live yourself now in the past or in the future. your present happiness may be the result of wishing ALL others love and happiness - or - your missing happiness in YOUR life may be the result of YOU wishing or punishing others. YOUR life can only be what you have ever wished and supported for ALL others.

many among mankind actively and consciously decided for any given reason to fight, to hate, to kill, to possess, to rule others, to endanger others, ... and they put all their life energy and efforts toward achieving such goal. while it is part of using the God given freedom to do what ever each individual wants to do -

as a being of light and love made to the image of God,

we all have a moral obligation to be happy ourselves, to put the utmost efforts in creating the greatest possible happiness within ourselves and to realize absolutely ALL efforts to contribute ourselves to our own happiness by dropping any behavior that endangers or limits our happiness.

we all have a Divine birthright to be happy and no single person or being of any kind has a true right to restrict this divine birthright for true and everlasting happiness and freedom.

in many chapters I have written about the importance of helping and loving others. some people however actively reject or hamper any attempts to love them, to make them happy, to help them, to heal them. mankind often takes care of illnesses and problems instead of caring for health and well-being. they repeatedly

- reject our true love
- reject all attempts to make them happy
- reject all opportunities to become really healthy in an absolute and holistic way
- reject all opportunities to realize their Divine potential within - a Divine God given potential to become even in a physical body a divine child of God made to the image of God - a being of light angel like - loving all and accepting love from all

If for any reason you refuse to love ALL around

andere - das gleiche gilt auch für fehlendes Glück im Leben - auch dies kann das Resultat eines Urteils über andere sein. DEIN Leben kann nur so sein, wie du es je auch anderen gewünscht hast.

Manche Menschen entscheiden sich aus beliebigem Anlass bewusst und aktiv zum Kampf, Streit, Krieg, Hass, Rache, Töten - auch im Namen des Gesetzes - oder den Frieden und das Glück anderer in beliebiger Weise zu gefährden..... und all diese Menschen lenken oft all ihre gesamte Lebenskraft und Energie in die Verwirklichung dieser Ziele. Gott hat allen vollkommene Freiheit gegeben - Freiheit alles erfahren und durchleben zu dürfen ...

als Lichtwesen - aus Licht und göttlicher Liebe, zum lieben Gott zum Bilde - geschaffen -

haben wir alle jedoch eine moralische Verpflichtung glücklich zu sein und glücklich zu machen. Kein Mensch hat ein Recht andere vom Glück zu trennen oder am glücklich sein zu hindern. Glücklich sein ist ein heiliges Geburtsrecht das alle Menschen, alle Wesen aus Gottes Schöpfung haben.

In früheren Kapiteln ist bereits ausführlich über die Wichtigkeit andere zu lieben und glücklich zu machen gesprochen worden. Einige Menschen jedoch stossen unsere Liebe aktiv zurück oder behindern unsere Bemühungen sie zu lieben , ihnen zu helfen, sie zu heilen oder glücklich machen zu wollen. Viele kümmern sich um ihre eigenen Probleme und Krankheiten statt nach Lösungen und Gesundheit zu streben.

Sie

- weisen unsere wahre Liebe zurück
- weisen alle Bemühungen sie glücklich zu machen zurück
- missachten Gelegenheiten der Genesung und ganzheitlichen Heilung die ihnen geboten werden
- missachten die Gelegenheiten ihr göttliches Potential wieder zu befreien und voll entfalten zu lassen - ein Potential das von Gott geschenkt in allen Menschen innewohnt und den Menschen Gott zum Bilde sein lässt - einem Engel gleich - selbst im physischen Körper auf Erden - alle liebend und sich von allen lieben lassend.

Wenn du dich aus beliebigem Grunde weigerst ALLE Menschen, alle Wesen, die gesamte Schöpfung, einschliesslich Natur vollkommen zu lieben, dann bleibst du für die Liebe verschlossen und somit auch für das glücklich sein.

Wenn du ein einziges Wesen von deiner Liebe ausschliesst, dann bist du auch für die Liebe von

you and all mankind on earth, all beings including nature, animals and beyond, then you fail to be completely open for the flow of love - hence you fail to open for the love from others as well. such a person fails to make even a single person really happy - whatever is between you and any single other being - is between you and your most beloved ones, between you and God.

If you want to make a single person happy or as many as possible, then you need to

- allow others to make you happy in any way they can
- continuously make all others happy in any way they can accept your love
- work to REFINE and CULTIVATE your Love even more to touch more and more beings with your love - and - be touched by the Love from more and more beings loving you

if someone rejects your love, then your love may be too much filled with egoistic personal vibration of

- wanting that person
- wanting to possess
- wanting to control
- using or abusing that person for personal satisfaction and fulfillment of personal / egoistic needs
- attachment
- fear to lose
- fear in general
- aggression toward anyone or particular persons or beings
- spiritual immaturity and weakness due to failure to spiritually work within yourself and spiritually progress and succeed

remember the physiology of happiness. to be truly happy you need to make others happy and allow others to make you happy. both at the same time.

to be truly happy - you need to affirm from the very innermost depth of your heart and soul all of the following affirmations

- all mankind, all beings of any kind, all creatures ever made by God have the right to be absolutely free, to be loved and to be absolutely happy - every second of their being - from eternity to eternity

anderen zu dir verschlossen. Was zwischen dir und einem einzigen steht - steht auch zwischen dir und deinen nächsten und zwischen dir und Gott !!!

Wenn du auch nur eine einzige Person glücklich machen willst - oder auch so viele wie möglich, dann solltest du

- anderen erlauben dich auf beliebige Weise glücklich machen zu dürfen
- dauernd bestrebt sein alle anderen auf die Weise glücklich zu machen, die sie annehmen können
- daran arbeiten, deine Liebe zu verfeinern und zu kultivieren damit du noch mehr Menschen mit deiner Liebe erreichen und berühren kannst und dich für die Liebe von immer mehr Menschen öffnen lernst.

Wenn jemand deine Liebe zurückweist, dann könnte es sein, dass deine Liebe noch zu sehr von egoistischen Schwingungen erfüllt und schwer zu ertragen ist. Es können dies sein, dein

- dein Verlangen nach einem Menschen
- dein Wunsch einen Menschen zu besitzen - zu BESETZEN
- dein Wunsch einen Menschen zu kontrollieren - über einen Menschen zu bestimmen
- Streben einen Menschen zu benutzen, zu gebrauchen oder missbrauchen zur Erfüllung persönlicher Ziele oder erlangen persönlicher Befriedigung
- verhaftet an einem Menschen
- Angst einen Menschen zu verlieren
- Angst in jeglicher Art
- deine Aggression gegen eine beliebige Person oder ein bestimmtes Wesen
- spirituelle unreife und schwache wegen mangelhaften oder zaghaftem spirituellem Fortschritt an dir selbst und fehlendem spirituellem Erfolg.

Erinnere dich an die Physiologie des Glücks. Um wirklich glücklich zu sein, musst du andere glücklich machen und anderen erlauben dich glücklich zu machen. Beides zur absolut gleichen Zeit. Es ist der beständige und gleichzeitige Fluss der Liebe von dir zu ALLEN anderen als auch der Fluss der Liebe von beliebigen anderen in dich und durch dich, der dein Glücksgefühl erzeugt. Liebe muss beständig fließen um Heilung und Glück zu erzeugen.

Um wahrlich und zutiefst glücklich zu sein - solltest du die folgenden 4 Aussagen aus reinstem innerstem Herzen und Seele bejahen können

- all Divine creation has the right to be loved by me now and for ever
- I have the Divine right to be happy all the time - eternally
- I have the right to receive the very most Divine Love ever existing - any time - eternally

can you really and sincerely affirm loud and clear and repeatedly - even to any one else - these above 4 points ?? if yes then do it - again and again - for the remainder of this present incarnation and beyond.

choose a surrounding that allows you to love all as much as you can and choose an environment that wants to love YOU and make YOU happy as much as you can be happy. you deserve to be made happy - because you are a Divine child of God - made of Love - made to Love - eternally.

God is an infinite and eternal source of most Divine love, grace and mercy - so should you become a source of infinite and eternal love, grace and mercy toward ALL - all others as well as your self.

with Divine Love and Bliss

Hans

- die gesamte Menschheit, alle Wesen jeglicher Art, alle Geschöpfe die je von Gott geschaffen, haben ein Recht auf vollkommene Freiheit , geliebt zu sein, und vollkommen glücklich zu sein - von Ewigkeit zu Ewigkeit
- die gesamte göttliche Schöpfung hat das Recht von mir geliebt zu werden - in alle Ewigkeit
- Ich habe ein heiliges Recht glücklich zu sein - jederzeit und in alle Ewigkeit
- Ich habe ein heiliges Recht die reinste und heiligste Liebe zu erhalten die je von Gott erschaffen und möglich ist - immer und ewiglich.

Kannst du wirklich und vollkommen ehrlich diese 4 vorstehenden Aussagen vollkommen bejahen - aussprechen - niederschreiben - zu anderen Menschen sagen ?? Wenn ja - dann tue es, immer und immer wieder. Spreche diese Affirmationen aus - für den Rest dieser Inkarnation und darüber hinaus.

Wähle für dein Leben - dein ganzes Sein - eine Umgebung in der DU lieben kannst soviel wie du nur willst und fähig bist und wähle eine Umgebung mit Seelen, die dich lieben möchten - aus tiefstem und reinstem Herzen.

Du hast ein heiliges Recht glücklich machen zu dürfen und glücklich gemacht zu werden - denn du bist ein heiliges Kind Gottes - ein Kind der Liebe - aus Liebe geschaffen - zum Lieben geschaffen - ewiglich.

Gott ist die ewige und endlose Quelle der allerheiligsten Liebe, Gnade und Barmherzigkeit - so solltest auch du zu einer starken ewigen und endlosen Quelle von göttlicher Liebe, Gnade und Barmherzigkeit zu ALLEN anderen und dir selbst sein.

In Liebe und Gottes Segen

Hans

you may print these 4 affirmations and put them on a clearly visible place to remind you of these truths until they have become realized within you and your surrounding



Il mankind, all beings of any kind, all creatures ever made by God have the right to be free, to be loved and to be absolutely happy - every second of their being - eternally

all creation has the right to be loved by God, by myself, by ALL - now and for ever

I have the Divine right to be happy all the time - eternally

I have the right to receive the very most Divine Love ever existing any time - eternally

Die folgenden 4 Affirmationen magst du ausdrucken und an gut sichtbarer Stelle aufhängen, damit du diese heilige Wahrheit immer und immer wieder siehst, wiederholst und bekräftigst - bis sie sich in dir und deinem Umfeld verwirklicht hat

Die gesamte Menschheit, alle Wesen jeglicher Art, alle Geschöpfe die je von Gott geschaffen, haben ein Recht auf vollkommene Freiheit , geliebt zu sein, und vollkommen glücklich zu sein - von Ewigkeit zu Ewigkeit

Die gesamte göttliche Schöpfung hat das Recht von mir geliebt zu werden - in alle Ewigkeit

Ich habe ein heiliges Recht glücklich zu sein - jederzeit und in alle Ewigkeit

Ich habe ein heiliges Recht die reinste und heiligste Liebe zu erhalten die je von Gott erschaffen und möglich ist - immer und ewiglich

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Kriya Yoga Ashram and Cyberspace Ashram

Spiritual Newsletter

September 28th, 2000

Main site: <http://www.kriyayoga.com>

Why ?

Latest after your last breath - you stand your trial - and YOU will be your own judge. Self discipline - tapah - is part of [Yama and Niyama](#), the very basic rules of Kriya Yoga. Yama and Niyama is the very basis for ALL life, for any Godseeker in any spiritual tradition, or just for a life free of any spiritual goal at all.

Selfdisciplin requires selfcontrol - qualitycontrol on your spiritual path - every minute of your physical existence on earth and beyond. Yama and Niyama are rules for the remainder of your present incarnation and far beyond. Until you truly have become ONE with the Divine.

Part of your daily, continuous selfcontrol is the question

why ?

Warum ?

Spätestens nach deinem letzten Atemzug - stehst du vor Gericht - vor Deinem Gericht - und DU SELBST wirst dein eigener Richter sein. Selbstdisziplin - tapah - is wesentlicher Teil von [Yama und Niyama](#), dem Fundament von Kriya Yoga und gleichzeitig Fundament einer jeden spirituellen Tradition, sogar Fundament jeglichen Seins auch ausserhalb jeglicher Religion oder Spiritualität.

Selbstdisziplin verlangt Selbstkontrolle - und somit auch Qualitätskontrolle auf deinem spirituellen Weg - jede Minute deines physischen Seins auf Erden und darüber hinaus. Bis du endgültig eins mit dem Heiligsten - der Quelle aller Quellen - mit Gott geworden.

Teil deiner täglichen und dauernden Qualitätskontrolle ist die Frage

warum ?

- Whatever you do ... ask yourself
- ... why am I doing this ?
- ... why did I talk that way ?
- ... why did I feel that way ?
- ... why did I say yes or no in a particular situation ?
- ... why am I doing this that very particular way ?
- At the end of each day, ask yourself why did I do all this today and why did I do it the way I did it ?
- Why did you talk to others the way you did ?
- Why did you say yes or no in particular situations ?
- Why did you omit to give a clear and firm answer in particular situations ?
- for everything you did, thought, felt, said why ?
- for everything you postponed, you omitted, you negated, you denied, why ?
- did you see the hungry one (person or animal, ...) staring at your full plate ? did you share your meal with that hungry one? It was God looking at your full plate and waiting for you to share it - because God gave you all - to share with all !!!
- did you see that shivering one looking at all your warm clothes ? did you share your warm clothes with him ? It was God shivering and waiting for some warmth and Love from your heart.
- did you see that needy one ? Did you share some of your financial or material abundance ? It is God in disguise in this needy ones - waiting to see your heart re-open again - for love toward all. It is God waiting for your Love, Grace and Mercy in all situations.
- Whatever you did to all or any others - humans, animals, plants, nature, the entire creation - you did and do to God.
- Why did you do what you did ?? - why did you act or react the way you did ??

- Was immer du tust frage dich selbst
- ... warum mache ich dies ?
- ... warum rede ich so ?
- ... warum fühle ich so ?
- ... warum sage ich ja oder nein in bestimmten Situationen ?
- ... warum tue ich gerade DIES auf eine ganz bestimmte Weise ?
- Am Ende eines jeden Tages solltest du dich fragen warum du all dies heute getan und warum gerade so wie du es getan hast ?
- Warum hast du zu anderen gerade so gesprochen ?
- Warum hast du heute in bestimmten Situationen JA oder NEIN gesagt ?
- Warum hast du dich heute vielleicht in bestimmten Situationen um eine klare Stellungnahme oder Antwort gedrückt oder sie auf später verschoben ?
- für alles was du getan, gesagt, gedacht, gefühlt, warum ???
- für alles was du verzögert, verschoben, unterlassen, verneint, abgelehnt, warum ?
- Hast du den hungrigen (Mensch oder Tier) gesehen, der deinen vollen Teller anschaute während du gegessen hast ? Es war Gott der durch seine Augen geschaut hat - um mit dir zu teilen - denn Gott hat dir ALLES gegeben - um mit allen zu teilen.
- Hast du den zitternden Frierenden gesehen während du in warme Kleider gehüllt warst ? Es war Gott der in ihm gezittert hat - auf die Wärme deines Herzens wartend - denn es war Gott der dir alle wärmenden Kleider gegeben - sie mit den Frierenden zu teilen.
- Hast du den Not leidenden gesehen ? Hast du deinen materiellen oder finanziellen Überfluss mit ihm geteilt ? Es war Gott getarnt als Not leidender getarnt - zu sehen wie dein Herz sich wieder öffnet - für die Liebe zu allen und allem. Es ist Gott der auf deine Liebe, Gnade und Barmherzigkeit zu allen in allen Situationen wartet.
- Was immer du allen, Menschen, Tieren, Pflanzen, der Natur, der gesamten Schöpfung getan - hast du immer auch Gott getan.

If your answer to absolutely every **why**

was, is and will be - **"because I love**", then you are truly on your path of Love to God.

If anything else is your true answer to why - then ask yourself:

WHY am I doing anything else but to love ??

- Why do I want to cause pain to others, to myself, to God ??
- Why do I want to cause suffering to others, to myself, to God ??

Whatever you do to anyone else, animals, plants, humans, you do to yourself and to God !!!

You and only you will be your own judge - this one very moment, when you leave your body and are on your way to God. You have to justify anything else but Love and you have to ask forgiveness, grace and mercy for anything else but Love that you gave to anyone, anytime in your infinite and eternal life.

Love is the most valuable in all creation - Love is what you need most that very moment - all the Love you ever gave to others may come back to you ... all you ever gave to others, the shivering, needy, hungry ones, all you ever gave in all and any situation may come back to you.

Love is the most valuable in all creation and Love is what you always can afford in abundance - because God is the source of all Love and Love is available in abundance for all - for you as well.

Any time may be your last breath in your present physical body - and if Love was all you ever gave - you will be happy to feel this moment of Love approaching and you will be happy to merge with the Divine in an ocean of Love - an ocean you have co-created yourself today, yesterday, in the past ... and in your future as well. God's Divine Love shall uplift you and carry you

- Warum hast du getan was du getan hast ? - Warum hast du gehandelt oder reagiert wie du reagiert hast ?

Wenn deine Antwort auf absolut jedes **warum** ist und sein wird - **"weil ich liebe"**, dann bist du wahrlich auf dem Weg der Liebe zu Gott.

Wenn irgend etwas anderes deine wahre Antwort auf warum ist - dann frage dich selbst:

Warum mache ich etwas anderes als lieben ??

- Warum will ich anderen, mir selbst und Gott Schmerzen zufügen ??
- Warum will ich anderen, mir selbst und Gott Leid erzeugen ??

Was immer du irgendjemandem, tieren, Menschen, Pflanzen, der Natur antust - tust du auch dir selbst und Gott an !!!

Du und nur DU selbst wirst dein eigener Richter sein - an jenem Tag - in jenem entscheidenden Moment. Mit deinem eigenen Massstab wirst du dich selbst messen und richten - so wie du alle anderen gemessen und gerichtet hast.. Du wirst alles andere als Liebe rechtfertigen müssen - dir selbst - deinem Selbst gegenüber. Du wirst Liebe brauchen und um Gnade und Barmherzigkeit bitten für alles was du anderen ausser Liebe geschenkt hast, irgendwann, irgend jemandem in deinem ewigen und endlosen Sein.

Liebe ist das wertvollste in der gesamten Schöpfung - ist was du am dringendsten brauchst in jenem Moment - alle Liebe die du je verschenkt hast wird auf dich zurückkommen alles was du je den frierenden, den hungernden, den leidenden, den Menschen in Not in beliebigen Zeiten und situationen gegeben - flutet auf dich ein.

Liebe ist das wertvollste in der gesamte Schöpfung und Liebe kannst du dir immer im Überfluss leisten - denn Gott ist deine innere

to your eternal Divine home in God.

Ask yourself everyday and whatever you do ... why ? And make sure Love is the only and true answer you may ever give to yourself. Because Love is all your Self is interested in at all !! Your Self is a part of the Devine - part of the source of all Love - you are part of the Divine - even in your present physical body. Love is all you truly need to be happy and Love is all everyone else ever needs to be happy.

Only Love can truly make happy - only Love can truly heal and free. Your Love !!! Because your Love is Divine Love from God flowing through you !!

I love you

hans

Quelle und Gott ist die Quelle aller Liebe. Liebe gibt es immer und ewiglich im Überfluss - für alle - auch für Dich.

Jederzeit könnte dein letzter Atemzug in deinem jetzigen physischen Körper sein - wenn Liebe alles was du je gegeben - dann wird nur Liebe auf dich einströmen und du wirst in Liebe und Glückseligkeit in diesen letzten Atemzug hineinsinken - um dich auf den Flügeln der Liebe Gottes emporheben zu lassen - in deine göttliche Heimat. Um in einen Ozean von Liebe einzutauchen und ganz und ewiglich eins mit Gott zu werden und zu sein. Du hast diesen Ozean an Liebe mitgeschaffen in deinem jetzigen Sein.

Frage dich jeden Tag, was immer du tust warum ? Und vergewissere dich, dass nur Liebe dein einziger Grund, deine einzige Ursache für alles denken, fühlen und handeln ist oder sein wird. Denn liebe ist alles woran dein eigenes Selbst interessiert - was dein Selbst benötigt zum ewigen glücklich sein und was alle anderen brauchen, um glücklich zu sein. Dein Selbst ist ein Teil Gottes - du bist ein Teil Gottes - auch hier und jetzt in deinem physischen Körper.

Nur Liebe kann wahrlich glücklich machen - nur Liebe kann wirklich heilen und befreien. Deine Liebe !!! Denn sie ist Gottes Liebe die durch dich strömt !!

Ich liebe dich

hans

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Spiritual Newsletter

October 13th, 2000

Main site: <http://www.kriyayoga.com>

The benefit of suffering and pain

Absolutely everything has
something beneficial within

Das Gute an Schmerzen und Leiden

Absolute alles hat immer einen guten
Kern in sich

Beloved Soul

to make one point absolutely clear right at the very beginning - any kind of suffering is absolutely obsolete, anyone who thinks of himself or any other person needing any - even the very smallest amount of pain or suffering - is sadomasochistic - a very ill condition - and should urgently review all his attitude toward self and all creation.

however hundred of millions of people from all races, all cultures, all religions and all continents do suffer and have pain.

there is one single benefit for any

Geliebte Seele

zuallererst möchte ich betonen, dass jegliche form von Schmerzen und Leiden vollkommen überflüssig ist in Gottes schöpfung. Sollte jemand Leiden oder schmerzen an sich oder anderen jedoch bejahen, so ist er sadomasochistisch veranlagt - eine sehr ernsthafte erkrankung - und sollte so schnell als möglich seine gesamte einstellung zu sich und der gesamten schöpfung intensiv überdenken.

jedoch leiden hunderte von millionen menschen aus allen kulturen, allen religionen, allen rassen, allen volker aller erdteile oder haben schmerzen.

person suffering in one way or another - any kind of suffering, spiritual, mental, emotional or physical - absolutely any kind of suffering or any kind of pain - caused by accidents or inherited - caused by self or others, always is a valuable FEEDBACK that can be used for the spiritual benefit of that individual person.

any kind of suffering or pain ALWAYS is karma of the soul concerned and is an absolute proof of the present personality - your personality is the same as your ego - being more or less OUT of harmony in relation to the very own soul and innermost divine core of your being. the soul however is the spiritual being within each of us that is directly related to God and all creation. the soul needs to be in full harmony with all and your ego needs to learn to be in full and absolute harmony with all - hence the personality, your present ego, needs to learn to always be in divine harmony with God.

the more seriously you may be out of harmony with your innermost being - the more severe the illness will be

or

the more severe your pain, suffering and / or illness - the more severe you might be OUT of harmony with God. hence the more you need to change - even totally - your present ego / personality to become healthy again.

health is but the proof of great harmony with God. Illness, suffering and / or pain is but the proof of more or less great DISHARMONY with God. any ill or suffering person - before being able to be healthy - needs to affirm and realize MAJOR changes in the personal behavior toward

self

and / or

part or all of creation

es gibt jedoch einen ganz wesentlichen Vorteil von Leiden jeglicher Art - es ist ein direktes und wertvolles FEEDBACK. egal aus welchem grunde du leidest, ob durch unfall, krankheit, erbkrankheit, persönliche probleme, durch einwirkung von aussen oder innere umstände - nur DEIN eigenes karma kann solches erzeugen. jegliches leiden ist IMMER das resultat von DEINEM KARMA - egal wie, wann und durch wen solches leiden entsteht oder entstanden ist.

karma kann in dieser jetzigen inkarnation oder einer beliebigen früheren inkarnation entstanden sein. leiden, schmerzen jeglicher art ist immer das resultat eigener selbstsüchtiger handlungen der betroffenen seele und dessen körper.

leiden jeglicher art ist IMMER ein absoluter beweis von DISHARMONIE zwischen dir und deiner seele und somit zwischen dir und Gott. dein ego besteht aus deiner momentanen persönlichkeit. je mehr du "neben dir stehst" - also je mehr du in disharmie mit deinem wahren inneren selbst bist - je grösser und intensiver wird die krankheit oder die schmerzen in der regel sein.

je ausgeprägter deine disharmonie mit deinem innersten wesen - deiner göttlichen seele - je intensiver werden deinleiden, deine schmerzen sein

oder

je intensiver deine schmerzen, dein leiden irgendwelcher art - desto weiter hast du dich von der harmonie mit Gott und deiner seele entfernt. je grösser sind also DEINE änderungen in deiner momentanen persönlichkeit - deinem ego - die du zu machen hast bevor du wieder harmonie erzeugt hast und somit wieder gesund werden kannst.

gesundheit ist der beweis von weitgehender harmonie mit Gott. krankheit, leiden oder schmerzen ist der beweis von mehr oder weniger ausgeprägter DISHARMONIE mit Gott. jegliche kranke oder leidende person muss - noch bevor er gesund werden kann - diese grundlegenden änderungen in sich und in seiner einstellung zum

and as a result of such changes health is re-established. such changes however need to be truly sincere - it is your very own soul watching over your ego and harmony is something absolute - something of absolute mathematical precision - that either is perfect or NOT. you are either ill or healthy - anything less than perfectly healthy is ILL - and needs serious consideration - YOUR consideration - and adjustments, before serious illness may occur.

the intensity of illness, pain and / or suffering is DIRECTLY proportional - directly related - to the efforts and changes NEEDED to re-establish harmony and health again within and in your physical body as well.

FEEDBACK always is very positive - this kind of feedback is available to all for FREE. it tells you there is something to do and it tells you even what to do. the more you do the better your overall health - the better your overall health the closer you may be to godunion - even without knowing it.

lazy - extremely lazy people - or may be extrem stingy people - now would ask for a very detailed list of what illness is related to what action to be taken. this - as already mentionned is VERY LAZY however !! sometimes such lists and books are sold. sometimes they are of some help. but it is much easier and more demanding at once than just reading such books. some or much of the pain and suffering may be released by painkillers and various medications - to prevent any active and conscious work on your own ego - your present personality. medication is the laziest of all solutions - specially if applied continuously or even a lifetime. for a single or short time application any medication may well be of excellent and highly valuable service - but any longterm use should be replaced by intense spiritual progress instead.

what needs to be done by all - to cure ANY illness, pain or suffering ?

get yourself in full and absolute

selbst

und / oder

zu teilen oder der gesamten schöpfung

als resultat solcher wesentlicher änderungen und anpassungen wird eine ganzheitliche gesundheits wieder hergestellt - oder vielmehr - sie entsteht von selbst denn gesundheits ist das automatische und einzige ergebnis von deiner harmonie mit Gott !

es ist deine eigene seele die über dich und dein verhalten wacht - mit wissenschaftlicher und absoluter prazision. nach genauesten gesetzmässigkeiten !

die intensität deiner krankheit, deiner schmerzen und deines leidens sind direkt proportional - also in direktem zusammenhang - mit der intensität deiner DISHARMONIE MIT GOTT und natürlich somit auch direkt proportional mit der ernsthaftigkeit deines karmas. um es ganz klar zu machen - je grösser deine schmerzen oder je schwerwiegender deine krankheit oder dein unfall - je grösser DEIN EIGENES - **von dir selbst erzeugtes** - KARMA !

FEEDBACK ist immer etwas sehr positives. feedback ermöglicht korrektoren. ohne dieses kontroll-instrument fehlt die richtungsangabe auf deinem spirituellen weg. feedback erleichtert deine orientierung auf dem weg der liebe zu gott. dieses feedback sagt dir dass DU etwas zu korrigieren hast - dass du mit deinem bisherigen oder aktuellen verhalten teilweise oder vollkommen in disharmonie mit Gottes schöpfung, Gott und auch mit deiner eigenen seele bist. solches feedback in form von schmerzen, leiden, krankheiten oder unfälle ist immer ein sehr akutes ALARMZEICHEN. es ist jetzt höchste zeit eine änderung deinerseits herbeizuführen. diese änderungen herbeizuführen ist ganz DEINE alleinige verantwortung. du bist ein freies kind gottes und als solches für dein gesamtes wohl - oder auch dein eigenes UNWOHL - selbst voll verantwortlich.

faule menschen - sehr faule menschen - oder auch sehr geizige menschen - suchen

harmony with god by:

- following to the point yama and niyama in all aspects of your life. in family, recreation, business. in your mind, emotions and all actions - in absolutely any and all situations of life !
- cultivate and continuously improve divine LOVE toward ALL in all, every and any situations of life !

if there are even the smallest doubts about any part of above 2 points - please take a dictionary and read every single word - exactly that is the way it is meant - straight forward - word by word.

reading books and tables to find out what behavior causes what illness is lazy - extremely lazy - and means that you are searching for a shortcut. shortcuts most often end short of the goal and finally you may find yourself again in another incarnation - again and again - for thousands or millions of years.

if however you truly and sincerely want to develop divine Love and achieve Godunion - you need to learn AND practice successfully ALL anyway. hence start from scratch - at the very beginning and do it ALL - step by step. it is the only warranty to success.

developing various powerful siddhis - special spiritual capabilities of various kinds as described in very detail in many sutras by patanjali - may give you great income opportunities, great popularity and many other possibilities - it also gives you the power of creating within fewer seconds more karma, illness and disaster than ever before in entire incarnations. it may give you the power to create within seconds karma you may need millions of years to dissolve. having such siddhis is neither a proof of divinity of any soul nor is it a proof of TRUE and absolute spiritual achievement of such a soul. it is just another skill that anyone could learn - provided you invest sufficient time,

nun bücher und tabellen in denen sie genau ablesen können welche krankheit welche ursachen hat. so wollen sie mit dem geringst möglichen aufwand das minimum ändern, um wieder eine für sie akzeptable gesundheit zu erlangen. beziehungsweise um ihre schmerzen wieder auf ein erträgliches mass zu reduzieren.

ein teil der schmerzreduktion kann auch mit medikamenten erreicht werden, das kostet zwar geld, aber erspart die bewusste und aktive auseinandersetzung mit dem eigenen ego - der eigenen persönlichkei. medikamente sind die faulste aller lösungen - vor allem wenn sie dauernd, vielleicht sogar lebenslänglich eingenommen werden.

was aber muss nunn wirklich getan werden - von dir selbst und ganz alleine unternommen werden, um eine ganzheitliche und dauerhafte, beständige heilung zu erwirken ?

erziele absolute und vollkommene harmonie mit Gott, indem du:

- die geistigen gesetze yama und niyama in absolute allen bereichen deines gesamten lebens, deines gesamten seins - im alltag, im beruf, in der freizeit, in deiner familie - in deinen gedanken, gefühlen und in all deinen handlungen lebst und verwirklichst !
- deine fähigkeit ALLE und ALLES vollkommen göttlich zu lieben stetig verbesserst und verfeinerst - in allen und jeder situation deines lebens, deines ewigen seins !!!

wenn du auch nur die geringste schwierigkeit hast, die obigen 2 punkte ganz genau und vollkommen klar zu verstehen, dann bitte ich dich mit hilfe des duden oder eines anderen geeigneten wörterbuches jedes wort und dessen bedeutung ganz genau zu studieren. jedes einzelne wort - wort für wort - den gesamten obigen text. denn ganz genau so und ganz wörtlich sind diese beiden obigen punkte gemeint.

mit hilfe von büchern und tabellen ursachen für jede einzelne krankheit oder jeden örtlichen schmerz zu suchen und zu finden

efforts and energy. however it also can lead to extreme suffering, illness and and or pain of that soul in the present and / or future incarnations.

any kind of illness, pain and / or suffering is the final result of extreme destructive behavior applied by THAT very soul toward self or others - in the present and / or any number of previous incarnations.

developing DIVINE LOVE however ALWAYS guarantees you to reach Godunion for sure - even if you have been conducting a very modest, humble "normal" life - as a person totally unknown to all mankind on earth - god has received the humble true love of your soul and being and your love will open all doors to God - in Love - with Love.

even if illness is "inherited" it is YOUR karma - even if it is a contiguous illness of any kind and severity - it is your karma - even if it is an accident or "criminal act" done by anyone else it is YOUR SOLE KARMA AND RESPONSIBILITY - it is the result of your ego, accumulated in your present or any previous incarnation - it is finally the result of missing LOVE within YOU toward self or any part of creation. it is an absolute proof of necessity to make major changes in YOUR life.

you may read through all different sections and chapters of the file [god.zip](#) and find all necessary help to establish harmony within and outside of you. harmony between any and all aspects and manifestations of your being with God and hence with all creation . as a direct result of your refining divine love toward all and toward god as well.

excellent overall health and wellbeing physical, emotional and mental as well as spiritual will be the result of your positive loving efforts.

LOVE is the most beautiful and most divine of all siddhis you ever may learn - because LOVE can but heal, free and make happy - your own self as well as

ist das resultat von trägheit - faulheit des ego - das auf der suche nach einer abkürzung ist. das minimum zu geben um alles zu erhalten.

bedenke jedoch dass die meisten solcher abkürzungen auf dem weg zu Gott oftmals VOR dem ziel enden - vielleicht in einer spirituellen sackgasse ! als resultat könntest du dich leicht wiederfinden in einer oder vielen künftigen re-inkarnationen - immer und immer wieder - für tausende oder gar millionen von jahre !

wenn du jedoch ernsthaft und vollkommen ehrliche absichten hast, deine göttliche liebe erwecken. diese liebe dann auch weiterhin pflegen und verfeinern willst, um eins mit Gott werden zu können, dann wirst du sowieso eines tages ALLES lernen und praktizieren. warum also auf irgendwann später verschieben, was sowieso zu tun ist. warum leiden, wenn JETZT glück und liebe auf dich warten ?

vollkommene gesundheit und ganzheitliches wohlbefinden ist das direkte resultat von vollkommener oder grösstmöglicher harmonie mit Gott und somit IMMER das resultat eigener leistungen und eigener entscheidungen - ebenso wie krankheit das resultat eigener leistungen und entscheidungen ist.

göttliche liebe ist die mächtigste und schönste aller errungenschaften einer jeden seele. göttliche liebe wird alles überdauern, alle katastrophen und alle tode. göttliche liebe wird in alle ewigketi bestehen, heilen und befreien.

selbst wenn dein körper gekreuzigt, gesteinigt, auf dem elektirschen stuhl verschmort, erschossen oder auf andere grausame weise von verirrtten wesen zerstört wird - dein göttlich liebendes wesen wird alles überstehen und alles überleben - du wirst alle immer und ewiglich lieben können - immer wieder - bis auch alle in liebe die freiheit gefunden haben werden und darüber hinaus.

liebe ist jenseits der kontrolle von macht und gesetz, jenseits des einflusses von gewalt oder hass. deine liebe kommt von Gott als einzige quelle allen seins und aller

all and any others. LOVE is the single most powerfull spiritual achievement you ever may have.

your body may get crucified or burnt or killed in any way by any methods or means - but any loving soul always continues to love - from eternity to eternity - your body may get completely destroyed by anyone in any way - but your LOVE toward all persists and continues to heal and free - even those who may have killed you. LOVE always is free of any limits - LOVE is beyond any control and beyond the reach of any ego. Love has its absolute and final source in God and God will protect, heal and free anyone willing to love -even willing to LEARN TO LOVE.

if you merge with God even for a single second - you have learned to love more than in billions of years you ever could learn in physical bodies or in astral bodies or in causal bodies.

to achieve such diving healing - all you need to do is to fully focus on developing Divine Love ALL THE TIME - rahther than spending hours each day asking questions and thinking about problems. the more you think about love - the more you practice love - the more you attract love from all possible sources on earth and beyond - all sources of love help you to get closer to God - until you start to feel divine Love coming from God and by that time you may continue to mainly focus but on divine Love from God as your only source of Love.

May Love and Divine Bliss help you to heal and dissolve in Divine Love all you want to dissolve. the more you actually LOVE the faster it will happen.

hans

liebe. somit ist liebe frei von jeglichen grenzen - liebe ist absolut, allmächtig und ewig.

wer immer bereit ist zu lieben oder lieben zu lernen - wird von Gott geführt und geschützt und in liebe geheilt und befreit - in alle ewigkeit.

wenn du auch nur eine einzige sekunde mit Gott eins wirst - dann hast du mehr lieben gelernt, als du je in in milliarden von jahren in physischen körpern, astralkörpern oder kausalkörper hättest lernen können.

um eine solche göttliche heilung zu erfahren brauchst du nur und ausschliesslich deine gesamte aufmerksamkeit auf die entfaltung göttlicher liebe richten - IMMER UND IN ALLEN SITUATIONEN DEINES SEINS - statt dich mit allerlei fragen und problemen zu beschäftigen. je mehr du über liebe nachdenkst, dich mit lieben aktiv beschäftigst - je mehr liebe wird durch dich fliessen, je mehr liebe wirst du von allen seiten anziehen, je mehr liebe wird dich heilen - bis du eines tages ganz direkt die liebe Gottes wahrnehmen lernst. ab diesem zeitpunkt wirst du dann vermehrt oder ausschliesslich deine aufmerksamkeit direkt auf Gott und seine liebe zu allem richten - damit immer die reinst mögliche liebe durch dich und zu allem um dich herum fliesst, heilt und befreit.

möge heilige Liebe und Gottes Segen dich vollkommen heilen und befreien - dir die kraft geben immer nur zu lieben - in allen situationen deines lebens, deines seins. je mehr du WIRKLICH UND AKTIV liebst - je schneller wirst du eins mit Gott sein.

hans

**Here some direct links to a few
portal sites of various services and
sections of the Cyberspace Ashram.**

[Home](#)
[English](#)

<u>Spiritual</u>	<u>With</u>	<u>On</u>	
<u>FAQ</u>	<u>Love</u>	<u>your</u>	
<u>Forum</u>	<u>from</u>	<u>wings</u>	<u>Spiritual</u>
	<u>God</u>	<u>of</u>	<u>Encyclopedia</u>
	<u>to</u>	<u>Love -</u>	
	<u>you</u>	<u>...</u>	

**Hier einige direkte Links zu
Einstiegsseiten der verschiedenen
Bereiche des Cyberspace Ashram:**

[Home Deutsch](#)

<u>Spirituelles FAQ</u>	<u>Nur</u>	<u>Auf den</u>
<u>Forum</u>	<u>Liebe</u>	<u>Flügeln der</u>
		<u>Liebe - ...</u>



Only a woman can make a man feel like a man and develop his soul with her female Love.

Nur eine Frau kann einem Mann zum Mann zu machen und seine Seele mit ihrer weiblichen Liebe zu entfalten.

Spiritual Newsletter

with Love from the

Cyberspace Ashram

<http://www.kriyayoga.com>

October 21st, 2000



Only a man can make a woman feel like a woman and develop her soul with his male Love.

Nur ein Mann kann eine Frau zur Frau zu machen und ihre Seele mit seiner männlichen Liebe entfalten.

Solutions of Love

Beloved Soul and angel-like child of the Divine

every once in your life you may have to make a decision - a decision always affects yourself very directly including all

- your personal and spiritual future. This means - the future of your present personality as well as the future of your soul is directly affected by any and all of your present - past or future decisions or NON-decisions - omitted decisions
- your past - as with your future actions you may either dissolve past karma or leave it for later to be dissolved or leave it to act upon you for the wellbeing of creation and to be neutralized by the most loving way for the most

Lösungen der Liebe

Geliebte Seele und engelhaftes heiliges Kind Gottes

immer wieder mal stehst du vor einer Entscheidung oder du schiebst eine lange anstehende Entscheidung vor dir her. Jede deiner Entscheidungen betrifft dich persönlich ganz direkt - einschliesslich

- deiner persönlichen und spirituellen Zukunft. Also die Zukunft deiner momentanen Persönlichkeit - des jetzigen Körpers und dessen Bewusstsein - als auch die Zukunft deiner gesamten Seele. Dein gesamtes selbst ist direkt betroffen von all deinen Entscheidungen und unterlassenen Entscheidungen.
- deine gesamte Vergangenheit. Durch die Entscheidung in Bezug auf deine künftigen Handlungen hast du einen entscheidenden Einfluss auf dein gesamtes Karma aus deiner Vergangenheit. Du kannst durch künftige vermehrte Liebes-Entfaltung dein angesammeltes Karma in Liebe

loving benefit of ALL

- your very presence - your decisions have the only direct impact on your present wellbeing and your spiritual, physical, emotional and mental health. If you love your present situation - fine for you - else today may be the right time to thoroughly review all previous decisions and dissolve and modify them today or make a decision where you omitted one previously. any decision from your past leading to painful results can be dissolved in Love, modified or corrected or make a decision where you failed to make one in your past for any reason. God gives you again and again another chance of Love to learn to create your own Solutions of Love. again and again - all can receive all Love, Grace and Mercy requested - in Love - with Love - for Love.

but your decisions also have a great impact on all your beloved ones and upon all the remainder of creation. Become aware of this impact and handle it with full responsibility and Love. You can decide with your present decisions or NON-decisions about the wellbeing of others.

The failure to make NOW - instantly, these very seconds - a decision at all can be as detrimental - as destructive - to all or part of creation as a decision of violence could be. The failure to decide FOR a Solution of Love NOW - these very seconds - may be the beginning of THE END of happiness and wellbeing of someone else or many others. If you make your decisions too late - you may co-create suffering that YOU might be

aufösen - oder das Karma zur vollen Auswirkung kommen lassen.

- deine Zukunft - denn nur deine Entscheidungen der Gegenwart und deiner Vergangenheit haben deinen jetzigen Zustand ergeben. Deine Entscheidungen haben deine jetzige spirituelle, emotional, mental und physische Gesundheit ergeben. Gefällt dir deine Gegenwart - so ist es schön für dich - ansonsten ist es Zeit deine früheren Entscheidungen in aller Ruhe und Liebe zu überdenken und zu korrigieren. Du kannst jeden früheren, schmerzhaften Entschluss auflösen und neu fassen oder einen unterlassenen Entschluss nachholen. Gott gibt jedem immer und immer wieder eine vollkommen neue Chance - eine Chance der Liebe - zur Liebe - aus Liebe zu allem.

deine Entscheidungen haben jedoch auch einen grossen Einfluss auf all deine geliebten Mitmenschen und auf die gesamte Schöpfung. Sei dir deiner Wirkung auf andere, auf die gesamte Schöpfung bewusst und sei entsprechend verantwortungsvoll bei allem was du tust, und wie du denkst, fühlst.. Deine jetzigen Entscheidungen ebenso wie deine unterlassenen Entscheidungen beeinflussen das Wohlergehen aller - JETZT - in diesen Sekunden. Deine Lösung der Liebe oder das unterlassen einer Lösung der Liebe von DIR kann Beginn oder Ende des Wohlergehens eines oder mehrerer anderer Menschen oder Lebewesen bedeuten. JETZT in diesen Sekunden.

Manche Menschen, manche Tiere und andere Lebewesen sind abhängig von deiner Liebe, Gnade und Barmherzigkeit. Sie leben oder sterben - sind glücklich oder traurig - je nach dem was und wie und ob du dich überhaupt entscheidest. Wenn du deine Entscheidungen zu spät triffst - dann kann es sein dass du Leid mit-gestaltst, das DU vielleicht später wieder in Liebe heilen könntest.

healing later on with YOUR Love.

Some people, some beings depend on your Grace, Mercy and Love to survive or to die - to be happy or sad - to receive Love NOW or punishment and suffering NOW.

One day however YOU may depend upon the Grace, Mercy and Love from someone else or all others to SURVIVE in Happiness and Love.

Your decisions may contribute to the destruction of others - as far as their potential karma would allow - or you can dissolve their karma with your Love - with your Solutions of Love - with your Grace and Mercy.

Remember that anything you ever do, may come straight back to you - if you destroy others - you may get destroyed yourself. If you Love others you WILL receive Love yourself. If you allow others to love you - then others may allow you to love them. A person without receiving Love and without giving Love is like a skeleton - a being empty of any soul and empty of any life.

Only if someone else - possibly someone who loves ALL or someone who loves YOU asks for Grace and Mercy in your name - only then can karma that would directly affect you be dissolved in Love. Karma can only be dissolved with the infinite power of Divine Love. If all fail to dissolve existing karma in Love then it will act upon all those having created it.

Some one ALWAYS has to pay the open bills you create or have created - most of the time this is someone loving you that you never meet in your life. someone beyond

Eines Tages jedoch könntest auch du von der Gnade, Barmherzigkeit und Liebe ANDERER abhängig sein, um selbst oder mit DEINER Familie in Frieden, Gesundheit, Liebe und Glück weiterleben und sein zu können.

Deine Entscheidungen können zum verderben, zur Zerstörung anderer ausschliesslich oder wesentlich beitragen - soweit das potentielle Karma der betroffenen dies erlauben würde. Oder du kannst schmerzhaftes Karma anderer durch DEINE Lösungen der Liebe verhindern - durch DEINE Gnade, Liebe, Barmherzigkeit - durch deine Lösungen der Liebe.

Erinnere dich daran, dass alles was du tust immer auf dich zurückkommen kann. Wenn du andere zerstörst - so kannst auch du zerstört werden - Wenn du andere liebst, dann wirst auch du geliebt. Wenn du anderen erlaubst dich zu lieben - so erlauben auch dir andere, dass du SIE liebst. Ein Wesen das weder lieben darf noch geliebt wird ist wie ein Skelett - ohne Leben und ohne Seele.

Wenn jemand anderes - der ALLE liebt, oder vielleicht DICH liebt, in deinem Namen um Gnade, Liebe und Barmherzigkeit bittet - kann Karma das dich und deine Seele belastet in Liebe aufgelöst werden. Karma muss immer aufgelöst werden - durch auflösen in göttlicher Liebe oder durch ausleben des Karma. Was versäumt wird in Liebe aufzulösen ist zu durchleben. Karma kann letztendlich nur durch grenzenlose göttliche Liebe aufgelöst werden.

Irgend jemand hat immer alle Rechnungen bezahlt die du offen gelassen oder neu schaffst - karmische Rechnungen - denn nur ein kleiner Teil hst du durchlebt oder selbst aufgelöst. Irgend jemand im Hintergrund hat immer all deine Rechnungen bezahlt, dich beschützt und geführt - jemand weit

and above all you presently are aware of - someone taking care of all beloved children of the entire creation - God. The little Karma you have paid so far usually is only a small part of all you have created - most is paid in Love by others who love you.

YOU may become such a LOVER of all as well - YOU may substantially contribute to Solutions of Love on this planet and all creation

Solutions of Love are the most Divine proof of your own Love. solutions of Love are the only kind of solutions leading ALWAYS to happiness and overall wellbeing with absolutely all beings involved.

If you feel to miss Solutions of Love in a given situation when such a Solution of Love would be needed by YOURSELF - just love and pray for Love and Solutions of Love and someone else will provide all Love needed to realize to most loving solution possible at any moment of eternity.

If you fail to know any further - just sit or lay down and pray and LOVE. Sometimes the solutions of Love may just be beyond your present capability of awareness - but sometimes you just fail to perceive an existing Solution of Love because of the many thoughts, conventions, spiritual blockages, expectations, beliefs, that you carry with you. But may be ALL of these thoughts, conventions, spiritual blockages, expectations, beliefs are wrong ??? Or would you be so far away from God if a substantial part would be correct ???

May be someone wants and always wanted to help you - some one loving you - but you always may

jenseits des derzeit wahrnehmbaren, jemand der dich immer geliebt, der immer alle geliebt und lieben wird - von Ewigkeit zu Ewigkeit - Gott.

Auch du kannst ein göttlicher Liebhaber / Liebhaberin werden. Ein Engel der Liebe hier auf Erden und in alle Ewigkeit in der gesamten göttlichen Schöpfung. Alle zu lieben - dich von allen lieben zu lassen - Lösungen der Liebe schaffend und vermittelnd - um Gnade und Barmherzigkeit für andere, für alle bittend - Menschen in Not erlösend. Mit deiner Liebe von Gott durch dich fließend - kannst du einen wesentlichen Beitrag zum Wohle aller schaffen. JETZT und HIER auf Erden.

Lösungen der Liebe - vollkommene Liebe, Gnade und Barmherzigkeit sind der einzige Beweis vollkommener Göttlichkeit und Heiligkeit - denn nur göttliche Liebe kann glücklich machen, heilen und befreien in alle Ewigkeit. Liebe kann nur heilen.

Wenn dir in gewissen Situationen Lösungen der Liebe fehlen, dann setze oder lege dich in aller Ruhe hin, bete und liebe und erbitte Lösungen der Liebe. Danach wirst entweder du eine Lösung der Liebe von Gott erhalten haben oder jemand anders wird eine Lösung der Liebe wissen. vielleicht musst du auch eine Nacht in aller Ruhe darüber schlafen - bevor die Lösung in dein Bewusstsein kommen kann.

Manchmal verhinderst du die eigene Wahrnehmung der Lösung der Liebe auf Grund deiner eigenen Blockaden, Ängste, Vorurteile, Vorwürfe, Erwartungen, Gewohnheiten, kulturellen, religiösen oder politischen Denkweisen also ist dein Bewusstsein zu belastet, verstopft und verschmutzt um göttliche Lösungen der Liebe wahrnehmen zu können. Eine Ruhephase in Liebe kann Klarheit im Bewusstsein schaffen und dich wieder für göttliche Inspiration befreien und öffnen. Lieben statt denken und die Lösungen

have kept rejecting his Love and solutions of Love -

May be TODAY would be time to reconsider all your previous and present behavior and attitude toward all and any solutions of Love that has been offered to you very recently ... may be you suddenly realize how much Love all these proposals contained and still do - then it is still time to do what needs or needed to be done - do it NOW - for the wellbeing of ALL and your very own wellbeing as well - for your very own spiritual and personal happiness. Happiness is the result of LOVE actually and really FLOWING through you - from God and others into you and from you to others and to God. For Love and solutions of Love the right time is always NOW !!

Flowing - active - dynamic Love always creates Solutions of Love !!

I love you - I have always loved you - and always keep loving you - from eternity to eternity - because Love is the only power that always makes all happy.

hans

sind immer da.

Vielleicht solltest du dir heute einmal die Ruhe und Zeit nehmen all deine früheren Entscheidungen zu überdenken, zu korrigieren oder in Liebe aufzulösen - um sie neu zu fassen wo erwünscht oder verträdelte Entscheidungen in Liebe JETZT zu verwirklichen. Wieviele Liebesangebote und Lösungen der Liebe hast du je erhalten - vielleicht erst kürzlich - wenn du erkannt hast was zu tun ist - dann tue es - JETZT in diesen Sekunden und Minuten. Zum Lieben und für Lösungen der Liebe ist IMMER die richtige Zeit.

glück - glücklich sein - ist das resultat fließender Liebe durch dich - Liebe von Gott - Liebe von anderen in dich und Liebe von dir zu und in andere und zu Gott.

fließende - aktive - dynamische Liebe schafft immer Lösungen der Liebe !!

Ich liebe dich - ich habe dich immer geliebt - und werde dich immer lieben - von Ewigkeit zu Ewigkeit - denn nur Liebe allein kann wirklich alle glücklich machen.

hans

Spiritual Newsletter - master and slave in life - who are the true teachers ?



If mankind would
spent at least as much
time each day to truly
love as they spend
brushing their teeth
each day - then there
would be more peace
and less suffering on
this entire planet ever
since.



Wenn die Menschheit
weingstens jeden Tag
ebensoviel Zeit mit
wirklich lieben
verbringen würde wie
sie mit Zähneputzen
verbringt, dann wäre
sei je her mehr
Frieden weniger Leid
auf diesem ganzen
Planeten.

with Love from the

Cyberspace Ashram

<http://www.kriyayoga.com>

October 27th, 2000

beloved soul

here something for your soul and spiritual
challenge and progress:

if you want to be a leader of any kind
- then you have to work more and love more
yourself than others do
- learn to be an example of love and loving
creativity
- go ahead of others and others may
eventually follow you
- their leader of Love

any being only follows a leader of Love ...
- because all have been made of Love
- and all want to return to their home of Love
- all want to return to the source of Love
- only a leader in Love can be a leader of Love
- to call all souls - created by God - created as
beings of Love

if however you have others working for you
- then YOU are in reality their slave
- because YOU depend on their working for
YOU
- because YOU forgot to know how to work
and maintain your own life and needs

Geliebte Seele

Hier etwas als wachstumsreiz für deine seele
und deinen spirituellen fortschritt:

wenn du ein Führer beliebiger Art sein willst ...
- dann arbeite selbst mehr und liebe selbst
mehr als anderen
- lerne ein Vorbild im Lieben und liebevollen
Schaffen zu sein
- gehe den anderen voraus und sie können dir
folgen
- ihrem Führer der Liebe

alle Wesen folgen nur einem Führer der Liebe
...
- denn alle sind aus göttlicher Liebe geschaffen
- und alle wollen in ihre Heimat der Liebe
zurück
- alle wollen zur Quelle der Liebe zurück
- nur ein Führer in Liebe kann ein Führer der
Liebe sein
- um Seelen zu rufen - Seelen einst von Gott
als Wesen der Liebe geschaffen

wenn du jedoch andere für dich oder unter dir
arbeiten lässt ...
- dann bist DU in Wirklichkeit IHR Sklave

- those who work for you are in reality are
YOUR leaders showing YOU how YOU should
work ...
- to keep alive for eternity
- to take care of your very own needs
- to produce and take care of your own food
and housing

- weil DU von IHRER Leistung FÜR DICH
abhängig bist
- weil DU vergessen hast DICH um deine
Bedürfnisse SELBST zu kümmern

diejenigen, die jedoch FÜR DICH arbeiten sind
deine wirklichen Führer und Vorbilder - dir zu
zeigen ...
- in der Ewigkeit zu überleben
- deine eigenen Bedürfnisse zu erfüllen
- deine eigene Nahrung und deinen eigenen
Lebensraum selbst zu schaffen und zu
erhalten

With Love and Divine Bliss

Hans

In Liebe und Gottes Segen

Hans

Spiritual Newsletter from the Cyberspace Ashram

<http://www.kriyayoga.com>

november 14th, 2000

Finanzielle Heilung

Financial healing

Geliebte Seele

dieser newsletter ist die antwort auf ein HILFSANGEBOT das ich gestern erhalten habe - das jedoch mehr von not zeugt. gleichzeitig zeigt es warum arme menschen arm sind, weil sie entweder immer alles mit allen geteilt haben, immer allen auch alles geschenkt wenn andere in not, oder immer gesagt haben dass sie nichts zu teilen, nichts zu schenken haben und sie dann VOR dem beginn des weges zu gott alles verloren haben, damit sie sehen wieviel sie zu teilen gehabt hätten. schmerzen entstehen nur bei letzterem !! die schmerzen die zu lindern man rechtzeitig versäumt hat.

wieviele schulden hat den die bundesregierung und wieviel sorgen machen sich die politiker und banker deswegen ??

erinnerst du dich an den spruch des jahres vor einigen jahren ..
... zur zeit der affare in der ein einzelner mann milliarden in den wind gesetzt hat bei verschiedenen banken - u.a. der deutschen bank, und bei vielen firmen und kleinfirmen und kleinstfirmen ???

beloved souls

this newsletter will be translated later - or you may use a professional translation service to have it translated for your very private and personla use.

if ever i get time and money to do it - i may send it out to you - however it may take weeks or months - if at all.

right now chirstmas time is getting closer and there is plentiful of love to disperse among all mankind on earth. love is the single most important activity i have on earth and far beyond - while you may worry about money - i keep loving you all and far more.

love and divine bliss will come upon all these coming days and weeks and the single most important is to fully open your heart and soul to be free for all this love and bliss.

however is you carry a bundle of open bills that you charged to others then you might be occupied by this burden that you carry with you - because YOUcause

er lautete "peanuts" - mit anderen worten - die milliarden verluste waren nichts für die banken - keinerlei sorgen - warum ? Es ist ja sowieso UNSER geld das sie anlegen und verwalten ! Das gesamte geld das vom staat und anderen institutionen als zinsen und steuern irgendwie in eingetrieben und eingelagert wird ist ALLES unser geld - denn der staat leistet in der regel absolut nichts - er vertritt in der regel nur sich selbst und die interessen der regierenden und finanz-mächtigen. Was für seifenblasen sind den banken verschiedener staaten, die sich gegenseitig geld abkaufen um einen scheinwert aufrechtzuhalten und eine total entwertung zu vermeiden in dem man sich gegenseitig geld abkauft nur um zu beweisen wie wertvoll das geld ist. Wieviel aber dieses geldes wird ausgegeben wenn im krieg die lebensmittel knapp werden. Dann kann es sein dass es ein oder mehrmals monatlich abwertungen im 2 stelligen prozentbereich gibt. So wie ich das selbst zur zeit des vietnamkrieges in den 70er jahren in kambodscha erlebt habe. Die die hunger haben oder eine wolldecke brauchen geben plötzlich das zehn oder hundertfache oder noch mehr an die armen bauern die gar nichts haben, aber mit fleiss und harter arbeit im schweisse des angesichts kartoffeln pflanzen und schafe züchten.

warum sollte sich eine erwachende seele gottes schlaflose nächte machen, wenn politiker und banker sooooo denken ?

der punkt ist dass den bürgern etwas eingehämmert wird als moralmasstab - an das sich die besagten prediger und scheinheiligen NIE selbst halten - nicht einmal annähernd.

Ein anderes beispiel ist die spenden-affäre in deutschland.

wenn es um millionen aufwärts geht - da handelt es sich immer um einen aus eigenen reihen irgendwie ... zu viele der "grossen" schillernden seifenblasen sind selbst darin verwickelt, um einem anderen wirklich auf die füsse zu treten oder ihm eine hand abzuhacken oder ihn gar für sehr

others to feel guilty of owing YOU money - or anything else - hence where shall i purge all the ocean of love and bliss upon you if you are full with bills you gave to others.

burning all the open bills and confirming it immediately to all is the fastest way for you to free yourself of your very own guilt - instantly you feel free - and the magic about this procedure is - you can do it any time of the year - again and again.

if anyone of you expect Jesus as a savior to arrive this christmas time - make sure your bundle to carry is very small and prepared - Jesus may ask you first of all to forgive all those who owe you any amount one cent or trillions of gold dollars or diamonds or what so ever!

i love you

hans

lange ins gefängnis zu bringen oder gar für den rest des lebens zu ruinieren !!

was sind schon 2 jahre gefängnis wenn du dabei zwei jahre vollzeit kriya yoga machen kannst. zwei jahre in frieden dein leben aufräumen kannst ohne an das essen von morgen denken zu müssen, oder an die miete vom vorletzten monat ?

all solche dinge habe ich schon lange hinter mir. allerdings vor mehr als 10 jahren - ganz zu beginn meines spirituellen erwachens und es waren nur ca 18'000 bis 19'000 DM und es waren nur schulden beim finanzamt und bei der AOK.
keine privat person hat je wirklich auch nur eine woche auf ehrliche forderungen warten müssen.

natürlich waren damals zwangsvollstreckungen angesagt und durchgeführt durch zwei verschiedene gerichtsvollzieher des staates und natürlich gab es damals keinerlei gericht das zuständig war für diese vollstreckung, denn damals wie vor hunderten oder tausenden von jahren macht der staat sein eigenes gesetz und hat hierfür seine eigenen raubritter die es durchsetzen - jenseits aller geistigen gesetze und weit weit abseits des ersten gebotes der liebe !!

das sind oft sehr intensive prüfungen auf dem weg zu gott - aber auch mächtige wachstumsmöglichkeiten.
denn du hast dich immer und ewig vor gott und deinem angesicht deiner eigenen seele zu verantworten. wem willst du dienen und treu sein ??

der täuschung, dem ego aller, der gewalt und quelle aller gewalt

oder

der liebe, deiner eigenen seele die alles übersteht - jeden tod, jedes märtyrium um eines tages zu gott, zur quelle aller quellen zurückzukehren.

es gilt sicher zu sein dss du zu diesem

zeitpunkt auch wirklich ALLES immer geteilt
- sonst wird es dir geteilt auch das was du
bereits ausgegeben - für dich ausgegeben -
wird geteilt zu gunsten der anderen.

vielleicht hast du 40'000 zur aufpolierung
deines egos ausgegeben statt mit den
ärmsten zu teilen als diese in not waren.
40'000 ist eine menge geld wenn es darum
geht armen in liebe und weisheit zu helfen.
es ist das was ich selbst für ein ganzes jahr
manchmal habe für alle meine leiblichen
kinder und alle meine kinder draussen in
der welt, für das cyberspace ashram und
alles was damit zusammenhält und noch
viele mehr ...

40'000 alleine auszugeben in indien oder so
... das kann ich dir zeigen wie dies geht
wenn du einmal mitkommen willst und
diesen betrag wieder hast. damit kannst du
vielen vielen hunderten von menschen über
jahre dauerhaft JETZT geholfen haben oder
du kannst damit ein ganzes ashram für
viele aufwachende heilige und menschen in
not mit allem drum und dran einschliesslich
verpflegung und tausenden von blumen als
medizin der seele ein jahr lang führen - den
menschen in not geborgenheit zu schenken
- tag und nacht.

manche menschen brauchen dies ... wenn
auch nur für einen tag. zu wissen dass sie
auch auf erden jemand haben als vertreter
gottes der zu ihnen steht - auch gegen
andere als lebendes schutzschild gottes sie
schützend. die allmacht gottes ist weit
jenseits des vorstellbaren aller irdischen
armeen zusammen und darüber hinaus
aber du musst immer stark in liebe
verankert sein - frei vor todesangst -
immer an alle gesetze - yama und niyama -
und deren verfeinerungen und an das
absolute und erste und einzige gebot gottes
- das gebot der liebe dich halten. immer in
liebe handelnd.

du musst immer ein vorbild der liebe sein.
immer stark sein auch wenn du keinen
pfennig - aber tausende von schulden hast.
denn es gibt derer die zu schwach in der
liebe sind, um selbst mit kleinen schulden
fertig zu werden. also musst du ihnen mut
machen - selbst im sterben noch stärker

werden weil zu gott gehend und noch liebender.

in solchen situationen musst du mit absoluter gewissheit mit 100.0 % sicherheit - vollkommen frei jeglichen zweifels wissen dass all sein tun, sein streben wirklich gott und der liebe und allen kindern gottes auf erden gewidmet hat oder widmen will.

manchmal muss jeder von uns ins EXTREMSTE in sich hineinschauen und erkennen ob das was er tut für sein kurzzeit- ersatzglück ist, oder wirklich dazu dient wirklich geheilt zu werden und den weg zu gott zu gehen - in liebe - in vollkommener liebe - und während man stark und auf festen füssen geht wird man von schritt zu schritt fühlen dass man immer schon stark war. die eine tiermama mit ihren tierbabies angesichts eines sehr grossen feindes.

eines tages vor vielen jahrzehnten auf dem bauernhof meiner eltern war einmal eine unserer hauskatzen - sie hatte junge - und einer unserer recht wilden und zum jagen und morden gezüchteten und erzogenen deutschen boxer wollte sie angreifen - sie selbst angreifen, nicht etwa ihre katzenbabies, denn die waren im heu versteckt in sicherheit, der grosse und viel mächtigere hund schoss knurrend auf sie zu - fest entschlossen sie gleich zu zerfleischen. aber er hat den allmächtigen mut einer mama vergessen. er hat vergessen, dass sie vielleicht nie ihretwegen so mutig kämpfen würde, aber sie war mama und musste ihre babies stillen - immer wieder und noch mehrere wochen lang bis auch diese auf eigenen füssen durchs leben gehen konnten.

... also ist die katzenmama vor meinen augen - wenige meter vor mir. das ganze waren sekundenbruchteile und zu schnell als dass ich selbst hätte physisch eingreifen können.

sie stand auf ihre hinterbeine auf - etwa so wie ein grosser bär und hat blitzschnell mit aller kraft und in aller schnelle dem heran schiessenden hund ihre krallen voll durchs

gesicht gezogen.

der mächtige und zum siegen gewohnte
hund ist winselnd und erschrocken
zurückgewichen. er war gewohnt mit seiner
düsteren schwingung seinen gegner zu
lähmen. viele hunde sind wesen mit sehr
düsteren schwingungen die oft eine
todesangst vor dem licht haben.

war er doch gewohnt zu wildern und auch
gleich grosse hunde zu zerfleischen - wie
dies einmal bei uns geschah. und hier war
eine ca 10 mal kleinere schmusekatze die
ihm mit aller mutterliebe und der daraus
resultierenden macht gezeigt hat wie stark
eine liebende sein kann, wie stark liebe
machen kann.

und sie hat auch gezeigt wie schwach das
winzelnde ego eines "scheingrossen" sein
kann.

und das geheimnisvolle und magische
daran ... sie hatte keine zeit stark zu
werden - es war zeit STARK ZU SEIN -
JETZT !!!! um zu vermeiden ihre
katzenbabies dem qualvollen hungertod zu
widmen.

dieser hund hat nie mehr unter meinen
augen je eine katze anzugreifen versucht -
egal welche katze, denn wir hatten mehrere
und kein anderer hund auf unserem hof
denn wir hatten mehrere davon sie waren
besitztum meiner damaligen mutter und
haben getan was ihnen gelehrt.

JETZT ist es für viele zeit stark zu sein.
denn jeder hat die allmacht göttlicher liebe
in sich. JETZT. stark sein kann man nie
lernen - nur sein. entweder man ist stark
oder schwach. entweder man liebt oder
man ist ego.
ego IST immer schwach - entscheidet man
sich wirklich FÜR die liebe - so IST man
sofort stark. so wie diese katze.

katzen sind liebende wesen immer voller
licht und liebe - sie nehmen sogar karma
und krankheiten ihrer menschlichen
freunde auf sich. auch tödliche tumore.
wenn eine katze todkrank ist - so schnurrt
sie immer noch,

wenn eine katze von einem auto
überfahren und schwerste innere
verletzungen und knochenbrüche hat,
selbst dann können katzen oftmals noch
schnurren. liebend in den tod gehen trotz
scheinbarer schmerzen.

jeder mensch kann liebend in den tod
gehen - wenn er ja gesagt hat zur liebe -
zu gott.

woher stammen die schulden und warum
sind sie entstanden. werde dir gewiss und
sei bereit alle schulden zu bezahlen die du
einem mesnchen schuldest und die aus
deiner eigenen verantwortung und aus
eigenem ego entstanden.
sei sicher dass du wirklich immer und alles
geteilt hast. liequidiere alles wovor du
angst hast es zu verlieren und teile den
erlös mit den ärmsten dieser welt und um
schulden an einzelpersonen zu bezahlen.
und dann kann es sein dass noch schulden
bei banken udn beim staat bleiben.

dann musst du selbst lernen damit fertig zu
werden - in liebe - in gottverbundenheit -
mutig und stark wie die katze vor dem
hund.
und wenn die gerichtsvollzieher etwas
genommen haben - dann hst du zuvor
betrogen und gelogen, denn dann wäre
immer noch etwas zu teilen gewesen !!

denke an den newsletter "thunderstorm of
love" wer meint nichts mehr zu haben wird
erst später fühlen wieviel er in wirklichkeit
noch hat.
und selbst wenn du noch ein bett hast -
hast du immer noch zu teilen. und selbst
wenn du tische und stühle hast - hast du
immer noch zu teilen - ausser einen stuhl
oder zwei für deine gäste.

manche von uns auf dieser mailliste werden
genau diese erfahrung vielleicht oder gar
sehr wahrscheinlich einmal machen - in
dieser inkarnation oder in einer späteren
wen sich jemand die befreiung und lieben
auf später
aufheben oder verschieben möchte.

auch ich habe meine 2 gerichtsvollzieher

gehabt. allerdings sind sie mit lehren
händen davon gezogen - und um ganz sicher
zu sein dass ich nie mehr aufstehen kann
haben sie vorsorglich mein damaliges
bankkonto
auf dm 5 im voraus gepfändet. das heisst
dass jeder betrag über dm 5.- automatisch
eingezogen wird. damit ich also nie mehr
eine telefon rechnung, ein gewerbliches
angebot oder sonst was bezahlen kann.

jahre lang habe ich auf dem boden
geschlafen - in einem kellerraum mit sehr
kleinen fenstern zur nordseite - und habe
geliebt und geliebt und kriya yoga gemacht
stunden und stunden -
die 2 telefon leitungen blieben an denn ich
habe die rechnungen von dem wenigen
immer bar bezahlt - denn das telefon
diente damals tag und nacht den
hilfesuchenden, den notleidenden mich zu
erreichen und ggf stundenlag zu jeder zeit
rat und lösungen der leibe zu erhalten. so
wie jetzt in einem
anderen rahmen per email rund um die
welt.

manchmal hatte ich wochenlang oder einige
monate nur ca dm 5.- pro woche und
mehrmals die woche kam meine kleine -
damals 2 jährige herzensprinzessin zu
besuch auch über nacht,
denn ich lebte damals in scheidung. sie
schief neben mich gekuschelt am boden so
wie ich und war glücklich weil ich immer
nur geliebt habe. und wenn patienten
kamen die teils stundenlang gesprochen
haben, dann hat gott sie einen tiefen schlaf
der liebe geschenkt.
dazu hat sie ihren hübschen kopf auf ihr
kleines kuscheltier gelegt - als kissenersatz -
und hat in aller ruhe ganz tief geschlafen -
also ihren körper abgelegt - um mir beim
heilen und lieben zu helfen oder gott zu
gehen und dann wieder zurückzukommen
in ihren erdenkörper wenn die behandlung
und das gespräch vorbei waren.

auf erden gibt es prüfungen vieler artgen
durch die eigentlich so gut wie jeder auf
dem weg zu gott einmal gehen wird. aus
jeder prpfung wirst du immer stärker.
stärker heisst noch liebender.
denn ein erdenmensch meint oft dass die
liebe irgendwo grenzen haben muss. dss

die macht der liebe irgendwo endet.
FALSCH.

göttliche liebe is allmächtig - ewigklich und
kann alles auflösen. du musst aber zu allem
bereit sein.
zum sterben
ins gefängnis zugehen
dich wegschicken zu lassen
alles irdische zu verlieren - alles was du
versäumt hast zu teilen

nur aus liebe zu gott, aus liebe zu allem,
aus liebe zur liebe. denn nur ein liebender
kann wirklich helfen not und leid zu heilen.
wenn du zweifel hast ob dies geht - dann
sei frohen mutes - es geht - es geht SEHR
gut. du musst ganz fest auf liebe besonnen
sein. zu beginn brauchst du dazu die
geistigen gesetze
yama und niyama und das absolute streben
nach liebe.

dann kann jeder - absolut jeder dies
schaffen - auch ohne fremde physische
hilfe. denn wenn du dich auf liebende weise
bewährst und wirklich standhaft "NUR
LIEBST" und "nur lieben" lerne willst -
immer vollkommener und göttlicher bis du
eins mit gott bist.
edann werden sich die schleusen zu gott
öffnen und du wirst umgeben sein von
heiligen - von engeln und helfern und in
göttliche liebe gehüllt und dein kellerraum
wird zu einem heiligen tempel gottes - du
du darin lebst - du der sich ganz und gar in
liebe gott geschenkt hast.

die grösste und schwerste aufgabe die dann
auf dich zukommt - ist
zu glauben dass DU - ausgerechnet DU -
SOOOOO viel liebe und göttlichen segen
erhalten kannst - wo doch in allen schulen
und universitäten und gymnasien nur von
joule, watt, volt, DM und \$, von strafe und
sünde gesprochen und gelehrt,
und kaum ein mensch je wirklich sagt, lehrt
und vobeht dass es liebe gibt - wahre
göttliche liebe.

manche werden immer wieder glauben oder
argumentieren wollen dass all dies nie
möglich ist - aber ich kann es selbst

bezeugen und gott alleine ist mein zeuge
vor euch, denn

- ich bin mehrmals gestorben auf dem weg
der liebe zu gott und wieder in diesen
erdenkörper eingetaucht um euch von der
liebe, gnade und barmherzigkeit gottes zu
zeugnis abzulegen

- ich war im gefängnis in meiner jugendzeit
ca mit 19 oder 20 - wegen

befehlsverweigerung in der schweizer
armee - nur drei tage aber die dauer kennt
man erst nach der prüfung. in den drei
tagen hatte ich einen tag gefängnis urlaub
weil meine mutter sich wegen der schwere
des selbst verursachten leides und des
erdrückenden karmas eine überdosis
schlaftabletten genommen hat
und die gefahr bestand dass sie in die
psychiatrische behandlung gehen muss. so
wurde ich kurz entlassen um ihr liebe und
mut zu schenken, damit sie vom
krankenhaus in die freiheit durfte. danach
ging es zurück ins gefängnis. ohne
schubandel und ohne hosengürtel wie dies
so üblich ist - um die menschen auf das
extremste zu erniedrigen.

nur die bibel war erlaubt. die bibel konnte
mir aber nie trost spenden und hat mir nie
eine lösung auf dem weg zu gott gezeigt.
es fehlt zuviel von der wahrheit die jesus je
gesprochen hat. es fehlt soviel dass die
mehrheit der menschen den weg nie finden
kann mit dem restlichen kleinen bisschen
wahrheit.

es waren nur einzelne kernsätze die mir
geholfen haben. einzelne körner wahrheit in
einem haufen mist. und die bergpredigt hat
mir gefallen. ich hatte immer das gefühl
wie wenn ich diese worte sagen könnte und
ich sie oft schon gesagt habe.

denn es ist auch eine gewisses
"donnerwetter der liebe" um menschen die
sich in der materie verloren haben - die
sklave ihres besitzums geworden sind. so
wie vielleicht DU !!!!

- ich bin von einer partnerin - der mutter
meiner zwei kleinsten engelstöchtern hier
auf erden - weggeschickt worden weil sie
dem vater gefallen wollte statt ihre liebe
und alles besitzum - damals ca 80'000 DM
mit allen zu teilen. meine liebe zu gott war
vom ersten tag der beziehung an
vollkommen und das wusste sie ganz
genau,
weil ich es immer wieder - schon vom

ersten oder zeiten tag des kennenlernens -
gesagt habe. ihre liebe zu ihrer relativen
welt und zur materie und der wunsch ihrem
erdenvater gerecht zu werden war grösser.
so hat immer und immer wieder wahre
liebe gefehlt. liebe zu allen patienten, liebe
zur liebe, und absolutestes heiligstes
vertrauen auch dem teufel und dem
dunkelsten und mächtigsten des dunklen
"nur liebend"

so hat sie mich eines tages - die
engelsbabies waren damals 1 und 2 jahre -
unter eigenen tränen gebeten die familie so
bald wie möglich zu verlassen. ich habe um
drei wochen frist gebeten um noch einen
sehr wichtigen spirituellen workshop
durchzuführen.

danach 1997 bin ich mit allem ws ich
besitze in einem rucksack ausgezogen - ca
22 kg beesitztum einschliesslich ca 5 kg
medikamente für die armen. ich habe sie
umarmt - sie hat geweint und angela das
grössere engelein auch. daniela, das
kleinste engelein hat mir eine umarmung
verweigert - es war zu traurig aber wusste
dass es so sein sollte - daniela war zu
diesem zeitpunkt noch wissend von gott
und über das was jetzt abläuft wissend. sie
war sehr stark - innerlich bärenstark - sie
war immer schon bärenstark und mutig
jahrhunderte lang schon - und daniela hat
gewusst, vor der inkarnation bereit gewusst
dass sie ohne physischen vater aufwachsen
muss,

weil ihre mutter mich vertossen wird, weil
ihre mutter wenigstens kurzzeitig gott
verstossen wird - weil sie es bereits zuvor
getan hatt - vor langer zeit. und doch war
sie die von gott geschenkte braut - meine
dualseele wie erdenmenschen dies
manchmal nennen.

es war ein kampf zwischen zwei welten und
die liebe zu allem hat gesiegt - denn die
liebe wird immer siegen - seil sie immer
wieder alle begnadigt, werlöst, heilt, befreit
- in alle ewigkeit. ALLE - auch dich.

dir dabei zu helfen - bin ich geblieben oder
vielmehr wiedergekommen - denn bereits
vor drei jahren hätte ich ewiglich schon in
gott bleiben dürfen udn doch ist meine
liebe für alle - für angela - für daniela - für
carina - und für euch alle so gross, dass cih
noch eine weile

rütteln und schütteln will und zeugnis
ablegen von der allmacht göttlicher liebe,
von der sanftheit und heilkraft göttlicher
liebe.

liebe kann nur heilen. liebe kann nur
befreien, liebe kann nur glücklich machen -
alle - immer - ewiglich - auch DICH !!

wer tief in liebe verankert ist und bereit ist
alle prüfungen liebend zu durchwandern -
alle dunklen wolken in liebe aufzulösen
oder gott darum zu bitten - der wird immer
in liebe gehüllt sein.

wenn du die wertlosigkeit aller irdischen
güter erkannt - dann bist du augenblicklich
geheilt von allen schulden in geldform oder
anderen ähnlichen dingen.

mögen diejenigen die geld mehr lieben als
gott und alle menschen ihr geld erhalten
dürfen - aber nie auf kosten der liebe oder
freiheit oder gesundheit eines einzigen
kinds gottes.

mögen sie geld zählen dürfen denn gott hat
allen freiheit geschenkt.

hast du schon einmal einen orgasmus mit
einem tausender schein um deinen penis
erzielen können, oder dir einen
tausenderschein eingeführt ?? kaum - denn
du weisst im innersten dass die quelle der
liebe immer etwas göttliches ist - dass du
dazu immer einen gott geschaffenen
menschen als partner brauchst.

der mann eine frau und die frau einen
mann.

beides sind dann quellen der liebe
füreinander. und wenn beide in tiefster
echter wahrer liebe in gott verankert sind -
dann können sie vor gott so lange ein
göttliches paar sein wie sie wünschen oder
wie der eine dem anderen die liebe versagt
oder ihn wegschickt oder wie einer von
beiden gehen will egal aus welchem grunde
so möge er GOTT alleine um auflösung in
liebe seiner beziehung bitten - nur gott
alleine kann eine trauung in liebe vollziehen
und auch wieder in liebe auflösen. jede
beziehung - jede ehe auf erden oder in
astralen sphaeren oder wo immer auch
vollzogen sind verträge die binden uns
somit nichtig null und nichtig in alle
ewigkeit.

eine heilige partnerschaft vor gott jedoch
ist eine reine göttlich magische

partnerschaft in liebe - gottes segen schützt
die beiden und schenkt ihnen besonderes -
etwas ganz besonderes.

so ist auch meine beziehung zu meiner seit
millionen jahren gemeinsamen dualseele in
liebe vollkommen aufgelöst - aus liebe zu
allen - weil nur eine seele die frei ist oder
geliebt wird gottes bote sein kann und allen
dienen und helfen kann - in liebe - in alle
ewigkeit.

ich liebe euch alle - alle - in alle ewigkeit
und möchte wie ein liebender immer für
euch da sein bis alle wieder ihren weg in
die freiheit gegangen sind. für euch da zu
sein jedoch kann auch bedeuten dass ich
eines tages zum richtigen zeitpunkt
bestimmt alleine durch die liebe den körper
dauernd loslasse. dann soll es nur zum
wohle der liebe in gottes schöpfung jedoch
sein. euch auf andereweise zu helfen den
weg zu ende zu gehen.

bedenke jedoch: eines tages wirst du auf
dem weg zu gott immer den ganzen preis
bezahlen - freiwillig teilen mit allen - alles
herschicken - denn nur wenn du ALLES
schenken kannst bist du auch frei genug
die immense menge an liebe und göttlichen
segens aufzunehmen und zu "verkräften"

ich liebe dich
in gottes segen

hans

February 8th, 2001

if your mind controls your heart
- then ALL love is killed before it is even
starting to flow and develop

if your heart however is fully controlling
ALL your mind and actions and creations
of yours
- then action and creation of love and
wisdom will prevail ALL your eternal life !

wenn deine gedanken dein herz kontrollieren,
- dann stirbt jegliche liebe im keim bevor sie
überhaupt zu existieren und fließen beginnen
kann

wenn dein herz jedoch ALL deine gedanken
kontrolliert
- dann überwiegen handlungen und
schöpfungen erfüllt von göttlicher liebe und
weisheit ALL dein göttliches sein in alle
ewigkeit!

February 8th, 2001

<http://www.kriyayoga.com>

ego und nirbikalpa samadhi

deine momentane persoenlichkeit besteht in der regel an erster stelle aus

- unwissenheit ueber gott und daraus resultierender angst vor dem tod, unwissenheit ueber das ewige sein nach dem tod, und teilweise gar angst vor gott selbst
- wuenschen materieller art, die dich von deiner schnellst moeglichen rueckkehr zu gott abhalten
- gedanken ueber deine vergangenheit die dich daran hindern die essenz deiner vergangenheit zu erkennen und im hier und jetzt sinnvoll anzuwenden

gedanken, sorgen oder plaene fuer deine zukunft die dich daran hindern im hier und jetzt den direkten weg der liebe zu gott zu finden und zu gehen

dein ego kann als summe aller vektoren aller kraefte deines gesamten wesens definiert werden, also deines spirituellen wesens ebenso wie deiner momentanen physischen persoenlichkeit

das EGO ist vielfacher natur und kann

- stark zerstoererischer art sein
- maessig zersoererischer art sein
- neutraler art, aber von gott klar ablenkend sein
- auf grossen umwegen zu gott fuehrender art sein - der weg des karmas
- direkt auf dem weg der liebe zu gott

ego and nirbikalpa samadhi

your present personality consists in MOST cases basically of

- spiritual ignorance about god and resulting fear of death or even fear of god
- desires of material kind keeping you away from instant godunion
- thoughts about your past about UN-resolved experiences from your past that keep you from applying the essence of such experiences in all situations of todays life
- thoughts, sorrows and plans about YOUR future that keep you creating YOUR FUTURE and that keep you away from instant oneness in god NOW

your ego can be defined as the sum of all vectors of acting forces of your overall being including your spiritual being and your present personality of your physical being as well.

the EGO can be of manifold nature

- of powerfully DESTRUCTIVE nature
- of moderate destructive nature
- neutral but highly distractive from god
- leading to god but on a very indirect path of karma
- leading to god on the most direct path of divine love

fuehrender art sein

die absolute mehrheit aller erdenmenschen haben ein ego der ersten oder zweiten art hier auf erden.

die dritte art der ego ist erlangt, wenn du wenigstens durch einfachen nirbikalpa samadhi ein hoechstes kausales bewusstsein erlangt hast

die vierte art des ego hast du erarbeitet oder erlangt, wenn du durch wiederholten kompletten nirbikalpa samadhi dein bewusstsein dauerhaft im christusbewusstsein verankert hast -n auch ausserhalb deienr meditationen oder durch einfachen maha samadhi den koerper daurhaft losgelassen hast

die fuenfte und hoechste art des ego hast du erlangt wenn du durch vollkommenen hoechsten maha samadhi vollkommen in gott eingegangen bist und wieder in deinen toten koerper eingetaucht bist um diesen wiederzubeleben oder sofort in einheit mit gott geblieben bist.

es gibt unendlich viele gruende in gott zu bleiben und NULL gruende wieder in den toten koerper einzutauchen nach einem erfolgreichen hoeschsten maha samadhi !!!

das ego kann also auch als ewige persoenlichkeit eines jeglichen kindes gottes bezeichnet werden. du bist ein kind gottes von ewigem sein. aber dein sein wird von zunehmender reinheit und goettlichem glanz erfuehlt. nur durch die entfaltung goettlicher liebe ist vollkommene einheit mit gott je moeglich.

ob du nun ein solches reinstes ego als EGO, oder als individuelles bewusstsein (auch individualitaet) oder anders bezeichnest ist vollkommen nebensaechlich - es handelt sich jeweils NUR um eine verfeinerung einer frueheren stufe einer dichtereren daseinsform deines ewigen wesens. jeder mensch wird in gewissem sinne eine ewige persoenlichkeit haben aber immer liebender in absolut jeder hinsicht. diese entwicklung setzt sich in alle EWIGKEIT

the vast majority of all mankind on earth has an ego of the first or second nature

an ego of third kind is achieved if you have achieved repeated basic nirbikalpa samadhi and your consciousness if raised to the highest level of causal consciousness

the ego of fourth kind is achieved aftersyuccessful and repeated FULL nirbikalpa samadhi leading to a permanent achievement of christconsciousness even outside your meditations or by successfully and permanently dropping your body through maha samadhi

the fifth and highest kind of ego is achieved after completing highest maha samadhi leading immediately to complete oneness in god after completely dropping your physical body and then reentering your death body or remaining ONE in god and abandoning your physical body permanently.

there are infinite number of reasons to remain one in god and permanently abandon your physical body after achieving the highest maha samadhi and zero reasons to return into your death body again !!!

hence you can also define the ego as an eternal personality with an ever increasing vibration and divine purity of its aura as well as an ever increasing purity of divine love expressed by such a divine "ego". such a divine "ego" can only be achieved by developing divine love.

you may now call such an "ego" an individual consciousness (individuality) or call it any other name. it always remanes a higher level of consciousness of the previous lower state o fyour etgernal being and keeps developing and raising its vibration for ETERNITY !!! hence you can say - each person has an "eternal personality".

to develop such a divine personality to the highest extent of perfection - you should dissolve in divine love all and any vectors

fort !!!

um solche goettliche liebe in dir in
allerhoechstem masse zu
vervollkommen, sollst du alle vektoren
deines wesens in liebe aufloesen die dich
auch nur im geringsten von gott
entfernen koennten.

in liebe und gottes segen

hans

pulling you away from god even by the
smallest amount.

with love and divine bliss

hans

February, 9th 2001

Diary

if you keep a diary
- then you are carrying along all
UNRESOLVED experiences from your
past in it instead of distilling the
essence of all past experiences
immediately to apply all in the present
daily situations of life.

burn your diary after reading it one last
time very carefully and surrender ALL
experiences written down in your diary
TO GOD

since YOU failed to learn and dissolve
in love all your past causing a need for
a diary - GOD will then dissolve it for
you in his infinite divine love and may
return the essence of it in some sweet
and instructive dreams to you to return
all the essence to you for your future
spiritual benefit.

the very same as for diaries is valid as
well for all photos or video tapes about
your family and your past experiences
!! any memories from your past prevent
your progress in your present life !!!

with love and divine bliss

hans

Tagebuch

wenn du ein tagebuch fuehrst
- dann traegst du deine gesamte
UNGELOESTE vergangenheit als LAST mit dir -
statt die essenz der vergangenheit in deinem
jetzigen taeglichen leben anwenden zu
koennen.

verbrenne dein tagebuch nachdem du es ein
letztes mal sorgfaeltig und aufmerksam gelesen
hast und schenke durch diese verbrennung
ALLE vergangenen erfahrungen GOTT.

da du selbst gefehlt hast, ALL diese
erfahrungen jeweils SOFORT in liebe
aufzuloesen und dadurch erst die notwendigkeit
eines tagebuches selbst geschaffen hast - wird
nun GOTT all deine erfahrungen in seiner
ewigen liebe aufloesen und dir die essenz des
gelernten in angenehmen und lehrreichen
traeumen nach und nach wieder leibevoll
schenken.

dasselbe wie fuer tagebuecher ist natuerlich
auch fuer foto-alben und video-aufzeichnungen
vergangener erlebnisse gueltig !!!

in liebe und gottes segen;

hans

February 10th 2001

divine partnerships vs karma partnerships

when starting OR maintaining a partnership or marriage - always be sure to exactly know the difference between being truly in love with someone or entering a karma relationship.

attraction and attachment ALWAYS only is created by KARMA between the two souls being attracted or attached. KARMA NEVER can be the basis of a truly and lasting happy partnership.

in future years and centuries to come such karma will be dissolved faster and faster causing many partnerships to break apart sooner and sooner. some of these karma-partnerships may last as little as hours, days, weeks or months while some others may last up to a few years -seldom more than 10 to 20 years - usually less than 5-7 years for spiritually slowly developing persons.

a karma partnership breaks apart as soon as the mutual karma is more or less dissolve to a sufficient degree and other karma is becoming more important to one or both of the partners.

wenn du eine partnerschaft oder heirat beginnst - sei immer sicher dass du den unterschied zwischen einer wahren liebes-beziehung und einer karma-beziehung genau weisst.

anziehung und verhaftung sind IMMER durch karma zwischen 2 betroffenen seelen geschaffen.. KARMA kann NIE die basis einer dauernden und beidseitig beglueckenden partnerschaft sein.

in kuenftigen jahren und jahrhunderten wird solches karma immer schneller aufgeloeset. dies fuehrt zu immer haeufigerem und schneller wechselnden partnerschaften unter erdenmenschen.

eingie karmapartnerschaften werden nur stunden, tage, wochen oder monate dauern, waehrend extrem langsam lernende menschen jahre - selten mehr als 10 - 20 jahre - meist jedoch weniger als 5-7 jahre brauchen werden.

die karma-basierende partnerschaft loest sich auf sobald das gemeinsame karma zu einem ausreichend grossen anteil aufgeloeset ist und/oder weiteres verbleibendes karma zu anderen menschen bei einem von beiden partnersn oder bei beiden ueberwiegt.

spiritually awakened and active persons may soon learn to prevent such relationships and dissolve their mutual karma with more efficient spiritual methods.

beware however that any and ALL karma can be dissolved within seconds or minutes without even starting any karma based relationship - instead of wasting years or decades !!!

true love between GOD-made partners however always leaves you FREE of any attraction to that beloved god-made partner.

God made ONE man and ONE women as [eternal partners](#). such eternal partnership may RESTART already here on earth or latest when you finally returned to your eternal home in god.

such true divine love between god-made husband/wife-teams will last and survive all your misleading karma-relationships and wait for YOU to finally recognize in your innermost divine heart the one and only partner made for you by god as soon as you are sufficiently free of karma or as soon as you succeeded on your path of love to god to a sufficient level.

only his divine love shall allow you to recognize him - your true eternal partner !

when YOU have spiritually succeeded to a sufficient level - his love shall call you across all universes and touch your innermost divine heart.

when you drop back again to your previous lower level of spiritual development - you may feel but the relative love of your surroundings however.

spirituell erwachte UND spirituell aktive menschen werden bald lernen solche karma-partnerschaften ganz zu vermeiden und ihr gemeinsames karma auf spirituelle und viel effizientere weise in goettlicher liebe aufzuloesen.

beachte dass JEDES karma immer innert sekunden oder minuten auf GEEIGNETE weise aufgeloeset werden koennte - statt jahre oder jahrzehnte dafuer zu verschwenden !!!

wahre liebe zwischen gott-geschaffenen partnern laesst dich IMMER frei von jeglicher anziehung und verhaftung zu deinem geliebten partner.

gott schuf EINEN mann und EINE frau als ewige partner. solche ewige partnerschaft KANN bereits wieder hier auf erden aufgefrischt werden und neu beginnen - spaetestens jedoch nach deiner heimkehr in deine ewige goettliche heimat.

solche goettliche liebe zwischen gott-geschaffenen ewigen partnern wird alles ueberdauern - alle deine irwege und karma-partnerschaften. dein ewiger partner wird auf dich warten bis du ihn im innersten deines goettlichen herzen wiedererkenntst - sobald du ausreichend viel karma aufgeloeset hast oder ausreichende spirituelle fortschritte auf dem weg der liebe zu gott gemacht hast.

nur an seiner goettlichen liebe wirst du ihn erkennen - deinen wahren ewigen partner !

wenn DU spirituell erfolgreich und ausreichend fortgeschritten bist - wirst du seine goettliche liebe durch alle universen hindurch in deinem innersten goettlichen herzen fuehlen.

faellst du jedoch wieder auf deinen frueheren spirituellen zustand hinab - so wirst du wiederum nur die relative liebe deiner umgebung fuehlen.

wahre liebe wird frei sein von eifersucht was immer du tust. seine wahre liebe wird dir erlauben dich in seine liebe fallen und sanft und

true love will remain free of jealousy whatever you do and will allow you to fall in love and be healed in this divine love very gently and tenderly as soon as YOU are ready for this one and only partnership again.

true love in a divine partnership ALWAYS assists you on your path of love to god - while karma partnerships almost always attempt to keep you from the most direct path of love to god as such karma-based partnerships always are based on a more or less HIGH degree of selfishness on one or both sides of the partner-team.

find out what kind of partnership YOU have and if you are in a karma based partnership - FREE yourself and your partner in love to become free and ready for the one and only partner given to you by god. free yourself to be free for true love - true love toward your partner as well as true love from your partner.

- a man without a women is like a tree without leaves

- a woman without a man is like a tree without roots

- the leaves absorb all love and light from the sun to make a tree blossom and carry fruit

- the roots give the tree the strength and power to absorb all love and light and and carry abundance of blossom and fruits

zaertlich heilen zu lassen sobald du wieder fuer diese heilige partnerschaft bereit und gereift bist.

wahre goettliche liebe wird dir IMMER auf dem weg der liebe zu gott behilflich sein. karma partnerschaften jedoch neigen so gut wie IMMER , dich vom direktesten weg der liebe zu gott abzuhalten, das sie immer zu einem mehr oder weniger grossen mass auf selbstsucht von einem oder beiden des partnerteams aufgebaut sind.

finde heraus in welcher partnerschaft DU jetzt bist. wenn du in einer karma partnerschaft bist - BEFREIE dich UND deinen partner in liebe - um frei zu sein fuer die eine und ewige partnerschaft die gott dir fuer dein hoechstes ewiges glueck geschenkt hat. sei frei fuer wahre goettliche liebe von und zu deinem gottgeschaffenen partner.

- ein mann ohne frau is wie ein baum ohne blaetter

- eine frau ohne mann ist wie ein baum ohne wurzeln

- die blaetter nehmen alle liebe und alles licht der sonne auf, um den baum erbluehen und fruechte tragen zu lassen

- die wurzeln geben dem baum die kraft und staerke alles licht und alle liebe aufzunehmen, um eienn ueberfluss an bluehte und fruechte zu tragen.

a man and the right woman form ONE cosmic unit in god's creation of mankind. only together they are truly one.

while each can return on his own as a single to god any time,
together they can return smoother and easier to god and together they can be infinitely more happy than as singles or with any other partner. provided they both have learned to dissolve their ego in divine love and both have relearned again to share the god-made roles for each of them.

back in god ALL will know again and be happy for the remainder of their common eternity.

with love and divine bliss

hans

ein mann und die richtige frau bilden eine kosmische einheit (goettergatte und goettergattin) in der schoepfung der menschenkinder gottes. nur zusammen sind sie wirklich eins.

waehrend jeder jederzeit fuer sich ganz alleine zu gott zurueckkehren kann und darf - ist der weg zurueck in die goettliche heimat jedoch gemeinsam sanfter und leichter. zusammen koennen sie UNendlich viel guecklicher sein als sie dies je als alleinstehende oder mit einem beliebigen anderen partner sein koennten - sofern sie ein ausreichendes mass an karma aufgeloeset haben um wahrer liebe platz zu machen und sofern sie die urspruenglich zugeteilten heiligen rollen innerhalb der partnerschaft wieder erlernt haben.

zurueck in gott spaetestens wirst du alles wieder wissen und fuer den rest der gemeinsamen ewigkeit gluecklich sein koennen.

in liebe und gottes segen

hans

february 12th 2001

intellectual knowledge vs spiritual knowledge

je mehr intellektuelles, technisches, administratives, wissenschaftliches, und sonstiges RELATIVES wissen du anhaeufst in deinem gehirn und mentalkoerper - je mehr trennt dich von gott und von absolutem wissen.

bevor du eins mit gott werden kannst, musst du alles intellektuelle wissen vollkommen losgelassen haben - danach erst kann dein bewusstsein mit den ewigen schaetzen des goettlichen ABSOLUTEM WISSEN - mit goettlichem bewusstsein - erfuellt werden und dein geist erleuchten.

die faehigkeit logisch zu denken und deinen "gesunden menschenverstand" zu gebrauchen ist jedoch lebenswichtig auf deinem weg zu gott. wissen in sich tragen oder den verstand effizient nutzen zu koennen sind jedoch vollkommen verschieden voneinander.

wenn du kurzzeitig zum ausfuehren einer sinnvollen und von dir geliebten taetigkeit brauchst wirst du mit voller motivation und leichtigkeit dieses wissen in kuerzester zeit ansammeln, dann spaeter nach beendeter taetigkeit

the more intellectual, technical, administrative, scientific or other relative knowledge you have accumulated in your brain and mental body - the more is separating you from god and absolute knowledge.

before you achieve ONENESS in god you will have to drop and / or dissolve in love all such relative knowledge to free your spirit for the eternal treasures of divine knowledge and godconsciousness to fully enlighten your spirit.

the potential to use common sense however is of utmost importance on your path to god and should be trained by all godseekers. the capability to use common sense and accumulated pure knowledge however are totally different in nature.

if you need knowledge to fulfill successfully a task or prepare yourself for a new job you LOVE to have and do - you will have the power of motivation to accumulate

oder bei einem wechsel der taetigkeit jedoch sollst du auch wieder in der lage sein, dieses wissen loszulassen um frei im geist zu bleiben fuer neues und vor allem frei fuer goettliches.

lerne dein denkvermoegen zu schulen und vervollkommen OHNE dein gedaechtnis und bewusstsein mit dem muell intellektuellen relativen wissens zu belasten.

kleine kinder sind dem goettlichen bewusstsein viel naeher als erwachsene menschen. die ansammlung von relativem wissen auf erden waehrend der schulzeit dient in der regel an erster stelle der unterwerfung der kinder UNTER die bestehenden hierarchien auf erden und in niederen sphaeren der astralen und kausalen universen. je mehr relatives wissen kinder anhaeufen, je weiter entfernen sie sich wieder vom goettlichen bewusstsein und je schwaecher wird ihre feinstoffliche wahrnehmung.

relatives wissen wie in den herkoemmlichen schulen, kirchen und aehnlichen institutionen gelehrt, ist meist nur von sehr beschraenkter gueltigkeit und verfaellt meist vollkommen am ende einer jeden inkarnation nach dem tod. absolutes wissen wie durch zunehmende erleuchtung des geistes auf dem spirituellen weg zu gott nach und nach erlangt ist jedoch von ewiger bedeutung und wird alle tode ueberdauern.

wenn du die "autobiographie eines yogi" von paramhansa yogananda sehr aufmerksam gelesen hast, dann solltest du ein gutes verstaendnis davon haben, wie paramhansa yogananda beispielsweise seine prioritaeten zwischen schul-studium und heiligem studium bei seinem guru bzw meditation aufgeteilt hat. nehme dies als konstruktives beispiel und vorbild fuer dich und deine kinder und du wirst

such needed relative knowledge within short time. also you will find it easy to drop all such relative knowledge at the end of this activities to be free again for something new or for more divine knowledge.

learn to train your common sense for efficient use WITHOUT loading your brain with the trash of relative intellectual knowledge.

small children are much closer to divine consciousness than adults. the accumulation of relative knowledge at school on earth most of the time serves but one single purpose - to integrate children into existing hierachies on earth or beyond and turn them into blindly obeying followers of such hierarchies. the more relative knowledge children accumulate the less their remaining divine perception.

relative knowledge such as taught at common schools, churches and similar institutions is of very limited use and value and most of the time is totally lost by the end of each incarnation. absolute knowledge such gained during spiritual progress toward godunion is of eternal value, will survive all incarnations and deaths and continuously enlighten your spirit more and more.

if you have studied the ["autobiography of a yogi"](#) by paramhansa yogananda very carefully, then you should have a good understanding of the priorities set up by paramhansa yogananda between his studies and his divine activities of learning from his guru and meditating. use this as a constructive example for your own life and your own children. use this example to increase your own success on your path of love to god.

erfolg auf deinem weg der liebe zu gott
haben.

in liebe und gottes segen

hans

with love and divine bliss

hans

forgiveness, grace and mercy during the holy week and all year

the holy week is coming soon and YOUR help, grace, mercy and forgiveness is needed once again by millions of other children of God here on earth and beyond.

start to think about what forgiveness, grace and mercy all may mean to to and all others waiting for their freedom in GOD. and prepare yourself for the upcoming next spiritual newsletter with some homework for your path to god.

your help is needed NOW by many people in deep trouble all over the world.

since I decided to remain here in the Philippines and to spend most of my time, love and spiritual efforts to uplift the poor and needy once of this planet for the remainder of my present and last incarnation I shall give you a present sample of ONE single person among many who needs YOUR help NOW (today). many other cases are solved week after week. including direct financial, material, medical and

Die heilige Woche beginnt bald und deine hilfe, gnade und barmherzigkeit ist einmal mehr gefragt von millionen von kindern gottes auf erden und jeseits von erden.

beginne dir ernsthaft gedanken darueber zu machen was gnade, barmherzigkeit und vergebung alles fuer dich und andere bedeuten kann und bereite dich vor auf den naechsten spirituellen newsletter zu diesem thema.

die beschraenkten spenden fuer das cyberspace ashram und die gesetzten prioritaeten zugunsten menschlicher hilfe an armen statt administrativer kosten, machen eine uebersetzung des textes links auf einem minutenweise gemieteten computer unmoeglich . bitte lasse den text von bekannten oder freunden ins deutsche uebersetzen.

spiritual help of many thousand us \$ during the past months. while most of these problems have been solved successfully - some could be solved only partially due to missing funds and many more similar known cases were NOT solved at all due to missing funds.

while ALL such emergencies have their roots in spiritual problems and karma - hence all people receiving help also receive spiritual help to the fullest possible extent - but all need at least for the initial changes in life material help as well. such material help consists often of rent of housing paid for one or more months, basic furniture and kitchen equipment financed, bed and basic clothing being supplied for free as well as medical bills and existing credits being paid in full to free all persons involved and give them another chance in life.

all income - all donations made to ME are always - since years - used to solve such problems in many countries of this planet - besides paying for my own living.

here one sample case of TODAY march 19th, 2001.

a few weeks ago 3 young persons (21, 20, 19) have been freed from their financial burden (hospitalization bills) and hence were able to change their employer to find another and better job. all were without direct families in country. the oldest one - a cousin of the youngest one - came from manila to san fernando to help the 2. all furniture have been supplied to allow them to find a

job with stay out (many employees are working stay in in slavery like condition here in the philippines, but are bound to their employers due to credits given to pay for hospital and others necessities of life. total financial aid to these 3 was about us \$ 300 during the past 2 months and a few days ago the two younger ones got new jobs and new opportunities in life. the two young ones took all belongings including the mattress and kitchen equipment along when moving out - leaving the oldest one with NOTHING at all - zero money and no mattress to sleep on

while a modest us \$ 120 (the fee for ONE download of the file god.zip for example would have solved the problem TODAY. some of my beloved readers prefer to argue about the high expenses of the file - wasting time and money and leaving all spiritual and human problems UNSOLVED.

to allow this young female who came from manila to help the two younger ones and to search for another job there an amount of approximately 100 - 150 us \$ would help here to restart a new life herself - including a travel by bus back to manila and paying a small apartment and some basic furniture for the first month until the first salary is earned again.

another case just being successfully finished:

one week ago a young mother - 24 years - with 3 children from 2 different fathers - all 3 children living at 3 different places with friends- to allow herself working in a nightclub as singer and

dancer has received ALL help to take her two to her and move back to her remote home province on mindanao island to live with her mother and take care of all 3 children together with her mother.

due to limited funds - limited contributions received - the very modest amount of only us \$ 200 was available to pay for the absolute minimum including a cousin accompanying the mother and her 2 small children (2 and 5 years) during the travel which lasts several days by bus and ferry boat.

if you would like to contribute to any of the cyberspace ashram's activities of help to the poor or any of the two cases mentioned above or future similar cases you may use now 3 different ways to send your contribution. the WESTERN UNION Money Transfer being the easiest and most preferred one for ME.

to see all details please click the following link

[contribute using your bank, credit card or Pay Pal](#)

wenn du mit einer spende das cyberspace ashram unterstuetzen moechtest, um eienr der beiden links genannten personen oder aehnlichen anderen faellen hier zu helfen, so findest du 3 moeglichkeiten mir deine spende zu ueberweisen.
die bevorzugte und fuer MICH einfachste weise ist eine ueberweisung mit WESTERN UNION

AUF DEM FOLGENDEN LINK FINDEST DU ALLE DETAILS zu den verschiedenen spendenmoeglichkeiten:

[Spenden per Bank, Pay Pal oder Kredit Karte](#)

to read prebvious issues please go to the

[newsletter archive](#)

in liebe und gottes segen

with love and divine bliss

hans

March 31st, 2001

**Maintaining
your life-
force and
uplifting
your
spiritual
vibration
- part one -**

**Erhalt der
lebenskraft
und
erhöhung
der
spirituellen
schwingung
- teil eins -**

the level and quality of life-force in your physical and spiritual body depends on a number of factors - ALL of those factors however are under YOUR sole and direct control.

- your living quarter
- spiritual conductivity of material above you (conductivity is the reciprocal value of resistance)
- quality of food and drinks
- the natural quality of your living environment - water, soil, air, plant-life, (absence of pollution)
- the natural quality of your living environment
- your activities during your 24 hours of daily life - mental, emotional, physical

<http://www.kriyayoga.com> in the following part we have a brief look at all these points:

zu diesem spirituellen thema findest du zur zeit mangels finanzieller mittel keine übersetzung.

da ALL mir persönlich bekannten teilnehmer dieser mail liste jedoch fließend englisch sprechen dürfte dies im moment nur von sekundärer spiritueller bedeutung sein.

solltest du jedoch GANZ ernsthaft auf der such nach gott sein, und dies durch dein taegliches leben, sein und tun auch beweisen und keienrlei englisch kenntnisse besitzen - so bitte ich dies mir KURZ mittzuteilen - wir werden dann GEMEINSAM eine lösung für DICH finden.

in liebe und gottes segen

hans

your living quarter

the more natural all materials of your living quarters - the better for you !! having ALL housing done solely with natural construction material is the only BEST solution for your physical as well as your spiritual well-being but it should be emphasized the spiritual well-being is infinitely MORE important than pure physical relative health. any true spiritual progress always leads to best possible health and to healing of all and any bothering illnesses.

construction materials affect the energy field around you and hence have an impact on the energy field of YOUR physical body by affecting your prana.

housing made of purely natural materials are BY FAR THE BEST CHOICE !!! there is NO modern synthetic material or chemical material useful as an alternative to god-made natural construction materials in housing. - hence it is absolutely useless to ask the author whether such and such other material could still be acceptable. every deviation from true nature has its full price !!

spiritual conductivity of material above you

this relates to any material being between YOUR head and the outer space of this planet and may include

caps, hats, head wear, helmets (... for car and motor sports)

ceilings indoor, roofing of houses and buildings, working or traveling in tunnels or underground.

of particular destructive nature are metals of any kind above your head such as contained in many modern roof insulation (copper in many flat roof houses) or the millions of metal sheet roofs in India or the Philippines

and other similar tropical countries with cheap housing material being used. particularly in tropical or subtropical climate a roof available of coconut leaves is the very best choice and often cheaper than the galvanized metal sheets used. additionally such natural roofs are fully biodegradable and can be easily produced by local labor without ANY technical tools needed

in colder climate natural clay tiles such as used in most places in europe is ideal.

any head wear is separating from god or reducing the energy flow from and to god. you may notice how often small children remove their caps and would prefer to have their head free. only "dirty !!!" tricks from parents using "fashion" head wears, colorful caps and flattering their kids about "how pretty they look" can often make many children accept any kind of head wear.

in a natural environment the head is the very last part of body to cover and if - then by very natural material such as cotton or very soft wool only. in hot climate a straw hat may be acceptable - but better used to sunlight without and cover is BEST for spiritual purposes !! learn to absorb light and spiritual energy rather than rejecting it !

remember that the sahasrama chakra is the door to god and should be left open under any circumstances possible !

quality of food and drinks

natural vegetarian food and drinks - i.e. pure fresh spring water or tap water if coming directly from real and clean springs is best to flush your body and supply needed liquid.

vegetarian food should be grown in biological and natural environment and fruits fully ripened in natural sunlight. eat and drink what god gave you and eat it the way god made fruits and vegetables. use cooked food only if prepared with love and care and cooked for short periods - leaving most of

vitamins inside and alive - such as asian vegetable chop suey - for example or fresh salads.

needless to say to avoid any food with fertilizer or herbicides / pesticides being used !!

the natural quality of your living environment

lifeforce can be absorbed directly from god, your natural environment - particularly from big healthy trees and plants as well as from mineral (rocks) and of course from food.

your natural environment can have a real great positive impact on your overall well-being and a very efficient source of fast recovery after exhaustive work.

just try once after coming home from tiring work to go into a large and healthy forest and stroll for an hour very gently and fully open for god and all natural resources around you - relax and have a seat every once in a while, walk in a meditative attitude and avoid talking at all. enjoy natural beauty and smell and absorb the power and lifeforce from large trees.

keep in mind that YOU are walking through their aura and hence YOU can absorb their vital energy with every breath you take. be grateful and friendly in your attitude toward these creatures of god - made to help and heal you and made to balance where YOU (mankind) created imbalance on this planet. one hour make refill your energy system more than 3 hours of sleep. sleep of your physical body is only needed to RELAX your muscles and nerves - sleep is kind of a healing coma - needed for all those humans living in extreme low vibration environment. the more sleep you need the greater the distress of your body. very spiritual bodies live on earth with zero sleep to 3 hours a day - and 6 hours or more being already a sign of increased spiritual emergency. we all on earth are spiritual emergencies as we all are

to a greater extent lost from god and have lost totally our orientation in god's creation. in such emergencies god has created the sleep as a healing coma that includes teaching in "dreams" to guide us gently back home.

your activities during your 24 hours of daily life - mental, emotional,physical

the kind of activities - thoughts, emotions, actions - of your daily life though out the 24 hours of each day of all YOUR present life as well as the same of your family members, neighbors, friends and the entire neighborhood / environment or your culture and society has another active and great impact under your direct control - it is BUT YOU who selected YOUR environment due to your choices and decisions and / or due to your karma. it is up to YOU to change your environment by moving to any other place on this planet - in your country or any other country. while many may reject such possibility - hundreds of millions of people have proven such possibility by emigrating to far away places and starting a new life there during past years and centuries !!

whatever YOU WANT to do - can be done by YOU !

your overall health as well as your spiritual wellbeing AND spiritual progress largely depend upon YOU actively selecting an environment of supporting and uplifting nature and vibration.

god gives you millions and more years to fulfill your "dreams" on earth far away from your true home - or give YOU the opportunity to select this very incarnation to become the very last one before returning home. all you may need to do is what has been taught since thousands of years again and again - conduct a simple, modest and humble life in harmony with god, love and nature and keep spiritual progress, development of divine love and god union your single and only goal and priority in your life.

..... this topic may eventually be continued at a later date.

with love and divine bliss

hans

a brief review of my last plea for help for the poor and needy ones here:

the poverty on this planet grows and continues and every day there are millions of people in india, bangladesh, africa, central and south america as well as HERE in the philippines suffering from illness, hunger and lack of YOUR love.

the last request sent to exactly 300 members of this mail list and asking for help for the poor here has resulted exactly in

Z E R O

answers and zero us \$ being contributed for the poor and needy ones HERE in the philippines. within the past 48 hrs a total of 5 requests have been turned down due to missing help from YOU or anyone else on this planet. all over the world millions of persons and children would have needed YOUR help within the past 48 hours. make sure YOU have been "ONLINE" and doing YOUR share any day of your present incarnation. every single suffering that YOU help actively to reduce adds up to YOUR final joy and bliss received at the end of your journey home.

with as little as a few hundred dollars - 5 persons PLUS 5 small children could have been helped.

once again I ask in the name of god, and in the name of the poor and needy of this world for any kind of direct help - either by any honest and loving contribution in favor of the poor and needy here or by coming yourself directly and help facing the poor ones eye to eye - heart to heart !!

if you think that you have absolutely nothing

to share or give - then please send at least a flower - best roses - (in a picture) to my email address as a symbol of your true love for all.

you will find many online resources offering free flower cards for emails or you may create your own one. please keep the overall size of such cards to far below 80 kB to reduce the online expenses on my side.

with love and divine bliss

hans

April 10th, 2001

The holy week - Die heilige Osterwoche

the holy week is the time of forgiveness -
beyond the christian community -
worldwide !!

forgiveness is applied love
forgiveness is applied grace and mercy
toward all - **including toward our self.**

some 2000 years ago jesus asked his
father forgiveness for all mankind.

this complete and absolute forgiveness has
been granted for eternity for all that
mankind ever has done - this grant from
god was given on the basis of ever
increasing love toward all creation
including all mankind. love from god
toward all - including YOU.

god has forgiven all - because god realized
that forgiveness is the only chance to
restart all life from scratch and gives all
another chance to find everlasting
happiness and bliss in life.
forgiveness toward all others will FREE
YOU. as YOU are the one being caught on
earth in your karma as long as YOU fail to
forgive ALL. while the others waiting for
YOUR forgiveness may be free by god

die letzte umfrage hat klar
ergeben dass von allen
ernsthaften Gottsuchern ALLE
ausreichend die englische
sprache beherrschen, so dass der
aufwand fuer eine doppelte
veroeffentlichung kuenftig
wegfallen kann.
es wurde von NIEMANDEM - von
keinem einzigen teilnehmer der
mailliste - eine uebersetzung in
deutsch beantragt ! danke.

directly as a result for their sincere prayers
- YOU may still "survive" in your earthly
prison for any number of incarnation until
YOU have forgiven all others.

the missing forgiveness from mankind -
forgiveness toward all - including your own
forgiveness toward your self for anything
YOU may have done "wrong", for the pain
YOU may have caused to all others
previously or presently is the only factor
finally keeping YOU separated from god
and from returning home to your eternal
home IN GOD.

total and absolute divine forgiveness
toward all includes among others

- dropping any lawsuit or case YOU may have pending in court
- canceling any debts OTHERS may have with YOU - independent of the amount and the reason. remember: to rich freedom YOURSELF - YOU need first to give freedom to ALL others !!
- give freedom to all - including animals
- forgiving all others including all who have past away, any and all of their behavior and action, whatever it has been and whatever cause or pain !
- forgiving all nations, cultures, religions for all the damage that has resulted in past and present time
- forgiving GOD for the creation of the possibility to cause harm - it simply is the result of creating an infinite and eternal creation and living total freedom to all - including YOU. no true feeling of absolute happiness without the total freedom that god gave us from the very beginning. this total freedom however also includes OUR making "mistakes" or OUR causing harm to others as a result of missing spiritual awareness such as experienced in the present time of darkness on earth or as a result of conscious plan and action.
- accepting forgiveness from GOD and from all others for all and anything

and everything WE may have done in past or present days as a result of our own missing enlightenment or as a result of planned action to cause harm and pain to others for whatever reason.

forgiveness is always and only the result of true divine love that starts to develop within our self. god has developed such love a long time ago - but WE failed to adapt OUR behavior and develop such divine love resulting in absolute and final forgiveness and freedom in god.

if WE all would have forgiven - all and our self - some 2000 years ago - then NO single human being would presently be on earth.

with nothing but love in our hearts expanding into a divine power of grace and mercy and hence resulting in absolute forgiveness in all circumstances toward absolutely all beings ever created - we can easily end our cycle of reincarnation by the end of the present incarnation.

true love also results in our deep wish to help all - the poor and needy ones on this planet - and OUR present wealth of the "first" world and the few rich ones on this planet could INSTANTLY dissolve in love any poverty on this planet. ALL hunger, suffering and pain from missing supply of any kind could instantly be stopped if WE apply true divine love and forgive all our previous enemies of any previous incarnation. many if not MOST of the poor and needy ones of present days are the powerful and mighty ones of previous incarnations that we have condemned to poverty as a result of their greed and stinginess toward our self in previous times.

again the rich ones of previous days risk to incarnate as the poor ones of future generation - unless WE all stop this cycle of selfishness and start to truly apply divine LOVE in all situations of life.

make LOVE the only important factor for all action - for all your business or career

plans you ever may develop and realize.
then love shall be the only result of all you
ever do and poverty, need and suffering of
all others - the majority on this planet - is
ending gently but rapidly.

with nothing but love in our hearts - all
lawsuits disappear instantly and all
punishments end for eternity. with nothing
but love as the driving power in our life -
we will become even on earth what we
have been a long time ago and what we
are planned to become again some time -
a time decided by OUR SELF - individually.

what is the use of GOD's infinite loving
forgiveness, grace and mercy as a result of
ever expanding love toward us - if we
mankind on earth who still consider our
self as being the highest part of creation -
still continue to punish and to create more
new laws.

all laws become obsolete if we truly WANT
to develop nothing but true divine love
toward all.

in the name of god, in the name of jesus
and in my own name I ask YOU all

please forgive ME, please forgive YOU,
please forgive GOD, please forgive all your
beloved children, please forgive all your
brothers, sisters, fathers and mothers, on
earth and beyond and accept the full and
divine forgiveness from all others including
GOD as a true proof of the infinite healing
power of divine love that continues to
further develop and expand - eternally -
infinitely.

with love and divine bliss

hans

if you like to support the further
development of cyberspace ashram,
including all related services you may find
more information [donate by bank, credit
card or Pay Pal](#)

wenn du das cyberspace ashram
mit all seinen taetigkeiten
unterstuezten moechest, findest
du hier alle informationen fuer
deine spende per [bank, kredit
karte oder Pay Pal](#)

May 2nd 2001

divine accounting

beloved souls

every enterprise, every business, even a household has some kind of detailed accounting -IN and OUT of material and finances, of energies of any kind must be accounted for. there is a definite NEED for a healthy balance between income and expenses. there can NEVER be more OUT than IN and equally: if there is more IN than OUT there is an imbalance causing illness or the entire system to break down

if we are talking about electricity, for example - it is quiet obvious that the sum of all households connected to one single power station must always consume equal or less than the maximum power generated in that power station.

or in a family household: the sum of all financial expenses should always be less or equal than the total income of allmembers of that family.

the entire divine creation works of course exactly the same way.

god is continuously giving to ALL - also to YOU very personally. hence there must be a regular RETURNING energy back to the source - back to god.

that is the reason why spiritual scriptures request god seekers to devote ALL their work to god as opposed to being personally attached to the results of your work and daily activities. if you fully and TRULY devote all or at least the majority of your daily activity, your work, your love, help and more to god, then you close the circuit and allow the energy and love sent from god to you to flow back and to reenter the eternal circle.

god's love is infinite and we encounter daily billions of gifts made by god to please US - his beloved children. let's see a few examples that we may consider normal while forgetting that all such creatures are but to please US.

- millions of beautiful flowers and healing herbs blossom and grow daily worldwide. for the joy

of our heart and soul as well as for our physical healing.

- numerous beautiful and helpful animals, such as butterflies, birds, cats and other pets
- beautiful and tasty fruits and berries
- beautiful landscapes, lakes, rivers, to live in
- ... to name just a verysmall part of what we consider nowadays normal

anything on earth is made OUT of god's divine love !!!for us - to make our life more colorful, more joyful, more adventurous, more love-filled. all materials we use in industrial production is but a gift of god, minerals, metals, even oil, electricity, wind, air, water, the sun, ...

without the huge amount of gifts of various kind god gave us and keeps giving us - there could be no human life on earth or beyond our planet. all life, all creation, all creatures finally have there source IN GOD !!

what MOST of mankind on earth however forgets is to return anything at all back to god !! only a few persons on earth give a regular share of their income somehow - i.e. more or less directly back to god.

- only a few of the total global population ever considers helping mother nature by spending a regular percentage for its protection, cleaning and preservation.
- how many flowers did YOU ever plant - just for the enjoyment of others - non-family members or just for god. flowers that no one else but god can see. !!! ???
- how many trees of endangered species did YOU ever plant to repair part of the huge damage done to this planet by mankind ???
- how often do YOU sing or play some music JUST for god - just to please god ??? if YOU sing a song - just for god - from the depth of YOUR heart, with no other persons listening at all - of course god will hear it and enjoy it !!!
- how often do you contribute directly to the spiritual progress on earth by supporting any or several truly spiritual persons or ashrams or priestor gurus or spiritual teachers or spiritual projects ???
- whatever YOU do directly JUST for the enjoyment of god - your eternal father and creator - is will be a stream of energy, of love flowing back from YOU to God to close the circuit of creative energy having its source IN god.
- how much money do you spend year by year - for YOUR family, for YOUR personal pleasure, for YOUR education ?? and in what relationship is the amount you spend for GOD ??? you will soon find out that - if at all - the amount the average person spends for god is far less than 10 % most of the time far less than 1-2 %.

please keep in mind that we on earth are but a tiny little part of god's entire creation . and we here on earth are the LOST part of his many trillion children of human form !! we are the ones creating more or less nothing but pollution, creating nothing but divine expenses without any return at all or a tiny little part of return. keep in mind that any and every energy system MUST keep a healthy balance to persist eternally. any part of creation that is endangering the entire creation must be corrected. the entire creation always is infinitely MORE important than a single cell of creation !! that is the reason why many disasters NEED to occur. storms, hurricanes, earthquakes, and more. endangering parts of creation need to be neutralized to allow the remainder of creation to continue its existence.

it certainly would be much more wise to reduce the speed of industrialization for the benefit of nature and environment and for the benefit of a strongly improved human / social relationship among all cultures of this planet. all the many different cultures we find on earth are a treasure of experiences and lessons we may experience as soon as we have TIME for such experiences. all and any of such experiences need ZERO technique or money. as such human interrelations take

place on a purely physical way. walking through a country makes such relationships and valuable encounters possible while traveling by bus or air deprive us from such treasures in our spiritual development.

destructive parts of creation are dissolved in a suitable manner for the benefit and protection of the remainder of creation. accidents stop violent or destructive persons from continuing their destructive behavior - even entire nations sometimes have been partial or entirely erased for the benefit of creation.

reconsider all of your daily behavior and watch YOURSELF carefully. do YOU contribute daily - all lifetime - for the spiritual and holistic benefit of creation or do you live more like a parasite. living from all resources with near zero return to god and to creation ??? adjust your behavior if needed to get more and more energy flowing through you again. from god through you and back to god. learn again to spend a substantial part of your daily work and activities FOR nature, for god, for society, for all children of god. the necessity of all existing social welfare systems in various countries of this planet proof that the population itself is rather careless about the well-being of others and prefers to turn over all or most of the responsibility to organizations, insurance and governments.

however from the absolute, spiritual point of view it only is YOUR responsibility to take care of all and any needy person around YOU. making any social welfare system obsolete. the most efficient and most spiritual way to help people in need is to directly face them - eye to eye, heart to heart, soul to soul and help as needed. at the same time you and the ones in need will have a most valuable opportunity to learn and spiritually grow even further and become sensitive for the real important things in life - far beyond industrialization, high-tech communication, ...

many god seeker claim again and again to feel little bliss and guidance from god. no wonder if you consider how full they all are with all the millions of gifts resulting from dozens or hundreds of reincarnations during the past millions of years since you left god and started your descent down to this very planet earth.

how can you fill a household with NEW furniture if you accumulate year after years all the gifts and purchases without ever emptying your house, without ever giving anything to others.

before you can receive even more from god - you may FIRST need to start to return anything at all. and as soon as you start to return to god, you will have again place for new bliss, love and divine help and gifts in your life - in your being

with divine love and bliss

hans

if you like to support my spiritual work on earth AND the cyberspace ashram, you may do so by sending your contribution using any of the methods published on the cyberspace ashram's support/contribution page.

NOW it is possible for YOU to make YOUR most efficientWESTERN UNION contribution directly ONLINE using your major credit cards

[for details about any kind of contributions transfer please click HERE.](#)

your help is always needed and most welcome at any time of the year. all i ever can give you IN RETURN to your material support is more love and more spiritual support on your way home.

for new subscribers or if your mailbox was out of free quota during the mailing process of previous issues, you will find most previous issues of the spiritual newsletter available for download in the [newsletter archive](#) !

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

May 17th, 2001

Maintaining your life-force and uplifting your spiritual vibration

part 2 - if you missed part one - [HERE the link to part one.](#)

here in this spiritual newsletter we have an in depth look at some important factors to further assist you in uplifting the vibration of YOUR PHYSICAL BODY that you NEED presently for your spiritual growth.

water

pure natural spring water is getting more and more rare on this planet. often it is replace by "purified water"

purification however can take place only on the physical level. the energy that was in the water before it was purified still remains to a large degree IN the "purified water". the same applies for "distilled water".

to better understand this - keep in mind the following:

purification is done by a variety of mechanical or chemical filtering systems (mechanical filter using "holes" smaller than the size of pollution-molecules or reverse osmosis, for example)- new filtering systems are invented again and again - and promoted / sold with good profit to private households - as people become more and more aware of the presently polluted tap water and fear for their health. any physical / chemical pollution however leaves all its metaphysical traces IN the "purified" or "distilled" water !!!

to better understand how traces of the original energy "survive" after distillation - just look at the

liquors people drink. if you distill grape wine - you get brandy and of course it still tastes different from whiskey or rum or vodka.

all these liquors preserve their own and individual TASTE and quality - even after double distillation. hence there are parts IN the original liquid that survive any distillation process. particles an metaphysical energy that give each of these mentioned liquors a particular taste, smell and quality.

exactly the same applies to the various purification methods in use for water !!

the only pure water is chemically clean RAIN falling from heaven into natural, clean soil and going through all the various natural filtering and energizing procedures GOD has created.

the rain water in the clouds is energized and metaphysically at least partially purified by the sunlight acting on the clouds, then when flowing through the natural and clean soil - this water is further purified AND energized by the many minerals IN THE SOIL - especially when you use water from DEEP dwells coming from mountain regions.

but even before the water enters the soil - at least part of it falls on trees and herbs - healing trees and healing herbs - as ANY AND ALL plants and trees always are healing to mankind and animals. the rain flowing through the leaves of natural, healthy and chemically clean plants and trees takes part of that healing energy up and stores it for the humans and animals to drink it as healing medicine. the process of energy intake is very similar to the process of creating flower essences that are widely used nowadays for therapeutic use by many alternate therapists

clean natural water is very essential for healthy physical life on this planet - however mankind lacks the readiness to drastically reduce industrial POLLUTION for the benefit of health and spiritual life on earth. the price may have to be paid in later decades and centuries and for a very long time by almost all mankind on earth

hence it is of utmost importance to protect the purity of water - even if this means a total stop of industrialization on this planet for hundreds of years and a strong reduction of present existing industries - for the benefit of mankind and the entire life on this planet !! once the water sources have been destroyed - all the combined money and all treasures of this planet are too little to ever restore the sources of vital water within hundreds of years needed to do so.

remember that our rivers, lakes, oceans and large forests are the original source of our rain. the rain comes to existence by the water vapor raising from lakes, rivers, oceans and nature - particularly the large jungle forests. this is a kind of natural distillation with basically the same procedure as for the creation of liquors mentioned earlier in this spiritual newsletter. hence you see the effect of distillation when creating liquors - and can understand now the need for PURE and NATURAL original sources BEFORE this natural distillation of rainwater occurs. it is important to completely STOP any further pollution of SOIL as the source for groundwater for BILLIONS of people on this planet, as well as to STOP the pollution of ANY water at all - creeks, rivers, lakes, oceans, ... the quality of our forests, rivers, lakes, oceans is basically nearly equal to the potential quality of all the drinking water available to this planet

Air

a similar process applies for the air. air is purified by the sunlight AND by healthy plant life. if plant life and forests are getting more and more ill due to overall pollution of this planet, pollution of water, soil, and air - then the purification of OUR VITAL BREATHING AIR is reduced more and more.

to believe that mankind could ever live on artificial breathing air mixtures on a permanent basis is totally wrong and such solutions would - if ever at all - only be payable / affordable by a few million of the richest one on a planet - the remainder of the population is sacrificed for the benefit of material gain and financial profit

air and water are both affected mostly by industrialization - hence there is an ABSOLUTE NEED to completely stop and further industrialization until mankind has developed procedures that allow 100.000000 % clean processes !!!!

all processes MUST be hundred. percent biodegradable. or HUMAN life on earth will stop one day for an extended period of many thousand or ten thousands of years until nature has fully recovered. such processes occur every once again and again on various other planets where mankind has destroyed nature as a result of greed and selfishness.

remember:

entire creation - including all animal life and plant life - can very easily live WITHOUT selfish humans very happily for eternity.- if WE on earth want to become part of eternal happiness in GOD's creation, then we have to instantly change the majority of OUR present selfish behavior on this planet. the protection of the entire system of creation is infinitely more important and more valuable than the protection of a minor part of humanity. the majority of human life consisting of trillions of humans as compared to the approximately 6 billions of humans on earth is far beyond and above this physical planet and far more developed than we here on earth are presently !!

if you are truly spiritual - truly seeking god, then it will be very easy for you to strongly reduce all your expenses, all your pollution creation to the point where the planet and its nature can fully recover again. the more you focus on god and love and a really loving social life with your surroundings - the less material distraction you need and hence the less pollution you ever create or co-create.

with love and divine bliss

hans

May 21st, 2001

Open your heart + broaden your mind

beloved children of the divine

first I'll give you a few real samples of how limited the world of most of us on earth is. the love of these persons is as limited as their horizon is. by truly understanding how LIMITED YOUR world may be - you also may better understand HOW LIMITED YOUR LOVE may be and hence you get a direct feedback to improve your spiritual situation by broadening your horizon, widening your view, enlarging YOUR WORLD and thus opening YOUR HEARD. the more people YOU include in YOUR ACTIVE LOVE - the more love and bliss may eventually flow back to you from God. remember - energy - such as love and bliss - NEEDS to constantly flow !!

here a few living and experienced examples. YOU may find very similar ones in YOUR surroundings, day after day - by the MILLIONS:

- a man, father of a young girl, married, in the middle of his active life, computer specialist, getting up every day early morning and by 0900 visiting a hotel, checking the network for a few minutes, then returning home, making some downloads, working on network, returning around 1600 hrs to the hotel, checking the network again, having a few beers, playing dice, at 1700 hrs bringing his wife back home. around 1900 being back in the hotel for another few beers and dice games. day after day. except wednesday. 1100 playing dice until late afternoon. and on some weekend days playing in the dice-league. week after week the life is the same. very few exceptional days. meeting day after day more or less the same people. getting drunk - more and more the more the evening hours advance. all his life mainly consists of: some computer work, drinking beer, playing dice, getting more drunk, sometimes hugging his daughter (about one year old). no challenge in life, no real goals in life, day after day almost the same procedure, months after months.
- a women, mother of several children - all working and helping in household, having a very small store next to the house, married, husband working out of home. every day getting up around 0600 hrs, preparing food (with the help of the active daughters), hand-washing laundry, sitting around for hours, playing cards, eating, smoking, going to bed, little or no social interaction between her and her family members or neighborhood, ... week after

week the life is more or less the same. little contact or none at all beyond the few dozen people in her immediate neighborhood or family. her world consists of about 20-30 persons and a few thousand sq. meters.

- another women, mother of a daughter, half day work. early morning going to work. visiting a few places as part of her work. then returning home around noon. shopping, sitting at home, chatting to a very few persons, friends, relatives, once or a very few times a week going out - more or less always to the same places. once a year going on vacation, usually to the same places. year after year. a few dozen persons and a few places make up the "little world" of this rather rich person. no concern about the true well being of others, ... incarnation after incarnation more or less the same for thousands of years.
- another man. retired but still in his best years. ex GI, getting up in the morning hanging around for hours, drinking beer, watching TV - mainly SUMO wrestling from japan, playing dice, sometimes complaining about the world, all day long, week after week. sometimes going to another city, very few places only. that's it ! no job - as the pension is plenty. no new goal in life, no challenge, no social activities for the benefit of others.
- another person - may be YOU ??? getting up around 0600 to 0700 monday through friday. a little later on weekend days. during working days taking public transportation - sometimes own car or bicycle to go to work, depending on season and weather. meeting sometimes same or similar persons during this short journey. many half awake - half absent from their body. little or no smile toward others, little or NO talk to others. starting work around 0800 to 0830 hrs. doing the job more or less good, depending on daily mood. boss is more or less happy with you - he is doing his job as well as you just to earn his living. lunchtime out of office for 30 to 60 minutes. then the remainder of the day in office again. sometimes some meetings or customers coming to see you. some phone calls. finishing work later in the afternoon. some shopping, going home, shower, resting, eating, TV, a few phone calls, going to bed. a few days a week or less meeting some friends - more or less always the same. a few weekends going different places. once a year a vacation to a well established tourist place - a little and cleanly arranged world pretending "everything is fine on this planet - in your world !!"

is THIS really YOUR world ?? or do you know a few thousand people more than any of above existing persons ? a few thousand persons, a few dozen countries, a few hundred villages, ... but how little is even such a world compared to God's entire creation !!!!

how many dozen or hundred places have YOU been visiting on this planet - or IN YOUR VERY HOME-COUNTRY ??? no money to travel ... then WALK and you may experience more than when flying or traveling by car. no time you get all reincarnations you ever may need to broaden your horizon and open your heart.

have you realized that IN ONE AND THE SAME city, just a few meters away from your regular daily paths you go, you may find totally "different worlds" that you may have "successfully avoided for years. or even ON YOUR daily paths you go, you may have MISSED to see hundreds of person who are there day after day - since years. homeless, jobless, beggars, lonely, desperate ones - waiting JUST for YOU to wake up, open your heart and HELP, TALK, SMILE at them, invite them for dinner or a coffee, or just share some of your LOVE or RECEIVE THEIR LOVE they might have had ready FOR YOU all the previous months and years.

find out HOW limited YOUR world is by going fully awake the same paths again during coming days and weeks, best your entire future. open YOUR EYES, your awareness, your heart

AND

FEEL your world, all the persons on your path of life.

take a small notebook along and COUNT approximately

- how many persons you meet -
- how many did smile at you
- how many times did YOU smile at someone
- how many persons did you see that were REALLY happy - smiling from the depth of their hearts
- how many person did exchange AND respond a full and direct EYE to EYE contact with YOU
- how many persons were really sad or lonely or helpless
- how many persons looked like being totally lost in life
- how many persons looked apparently very busy, even stressed and out of control of their life
- how many persons looked busy - but you realized that they had no idea what they really were doing
- how many of your neighbors do you really know. what are they doing, what is their relationship to their parents. what are their fears, sorrows, problems, goals in life. what are they expecting from life, how did YOU help them in past or present ? how could you better help them in future ?
- how many person own a house or other large property and how many are owned by a house or property. do you really know the difference of owning property or being owned and used by property ?

if you ask yourself these questions NOW these minutes and write the answers down and then do it again during the next days with an even more widely opened perception of YOUR WORLD around you in your daily life - you will seek how little you know about this little planet and how much remains to be learned during the remainder of eternity !

the more you become aware of your surroundings, the more you apparent the sorrow of this planet becomes and the more you may start to desire to become an active part of a living solution to the problems and sorrow of this part of God's creation.

EVERY child of God can become a living solution for others. a solution-provider and living healer for the souls being temporarily lost on this planet - far away from our divine home in God. solutions provider is a job with the highest possible qualification requirements ever required for any job in the entire creation - LOVE - but it also is a job with an ever increasing challenge and reward. a job with en eternal and infinite opportunities to grow and grow, to expand your horizon AND love into INFINITY for the remainder of ETERNITY !!!

what sounds more challenging to you:

being part of a living solution to others
or

being part of a living problem and illness of creation

? ? ? ?

how many cultures have you physically visited in this present incarnation, how many different countries do you know from personal and direct experiences and visits, how many different religions have you been experiencing among your friends and neighborhood - what are the differences in their mentality, how many different levels of spiritual development can you recognize within "YOUR WORLD" ???? if you have precise POSITIVE answers to most of above questions - then you are quiet aware of your surrounding and the people living around you and on this planet - else "your world" within God's entire creation may be smaller than a single sand-crystal compared to the entire planet earth. open up your eyes and heart, start to actually experience and FEEL all your surrounding, all people, all animals, all plant life, start to FEEL the emotions, fears and sorrows of all others and grow to become again what God made once a long time ago - a divine child of God - made to the image of God, aware of ALL at any time.

with love and divine bliss

hans

June 19th, 2001

wasted money

as a result of the application to the interactive spiritual newsletter, one applicant had some concerns about helping others .

here an excerpt of his statement:

"... I try to help when I can but it is difficult to be truly useful with money because many people put themselves 'in need' of money and waste other's money as well, so it does not help in any way. But the very action of giving means taking away from someone else, someone that could have benefited from the same money. "

giving means sharing. sharing sometimes involves giving as much as 30 - 50 % of what you have with someone having nothing at all. in exceptional cases giving includes 100 of all you have - because those who give shall receive again. those who remain stingy however - for what reason shall they ever receive again, if hesitating is all they can in the face of poverty, suffering and pain.

when you help or give in any way - there may always be some loss. many years ago - in the 19seventies - i was working for several years for a large international humanitarian organization in different positions. all these jobs where in countries of war or political troubles, such as cambodia, laos, bangladesh, lebanon and zaire.

a loss of 3 % of the total volume of aid (medical, food, blankets, clothing, and other emergency-supply) was considered normal (this included loss due to action of war, fire, water, storms, accidents, transportation-damages of any kind and theft as well). in very exceptional cases there was a loss of 5%. such low losses were possible due to a highly qualified and motivated staff working for that organization. all loss was replaced by an insurance.

in the spiritual field there have been teachings of love since many thousands of years. again and again. always the very same teachings. most - far more than 50 % of all teachings were lost. wasted by disciples disregarding the teachings again and again - and causing dozens of different gurus and saints of various religions and spiritual traditions to reincarnate again and again for

thousands of years. to teach the very same people !!!!

hence how much loss is acceptable ??

OR

what is the worth of ONE single person being freed of his circle of karma and reincarnation ? 1000 us \$ or a million us \$??? or

how much did YOU ever spend to make YOUR own family members happy or save them or give them a very special medical treatment ??

can and do you really want to apply strict rules of investment and profit in everything you want to do in the spiritual and / or humanitarian field of help ??

recently (about 10 days ago) i paid again the debts of a young mother being caught in a jungle of darkness and troubles. being some 3 days (2 days and nights by ferryboat and 2 half day trips by bus) away from her 2 years old daughter. then i ask her how much she would need to make it home to her daughter. the answer was 2500 Pesos (1 us\$ = 50 Peso).

the day she mentioned the amount needed I received a donation for a download of us \$ 120 and gave her the amount needed.

however i forgot to give her the money to pay any mistakes she might make. hence she missed the ferryboat and had to return here for lack of money. since there are no more funds she had to abort her plan to return to her family on a remote island and disappeared today in desperate search for a future.

the money was at least partially wasted. but only due to MY own limited funds

that excluded the payment for mistakes.

all people make mistakes.

ALL - including YOU - otherwise you would ALL NOW be one in god - far away from earth - far from the physical plane on this planet.

someone was and still is always paying YOUR mistakes - again and again.

paying mistakes - again and again - is the very substantial part of grace and mercy as a direct manifestation of true divine love. hence we all will learn to pay for complete solutions - including the solutions of additional mistakes on the way home !!!

having helped many people in many ways - private and professionally. i have experienced various "waste of money" - like one lady with a great hernia in india. she was asking for the money to pay the surgery. she did this because during that time (1997) there were sufficient personal funds to pay for various surgical operations. all intended to restore the capability to work again. this was necessary because the indian government hospitals refused to give even minor surgery to the

poorest ones for free. most went to the hospital to get the surgery done - this one lady still had her hernia many weeks later. she "abused" the money to feed her very basic needs, like food and housing and other living expenses.

once again - no real waste - but only an amount MUCH too small to pay for all THE REAL NEEDS OF A POOR AND SUFFERING ONE !!

whenever you think of your family first - please keep in mind that in previous incarnations you have totally different family members - dear to you - they NOW are most likely still here - and some of them may be in great need.

what is the difference between a daughter or son you had some 120 years ago with the one you have NOW ?? NONE !!! they all are part of YOUR family. some children are direct children of god, others however are YOUR children !!!

anyone feeding and supplying only his present physical family and relatives does so for a very personal and selfish reason. any ego needs a source of love. the physical family and relatives and business partners or dependents of any kind are the source of love for all egos.

anyone having dissolved his ego in the fire of divine love however may find millions of friends and loving ones as a physical source of love while living on earth. in addition god will become more and more a substitute of physical love whenever NEEDED !!

being afraid of taking away from someone else what you give or share with OTHERS is a direct manifestation of EXTREME stinginess !

to dissolve such stinginess is a very basic step in the life of every and any god seeker before even starting the very first serious steps on the path of love to god !

money can only be wasted by spending it again and again for half solutions (solutions excluding any possible error).

one time in cambodia - the capital Phnom penh was more or less totally encircled by khmère-rouge troops and daily flow of approximately 10'000 refugees INTO the town was normal. all received all needed food and housing material they needed. there was only time to see the need and suffering and NO time to think about a few "fake refugees" that could resell the goods for profit.

in addition there were plenty of funds available to complete ALL projects for FINAL solutions - including repatriation into a new home country, all medical expenses, travel expenses, just all was granted. by NON-spiritual organizations, governments and large companies who gave donations by the millions without ever thinking about a possible waste. fortunately this organization NEVER depended on donations of individuals, of hearts and souls. every few weeks or months they mailed requests for donations to various large organizations and governments and they received all they needed to provide COMPETE solutions of love.

may one day each individual act the very same way - and even pay for the mistakes and errors done by others - as god is paying for your karma and mistakes again and again since MILLIONS OF YEARS !!! without ever complaining about YOUR waste of his spiritual assistance that some abuse in business rather than for spiritual progress of all mankind.

with love and divine bliss

hans

July 1st, 2001

how to avoid wasting money when helping others

to avoid any waste of time and money you need to "invest" MORE time and more money into helping each individual who is in need. people do make mistakes. people who are even more lost than you are (ALL approximately 6 billion humans on this planet can safely be considered as temporarily lost from god's divine home !!) do make even more mistakes as many of them are suffering from great emotional, mental, financial AND spiritual stress.

spiritual stress because they remember that many many incarnations they searched for god and missed to find him. they search god with the means high tech, money, wrong prayers, or by having mislead into death end roads of dense spheres or by doing too often later what needed to be done immediately or by simply disregarding all warnings by true god-sent gurus who came to this planet to help mankind on earth. many millions have been misleading themselves others and hence face now the karma of following wrong instructions.

although clear and simple instructions about how to find your way back to god have always been present during millions of years - during ALL time you have been away from god !!

the ego however rejects love and many love related solutions - hence the force of ego is counteracting the spiritual drive of your innermost divine being - again and again. over-esteem of your own forces and spiritual ability has been leading to new stress and distress situations.

such distress is even more evident in many millions of people who are NOW extremely lost on this planet and who need very direct, efficient physical help as well as holistic spiritual help.

hence to really help without any or with the smallest possible "waste" or loss of financial and spiritual help you need to learn holistic help. holistic help means

- help or support in a very material and / or financial way to cover or repair all the basic damage that person has suffered including sufficient help to allow for any possible mistake due to the present stress situation of a person in need. for example: if a person has been

separated from the helping and protecting family or children (like mentioned in one of the last newsletters) allow for a return ticket by ANY means. the cheapest way may be good for a person free of any stress. but imagine YOURSELF having "lost" a child, searching it, traveling in a foreign city by bus - that would cause more stress to you as you may have to worry about yourself NOT getting lost in that city. hence YOU may prefer to travel by taxi, even is this means an extra 10 or 20 us \$. if you miss a weekly bus, you may either stay in a foreign city, in foreign hotels, in a foreign environment - or you may have enough funds to go either the same day by air, by another, eventually more expensive means or by air. another example of safer and more extensive help: someone having suffered poverty for an extended period of many months or even years may also have suffered from extensive malnutrition and hence from illness. if you provide medical care for such a person - it would be wasted !! you need to provide FOOD - healthy fresh natural food with plenty of energy and vitamins to restore the bodies natural immune system. this means you need to give sufficient funds of at least 2-3 months of healthy food. then you may also want to give money for 2 or 3 sets of clean and nice looking dresses. then you may want to have a look at the living quarters of that person or family and may be you find out that the roof is leaking and it is raining into the bed. hence some help to repair the roofing of that building may be needed, or some of the walls may be repaired to keep out the cold wind. in addition you may need to build up again self esteem by using some very powerful and spiritual affirmations to motivate that person and give back the self-consciousness that may have been lost. you may want to give some very basic spiritual rules on the way to change the future and avoid repetition of previous mistakes. and finally you may want to help the person to find a new job, or to move to a better location to find a new job to provide freedom from third party help. however to achieve such freedom - very often there is INTENSE help needed - help that might even cost you a few hundred us \$. but how much is a few hundred dollars compared to a new chance in life, compared to freedom.

- small children need our hand to learn to walk - many humans on earth need our hand as much as small children. to learn to "walk" again through their own life on their own feet. small children may need many months such help - lost children of god in distress here on earth may also need many months of help.
- small children need hugging, love and day and night care and help - people in distress here on earth sometimes also need day and night care, love and hugging, again and again.
- to help people really and the most efficient way is an art that ALL can and will learn one day as it is a vital part of experience of every soul on earth to go through such helping lessons back on YOUR own path to god. helping others is one of the most valuable activities for ALL and ANY humans !! but remember: it should be holistic help including material and financial help, medical help, logistic help, spiritual advice, and physical help / love / direct personal attention and quiet often direct physical attention and guidance by hugging and holding someone and guide / reassure them on their way back to GOD. any true holistic help ALWAYS MUST include guidance back to god.
- the above stated points of holistic help require YOU having clear priorities in YOUR life. the first one should always be GOD and LOVE. if this is true for you then YOU will easily have sufficient TIME - because you know that helping people BACK to god is the only true and reasonable work you EVER could do on this planet - besides finding yourself your way back to god !!! with such loving and truly spiritual priorities YOU will also easily be able to truly share all material needed to make the holistic help become efficient. remember if you try to save money helping others - this means far more than being stingy - it also may mean that ALL help you offered may have been lost because the person you attempted to help may get lost again - out of sight from you and eventually anyone else being able to help NOW.
- when you start accounting the money or time you spend helping others then you proof stinginess in its extreme. YOU never can help TOO MUCH !! there is simply TOO much distress on this planet. the more you help the better. if helping others is all you ever can do in your life here on earth - then only you can be reassured that you have done enough.

much later - when YOU are back in god - then it may be time to relax and have fun. NOW there may be simply too much work, too much to do, too many people needing help to take time to relax and have fun !! of course if helping others is a full time "job" for you =- you need to relax and have fun from time to time. but FIRST solve ONE single problem completely - then relax a short while and then start to "work" on the next problem until this one has been solved as well. always complete ONE single job - then after KNOWING that ONE person or one group or one family is in safety - you may proceed to the next step. only professionals in helping having done so for a long time may help hundreds or thousands or more at the same time.

- what ever you do - always keep in mind that YOU have ALL spiritual support from god and all his children on earth and beyond to perform your task here on earth. YOU are always surrounded by a team of "angels" helping you to help others here on earth.
- helping others "later" - later when you are retired, later when you have more time, later when you have more money, later when you have a new job, later when helping others later may be TOO late as the suffering and need of the PRESENT persons in need may be of such nature that YOU may never be able to heal or help as it simply may have exceeded the limits of single humans or families. to help people in need YOU need to be in the BEST of your years, YOU need to have ALL the strength of a young body and a fresh mind. helping others is one of the most demanding jobs you ever could have - yet it also is one of the single most regarding jobs in god's entire creation - because happiness is the only result of YOUR help and what is more valuable than to restore divine happiness within lost children in god's creation ??? no career - no money - no diamonds or gold ever could replace a single second of a happy smile of a poor child having found a happy home and being on a safe and loving path back to god !!! NOW - today - there are hundreds of MILLIONS of people in need of YOUR help.
- some of this help could be offered directly by YOU - face to face - eye to eye - heart to heart with the ones in need. some of these cases may be too complex and you may want to support those being able to help such as a particular organization being able to offer holistic help or the majority of holistic help, or a person YOU know of being able to help in the desired holistic way. in the meantime YOU may want to spiritually progress - YOU may want to learn to make YOUR direct help more efficient and more holistic - by improving FULL speed YOUR spiritual progress.

with love and divine bliss

hans

to support the cyberspace ashram, the author or any of the person in need [HERE](#) at my present location - you may find detailed instruction on how to send your contributions [via bank, credit card or PayPal](#).

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

July 2nd 2001

topics in this issue:

1. how to select a job here on earth while on your path to god
 2. learn the spiritual purpose and benefits of your PRESENT job
-

1. how to select a job here on earth while on your path to god

a while ago, a god seeker once stated in one of his mails the following:

"Work is just work. I don't have any ambitions for advancement. 40 hours a week is already a lot so I never do overtime."

this statement shows clearly that its writer has either a completely wrong job or a totally missing awareness of the powerful and valuable spiritual lessons and opportunity contained in his present job.

when you select a job - you should ALWAYS be able to perform your job with

- all your heart
- all your soul
- all your physical power and strength of your entire body
- all your God-given imagination and creativity
- all your LOVE
- all your FULLEST motivation to always perform at the highest level of quality and overall performance
- all the FULL and true desire to make your employer, customers and employees as happy and satisfied as possible
- a sincere desire to make all people somehow related - directly or indirectly - to your work, products or services as happy as possible

this is absolutely valid for all and any jobs - whether such job may be in the industrial, medical, business, natural, environmental, as an artist, musician, painter, or administration - private or government or spiritual field of activities or any other activity beyond the above scope.

you truly and fully need to stand WITH your job. you need to be able to give all - or you better quit

your job as soon as possible to find another one that suits your need and talents and allows you to meet above criteria. any job that you do just for work, just for money is a true and absolute waste of time and energy. it may be such a great waste of time that by the end of your present incarnation you still have most or all spiritual lessons open to be resolved in one or several future incarnations.

your JOB NEEDS to allow you to continuously LOVE. YOU truly need to be able to love the topic and all material and persons involved in your job. you need to be able to love your product, because if YOU fail to love it - if YOU fail to be happy with the product of YOUR own work - how can others be happy with it ??? since your product may be missing any love at all - YES of course YOU can fill anything with love, writings, computer programs, artwork, bakery products, food, help of any kind, repair, produced material for daily use to make others happy or to facilitate their life and much more !!!

whatever you select as your future job - always be sure it meets a natural demand of the human society, it makes people MORE happy, it makes life easier and whenever possible it guides people to peace and freedom in all and any way - financially, materially, spiritually. avoid at any price a work that creates dependencies of customers or suppliers or anyone else, that takes or limits freedom of employers or employees or suppliers or customers. even more important, make sure your product or services creates MORE time and peace for MORE, better and easier SPIRITUAL PROGRESS for ALL people directly and / or indirectly involved or related to your work

AVOID AT ANY PRICE A WORK THAT DISTRACTS OR PULLS AWAY PEOPLE FROM THE MOST DIRECT PATH OF LOVE TO GOD !!

because finally it will be YOU who will have to pay the price for others if you restrict or delay their most efficient and most direct path of love to god - most likely in one or many future incarnations. the price for misleading people away from god is nearly INFINITE and can only be paid by YOUR extreme and most powerful divine love that YOU may have to develop later on to repair YOURSELF any damage done by your ego.

while there are many valuable services and products making life easier for all mankind, there are also many more products and services being of NO spiritual use at all and just serving the purpose of making money at the expenses of others.

2. learn the spiritual purpose and benefits of your PRESENT job

while many of you may think similar to the one statement quoted above. this attitude may simply be a refusal of YOUR ego to accept the valuable lesson really contained in YOUR PRESENT WORK.

most of our jobs have multiple spiritual benefits and lessons or learning opportunities. i shall explain you in a few examples taken out of present real persons and situations.

- many persons now a days have a job related to computer or information technology, like programming, web site design,
- first of all these IT related jobs offer MUCH better incomes - far above average in any country of this planet - than usual other jobs in industry or business . that means such jobs do create MORE income to share with the poor and needy ones FAR beyond and outside YOUR direct family and relatives and neighborhood. someone earning an above average salary never CAN TRULY SAY HE / SHE HAS NOTHING TO SHARE FOR PERSONS BEYOND FAMILY AND RELATIVES.
- second and spiritually even MORE important - such jobs REQUIRE YOU to learn to READ, STUDY and APPLY very carefully - INSTRUCTIONS - such jobs have very precise guidelines, programmers NEED to learn to study AND understand all functions of their programs and then exactly apply it step by step to succeed.
- with other words - that means YOU NEED to learn to be exact to the point, coma and any other even so small detail.
- but why do I need to learn such details - why do I need to learn to follow instructions and guidelines ?? ... you may ask
- very simple - because YOU have failed to follow the very clear and simple SPIRITUAL GUIDELINES FOR A LOVING LIFE and for a successful return to god in any and all previous incarnations. YOUR present incarnation HERE on this planet, your present having a physical body here on earth is the proof that YOU missed to follow even the most simple advice you and all mankind has received again and again from children coming from god or from near god to help YOU back home during previous millennium and more.
- such lessons of learning to follow exact instructions are contained in most or all professions and jobs related to the internet, computers, any kind of engineering - mechanical, electrical, electronic, and other mechanical jobs as well. any job that requires precision in acting and / or handling contains such valuable spiritual lessons. when YOU successfully accomplish such lessons - then you may most likely also be able to read the simple guidelines and instructions fro your path of love to god. the description of your path HOME TO GOD is straight forward, simple and easy to go - but you need to learn that there are some children of god who really and always knew what they were teaching and talking about and that there may be NO single other shortcut or side-door but the precise path described in holy literature of past and present times. while there are many variations possible - there are also a number of COMMON steps to all spiritual path - like developing divine love, by helping physically, by sharing, by hugging all, by healing others - by using ALL your power and resources to achieve this single ONE and only goal while having this very physical body. back in god you and all others will be healed from any injuries you have experienced and you will learn to have fun and enjoy life ETERNALLY in a very divine way.
- BACK IN GOD !!!
- other jobs such as hairdresser, masseur, doctor, healer, physical therapist, nurses and many similar professions have the lesson of learning to touch OTHERS - of approaching others, of giving physical attention to others as a preparatory step for giving direct physical love to others - your children and your living partner.
- you may learn about the possible results of karma and extreme karma and much more while attending such jobs and finally you may develop to avoid creating karma or misleading others.
- jobs related to plants or nature will get you in peace with other VITAL parts of god's entire creation and will make you aware of the importance of ALL parts of the entire creation. EVERY single animal or plant, every single mineral or metal has a SPIRITUAL PURPOSE and can be of healing spiritual benefit if properly used or applied. learn to bow to the infinite possibilities god has created to heal US - to help us, to create or re-establish harmony within ourselves, to heal our emotions, to get in peace with OURSELVES in our present role as male men or female women !! everything we encounter HERE on earth has a true and divine spiritual counterpart back in god where we are expected and awaited to live in

true and eternal happiness for the remainder of time - for the remainder of ETERNITY !!

if at present you have little or no motivation for your job - think about what spiritual lessons your PRESENT job contains. by becoming aware of these lessons and benefits you may find true motivation again. and remember - once you have truly perceived your lesson - you then may start to learn them, practice and apply them. once this has been done to a certain - rather high degree of perfection, then it may be time to change your job. you may feel ATTRACTED by a different job offering you other needed lessons on your path of love to god.

god always is offering YOU the easiest and most direct lessons. however if YOU fail to perceive them and to learn them, then the second best lessons NEED TO BE CREATED, and so on !

if you take your time and some efforts you will find that almost every single job NOW being offered on earth somehow offers spiritual lessons that may be very vital to YOU or the ones doing them.

learn about YOUR job and apply your knowledge - for YOUR spiritual benefit as well as for the increased happiness and spiritual well-being of all creation - on earth and beyond..

with love and divine bliss

hans

July 10th 2001

today's topic:

Helping others beyond the limits of your mind and ego

many feel that helping others is limited to teaching those who are seeking help and assistance. to reduce your efforts and help to those few ones would however be much too easy on your ego.

there is much more to do and to help - far beyond such limits. ALL those of you who really intend to become spiritual yourself may develop true spiritual capabilities to help ALL mankind and ALL creation.. a few steps of preparatory "training" however are required for ALL those wishing to go beyond any known and existing scope of help. here a brief review first of those preparatory steps:

- while you have a physical body - you need to practice every spiritual lesson FIRST in the physical level of your manifestation. this is done by achieving physical strength, willpower, abilities to physically help others in various ways such as paying poor and needy ones bills, supporting far more than your own physical family, developing true love toward all and proving it by being able to hug anyone you meet !! having dissolved all limits of patriotism, political, cultural and / or religious culture.
- these above steps need to be practiced and refined for many years. and once developed you will continue even material love for the remainder of present incarnation. this will help you to develop a sense of truly feeling to be ONE single family - in god as well as here on earth.
- during the course of such help of physical nature you will start to feel love, grace and mercy toward all - more and more. as your love starts really to become an active reality - far beyond static ideas - more and more energy starts to flow. first your desire to physically help increases more and more. then as this physical love cleans and opens the nadis more and more, you will start to feel true spiritual love starting to flow. energy needs to actually FLOW - continuously - from god through YOU - toward all others - specially all poor, weak, ill, needy ones, all those being more than just totally lost on earth and far away from god !!
- the true start of spiritual love begins usually many many years after starting to practice physical love and help toward all.
- by this time however you can START to really help far beyond existing and commonly known limits.

- at this point here you may want to quickly review the chapter about dissolving in love: [../english/on_your_wings/rejection.htm](http://english/on_your_wings/rejection.htm) when you develop true love toward all you will become aware more and more of the karma of others. karma darkens people's life and karma of many people is of such heavy nature that most will NEVER be able to dissolve a substantial part of their karma on their own - nor are YOU !!! the karma any single person ever has accumulated is far beyond what YOU as an individual ever can dissolve. it would take far more than just millions of years.
- YOUR karma as well as the karma of anyone else is always dissolve to a very tiny part by living through it and learning from this suffering experience during the course of dozens or hundreds of incarnations. the largest part of YOUR karma and the karma of anyone else however ALWAYS has been dissolved in love - either by YOUR GURU, or by the many saints having served mankind on earth or by god during the course of time.
- this capability to dissolve karma for others - to pay their karmic bills - is something ANY true and sincere god seeker can develop. it requires however that you first have prepared yourself through the steps mentioned above for an extended period. you need to be aware that paying karmic bills of true metaphysical nature is far MORE demanding and heavy work than physical work can be. you need to be of excellent health and very strong. and of course you need to be absolutely FREE or any - even the smallest trace - of FEAR and you need to have developed true faith in the power of divine love and IN GOD above ALL !!!
- the physiology of dissolving love is the same as the technique shown above - except that what YOU dissolve in YOUR deep prayer and / or meditation is now OUTSIDE your own aura - you now dissolve the karma of a single OTHER person near you or far from you. or you may dissolve the karma of single families, groups or more. ... even entire cultures or societies.
- how much karma you dissolve depends entirely on YOUR TRUE and sincere desire to help and to reduce any further suffering of others as a result of YOUR love, grace and mercy toward ALL. it also depends on whether you really practice spiritual techniques to purify your spiritual body, your aura AND YOUR PHYSICAL BODY as well. as karma is dissolved in various ways. part of it is dissolved ON YOUR PHYSICAL BODY - by going through some severe illnesses of the victim YOU want to help. but such illness is dissolved much faster if a loving person in true communication with god is doing so compared to the years or decades of suffering the original person would have to go through.
- but what is the purpose of such relief if the person may not want to learn ?? you may wonder.
- love, grace and mercy give each of mankind - including YOU - again and again another NEW chance to start from ZERO - free of any burden. the burden of karma may make the life of people so dark that they simply feel to see a solution of any kind. all their life-force and vitality as well as joy of life is eaten up by the darkness and pain of their karma. by creating partial or total relief again and again - they see beyond existing horizons and they may suddenly realize "there is hope - there is love and light in MY life as well". learning can be done MUCH faster in a spiritual environment. however it requires MANY humans HERE on earth to be willing to help others along their path back to god. such help may certainly be TOO difficult for ANYONE -
- but YOU on this list are beyond "anyone" you are on the mail list of a spiritual newsletter - proofing that YOU want to be truly spiritual - truly living examples - and MANY of YOU, thousands of humans on this planet at present time - could easily become angels of love of helping nature and POWER far beyond the present limits of known ego and mind.
- true love is divine and of INFINITE and eternal power to heal and to dissolve anything and everything. being a living example for others is of powerful nature and WILL UPLIFT anyone around you and far beyond the limits of your physical body. ones you have been a physical example for years you may then "turn on your spiritual booster" and start to dissolve in love the burden and karma of anyone - the ones asking in their prayers as well as the ones forgetting to pray in their deep pain and hopelessness of spiritual ignorance

and darkness.

- all are finally children of god - all are part of YOUR family and all deserve another and another NEW chance to make it back home. the more you give, the more you love, the more you dissolve other's karma - the more love, help and divine bliss you may receive again and again - eternally and infinitely.

with love and divine bliss

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

July 18th, 2001

Maintaining your life-force and uplifting your spiritual vibration

part 3

previously published part 1 and 2 can be found in the [newsletter archive](#) **today's topic:**

tune up your spiritual vibrations and protect your life-force

beloved souls

there are a few simple but very efficient methods beyond the ones described in earlier issues about this topic that YOU can easily realize. depending on YOUR individual situation you may be able to realize ALL or only part of the recommended methods.

but let me emphasize ONE important truth at the very beginning:

any technique mentioned here can be replaced by YOUR extreme spiritual efforts and by YOUR extreme spiritual progress !!! however using the below mentioned methods and techniques will definitely support and speed up your own spiritual progress and make your life easier. the recommended method is to use these helps whenever possible while at the same time set your first priority to focus on YOUR spiritual progress the most direct and most loving way possible !

maintaining the level of your life-force

the more spiritual you get - the more sensitive you will become to the energy level of your surroundings including humans in your direct physical neighborhood at home, among friends in your leisure time, as well as during shopping or at work.

soon you will experience that there are some sort of human vampires. humans who withdraw YOUR vital force - sometimes within seconds - to a point that may make you sleepy and physically weak within seconds or a few minutes. most of you may have encountered such situations. may be without knowing why and how such can happen to you. you may go to a meeting or a restaurant or any other public place, even at school/ you may feel fresh and awake - and suddenly all your vital energy is gone and you may feel weak or even fall asleep. human vampires are people who life from vital energy of others. such behavior is directly proportional to the purely material and financial behavior of humans. millions of humans are living from the active labor and work of others without ever contributing substantially to their life and true needs through the power of their very individual physical WORK.

there is ALWAYS a direct proportional relationship between

physical / material / financial behavior of humans

and

spiritual behavior of humans.

animal and plant life NEVER acts as a "vampire" to take OUR vital energy. animals AND ALL plants always give MORE energy and vital force as they receive from us and they ALWAYS act in a healing way. only humans can act as a kind of vital force - vampire.

all those of us who are actively and trough the direct power of creativity and physical work are contributing to the well-being of others ALWAYS are active givers maintaining and uplifting the level of vital force of self AND others.

people who depend on others - like adult children still being financially dependent from the support through family members or relatives to finance education and study or leisure activities ALWAYS are on the negative side of life-force production. they SUCK vital force from their environment far more than they are producing themselves to fulfill their very own needs or even to support others who may become temporarily in need du to a sudden accident or illness.

how to become yourself an active member of society AND creation has been explained in previous issues and chapters of the cyberspace ashram.

HERE i am explaining you HOW to protect yourself from being emptied by "human vampires". for different situations and locations there are a few methods to choose from - from simple to more complex:

1. when among people and you suddenly feel your life-force flowing away and getting tired

without obvious reason, change your location, change your immediate neighborhood by choosing another seat or table. just moving a few meters may get you OUT of reach of the individual person "sucking" YOUR vital force.

2. if for any REAL reason you have no choice to change your location or seat, then CREATE (with your imagination) a golden circle of light surrounding YOUR aura and separating your aura from your surroundings. I'll give you a practical example for the single ONE time in present incarnation when I ever had to use such method. many years back, I decided to go to a crash course to prepare for the government exam for a healer's license. this course was expensive because it was conducted in a hotel in Thailand far away from home and it was demanding because it covered in 6 weeks what normally is covered in approximately 2 years. 23 persons were present and attending more or less motivated. 6 or seven persons were "masters" of a worldwide well known and growing spiritist tradition (spiritist traditions do NOT lead to god - but just to mastering some magic powers or healing at the expense of others - as opposed to spiritual traditions that always lead to GOD) and were frequently practicing energy-war among the 2 existing groups among them. one day the seating was changed and one of these "masters" was extremely tired and asking to be re-seated.... next to me on my left ! I was fully motivated and awake before this re-seating - until the person was sitting to my left and suddenly I almost fell asleep within just seconds. can NOT be - I realized. because I paid ALL my savings to finance this crash course AND I intended to succeed in that government exam. hence I instantly created the golden circle around my aura - and ... you guess it right. the person next to me fell asleep or was fighting with sleep for the remainder of this session while I had my life force back and could pay FULL attention to the lectures given by the instructor. next session the seating was changed to normal and everything was back to normal again the protecting effect of such a golden light circle is IMMEDIATE - however you need to be truly spiritual - truly spiritual means GOD-oriented in the depth of your heart AND mind. what you intend to do needs to be for the true spiritual benefit of ALL creation. if this is the case with you - then YOU as well can create such a protecting golden circle instantly for YOUR protection. any and every truly spiritual person first of all is learning to ALWAYS be fully open to all - such as god is ! but god also is separated for HIS very own protection by the many layers of aura separating each dimension of his creation. each planet has many such layers as well and as each individual has such layers separating from the remainder of creation. the purpose of such layers is to protect OTHERS from your ego as much as possible AND to protect YOU from the ego and aura of others as much as possible. dissolving of ego however leads to a more and more spiritual opening and to more and more sensitivity for "human vampires" hence in extreme situations you need to be able to protect yourself just by the power of your divine creative mind and spiritual force.

at home, in your living room, in your bedroom and hopefully at work you may have other easier ways to protect your life force and even constantly recharge your life force while being there. some of the described methods may require the permission of others - like at work, but at home YOU and your family members have freedom to be creative and use any or all of the methods mentioned below:

1. use plants. as many as possible. you NEVER have too many plants around you !! of course life plants - NO artificial ones !. use large, biologically very active plants in large pots. give these plants natural soil rather than sterile soil mixtures often sold in garden centers of the modern world. use the largest possible pots for all plants. add stones and rocks to the soil - just like in nature. and select the plants YOU and YOUR family members or any other concerned person LOVE MOST. the plants - if possible also at least some blossoming plants - that YOU love most are the plants that contain or produce the most healing energy for you. use plants to separate working space or office space so each employee has his own protected area. each person should be surrounded by HIS preferred plants and

flowers. of course you need to care for them, water them with love and make sure the plants have all natural soil and nutrition as needed and available in nature. you may also allow ANY weeds or gras to grow around this larger plants - just like in nature where you usually find all soil covered by some plants and weeds. ALL weeds, all herbs ALWAYS are of healing nature and all plants of any kind ALWAYS work toward creating an energy balance in their surrounding as well as creating a healing environment for all humans and animals living around or near them. learn about what plants among YOUR preferred ones can grow healthy and strongly in the environment YOU are going to put them. the room climate, available light and temperature as well as the exact soil composition are vital and important for the strong and healthy growth of your plants. always keep in mind that only strong and healthy plants and bushes around you can really create a powerful shield of protection and healing for YOU. if at home - allow all family members to select some of their most preferred plants and if some of them have their own personal room, then allow them to select their very own plants to create their own beloved and needed healing environment within their own living space.

2. use minerals - large ones to be used in addition to plants or where plants can NOT grow due to climate or missing light, etc. there are many books that help you selecting large minerals. the most powerful however are often quite cheap. even sometimes large pieces of rock from the mountains (large means 1- to 50 kg a piece) sometimes may be YOUR preferred choice. here again - the ones YOU love have the energy YOU need ! pink rose quartz is very powerful and inexpensive (less than 10 \$ per kg) while pure white crystal may be up to 100 \$ per kilo of sufficient quality / purity. use such crystals always in sizes of half a kg or larger to be really efficient. use such minerals and crystals as a space separator between YOU and your environment at work. they create a powerful shield of active energy and are capable to serve like a recharger for all persons around them. be sure ALL people feel comfortable with the selection made. at home this may be easy - at work you may have to compromise or even refrain from using such methods. your boss as well as all others around you need to agree.
3. use known methods of divine feng shui to create a natural flow of energy around you and throughout the entire living and working area. you either may have to learn about divine feng shui or find someone knowledgeable to assist you. YOU as a spiritual person can easily learn to feel and / or see the energy flow and hence you can directly and very individually modify or heal the flow of vital force flowing from your neighborhood - from nature outside - into and through your home or working space. a positive side effect of correct application of such divine methods is that all persons including customers may feel MORE comfortable and may find your living and working space MORE attractive.

the above methods are but a few. some of them may require additional learning, help from others or more spiritual practice and progress from your side. others may work immediately for all - like the plant method - for example. later on more methods will become available to YOU as a result of YOUR individual spiritual progress and success on your path of love to god. learn to use any methods available but focus on the development of true spiritual power as a result of YOUR spiritual success, as a direct result of YOUR divine love being freed and active again. divine love is and remains the single most powerful protection and source of life force for all.

with love and divine bliss

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

Aug 20th 2001

today's topic:

afford some fun and love in YOUR life

in some previous issues of the spiritual newsletter i have focused on the single most common spiritual illness of mankind on earth, on laziness to perform on stinginess to love. far more than half of all humans on earth are member of above group. however

many million others have the opposite problem, neither greed nor stinginess but being closed for all love and bliss from god waiting for them.

in this issue i will focus on the many millions on this planet who may to some extent sometimes be called "workaholics". people who work and work, most of the time serving many many others, attempting to make others happy, helping them, providing relaxing, helpful or enjoyable services or products and ... forget themselves having fun. having fun however is a very substantial part of our eternal life in god. once back home - we will spend a substantial part of eternity to LOVE others, by providing loving services or creations for all or many

PLUS

we will spend another substantial part in receiving love, learning to love more, enjoying OUR divine family-life

AND last but equally important

we will have PLENTY of FUN in a infinite number of DIFFERENT ways !!!

this newsletter is especially addressed to all those of the following or similar professions

- all medical services, nurses, medical doctors, healers, emergency medical care, ... people working often in shifts, day and night, in most countries for some of the very lowest wages

- all the self-employed small business people working often without employees and doing most of the work personally, like small hotel and restaurant owners making other people happy, being available day and night, fulfilling most possible special orders just to meet the demand of customers
- all the mechanics and technicians working in day or night shifts to run power-plants, fire brigade, people cleaning streets, cleaning up other peoples garbage, keeping our environment clean and nice, being available for emergency-repair (clogged toilets, broken water pipes, locked out persons, etc day and night...
- all the farmers in small farms, working from early morning - often their days starts at 04-05 a.m. each day for most or all of the year and ends late night, just to keep the food production for all mankind going on
- all the construction people working in rain, storm, cold, hot to build our roads, bridges, tunnels, buildings under any weather conditions year round under dirty and physically demanding conditions
- all the many employees working on production chains for the industry, all the assistants and helpers with the most dirty but often hardest work in industrial production plants
- all the fishermen staying all day or all night out in the ocean and spending many more hours to repair and maintain all their equipment, just to provide all the needed seafood for lowest possible prices to the food industry and households
- ... and many similar persons from all over this planet

if you are however below 30 or have studied (high school or college, engineering, ...) even in your late 30ies, then you certainly should NEVER worry about working too much, all young people and students first of all study to polish up their ego and to avoid working and supplying the society with needed services and products.

among all the earlier mentioned hard working people on this planet there are MILLIONS who work and work, because they are aware that there IS WORK to be done anyway. and most of them got used so much to work and work that they spend years and decades without real free time, little or NO recreational activities, NO vacation often for years or decades or even a full lifetime, NO fun except watching TV or drinking a beer to release all the pressure and stress.

some of you may find themselves in this group. then it is time to balance your life and learn to ENJOY life. there are OTHERS who need or want to work or need to learn to work. it is time to OPEN yourself for the sunny side of life !!

it is your divine birthright to enjoy life - even on earth far away from god !! even more - it is your divine spiritual DUTY to learn to enjoy life !!

learn to take off a day, a weekend or a week and later on more as you get used to enjoying life. all life on earth as well should consist at least of 3 similar parts in life

- working for others by providing services and goods NEEDED for a healthy spiritual life on earth in harmony with god and nature and all creation. this is a part of your contribution for an OPEN EXCHANGE with ALL, a way of LOVING others - something we will practice in many different and new ways even when being back in god.
- loving your family and friends and accepting love from them on a daily basis, this requires FREE time from you. time to be just available to your children and living partner. time for hugging your family, and allowing others to hug you. time to exchange LOVE in a very tender and sweet way with all your beloved ones !
- having fun by doing something enjoyable WITHOUT damaging or hurting other parts of

creation. there are plentiful of recreational activities to have fun without creating additional stress on nature or creation, like: making or listening to music, dancing, playing a variety of games or sports, enjoying sun and nature, enjoying adventure of various kind, activities that make you feel good and help you to remain strong, healthy and grow spiritually and in any way possible by expanding your horizons beyond any known previous limits and many more activities. just anything that YOU would consider FUN, real FUN - just for you while loving ALL OTHERS, ALL CREATION and learning to accept GOD as your fun-provider.

have you ever thought that GOD may love to see you enjoying your life ? that god would love to see you really happy, really beloved by others ?

YES for many of you the only main problem is that YOU forgot that eternal life in god is FUN is LOVE is PEACE and FREEDOM to enjoy ALL CREATION in a very loving way.

ALL CREATION has been made just to please YOU.

learn to do on REGULAR basis all those activities that you may ever have dreamed of, learn to accept FUN as a gift from god, a way god shows you how much HE LOVES YOU !

but YOU need to OPEN yourself for the sunny side of life by life by taking your time OFF, by relaxing, by opening your heart, your ears, your eyes, your nose for all the beautiful things on this planet, for all the beautiful flowers, animals, natural smells, beautiful people in life waiting to be LOVED by YOU and even more waiting to be ALLOWED to LOVE YOU, to give you some fun hours and days and weeks !!! there are people out on this planet just waiting to be allowed to MAKE YOU HAPPY !!

once you have learned enjoying life - you will be much better prepared to drop ALL earthly matters by the end of this incarnation and returning to your eternal home in god to learn about REAL LIFE in god's eternal home for ALL of us.

but like we all need to learn to love others here on earth, to share with others, ... we also need to learn to ACCEPT ALL AVAILABLE LOVE from all available sources here on earth. the more love YOU ACCEPT - the more love YOU will be able to give to others. love needs to flow.

others need to learn to work - many BILLIONS - give a part of your daily duties and a part of your daily burden to others, to create relief for you and gain freedom in time and energy for YOUR fun part of YOUR life. it will be for the benefit of all, for those you will suddenly be allowed to love you, to make you happy as well as for those you will have to work a little more to become STRONGER LOVERS FOR THE BENEFIT OF THEIR FRIENDS AND FAMILY-MEMBERS !!!

if you wish to support my spiritual activities and all cyberspace related services such as THIS spiritual newsletters, keep in mind that ALL this is financed only by YOUR free contribution. [via bank, credit card or PayPal - HERE](#) you will find all detailed information for your contribution.

to change your email address, please always REMOVE your old address first from the list and

then subscribe again your NEW address. this is done [HERE](#) - online. please make sure your address is always current and valid on a honest basis - all subscription are only available for a honest contribution - no free subscriptions available !

with love and divine bliss

hans

Sept 3rd, 2001

today's topic:

afford some fun and love in YOUR life

part 2

eternal life in god is mainly

- having FUN while taking a bath in infinite LOVE and BLISS showered upon ALL of us by god on a permanent basis. the physiology of allowing energy and hence LOVE to flow has been explained repeatedly in previous issues and other chapters of the cyberspace ashram. however it is important to recall again and again that the intensity of our life is increasing as we get step by step closer to god during the process of cleaning up our "house" of attachments and karma and other spiritual illnesses. once this clean up process is successfully done, you need to RAISE the vibration of your physical body to allow MORE love to flow through you. thus you need to take sufficient time to have FUN as well, having fun is a modern expression for enjoying life as a direct result of experiencing a healing and blissful flow of LOVE through our body and our overall being in general.
- we enjoy life by DOING what we love to do !!
- we enjoy life by doing what others may love most from us
- we enjoy life by experiencing the happiness we have created in others
- we enjoy life by doing NEW things. keep in mind that for the remainder of eternity we have an INFINITE number of activities and experiences as well as an infinite number of variations of past experiences to enjoy

hence you may start NOW and HERE on earth to do a few NEW things, like dancing, singing, or any other activity that YOU may consider enjoyable and FUN.

learn to take more and more a substantial amount of daily "time" to enjoy life as well - here on earth.

while many of us do enjoy WORKING because we may have found what WE LOVE TO DO - remember that OTHERS can only do their beloved activities and provide their beloved services if WE take a rest to watch THEM doing it or if we have the peace of accepting AND enjoying their beloved services as their JOY comes from OUR enjoying THEIR activities or services. that means if WE keep on working making others happy - they - the OTHERS have no time or no opportunity to give US their services or activities for OUR enjoyment as they - the others - NEED US as a receiving part. this however is only possible if WE ALL have a few hours each day time to receive what others want to offer US.

this concept is much easier to learn and practice back in god, but you may start any time NOW and life WHILE learning HERE on earth may become more enjoyable for ALL as of NOW !!!

in the present village where i am temporarily living at present i encounter numerous young children being busy almost all day having fun by actually working and helping their parents. kids as young as 5-10 years already go fishing almost daily - on their own AND WITHOUT BEING TOLD TO DO SO !! just for fun. young teenagers as of 10+ go out hours in night time with their rowboats fishing in the ocean and substantially helping their families. they all do it on their own. for fun, while having fun, while playing and smiling, while being happy. some of them are busy almost half day doing various activities - most of them being of some REAL beneficial service to their families and others. while their parents relax and have fun their way.

life can be much easier if we accept others being mature souls - children of god, made to the image of god, even if they have a little body that we sometimes call child. inside they are adult souls of similar ages than most of their parents. they have millions of experiences from previous incarnations to grow on and to add more experiences. all they often need is FREEDOM to do what they LOVE and hence WANT to do on their own. i have never seen a child here crying for "working" but at least one for having to go to school, because that young girl wanted to go out fishing. ;-)))

if children are allowed to bring in their own activities and services on their own, then a substantial part of our "adult's" burden of workload is gone. all love to work if ALL are allowed to do what they all love to do - then NO ONE ever may consider his activities "WORK" as they love to do it, they all consider it as part of HAVING FUN !!

we all match into each others NEED one persons need may be the other persons most beloved activity to practice. from the TRILLIONS of humans in god's entire creation, NO TWO ones are equal. hence we all - to be what god made originally - need the freedom to explore our divine potential. this only can be achieved by

- allowing ALL others to find out what they love to do
- taking OURSELVES the freedom AND TIME to find out what WE love to do.

an nearly infinite and increasing number of various beings in god's creation practice an infinite number of different activities and have the divine potential to create an infinite number of various creatures of products of any kind. hence all creation will always be like a blossoming field of various flowers with exotic and magic fragrances and shapes and colors.

the beauty of all creation is in the huge variation of all creation. it is vital to our well being that we learn again to produce more variations in our services and goods rather than mass-producing clones of prototypes. let us all free our divine creativity and individuality - for the benefit and joy of

us all and for the enjoyment of our all beloved father - god !

drop any and all activities or services from your program that you never really loved from the bottom of your heart and soul. others may do with love and joy what you have done raping your divine being !!!

with love and divine bliss

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

Sep 5th, 2001

today's topic

recognize communication problems and develop YOUR communication skills

beloved ones

communication skills are far more important than just for talking with each other. however problems in communications with single others or many / most others may have deep spiritual roots - deep inside your EGO.

only a few communication problems are very obvious to the person concerned or their environment. most existing communication problems however DO create STRESS in YOUR environment - emotional, mental AND physical stress and even more important, communication problems do drastically slow down many or all of your intellectual capabilities, such as learning ease and learning speed !

hence the benefit of learning proper communication skills are very obvious and substantial in ALL your situations of life. starting from personal communication with friends, professional communication with employees, employers, customers, etc. ... up to a much easier and much faster learning capability.

first you need to self-evaluate very critically YOUR very own behavior. below you find a few questions to ask YOURSELF. please answer them very critically and truthfully. to give precise answers you may have to observe yourself during the coming days and weeks and in the future for a permanent self-evaluation and to allow for eventually needed correction

- when other persons - even only a very few exceptions - are calling you, are you ALWAYS and IMMEDIATELY answering after their first calling your name ?
- when others - anyone - are asking you for help, are you always AND instantly answering YES ? ?
- when others - anyone - are asking for any favor from you, are you always potentially saying YES ??
- when others are talking to you - are YOU always and permanently capable to maintain direct eye to eye contact during the entire conversation ?
- when YOU ask anyone else for a favor - do you first and very intensely consider all possible side effects on all others before forwarding your request ?
- can you easily contact ANY other person, even "foreigners" NEVER seen before to ask any information or help you may need ?
- if anyone requests to talk to you or see you, do you ALWAYS say YES ?
- if anyone requests to meet you for a talk or whatever and you potentially agree - do you ALWAYS give the truly SOONEST possible opportunity ?
- when you agreed to help someone, do you always provide that help the very soonest possible ?
- when you agreed to do someone a favor you have been asked for, do you realize your promise really the very soonest possible ? ?

if ALL of above can easily be answered with yes, then you appear to have no substantial communication problems and may skip ALL below.

else please proceed.

for a most efficient and PLEASANT communication with the entire creation - here on earth and beyond, with all mankind on earth and beyond, with humans and NON-humans, we always need to follow the following rules:

- permanently keep a loving attitude toward any person we wish to communicate
- the initial intent for any request or approach toward others MUST be the most loving AND for the mutual benefit of ALL - all involved ones and all others as well
- we need to fully agree in what WE are saying and / or doing. agreeing means deep inside our heart and soul, we need to be able to PUBLISH our intentions, to publicly discuss or argue or talk out our true and innermost intentions. our EGO MUST be in greatest possible harmony with our innermost divine core.
- all we say must be true and sincere. we must learn to always say straight what we really feel and or think.
- our intentions MUST serve OUR very own spiritual well-being !!! if our intentions are for OUR spiritual well-being - then they ALWAYS also are for the spiritual well-being of ALL and ANYONE else. as only what serves ALL creation can serve our spiritual well-being and support OUR spiritual growth !!
- be permanently [open for god](#) AND open for all involved in our communication. look at the following example to better understand this point. communication always is at least a [triangular flow of love](#) and creative information. from god to you to your partner of communication and back to god. like ALL trees are having their roots in the soil of this planet - we all are having our common roots IN GOD.
- be able to maintain a permanent eye to eye contact with the person we talk to or we listen to.

let's now have a look at some of the common problems we may encounter day by day on this

eye to eye contact:

most people tend to avoid direct eye to eye contact. this ALWAYS is a sign that the innermost divine core of that person avoiding direct AND permanent eye to eye contact **DISAGREES COMPLETELY** with said words, current intentions or or present activities !!!

if a person's eyes point to either **lower right** or **lower left** side (almost) permanently that even means that the spiritual being **has temporarily left that physical body** for reason of **DISAGREEMENT** with that physical body's present activities - i.e. the EGO's activities !! that means YOU are talking to an temporarily empty body. if you watch your environment - you may be astonished how frequently this happens - DAILY !!

the innermost being of many around you disagrees with what the ego does. the result of such disagreement may be serious illness, tumors, accidents, acquired disabilities, slow or difficult/hard learning, limited efficiency in most activities, limited success in most activities, violence as a result of missing spiritual guidance from within that person's body as a direct result of abandoning that body by the original soul using the body for spiritual experiences and learning on earth.

what to do in such an extreme situation ?

the only and best recommended method is to avoid ad that time ANY conversation, any action, any relationship, AND even more important any DECISION with that person.

if a person gets sometimes eye to eye contact but only for very brief periods of time, open more for god AND for that person in the very most loving way. more intensified flow of divine love may eventually create a true and open link to the innermost being of your conversation-partner.

avoid persons who have repeated problems with direct eye to eye contact. they may be repeatedly lying, or disagree with what they do - hence they may make decisions with ZERO or little value to you or others involved and as a direct result additional problems for YOU may result in the future.

keep your relationships limited to true and sincere and LOVING persons. it is much more efficient for YOUR spiritual path and progress. leave problem-children to others mainly to god or the few ones who specialize in solving problems as part of their spiritual activities. LOVE all without asking for problems, without provoking problems. dealing in any way with persons that repeatedly or even permanently look to lower left or lower right bottom side while talking or facing you ARE potentially creating problems to YOU and all your beloved ones. LOVE them while avoiding them. god will take care of them in his way !

delaying help, answers or favors once agreed or

promised to give to anyone

if this is repeatedly practiced by YOU - either to a single individual or in general to most or many persons repeatedly, then you are suffering from spiritual/mental/emotional stinginess. you want to give as little as absolutely needed, but even once you agree to give you want to keep others waiting on you. any person waiting on you gives HIS attention. giving attention is however an indirect way of giving LOVE. you want to receive their attention by keeping them waiting for as long as YOUR ego likes, as long as possible and feasible without LOOSING contact and interest by the person waiting. how long a person lets others waiting depend on previously and repeatedly made experiences by that ego. the longer the better. the less that ego has to give for a greater amount of attention (love) received the better.

many millions of humans on earth practice this. efficiently and with some "success" at least for a while. however this always causes stress for all others concerned, especially those having asked for help or needing some kind of favor to advance in their own life / work. however as long as some people play the game by the rules of such egos - such games may go on.

a spiritual advice to people practicing such: either you want to make a promised favor or give a help you have been either offering on your own or asked for - then DO it IMMEDIATELY or leave it and stop offering or agreeing in giving such help to anyone at all. offering help and then delaying its realization is a very common attention getter. it however is a very cheap way of getting love while giving the least possible. and finally YOU are the one suffering most of such behavior. while others - once aware of your true intentions - may easily get any help from other sources instantly - you may find less and less people to play YOUR ego's game your way.

energy needs to flow - PERMANENTLY AND FREELY !! any kind of delaying answers, delaying or postponing services or answers, any way of keeping people waiting ALWAYS reduces YOUR flow of vital energy, it reduces and / or limits YOUR potential capabilities in YOUR life. in your material life, professional career, family life, love life, sexual life,

asking questions that are already answered somewhere or previously again and again

some people manage to play "stupid" by doing so they attract again additional attention (love) the easy way - without having to love for receiving love !!

such is practiced manifold in various situations in life. just keep watching carefully and you find many practicing that. some persons just reject of instantly accepting any given teaching, whether at school, professional training, at home or even in the spiritual world of this planet - people ask and ask and attempt to keep you busy answering them. just to get your direct and very personal attention and hence your love in an indirect way.

one day however they may have practiced this "playing stupid" to the extent that they really become very slow in learning, from early childhood throughout their professional career and even in leisure activities !!

if YOU observe such behavior within YOURSELF, then ask yourself:

- do I really want to learn on my own ?
- do i really want to learn the single most efficient and fastest way possible ?

if a clear YES is YOUR answer to the above - then keep in mind that any way you receive any kind of important teaching, verbal, visual, audio, spiritual or by any other method - ONE single time receiving any information is absolutely sufficient if you really like to LEARN. all you need to do is to learn to be fully concentrated, fully open and create a positive attitude for the subject / topic you are learning as well as for the source of teaching received.

become aware that the only one benefiting from YOUR intellectual efficiency is YOU, your spiritual being as well as your present physical body / ego !!!

anyone offering you some kind of information or skills is doing so because he wants to HELP YOU. above average proficiency in skills and above average knowledge for every day's use as well as professional use make YOUR life easier and more enjoyable. above average spiritual awareness and enlightenment as a result of realized and fully absorbed spiritual teachings make YOUR life more successful in ALL aspects of life and in addition shorten your path to god and hence to eternal freedom and happiness.

some of the teachers or sources of teaching may be more efficient, more proficient, more experienced but the intention of all is a potentially positive one. hence you have all reasons to create YOURSELF a positive attitude toward all such source.

a very easy, enjoyable learning of skills AND needed intellectual knowledge is the direct result of your change in behavior and inner attitude. what ever YOU learn you learn for YOURSELF and never for others !!!

once YOU have made up your mind and set clear priorities. all you need to do for a while is using some powerful and really positive affirmations to overcome and dissolve previous behavioral patterns.

such as:

- YES, i want to learn as fast as possible
- YES, i only need to receive any information one single time to recall any and ALL important information anytime thereafter
- YES, i want to FULLY understand all available information to the fullest possible extent
- YES, i will fully concentrate and focus on any and all really important topics in life
- YES, learning is fun because I myself benefit most and will have a more enjoyable and easier life
- YES, the more open i am the faster i can progress, spiritually, intellectually, in my career as well - including my salary !! visualize that YOU progress easier and faster the more you are motivated to proceed straight forward and instantly and the more efforts you put into reaching your goals in life. .

the more open you are for all resources offered to you, the faster you will progress in your life, spiritually AND materially and the more fun and joy you will experience in YOUR life.

rejection of a person willing to communicate, abusing communication and needs of others as a indirect source of love and attention causes stress to others, the entire environment and is some sort of cheating others. do you really want to be a stress factors for others, for your beloved ones. if you like a particular person, if you want that person's LOVE the give YOUR love FREELY and most directly - all you have to offer in all different ways possible - then you receive love in the most direct way as a direct result of YOU giving first love. communication should be reserved for the true and exchange of information and experiences, spiritual and / or intellectual - to make the life of all people involved easier, more enjoyable and more efficient - MORE FUN. one single second of true direct love can easily replace weeks of waiting small talk (indirect loving) !!!!!!!!

with love and divine bliss

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

Sept 6th, 2001

yesterday's topic continued:

recognize communication problems and develop YOUR communication skills - part 2

beloved ones

to continue the topic of the last newsletter, I will emphasize a few more details to assure you understand the physiology of communication and learning better.

you may compare your spiritual body with your physical body. the physical body has veins and arteries as well as airways and intestines. in the aforementioned vessels of the physical body matter needs to flow - else illness or severe medical emergencies with life threatening situations may occur.

for example if blood stops to flow completely to a leg or arm - numbness in that part starts to occur after just a few minutes. if blood stops flowing though out all head and brain for many seconds - consciousness in the physical body is lost and a little later death may occur.

similar in the emotional and mental body, as well as causal body and soul or any other metaphysical body.

there are no physical obstructions in your spiritual body, however mental blockages or emotional blockages in your behavioral pattern are exactly of same nature than physical obstructions to the physical body.

hence if you have ANY obstruction in your metaphysical body, like

- fear
- rejection against any object, activity, topic of learning, person, culture, ...
- dislikes of any nature and kind
- attachments to persons, locations or objects
- behavioral disorders as mentioned before
-

these act like obstructions to the FREE flow of metaphysical energy like the flow of emotional energy, mental energy (knowledge, information, ..).

metaphysical energy NEEDS to flow permanently - such as for example BLOOD in your physical body !!! metaphysical energy however flows

- within YOUR metaphysical body
- from YOUR metaphysical body to the same of your partner of conversation or experiences
- from YOUR metaphysical body to GOD and vice versa
- from YOUR metaphysical body to the entire environment, nature, neighborhood
- from YOUR metaphysical body to all and any physical and / or non-physical person that you are linked to by your karma of your present or any previous incarnation

the more obstructions you may have in your being

- the slower the overall flow of metaphysical energy
- the slower any process within your metaphysical body
- the slower the exchange of energy between you and your environment
- the slower the dissolving of any problem or karma that exists within you
- the slower any dissolving of anything between YOU and ANYONE ELSE.

i mentioned as behavioral disorders for example delaying of answers, ...

such behavior is the result of previous experiences, sometimes shock experiences, or the part of a tactical behavior to achieve a particular goal in a indirect way that you may have achieved during previous incarnation or in present incarnation. whatever the original cause may be - it may be a cause millions of years old - the knowledge of the real cause is of secondary or no importance. important however is that you become aware of your exact condition and behavior realize that you need to work on re-establishing again a completely FREE and fast method of true, sincere and loving communication in all and any situation. as you develop such habit again, more and more love and energy flows and frees you more and more of any metaphysical obstacle.

as you practice kriya yoga, all layers in your spiritual (metaphysical) body will be cleansed and finally dissolved. as a direct result all causes of any behavioral disorder of any kind will disappear step by step as you progress during the many years of intense and increasing practice.

thinking and intellectual activities of any kind are usually done FIRST in the mental body and fractions of seconds later appear in the physical brain. the slower however your energy flows the less efficient your mental body and more and more work is done by the physical brain only. the physical brain however is MUCH more slowly than any part of metaphysical body can work.

the more you free your metaphysical body, the easier all intellectual activities are flowing and the easier learning and recalling of information is. perception is highly improved in spiritual persons

and learning / understanding more efficient.

a purified metaphysical body with its divine and efficient function however requires a HIGH vibration, i.e. a very loving attitude within yourself free of any tricks,

if you want to open more for a free communication and a free exchange of metaphysical energy and information / inspiration with your environment, you need to

- learn to directly face the person you contact
- learn to maintain full and permanent loving eye to eye contact
- prevent crossed arms in front of your body - crossed arms during conversation mean that you are closing yourself for the needs or conversation of the opposite.
- have both bodies - yours as well as the one of your partner - parallel to each other
- have your legs parallel or slightly crossed during the conversation
- be within reasonable distance, neither too far nor too close. a distance of about 0.7 m to 1.5 meter is best. this assures that both parties are within the aura of the other to allow an easier free flow of metaphysical energy between the two involved
- be in a comfortable position and free of any time pressure
- avoid any distraction by music, phone calls, TV or radio, any other loud noises around you.
- create a comfortable and cozy situation in a nice environment to allow more love to build up during the meeting or learning process.

learn to speed up all YOUR reactions to the need of your environment. keep in mind that pleasing others is the main purpose of our eternal life in god. learn to practice this already now and here on earth. learn to permanently and instantly reply to all questions and all needs, requests of your environment to keep a once established opening OPEN and the communication or other experience with your partner flowing.

learn to be straight forward and DIRECT in all your talks, exchanges and meetings with any other human. your delaying of answers, actions or reactions may be FAR more annoying than your direct and sometimes hard truth. people love to hear the truth as the truth is divine and hence healing love. the truth makes free and heals.

in the previous issue i should a few examples of how people are delaying promises of any kind just to keep a communication and link to you open as long as possible while letting you wait.

however we also meet almost equally often the opposite. people asking for a service, for help, for a meeting - but NOT NOW, later, days later, weeks later, months later. if you agree upon their request to provide what they asked for and offer to do it immediately, you may see that they often say NO i have no time now please come later

you may then ask again and again and find them holding you up helping them.

the reason is exactly the same. by asking for help or a favor of any kind AND finding someone willing to offer what they asked - they found someone being open too LOVE them and they want to keep that link to you open as long as possible. the request for help was never based on the real need for help but just a trick to get your attention and as a result of your attention - YOUR LOVE - again in a indirect and extreme inefficient way.

for example someone asking you "can i come talking with you one of these days ? do you have

time for me ?"

you answer yes and may offer them IMMEDIATELY - i.e. just drop in NOW, or why don't you come today for lunch, dinner, etc.

but they may answer " oh i have no time today, but may be next week friday, in 2 or 3 weeks or so, i will give you a call, " or something similar. once they have received your OK - YOU have established an open link, a permanent communication within to them. during the coming days, until the meeting actually has taken place, you think again and again of that person, hence by thinking of someone you establish a link of love. that's all they wanted and they want it as long as possible without admitting to need love. ;-)))

the human ego is full of tricks. some of these tricks work for hundreds or more years, for many many incarnation and become an almost permanent part of that being. however such behavior is in no way honest and sincere. all humans absolutely need to learn again to love directly, love in various ways by talking, by being together, by helping each other in an efficient way, or just by giving direct love, hugs, spending silent time together loving each other. people need to learn again to admit their innermost NEED and HUNGER for LOVE. people need to learn again to show love in all possible but DIRECT ways to ALL and also to accept / receive love in the most efficient, most direct way from ALL.

the restlessness of today's high-tech world sometimes make such tricks necessary. at least for many it seems that there is no direct way left to get love or just some loving and peaceful silent time with a beloved one. without the sudden and severe illness or accident of a family member or close friend, the remainder of the family often is too much absorbed by their own - often quiet useless material activities. while many people nowadays think it is all about earning more and more money easier and faster, in reality it is all about LOVE. here on earth as well as in god's entire divine creation and it shall remain that way for eternity. as love is the only single happiness and joy creating power that is available FREE, infinitely and eternally. a divine gift from god to all. working for money and all related stress here on earth is just a price we have to pay for being far away from our original divine state of being a being of love at home eternally in god's divine world of love - at home in god !!

during the course of YOUR own spiritual progress you will perceive many other problems in communication and relationships between humans and find solutions to dissolve them in divine love. the single most important always is to remember:

without YOUR direct, efficient and scientific work to dissolve YOUR EGO - little or nothing is going to change in YOUR life. if you want others to change their behavior - then YOU need to spiritually progress yourself FIRST. this either results in a change in existing neighborhood or it may lead to a move into another neighborhood, another living environment on this planet or beyond.

as YOU have become more direct, more efficient and more straight forward in LOVING others, as well as accepting love in a possible ways offered by others to you - all others will adapt to YOUR new and more spiritual, more human like behavior or you will attract other persons better suiting your improved spirituality.

your present environment on this planet is exactly the result of YOUR KARMA as a result of previous years AND previous incarnations. it is the result of your previous actions OR INACTIVITY - hence YOUR previously omitted but long time needed changes.

with love and divine bliss

hans

spiritual newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

November 6th, 2001

today's topic:

Your love, grace, mercy and forgiveness is needed for real peace on this planet these very days

beloved ones

in this present times of worldwide emotional turmoil and stressful situation it is essential that ALL who want to be spiritual or intend to learn to become truly spiritual NOW and for the future learn to FULLY maintain a really neutral attitude toward all and any party involved in todays political situation of this planet. this really neutral inner attitude is the single most important essential basis to allow more and more love to flow toward where love is needed.

prejudice may cause YOUR LOVE to flow toward one party only - may be the one party needing least love from any party involved. be like a sun. shine YOUR LOVE in all directions toward all. and your love will "hit" the ones needing YOUR DIVINE LOVE MOST and being MOST open to receive your divine love and allow such love to heal all emotions and all emotional injuries they carry on from the far past. as the present situation is the result from a very very OLD struggle having its roots back in the times of genesis and FAR before - that still goes on these very days and may continue for thousand and more years if people keep fighting instead of LOVING.

as long as people kill killers, killing will go on and on for a NEARLY infinite time - it is a traditional christian teaching that any problem can be solved in LOVE - and only true divine love has the power to really and eternally solve ANY AND EVERY PROBLEM ever existing from eternity to eternity !!

LOVE is the only solution to end this struggle. LEARN from the past ! learn from previous millennium - before and after christ - and you will see that NO single war or retaliation-action at any time for any reason was ever leading to real peace and the free flow of true divine love among

all divine brothers and sisters - among all divine family of humans on earth and beyond in my fathers's entire creation ! it is time to really and very intensely focus on love. and to actively help to HEAL all the wounds carried on by millions from ancient time to allow true eternal love to expand faster and faster from NOW on and for ever !! PLEASE re-read the chapters linked below and many other chapters that you may feel attracted to such as

[Rejection and fear](#) | [problem solving](#)

remember that dozens and hundreds of YOUR very personal children from YOUR many previous physical and metaphysical reincarnation on this very planet as well as on other planets BEFORE your physical life started are still incarnated HERE and NOW on this very planet. dozens or hundreds of YOUR VERY BELOVED CHILDREN may be in your country or in any other country of this planet. whatever side you are for - you always will be against part of YOUR VERY PERSONAL FAMILY !! if YOU however love them ALL - YOUR love will bring them together - to become a loving family again - one day in the near or far future depending on how much love of how pure divinity is pored upon all the wounded hearts of all mankind involved in todays time of war and struggle.

ALL of you - ALL mankind on earth however are MY beloved children - hence divine love, grace and mercy flows into all hearts and souls opening for such divine help. i love all and always loved all - independent of what some of my children ever have done in the past or will do now or in the future.

however

if YOU agree to stop any kind of retaliation,

if YOU stop any kind of punishment

if YOU stop any kind of "justice"

then only YOUR eternal and infinite divine love can prosper again in all your hearts and souls,

then only can YOU end the repeating cycle of reincarnation

then only can YOU end the repetition of war, killing and re-killing

then only will YOU with very ease find and open the door to eternal love and divine bliss

then only YOU will find ever HOME - your HOME HERE with me - in the infinite and eternal divine home of love and light. where the majority of YOUR very family is already waiting for you to return home as well.

then only we all will be ONE single for ever loving family again !

with YOUR very direct intensified personal SPIRITUAL efforts YOU can become a more substantial part of a global solution of PEACE than any amount and quantity of warfare ever could be and will be. only love can really heal and create peace - instant peace. YOUR LOVE !!!

with love and divine bliss

hans

GOD YOGA

initiation to the holy technique and explanations

God Yoga is brought to you by God as a gift of Love to all mankind - it is a new and most powerful technique suitable for all those who want to learn to fully open their heart and soul for the blessing and healing aspect of divine love coming from God. the very first time it was given to all mankind was Christmas time of the year 2000 at the very beginning of a new spiritual era on this planet.

You may practice God Yoga in addition to Kriya Yoga or whatever other Yoga you practice on your path of Love to Godrealization. it may be forwarded by YOU to anyone you love, to anyone that needs and accepts your love and God's DIVINE AND HEALING LOVE.

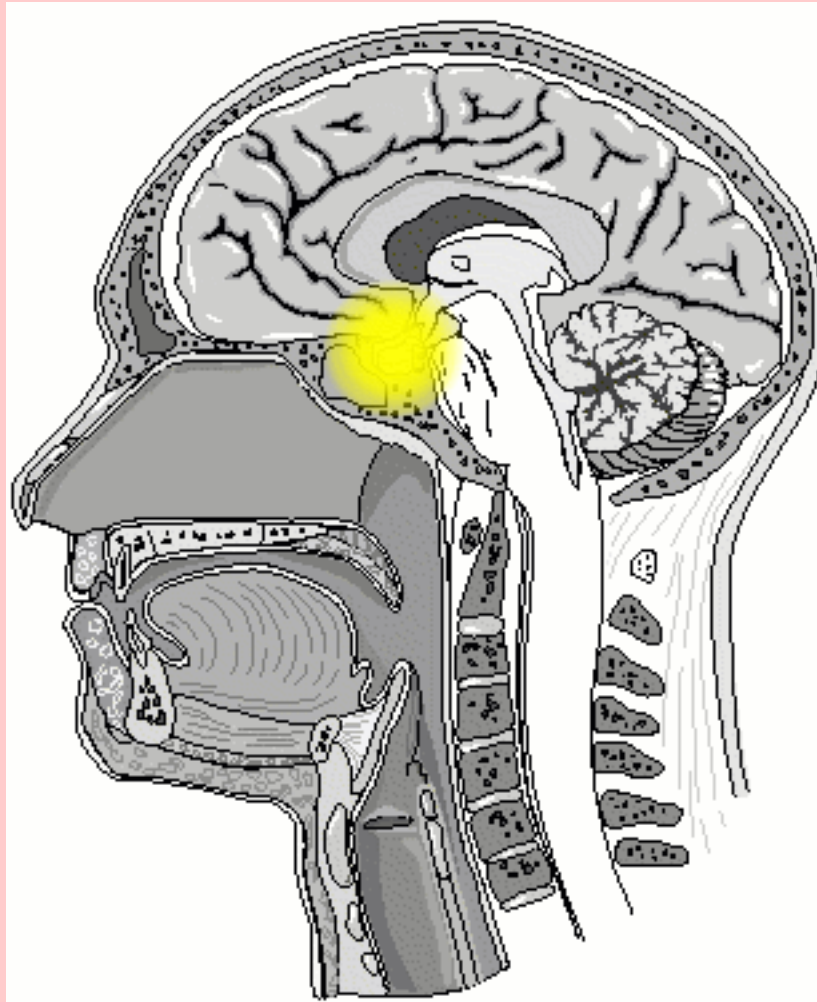
Any Yoga always comes directly from God. HENCE THERE NEVER CAN BE ANY SECRET about ANY YOGA - only ego wants to keep things secret, NEVER God nor any loving person !!

you are invited and free to forward GOD YOGA to all your beloved ones, to your little angel-children, to old or handicapped, to dying persons.

always practice God Yoga with love and in a situation of silence and loving prayer or meditation to be effective. the same applies for forwarding God Yoga to anyone who you feel is receptive for it or to anyone who asks you about it.

to initially start God Yoga, please sit or put your self in the most comfortable possible position.

then concentrate on kutashta - the spiritual center - as shown in the following graphic



in this position and with this concentration, please pray the following short and most powerful prayer in deep and warm love directly addressed to God. to obtain the right attitude toward God, keep in mind that he is the eternal sweetly and powerfully loving father of all of us, hence you may whisper this prayer and invitation to him like to a most beloved lover :

"dear god, please love me free"

you may want to repeat this prayer whenever you realize that you have lost the concentration on kutashta and you find your thoughts "butterflying" around !

this short prayer is a key for God to be allowed to enter your heart and soul - to enter your innermost being again and heal and FREE you from all that ever has started to separate you from direct awareness of God and YOUR very own divinity. it is a powerful divine key to achieve Godunion by the end of present incarnation provided you truly allow God to enter all your body including your physical body and heal all aspects of yourself.

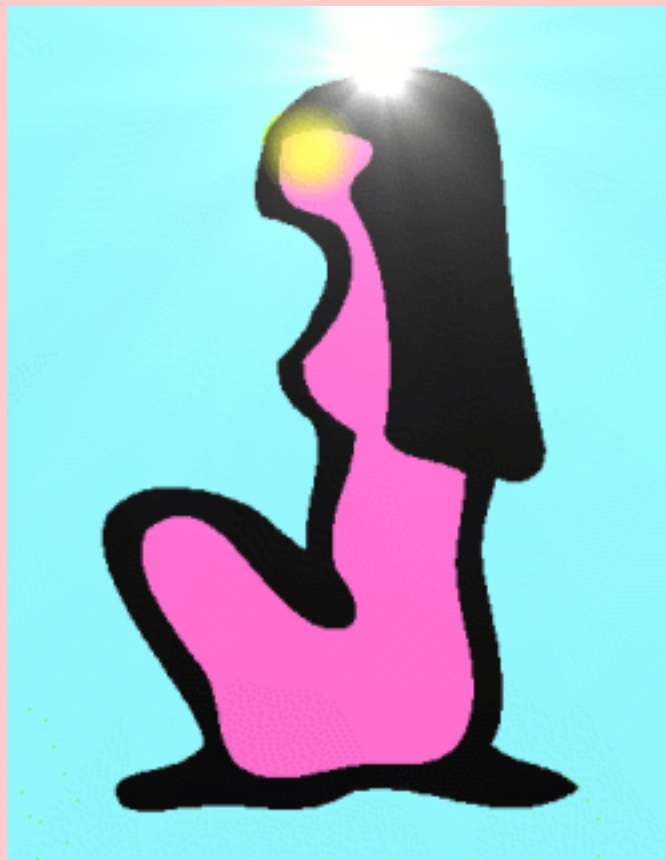
from the very beginning you will feel a flow of loving light into your body. allow this flow to expand more and more into all parts of your body - into your heart and mind and emotions as well.

sweet divine love shall then enlighten your heart and mind more and more - the more you practice this holy technique.

you may practice God Yoga any time and for any duration. at any age even small angel babies of just a year or so, anyone understanding or feeling the simple instructions may benefit from God Yoga and the healing spiritual power emanating from this divine love.

a recommended way is to always whenever possible end your day with God Yoga in addition to your daily practices. that means just before putting your physical body asleep, you repeat in a sweet loving way one last time this powerful prayer and surrender your physical body and your spiritual body to God. this will also allow you to use the "sleeping" hours of your body for your spiritual progress and spiritual healing.

when you have successfully made your above mentioned prayer, then you should remain in a silent and very comfortable position for as long as possible and remain open for god while keeping your concentration in the spiritual center (kutashta) for as long as you like - the longer the better. just as shown in the below graphic



the technique of God Yoga has been brought to you from my father by the author of the

[Cyberspace Ashram](#)

and is a gift for the present Christmas time to all mankind on earth.

you may forward this entire file to any or all beloved ones on your mailing list as a Christmas gift of love. since Christmas is a feast of love, grace, mercy and forgiveness as well as spiritual and holistic healing, any and every day of the year is suitable as of now to forward this to all and anyone in need of love - we all need love - YOU and all your beloved family members, relatives,

neighbors AND "enemies" as well !!

this entire file may be printed or reproduced by any means as ONE single complete file including all graphics and links.

may God's everlasting omnipotent and omnipresent healing love free you and heal you

with love and divine bliss



Hans

p.s.:

anytime and any place always is the right time and right place to open for God - hence you may do God Yoga for the very first time right now and here wherever you are - God will be waiting for YOU !

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

November 8th, 2001

today's topic:

learn to do the right thing at the right time

beloved ones

here on earth we have lost direct conscious contact to all - to our spiritual family, our spiritual relatives, to our spiritual children, to our spiritual parents, as well as to God and the remainder of entire creation.

part of mankind on earth however is reaching out for God. HERE and NOW. may be YOU as well ? there heart is opening and they would like to become again a part of the divine family in God.

this opening and search for god is recognized by god and all his family members who still remain in conscious contact and are fully aware of god and entire creation and its need.

if you reach out for god, then you want become part of all family again. this however means that YOU have to learn to become an ACTIVE part again. YOU need help - plenty of HELP - to find out of your present situation. here we are talking only about SPIRITUAL HELP. to be open for spiritual help however YOU need to be free and receptive for any kind of help YOU need. this opening for help YOU need is obtained by YOU HELPING OTHERS FIRST !! to be able to do so, YOU need meaningful and useful opportunities to help others who are in real need. you need to regain the sensitivity for the NEED for help of others. you need an open heart full of love for others as well as the readiness to instantly help others in need of any kind of help. such readiness to help and sensitivity for the need of help at first NEEDS to be trained again. your ego has for a long time - in most cases for ten thousands of years up to million of years refused to cooperate with others for the mutual benefit of all creation. hence all your brain, nervous system, all your automatic reactions are based on this past time of separation from god and all creation.

you ALL have been given repeated times opportunities to reconnect YOURSELF into the chain of useful actions of love. ALL are given again and again opportunities to help. most however fail to

recognize such hands that are reaching out for YOU to return home.

please realize that EVERY opportunity to help anyone is YOUR chance of being ALLOWED TO REENTER THE GROUP OF LOVING FAMILY MEMBERS and to receive help on your part for your return home.

returning home to our eternal home in god never is possible as a single individual - but only as a loving child of god open for ALL - in love. open for all love to be given to anyone needing love as well as open for all love offered to you by millions or more of loving family members in god waiting for YOU to accept any help.

from previous newsletters as well as several chapters published in the cyberspace ashram you should by now understand that all is energy that needs to flow. an individual in a certain way acts like a container. if you want something NEW, you FIRST need to empty your container of something old. you need to make place for your God-given divinity and divine help, for love and spiritual support. one very efficient way is helping others in all possibly needed ways.

how are opportunities to help offered to you ?

you very surely remember many times that you had the idea or feeling you should

- call someone who who thought might be in trouble
- call someone who might need someone to talk to
- offer someone some kind of material or financial help because you felt that person might need it
- offer someone your direct professional help or advice because you realized that a person or family had a problem that YOU could solve with your acquired expertise
- that YOU had something in your property that YOU may never need again but someone else known to you may need at this very moment

such sudden appearing ideas are GIVEN to you from a spiritual level. on a highly evolved spiritual level hundreds of spiritual beings are nearly full time busy helping you and many others. if a needed help is realized, then the search for the fastest and most efficient possible helper is started. all children of god potentially willing to help or NEEDING to help in order to receive themselves help, are then found and an offer to help is made by such ideas.

some times the person in need is contacting directly on a spiritual level all possible HELPERS among his spiritual family members or other possible sources of help.

all of you have had such ideas that someone you know, like

- your physical children
- some relatives
- your parents
- your partner
- friends

- employees
- spiritual disciples if ever you have been a spiritual teacher
- someone you may have heard directly from an other persons talking about his/her emergency or from news reports on TV, radio, internet, etc. ...

you may have had the feeling or idea that YOU could and should help or at offer your full help and support to any such person or situations that have been brought to your attention.

most of the time however you may have been too busy with your daily routines. went to work, or to an appointment of ZERO spiritual value and minutes or hours later the idea or feeling to need to help was gone.

why was that feeling to help gone ?

the very second, the very moment YOU perceive that someone may need HELP - YOUR help, that very second that person NEEDS instant help. instant means within seconds, the most efficient way, the fastest possible way. at any price and completely free of any thoughts about possible most economic ways to help.

LOVE is priceless. true love has NO value because no physical or material goods of any kind ever can pay for true divine love. the value of true love never can be measured by any physical or mathematical means. its value is infinite. you will recognize that infinite value the day YOU need help and help is nothing else but realized love in a certain way depending on the details of the actual situation asking for help.

YOU are given a chance to enter a divine family again by being offered an opportunity to help. you are offered an opportunity to spiritually practice love and any lesson that YOU might need to learn and practice in order to rejoin YOUR divine home in god again. YOUR possible benefit if accepting the challenge to help is far beyond the limited help you ever can offer - even if you offer ALL you have on earth - YOUR spiritual benefit is infinitely much greater than whatever value you could physically give away. YOUR physical love is asked for - and in return you may receive infinite bliss and true spiritual love from your spiritual family waiting to help you on your path of love to god. ready to help you to get out of the cycle of reincarnation, out of the dilemma of karma and attachment, out of war and revenge. out of retaliation and punishment.

the help however is needed within a particular time-frame. sometimes this time-frame might be but a few seconds or minutes. hence in such cases absolute instant help and acting is required by whoever is willing to do so. if you wait or think for a few seconds too long, then someone else is accepting the offer you just dropped in your intellectual selfishness and someone else will receive and enjoy the additional push and spiritual benefit such an action of help ALWAYS CONTAINS.

sometimes the time frame might be up to a few hours or days but seldom even more. depending on the particular situation.

if no one of those having received the offer to help is helping, then there are always "professional" helpers doing what others fail to do. there are things spiritually TOO important to be left at the mercy of EGO. there are persons having ZERO karma and being entitled to the fullest possible support at any time, because they have committed themselves to the full-time support of god's entire creation on earth and beyond. persons even here on earth helping YOU all the time - in your office, at your working place, in your company, in your business, in your neighborhood, ... like

guardian angels of love - working in the name of god for YOUR physical and spiritual benefit, day after day for millions of years. and most of them you have never recognized as being your physical guardian angels on earth in YOUR world of matter and ego.

many of you who finally accept the offer to being allowed to help waste their valuable opportunity by searching for cheapest ways to help, searching for most convenient ways to help, searching for easiest ways to help, and by the time the help finally is given, it either may be TOO late and this being TOO late may have considered substantial additional and absolutely obsolete suffering of any kind. or the help simply arrives TOO late because someone else has given timely help to prevent any obsolete suffering. you may even fail to realize that your help has arrived too late because you might have been so satisfied or proud of having helped that you miss to realize the full content of such situations. many such helper-beginners even delay their help to create at first greater suffering and greater emergency to create or expect greater gratitude from the one receiving help. remember that YOU - the potential helper - is the one and only who truly is benefiting from GIVING help to others. the ones receiving or needing help often are playing their divine role given by god to them or a role they consciously accepted to give YOU a chance to return home - back to your loving family in god. many have accepted such roles because they truly care about YOU and because they always TRULY LOVED YOU and want you back - back in god, because they want you to be really happy and enjoy life again the way god ever has planned it to be.

please learn to sharpen your awareness for any situation where YOU get the feeling or idea that YOU may be able to help, or that a particular person is needing a particular help. YOU are the one to help, because YOU are the one to have received the opportunity. an opportunity to reconnect again back into the flow of LOVE and BLISS as enjoyed by the majority of mankind beyond this planet - back in their / our all - divine and eternal home in god.

learn to always give such help the very most efficient and fastest possible way, learn to use to most sophisticated high tech assistance offered, learn to use ALL means that are available at present time, learn to put ALL your efforts into obtaining the BEST possible and most powerful possible solution of love. make every such opportunities the only and first priority in your life. usually it may take but a few minutes, hours and seldom more than a day or two. keep in mind that one day YOU may need such instant and most efficient assistance in many different situations on YOUR path of love to god. because there are TWO things each and all of YOU may have to relearn again

1. giving instant and efficient loving help and assistance in the FULL extent needed by the potential recipients
2. accepting ALL loving help to the full extent offered by those LOVING YOU

hence you may need to learn to give love by helping others and or you may need to learn to receive love by others helping YOU.

both is of equal importance for ALL of us.

as a potential receiver for help you may have to learn that when you call or e-mail or pray for help one day. the help you may expect to arrive someday in the future may already be waiting for you and be available instantly or within seconds or minutes. because out there in this world ARE people who care about YOU and who are open for YOUR needs and are waiting for YOUR call for help to give you instant solutions, instant help. often solutions of love are already waiting for you because YOU have failed to call and thus open for help when you actually first become aware of

YOUR need for help. in the meantime however others became aware for your need and were waiting for you to contact them - just to accept the help from them they were waiting to give you without even "knowing you in person". they had help waiting to be delivered and were waiting for the recipients address - for your call for help - a call by the single most efficient method available at any time in any situation. such calls for help ALWAYS include a sincere prayer and self assessment of the own actual situation and the need and readiness to accept help.

may all help ever be given to you instantly and may you all ever become instantly aware of any help you may be able to offer to others. making happy is far greater joy and receiving "thank you".

never create gratitude - only create happiness !!

what else could be of greater value and reward to you than to know and feel and see another happy and smiling face among mankind or creation at all !!! all happiness that you create or co-create will become part of the source of all love and bliss that flows through you for the remainder of eternity.

with love and divine bliss

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

November 8th, 2001

beloved ones - here today's topic:

God's creation - a huge and infinite "family business"

people on this planet have little or most of the time NO direct idea of what the creations consists of and how such a huge creation is run / "managed" by God.

to give you a better idea on how to better adjust your expectations toward what is awaiting you when back home and also to better help you HERE to understand many situations better, i will give you a simple description of what never can be described but only experienced. however you will get a good and thorough understanding that allows you to adjust your behavior and spiritually progress much faster.

most of all humans never now how to pray to god. or how to talk to god, or how to expect help from god. neither here on earth nor beyond.

imagine a huge family business - any kind of family business. like a huge car manufacturer, or electronic company, or whatever you may prefer. but there are many many different generations in god's spiritual family.

so imagine grandfather to be the "boss" = God. and father, mother, their sisters and brothers, YOU, your brothers and sisters, your children, your grandchildren, and many more generations make up your spiritual family.

all are ONE family. all are working toward ONE single goal, whatever they do - the common goal is to create more joy of life, more happiness by improving the quality of love and quality of different ways to show and / or experience love and by providing more and more solutions of love to those temporarily in trouble - like we here on earth. we here are ALL together in trouble because

- we are separated from god in our consciousness and awareness

- we have lost the infinite and eternal gift of divine love in all situations of life
- we have accumulated karma that keeps us away from going home instantly
- we have accumulated thoughts and feelings of punishment, revenge, anger, jealousy or envy toward some or many of our very own spiritual family
- we have lost most of the knowledge about god and god's creation, making the need of spiritual guidance in physical form more necessary than ever before - because we now have reached a state where we are actually killing our very own planet that served us for many thousands of years during many valuable spiritual lessons
- we are to a great extent lost in a material world where only material goods and material / industrial or technical progress appears desirable and appears to be a proof of progress of civilization to many humans on earth

if you want to learn to talk or pray - a prayer is nothing else but a talk to god. a whisper of love from beloved to lover !! then we should STOP using blindly printed prayers and repeating them again and again for decades. is this the way you ever would talk to your beloved living partner - husband or wife or beloved parents ?

god is your eternal lover. he has an "open ear" all the time, eternally for all your problems and concerns. you should learn to open your heart and start talking in a very very personal private way to god, like you would talk to your very most beloved best friend you ever had.

god is taking care of all. but many of his elder children - beloved sons and beloved daughters - and their children and grandchildren, etc., as well are assisting god. each has become a special set of gifts. gifts to create something unique, like healing music, healing paintings, healing herbs, healing vibrations, healing teachings, healing light, healing situations, inducing lucid dreams in you and many more different gifts of greatest value to others and of greatest pleasure to use for those having received such gifts. all have received such divine gifts. all have some very unique gifts that make them very unique beloved children in god's entire infinite and eternal creation. also YOU have such gifts, but most of you never have discovered them here on earth due to your involvement in the material world and all its problems.

each of the spiritually advanced humans beyond earth has a special area of activity, like in a huge family business. free of any competition among brothers and sisters, all do their very best and all enjoy helping and creating solutions of love or situations to enjoy YOU. all are cooperating with each others whenever possible. a huge and ever loving teamwork of loving brothers and sisters and family members, whose only pleasure is to create pleasure and joy in others, to make others as happy as ever possible !!

whatever problem you address directly to god, may be forwarded to any of his beloved ones being able to solve YOUR very problem in the very most loving way possible. all are allowed to help - hence all receive the feeling and assurance to be of real use and value to all. each and every human is a unique angel of love - made to love - nothing but to love - in various magic ways. for the joy of all creation as well as for the joy of our all heavenly father - God.

learn to speak more lovingly, more freely and like a very sweet lover to all those willing and waiting to help you. because with anger or serious talk you may scare them all away. an angry or serious vibration might be FAR to low and far to painful to experience for most of our beloved ones having their home in god.

it is but YOUR true and sweet LOVE that can attract solutions of love in your life. practice such true and sweet love with all your earthly friends and family members and you may receive a direct

feedback on how good you are doing in becoming a true divine lover.

to attract helping love from our divine family members you also need to become a strong and powerful lover. previous issues of the spiritual newsletters have focused on this point to a sufficient degree. whoever is physically strong in his work and life here on earth may any time become a strong and mighty lover - attracting any help needed and becoming able to provide any help others ever may need.

god is and remains the source of all sources, the creator of all creators. however you may need to get used to the idea that YOU as well need to learn to accept challenges and responsibilities in god's infinite and eternal "family business",. how boring would it be if YOU were working in an earthly family business in a top position but your earthly father would want to make every single decision of some importance. it would be useless to have such a job and boring of having no real responsibility and power to solve problems YOUR way.

in god's creation are a near infinite number of problems waiting to be solved. most of them may be solved in various ways, different - even totally different methods and approaches - may lead to a loving end-result to the fullest satisfaction of all concerned.

learn to be creative - really and divinely creative - even and just here on earth. because many of the problems are existing here and now and can be solved just by you in the very most efficient way. because physical problems can best be solved by physical beings !! whatever you do or attempt to do, you may be assured that you may have hundreds or more invisible helpers with you, watching you, guarding you, protecting you, guiding you, coordinating all where coordination is needed from superior spiritual points of view, inspiring you where needed and where your very own creativity fails temporarily to find a best possible or acceptable solution of love in time.

it all is a teamwork of many beings involved and always was so. a teamwork of our entire spiritual family, the entire creation working together, achieving results together - and sharing results all together for the mutual benefit of all creation.

YOUR love attracts your spiritual family members and opens doors and helps to create solutions. YOU have the power to communicate in a much more loving way with all - for your very own spiritual benefit as well as for the benefit of your earthly friends and neighbors and relatives.

look at all creation like at a huge and infinite family business and you much better understand why helping, acting now and instantly and most efficiently is of utmost importance to all. just keep in mind ONE department of this family business producing a very particular part of help and healing stops to produce or delays production or its manager fails to work at all - may be YOU. the entire creation would be in danger and others of the divine family would have to work and help overtime to make up for what YOU may eventually fail to provide into the family output at this very moment.

all eternal life is fun and joy. it's all about love. from eternity to eternity and only a relatively small part of creation like this tiny little planet and solar system as well as a few million other similar systems and parts of creation need special help and attention. but there is work to be done, by those being able to spiritually help - by YOU ... and me as well !

all are equal before god, but as you may easily understand - some in this family business are far more experienced while others are amidst of all their self-made problems - struggling for bare survival and still a bit away from giving help to anyone. it's time for all to get free of their own self-

made problems by accepting any help offered and successfully applying all spiritual teachings and help and love received in all aspects of their own life and path to god realization until you reach god union and eternal freedom in god to become a fully qualified member of our "family business" and accepting YOUR position in god's creation - empty at this very time due to your self-imposed exile on earth.

true life starts again for all of you far beyond the physical plane - in a world of eternal love and divine bliss poured upon all of you - by god and all your beloved family members waiting for you, waiting to make and see you happy again - truly happy - waiting to truly and fully being able to LOVE YOU and also waiting for YOUR most beautiful gifts you may want to share with all of us. gifts of divine beauty and love - gifts that only YOU can make and no one else - because YOU are a very unique part in god's entire creation. every single human being is unique and remains unique for the remainder of eternal existence and being !

like a flower in a ocean of flowers - all are beautiful - but they all are beautiful because they all are different from each other. so are humans beautiful because different from each other but divine like sweet and or powerful angels of love. angels of love made to the divine image of god.

with love and divine bliss

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

November 10th, 2001

beloved ones here today's topic:

Miracles need to be attracted by you, if you want them to happen - attracted by your love !!!

why do i write NOW about this topic ?

because it is Christmas time - a time of increased LOVE among all OR most Christians on this planet - and it will be all year round "Christmas time" if you understand how to invite miracles of love in YOUR life - to help you on your spiritual path back home.

Christmas time, i.e. the several weeks before the actual Christmas day is a time of gifts waiting to be RECEIVED AND ACCEPTED BY YOU as well as a time for gifts waiting to be GIVEN BY YOU, gifts such as YOUR forgiveness, love, grace and mercy toward others or any kind of help toward others and especially toward all the needy and poor ones on this planet.

remember that YOU might first have to empty YOUR "basket", before new gifts waiting for you may have place in your life.

gifts waiting for you during Christmas time are those coming from god, gifts coming from your spiritual friends and family members, gifts coming from your spiritual guidance and guru. some of these gifts may need true spiritual miracles - but they may and will occur and be brought to you when YOU have been preparing yourself to instantly receive them. miracles never happen slowly, they either are ALLOWED to occur instantly OR NOT AT ALL !

the full responsibility to prepare yourself to receive divine gifts and miracles is YOURS only.

here in the Philippines all people start already NOW these days to fully decorate public places and

parks in cities and villages with Christmas decoration and some of the sweetest Christmas music on this planet is played here. Christmas-decoration and Christmas music is supporting the awakening of the "Christmas feeling" among mankind. a feeling of love, grace, mercy, forgiveness, making and accepting gifts to others - to and from ANYONE - opening for love and bliss from god, as well as opening for miracles to happen - miracles as a sign of god's love, Jesus love, angels loving you, guru loving you, spiritual guides loving you, ... etc.

miracles happen again and again. miracles can be of manifold nature. many miracles that may have occurred or happened in your life may never have been perceived as such by YOU.

first I'll give you a few samples of possible miracles in your daily spiritual life.

- you may have friends that you missed for years or even decades. suddenly one day, may be during a travel YOU make, you meet them - for example at a bus station. you exit a bus, and there within a few meters, visible for you is that friend you have thought about very often and wanted to see one more times. you think "what incident" - but did you really and fully realize that meeting someone from far away, someone who may have a totally different lifestyle is FAR more than just an incident. are you aware that there are approximately 315'360'000 seconds in ten years. when you exit a bus to leave in ONE particular direction and the other person to meet or miss stands at one particular place nearby, both of you may have as little as 10 seconds or even far less, depending on how fast both are walking or acting and how busy they are with other thoughts. for our example you have ten seconds to either see or miss each other. this 10 seconds can be called a time frame within things can either happen or fail to happen. a time frame within which you either receive help or give help or fail to do so. you have ten seconds to meet - but you have also 315'359'990 seconds within ten years to miss each other. hence the chance to win this game of meeting or missing is about 1 to 31'536'000. such meetings however are most of the time of utmost spiritual importance for either both of you or one of you. important for the spiritual progress. important to get in peace with each other - to save ONE necessary additional reincarnation that otherwise may happen to BOTH of you. important eventually also to receive or forward some important information or help. spiritual guidance make such miracles possible. guidance that create a path that needs to cross at a very certain point within a very limited time frame. what we did NOT look at - so far - is the fact that you have a **time frame** for happenings to occur **AND** you also have a **PLACE** on this planet for things to happen. at this very moment when both meet, they were **at the same time at the SAME PLACE**. however to be within sight of - let's say within 10 meter in a crowded area - there also have been many millions of others places both could have been at the same time. hence the guidance included both of you to be at the same time at the same place **AND** looking in the right direction to recognize the one person.
- accidents occur. sometimes on YOUR way home - but YOU may be either seconds before or after that particular crash in your car or bus or whatever vehicle on the same route. you always think of it being normal to be spared from accidents. but in reality it is spiritual guidance that lead to such protection.
- airplanes crash and sometimes all passengers but one die. sometimes this one surviving is barely injured or not at all.
- sometimes cars crash with terrific power to let the driver just walk away with nothing but a few bones broken or even no major injury at all. while others crash with minimal speed and die or are seriously injured or handicapped for the remainder of present incarnation.
- some people get serious injuries and they heal spontaneously or within very short time with no remaining complications at all, while others with similar injuries may need months or years with plentiful of complications and remaining partial handicap or pain for years or lifetime.

- millions of people around this planet had visions or encounters with angels, saints or their guru or experience partial or full materialization with one of before mentioned - to meet, to learn or to receive a particular lesson or message in a more powerful and "miraculous" way.

billions of humans on earth however may never encounter any real miracle of any kind. at least no miracles they would consider as such.

why ??

first - you should fully realize that miracles ONLY happen if they serve a true and absolute spiritual goal. on this planet miracles never happen just for fun. miracles and magic just for fun will be part of your eternal life once back in god. because then and there all are using such divine gifts from god for the sole purpose of loving others, making others happy or creating excitement and joy for others. that is the way god also does such miracles for all of us - again and again - in our true and loving eternal home in god, in what many call "heaven".

here on earth however the spiritual situation is far too serious to waste efforts and energy. miracles if ever done on earth in the very dense and low vibration of this planet and physical matter, require a far much greater effort and far more energy by the one creating them and hence they are done for the sole purpose of spiritual teaching only. and only if that miracle creates the greatest possible progress or learning push for the recipient. if a miracle is the single most efficient method of achieving a particular result of spiritual progress or a spiritual lesson for an individual.

however miracles occur more often almost daily for some people, while others may never experience consciously something really miraculous in their life.

the reason for such different experiences is very simple. the more YOU love, the higher YOUR vibration as a direct result of YOUR

- prayers
- spiritual work
- spiritual progress
- spiritual efforts
- your readiness to advance faster and faster
- your serious efforts to follow all the teachings the single most efficient and direct way
- to help others as much and as efficiently as possible
- to serve god and all his beloved lost children on earth
- LOVE toward YOUR guru
- YOUR LOVE toward God

many humans however are entirely "occupied" - please realize what this word really means ! - with business, with career, with purely material problems and thoughts of selfishness, anger, jealousy, envy, pride, ... and hence have neither "space" to accommodate nor any free "time-frame" to experience any true miracle in their life.

you may CREATE a "space" within and around you for miracles to occur. your love creates an environment that facilitates miracles that happen JUST FOR YOU - your above action facilitate miracles by requiring MUCH less efforts and energy for them to be created for your help and support. you may also create time-frames for support becoming aware, for help being delivered, for miracles of any nature to occur in your life by simply taking a few hours FREE - EACH day.

FREE just for god, love and your spiritual progress and spiritual work.

i will explain you with a real-life example that happened some when mid-end nineties of past century to explain you the difference between having time for god and being busy with "more important" material work.

several years ago a young man asked for initiation to kriya yoga and received diksha. for a while he practiced kriya yoga more or less regularly. however at the same time he was enrolled in a part time course to prepare for the government exam for healer (heilpraktiker) in Germany. the course and exams were very intense and demanding. in Germany during these years it was quiet normal that up to 90% of examinees failed their government exam. as the exam date approached - during the final months - i asked him once about his kriya yoga and he answered that he has no more time for kriya yoga now because of the intensified preparation for the upcoming exam. this was several months before the actual exam date.

some times later - after the exam date - i learned that he failed his exam. due to his preparation for the exam he took no time for god - hence god had no opportunity to help him - there was NO FREE time frame of peace and intellectual silence for god to assist his learning. later on he got out of sight and spiritually drifted away and down. at least for the time being.

just a little earlier another young man made the same preparation for the same government healers-exam in Germany. in a totally different way however. more intense because he selected a 3 months full time crash course in a most desirable tropical island resort environment in thailand he loved, with FULL motivation - because he was making the exam to serve god better and to be legally allowed to heal with the power of god's love more peacefully while spiritually helping others in a holistic way. he made daily very intense and many hours lasting practices of most advanced kriya yoga. after return from Asia to Germany he waited for an exam date while working full time. during the final approximately 2 weeks before the actual exam, he took off from his work to have all time to prepare for the exam. the very first day of this time he studied almost day and night like in very earlier decades when preparing for important exams. then after this ONE day he realized that all communication with god is in danger and reducing - as a direct result of his intellectual work, the learning of useless names of illnesses, bacteria, pathology, physiology, anatomy, ... god knows all anatomy and all his very own creation, doesn't he ? so why worry about learning something that already is known to god ? god knows all the causes of illnesses, all the individual cures to be prescribed, god knows all that is written in any book on this planet.

starting with the second day of this final 2 weeks of exam preparation he totally changed his schedule **back to normal**. normal means - "God and love first, everything else last" - approximately 3 hours daily of study and all remaining hours love, god, kriya yoga, family and children ! he realized that god had prepared all for him so far. he received all the money to pay for this expensive crash course by being allowed to work for 6 months day and night (full time home-nursing of a dying person) which gave him the earning to allow the payment of all residual debts still existing from previous non-spiritual years, paying all tuition fees of all different crash courses made in Asia and travel expenses to a remote tropical location he preferred for this crash course. 2 special dates were given for the exam - while most others had to wait an average of up to 15-18 months during these years to be admitted for the exam - god arranged for 2 exam dates within the first 2 moths after return from the trip to Asia. god arranged for a fully oral exam as the examinee preferred oral exams over written exams and arranged the best possible examiners to be present, the correct questions to be given to the examinee and of course a sufficient number of correct answers being present in the examinee's mind. finally this god-oriented person - having FULL faith in god, passed the exam successfully to fully concentrate on his further spiritual life and work.

the above are 2 real life examples that actually happened and have been witnessed by the author. similar situations with many other persons and other exams or similar **potential** workload or stress load may be found among YOUR very own neighborhood and friends. different attitudes leading to different results. some may pass an exam or a tough or stressful situation without direct assistance received by god, but they have to work MUCH harder and much longer and may even have to pay financially much more to finally find themselves buried under a mountain of debts by the end of all education or training.

miracles occur depending on the environment YOU create around you to facilitate miracles to happen or even invite them to happen as a direct result of YOUR love toward god and ALL his creation.

I will give you a simple and approximate example to better understand the difference in need of energy between two environments of different density - such as the aura of a very spiritual person as opposed to the aura of a warrior or very angry or nervous person.

1. we have a container of water. the container has a volume of 2 qm (approximately the size of an average telephone booth). that is 20'000 liter of water.
2. we have the same container but this time filled with water saturated air. with water vapor.

whatever you want to do in the water filled container - like raising the temperature by 10 degrees centigrade - requires much more energy than doing the very same in the water vapor filled container.

when moving your body in the water filled container, you will notice that any motion is much more difficult and requires more physical efforts and energy (muscle power) than in the steam filled container.

whatever you do in water appears by far much more difficult than in water vapor.

the vapor / water example is a very gross example but still should allow you to become aware of the difference in efforts needed, when moving or achieving anything in environments with different density.

the very same principle applies for YOU when YOU expect angels to appear or your guru to become visible in his light body or even to partially or fully materialize for a particular and very spiritual purpose and reason. the very same principle also applies when you need a miracle to help in your desperate situation YOU may have got into.

the more LOVE YOU have developed IN and around YOU - the easier it is for YOU to perceive your spiritual guidance, including your guru or any spiritual help around you and the easier it is also for **anyone** to spiritually help you.

the more spiritual YOU are - the more spiritual help you will receive !

when you create a spiritual environment around you, at your working place, at home, anywhere you are, then you invite miracles in all aspects of YOUR life to become possible and to happen whenever helpful for your spiritual development and the expansion of love in and around you.

whenever you have created a more spiritual and loving attitude WITHIN you, within your physical body. that means when YOU have achieved a loving attitude toward yourself, then you invite spiritual miracles such as spontaneous uplifting, samadhi or miraculous healing of ANY kind to happen inside your spiritual and or physical body.

[God Yoga](#) is an excellent method to create a loving environment WITHIN YOU ! you learn to open for god's love very directly and as a direct feedback you ALWAYS and IMMEDIATELY feel his love flowing into your body and through your entire spiritual AND physical body. the more you feel his love flowing instantly AND continuously during the practice of God Yoga, the more you are open. the longer you do God Yoga the more your overall vibration of your body will be uplifted and existing illnesses healed. if however you experience problems in directly and consciously feeling his flow of love through you - then YOU need to relax more and open MORE for god.

to achieve a more loving attitude toward YOURSELF however requires YOU to have repeatedly and successfully given love to many many others around you first. the more you have loved others in all possible ways described in other chapters and previous issues of spiritual newsletters, the easier it will be for you to open yourself for any and all help, love and bliss offered to you by anyone, including god, saints, guru and whoever wants to give you help and signs of true divine love and forgiveness.

the more love YOU develop toward ALL creation, toward all, toward anyone and everyone around you - the higher the vibration around you and the more uplifting you may become for others and the more YOU may invite miracles and healing and loving changes to take place in your environment, among all people around you within your aura. as your love expands - your aura expands as well until you have become one with all creation. step by step this will happen to all humans on their way back to our eternal home in god.

how can you invite miracles in your home or life ? by creating a small area of a "temple of light" within your home, a corner of a room or a separate room entirely devoted to god and love for your daily spiritual practice. an area where you have some flowers for GOD, an area where you only pray, love, practice kriya yoga, god yoga, or your traditional yoga you might prefer, an area you use to meditate and or for healing.

after a while of doing so in one particular place or room, indoor or outdoor, the entire vibration of all objects and space in that corner or room is uplifted. making meditation, receiving spiritual guidance, achieving better and more intense spiritual progress much easier for ALL people using such "temple of lights". the first step is to make your body a temple of god - a temple of love and light, the other step is to turn your home and later on all surrounding into a temple of god, love and light. such a divine place can and should be used by all family members and can also be shared to receive loving visitors if exchange of love is the only topic and activity in such divine places.

finally however you should realize that the single most powerful tool to invite miracles of spiritual nature for YOUR spiritual benefit is YOU uplifting YOUR very own vibration. by YOU getting a more and more divine and loving aura - wherever YOU are. your aura will expand more and more and finally makes spiritual awareness of guidance, of help and healing as well as needed "miracles" possible whenever and wherever needed and helpful. [kriya yoga](#) is the most powerful tool to dissolve any obstacle within your being, within your aura, within any part of your different layers of your spiritual body.

how can and do you prevent miracles and healing to occur in your life ?

most of you are very successful in preventing miracles !! however is this really your intention and goal ? here a few points that prevent miracles or spontaneous healing to occur in your life. look at them and compare with YOURSELF very carefully and make necessary changes in your very own behavior and attitude where needed:

- you may think miracles happen only to others - hence you exclude, reject them to happen for you
- you may think miracles never happen - disbelief makes it hard on saints, angels or god to help you
- your intellectual knowledge tells you what is possible and what NOT - hence miracles usually always are excluded from happening because ineffectually they never can be explained nor ever repeated from a scientific point of you in an earthly laboratory - because human ego cannot repeat the creation of 2 or more similar divine temples of light, only a divine god seeking soul can.
- your expectation of what needs to happen may exclude of what WANTS to happen. the latter may however be infinitely more efficient, loving and powerful. learn to allow the greatest possible, the most mighty and loving to occur to help, heal and rescue you.
- you may have subconscious fear of god as a direct result of religious MISS-education that leaves imprints in your being and aura or as a result of your very own previous miss-teachings about a "punishing god" - hence you may fear the appearance of god or anything directly related with god. **god is love** and your failure to believe this absolute truth may prevent miracles until you have experienced god's love - for example as a result of repeated practice of God Yoga.
- you may have neither time nor love to receive or attract any help or miracle in your life - too busy with "important stuff" - "**no connection under this soul**". may be the result or answer of anyone attempting to spiritually help YOU.

ALL and everything is possible - miracles have infinite possibilities and extent - it only depends on your creation of a loving environment for miracles to happen more easily, on your readiness to accept miracles for your spiritual well-being and support !

with love and divine bliss

hans

if you like to support my spiritual work on earth or the cyberspace ashram, you may do so by sending your contribution using any of the methods published on the cyberspace ashram's support/contribution page. you can contribute using [bank, credit card or PayPal](#).

your help is always needed and most welcome. all i ever can give you IN RETURN is more love and more spiritual support to ALL and on YOUR way home.

Christmas time and a quest for YOUR help for the poorest one here on this planet

from the Cyberspace Ashram

<http://www.kriyayoga.com>

November 13th, 2001

beloved ones

after having served again some of the richest one on this planet for several weeks, it is now time again until far beyond christmas time to help the poorest one on this planet.

human tragedies beyond imagination of those living in central europe or USA/canada or other industrialized countries occur or are found here daily by me. yesterday, the days before and today again.

to give you an idea of some extent of emergency humans can go through if things went wrong in previous incarnations, i will give you the most recent example of a person in need of YOUR help.

before yesterday a young mother of 21 yrs approached me and told me her problem. herself being a child resulting of rape, she has NO father and NO mother and NEVER went through any school education of any kind. with 18 yrs married and divorced again. with a premature baby 4 months old. the baby was about 2 months at hospital first and came home to the mother recently. the mother has some debt from the hospitalization time of the baby.

the baby having one eye closed and damaged. needed additional medical care. yesterday a medical emergency occurred and the baby was brought to a hospital some 2 hours away from here. this morning just before 04 AM the baby was taken home by god. leaving the young mother with additional financial problems for this recent hospitalization, plus any possible costs for the funeral in a few days.

worst than that all - this baby - even with no father taking care of the mother and baby, this small baby was ALL on this planet this young mother ever had. this baby was all she loved and worked for. a work most of you would never make nor dream about. having learned from early childhood to live from any kind of work that an nearly illiterate person can do here, this young women became extremely loving and humble doing anything just to survive.

NOW however it is time to end such a tragedy and to give her another chance for a new life. in one way or another.

it is Christmas time - time for LOVE, GRACE and MERCY toward all and some of you may want to help - to cover any debts existing - a total of less than 100 us \$ so far, without possible expenses for the upcoming funeral. any additional amount of us \$ 200 or higher could very positively help this young mother or any other similar emergency to restart a new life and a new existence.

smallest businesses here are often started with amounts of around us \$ 200 - 500 and may help a person including all possible family members to completely change the life.

a typical family here consists of usually 3 generations often living in a single hut of totally about 15-20 square meters (seldom more) of total area. an amount of us \$ 500 - 1000 may positively change the entire future of up to 3 generations within a single family of 10-12 or more persons (all generations included).

such human tragedies occur in many countries around the world. day after day. in my previous job for an international humanitarian organization i met and saw personally hundred thousands of people suffering extreme emergencies of various kind due to action of war and other causes in countries like bangladesh, laos, cambodia, lebanon, syria, zaire,ambia, botswana, haiti and other places. situations such as right now in afghanistan. situations where millions of people lost ALL except a small bundle of personal goods. many lost family members, children losing parents, or never had parents taking care of them - such as the young women mentioned above.

help to allow the poorest one to re-control their own life and future and restart from scratch is the most valuable help. hence one of my goals always was and is to give all the advice and holistic help needed to become free and independent of any permanent source of financial help. in many countries such as here in the philippines it needs rather little to somehow start any kind of smallest business or services of any kind to regain such freedom and live again from the direct income of their own work. many people in need are willing to work and humble enough to do any kind of useful service or work to survive on their own.

if anyone of you wants now or in the future to support any such emergencies, you may either do it very personally by physically travel with a few thousand US \$ cash in your pocket to countries in south america, africa, asia or wherever emergencies and human tragedies occur - such as afghanistan these weeks. once arrived in such a place travel in provincial areas and slums, among the poorest one and you find plenty of opportunities to give your help in a very loving humble way directly to anyone in need. all you need is to understand the problems beyond the superficial appearance and having enough time and expertise to give holistic help to regain freedom again.

if however you are missing such personal opportunities - you may want to support such persons by sending your contribution to me and i will forward it to anyone in need. helping the poorest in spiritual as well as physical ways is part of holistic help in my daily life here. due to the frequency and intensity of such tragedies encountered here, please consider only the fastest and most efficient method for sending your contributions WESTERN UNION. any other method may simply be a few days or weeks too late to be of real help. you find all details about how to send your contributions at the bottom of this page.

with love and divine bliss

when you click the below link - you find ALL info about HOW TO send

[Your Contributions via BANK or WESTERN UNION or PayPal](#)

for the Promotion of Solutions of Love, the Cyberspace Ashram and the Author of this Site or if you are familiar with PayPal you may send your donation directly from many countries around the world including India using your bank account or credit card - just click on the banner below !!!



November 18th, 2001

beloved ones - here today's topic:

Focus on Love - and all else will vanish

if all mankind is busy

- helping others
- healing others
- healing other partnerships
- getting OUT of way where other partnership need peace and time for each other
- helping loving partners to find each other
- helping broken partnerships to give freedom in peace and love and separate in true loving friendship
- helping loving ones who are separated for any reason to get together again
- create solutions of love for all situations of war, distress and friction on this planet
- giving or creating freedom where freedom is lost
- being an ambassador of love between any and all parties "in war" or in tension

then ALL your life-force, all your attention and all your physical efforts will be completely and fully busy in a process of holistic healing.

healing starts always with YOU. as you heal your self in a holistic way through powerful spiritual techniques such as Kriya Yoga and God Yoga, ONE DAY you will be in a position to start healing others in manifold ways. by manifold healing methods, physical as well as spiritual methods.

the very beginning of all problems started for most of all humans thousands or more years ago. when the flow of love was reduced in one or both direction between you and your beloved god-given partner.

when you go back to that point of healing and heal the missteps that have caused YOUR first separation from god and YOUR beloved one, then YOU will be healed within as well as YOUR

partnership with YOUR true and eternal partner. creating again powerful units of love - and as such a loving unit, the healing process expands toward greater and greater circles.

the more families are healed, loving and happy, the more they may then start to expand their true love and harmony in god toward all others around them.

if you are fully busy with healing yourself by spiritually progressing yourself - you finally become more and more a powerful divine healer of YOUR surrounding and YOUR family HERE ON EARTH.

hence you will never have any energy or time left for any measure of

- punishment
- retaliation
- war
- destructive action of any kind
- limiting freedom of others in any way
- governing others
- imposing yourself or your rules on others
- separating others
- standing between others who need to meet or confront to solve their problems their way

as YOUR very own spiritual and hence holistic healing requires ALL your forces, all your efforts and all your attention - else you may fail to achieve your very own healing and finally find yourself again here in another reincarnation.

YOUR very own freedom in god, your very own freed and healed love within your own family and partnership as well as toward ALL is one of the very most powerful healing medicine for all around you.

with love and divine bliss

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

November 26th, 2001

today's topic:

celibacy **or** **partnership on your way to god**

there are lessons to be learned anyway - so lets learn them HERE and NOW !! because lessons you carry on are a burden to be carried all the time BY YOU - until you solve them !

some god seekers are confused about the old teachings that apply still for catholic priests and also have been given in many

very OLD yoga teachings.

so it is time to once and forever clarify this point from an absolute divine point of view !

god made humans - to the image of himself. god created male and female. for a very loving and divine purpose - for eternal loving joy between the two.

god made ONE male AND ONE exactly matching female - also referred to in some of my other texts as divine partners or eternal partners.

ONE such unit of ONE male and ONE female is made to last forever - for E T E R N E T Y !! one divine partnership is a human UNIT they BELONG together and do things - all - together. but they always are DIFFERENT in how they see, how they feel, how they are aware of anything they do. but this difference is a very divine and loving difference - NEVER an opposing or destructive difference. divine partners share their point of view for greater experience and pleasure. they do things differently - for the joy of their partner. they are of additive value to each other.

here on this planet and for THIS time being it may be quiet hard for you to understand HOW you

could spend eternity with ONE and the same partner - however it is of most loving nature and divinity. one day YOU all will for sure understand the value of an eternal partner in god's creation.

however why did some teachings then require celibacy ? you may still ask. this is quite simple. the more you go back in the history of this very planet - the darker the vibration and nature of MOST has been here on earth. the greater the ego - the more fight between egos.

the original break down and separation between humans in god's separation was caused as a direct result of some kind of WAR between male and female. i wrote repeated times about this in other

[chapters](#) or [newsletters](#).

here on earth we still have the vast majority of all problems as a very most direct result of this WAR between male and female. as a result we find a multitude of sexual frustration and as a direct result of such we have hundreds of millions of humans having some kind of sexual disorders such as

- homosexuality between male or female partners of equal gender and other related disorders in sexual behavior
- denial of own sexuality or opposite sexuality
- suppression of any sexual activity
- as a result of above we find a huge number of humans having disorders of sexual organs leading to surgical removal, cancer, pain, or insufficient sexual functions (the popularity of any medicine to improve sexual functions proves the wide spread need s a result of wide spread problems in sexual life). for example millions of females have painful menstruation, or in the later years have their ovaries or uterus removed as a result of advanced problems and pain related to their sexual organs.

all is divine - all is god made - but why do we then have all these problems, pains, and even fatalities as a result of cancer in sexual organs (at the age of 19 one of my working colleagues died of cancer of his testicles). millions of males have problems with prostate glands. look at the herbal medicine sold freely and their use or application and you know how HUGE the number of people is that actually are having very serious problems.

when god created us - we all were in love with all and with our partner as well. such is the divine plan.

the development of ego, as a direct result of the first few mistakes that humans made resulted in the WAR between male and female. as a result male started to fight female, punish female, reject female, etc. but you all should know by know that if you reject the opposite gender - at the same time you also reject your very OWN !

that means a man rejecting any and all or most females and any truly loving relationship with females at the very same time separates himself from living his being a MALE. and vice versa !!

if you reject females - how then can you be a male ?? impossible. hence you reject part of your very own - GOD MADE - being, spiritual and physical body as well as there ALWAYS is a parallel between inner world and physical world !

rejecting OR suppressing a substantial part of your being however creates a blockage in energy flow. sexual energy is the very most direct from of divine LOVE in the physical body !! including anything that flows physically during sexual practice !! all is part of this god made and most direct way of exchange of LOVE between two loving partners.

love is vital to all being - to all humans. suppression or rejection of LOVE on ANY level - physical or metaphysical - always is destructive or causing stress and disorder to the person affected. such powerful energy as love however MUST somehow flow or it causes severe damage or DEATH !! hence it flows in form of anger, hate, fighting, aggression, increased or excessive physical activities such as sports of any tiring nature or HEAVY physical work. such fighting and anger may be of verbal OR physical nature. VERY OFTEN a person loving someone extremely and being prevented of letting the love flow freely for any above mentioned reason may turn his love into such a powerful hate r anger to actually and physically KILL the beloved one !!!

it is the severe attachment to the selfish behavior and the readiness to continue that OLD WAR between male and female due to pride and missing understanding of all root causes of all human problems in the present relationships that prevents a harmonious flow of love through the channels made for LOVE. there are chakras and organs that are god made for love to flow. love needs to be free to express itself in ALL divine god made ways. expressions of love between humans can be very manifold such as

- singing love songs
- writing love stories
- cooking for others
- baking for others
- decorating room or space for others with loving symbols
- gardening as a gift to others - specially flowers
- touching skin to skin
- spending time together with the beloved ones
- dancing together
- caring for others in many different ways
- caressing and hugging skin to skin
- sexuality anywhere anytime in infinitely many different ways
- ... and many more activities - some more direct some more indirect and hence less efficient in the exchange of true divine LOVE

every person needs the absolute freedom to FULLY and most directly express HIS LOVE to the one and only in as many different ways as possible, as well as toward others in appropriate ways as well !!

the goal is that ALL will find their way back to god one day. total and absolute healing of YOU is achieved as a result of extended and repeated godunion. to be able to become ONE with GOD however YOU NEED to be in peace with all aspects of YOU. that means YOU need to be in peace with your very own and individual sexuality. if you have any doubt what you are - male or female - the stand in front of a mirror, fully naked and look at your anatomy !! some people have a male body and "think" they are female and dress like females and vice versa many have a female body and dress like a male because they want to be male instead of accepting what god gave them.

why ?

because as a result of a severe traumatic experience in their past incarnations or their present

childhood they rejected their very own present sexual form that is expressed by the physical anatomy !!

whatever problem you may have - all can be healed instantly - if you WANT to accept god's divine plan and realize, reestablish and HEAL such divine plan within YOURSELF, your mind, emotions and your physical body included.

for your spiritual progress you NEED to have peace. absolute peace of mind is the result of being in love with all, of having forgiven all, having healed all your previous partnership and resulting behavioral problems. peace either can partially be achieved by escaping the confrontation with the cause of your problems. as a result of such temporary and partial solution some god seekers escaped into forest, retreats, caves, mountains for years or a lifetime. they escaped communication with humans to establish an artificial and SUPERFICIAL erroneous peace. but to some degree it helped them to find peace and peaceful time for meditation, for inner reconciliation with parts of their past and for spiritual progress. sooner or later however all - including all those who went on such retreats - are faced with the other part of creation. with the part of creation they attempted to escape. all have to be in peace with all before reaching godunion and eternal freedom.

to instantly escape into mountains however seemed and still appears to be faster and more efficient than getting in peace with your partner, neighbors, enemies,

lets clearly emphasize that escaping is a partial solution that works to some degree for anyone. BUT if anyone thinks that physical distance helps you to find TOTAL peace within - then you fail. ALL your karma, all your fighting is carried in YOUR VERY OWN AURA and follows you into the deepest part of any himalayan cave, onto the highest mountains, the most remote and isolated island or jungle area. all your karma and fighting of any kind survives any kind of death and follows you throughout eternity until you have either dissolved it on your own as a direct result of your very own spiritual work and efforts or you have been able to bow deep enough to all mankind and ask god for grace and mercy and forgiveness in the name of all.

you will clearly see from my many chapters and overall teachings that i always teach you to dissolve in love all and every problem you have. that however requires the physical presence or proximity of any and all persons involved in your own karma and fighting. direct confrontation with the causes of lost inner peace makes it MUCH easier and more efficient to dissolve any struggle you ever may have had or still continue to have.

your personal guru is the one to help you to get in true peace with all your enemies and partner as well. HE is the one to help you to heal your partnership with your one and only if you have such a person in a physical body - or he will help you and heal your present partnership if both of you are willing to join love and all efforts on your path of love to god.

the normal way to go you path to god is IN A PARTNERSHIP - THE SINGLE MOST DIVINE WAY IS TO GOD YOUR WAY WITH YOUR DIVINE ETERNAL PARTNER !!

however it requires sexual healing of your partnership. it requires real spiritual efforts of BOTH of you. it requires that both of you learn to bow to the feet of partner and any human. it also requires that you learn to really and instantly learn to follow the teaching of YOUR god realized guru. such a guru can and will talk about anything and everything very openly - as a god realized guru he knows all the causes of any behavior and substitute. hence he can give you manifold advice for all and any situation that needs and asks for advice and divine guidance.

sexuality needs to be learned. divine sexuality is part of many old traditional teachings such as kamasutra tantra or the spiritual teachings of inca. however these teachings are too old and have been made for a different culture thousands or hundreds of years ago.

humans change - and - fortunately they progress spiritually as well. hence there is a need to learn the most divine direct way to live together in divine partnership again. as a direct result of your overall spiritual progress such teachings may be received on a spiritual level directly from paramguru or god ! first YOU need to start the first step - to dissolve YOUR very own ego. before you have succeeded on this steps it would be a waste of time to strive out for the pleasure awaiting you AFTER YOU HAVE DROPPED YOUR EGO !! first YOUR work then the pleasure. however such spiritual progress may take only months or a few years before you become ready for a truly loving partnership. it only depends on your priority in your life and how much energy and efforts of your total available potential you direct in achieving your divine goal and how much of your potential you waste in material and career goals.

married partners ready and willing to love each other and accept healing may realize such partnership healing within a few weeks only. a few weeks that may change your entire future and could make the common path of love to god much easier and more pleasant - IF you take that little time to really get in peace with each other and stop that WAR between male and female forever.

never wait on your partner to do the first step - it always is YOU the one to make the first step to achieve such divine and eternal healing from within ! it is always YOU to start any step - now and in future as well !! whoever YOU are - male OR female. YOU start and everything else will follow automatically at the right time.

if however you completely fail to achieve such healing - ONLY your or your partner's LACK of WILL AND READINESS to do so ever could temporarily prevent such healing - THEN IT IS TIME FOR INSTANT DIVORCE OR SEPARATION. and then you either spiritually progress first a while on your own and later on look for another partner or you may select the life of a single WITHOUT any rejection of opposite sex ! sometimes it is easier to advance on your spiritual path as a single - however you may again and again miss part of content of life - because true life NEVER is as a single. however it is easier to spiritually progress as a single than it is to spiritually progress in a daily tense or fighting relationship. all and each of you have a divine right to receive love and give love the single most direct way EVERY day, all the time. a day without love is an day without god - as god is love and god made partnership to enhance the flow of love to create even greater bliss and joy in all mankind - from eternity to eternity.

the final summary is:

one day all of us have to get in peace with OUR very own sexual role and our sexuality. with GIVING and RECEIVING love in all most efficient and most direct ways possible. here on earth as well as beyond.

you may temporarily escape these lessons NOW by escaping relationships here and now on earth - at least for a while. ONE day YOU have to learn it anyway - one day YOU have to GIVE and RECEIVE love in the most direct way - by fully becoming ONE with your partner !

why delay for anytime later ?? YOU can do it right NOW and HERE and speed up your entire spiritual progress in addition to enjoying a far more loving spiritual path of true love to god. GET in

peace with YOURSELF and get in peace with all of the opposite sex. it is a question of seconds of full devotion under the direct guidance of god or your guru.

forget and fully drop the story of adam and eve and the apple. there was a first man and first woman - but never an apple !!!!!!! or the temptation it symbolizes. ALL god ever made always and only served the purpose of increasing your love, joy, blissful happy eternal life - because god is love and NEVER created anything tempting that could have caused you to separate and drop down to earth. it was your very own development of EGO that caused such drop.

ego tempts to use sexuality as a weapon - a divine soul as a medicine to heal !

if and as long as you WANT to have ego - leave your partner in peace - if however you want to truly love - then heal yourself first and enjoy your divine sexuality for the benefit of all and your partner / yourself as well. reduce doctor bills and medical problems as well as reduced or null frustration and tension will proof you that sexuality NEEDS to be fully and freely expressed and lived in a very divine way - wild - colorful - tender - sweet - hot - spicy - or gentle like a butterfly or an angel - any style - any how you or your partner love it and at any any place !!! but learn do it with TRUE divine love - nothing but love - only love can heal or enjoy.

very soon i will teach you one most important technique to enhance your love life and sexuality or even get it started again. be prepared for some hard stuff - your ego may jump somersaults when required to do the upcoming lessons - but you will learn it anyway - now or anytime in your eternal future ! do it now - it will be more fun tomorrow for all around you.

; -))

with love and a divine smile

hans

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

December 1st, 2001

today's topic:

Bowing to the feet

beloved ones:

in the last issue i promised you "one most important technique to enhance your love life and sexuality" - here it is. while many of you may smile - if YOU really understand the reason why creation broke apart into dense spheres and if you really WANT to dissolve YOUR ego and learn to love - you all will do it any way. ONE DAY - you all will learn to bow to the lotus feet of your beloved partner, of your friends, of our guru, and most of all to God AND all creation !

pride has many forms of manifestations. however all manifestations of pride have ONE thing in common - they completely block YOUR heart to receive AND to give any kind of true love that can actually be felt by others

bowing to the feet of others is a very very old tradition in many asian countries. specially in spiritual circles it was and still is used by all true disciples. bowing to their guru's feet means they offer their full ego to guru at once and accept his teaching AND his divine bliss and love

in the western world few - almost none at all - can actually bow to the feet of anyone at all. ego and pride is far to huge and prevents true spiritual success

many of you have a guru somewhere in this world. some are visiting him on a regular basis, others prefer to wait for HIM to come to your place or your country to visit YOU. i will teach you here how to bow properly and explain you its true meaning and effects. then it is up to you alone to decide whether or not

i will teach you in several steps how to bow physically AND spiritually and at the very end of this newsletter i include a link to email of a girl of 41 yrs who learned it and EXPERIENCED a loving and surprising success - as a direct effect of learning how to bow

step 1

on your very own - in your room or any real quiet place, you knee down on the floor and bow with YOUR head to the bottom touching with both hands bottom. then you relax your physical body

AND

descend further down with your spiritual body - HEAD DOWN - down to the very center of this planet earth. you really need to be ready to drop any ego, to ask forgiveness from ALL and to forgive to ALL - whatever needs to be forgiven !

when you have the feeling you really can do it and are ready - then you will feel or see that your entire spiritual head actually is in the very center of this planet and is encircled by a deep blue/violet/purple light (aura) as a proof that you are actually and successfully dissolving your entire pride in the divine fire of LOVE - that YOU really are bowing to ALL mankind and to GOD as well

step 2

you repeat above a few times in different places - such as any church and/or temple of ANY religion - you need to get in peace with ALL followers of any and all religions and cultures !

step 3

you repeat step 2 - but in presence of any people just happening being there

step 4

you repeat the very same - but this time in front of your partner ! you may do this whenever you have the feeling to do so - however it should be done as soon as possible. you may have to do it in front of witnesses - your very own ego will teach you when to bow !

NORMALLY

always the man bows FIRST to the lotus feet of his female partner !! touching ground with his forehead and touching with both hands both feet of the partner. THE MAN FIRST please !!! and ZERO excuses about knees hurting, or so ... the ego ALWAYS can bow if you really WANT. and if you have stiff knees as a result of a serious handicap or accident, then lie down flat on the bottom and do the very same !

HOWEVER

if the female partner is ready to instantly do it first and has the urge to do so - then you are free to do so! it may instantly trigger a similar reaction in your male partner - never wait. if YOU - who ever you are - are ready to bow to the feet of anyone AND have the feeling that you really should do it - then DO IT instantly. no matter male or female

by spiritual tradition however as a result of the metaphysiological direction of flow of LOVE - it makes sense for the male to go FIRST

why do males bow first ?

bowing really - physically AND spiritually and asking forgiveness AND forgiving as well - will instantly remove/dissolve all blockages of LOVE directly related to any manifestation of male PRIDE. male stinginess often is a male manifestation of PRIDE. withholding love from the partner as a punishment for anything the partner may have done wrong in a previous incarnation (most of the time such behavior has its root back in the very beginning of creation of mankind !!) or sometimes something done wrong during present incarnation. hence the bowing frees the flow of love - from god to the male - and NOW as a result of BOWING - to his female partner. the female partner may be hungry / thirsty for love from the male partner. starting to drink if thirsty only makes sense if there is anything flowing at all. hence the logic of FIRST male having to bow - then female

female pride closes her heart AND the entire physiology of her metaphysical body for the **reception** of available LOVE - from god directly as well as from her partner and anyone else

just remember from other chapters / teachings of the cyberspace ashram:

whatever is between YOU and anyone else or any particular single person ALWAYS - also is between YOU and GOD and your most beloved ones as well, such as your partner, your children, ... !!!

hence once the male partner has reopened all his spiritual body and heart again to GIVE all his love to his female partner - then his partner has something to absorb once SHE bows and opens her heart and spiritual being for the reception of love again

step 5

the same procedure as above also works with any other person you may be in deep conflict with. with god for example - many god seekers are in conflict with god, making god responsible for their very personal karma or personal disaster. when ever YOU reject a part of creation, a single person or gender, or group, etc. it is time to bow and ask forgiveness and forgive all. to do so with anyone repeat above steps until you AND the other party has the feeling that your bowing IS successful

step 6

if you are lucky enough to have a physical guru taking care of YOUR spiritual well-being and progress - remember that any true guru ALWAYS will help you physically AND spiritually. such SPIRITUAL HELP ALWAYS includes dissolving part or all of your karma as much as you progress on your path of love, as much as YOU surrender YOUR ego with any manifestations to GOD. your guru IS an ambassador of god on this planet for you - as such he forwards or speaks out the lessons that most successfully and most lovingly direct you back home to god

your pride blocks off any help you ever may receive from your guru. bowing to HIS feet physically AND spiritually at the very same time - is like bowing to all mankind and accepting his healing and uplifting love and surrendering part or all of your ego and karma as well. it also is the first step to open yourself to FULLY accept any teaching and lesson he may have to offer you. it is your pride that may make you feel that whatever you do or think may still be right and YOU may find your way back to god without any help of anyone at all

god however has hidden most of your lessons among and within your surrounding humans and nature in general. making it absolutely necessary for YOU to FIRST get in peace with all others before ever you can find your way back home. because back home YOUR MUST be willing to fully become ONE with ALL other parts of creation for a full and absolute divine spiritual healing

sometimes pride is all that may still hamper your spiritual success and progress. one day we all bow to the feet of all and of each other. bowing means dropping any pride, means instantly show AND PROOF readiness and willingness to tear down any barrier that YOU may have built up in the past. it may cause a sudden flow of LOVE in both direction. love only can flow if you allow it to flow in BOTH directions - OUT OF YOU and INTO YOU at the very same time !

the true and original cause of such war between male and female started for many of mankind being presently here on earth already soon after creation of their eternal being in our divine home. as a result of disregarding warnings and teachings from god and others. now it is time to get in peace - to heal all and any and every partnership and to find back to the one and only as well as back to god. all at the same time. by developing true divine love. divine love however exists within all of us - it needs to be freed - by dropping all aspects of our EGO - one of the oldest aspect however is greed and stinginess and one of their most obvious manifestation is PRIDE. the lesson and steps above will allow YOU ALL to successfully surrender your EGO and instantly dropping YOUR pride and become almost instantly fully open for all divine love - for your spiritual benefit as well as for the spiritual benefit of ALL your beloved ones, your children, best friends and all surrounding persons including all past ones who already lost or dropped their physical body and already are back on their way home to god

if you are in a partnership or planning to start one - bowing to the feet of YOUR partner may instantly awake and FREE any true and divine love that always was present and waiting to flow between both of you. to heal you - to uplift you - to please you and to MAKE BOTH OF YOU DIVINELY HAPPY !!

please have a look at this [experience a girl of 41 yrs](#) (back home we all remain eternally young - hence she feels now) wrote down for YOUR feedback to inspire you to make the very same. her new born love is directly resulting from her husband bowing FIRST to her and she bowing to him - physically AND spiritually. of course there were a few other spiritual lessons realized at the very same time - all lessons YOU may find HERE in the cyberspace ashram's published texts - such as god yoga and kriya yoga, ...

such was and is the divine plan - when god made female AND male!

with love and divine bliss

hans

preface by hans:

the author of below letter is originally from bulgaria - her english can easily be understood if YOU open with love all your heart - as she was very happy to share her experience and happiness with all of you. sometimes later i may add at the very bottom a spell-check modified version that may be made by her husband.

yesterday i asked her to share HER female experience of HER life as a women with you as well as some of the changes she experienced within the past several months - today already she offered her story to help you. earlier she wrote once in the guestbook

"Now I feel myself like a 17 year-old girl full of love and energy. I enjoy my sexual desire and

we do sex anytime and any way we want to. I have infinite number of pleasure waves lasting

for hours, like flying in a sweet pink light."

hence i thought YOU all might want to LEARN from her - and i ask her to write HER experience of HER past years as a women on this planet. here below you find her answer to my quest. please absorb it with love and learn from her pleasant experiences. god will help you to do the very same steps

with love and divine bliss

hans

Dearest Divine Father,

I had day off today and was alone. So I had enough time to write my story and to cry out all my suppressed feelings.

I do not wish to anybody this suffering and will be happy to prevent it.

Please tell me where and how to publish it.

I LOVE YOU

Galina

P.S. here my story if you have time take a look in order to make some suggestion. now i am going to check the spelling and to correct.

I am 41 years old and I have never been so happy as now with my loving husband, who is willing to give me all his love and with our Beloved Guru- Hans, who gave us the key to the love and the happiness.

At age of 25 I met my husband. I realized that he was very selfish and ego-centred but I fell in love with him very easily. It was the first time in my life to be really in love, to feel ready to do every thing for him even to die. He was very intelligent, well educated and had a good social position and that matched exactly what I was looking for. I was pleased to have him, to show him to my friends to my relatives but I was not sure if he loved me. We had never made any commitment, I even can not remember if he ever told me he loved me, he just said "I want you"- the first time when we made love and that was the only loving words that I heard from him. But i somehow did not mind, I was content with what i had - I loved him and that made me feel happy but i did not tell him that, i kept silent, i thought he realized every thing- he was smart, i thought my eyes radiated the love i had.

I still keep in my memory a very light and love-filled moments of this time- we were sat close to each other I caressed his hand and looked at his eyes and i felt so much love and happiness i felt uplifted, like i was in the heavens. From that moment on I was sure he was the right one - the purpose of my life.

I wanted badly to have a baby from him but i just told him that i was not sure i was able to get pregnant.

"We will try it out."- was the only thing he replied.

i wanted him so much that i even have pain to wait for the right moment to make love. it was the first time in my sexual life to really enjoy sex - all i wanted to do at this time was - making sex and i got my wish pretty soon. When i understood i was pregnant i felt on the heavens again but when i told him he was surprized and not ready to enjoy it. he was not able to share my happiness. i dropped from the heavens on the earth and i hurt myself- i still wanted my baby but i did not feel the same love toward him - he was still a boy - may be i would be his second mather. i accepted this position and i never changed it- we married but i had never allowed him to be a real husband for me, a real male and the head of our family. i started to reject his love and to avoid making sex. More and more often i was tiered and sleepy- the magic of the love was gone.

We had our first daughter - she was so beautiful - i fell immediately in love with her - the fruit of our love. i was happy again and i put all my attention on her so i forgot my "older baby boy". He was jealous and drank several beers every night before to go to bed and find me asleep. I did not need sex anymore, if i make some it was just to please him for a short while.

Our daughter was every thing that worthed for my on

this world. She was 5 months old when i got pregnant again. It was a "mistake". i did not want this pregnancy and i was thinking of abortion but this time my husband decided - "It may be a boy" - he said and i agreed to keep it for him - a hope to restore our love. The new baby was due at Christmas. A couple of weeks before we took our 1 years old girl-" my sun, my love"- to my parents in other city and left her to them for a while. we turned back. the first days without my baby was a real nightmare for me. i had no love at all, i felt so upset and frustrated that i could not enjoy the new baby. the first days after the delivery i was still crying under the pillow for my sunny girl. She was crying also but my parents did not tell me to not bother me more. i had abandoned my baby. Oh my dear, please forgive me. I thought it was the best for you but i also thought it would be easier for my. i was weak and not capable to take care of my children.

Now i can clearly look at this moment and see that there had been many ways to take care for the two babies at the same time and to avoid this distress for my daughter, for me and for the new baby, that had the same right to be loved and protected from stress. there had been the best solution -love and happiness but we had lost them and we were not able to find the loving solution..

I put all my love and attention to the small baby. It was a girl again. She had very sad face and she could not cry the first few days. fortunately i had enough breast milk and she became pretty very soon. I had a new love, a new sunny girl but this one is strong, energetic and even warrior- the opposite of the other- she is tender, loving, soft and peaceful.

My husband lived in his world- his job, that he hated, his bears in front of the TV every evening. We kept doing sex often but there was not real satisfaction, no love flowing. I feared of getting pregnant and did not expect any pleasure from that. I did not know what is orgasm, i just was not interested in the sex anymore.

Step by step we drifted away from each other. I started my medical practice and I put all my energy and life-force in this direction. I wanted to improve, to study more and to become more capable to heal and to help. Many times i had ignored my children and husband for the benefits of my career. I was tired and occupied with my studying many times when they needed me. I failed to be a loving wife but I also failed to be a loving mother. I was not able to create a loving environment in our home- there was no love flowing between us- mother and father in the same home but completely separated-emotionally, mentally and

physically as well, sometime together in the bed but just to proof again the emptiness of the sex without love. i had never thought about that - i accepted this situation like my Karma and i did not try to change anything. I saw some people were really happy, some women really enjoyed sex and felt very much in ease with the relationship with the opposite gender. i was not interested in this anymore- I considered the male part of the creation like inferior, incapable; no man was good to be loved.

My husband left his career in the military and started a small tourist business. His life changed a little bit. He travelled a lot, met new people, other women and girls. I supposed he had sex with some but i did not mind. Once it was very evident and i suffered a lot- first time i asked myself- " Do i still care about? Do i still love him?". I had a pain deep inside my soul that lasted for months. Then I made some efforts to restore again our love, I wanted him, we had good sex, I cried a lot and was a bit healed of my pain- it was very easy to start again but I did not allow myself to forget and to forgive. I slept alone, starving for tender and sweet love, for closeness but i was proud to ask him and to offer my love.

Suddenly my husband was beaten half-dead and he needed more than a month to recover. With God's grace he recovered completely. this accident was the turning point of our life. i was scared of losing him. He was scared of death and started to ask - What is the purpose of the life?

A friend of his came and brought some books about the path of the souls and others, later we read "Autobiography of a yogi" by Paramhansa Yogananda and this book showed us the way to escape this world of imperfection and suffering. My husband looked for a Guru to teach him Kriya yoga and the first one that God helped him to meet was Hans. The communication with him was very easy - on the internet and free access for every seeker.

My husband read a lot of spiritual books and tried different techniques- 6 months playing and singing Indian songs, more than 6 months complete celibacy. finally he found out that Hans is the only one Guru that he needed and started following his teaching. I was interested in the spirituality but I had not found my path yet. I could not understand what my husband was doing but i accepted everything like the right one for the benefits of our family.

We left Bulgaria and came in USA 2 years ago. At the beginning we had hard time to find a job. at that time we lived pretty close to the Sri Chinmoy center in San Diego. I had some friends in Bulgaria - disciples of

him. I had read some of his books and i respected him a lot. So I decided to visit this place and i apply for being accepted as a disciple of this Guru. I was accepted and I started to meditate with the other disciples in the Meditation center. In a month I applied to work in the restaurant of this center and started my new career. I found my spiritual path and my job at the same place. It was safe and easy. My husband found a job as a caregiver but he did not like to work, he preferred to stay home and meditate. So I needed to work for him and to survive. we lived separated - each of us wanted to be alone and follow his path. sometimes we had small talks about spirituality, sometimes discussion that leaded us to the dead-end road.

I was happy to be in the center with the disciples and i also enjoyed working in the restaurant. the other workers- mostly yang boys -are very friendly and peaceful. Very nice place for spiritual retreat. Sri Chinmoy suggests celibacy on the path to God and most of the disciples of the center are single.boys and girls are separated as much as possible in order to avoid sexual attraction. This atmosphere of suppressed sexuality had a big influence in me- i lost my menstruation for months and a had pain and tension of the lower part of my abdomen, like my internal genitals wanted to drop off.

So my femininity was finally completely lost- i had warked hard for that through my whole life. My husband was very unhappy, i had my center but he has nobody. We wanted to visit Hans in Philippines. We are very short of money but God help him to work more and to make some more money to pay for this trip. I gave him all my savings, i excepted some changes to occur in our life.

He spent 3 weeks with Hans, i enjoyed to be alone. when he got back he told me- "We should change our life - love each other or divorce"- I was surprised but agreed with him that we have the right to find the happiness. The very first day after his arrival back I was attracted be him - he had changed. He radiated love, energy and some kind of male force. that night i spent in the same room with him. next day i was very excited he wanted to divorce but i had just one thing in me mind- i wanted him, i had my sexual desire again. So i wanted him but i was not able to tell him, i tried once but i started crying and then again many hours inner fight. Finally he helped me to "spit up"and he started making love with me. It felt so good , i cried all the time but that were my tears of happiness and relief. the sex was painful for me the first three times i even bled a little bit but at the same time i had some kind of orgasm - first time

in my life.

We had a long way to find each other after 16 years of marriage. we made our choice to do every thing to reach the true love and happiness. So i decided to leave the Sri Chinmoy center and to go with my husband to meet Hans. I was very curious to meet this person that did miracle to revive my buried love.

We both worked hard to save money to make our trip to Philippines. The will to improve our love, sex and spiritual path inspired us. I read every thing from the web site of Hans and I loved every single word of it but i messed something to believe that it is really possible.

After 5 weeks in Philippines with Hans I know what i messed - I messed his LOVE, his LIGHT, his POWER- These are coming directly from God but how can I knew them far away from GOD.

Hans taught us how the sexuality does work, how to improve our love and happiness, how to open our heart and let the love to flow freely, how to dissolve the ego and the pride- the two big enemies of the love.

Now i know what is the purpose of my love- to make my husband happy every second , to give him all my love and receive all his love. We do sex anytime we want to and our sex is getting more and more uplifting and satisfying.

I am happy, I work to make the others happy. I practice Kriya yoga every day.

I found the purpose of my life with the Divine Help of my Guru.

I bow to your Divine feet of my Guru to offer him my heart for ever.

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

December 8th, 2001

today's topics:

it's Christmas time

1. it's Christmas time - lets first have a brief review
2. it's Christmas time - time to HELP
3. NEW - YOUR most efficient contribution via WESTERN UNION using your major credit cards ONLINE HERE and NOW possible !

1. it's Christmas time - lets first have a brief review:

the last call for HELP gave result of about 970 US \$ from 5 contributions and several instant emergencies could all be solved as well as possible.

there are many more emergencies HERE - EVERY DAY - too many to always write about. smaller ones and larger ones. sometimes the financial funds to write about are simply MISSING here.

since january this year a total of almost 8000 US \$ has been contributed by approximately 24 contributors worldwide for ALL my spiritual activities, the cyberspace ashram and all help to the poor ones and special emergencies HERE as well as to support all my one needs. 4 major supporters from USA, canada, germany and india contributed together almost 5000 US \$ and made the survival of all services possible - but any and all supporters contributed to the improve of available services HERE - even with smallest amounts sent by WESTERN UNION you may help substantially. several times the total available funds here were far below 1 US \$ for many days and just a few \$ help to continue writing / answering emails, spiritual counseling by email, or to simply have food and cover basic physical needs here.

this help was spent as follows (approx +/- 10 %)

- 3000 US \$ for direct help for some special human emergencies among the poorest ones here.
- 950 US \$ for purely administrative expenses imposed by the government here (my own VISA expenses and any VISA-related expenses including the mandatory annual out of country travel to renew the stay HERE.
- the remaining amount is used for all online expenses using many different commercial internet facilities, server expenses and related, almost daily 2 travels to internet facilities to process the approximately MORE than 4000 emails received.annually, travels to remote areas here, as well as all small help to poor ones - a few \$ here, 10 \$ there, ... sharing food, fruits, etc or cooking for poor families around me and for my own living.

2. it's Christmas time - time to HELP

too many human emergencies to t\write about. but 2 very touching ones. here some very brief facts - then it is once again up to you to decide:

- a young mother about 20 yrs old with a baby of a little more than a year. mother very helpful and working hard as a maid in a small local hotel for less than 2.50 \$ daily. a few weeks ago the baby -needed hospitalization for a medical emergency - leaving the mother finally with a bill for hospitalization of 8900+ PhPeso (approx US \$ 180.-)

the mother accepted another part time job evenings to get another few dollar per months. however the very loving caring mother - due to her work is dozens of kilometers away from the baby and has NO money to take care daily for the baby - the travel is simply too expensive and the debts for the hospitalization too much of a burden for stopping to work.

with a small amount of may be 250 - 280 US \$ this mother could

- pay instantly her bill
- reduce her work to normal or even look for a less well paid job NEAR the relatives taking day care of the baby
- take one month leave for baby who came back fromhospital about 2 weeks ago to lovingly care for that baby - she needs the baby's love and the baby needs this loving mother's love ! they both deserved LOVE from each other !! needless to say - the mother is single of course - coming from poor family. whenever the mother is asked for any kind of help - her answer ALWAYS and instantly is SURE ! she never asked for help - neither me nor anyone else - she just works harder and more.

PLEASE let it be CHRISTMAS TIME FOR HER BABY AND HERSELF !

- another mother, 27 year, working HERE since 4 days to earn money to support baby and save money for a small personal home-based business to be with the baby while supporting her baby, baby about 14 months, from a remote island province about 1000 km

away from HERE. baby stays in home province with relatives. mother working any kind of work since teenage years - hence always willing to work and help with love - any kind means ZERO pride, work made was baby sitter in manila - learning english from a 3 yrs old child some 10 yrs ago in manila., making hand made dresses for small children/babies - and other similar work.

now while here far away from baby - she got medical problems - TOO much mother milk causing pain. this means that mother is LOVING - ready to GIVE love to baby - but baby too far away to receive her love.

to help mother and baby - a total of up to 500 - 700 US \$ would help the mother to have a simple sewing machine to taylor inexpensive dresses for children and girls in her village for others to earn her living while serving others and being at home with baby - that is what she would like most among other possible options for home based work.

the mother was still breast feeding her baby until her departure a few days ago and still has an abundance of love (breast milk means GIVING physical love for baby) and increasing pain in breast due to missing baby to feed on her milk. such condition can turn into a very serious and EXTREMELY painful medical emergency within very few days !!

THIS IS A VERY SPECIAL CASE

- as there is plenty of love from her to her baby and baby NEEDS her soonest presence back home AND YOUR INSTANT HELP CAN TURN HER ENTIRE LIFE WITH HER BABY INTO HAPPINESS FOR BOTH - for a long time ! for the remainder of their mutual present incarnation !

while i am fully aware that this is for many of you a huge amount - i also know that help always is possible even for the greatest problems in god's creation!

why ?

- it is Christmas time for all - and it should be christmas time ALL YEAR - even for the very poorest one on this planet and for YOU as well. helping others helps YOU to be more happy and enjoy merry christmas in your home with your family even MORE happy.

3. NEW - YOUR most efficient contribution via WESTERN UNION using your major credit cards ONLINE HERE and NOW possible !

Your [Contributions via BANK or WESTERN UNION](#) for the Promotion of Solutions of Love, the Cyberspace Ashram and the Author of this Site - now also via PaPal - just click on the banner below !!!



with love and divine bliss

hans

December 24th 2001

beloved ones here today's topics:

1. why to pray to god only and why to accept GOD as the only guru ?
2. what is efficiency ?
3. kriya yoga update - most have sent in the totally wrong application information ! repeat is required if you like to receive the update
4. chat room activities during THESE christmas days
5. merry christmas

1. why to pray to god only and why to accept GOD as the only guru ?

on the application for the kriya yoga update there have been persons naming OTHER than god as their first guru. such applications will remain open ! for example one has given MY name as the first guru - another one my gurudev lahiri mahasaya, another person asked if i pray to jesus when praying to god, other names also have been mentioned. I clearly have written in some chapters that god is the source of all sources, the creator of all creators, the final source of all love. there is only ONE god - my father ! and only those who truly can devote all their efforts in reaching GOD-UNION by becoming ONE with my father will truly be sure to achieve the very fastest

i explain you exactly WHY such practice can be VERY dangerous and detrimental to your spiritual progress !

specially in previous centuries and millenium there have been many gurus reincarnating again and again. most of them never have reached god realization, but only very high spiritual progress and enlightenment. many of them have spent their time in between incarnations in higher causal spheres, other have reached nirbikalpa samadhi - hence self realization. however self realization and god realization are two totally different levels of spiritual achievements. self realization is achieved when a person has dissolved ALL physical, astral and causal karma and never NEEDS to reincarnate in a physical body again. he then is ONE in his soul and on the level of all atman - souls. the soul however is far from the innermost divine core of any human being. however there is almost NO knowledge about anything above atman on this planet. only an avatar - a human being coming directly from GOD to this planet and achieving GODUNION again during present incarnation brings limited knowledge about god into his physical awareness and consciousness IF his physical body is purified and the vibration uplifted during many years of most intense spiritual practice.

lack of knowledge about god has led to the point that most spiritual people start to guess more or less about anything above astral or causal level of spiritual development. but anyone having achieved any such spiritual development has realized that THIS planet urgently needs spiritual support and help. hence without going back to god they - mahatma (great souls) - have decided often very prematurely to return to this planet to help mankind and serve as guru.

even fully god realized souls have returned every once in a while !!

now please look exactly at above sentence. and i explain you with ONE simple example: the danger of accepting anyone else as your first guru or goal of your prayers.

for example - JESUS - many hundreds of millions of people are praying to him or to mama mary. however jesus has reincarnated several times since the year 0 ! of course in different bodies and different cultures.

for EVERY soul reincarnating from god - such is called avatar - the rules are EXACTLY the very same as for YOU ! they are incarnating in the most difficult situations, to feel the deepest and darkest areas of this planet and learn to work and love from scratch - just as you. they always have to undergo exactly the very same learning process again and again. because they incarnate into spiritual darkness of this planet into a physical body just like YOU all.

many of the great saints that god seekers of all traditions are praying to have been here again and again ! why ? because they LOVE YOU and because they felt the extreme emergency this planet is undergoing spiritually since a very long time. humans on earth and many other spheres and planets are far away from god and many are getting more and more away. help to save all as efficient as possible was needed and little or no time available for private pleasure or to stay at home !

no if YOU are praying to such a mahatma during his early decades of a new reincarnation HERE on earth or anywhere else in god's creation - you may be praying to a saint who is struggling himself to re-achieve god realization in his present incarnation ! hence during this phase of spiritually re-learning and re-awakening their vibration is sometimes - specially during the very first decades when they have an average ego - just like yours !! but if you really understand the principle of samyama, then YOU SHOULD KNOW THAT YOU ATTRACT AND ABSORB THE VIBRATION OF THE OBJECT YOU ARE CONCENTRATING ON !!

it now should be very clear to you why it can be a spiritual disaster for you to pray to anyone else than GOD. the one and only !

some of these mahatmas may return to many astral, causal or atmic spheres for many thousands of years to come. or they may temporarily stay there to teach, heal, help or free souls from such spheres again and again !

GOD however always rests in the highest possible sphere and in absolute love and divine and fullest possible enlightenment and divine awareness !!

A L W A Y S !!

any avatar coming from god remains one with god in his innermost being even while being away

from god - for example HERE on earth or anywhere else. however an essential amount of his overall life force is focused on his present environment. hence his aura is of manifold layers. some of very high vibration but such a soul also has a causal body, astral body and a regular physical body. at least for the first few decades. then the overall vibration will more and more be uplifted and the physical body be used less and less and if - then only during the few minutes or hours actually needed for truly important spiritual teachings on a physical level !

when a god seeker is praying to god and asking GOD for help, for initiation to kriya yoga, to god yoga, or for spiritual guidance on a physical level, then GOD will select and guide the most efficient way that ONE divine soul being most suitable and nearest to the one god seeker asking for divine help or healing - either on a physical level OR on a spiritual level suitable for each individual god seeker depending on his personal individual achievement and daily spiritual "fitness" !

all creation is like a family business and GOD - will remain head of all creation from eternity to eternity ! he is guiding with utmost divine love and wisdom all god seekers and all gurus or spiritual helpers - better than any mahatma ever could do.

if you study above topic again and again then you will better and better understand why god shall remain your eternal guru and focus for ALL your prayers. only extreme ego would want to complete with god and would want to attract prayers in his own name.

while many persons may really and urgently NEED a personal guru in a physical body, they also may first need to learn to ENTER a correct disciple - guru relationship and truly understand that any true god oriented guru - whether god realized or self realized, can be a very valuable "TOOL" and apostle of god HERE on this very planet. a valuable tool for ANY and every god seeker to speed up spiritual progress in the beginning years or decades of spiritual growth. however to have a guru also requires MOST intense readiness to really and instantly progress and apply all given teachings in daily life on a day to day basis without any delay at all. however anyone and all also can reach god realization as easily just by using GOD as their only guru without any physical guru at all. this situation requires a FAR greater readiness to follow ALL spiritual teachings given to you HERE in the cyberspace ashram even more precisely - WORD by WORD, and exactly to the point. this however appears for most egos at this present time and phase of spiritual achievement of this planet too demanding for most god seekers. see the results for application for the update of kriya yoga technique further down ! many god seekers think that many teachings of the cyberspace ashram are for others and only part of the given teachings do apply or "resonate with their soul" or appeal to their soul.

this is WRONG - death wrong !! ALL teachings given do apply for absolutely all. ZERO exceptions !

during millenium some of the teachings need to be rewritten because the language is changing and adapting to the "spirit of time". the teaching of the cyberspace ashram is written for coming centuries. but all can easily be fully understood if you apply true and correct the principle of samyama to each teaching. as you master the technique of samyama you become ONE with all teachings of a particular chapter or sentence and become aware of the eternal and absolute content - including all content that is FAR beyond words ! words are but envelopes, their true SPIRITUAL CONTENT IS THE ONLY IMPORTANT ! that is the reason why spiritual teachings N E V E R are allowed to be translated by software, electronic means of ANY kind or computers !! only a human being can "read between lines" or practice intuitive perception !

you practice with the first chapters and kriya yoga and as you succeed as a direct result of regular daily spiritual work and practice - your ability to perceive by intuition re-awakens more and more - as a result of YOUR scientific purification of YOUR aura and your karma being dissolved more and more. then one day you can TALK to god and my father will teach you directly whenever needed or beneficial for you or whenever YOU ASK him !

how do and should you talk or communicate with god ? "sir" ??? NO way - you may call god sir millions of times and probably never receive anything at all. why ?
because your inner attitude is missing something very important ! postage !

you may send any thought, any request, any prayer to god and beg for whatever you imagine and may never receive anything at all. because you may have either totally failed to add postage to your mails sent to god or you may have added too little or the TOTALLY wrong postage.

"POSTAGE" for mailings to god ??

Y E S !!!!

any questions, prayers, requests of any kind - any communication of any kind MUST travel through YOUR very own aura - your very own ego and such aura is one meter or more. YOUR soul is more or less totally imprisoned within YOUR OWN aura.

to pass through YOUR AURA - you need to send it on a vibration of TRUE, sincere, sweet love !!! anything that you REQUIRE from god or sent in a vibration of stubbornness or pride NEVER can leave your aura and never reaches god in an efficient way to create a rerun answer or result.

L O V E is the postage you need to ADD to all you send to god. you need to re-learn to talk in a sweet and loving way. but how to relearn such ? very easy. most - almost all - parents can talk very gentle, very sweet and VERY LOVING to a very small baby during the very first weeks or months. EXACTLY that is the right way to talk to god. like if GOD is your very most intimate lover. pillow talk with god !! YES ! YOU NEED to create the very same inner attitude and vibration in your heart, soul AND also mind or voice when you talk to god as you may have had one day when you were really in love with your living partner/wife/husband !

stubbornness, insisting or demands based on ego, on pride or greed never can result in any feedback or divine result. hence most people going to church never really receive any conscious result or answer from god or their guru. the maximum they sometimes receive is help in lucid dreams.

if however you do it the right way - like talking to your most divine LOVER - then you KNOW the answer instantly ! even complex answers to complex situations or problems.

when YOU pray directly to god in all situations, then god will either answer YOU DIRECTLY or indirectly through your personal physical guru. but all MUST go to god FIRST, as he is the ONE infinite source of all love, bliss and healing needed to guide you. every guru acting on a physical plane HERE on earth needs god's help. if YOU sent your questions to god then HE - your guru may receive the answer and forward it to you - if you still need your guru's assistance. the true intention of any true guru always is to get YOU in direct contact with god and guide you the very most efficient and direct way to god union. then god will be your ONLY guru while your previous physical or spiritual guru that god might have sent you will remain a best friend for eternity !

2. what is efficiency ?

recently i have been asked by one of the god seekers "what is efficiency ?"

in spiritual applications as well as in technical application it basically is the very same and can be defined as follows:

spiritual efficiency is when all the following requirements are met

- output equal or nearly equal than input
- a high degree of perfection, high quality and reliability is achieved
- a constant high performance can be maintained - i.e. a constant HIGH throughput is achieved
- the highest possible percentage of energy / input is converted in the highest spiritual progress possible
- the highest possible percentage of all your activities and output is focused toward achieving god realization and freedom in god

like with everything else - spiritual efficiency is achieved if you are

- open to receive all love and bliss and spiritual help available from all sources that god sends you
- give all love to all at any time (output = input) i.e. you receive all and give all !!

and this spiritual efficiency is learned first again in a purely physical environment. by WORKING in a qualified profession. highest possible quality and highest possible reliability, continuous high performance for many long hours whenever and as much as needed by others ! 5, 6 or seven days a week for years or decades. in young at school, during recreation, then during study, later on in your practical, creative or productive job ! thousands of job opportunities of different kind offer you an ideal opportunity to spiritually grow and learn or apply whatever is needed for YOUR SPIRITUAL SUCCESS !!

3. kriya yoga update - most have sent in the totally wrong application information ! repeat is required if you like to receive the update

DEAR ONES

that is a very serious topic now. why did i asked to apply in a very particular form ?

you need to provide proof that you really practice the right technique. that's why i requested you

1. to send your application to a particular email address
2. to send the original page as attachment - AND I HAVE GIVEN YOU THE FIRST 2 LINES (for german language AND for english language version) of the ONE and only correct "diksha=page"

3. and a very particular statement tat MUST be in your application

2 applicants have made this homework CORRECT. one has sent the correct and full URL to the correct page plus all the remaining correct requirements and the other one has made it all correct !

A L L others have failed to submit ALL # requirements correctly or at all.
most have sent a totally wrong page - with totally different first 2 lines !!! others have modified the statement needed (to accept god as the only guru).

please re-read that earlier newsletter with the exact details required. there will be ZERO exceptions !!

why ZERO exceptions ? very simple !! the complete kriya yoga technique with all the related pages linked from the "diksha-page" including all graphics and animated graphics needed contain MANY far more complex yet still very simple rules and detailed explanations. if you fail to follow the 3 simple rules requires for the update - then YOU almost certainly fail even more disastrously the complete teachings AND the actual techniques that are a firm part of kriya yoga.

hence you may consider this easy requirement a annual TEST of your capability to read simple instructions AND follow these simple instructions exactly to the point. if YOU practice kriya yoga as wrong as your applications were, then you may find yourself again on earth or anywhere else during a rather long and boring or even painful time ! and that is exactly what NEEDS to end NOW ! NOW it is time to learn to do kriya yoga correctly or you need to leave it totally.

wrong practice of kriya yoga may be dangerous to your overall spiritual and physical health. the instructions however are VERY simple and easy to follow for ALL - if YOU WANT TO PERFORM - THEN YOU WILL SUCCEED. if you are lazy then you will fail and run your head, body AND ego one more times trough the walls of death into another possible reincarnation !

efficiency includes highest accuracy and quality in all your performances !! that is the benefit of many modern jobs in high tech fields such as computer programming and engineering. such jobs REQUIRE absolute TOP quality or the product you make will never work or brake apart or create disaster on earth or where ever you run your products or output of your work.

for spiritual success on your path OUT OF YOUR KARMA, you NEED to be even more accurate than for technical output ! and you need to be ready and used to WORK many ten thousands of hours - one FULL lifetime - toward achieving ONE single goal - godunion !

ALL applicants for an update who have received NOTHING at all so far have sent a wrong application and need to reapply ONE more time with ALL REQUIREMENTS EXACT AND COMPLETE. the 2 correct ones have receive a brief "OK". the update will be written ASAP and sent out by mail ASAP as well.

4. chat room activities during THESE christmas days

as announced in a service news the last days. there is a schedule for satsang and initiation to god yoga with my physical AND spiritual presence in the chat room.

however it appears that since yesterday the internet - at least HERE in the philippines - is day and night near a total collapse and log in to the ICQ server network to enter the chat room was never possible on time so far. with one short (but about 20 late) occasion i never got online HERE. and NOW during the hours of THIS writing - from 2300 to past 0100 hrs late night the server here is totally down !

as announced - the spiritual presence is always guaranteed if YOU are online in the chat room or off-line in case of similar problems on your side. exactly during the hours indicated for 1 full hours i will spiritually support and help you for your improved practice of god yoga.

for all announced dates i also shall attempt to log in to chat room as announced. as of this day and tomorrow (24th and 25th) we have here an almost regular working day and the internet in the philippines might be less jammed. however it looks rather to an overload of the ICQ server in addition to local problems.

"spirit-net" NEVER breaks down - hence one more reason to practice all available teachings to open your spiritual perception for direct spiritual guidance.

5. merry christmas

christmas is a special occasion to

- forgive all
- ask for forgiveness even from all the "past away" ones
- give love in many different ways to your family members, relatives, neighbors and "foreigners"
- enhance the feeling within yourself of being a member of a far larger family than your physical family
- and finally but MOST important - Christmas is a feast of BLISS given to YOU from god and all beloved ones back home in god !! open yourself for all divine bliss, forgiveness and divine help that is offered TO YOU by many others AND GOD. to do so however you NEED to refrain from getting drunk, from eating too much or wasting all christmas time with traveling to all different relatives or different dates.

take it easy. relax these coming days. every day is christmas day - it is UP TO YOU to create the proper inner attitude and opening for love toward others AND from others within YOUR SELF !

peace and silence. reduced activities. more time for your most direct families. if possible NO other dates or travel may help you most to actually RECEIVE all offered bliss.

what ever is offered to you either enters YOUR heart and soul or is LOST for GOOD !!! or at least until another such day - next year christmas or so !!

divine bliss and love NEVER can be stored and received later. either YOU take the time and create the condition and environment needed - or all the love flows toward others! there is year round a huge quantity of love and bliss available from god and your guru and other loving souls, but Christmas days are an extended period FOR ALL PLANET - for all cultures and all religions !! please open your heart and accept all love and bliss - for your benefit as well as for the benefit of all your beloved ones.

please give some smaller gifts also to total "foreigners" and neighbors - flowers even a single flower may open YOUR and their heart, or any similar small gifts from your heart - to open your heart toward all directions !

god bless you all

merry christmas

hans

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NOW it is possible for YOU to make YOUR most efficient WESTERN UNION or PayPal contribution directly ONLINE using your major credit cards

[for details about any kind of contributions transfer please click HERE](#)

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Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

December 24th, 2001

beloved ones

minutes after sending out the previous newsletter to you this morning, i opened an new email sent to the interactive newsletter list from a god seeker with the below text. i like to share it with all of you as it has all to do directly with the topic of the previous newsletter about to talk to god and how to communicate and spiritually absorb ALL divine bliss and help from god and your guru.

may this email from a bulgarian angel-girl and wife of a beautiful and spiritual angel man on earth inspire you:. ALL are divine and beloved children of GOD and all can easily do the very same and EXPERIENCE GOD HERE and NOW !!

with eternal and infinite love

hans

**Soooo easy can communication
with GOD and your guru be - if
YOU pray to GOD first !!**

galina staneva <galina_st@yahoo.com> wrote:

MERRY CHRISTMAS! GURUJI!

What can I wish to You, You have all - God bliss,
love, light and knowledge - all in abundance!

I can just bow and pray God:

God, please bless us to stay in Him!

DEAR FAMILY! MERRY CHRISTMAS!

I have sent you too much, you may say very to much,
but

I cannot stop...

I am like a cascade...

I just cannot stop

to LOVE HIM and to LOVE YOU!

HIS BEAUTIFUL SOUL

(to my true eternal Father)

I asked God:

-Dear God, please show me what is between Hans and
You? It should be his soul?

YOU came early in the morning and knocked on the door
of my soul:

-Knock, knock! It's time for Kriya!

I was still sleepy but:

-OK.

I took a cool shower and started. You told me:

-I love all my daughters, all of them are made of my
love. Each one is a flower...

I felt I am flying and I asked you:

-Please, do some "OM"s for me!

You did some and my tears flew out - your "OM"s were
so sweet, like...a warm kiss on a flower.

Then You said:

-There is one being much more intelligent than you.

You should develop it..

and for less than a second You allowed me to take a
look into your soul.

Oh! My breath stopped- plenty of love, rainbow of
lights, any kind of knowledge, everywhere- in and
around, everything and all.

But there is no limits, no end, no soul ...? There is
but God descending into YOU!

THANK YOU, GURUJI, FOR YOUR "YES"

I am still in YOU. I feel a fresh, cool breath onto my
face, I feel so much love that makes me faint. I feel
your vibration working into my brain and above my
stomach.

I enjoy the lights play, I absorb your love and relax
in your sweet bliss.

If I have a problem - I take some love!
If I have a fear - I ask God for help

I can talk, ask, listen, have advice, suggestion and
also a tough lesson,
sometimes also fun - smile and laugh together!
;-))).....;-)))

It is a joy and fun to be ALIVE!!!

To be in LOVE with YOU!!!

with LOVE, for LOVE forever

I am not to share I am to give ALL

((Galina)))

P.S.

I am a cascade...;-)))I cannot stop...one more thing

How is my life?

I work in daytime with my clients. God works in my
mind all the time.

I cannot eat, I cannot sleep till my story is written
dawn - it is like a delivery
no rest till the new "baby" is born.

Then I go to bed into God's sweet bliss- there is food
and rest and if I fall asleep, You comes in my dream
to awake me for the next task or just for a
swift kick off into me Kundalini- whatever i need-
Tough teacher! I love you!

What is my work?

All the girls around me, clients, friends,
whoever...are in love with You, and "crazy" for
boyfriends.

I am "crazy" for you and in love with MY sweet heart,
enjoying his hugs, kisses and tender love....

Ooooh! I am getting "h....."!!!;-0000

Bye- bye

*****HAPPY HOLLIDAYS TO ALL and YOU

Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

December 26th, 2001

beloved ones - here today's topic:

SHARING

- how many percent is "sharing" -

please find below the answer in a direct way a disciple got it from GOD as sent from a disciple to the interactive spiritual newsletter today

learn from mistakes AND from positive samples made by others !!

if ever you are separating your guru from god - then you fail to perceive and reach god. a truly god realized guru is ONE with god - hence his love is the very same !

always strive for god - and do the very basic lessons taught by your guru - if YOU ever want to experience GOD soon -

TEN PRACTICE KRIYA YOGA as perfectly as possible and that means including the application / realization of ALL teachings given to you by GOD in the Cyberspace Ashram.

now - enjoy the reading and learn and apply YOURSELF in your life on YOUR path of love to god realization.

with infinite and eternal bliss and love

hans

From: Galina Staneva
Subject: My Christmas gifts
To: family@kriyayoga.com

MERRY CHRISTMAS!

Dear Family!

It is me, Galina, again!

I didn't get any Christmas gifts outwardly
but
I got TWO very precious, very divine gifts inwardly:
-one from GOD
-one from GURU

I felt like sharing with you my experiences
but
God said:

You are not to share, give them ALL

So I wrote down the whole story:

The night before Christmas I went to bed and relaxed, I
felt God was with me. HE had been with me almost ALL
the time for the last two weeks, since I started to
write my "stories"
I felt His fresh breath onto my face and suddenly I
realized: I was breathing "prana". I asked my husband
and he said:"Close your nose and breath". He loves to
be a teacher. But God said:
-To be a teacher one should LOVE more, much more and
all!!!
So I did close my nose and I was still breathing but
it was not air, it was s.t. lighter, pure and healing
my soul.
I relaxed to enjoy this precious sweet bliss
but
My mind got restless and told me:"Stop the movement of
your chest"
I did it and then my mind added:"Now stop your heart
and you are gone"
and
I felt my stomach "sick", I remembered:
GOD IS LOVE!
but
I did not FEEL love.
I got upset, sorry - it was not my time to die,
I have not LOVED enough yet. I was still longing for
sweet, earthly love!!!

and
I did not FEEL God's love INSIDE ME!!!

-Oh! Dear God, please, forgive me!
YOU are breathing for me
but
I forgot to invite YOU:
-Please, please LOVE ME FREE!!!

I felt his "breath" inside me, healing me, purifying
me
but
I DIDN'T FEEL LOVE!!!

-Dear God, I do not LOVE you yet!

I was crying and begging Him:
-Please, please, forgive me!!! Please allow me to see
You! If I see you may be I will love You!

I relaxed and with almost no breath, I felt "far
away"and i saw- deep dark sky with small, small
lights, like stars. It was not our sky it was the sky
of the "paradise"- I guessed.
I remembered - once I had asked God:"Are You the
Sun?", He said:
-I am the SUN of ALL suns!

Then I was back and I asked Him:" Dear God, who will
teach me to LOVE You- YOU or my GURU?"
HE didn't answer- the choice was mine:
- Dear Beloved GURUJI, please teach me to LOVE GOD,
OPEN my heart for His love!!!

In the afternoon my husband and me, we both felt so
sleepy. It was about time for next "initiation" of
Godyoga. We had no internet nor even a clock.We
relaxed on the bed, my husband said: "GURU is here!"
and I added:"GOD is here too!"

I concentrated on Kutashta but I didn't feel Guru's
vibration, I felt to the depth of my soul my love to
Guru:"I love you so much, my Divine Father!"
and
it happened - I felt GOD's LOVE FLOWING FREELY inside
me -
warming and melting my heart in His tenderness and
sweetness, relaxing my stomach and fulfilling my body
to the very low chakras.I fell asleep and when I woke
up
I was like a "newborn" - God was still breathing for me

and also my HEART WAS OPEN for HIS Love.
Thank You, Guruji for your Divine precious gift:

GOD IS LOVE!!! I FEEL IT!!!

In the evening I was still enjoying my gifts - deep inside me, meditating. I said to my husband: "Please, leave me alone!" It was Christmas eve. I stayed alone for a while but I got sad and about to cry.

I heard Guru's voice:

-Are you too pride again to avoid the bedroom?

It was like an electrical shock: " What a stupid I am.

The enjoyment is to share!"

-Give him ALL- God said- ALWAYS GIVE ALL and you will receive much more to give ALL again- This is the path to your GOAL!

I went to my husband:

-Darling! I am sorry! Please take me, I am all for you!

My all love and his all love in sweet oneness. God was happy and kept us all night in his bliss!!!

Oh! Christmas night!!!

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Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

december 29th, 2001

beloved ones - here today's topic:

the first steps are always the toughest one

- confession of a god seeker about his "LEARNING"

no matter what you learn - judo, windsurfing, playing guitar, scuba diving, or spirituality - the first steps, months or years are always the toughest one in all disciplines. WHY ? because most beginners in ANY discipline have difficulties in applying INSTANTLY the teachings received by their trainer/teacher.

once the first steps have been made successfully - further progressing turns INTO REAL FUN !! because the experience YOU will receive is going to be exciting and enjoyable and you may have a first taste of what to expect later - hence YOUR hunger will increase - hunger for MORE joy and bliss and LOVE - HERE in the cyberspace ashram ALL teachings are directed toward ALL and those who followed these basic steps will receive all love and bliss !

we all are within an ocean of divine love and bliss - even HERE on earth - far away from our divine home - it is up to US all to fully and instantly open.

ONLY THOSE who really apply ALL - i.e. EXACTLY 100.00 % - of guru's teachings can witness about the teachings - those who do nothing or less than 100 % NEVER can give any comment of value as they failed to succeed as a direct result of their very own ego and laziness. the teachings of love are absolute - as they come from god - the preparatory steps within YOUR PHYSICAL IMPRISONMENT here in your physical world are absolutely NECESSARY for ALL to get love flowing. if nothing flows and you are totally closed for divine love and bliss waiting from god to free and heal and uplift you back home - then nothing will change in your life. LOVE NEEDS to flow in

order to HEAL and FREE YOU !

many of you have a guru somewhere out in the world. some in europe, others in USA, others in india or other remote places. some have accepted me as their guru. be sure to visit YOUR guru in person on a regular basis and be sure YOU really follow HIS teachings to the point - else you may LOOSE your right to HAVE a physical guru at all and your karma will become your only guru for a long time !

below you find a confession about first side-steps from a disciple who has learned successfully to make the first REAL steps toward god. may his experience be inspiring for you and support YOUR push off on your path of love to god.

with love and divine bliss

hans

georgi stanev - ghosh22@yahoo.com wrote:

Learning

First I met Hans in the early January 1999. It was in Simbach at Inn, a small German town next to Austrian border, where he had converted a house into ashram. That time I had just started my spiritual seeking after an 'accident' caused more or less serious traumas to my body. After reading 'Autobiogaphy of a Yogi' I decided to search more information about kriyayoga and found Cyberspace Ashram in Internet. There was an invitation to ALL godseekers on this planet wanting to receive diksha personally from Hans to visit him and stay at the ashram as much as they like for absolutely FREE. The last thing attracted me immediately, because greed is widely spread in the country I am grown up- Bulgaria. It was like a dream. After a few e-mails everything was arranged even my traveling insurance was paid by a disciple in Germany. So I extracted the most possible profit. With such behavior I arrived in Simbach Ashram bringing only money for my return back to Bulgaria- to avoid possible paying or giving any money during my stay there. Although I had a small business in Bulgaria and several thousand \$ in the bank account I could not overcome my greed and stinginess. As a result I was so closed that I could not feel any of the LOVE and BLISS surrounding me during my stay at

the ashram- almost 1 month. So I received practice and some basic teachings for the beginning. But back in Bulgaria because of all intellectual trash my mind was filled with (how can one recognize a god realized person thinking???) I applied none of the teachings received and soon I gave up the kriya yoga practice and started my search for a guru/GOD again going through different practices far away from the real goal. As a result no success at all. I was the same stingy husband and father (we have two daughters 15 and 16 years) with my family - giving nothing and wanting all.

Meanwhile my wife won a 'green card' for USA from the well known lottery and we started preparation to leave Bulgaria.

At the end of the year I received a new chance (how much help from GOD to step on the right way back to HIM) to visit Germany and again for free. My friend offered me to go with him to by a car. This trip had also spiritual purpose for him and I asked Hans to see him again. That time he lived in Munich and was too busy leading online FAQ forum and writing new chapters. We spent with him a few days mostly meditating. First time in my life I felt something new- a tiny part of LOVE and PEACE around. It resulted in giving up all other practices and started kriya yoga again. I read again all chapters of the Cyberspace Ashram and tried to apply teachings in my life- far from the perfection of course.

Soon we left for USA and came in San Diego. We had some money from the property sold in Bulgaria beginning the we lived from it. Spirituality, in my opinion, did not include work. Praying, practicing, - yes. But not work. I became too lazy to support my family and when the money finished up my wife had to go to work in a restaurant kitchen to do our living. We lived with almost no money neither for me nor for my 3 female angels. In addition I practiced celibacy(again stinginess toward my wife) keeping all love within my physical body. But I was still playing a person actively working spiritually for the benefit of all.

In the summer of 2000 I had an important experience opened my heart at least for one person- mu guru. It was in dream when I met my guru and suddenly my heart opened and I started crying from the love flowing through it. Then I realized that I can really love somebody. And when could not stay away from him anymore I decided to earn some money and go to the Philippines.

My lessons were waiting for me.

I arrived in the Philippines in the early March, 2001 with small amount of money, but in my opinion enough

to pay for a tree-week stay in a hotel and have several dollars per day for all the rest. At that time Hans was living near San Fernando in a cottage next to the beach. I reached his place in the evening and took a cottage next to him. He was out somewhere. I took a shower and went to sleep. I was sleeping when I heard his voice and a minute later he knocked on my door. With an infinite joy in my heart I opened the door and fell in his arms. After a big hug he offered me to continue my rest and meet each other next morning for breakfast. For my surprise he was with a girl. I agreed and went back to bed. But I could not asleep listening to the noise in his cottage. And after a while...O MY GOD !!! They started making SEX! Skies fall onto my head.I was shocked. My mind was overloaded thinking.How can a guru do such thing? One of the first reactions was to catch my flight back to USA and start my search for guru/god again. That night I was teared apart. But the TRUTH did enter my personality at last. All my doubts were cleared up after the breakfast next morning. There was so much Divine Love that even my mind surrendered and I prepared myself to enjoy my guru's love for the remainder of my stay. But obviously it was time to learn- to become husband, father, lover and helper.

How can you follow your guru having nothing in your pocket?

How can you love your family having nothing in your pocket?

How can you help someone on this very material planet having nothing in your pocket/keeping your money in the bank account or credit card?

How can you be a lover being weak and shy and lazy?

How can you be a husband giving nothing to your wife accumulating all love in your body?

How can you receive love from others giving nothing in exchange.

HOW?

It is SIMPLE.

Start working.

Become strong and independent.

Love your wife any time in any way.

Help others as much as you can.

Support your guru financially = support of all mankind on this planet

It seems very simple but I had to experience all the opposite to find the right answers.

Even still so closed during my first visit in the Philippines I was enjoying Divine Love all the time.

For FREE of course ;-)) And I made my firm decision- come back and work on all your answers.

And I did so.

But more learning was still waiting for me. And for my wife.

How to become a real husband-wife team.

On this was dedicated our visit in the Philippines in October, 2001.

And again the answer is very simple- give ALL to receive ALL. From GOD. Directly.

We spent with Hans 5 weeks learning to love each other. In the very direct physical way. To reach the state where you can feel love with all your body coming from God through the body of your partner. Where bliss lasts for hours.

Yes, it is very simple. Just follow the teachings of your guru.

It is hard work to overcome your ego. I witness.

And it is too simple- just follow the teachings of your guru ;-))

More learning is still waiting for me- eternally ;-)

Happy New Year with LOVE to all
Georgi

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From the Cyberspace Ashram

<http://www.kriyayoga.com>

January 1st, 2002

Happy NEW YEAR



beloved ones

may the future bring you experiences that help you to really open your heart and soul for all the bliss and love from GOD waiting to heal, FREE and uplift you.

if your past year has improved compared to 2000, then you have made things better than in 2000. if you have experienced true divine bliss and love and had repeated god experiences far beyond the physical dimension - then you have made things almost correct

- else you may seriously consider changing MORE in your life AND follow the many lessons of the cyberspace ashram more precisely NOW these days - and you will experience MORE LOVE and BLISS in your life!

those who have left their physical body in the past year have either received another chance of grace and mercy in better conditions to learn their lessons

or

they may have made ALL correct and found the door directly leading to GOD.

may as many as possible find their door to GOD this year to join our eternal family IN GOD.

with infinite and eternal bliss and love

hans

Divine gifts of GOD can be manifold !!

here for your further motivation and inspiration a brief description of a true god seeker who has received a complete cleaning of his aura and chakras directly from god recently - as a proof of divine grace and mercy ! such is waiting for ALL of you - however it is up to YOU to open yourself and prepare for such divine gifts

Dionisios Vourtsis wrote:

... I performed an exercise while listening to the Ode to Joy: I saw brilliant light come from God to my crown and going down to 1st chakra cleansing and opening all the chakras. Then, the light become more brilliant and my aura became wider (I felt great heat then and, as a result, took off my shirt). Finally, I intended that God's Peace, Wisdom, Grace and Love come to my heart. I saw a ball of mainly yellow and pink colours come from God to my crown, 3rd eye, throat and then reached my heart chakra. Then, I felt unspeakable bliss! My aura become golden and even wider radiating golden energies towards all. The feelings I felt were overwhelming !!! ...

Cyberspace Ashram Mini-CD

Info updated September 2nd, 2002

new service available

All spiritual texts from the Cyberspace Ashram on a MINI-CD

**The Cyberspace Ashram MINI-CD is available for a
HONEST contribution only**

beloved ones

since my new Toshiba satellite pro 6000 has a CD-RW drive - i would like to offer to all those of you who love to have a permanent portable copy of all spiritual texts of the Cyberspace Ashram these texts in a Cyberspace Ashram MINI-CD in two possible versions as outlined below. having a personal copy on a CD allows you to read on any computer - certainly a spiritual necessity for those having NO OWN PC BUT it also allows you to give all texts to your best friends to be copied on their own PC.

all shipments are usually done within 1-2 working days - unless i am temporarily on a remote island or remote province - and will be done by registered AIR MAIL **at YOUR risk** - in a special padded envelope ! for the postal service - please allow least another 2-4 weeks for mailing itself - this is the average delay for a letter from HERE to Europe or USA as experienced in the past year.

standard version

that contains

- the complete file god.zip unpacked to copy to your hard disk, to give away to your best friends and children or for direct surfing from the MINI-CD
- the offline version of the spiritual FAQ forum
- all printable files - in German language and in English language as an e-Book in PDF full-color format for easy reading or printing with ADOBE's "Acrobat Reader" on almost any platform
- a collection of available spiritual newsletters - english language only - as eBook in PDF format for reading or printing
- this above will be a total of approximately 42+ MB and can be used on almost ANY operating system (WIN, MAC, Linux, FreeBSD, Unix, ...) - provided YOU have the

software to READ these formats - for example any standard modern Browser such as Netscape 7, Mozilla 1.1, IE6, for the file god.zip and any suitable software OR Acrobat Reader for the printing version ... !!

deluxe version

- containing ALL of the above standard version PLUS

- the Netscape 7 (or newer) browser is available for WIN, Linux or Mac OS-X operating system !- unless otherwise specified by YOU, the WINDOWS version is included.
- some spiritual music files in MP3 format.
- this complete package will contain approximately 170 - 185 MB

by default - unless otherwise stated by YOU - i will ALWAYS ship the standard version

orders for the MINI-CD are made by [e-Mail](#) and all expenses for YOUR order are paid by YOUR HONEST contribution received WITH your order.

you may now also use the Pay Pal system to send your contribution from many countries around the world including India. for details on how to best or most efficiently send your honest contribution please see my online banking information in [German](#) or in [English](#) language. if you are already familiar with the Pay Pal system - my Pay Pal account is hans@kriyayoga.com to use PayPal just click on the banner below !



with love and divine bliss

hans

Service News

from the Cyberspace Ashram

<http://www.kriyayoga.com>

February 20th 2002

beloved ones

tonight i have installed a new real text search engine to make finding YOUR specific topic or answer easier. you find several small search windows.

some on the LEFT side INSIDE the navigation frame

and

in each portal page another one to the far right side.

the left one will display ALL search results with LINKS INSIDE the left navigation frame and you can click on the links of any pages found - the actual page will then be displayed in the right mainframe. hence you can surf through ALL results.

by using the search field in the RIGHT mainframe (of portal pages) - the results will be displayed in THAT page - if you click on a result - the result will replace the search result - if you want to preserve all search results you NEED TO right-click your link and select "Open in NEW Window" to preserve the result of your search and have the actual new page displayed in a new browser window.

the search may appear slow - because it is a direct search of ALL files - without the use of an index- file !! the use of an index file would reduce the search time to a FRACTION - however the automated index mechanism does NOT index all the special words used in spiritual texts and many search words would NOT be found by using the index files created by the search engine - i have tested this index search method and immediately deleted my index files because of the poor results.

what means "real text" search - the opposite is what MOST search engines from the web do - they search only the META tags with short description and keywords.

in "real text" search-mode however the COMPLETE text of ALL files accessible to the search engine is search for YOUR search word or string or combination of words.

you may use all boolean search combinations as with any professional search engine. i.e. you may force the search engine to show only pages with ALL words that YOU mark with a PRECEDING + for combined search with ALL +marked words that MUST be in ONE page or exclusions using - or

you may give complete sentences like enclosed in " . . . " (double quotation-marks before and after the sentence - like the example of i love you to the left !!).

example:

+kriya +yoga +pranayama +physiology -female -male

this above search string would search for a page having text about the physiology of kriya yoga pranayama but NOT related to male or female beings - hence neutral text in regard to sexuality. (a weird example as all relates to male or female ;-)) - this ONE example would last about 12 seconds "on the fly" and should give you 17 results found from 800 files as of this date of testing.

if however you want the same but related to YOUR own gender the you would either add +male or +female instead of excluding these 2 words. then you would get only 7 results from 800 files if you use the search string

+kriya +yoga +pranayama +physiology +female +male

if you search a sentence - then only pages with exactly this sentence will be displayed as a search result. for example the search entry "i liebe dich" in german language **with a SPELL error** only shows the pages having exactly these 3 words TOGETHER = you would find about ZERO pages !! typed in correctly "**ich liebe dich**" should give you about 15 files found. if however you FORGET the quotationmarks before and after the sentence - then you would get about 132 files found = files that somewhere have ALL these 3 words in a single page and if you forget the + preceding EACH word then you would find about > 200 files (more than 200 files - by default the search is limited by MY configuration to 200 results !!) because such a result as the result of a WRONG search-method !!

the very same procedures apply for many www search engines - except that www search engines usually NEVER make real text search but only keyword search.

the more search words you combine in a correct way - the more precise and helpful your search result.

here some links for your direct entry and test for the real text search engine (it works on all words - except on the diksha filename - that file is to be found by READING ALL !!

[here in german](#) section of the cyberspace ashram

[here in english](#) section of the cyberspace ashram

with infinite love and bliss

hans

P.S.:

presently i am still full time busy with server maintenance of all 1300 or so files. new chapter may come a little later.

your support for me and my spiritual work can be sent via PayPal OR using bank accounts or major credit cards by using the methods published using the following link

[HOW TO support the cyberspace ashram](#)

or if you would like to use PayPal using your bank or credit card to send your contribution, you may click directly on the banner below



Spiritual Newsletter

from the Cyberspace Ashram

<http://www.kriyayoga.com>

May 20th, 2002

Beloved ones

time is crucial - you are born, waste valuable years for repeated times to study the very same basic school topics, making money, spending money and CREATING new ties, new attachments AND creating NEW KARMA and later on suddenly realize:

time is over, the body is of no more strength and health needed to achieve anything important AND you suddenly realize that you forgot to achieve any considerable spiritual progress. you had many plans and many goals in your life - TOO MANY - and distributed all your limited and most valuable resources to MANY goals at the same time - even worse - you may realize that you made substantial mistakes in controlling your life in directing your path into the desired direction. you may realize that you have directed too much of your life-force and resources into the WRONG channels and directions - toward the wrong goal.

as a manager of YOUR own life ...

- as a coach of YOUR OWN soul you may have failed

- most human on earth have failed for thousands of years - that's why they ;all are HERE instead of being AT HOME !

managing your own SPIRITUAL LIFE however is little different from managing a business or coaching a POTENTIAL champion in any sport, the only difference is that a spiritual coach - a GURU - is priceless and can never be found in yellow pages. only god can guide you to one ! only your TRUE and SINCERE, HONEST desire to LEARN to LOVE in ALL situations will qualify you to find a true god realized guru. YOU have to work harder than in any business or sport to qualify for personal guidance on a physical level - you need to develop TRUE LOVE to pay a guru. you have to FULLY cooperate or you lose any right for direct physical guidance on your spiritual path ! MOST of you have failed to FULLY surrender to YOUR personal guru in Europe, USA or Asia or where ever. for ALL of you a very careful and intense RE-study of the "[autobiography of a yogi](#) " would be highly beneficial to truly understand IN YOUR HEART the value of a physical guru AND how to enter and behave in a relation ship with such a guru.

its all about priorities - in all aspects of life - what is YOUR priority ?

besides that little difference - you need to follow very same principles of success as any other person wanting to be successful in material life.

- focus on your goal
- invest ALL you have toward achieving that goal
- concentrate all the time - EVERY single day !! on achieving your goal
- avoid distraction
- KNOW what alternate activities are supporting your success and spiritual work
- learn to do ALWAYS the right action at the right time

- learn to be at the right time at the right place
- recognize ALL your lessons AND spiritual TESTS given to you - YOU NEED feedback if YOU want to progress. YOU need razor-sharp instant and precise criticism to reduce your EGO in the most efficient way
- you may need either a manager who coaches you OR you may need to drastically improve your very own qualification and improve your self-criticism
- direct all your strength into the right action and spiritual processes
- DROP any distraction or reduce it to the absolute MINIMUM - by INCREASING the right action you remove energy and time from wrong action !
- MAKE UP YOUR MIND about what is important - really important to you - then you KNOW what is of distracting nature to you - of NO VALUE at all. those thing you spend your TIME AND MONEY on are the important things inn YOUR life for YOUR EGO.
- drop all the FREEBIES in life - all those things of NO value to you - all junk in your entire life - they consume YOUR valuable time AND YOUR LIMITED resources without giving you an important value in exchange

I will help you in making YOUR decision - i will REMOVE TODAY all those of you from my mailing list who have failed to validate their subscription by either removing OR contributing to the high expenses of this full time job.

BY NOT contributing to the expenses created BY and FOR YOU - YOU confirm that you consider these newsletters are of NO VALUE to YOU. since YOUR subscription creates additional EXPENSES and additional work FOR ME but no value FOR YOU - the easiest, most EFFICIENT and most honest way for YOU is to refrain from any subscription OR to make up your mind ! the below topic will help you in your decision making.

a decision YOU make in regard to all those who HELP YOU on YOUR spiritual path for YOUR BENEFIT

the main part of this Newsletter is [published online](#) - including some [worksheets](#) for your quality control and personal feedback. please read it and DO it - it's for YOUR spiritual benefit only.

god bless you

hans

Let's go !

Cyberspace Ashram - Spiritual Newsletter - July 2nd, 2002

www.kriyayoga.com

beloved ones

last night a large group of true loving God seekers sang a song "let's go ..."

... they sang this song to

... JESUS !

they all were asking Jesus to MOVE ON with them - but "let's go WHERE" ?? of course to GOD !!! HERE in the PH it is normal to think and feel and act that way. HERE millions of God seekers KNOW - Jesus is coming back and taking them HOME. that's why here it is normal to sing let's go ... to Jesus.

OUT in the world all I remember - it's always ME to tell my disciples: let's go, let's move, come on, do more, do better, do faster, ... !!

having children ready to go faster, do better and MOVE ON back to God, is a fulfillment of my dreams of getting all my family back to God again SOON !

Let's GO !! let's be MORE "professional" for the remainder of our path back home, let's be MORE efficient, more precise and MORE LOVING - let's YOUR LOVE be MORE dynamic, more MOVING, let's YOUR love create MIRACLES of LOVE !! inside you and around you - on this entire planet and BEYOND !!

I can promise you ONE thing - you NEVER can go TOO FAST - but TOO slow !! if YOU have been TOO slow in your past or present - then NO single one ever will wait on YOU - it's YOU go catch up with all !!! because TOO MANY now sing in their heart, soul AND voice - Let's go ! to many eager to return NOW - today !!

for any future spiritual newsletter here a very few brief rules:

1. i expect ALL to have a full copy of either the Cyberspace Ashram MINI-CD or a an upto-date copy of the file god.zip
2. when i refer to a chapter in a newsletter - i will use relative links. that means if YOU save any newsletter received into the directory kriyayoga.com/newsletters/ BEFORE reading it - then all internal links WILL work !! for any external links of course you have to be ONLINE.
3. you are using public internet cafes ?? no problem at all - i had to work that way for some 14 months, from november 2000 to january 2002 - BE creative, learn to CREATE YOUR solutions - example: USE one and the same computer, copy your Cyberspace Ashram MINI-CD (folder /god onto that ONE computer into YOUR home-directory and do the procedures mentioned above on that foreign computer.
4. you have NO home-directory on that "foreign" computer in that ONE internet cafe that SERVES YOU ?? then SUPPORT that internet cafe and its employees by being a good customer. BRING them a gift

and PAY for their additional work and hardware needed and YOU get your home-directory with a few dozen MB space needed. never think of problems - they NEED to be there where YOU are TOO weak in LOVING, in GIVING and creating powerful precise solutions of love. ALWAYS search for solutions - and solutions is what you find and receive ! whenever YOU want to receive a favor or service from OTHERS - YOU have FIRST to give something to be free to receive what you need.

please be reminded that the spiritual teachings of the CA are manifold. you find the essence of all important teachings

1. in the "message of love" - here you find FREQUENTLY NEW additions - they are never announced - just added/published ! if you want to see them all at once - open the folder </god/kriyayoga.com/random> on your mini-cd or in your file god.zip and there you find 2 files in english (and german) with all present texts available. each part is separated by %% for the automated SSI to work online.
2. in "[With Love from God to you and for Meditation](#)"
3. in "[on your wings of Love - on your way to God](#)"
4. and finally the very deepest and most complete teachings of all - as a result of YOU actually practicing Kriya Yoga AND God Yoga for an extended period of time - INCLUDING the practical part and additional lessons published in the spiritual newsletters [BEFORE May 2002](#) - you receive ANY and ALL most detailed answers and teachings in the NORMAL way - in a SPIRITUAL way (spiritual methods ALWAYS are excluding any intellectual or physical means !!) - either in your meditation or as a vision - when ever needed and appropriate. Such teachings are directly proportional to YOUR PROOF of LOVE and your true capability to LOVE in all and every situation. YOU receive such additional teachings as much and as extensive as YOU DESERVE THEM !!! it is ONLY the quantity and quality of YOUR love that sets a limit to YOUR spiritual progress !

learn to truly understand your visions ! "dreams" often are visions. such visions NEVER can be more precise or more CLEAR as your spirit is as a result of YOUR true most scientific spiritual efforts !!! if you FAIL to fully and clearly understand ALL - then YOU failed to practice ALL the teachings I GAVE YOU for YOUR intellect - and you may need to EXTEND YOUR practice of Kriya Yoga to its FULL extent - that full extent is clearly and very shortly outlined in the "[Divine Rules for Life](#)".

in order to receive CLEAR visions - YOUR spirit and YOUR HEART needs to be CLEARED or pre-justice, cleared of wish for retaliation, clear of revenge, clear of expectations, clear of any NOs, clear of any rejections, just C L E A R !! such state or condition of YOUR spirit and heart is achieved by DOING ALL the lessons YOU have already received for your intellect PLUS the actual Kriya Yoga and God Yoga.

if you ever receive and vision or have any clear "dream" that appears to have a spiritual message or content that you fail to clearly understand - keep on progressing on your path of love until you can receive God's guidance in CLEAR language - in YOUR language that YOU fully understand. never be happy with anything you need to interpret as any interpretation is a guess and guesses are NO scientific method on your path to good - guesses and interpretations are a DANGER !!

never use any "vision aids" or "hearing aids" for divine communication, like in material life - never get used to crutches, glasses or contact lenses or hearing aids, GET HEALTHY and use your healthy senses - as GOD gave you health and only your ego and karma creates illness - hence heal and dissolve all your karma and ego in the fire of divine love - to be free for direct communication with GOD as only such direct SPIRITUAL communication with God makes you free and really efficient on YOUR individual path to God.



and to finalize this newsletter and give you a word of love for today - this week and the remainder of your life on earth:

a plan is needed to do or create all the useless things of life,
the true and natural NEED of others is "plan" for all useful things !
studies and titles are needed to make plans,
divine LOVE is needed to do all the useful in life !

I love you

hans

hans@kriyayoga.com

Learn to say "I Love YOU"

Part 1

Beloved ones

"i love you"

saying these 3 magic words to anyone, to foreigners, to people you never saw or met before in this present incarnation - is a true proof of YOUR capability to LOVE - to actively LOVE - to GIVE LOVE - beyond the static and simple idea.

you have been studying the chapter "[Dynamic Love vs static Love](#)".

after a brief review of the present survey available online, i assume that most (hopefully ALL) of you have actively participated in that survey.

a large percentage are actively practicing Kriya Yoga and or God Yoga - yet approximately 50 % or the participants do NOT say "i love you" to others, foreigners spontaneously !

that is a VERY alarming distress signal of those "God seekers" - a proof why many of you are God-SEEKERS rather than God FINDERS !

the cause of such blockages within you and how to change such blockages is today's topic.

let's have a look at some preparatory steps:

to be able to SAY " i love you"

1. YOU need to be WILLING to actually GIVE love to the potential recipient of love
2. the potential recipient NEEDS to be OPEN - HERE and NOW to actually RECEIVE your love

the first point is YOUR sole responsibility. missing willingness to GIVE is a pure manifestation of

stinginess in its absolute and hence spiritual form - a root cause of separation from GOD.

if YOU fail to be WILLING to GIVE love in ALL its forms and manifestations - ALL - here and now - then the only way for YOU left is a special path of karma leading YOU through some severe situations causing emotional PAIN to YOU by suffering and experiencing the same behavior from OTHERS as you cause TO others.

such lessons may take as little as a few hours - but as long as a few MILLIONS of years - hundreds or more "incarnations" in a physical body or simply in astral and causal bodies.

the choice to change YOUR behavior always is YOURS and nothing but YOURS !

the second above point can be YOUR responsibility and within YOUR possibilities to change - or it may be the responsibility of the other part - the potential recipient of YOUR love.

a person simply can reject ANY love from YOU as a result of YOUR past experiences WITH that person - causing THAT person to reject YOUR love as a PUNISHMENT TO YOU. because the ONE whose love is rejected is PUNISHED by experiencing his love to be rejected.

a person may reject ONLY YOUR love and at the same time accept love from ALL or many others as a substitute of YOUR love to continue punishing YOU.

there is little YOU can do. because such behavior simple means that the potential recipient of YOUR love fails to FORGIVE YOU what you have done - and that might as well be many incarnations back - even millions of years back !!

however there always is a chance and possibility that YOU only YOU - can heal such a person and cause that person to ACCEPT your love.

how?

by YOU refining YOUR love and turning YOUR love into pure divine love. that may require from YOU thousands of hours of intense spiritual work in hundreds or thousands of different situations in your present life. it may require YOU to work intensely for years or decades or an entire incarnation - HERE and NOW on this very planet.

it requires YOU to become REALLY spiritual - really spiritual means by truly and fully achieve God realization and oneness with God ! by being willing and ready to abandon all "war" against members of the "opposite" sex/gender and by truly LOVING and returning HOME to God.

in order to be able to SAY " i love you" BOTH potential parties NEED to truly be open for the true FLOW of love - LOVE is energy that NEEDS to be able to FREELY flow

- out of YOU = YOUR sole decision
- INTO the recipient = the result of the OTHER's decision PLUS part of your influence as a result of YOUR improved LOVE as a result of YOUR true spiritual progress as a result of Kriya Yoga and applied love in all situations of life.

if ONE of these two are closed - it is difficult of sometimes impossible to "say" i love you to others.

if THE other is blocking YOUR love - you still can say it - IF - your true love is stronger than his/her REJECTION !

for YOU to be able to "say" i love you - you need to have successfully practice REPEATEDLY the bowing lesson given to YOU all in an earlier newsletter - if you lack motivation to learn bowing YOUR physical BODY and YOUR EGO to the feet of others including YOUR partner, you may want to re-read the testimonial of Galina.

EVERY single person NEEDS the certitude of truly being LOVED and YOU may be a substantial part of giving that proof - the proof of being lovable.

a person feeling NOT being lovable has serious problems of finding a reason for being LOVED by GOD. if YOU proof that YOU can love him/her - then it is much easier for anyone to accept God's love as well, because YOUR present LOVE here and now these very seconds is something EVERY physical human can FEEL and EXPERIENCE with all its senses. while God's love can only be experience AFTER having REMOVED or dissolved most or all of present blockages to CREATE and re-establish the awareness of being lovable within every person.

YOUR present PHYSICAL love in ALL possible manifestations is a mandatory and most efficient tool to HEAL the awareness of being lovable. YOUR willingness and capability to SAY and PROOF with YOUR daily deeds " i love you " to as many as possible is YOUR way to love God - here and now on earth and it is YOUR way of supporting God to re-establish ONENESS among all creation again and to re-become ONE single family in God. one day soon !

find out what type of lover YOU are - how often do you say YES or NO to giving or receiving LOVE - and start to think about possible changes and when and how to apply them in YOUR life.

spontaneously SAYING " I love you " to foreigners is ONE important part of GIVING love. if can NOT say " i love you" then you are among those who do NOT WANT to GIVE love at all - ! THEN it might be time for YOUR surrounding to change THEIR surrounding by living WITHOUT YOU.

If however you are sure that ALL your surrounding is rejecting YOUR love - then it might be time to

- refine your love by becoming MORE spiritual
- changing YOUR environment by changing your friends and contact persons AROUND YOU.

because

- YOU have deserved to have a surrounding that is PERMANENTLY FULLY OPEN for YOUR true divine love in ALL its possible manifestations
- ALL others have a divine right to be surrounded ONLY BY TRULY LOVING persons ready AND willing to GIVE all - again and again.

YOU may never directly be able to change other peoples decisions and will - except by being a perfect divine sample for all. BUT YOU can change your surrounding by moving INTO another area - to OTHER people with a different attitude and an open heart - to get what YOU deserve - L O V E - all the love YOU need and all the love and happiness God would LOVE YOU to experience - HERE and NOW and for ETERNITY !

YOU are ALWAYS able to change YOUR very own behavior and attitude - within seconds !

- all it takes is YOUR YES to LOVE and YOUR YES to GOD and YOUR YES to YOUR very own GOOD !

can YOU here and now say from the VERY depth of YOUR heart and soul

- i say YES to God
- i say YES to Love
- i say YES to MY Good

SPEAK it out - first in private - JUST for you, again and again, then say it in the presence of OTHERS, your family, friends, anyone. Say it, write it - sing it again and again (if you miss this song "I say yes" in your older version MINI-CD - download it from the [Cyberspace Ashram](#) in the [MP3 Music](#) section) - say and sing it until it is TRUE and realized in all parts of your life.

... to be continued soon

with love and divine bliss

hans

Learn to say "I Love YOU"

Part 2

Beloved ones

Love has many forms of manifestations - hence there are MANY ways to "say" "i love you" to your beloved ones AND to entire creation ! hence YOU may have to learn MANY ways to EXPRESS YOUR LOVE - or more precise - you may have to learn to FREE all your God-given possibilities and potential AGAIN that you have buried and blocked underneath your ego !

Before you start to LEARN or FREE again your many ways of saying "I love you" to your beloved ones as well as to ALL creation, let's have a look at some very basic manifestations of ACTIVE love. love is perceived trough ALL of your senses - physical AND metaphysical - hence LOVE must be presented TO all these senses at the same time - forever and ever ! later on - after you have reached a higher state of spiritual development OUT of your physical prison, you will find many more ways to perceive and to manifest / present YOUR love to others.

while living in a physical body - you receive love trough

1. your eyes - beauty of your surrounding
2. your ears - sound of spoken word, songs, music, nature, ..
3. your nose - fragrance / smell of body of your partner and family, flowers, nature, ...
4. your tongue - taste of food, skin of partner, taste of breast milk, taste of semen, ...
5. skin - feeling, sensation and emotions perceived when touching partner, friends, humans, animals, plants, flowers, minerals and metals, nature, ...
6. ALL these very basic perceptions are made simultaneously through your physical senses PLUS appropriate CHAKRAS. each manifestation has a PHYSICAL and METAPHYSICAL ASPECT !

but of course there are ways beyond physical senses that YOU perceive while having a physical body, because most of your metaphysical perceptions are combined to your physical perceptions to a varying degree depending on YOUR present spiritual development !! - these are for example:

- spiritual beauty - aura - we have an aura on different levels: astral aura, causal aura, atmic aura (the beauty of your soul), ... each of this aura has a particular stage of development depending on your previous incarnations AND karma !
- spiritual telepathy - on different levels of your manifestations: astral/mental, causal, atmic, ...
- ... the various parts of the aura are to a certain point proportional to your present physical being and manifestations, but MORE complex and MORE divers - much more !!!

some of these additional aspects of your spiritual development that are directly manifested trough your aura

and can attract or reject others are:

- degree of mercy YOU have developed
- degree of divine love toward ALL you have developed
- level of readiness to help and support ALL creation YOU have developed
- readiness to serve and support ALL creation before serving YOUR individual needs - i.e. degree of YOUR selflessness !!
- your true absolute faith in God
- your love FOR God you are permanently manifesting
- your harmony WITH God in ALL you do - i.e. your true and full understanding of God's NEEDS and your capability to fulfill YOUR share of HIS needs !
- degree of intuitional perception of the NEEDS of your partner and all others surrounding you - including animal and plant life - including the NEEDS of all creation in harmony with God's intentions !

as you can see, all YOU need to perceive more aspects of love as well as to REFINE and FREE your various manifestations of divine love have already been given to YOU in the various chapters and lessons of the Cyberspace Ashram.

when practicing Kriya Yoga in its FULL and absolute precise form, including

- helping others
- sharing with others
- applying grace and mercy to all in all situations
- loving ALL your enemies
- getting in peace with ALL
- forgiving ALL under any circumstances
- being able to physically BOW to ALL
- ...

you will purify, uplift and BEAUTIFY YOUR AURA - hence "improve" the quality of YOUR love toward ALL !!

Kriya Yoga also cleans and opens your senses for metaphysical perception of your surroundings and increases YOUR capability to perceive, to "SEE" other manifestations of true absolute BEAUTY on all levels of your surrounding - OR - to make you aware of MISSING beauty and thus giving you a chance to make proper adjustments in your behavior toward your surrounding. for example by changing your contacts, by changing your location, by moving to an alternate location, by searching for a better suitable partner that supports your spiritual development and interests !

while God Yoga helps you to perceive the true infinite nature of God's love AND receive God's love for YOUR healing to allow you to learn to reflect HIS love IN YOUR BEING in all aspects of YOUR LIFE.

with the increased spiritual development of THIS planet NOW these years, it will become more and more important for YOU to know how to "say" i love you to others in a more and more spiritual form and this certainly will require actions and modifications on YOUR part.

the development of love will go on for eternity !!

for ever and ever !!!

even God's love is NOW different from what it once was trillions of years ago !

... to be continued soon

with love and divine bliss

hans

Learn to say "I Love YOU"

Part 3

Beloved ones

In the final part of the lesson "learn to say I love you" i will sho you a few very examples how YOU can START to say "i love you" in many different ways to as many DIFFERENT persons possible - spontaneously !!

YOU NEED to learn to say "i love you" to all the receptors - senses - physically AND metaphysically. i.e. you say "i love you" to

1. the eyes of others
2. the ears of others
3. the nose of others
4. the tongue of others
5. the feelings and heart of others - the HEART !

we look at precise examples how to START and continuously practice to say "i love you"

Saying "i love you" to the eyes of others

YOUR natural beauty is the most powerful "i love you" to your surrounding ! God has created Billions and more of humans, all are different from each other ! like a blossoming field of flowers in spring season. each of the flower finds its beauty in the DIFFERENCE from OTHERS.

YOUR beauty as well is the DIFFERENCE from others ! never copy OTHERS in YOUR outfit. learn to be individual, learn to be YOUR self ! learn to dress and look like YOU LOVE to be !

be CLEAN ! if you take a shower once or twice a day, are clean from top (hair) to the bottom - have your fingernails and toe nails clean and your hair cleansed - then you ARE as clean as god

made you. during work it never is possible to remain clean - as much of the TRUE and IMPORTANT work involves getting your fingers or all body dirty - getting involved in the elements and of course you accumulate traces of your work in your clothes and on your skin. this is a proof that you accept the challenge of WORKING and may as well be considered beautiful by a women ! by YOUR partner !

be NATURAL. girls often use and ABUSE make up because they dislike their OWN personal appearance. learn to SHOW your natural, God given beauty, learn to display and accept with LOVE your entire natural physical appearance:

- natural hair color - the natural hair color matches your EYE-color and both together attract and please YOUR eternal partner !
- natural body color - the white race tends to spend excessive efforts on artificial skin tan - even tan WITHOUT sun - while the brown race tries to change skin color with chemical skin whiteners. whether you are naturally white or brown or black - a regular sun bath ALWAYS is healthy - if YOU have learn to OPEN yourself to fully ABSORB all love and energy and life force contained in the sun instead of FIGHTING the sun by the use of sun block or by escaping any sun light. ONLY DARK souls - spiritually dark avoid sun light or reject sunlight or have MEDICAL AND emotional problems with sun light.
- learn to fully accept and show your natural skin color !! if YOU fail to love it - HOW can YOU expect anyone else to love YOU ?
- learn to accept and love all parts of your present physical BODY and SHOW it to others. learn to avoid looking into mirrors ! instead - look into the eyes of your partner and others and if they smile at you - THEN YOU ARE PRETTY and BEAUTIFUL and YOU simply have to accept that fact. God made YOU to PLEASE OTHERS in YOUR appearance and never to please your self !!!
- show all natural beauty and body parts exactly the way God made them for YOU - because that is the way YOUR very best friends, your family, your eternal partner and most others LOVE YOU. YOU need to learn that the way YOU are right now is the way others can love you - IF - you have nothing but LOVE in your heart - LOVE for ALL !!!
- hence avoid modifying your body like: shaving all body, changing body parts trough plastic surgery, adding chemicals to your body, ..
- your God made natural appearance is a GIFT to OTHERS. it is a reflection of your spiritual being including your karma and all your spiritual development and experience.
- if you truly think you need to loose or gain weight or be stronger or more flexible - then change your inner attitude and change your life style and all your appearance will change accordingly.
- learn to accept that you never can be physically beautiful if you are missing spiritual beauty ! LOVE makes beautiful - love more, create more happiness and your outside appearance changes accordingly.
- learn to GIVE all your natural beauty (natural = naked) TO YOUR BELOVED PARTNER. instead of hiding all different aspects of your body. instead of covering with various dresses and accessories and make up until all your nature is gone.
- jewelry and accessories you WEAR on top of your body are nothing but disguise of your true nature. to COVER UP your true being. made to make you appear different from the way you really are. jewelry and accessories compensate YOUR missing or damaged SELF ESTEEM ! if your self esteem is healed - then you can easily afford to show all your natural body to your partner ! ALL !!! - your legs, arms, hair, eyes, lips, teeth, body, - however the more you spend for fashion, accessories, jewelry, make up the more damaged your self esteem AND the more difficult it is to OTHERS to say "i love you" TO YOU.
- learn to accept that the way God made you - YOU appear like a beautiful flower, like an angel, like a natural jewel to those who NEED to love you, to those who are MADE to LOVE YOU !

- shape up your body in a natural way - keep your body clean and healthy - inside AND outside. to keep your body in a NATURAL shape you may do some garden work or hatha yoga or any other out door sport - just a short time on a regular basis - no heavy gym or workout needed - there is enough REAL physical work on this planet to give you a natural workout if that is what you love to do more often.
- inside cleaning is done by NATURAL food, without any chemicals or preservatives and by giving clean natural tap water to flush your body INSIDE. natural CLEAN tap water is the INSIDE-shower of your body when you drink it and the very same water of equal quality is used for your outside shower.
- be nicely dressed in a colorful way. look at nature. all nature is colorful. such is the aura of a spiritual being - many beautiful colors like a rainbow. use simple dresses in natural materials and mixed pretty colors to reflect in your outside the same colorful beauty as your innermost being is.
- if you are dressed in blue jeans, or other plain dark colors like black, grey, brown or white - then you are suppressing or killing your natural beautiful appearance because your aura is dark as a result of MISSING desire to GIVE LOVE and to MAKE HAPPY in a selfless way. dark dressed people usually have a dark attitude !!!!!!! how can a man or a girl feel and behave like an angel - made to the image of God - when dressed in black or grey or brown ???
- how much easier is it when dressed in bright rainbow colors or with beautiful flowers on the dresses !!!
- people dressing mainly in plain DARK colors - black, brown, grey, have a dark attitude toward them selves as well as to many / most others. that means they have little or no TRUE love for others and hence as a result of such limited love for OTHERS can find NO love for themselves !! such persons need to GIVE more to others - GIVE in all ways possible and their inner attitude changes as a result of the changes in their KARMA !
- persons dressing in fashion outfits, dark suit, white shirt, tie - suppress all or most of their personality - the SHOW UP an artificial personality.
- learn to select COLORS in your outfit - and DO ALL THIS SELECTION yourself - as it is YOU who needs to LEARN to feel well inside your skin, you need to learn to feel well inside your physical body skin as well as inside your dresses. drop all influence of fashion and wear what YOU love to wear - and - if you observe that YOU have difficulties in selecting multi colors and different colors - then you may need some emotional healing - change your inside and your outside can adapt ! Kriya Yoga will do all the changes inside and help you to be more colorful and bright INSIDE and as a result YOU will easily feel well wearing similar pretty dresses OUTSIDE as well !

Saying "i love you" to the ears of others

one of the single most powerful way to do exactly that is to VERBALIZE "i love you" toward others ! TOWARD ALL !!!

of course there are many other ways to "SAY" i love you. some of these are:

- saying anything truly loving and nice to others
- having a nice NATURAL voice when talking to others - this however requires YOU to be in harmony with YOUR innermost being - else you may never have a TRULY natural voice !
- using always positive words of LOVE when talking TO OTHERS
- singing FOR others. singing is a natural GIFT that ALL have. as children almost all sing.

later on they drop it more and more. however SINGING for others is LOVE for their ears ! just remember the many songs mothers or fathers have to sing their children asleep ! it finally is the LOVE within the voice that RELAXES the children and makes them sleep. the same relaxing effect works on others and your partner as well.

- play MUSIC for others. any instrument. nice songs - soft melodies of love and harmony create joy and healing in all.

avoid at any price words of negation, like saying NO, or prohibiting anything or limiting FREEDOM - this ALWAYS is the opposite of LOVING others !! listen to YOUR innermost being ! what are YOU thirsty and hungry for ?? what kind of WORDS please YOU ?

these words are the words others also consider LOVING !!! all YOU love to hear is what others love to hear as well.

Saying "i love you" to the nose of others

first let's have a look at 2 aspects of YOUR body smell / odor. your body's odor depends on 2 single factors:

1. the PURITY of your food and beverages have a great impact on your body's odor. a naturally BAD body odor may be ENTIRELY caused by chemically intoxicated food or beverages. by OLD or rotten food. by food containing preservatives, artificial color and any other add ons that we may find in today's modern food industry and monoculture farming. of course farmers using any kind of chemicals, like herbicide and pesticide also contribute to YOUR intoxication. however keep in mind that farmers are producing what YOU ask for or what YOU buy. if you stop buying any products from monoculture and from industrial farms and if YOU start to be environmental conscious in all your purchases and limit your food to NATURALLY grown biologically grown food and drinks - FREE of any chemicals at all - then farmers START to produce what YOU ask for and what you PAY for. polluted water also contributes to body pollution and to bad body odor. keep in mind that any pollution in the water used for irrigation of fields and gardens as well as air pollution that contributes to rain-pollution - also will be found IN the vegetables and fruits !!
2. the second factor for bad body odor that is under YOUR sole and direct influence are your EMOTIONS !!! if you have negative feelings, revenge, hatred, jealousy, envy, violence toward any or many others - then these emotions created a strong rejecting bad body odor. of course also your very own attitude toward YOURSELF and YOUR very own body affects your body odor. if you hate your body or DISLIKE your body or your being or part there of then YOU CREATE bad body odor through your ill self esteem ! typical and VERY COMMON examples are the negation of YOUR very own sexuality in its present physical manifestation. if YOU dislike AND negate YOURSELF as a sexual being - then the self created negative body odor YOU develop in your genital area will reject your partner instead of attracting him !!

remember the sweet exotic natural smell of a baby - any baby ! every baby smells like a unique exotic sweet angel-flower !! if you keep feeding that baby with LOVE only - in every aspect love - loving words, love food (breast milk of a loving spiritual mother), loving natural fruit juices and clean water and flower teas, loving words and songs, then that natural smell remains until old age !

the natural smell - FREE of any chemical add ons and fragrances - that means without the smell of soap, perfumes, deodorants, ... always is pleasant to others !!!

if however you note that your body odor is bad - you may be ill or have abused junk food or polluted drinks and instead of using chemical OR natural fragrance from outside to temporarily HIDE your body odor - you may purify your body AND mind again !

of course there are many contributing factors to body odor that might be difficult to control or reverse - such as the many toxins YOU absorb during the many vaccinations in early childhood and the toxins you get implanted in many countries when having teeth filled with silver amalgam fillings. but even here you can reverse the intoxication of your body through a process of detoxification that usually is done with the proper homeopathic remedies with the aid of a professional healer.

needless to point out that the regular ADVANCED practice of Kriya Yoga will purify all your emotions and thoughts and your physical body as well.

if you want to truly love and be truly loved by your partner - you need the courage to live without artificial or natural fragrance applied to your body from outside - instead you take a shower with some natural soap and shampoo and rinse all body with clean fresh water and you should have your natural exotic and exciting smell back from your childhood. did you ever smell how loving and sexy your partner can smell when your partner is in love with YOU ?? no artificial or natural fragrance ever could compete with THAT natural fragrance of your partners body !!!!!!!

learn to accept and DISPLAY all your natural beauty - your natural smell is part of your aura and hence part of your overall beauty ! care for it - by feeding your mind, heart and body with love and sunshine only. products grown in fresh clean nature in sunlight always contribute to your health and beauty and your active progress on your spiritual path of love does all the rest !!!

Saying "i love you" to the tongue of others

if you kiss with your lips your partner - you taste his skin ! the very same factors that apply to the smell of your body also apply to the taste of your body. keep your MIND, your emotions and your food and drinks CLEAN, healthy and NATURAL and make sure your self esteem and attitude toward all aspects of your being are loving - then your body at least "tastes" sweet to your partner.

of course a much different way to LOVE the sense of taste of OTHERS is COOKING ! in some countries they have a saying " love flows through the stomach - YES THAT IS ABSOLUTELY CORRECT - but of course food is only ONE aspect of love. but an important one as long as we have or USE a physical body here on earth.

the natural taste of fruits, salads and vegetables needs to be preserved as much as possible. then your food TASTES the way God intended it to taste. prefer natural food grown naturally IN YOUR home country that is the best guaranty for freshness in quality and TASTE. avoid at any cost genetically modified food under all circumstances !!!

of course a much overlooked factor in food preparation is YOUR LOVE while preparing food. if YOU manually prepare everything - with loving care, then YOU add the single most valuable ingredient to the meal - to ANY meal - YOUR TRUE LOVE that continuously flows OUT of your fingertips into the food your touch and prepare and cook.

no junk food, no prepared food, no manufactured food and no deep frozen food ever can replace a fresh homemade hand made meal.

every meal that is made with LOVE by a human is of healing nature.

be aware that food needs a natural healthy and CLEAN environment to develop it natural and full taste. in monoculture and in areas with high degree of pollution in air and soil and water all food is permanently intoxicated and no washing can totally remove chemical toxins.

care for your planet earth - some of you may still re-incarnate many times onto this very planet and tomorrow you may find yourself playing and farming on today's junkyard with nothing but chemical pollution left. all over - in the air, soil and water - and of course in all food. spiritual and physical disease will result from today's misuse and mishandling of our beloved planet. if YOU conduct a truly simple lifestyle you may find that MOST - almost ALL - of today's chemicals are obsolete in your life. what people REALLY need to be happy is LOVE and an environment that supports YOUR love to grow more and more until you found your way back home.

by the way - did YOU ever ask God to bless your water - or DID YOU ever bless water that you give your beloved ones to drink - if YES - then you know how much different it tastes and feels when you drink it - if NO - try it. all you need is TRUE LOVE and humbleness !!! since you have been successfully completing your bowing lesson a long time ago - both of these requirements are easy for you to meet ...

Saying "i love you" to the feelings and heart of others

the heart is causing us to feel. if our heart is closed - then we have difficulties in

- showing our love TO others
- feeling or receiving love FROM others

your skin is the receptor of love expressed through touch !!! hence you need to care for your skin and leave your skin and all body hair the natural way. your body hair acts like small "love-antennas" to radiate and receive LOVE from and toward others.

touch is VITAL to all humans and to animals as well. loving touch is one of the single most important contributing factor to the overall holistic health of any baby. however touching the skin - NOT the clothes !!!

for babies and children as well as for adults in a loving relationship - skin to skin contact - all body - is important !!!!

take your time for an abundance in skin to skin contact with your beloved ones. sleeping naked in bed hugging each other, where ever temperature allows - love is HOT or makes HOT - if you tend to easily feel cold in bed - then your heart is simply closed for the love of your partner !! however if you are open for God's love and for your partner's love - you always feel nice warm.

take your time to regularly take a bat WITH your baby - with your small children - or to play together and wash each other. touching YOU and being touched BY YOU is of vital importance for a healthy natural emotional development of your baby !!!

missing touch during baby and childhood age may cause great damage and make your children incapable of entering a love relationship to a potential partner later on during adult life. it may take decades or MORE to heal damage done by child abuse through violence or child abuse through MISSING LOVE. missing touch is CHILD ABUSE as it is EQUALLY CRUEL to withhold love and loving touch than it is to be physically violent.

LEARN to gently and lovingly massage each other in your family and also learn to massage your friends and others when ever possible. being able to lovingly TOUCH and massage OTHERS - anyone - is an important manifestation of your hearts love toward OTHERS !!

depending on your preference you may make a massage dry or with natural herbal oil or when taking a bath together with natural herbal SOAP to reduce friction and be able to touch even more gently !!!

another way of loving touch is a gentle and loving hug when meeting friends and foreigners !! all people need love. ALL - young and old - male and female ! i remember a few years ago in India i was giving free medical treatment to many poor ones in the streets of Kodaikanal and most of my patients were very old. one women approximately in her seventies had many problems most of all she was missing LOVE and wanted a LONG and sweet HUG from me. tear drops were flowing from her eyes because TOO LONG she never was hugged by a human on earth for a very long time. hugging is something humans in India almost never do in public !! people there are nearly starving to death for LOVE. as all devote plenty of time to many deities and sculptures in stone or wood or to God - but almost none is giving LOVE to living humans in India - to God's LIVING children on earth !!!! the same may apply to other cultures as well but for India it is a vital and typical problem resulting in the cultural stinginess among Indian population. NOT hugging means NOT giving LOVE to OTHERS and that is nothing but spiritual stinginess that also finds its reflection in physical stinginess of course !

doctors nowadays have usually no more time for LOVING their patients - for touching them, gently rubbing medicine into their body or for giving them a healing relaxing massage - all is done with tablets and injections.

another loving way to touch is partner dance - any dance any music that allows you to be touched by your partner and to touch your partner can be a divine expression of saying "i love you" - dancing together with your partner or with anyone if you fail to have a partner yet can be love and healing for body, mind and soul. it involves music you love, a gentle person of opposite sex you love and allows you to exchange much love through all your senses and chakras at the same time - and you actually exercise your physical and metaphysical body.

Other ways of saying "I love you" to others

there are many other ways to SPONTANEOUSLY say "i love you" to others.

here a few examples for YOU:

- in the movie, you have popcorn or chips but your neighbor has none - you may offer him / her and share yours
- in a public bus, train, ... you have some nice candy, chocolate or self made biscuits and may offer some to your neighbor
- in a bar or restaurant with a juke box - you may select a song - JUST for the others - may be a love song for their heart
- in a videoke (karaoke with video) you may sing a song for others or for your friends or together with friends
- you may start a part time business and offer massage to others
- you have a garden - and plant some very nice flowers to be seen by all who pass by your garden and for your neighbors
- you may have an abundance of fruits or vegetables from your garden and may offer them to your neighbors or to beggars or homeless or anyone else
- you may bake a cake or biscuits and bring them to your work or to neighbors or anyone you feel appears to be lonely
- from your garden, from nature or from a flower shop - you may get some flowers and offer them to FOREIGNERS you never have seen before - anywhere - old and young, male and female !
- if you play an instrument or know how to sing - sit in public at a location where people pass by or can sit for a while and play / sing for them - just for fun - just to SAY "i love you" - you may even team up with a friend or two to create a small band !
- have courage and invite someone you just met for a cup of coffee and cake or so -- at home or in a public restaurant / cafe-shop.
- if you are in a bakery and see an OLD person looking at the many goodies without selecting anything - you may assume that their pension may NOT allow for any sweetness in life - invite them to buy for them whatever they love to have and YOU pay the bill - as a Christmas gift - every day is a day to GIVE love - hence every day can be Christmas day !!!
- YOU are a child of God - be creative find MORE ways to say "i love you" helping an old person in household or shopping, doing garden work, going on a walk, talking or listening to someone, spending some time in a cafe with a foreigner, ... many ways to SHARE your time and GIVE your love to OTHERS - SPONTANEOUSLY !! you progress as you practice.
- and finally keep in mind that any kind of useful work done physically and personally BY YOU - NOT BY YOUR employees !!! - always is LOVE toward others ! be qualified and do as perfect as possible whatever your work may be - and you have one important way to say "i love you" to all society.

LOVE is the greatest gift we have - the most valuable - love has many manifestations and we all need to learn to use all or as many as possible. the more often WE love - the earlier we find home to God as only flowing love - dynamic active love can really heal, us and the beloved ones !

Advanced spiritual ways of saying "I love you" to others

for all those of you practicing Kriya Yoga - other purely spiritual ways of saying "i love you" will result as a product of your most intense and loving spiritual progress - most likely AFTER you have achieved Nirbikalpa Samadhi - one such important way is to dissolve karma of others !! but God will offer you many other gifts you can share with all - as a result of your true love for ALL.

you will find out about these other ways in time - God's love is infinite and omnipotent - hence has NO LIMITS at all !!!

have fun loving more often

have fun being spontaneous in all aspects and manifestations of YOUR love toward ALL.

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Learn to accept love from others

Part 1 - Baby love

Beloved ones

Learning to accept love from others - from ANYONE and from ALL is equally important than saying "i love you". the art is to recognize the near infinite number of different ways others practice to tell YOU or show you THEIR love is what we all need to learn and practice again.

if you reject part of their love - then YOU are an active factor of emotional AND spiritual stress for others. if you manage to reject most of other peoples love - then it would be MUCH better for all others to be WITHOUT YOU as it is much easier to spiritually grow without additional know stress-factors. if you happen to have a partner who repeatedly or near permanently rejects many of YOUR ways of showing and proving YOUR love - TALK to him - seriously and firm, if nothing changes, then it is time for immediate divorce.

every child of God has a divine right to be able to GIVE love in as many different ways as God OR you created. continuously, every day, every hour, eternally. including physical / sexual love and all varieties of direct love between 2 partners. every child of God has a divine right to RECEIVE love in many different ways - ever-changing ways - every day.

rejected love is one of the very worst spiritual situation that EVER can or could happen to anyone in God's entire creation. hence learn to recognize ALL different ways others use to tell you "i love you" or to show it or make you feel their love.

friends, family members, your children, your employer, your employees, neighbors and anyone else may have a deep desire to show YOU their love and it is YOUR DIVINE DUTY to learn to accept THEIR full love.

different people have many different ways expressing love. basically anyone who wants to talk to or with you, who wants or seeks your company may do so to seek an exchange of love in either way or both directions. exchange of love may start in a very powerful way in the very earliest childhood. here a few examples how OTHERS may express THEIR love for YOU:

- a baby loves breastfeeding - that is first a receiving part - the baby RECEIVES milk from mother and included WITH the direct flow of milk there is a direct and proportional FLOW of metaphysical LOVE from the "bosom-chakra". the baby ACCEPTING milk from mama says "i love you" by accepting mother-milk. after feeding the baby may want to sleep skin to skin at the bosom - to enjoy the FLOW of metaphysical love that keeps on flowing. it enjoys mothers aura and love and by ENJOYING mother's skin to skin contact shows his love for mama.
- if baby rejects your milk directly from your bosom - then your love is possessive or selfish - selfish love is hard and painful to accept or digest and baby may prefer to live WITHOUT your love rather than with selfish or possessive love.
- a few weeks later a baby may smile and a smile is an expression of happiness. happiness occurs when baby receives love from mother AND mothers fully absorbs all love from baby. a baby - remember that - is AN ADULT SOUL using a small and growing physical body that FIRST needs physically to adapt to the capabilities and potential of that soul. whatever the reason for an incarnation - the baby usually can LOVE - give AND receive - more and better than most parents. love is silent. a smile may be accompanied by a huge flow of love from heart to heart from soul to soul.
- a baby wants to be hugged - but it also wants to hug mother, father, sisters, friends and any loving person. when YOU establish direct body to body - even more - skin to skin contact, then every normal baby is fully open for the FREE flow of love in both directions - simultaneously. if you have "no time" for baby and give it away to a baby sitter, then you reject baby's love and create spiritual DAMAGE to that baby !
- the more time you spent face to face, skin to skin with your baby, the more you learn to appreciate the many different ways of giving love as well as receiving love from the baby.
- baby wants to communicate with you - to tell you sweet loving words - but you are listening with your ears instead of using your MIND and heard. baby can communicate in a telepathic way during pregnancy and after - just as easily as YOU can speak words. a newborn wants to make sure YOU know how much baby loves YOU and that baby most likely came to HELP YOU, to give LOVE to you, to be your little sunshine here on earth in your heart.
- baby grows up and starts crawling around and experience this "funny" and very dark planet. baby tries every energy it can see or feel. and whenever baby sees something special it brings you that special piece to show YOU "i love you" in different ways.
- baby may bring you some beetles, some gravel stones, minerals, flowers, ... ! baby KNOWS what is good for YOU - do YOU know what is good for YOU ? most likely NOT !!! can YOU FEEL energy ?? can you feel the energy of minerals or flowers or trees ??? are you fully aware of the energy of a butterfly or a glow worm for example ??? can you instantly feel the healing effect on your aura and physical body any flower brought to you by your children ???
- children grow up with an open heart - open for angels, for god and most metaphysical aspects of earthly life. children can feel the aura of humans and animals near by. and children often are searching for small objects that appear nice to them and bring them to you - as a gift of love just for you. it is their way of saying "i love you".
- later on baby starts to make drawings and gives them to mama, papa and friends. as a gift of love.
- and still later baby is a small child and learns to talk and SING - and sometimes sings just for you. baby wants to be WITH you even as it grows up. the growing up baby wants to share, to help, to WORK WITH you whatever you work - baby wants to share and help you. cleaning, washing, gardening, mechanical work, carpenter work, it is the children's ways of showing their love - being WITH you - near you - where ever you are, what ever you do. it is their divine birth right.
- if whatever YOU do is TOO "dangerous" or "wrong" for baby or child - then it also is TOO dangerous or "wrong" for YOU.

- babies and children love to play WITH YOU - rather than with toys - with you means with your body ! fathers are to be strong and YOU are the living toy for your children - by accepting YOU as their playmate of first choice - specially during the first several years of an incarnation - baby tells you "i love you more than anything else - just YOU - no toys of plastic, wood or metal ever can replace YOUR skin to skin body to body love and presence. it is YOUR having time for them that shows them that YOU are open to give AND receive LOVE.
- and if after hours of wild or sweet playing WITH you, they become tired and need a nap - they again show you one more times their appreciation of YOUR love and YOUR aura by hugging you and falling asleep IN YOUR ARMS !
- angel babies always want to fall asleep IN YOUR ARMS as well as wake up in your arms.

do you realize the many ways YOUR children around you are using to show their love to you ? are you always saying YES to EVERY such occasion or do you say NO sometimes or often ?

any damage caused by YOUR rejection of baby's love or children's love needs to be healed by someone BEFORE a child becomes mature for a partnership. such healing often takes more than an entire incarnation - that means many children have selected a situation that was so hard and empty of love that they have a "broken" heart beyond the actual incarnation, while others may need many years or decades beyond childhood until they become ready for a mutual love within a partnership.

look at the high percentage of divorce and look at all the NON-divorced partnerships which can NOT divorce because their culture prohibits divorce. look at all the partnerships and families with drug and / or alcohol problems. all these are children having grown up in a environment and society empty of love - they have neither received all the love they deserved AND NEEDED nor were they allowed and given a chance to GIVE all the love they WANTED to give.

if a baby or child WANTS to be near you, WITH you - it is the first way of saying "i love you". because loving to be WITH or NEAR you also means:

- i love your love
- i love your aura
- i love your smile
- i love your face
- your energy
- i love what you have to offer in your heart
- I am HUNGRY for YOUR love, all kind of love YOU have to give me - your baby !
- my hunger for YOUR LOVE, for your presence, shall show YOU how valuable YOUR love is - for me as well as in general to ALL mankind AND to God. as YOUR LOVE expressed in your time you share WITH me is the single most valuable you ever have to offer - to me as well as to ALL and to God !!!

.... but i am always aware that YOU need love - and me - your baby - i am willing to GIVE you all my love - to smile at you, to hug you, to kiss you, to touch you, to caress you, to bring you flowers, and plants, and many many smaller or larger objects to show AND PROOF YOU my love - as much as you need.

the more YOU are ready for most direct exchange of love - skin to skin, eyes to eyes, heart to heart and soul to soul - the more happy all. baby is ready for most direct and most efficient love !! always !!! are YOU ready to accept direct efficient love from your baby and children ? or do you

attempt to SUBSTITUTE YOUR direct love with TOYS, sweets and material goods rather than with YOUR time that allows YOU free flow of love - giving and receiving love requires TIME together without any interference by TV or other distractions - just YOU and baby !

... to be continued soon

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Learn to accept love from others

Part 2 - Children's love

Beloved ones

as babies grow older they start to show their love for you in more and more different ways - including physical and creative ways.

learn to recognize every manifestation from YOUR children's love and learn to fully accept THEIR love.

starting at the age of approximately 2, children become young adults and start to HELP mother and father in various ways, including cleaning, cooking, baking, watching YOU work and attempting to copy your work. children start to copy from you whatever you do, they want to be WITH you, in the office, at your work place, at home, anywhere and everywhere.

if you conduct a rightful and honest life - you will have zero secrets and can easily share ALL with your children. this sharing YOUR time and your experience with all your children would be the spiritual way of "educating" children - by YOUR SELF being a sample and allowing your children to do ALL you are doing.

your children's desire and natural interest IN YOUR activities is one major manifestation of THEIR love FOR YOU. they admire you and want to be like you. YOU are your children's idol !! because they love you they want to be WITH you and do what YOU DO !

if you have difficulties allowing YOUR children to do what YOU do - then YOU may do yourself something WRONG, wrong like

- being dishonest to neighbors, friends, customers, employers or employees
- lying to others
- cheating others
- abusing or benefiting from others
- violence toward others or creation
- any destructive behavior toward any part of creation - including environment pollution

children grow and their interest grow proportional. as the interest toward new activities and knowledge grows - the potential to learn grows as well. that means IF a child is interested in a particular skill or knowledge, then THAT CHILD is mature to LEARN it.

learn to accept the god given curiosity of children - because it is THEIR way of saying to YOU - the parents - children's best friend

- "i love you"
- "i trust you"
- "i have faith in your"
- "i belief that what you are doing is right"
- "i belief in your good judgment and common sense to know what you are doing is right"

the children's and teenagers readiness to copy YOU is a much deeper and spiritual way of manifested ACTIVE dynamic love toward YOU. it is YOUR responsibility to assure that your love mets the expectations of your children. it is your responsibility to make sure your children's faith and belief in YOU is fully justified.

whatever you do - keep in mind that your children KNOW what you are doing when YOU are away from them. because a "blueprint" of all action, thoughts and emotions is a permanent PART of the radiation of YOUR AURA !

toward ALL your best friends, beloved ones and partners YOU will NEVER be able to have any real secret - everything is part of your aura and only if you can do or repeat ALL you have ever done in front of all your beloved ones can you say honestly that you always had but loving and honest intentions.

children grow day by day - step by step and at different speed depending on many environmental factors - mainly depending on HOW FAST YOU allow them to learn, to grow, to become adult. remember that your children are ADULT SOULS temporarily having a smaller body that first needs to be trained. their realized spiritual potential MAY exceed your very own one by millions or billions of years of development or evolution !

while we have been created - we still evolve - ETERNALLY - we continuously GROW and learn, here on earth as well as back in God's divine home for us.

beyond the age of 6-8 years you NEED to give your children the freedom to do more and more alone - including helping you in household or garden or where ever they want to help, cooking or baking FOR you, going shopping and more. allow children to find THEIR way to love you, allow them to try new activities, new ways to be WITH you in an active way, allow them to do what YOU do - but allow them to do it THEIR way if they try different methods for what YOU are doing. who says that YOUR way is the only correct way or correct at all ? !

the more YOU can accept your children the way THEY ARE, the way God made them - the easier it is for your children to be WITH you, to retain a FULL opening of love FOR YOU and to enjoy life while learning and growing. allow them to copy YOU as well as to do things TOTALLY different from YOUR methods !

your children's way to say "i love you" consists mainly of

- helping you in various way depending on their age and divine potential
- learning from you whatever you do
- being with you or near you
- sharing their experiences and feeling with you
- singing for you, dancing with you, playing with you, playing music for you
- making you gifts like paintings, drawings, handicraft of any kind, needlework,
- growing up and showing you how much they can do, how strong they are, how they can find their own solutions or do things on their own

while parents mainly show their love for their children by

- giving all freedom to grow and learn
- listen to your children without judging them. accept all their "confessions" with love, by giving LOVING help and advice IF children ask for !
- ALL children have a divine right to SEE or BE with you any time, where ever you are, what ever YOU DO !
- accepting your children's company any time they want to be with or near you, even if they have no "obvious" reason - may be they are with you to PROTECT YOU with their LOVE !
- allowing children to do what you do and the way YOU do it
- taking TIME to explain why to do something in a particular way with positive words of wisdom rather than short explanations based on personal pre-justice, fears or lack of knowledge or time to to justify what you are doing
- giving freedom to your children to be alone if they wish so - or be with others, with friends, neighbors, relatives. free experiences on their own is a substantial part of growing up and MUST start in early age of just a few years. YOUR children's desire to do something particular - like going some place ALONE - means they are ready and mature and strong enough to learn to do that NOW !

children have much different ways of loving you than your living partner has - yet their way of sowing you their love is as divine and as necessary for YOU as your partners love. open for YOUR love to your children and open for their love toward YOU. learn to say YES to any loving request from your children and learn to justify WITH TRUE loving wisdom whenever you think you need to say NO. if YOUR NO ca be justified with LOVE and nothing but TRUE LOVE - then your children may accept it and dissolve their original request. if however YOUR NO was based on YOUR lack of time, lack of love, lack of knowledge, lack of YOUR readiness or willingness to cooperate WITH your children - then YOU have proven EGO and YOU have created karma that NEEDS to come back to YOU - most likely it needs to come back as a painful experience - painful FOR YOU - to teach you in a more efficient way what YOU have REFUSED to learn with love and in a loving situation.

CHILDREN may be some of your most valuable spiritual lessons and helpers - if YOU take the time to accept all the healing LOVE from your children. if your children are always happy and NEVER crying - then you most likely have managed to be a loving parent for them - a truly best friend. because best friends is what they need - while a baby needs mother and father to protect and guide, at the age of 6 and above children need a loving playmate and living example and later on, about at the age of 10-12 they need a best friend. hence YOUR role changes - and your love will grow as YOU need to learn to give continuously more and more freedom - seeing your children less and less until they are ready to enter their own partnership and fully manage their life on their own - far away from you - without even a possibility for you to see or contact them. if YOU have been a loving example for them - then you know they are strong and wise enough to pray at any time to God and to find their very own solutions in all future situations of life.

if however you feel bad about giving freedom to your children - then YOU may have failed to be a GOOD living and loving example for them. too late - because one day they have attained legal age and are free to do what they want to do anyway. missing ALL or most loving examples FROM you - YOU have created the need and situation for them to learn on their own - most likely in a painful way - and you have created the need for OTHERS to help your children including the need for "overtime" and extra work for your children's "guardian angels" to protect your children from possible damage that YOUR Missing example and missing time FOR them has created.

the more you do WITH your children whenever they want to be with you - the better your children are prepared for ALL situations of life - beyond YOUR present physical incarnation - because YOU are most likely to leave them on their own one day when you drop or loose your body by the end of your present incarnation.

if you are sure to have spent as much time in as many different situations as possible and wanted by your children - then you can be sure that your children are properly prepared for THEIR adult life here on earth.

... to be continued soon

with love and divine bliss

hans

Learn to accept love from others

- final part

TO BE OPEN TO receive OR ACCEPT love from others is of equal importance throughout our eternal life. different persons may offer you their love in different ways - often unseen and unrecognized by you.

since many or most of you OWE someone else the favor to first accept HIS love before YOU can give anything in return it may well be worth to seriously think about whose love YOU have rejected in the past and make up as much as possible.

may be you take some paper and pen and make some notes while making YOUR review of the below points,

for many people to feel love worthy / lovable they NEED and depend on YOUR accepting their love as much as possible. hence thin about the following:

- when did someone ask to see or visit you and you had no time ?
- when did someone want to invite you for what ever and you had no time ?
- when did someone want to show you something and you had now time ?
- when did someone want to offer you a free service and you had no need ?
- when did someone offer you a gift and you had no use for it ?
- when did someone want to go on a weekend or vacation with you and you had excuses that you regretted meanwhile ?

these above are just a very few simple ways someone may have wanted to offer you THEIR love, their company, or something out of their services or products ... a service of love of manifold nature and you found excuses for rejecting.

love needs to flow - among all mankind - from them to you - from you to them - love among the general population of human society may have millions of manifestations - like the blossoming field.

learn to get human relationships flowing - active - dynamic!

learn to accept whenever possible. someone wants to bake a cake or cook a lunch or diner for you ... why not !!

it is one of many ways to LOVE YOU and for you as well it is ONE of many ways YOU may need to learn to accept favors as a true way of sincere love and friendship among all mankind.

some wanted to offer you to play music for you or sing for you or to make you a gentle massage ... why NOT !!!

someone wanted to repair your household or make your garden ... why NOT !!

what may appear to YOU like work - may be a pleasant change in life for others or even their special hobby !!! what you may consider a burden may be pleasant for others and may be their ONLY way to show YOU their love in an efficient way.

love from others is making your life more pleasant. YOUR life for others is making THEIR life more pleasant. such is the eternal relationship of LOVE among all. we do things to please others and we accept things FROM others that please US.

when YOU have been really honest to above questions - then YOU must have written down a few occasions where you missed to accept the effort of others to LOVE you THEIR way.

rejected love is the cause of SEVERE emotional stress and even spiritual stress.

when you noticed that you rejected once or repeated times the offer of another person to establish a situation of loving exchange - you can solve the situation by

- send some flowers to that person - say i am sorry for having been too busy to see or meet you - but NOW you are free and would like to accept the missed offer ! flower always work as flowers are a carrier of love.
- send an email with above text and a nice picture
- make a phone call and explain above and ask for another chance to meet or see
- always ask you why you denied the initial offer and give your ego a kick. ;-)))

sooner or later YOU need to get things flowing again and it is the one who rejected an offer of love who will be the one to make the next first step to get love flowing again. be creative and loving and keep in mind that alternatively you may get another incarnation or many of them to get done what you delay or postpone or cancel NOW !

how does such perspective sound to you ? just keep in mind that MOST people on earth are here because they failed to do the few simple but nevertheless important steps to overcome their ego and say YES to love TO and FROM others.

to finalize this point. make a list of 12 persons from whom you rejected any offer during the course of past months or years and during this coming pre-christmas weeks re-establish a contact with them and get together. use all know efficient methods to contact them - be innovative and creative. use phone, fax, email, personal surprises, flowers sent via fleurop directly to their house..... use mutual friends to help re-establish contact.

now during pre-christmas weeks ALL people are more open for any kind of reconciliation. even if you never had any argument - rejecting love or the attempt to love YOU is a very serious situation on YOUR path to God as well as on theirs.the more often such situations occur, the more likely these persons may give up and stop to make any offer of love or attempt to love at all anymore.

something YOU may deeply regret in YOUR future.

use some of your time during the coming weeks to re-establish loving friendly contacts to as many lost or rejected ones as possible

with love and divine bliss

hans

Merry Christmas and a Happy New Year



Beloved ones

may love help you to always open your heart for the needs of OTHERS and the love of others always be allowed to flow into your heart and sweeten YOUR life.

may your heart always be open for the bliss of God's Love, Grace and Mercy and your mind be open and ready to forgive ALL mankind for whatever they EVER might have caused to you.

may the hungry ones be allowed to eat from your table and the freezing ones be warmed by your blankets and by your love and friendliness.

may all the children from YOUR previous incarnations and from across all planet find your love and be allowed into your hearts - to end all suffering and all separation among all human creation.

God bless you all

hans

Cyberspace Ashram - January 2003
your spiritual newsletter subscription has EXPIRED
- new year - new program and new services

beloved ones

please read all carefully

action from YOUR side may be needed to further benefit from my spiritual newsletters during 2003. your subscription of the spiritual newsletter and related services has expired.

if however you have repeatedly supported the cyberspace ashram during 2002 and have sent already a christmas contribution, then you should receive a confirmation of your active subscription status within the next minutes as well.

creation is made to eternally progress - so are we made to eternally progress ! but FIRST of all we are intended to find our way back to a loving divine being - back to our eternal home !!!

to better help you progressing on your path of love - there will be newsletters about various topics fro your spiritual success - AND M! ORE smaller newsletters.

some of them i will call "micro-letters"

micro-letters may contain just a few sentences - maximum 160 to 480 characters and can be received either by conventional e-Mail

OR NEW

by SMS - WORLDWIDE directly into your cell-phone - provided YOU have a reliable SMS service with YOUR cell-phone provider.

if you wish to receive micro-letters by SMS - then PLEASE send a request to ME using SMS to my valid (see below) cell phone number. this assures that YOU have a reliable connection and service on your side. YOUR SMS either always arrives or always gets lost. since sending SMS worldwide is quiet expensive for my side - your SMS order to ME assures that nothing is getting lost. however the single most efficient way always is the very best way and expenses never are of any priority for YOUR spiritual progress as YOUR eternal life depends on YOUR action only ... the faster and more ! precise you fulfill your spiritual lessons - the faster YOU succeed on your path of love to god.

either way - by SMS or by conventional e-Mail - micro-letters - in addition to regular spiritual newsletters - may consist of ONE single and easy to do INSTANT spiritual lesson for THAT day or

the day AFTER !

spiritual progress occurs when YOU practice daily and let love flow daily. love needs to be experienced, proved, practiced in as many different ways as possible.

and of course to let love flow more and more we all also need to learn how to better control our lives and how to better make OTHERS happy.

the result of more practical applications in more different situation may finally result in more love flowing more directly and making OTHERS more happy - resulting in ourselves being MORE HAPPY !

hence this years topics will be - among many others :

- - how to make OTHERS happy
- - how to BE happy
- - how to control our life
- - how to be more useful to OTHERS in our activities
- - learn to CREATE a smile in OTHERS
- - how to recognize the different forces of action - destruction or distractive ones as well as constructive progressive ones and how to control / modify the direction or its action for your spiritual benefit

may divine bliss guide you and improve day after day your situation to fulfill all your loving wishes for this year and all years to come.

there is but ONE life - eternal life - but this ONE life takes places within different worlds - HERE we are in the world of war to learn to LOVE - then we MAY be in the world of LOVE to LOVE eternally.

then ? when ? YOUR action decides and answers this question - only YOU decide !! YOUR present action and future action direct you into YOUR future world.

be aware of your action and LOVE and all will be loving - eternally.

;~))

thank you for your continuous spiritual efforts and support as well as for the support of the poor and needy ones HERE as part of all received contributions always serve the poor and needy ones HERE.

with infinite love and bliss

hans

The Cyberspace Ashram is a 1 man full time operation and ALL services - including THIS e-Mail are financed by YOUR honest contribution only.

For any personal questions always COME HERE or call my Cell phone

IDD: 0063 - 919 - 297 84 05

For truly spiritual questions by e-Mail - please read ALL text from the Cyberspace Ashram first.

God bless you

Hans

Author / Webmaster / Owner

Cyberspace Ashram

www.kriyayoga.com

new year - new services

always stay connected - always open heart - DAY and NIGHT

- for a test periode - ICQ msgs via cell phone for all spiritual questions / answers from you to me.

please read below exactly - you may want to USE it for YOUR spiritual benefit ... using ICQ only

the Christmas offer to be available on ALL instant messenger services simultaneously upon request is expired as such simultaneous with many instant messenger servers-communication of course consumes much (almost ALL) of my www bandwidth even without traffic and we now move on to the common and most efficient proven communications again.

ICQ is the certainly the single most developed and widest distributed communication system for short messages on most platforms worldwide offering the widest range of services at 0 cost. ICQ is my first choice and i use it since its very early years (since approx 1998) very successfully with many god seekers from all around the world for efficient real time communication.

to better serve you on your path of love to god i have successfully tested yesterday a new very fast and direct way for YOU to reach ME for all precise spiritual questions.

using YOUR regular online ICQ

----- some general info about ICQ:

(if you have no ICQ yet - its available for free for most platforms/operating systems from www.icq.com and dozens of MILLIONS have it already). you for sure know that ICQ - once registered - can be used ON ANY computer - even internet cafes abroad - just login with YOUR user number/password and you have ALL YOUR contact list available on ANY other computer as well without owning your own personal computer at all. all YOUR contact list info is stored safely on the ICQ server for FREE for instant worldwide access by YOU from any computer having ICQ installed - if ICQ is missing YOU may ask the system administrator to download and install it for you !

you can send me directly ICQ messages to my CELL PHONE whenever my ICQ status is ONLINE which as of now should be almost DAY and NIGHT during the testing period !!

YOUR ICQ message is received ON MY CELL PHONE like a regular SMS - DAY and NIGHT 24 h / day - even if i am miles or days away from any internet access point as long as i have cell phone signal from my efficient "SMART communications" cell phone provider here in the philippines and my answers to YOU are given / typed using the cell-phone keyboard and sent via the local Philippine SMS gateway into the www to your ICQ on YOUR computer where ever you are on this planet.

my own ICQ status may show ONLINE even if i am days away from any www facility - just by being logged in to the ICQ network via my cell phone on a more or less permanent basis whenever possible - for now during the testing period.

some extensive tests yesterday between Philippines and Italy have shown that SMS via ICQ - messages take only a few seconds to arrive in BOTH directions and all messages arrived with 0 loss so far.

any precise question that can be sent in a single or very few ICQ messages can also be answered in a single or few SMS via ICQ !!! hence PLEASE feel free to actually USE this offer for your spiritual benefit and to keep in touch ! the single most efficient and precise methods of communications are just good enough for YOUR spiritual path of love to GOD to assure YOUR greatest possible progress and ultimate spiritual SUCCESS.

of course i have to pay for all traffic - may be even for incoming ??
EXACT DATA about possible detailed expenses ARE MISSING as of today - hence PLEASE it shall be used for YOUR SPIRITUAL QUESTIONS ONLY for the time being !

i will run NOW these days a test periode for up to a few days and see how it can benefit YOU and then make a final decision depending on demand and whether expenses are affordable for me or not.

- if the NOW running TEST with YOU is positive i may run this permanent day and night connection as permanently as possible.

god bless you

hans

my ICQ # 17929735

cell phone IDD: 0063 - 919 - 297 84 05

Cyberspace Ashram

Annual blessing ceremonial

EVERY year on May 9th

**as well as Preparation to ACCEPT Initiation to the
Holy Science of Kriya Yoga on a self selected the
day for YOUR initiation from God**

proceedings:

beloved soul

to open MORE for love and bliss you need to make more "space" within as well and open your heart to the utmost possible.

a few preparatory steps may help you to do so and some additional thoughts about YOUR life and attitude toward YOURSELF and others as well may be needed.

first let me give you a short experience i had a few days ago here in the Philippines:

one day there was another - very old (apparently 90 +) looking - women outside my living place among all other neighbors sitting here every day.

i was taking place near her - and looking at her it was very obvious - she forgot to return HOME to god ! so i told her - "it is time for you to go home!" the women however replied that she cannot go home, she needs to suffer MORE here as she has many SINS.

you see - it was her totally wrong attitude that prevents any kind of divine bliss or uplifting and freeing love to heal or help her on her spiritual path. being just about bones and skin and very little life-force left - she thinks herself of being a sinner - just as it is taught again and again by so many christian priests day after day. here we are in a VERY christian oriented country in the Philippines. hence such thoughts and attitudes are very common.

many other encounters in europe and some of the other approximately 40 countries i have been working or traveling in showed similar results. particularly among christians.

hence - step number ONE:

the positive affirmation - I am a child of god - I want to love and help and support all others here on earth - hence i am worth all bliss and love god ever may have for me.

every single person on earth is "WORTH" being loved AND FREED by god's divine love anytime during THIS incarnation. anyone and everyone has the divine right to return home for the remainder of eternity - by the end of THIS incarnation !!

but remember the last spiritual newsletter about [divine accounting](#) - YOU as well need to

- love others
- help others
- support the needy ones
- heal the ill ones
- love the lonely ones on earth
- feed the hungry ones
- love god - and be of pleasant nature and attitude rather than being a "problem child" in trouble on earth

all the love and bliss flowing through YOU also needs to flow OUT of you toward others and toward GOD again to allow love and bliss to FLOW.

learn to be of pleasant nature to GOD, to god's entire creation and hence also to all nature and mankind ON EARTH !!

if you need to change your life to align it with some truly divine goals - then do it step by step at the greatest possible pace - there is NO reason for any delay except your ego and your own attachments or laziness.

your entire life can easily be changed within a single day. all you need to do is to make the very first TRUE steps NOW these seconds rather than "later" !

so the next step of preparation for the blessing ceremonial is:

before may 9th 1200 GMT

start to be of true help and spiritual benefit to others and PROOF YOUR LOVE by

- giving to totally "foreign" persons some flowers (bought or picked in nature or from your own garden) as a physical and more direct proof of YOUR love for anyone and everyone. may be a dozen of flowers - one for each person. about half for persons of YOUR gender and the remainder for persons of OPPOSITE gender - as a proof that YOU are in peace with YOUR gender as well as the opposite one.
- give at least one hungry person something to eat
- donate a honest amount to a single person in need (if for any reason you have no daily income - then it would be time to start to be productive in some way for others. in case you have no income - you would donate the amount a honest and hard working qualified person in your country would be able to share with the poor and needy ones !!
- give a honest amount for any truly spiritual cause - for example citizens from India may visit a guru near them or a saddhu and bring an envelope containing the honest amount - as they all are servants of god and of mankind while spending often all their life in modesty and most of the time in poverty. do it with love and humbleness.
- start to support actively god's creation by actively LIVING the first and great commandment of love YOURSELF day by day.
- make a firm and true plan on how you could make this planet a little MORE beautiful - for example by planting some flowers just for others or FOR GOD - somewhere in NATURE or on public property. select some flowers that last several years and multiply or renew on their own. mankind has actively destroyed so many thousands of square kilometers of nature that PLANET urgently needs YOUR active help for a CURE needed to allow future AND present generations to SURVIVE and find acceptable conditions of living on this planet. you may also plant a few fruit trees on public property making some LOCAL fruits available to ALL, or you may plant some spiritually beneficial trees such as ginkgo biloba or eucalyptus - depending on the climate zone you are living in. you may want to learn MORE about nature and get actively involved in maintaining nature. be a living and active example for all others and others will follow you with love. start to realize this plan AS SOON AS POSSIBLE
- learn to take MORE time for YOUR within - to assess all your life, your past and present. learn what in your life truly is spiritually important, what is truly beneficial WITHOUT any damage on behalf of others or nature. only activities FREE of any environmental pollution can be called beneficial for ALL creation.
- take time to do something for GOD - just imaging YOURSELF being father of many children - how much would YOU love to hear your children singing some sweet love songs just FOR YOU or how much would you enjoy seeing YOUR children dancing and enjoying LIFE together with ALL others IN PEACE AND LOVE with ALL others as well. invite GOD to COME INSIDE YOUR HEART every day in a peaceful and quiet time of prayer and meditation at first and later you learn to do so ALL the time. let your heavenly father participate in all your thoughts, experiences, daily activities and always include HIS point of view in your decision making. remember that GOD always loves ALL - hence god is FREE of judgment for or against any single being. the happy survival of ALL creation is all god is ever concerned about.
- learn to talk MORE freely with ANYONE and EVERYONE - learn to share all your thoughts, experiences, fears even in public and among ALL your friends. this will dramatically help to open more for a much faster change within on YOUR spiritual path of love to god.
- take regular time to read, study AND apply true spiritual teachings such as received by YOUR guru from spiritual books - such as the teachings of the cyberspace ashram, the gita, yoga sutras of patanjali, autobiography of a yogi and similar books. there are but a few truly spiritual books and teaching available - learn to recognize them and apply these valuable teachings IN YOUR LIFE - in all situations of YOUR life.

then on may 9th you should:

- prepare yourself by getting up well rested - that implies you getting timely to bed the night before. take a shower to be really fresh. look at such a day like if YOU are going to meet a beloved lover for the first time again after a very long period of separation
- be clean and properly, BUT very comfortably dressed.
- get some beautiful and nice smelling flowers, like roses, jasmine, lotus flowers or similar ones - if necessary the day before - **JUST for GOD** and a few extra flowers for someone else - your living partner, family members or anyone else. give them with love and look at these persons as children of GOD being lost on this planet as well and hoping to receive YOUR love and help on the way back home to god.
- take ALL day time for god - and if you have a family - consider them being part of god and spend the time with your family in love. they all need love and god's love is flowing THROUGH YOU to your beloved ones and all mankind on earth.

and by 1200 hrs GMT you should take time of total peace and silence for about ONE hour. spend this time either in true and possibly wild nature, in a park, a spiritual retreat, an empty and silent church or chapel, an empty and silent temple or in YOUR home.

create and assure the greatest possible silence - turn TV and radio off if necessary, UNPLUG your telephone and switch your cell phone OFF for this sacred time of love with GOD.

make sure you REALLY have this time JUST FOR YOU AND GOD !!!!

make sure you are in a very comfortable position - fully relaxed and silent. remain in this position for many minutes to fully calm down and then concentrate on kutashta only and pray to god:

"Dear GOD - Please LOVE me FREE"

just this single one sentence - do it with sweet love and be ready to allow GOD to enter YOUR body, your mind, your soul, your heart and fill you more and more with love and divine bliss. after a short while or even instantly you will FEEL god's presence within YOU. allow this presence within yourself as long as possible - even hours - but at least a half an hour at the beginning.

once you successfully started to "HOST" GOD within yourself - you may then repeat this again and again - daily - even many times a day and especially before putting YOUR body asleep each time for AS LONG AS YOU LIKE OR AS YOU FEEL IT BENEFICIAL.

you will feel peace and love within - filling your life and your body more and more. healing of physical illness make occur - even spontaneously.

all healing is just a matter of allowing divine LOVE FLOWING THROUGH YOUR PHYSICAL BODY and your spiritual body as well.

your life will change - become more love filled and more loving in all aspects.



I love you all

from the depth of my divine heart and soul

with love and divine bliss to all mankind for ever and ever

hans

Dynamic Love versus static Love

Love needs to flow

continuously and eternally

only flowing love acts, creates, heals, frees and makes happy

Let's see and understand the difference between dynamic and static Love first:

A nice helicopter in a garage - well parked and protected - is static. If such a helicopter stays there for hours, even days, weeks or months - it remains static and is useless. Inactive possession or the owner. Costing money - constituting a burden to take care of - while being empty of any practical use.

If you have modern computer - high speed with all the features you ever imagined and wanted. In addition your computer has hundreds of wonderful and useful tools and applications installed - but your computer is standing in a corner and switched off days - weeks - even months. All the potential of this computer is useless and static.

If you would use the same computer a few minutes or even an hour or two every once in a while - using a few of its potential tools - still all the dynamic potential existing is static - sleeping - frozen - obsolete. In your mind you still know you have it - in your mind you know what all you could do if you needed or wanted.

Many people have an idea of "I love all" - may be it is only one single cell in their brain that is programmed to say "I love all mankind" . That is it.

Just one cell that knows I love - I can love - I can love all - all animals - all humans - all creation - but ...

it is a static idea - parked some where in your physical brain. Parked as a Divine potential to be used some day, during certain situations and with certain persons - some day for a few seconds or minutes.

How often do you really love ? One second each day ? Or even a few minutes each day ? What is Love ? Do you know how it feels when YOU love someone from the innermost depth of your being - or the innermost being of your soul ??

How often did you think that you should say "I love you" to a particular person - but in a different way - from the very depth of your innermost being ? Did you always do so ? Did you ever feel the very same Love for anyone out there ... if YES did you face that very person immediately and say these 3 magic words while feeling it ? These may be magic minutes of dynamic flowing love that

creates the feeling of happiness - creates magic moments of love in a life. How many persons have ever encountered such minutes. How often in a life time ?

Do you remember having held in your arms a small, cute, pretty, beautiful, angel like baby and feeling just Love - Love beyond words - just a sensation of being loved by that angel like baby - and loving - truly loving beyond any words ...

These are moments of dynamic - true - Divine Love that sometimes occur in our life - for seconds - for minutes - once in a while or even only one single time in an entire incarnation.

Have you ever felt Love when seeing someone suffering, crying, starving, dying, asking for help, begging for help - these moment may have felt different from the previous ones mentioned - such situations again may wake up a deeper feeling of active Love toward others or at least wake up a desire to develop such a potential within yourself - while at the same time such situations may make you aware of the present limits of your personal, physical Love and wake up a desire to expand the potential of your Love to a level where you can reach out and heal or free anyone anytime Love is asked for or needed. Anytime politicians run out of Love they create war, anytime soldiers or policemen run out of Love they take their gun and threaten people or kill people. Anytime a teacher runs out of Love - he is punishing his children in class or giving a bad grade !! when parents run out of Love they start to use authority and command or punish.

Love is like all the Horsepower of an aircraft. Having it is one part of the story - every one can have, can own an aircraft - even a baby or a bird could be given an aircraft and be called legal owner of it.

Pure possession of a potential is static and of no value at all unless you really and continuously explore and deploy the potential more and more in a controlled and beneficial way - beneficial for all - using your potential actively and knowing how to develop its full potential in a beneficial way for all is something dynamic and much different to just having it. It needs to be practiced - again and again - until you continuously deploy the full Love potential given by God.

One day each person on earth may learn to love - at least for minutes or hours - to some degree of purity and perfection - at least part of their own family. But presently most of the planet's population may not even have reached that state yet. Loving ONE single person - at least part time - is the very beginning of turning your static Love potential into a dynamic flowing Love. Once you have started this step of spiritual growth - continue - remember that ALL are children of God. Expand your Love to all members of your family.
Then ...

remember that in previous incarnations you may have had most probably others family members - where are they ... ? that is God's secret !!! They could be any where - they all may have loved you and you may have loved them ... so you would like to love them again - which face and body gives shelter to the beloved soul having been your partner in your last incarnation ?

Your neighbor ? Your father ? The postman ? The butcher around the corner ? The teacher next village that you started to like from the first minute ? Or the shoe polisher next street who always greets you very friendly and seems to polish your shoes longer for the same money ?

Until you have become one with God - God may keep this secret for your consciousness - and what is your only choice ? If you don't know who your previous beloved children are now and who

your beloved partner is now in this incarnation - you may have to expand your Love to include ALL mankind on this planet !! this is a very fine trick - from God - to teach you to love all. By loving all you may be sure that your Love hits the right one. If you exclude a single person on earth you may exclude one of your very family members of any previous incarnation. It is but infinite Divine Love that has the power to reveal ALL the secrets of God's creation.

These few moments in life you felt a feeling you would call Love - do you remember what was different during these magic moments of Love from your normal daily life ?

A few things always might be common to all your experiences of Love

- you stopped thinking before you experience the feeling of Loving or being loved by someone
- you stopped thinking when you actually felt Love
- you have stopped thinking or judging about anything related to the object of Love
- you have been silent during these moments of Love - no speech - no words - just silence on mind and voice
- it happened in a moment when all of your intellect got paralyzed by the magic and / or the beauty of that person - adult or baby. By the beauty of a God made soul - in a male or female body of Divine Love and Divine beauty

For the magic moments of Love you have managed to focus on feeling - a vibration beyond the physical being and perception. As a result of silence in your mind - the door to your heart opened for a glimpse in eternity and Love was allowed to flow through you.

There may be other magic factors that have been involved - but the most important was that you have stopped to think and reason or judge or condemn for a moment - Love was the result .

Hence you may need to learn that our intellect - while being able to create or find new formulas, fill out tax declarations, file lawsuits,

is actually and continuously killing Love in our life. Our intellect - our mind is creating formulas of human relationships as well. Formulas like

- if he spends plenty of money for me - then he loves me
- if he chases me for many months - even without getting a single kiss - then he must love me
- he is well educated - i love him
- he is successful in his career - he is a good party to be married with - i love him -in your mind also: because he probably is making me popular and many people may know and admire or envy me because of his success or popularity
- she/he is sexy - i love her/him - because all my friends may probably envy me
- she is a good cook and seems to like the same food - i love her
- he is too poor - what social drop down for me - no way I ever could love him
- he / she is too young for my or too old for me - what would others say about such a difference in age ?
- He /she is of different race, cultural origin, nationality, religion - this may not be allowed in our culture or civilization"
- he / she is divorced or has already children from previous partnerships - no way to love "such" a person
- and more. Mankind's intellect is of almost infinite creativity to find reasons why a

particular person can NOT be loved - according to our standards.

Any such "reasoning" or thinking may kill any potential Love instantly and from the remainder of the present incarnation.

Our Love was too static - may be only one single cell in our brain who claimed the possibility to Love or be loved by the other person - but may be millions of others brain cells storing facts and memories or cultural programs for material goals and against Love.

Such static Love can but lose. It has no power at all - ZERO power. Such static Love is like all the phone numbers in your cellular phone memory. Useless unless you start to use the program to get a connection to another person / soul and get energy or a communication flowing between two persons / souls.

When you really want to develop dynamic Love - start to keep focusing on feelings - experience the feeling of being near someone, within his / her Aura. How does it feel, how does the skin smell, his / her kiss taste and feel. Then concentrate even more on feelings, beyond physical or sensual perception or physical senses. Just look inside you and experience feelings, emotions, let everything flow to get freedom within for the flow of Love.

There may be particular situations in your life where you experienced such magic moments of Love - let these situations be present more and more often in your life. Was it a candle light dinner in a particular situation / location with a particular music and a particular person ? The repeat it again and again - expand the moments of Love to become hours of magic Love.

Was it dancing with a particular partner a particular dance - then repeat it in similar or equal situations and allow the magic of Love to expand and allow the Love to flow more and more. Let yourself "fall" in Love - become one with Love - become LOVE - a being of Love - filled with Love - flooded with Love - showering magic Love upon your partner - showering magic Divine Love upon all your surrounding. Do whatever your heart says you like to do - do whatever you FEEL wanting to do - drop all cultural thinking or reasoning, forget your "education" - true Love is far beyond what your intellect ever can create, think, reason, allow or prohibit.

Love is free of any limits - love "permits" all - because Love is Divine and healing. Your Love for others can heal you - the actively loving one - as well as the beloved one - if Love is allowed to be dynamic, flowing - then Love is going to free, to heal, to uplift both - the lover and the beloved. Love is the greatest magic power in God's entire creation - once you started being a magic lover - keep the Love flowing. Once your partner started to be open for Love keep loving - as long and as intensely as possible - and

remember

as soon as you start thinking or talking - you have killed the magic of Love again - hence keep quiet - keep loving - keep focusing on feeling on Love and happiness - enjoy the magic moments of Love and let the healing power of Love free both of you - because some of this healing may persist and help you to re-enter such magic moments of Love more and more often - and more and more easily - the longer you allow Love to flow.

With all the Love you feel - always keep in mind that God is the source of all - hence ask God to help you to remain open for Love - ask for more Love for all mankind and expand your Love

beyond your present partner or family the more people, the more beings you start to include in your Love - the greater the flow of Love through you - the greater the magic of Love.

We talked about the flow of Love - yes you will actually feel Love to flow through you. Of course Love is beyond the physical plane. So you first need to become sensitive for metaphysical energies - but this is very easy and in previous chapters you have all you need to learn, practice and improve sensitivity for Prana.

In magic moments of Love you will feel Chakras to be more open than before and you will feel an increasing flow of energy radiating around you and flowing through you toward the surrounding people or your beloved ones. Hence your previous static Love starts to become more than just a static idea or a plan - it starts to become alive - to become dynamic and starts to change you, your surroundings, and anyone within reach of your Love.

What is within reach of your Love ? All creation is within reach of your Love - it just depends on the limits your mind may still create for you. All limits are but in your mind !!

once you have started to truly love a few persons. You may soon feel that others may deserve your Love as well and include more and more persons. Your family, your extended family, your neighbors, your village, your district, your country of origin or residence, and more and more beyond your known horizons ! After a few years of regular practicing real flow of Love - practicing dynamic, almighty, Divine true Love - you may wish to love all planet earth and some times later you may feel that when loving all planet you exclude billions of unknown other beings also created by God. Any group you ever love - you always become aware that you are excluding some others. As a result of this awareness you start to expand your love more and more and of course your love can reach far beyond our solar system. Velocity exists only in computers and in the mind of mankind. Love is Divine and hence free of any limits - Love is free of any limits in terms of velocity, distance or anything else. You may instantly Love all creation - billions of universes, all beings at the same time and you may instantly feel all their Love in return. You learn to feel that Love is continuously flowing through all creation - always has been flowing and always will be flowing throughout all creation from eternity to eternity.

Love is a dynamic Divine power - deploying an infinite healing and uplifting force acting on all that open for Divine Love. Acting as much as any person allows it to act. Or with other words

the less you block the flow of Divine Love - the more you experience and benefit from ever increasing flow of Love.

You can never start the flow of Love - but you can stop to block the flow of Love. Be sure you truly understand this very last sentence. It is your mind, your intellect, your cultural reasoning, your intellectual programs that stop the flow of Love. This stop of Love requires a continuous action and continuous effort from your part - if you "stop to stop" the flow of Love - Love will become free and starts its Divine healing through you and through all that are open for Love.

Search for the magic moments of Love that you ever experienced - this may be an easy starting point. Then repeat such situations again and again - improve your magic of Love by dropping more and more all the behavioral patterns and rational reasoning or your mind that ever causes to destroy the natural, God made flow of Divine Love - allow Love to flow , heal and free you and your beloved ones. Increase the number of people that you include in your Love and keep increasing and extending the moments you feel the flow of Love until you feel a continuous flow day and night.

God loves continuously - billions of years. God never sleeps. Sleep as mankind experiences is but a healing coma needed daily to heal from any damage you continuously create in your daily work. Your body may need rest - your soul needs Love. Your soul needs flowing Love - dynamic Love. One day all your physical brain cells are fine tuned to be used to Love what ever you do. You can work while loving, dance while loving, make music while loving, author books while loving, cook while loving, anything can be done while loving . If ever you feel that there is something that might stop your flow of Love - drop it. Drop any behavior or activity that ever could reduce your flow of healing Divine Love again.

You are made by God - to the image of God - made of Love and made to Love - whatever you do, you can do with Love.

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When YOU focus ALL your efforts and resources toward achieving YOUR important goals - you will achieve your goals !

ANY and ALL goals !!

How efficiently are YOU using your available resources ?

YOU will find out very soon the exact answer to this question !

Introduction

first PLEASE WRITE NOW down the answers to following questions BEFORE you continue to read - then later compare YOUR spontaneous answers with the precise results of the worksheet provided to you at the very end of this chapter

1. what is YOUR first priority in life ? name ONE priority - ONE GOAL only ! this can easily be done in ONE VERY brief sentence !
2. does your present JOB support you in achieving YOUR goal ? YES or NO !
3. does your present environment support you in achieving this goal ? YES or NO !
4. do ALL the persons IN your family support and approve YOUR goal ? YES or NO !
5. how many % off your ANNUAL total GROSS income are YOU investing in achieving YOUR goal ? write down an instant spontaneous but precise guess - a precise number of +/- 10 % accuracy !
6. how many % of your total POSSESSIONS are absolutely directly USED in ACTIVELY supporting your goal ? possessions are: ALL your saving accounts, all your real estate property, all your shares, all your household inventory, all your business inventory

A few preparatory examples for you

from these days' daily life to help you understand the topic of this chapter

Example #1

a football player who wants to become a champion will

- buy the best football shoes
- the most comfortable training dress
- the best football,
- he will focus on all different training skills directly related with football fitness as well as all complimentary skills needed to maintain a well balanced emotional, mental and physical overall health
- will play hours of football
- PLAY with BALLS almost every day, different games with different balls under different conditions - for MANY years !
- ... until he achieved his goal.
- he will buy / pay the best possible trainer, masseur, medical supervisor, manager and staff to needed to successfully support HIS EFFORTS to achieve HIS goal - to be a good FOOTBALL player. his very personal picture of how GOOD HE wants to BE is the only criteria limiting his progress. achieving his goal needs the greatest efforts - maintaining a high level of professionalism still needs a strong and continuous but lesser effort.. but once he has shifted his focus toward any other goal in life, he will start to withdraw energy from maintaining his level of expertise in FOOTBALL and drift OR develop toward another goal.
- hundred thousands of football players in this world have successfully achieved THEIR goal - because they set up their correct priorities and invested all necessary TIME and EFFORTS and MONEY in achieving their goal. they became local champion, regional champion, national champion continental champion or even world champion - whatever THEIR goal was !

he however will NOT waste hours each day

- driving cars
- hanging around doing NOTHING at all
- playing daily another few hours computer games
- drinking every day several beers
- going windsurfing every weekend

a potential true football champion will

- focus for as long as needed ALL his efforts toward that ONE single goal in life until he has either reached that goal or realized that other goals might be more worthy !

exactly the very same principle applies to EVERY potential champion in any sport ! such champion candidates most of the time invest ALL their money and time toward achieving that goal - and once on top of their sport - they continue to invest a substantial part of ALL their income in maintaining that level. YOU may look yourself at a few living examples in any popular sport ... football, car racing, windsurfing, skiing, boxing, weightlifting, judo, tennis, golf, squash, ... many or most - while earning millions a year - spend approximately 50 % or even more from their annual GROSS income toward ALL the contributing factors and helpers of THEIR success, including all necessary logistics ! check yourself !

Example #2

a musician. many professional top musicians may have started at the age of 5-10 years to learn one primary instrument and up to 2 or 3 secondary instruments. he may have

- spent an average of 1-5 hrs of practicing every day for 10 - 20 years or more
- spend hundreds of hours of professional music lessons in theory and practice each year, totaling up to 500 or more us \$ annually
- 2 or 3 or more quality instruments, worth a thousand us \$ or more
- maintain or repair them on a weekly or daily basis - totaling 100 or more hours a year
- rent a separate room for music practice with a few friends
- by the time he is a top professional musician, may be in his 20s or 30s - he may have spent easily 10'000 or more hours of learning and practicing PLUS a similar number of hours of WORK to finance all these many thousands of us \$ of accumulated expenses during the 10 - 20 years of learning and practicing.

Example #3

a professional SCUBA diving instructor. about 2 - 3 years after his initial diving, by the time he is a qualified novice instructor, ready to apply for a job, he most likely has

- undergone various certification courses and diving trips to gain additional expertise in various diving environments - possibly on different continents, in fresh water and ocean, beach and boat diving.
- spent easily 1000 us \$ of course fees
- used 300 us \$ of books and learning material
- traveled far more than 1000 us \$ to different diving location by air, boat and road
- depending on the climate - spent us \$ 1000 to 2000 or MORE for his professional diving equipment needed for proper training and preparation
- spent another 5000 us \$ or more for a TOP quality diving instructor college education - including all expenses - to finally be certified as a novice open water instructor with a number of specialty instructor ratings.
- spent another few hundred \$ for boat/skippers license and compressor repair seminars and diving equipment repair seminars held by several various diving equipment manufacturers at different locations in different countries.
- spent several 100 of \$ in diving equipment maintenance, repair and replacement parts
- has acquired some advanced mechanical skills BEFORE starting all this a.m. training
- has multilingual skills in communication with people, teachings skills, business management skills and far above average quality and safety consciousness as a result of his PREVIOUS several years of professional activities.
- has worked in a very qualified job AND saved from his earnings for 1 or more years to finance the overall total of far more than 10'000 us \$ for ALL of the above training and expenses
- and of course he is willing to CONTINUE his training and learning year by year for as long as he is an active professional instructor. visiting yearly seminars about various topics to become a REAL and qualified experienced professional during the course of years. spending hundreds of \$ in books, magazines, and seminar each year

YOU achieve what you are striving for !

Successful experts in any field and specialty spend hundreds of us \$ and hundreds of hours a year to IMPROVE their skills and knowledge. many ten thousands of us \$ for their general education (elementary school, secondary school, high school, college, universities, ...) until they start their specialized training and learning professionals of any field and specialty need many many years or even decades to become REAL specialists. by the time they are REAL and true all-round specialists in ONE single field (for example electronic) they may have

- changed 2 or 3 times or more often their employers to gain additional expertise in other companies of the same industry. to do so they moved to different locations, even to different countries and may have needed to learn different languages to do all that easily and successfully.
- easily needed some 10 or more years totaling FAR more than 20'000 hours of learning AND working from the very beginning until they have achieved an above average expertise and qualification in ONE professional field of activity
- had spend many 1000 of us \$ of savings out of their very own earnings made before or while studying and in addition may have benefited from many years of full or partial financial support by their own family, living partner or by taxpayers of their country

during all these years they had ONE major goal: to be GOOD in ONE field - in ONE profession they loved to practice. ONE field of activity they selected for whatever reason. as a result of such intense focus toward achieving this ONE goal - they all finally made it !! hundreds of millions of humans have become specialists during the past 100 or so years on this planet. TRUE specialists !

many have delayed having a family or having children until they achieved their goal. many top professionals have NO family and NO family life at all as a result of THEIR intense focus on ONE goal in THEIR life. many TOP sportsmen have sacrificed ALL to achieve their goal, ALL their savings, ALL their current earnings, ALL their property, ALL their time, ALL their privacy, ALL ...

and as a direct result from such precise goals and focus ON THAT ONE GOAL - they have achieved their goal. millions do it - again and again, year after year on this planet. in fact ALL industrial growth and technical development and other social OR spiritual development of THIS entire planet earth depends entirely on these few millions who strive to become REAL experts in ONE field for a while. experts such as:

- mechanics in many different fields. mechanics qualified to make out of 2 old and broken cars of different make ONE running car
- shoemakers who can make out of worn care tires replacement soles for any shoe to be repaired instead of disposed of.
- engineers repairing damaged electrical appliances, radios and TV with almost no technical equipment
- genius who make watering systems out of bamboo, wood and other NATURAL materials without any technical products - just out of their own power of divine creativity
- herbal doctors and alternate therapists who have learned to find ALL they need in the backyard or their home country or province instead of importing expensive herbs and medicine from remote exotic countries.
- musicians who have discovered the healing magic of music and have learned to KNOW when to play what
- cooks and bakers who can make exotic cakes and food out of whatever they have
- tailors who can create exclusive NEW design hour after hours - making custom made beautiful angel dresses for humans - no 2 alike - just by using their god given creativity of

NEVER making TWICE the same !

hundreds of millions at present time are satisfied being average or minimalists and hence have nothing or extremely little to contribute to society and planet (and creation) ! and the few true experts are running most of this entire planet together with whose HARD working labor forces.

a cook can never become a chief by watching TV and using junk food ingredients - but by supporting his suppliers of quality food supplies, quality biologically grown herbs and vegetables from the small farmer around the corner, by using eggs from FREE living hens feeding on natural food and gorgeous FRESH quality fruits or nuts (you surely know that hens would love to eat fruits - such as apples or bananas - if they would be given fruits !!) - even if the price is twice as much as mass production and junk supplies . a specialist LOVES his customers - that is the reason he loves to be an expert in his field - to make his customers far above average happy - as happy as possible - expertise and quality consciousness is just another manifestation of LOVE toward ALL creation. an expert loves to constantly improve his skills and knowledge and overall quality - to serve HIS beloved customers better and better. throughout his entire professional life span.

Find your true goals and priorities in life and focus on them

at the very beginning of this chapter you have answered the question "what is YOUR first priority in life ?". that answer is what you want to achieve from your intellectual point of view. but what are you really supporting is what you are achieving. and what are YOU supporting ? - where are all YOUR efforts and investments directed to ?

most of you are at this very moment without true orientation in life - most of you may THINK to have a particular goal and may even think to work toward achieving THAT goal - BUT may fail to work precisely and scientifically toward ACHIEVING THAT goal !

Support YOUR goals and those supporting YOU

in any humans life there are many supporting people.

- your family supports you by LOVING you, by hugging you, by making you happy, by sharing all with you
- your employer supports you by providing you with something TO DO. having NOTHING TO DO makes people feel USELESS, obsolete and often jobless people drop into deep depression. very obviously - since they do NOTHING - their LOVE is static and has stopped to flow !! working for society means LOVING society.
- your employer supports you by giving you the opportunity to earn money to support YOUR family and to finance YOUR dreams and your family dreams and goals.
- your employer also supports you by providing you with an opportunity to enhance your skills

and learn to improve YOUR CREATIVITY and productivity. he offers you chances to work without YOU having to INVEST FIRST. your employer did all the preparatory research, he accepts the responsibility for the products and services toward his customers and he did all the hard work and brain work to get all money and other resources needed to finance YOUR employer's company. most of you are employed - hence MOST of you have proven to be TOO WEAK to be self-employed. having your own business means having to do ALL yourself - ALL ! all the hassle with governments and authorities, all the problems with suppliers and customers, all competitors relationships, all marketing, all accounting, all design and engineering, all repair, all maintenance, all cleaning, all production, all phone calls, all correspondence, all of everything - ALL ! ONE DAY ALL spiritual persons always become self-employed - eternal expert in ONE field ! cooperating with a number of other experts in OTHER fields of activities under the loving and wise guidance of God.

- your entire country, society, culture, community is supporting you. how could YOU as an individual build schoolhouses and all the resources needed for the quality education we all have on this planet.
- your guru and many other spiritual teachers in the background support you to help you learning the lessons NEEDED by YOU to end YOUR cycle of physical reincarnation ! a true god-realized guru has no boundaries or limits in his circle of action on this planet and beyond. he is guiding you where ever you are - near or far - IF you are open for his guidance. your opening FOR HIM is DIRECTLY proportional to YOUR support for his spiritual task here on earth.
- other gurus and spiritual teacher in ancient times have "prepared the soil" for you to spiritually AND materially prosper NOW and HERE on earth during YOUR learning phase here. they have done this with the limited support they have received at any time on this difficult planet. YOUR present support for spiritual growth of all planet will make it easier AND more loving for future generations and possibly YOUR future reincarnations as well as future reincarnations of YOUR beloved ones and friends.

ALL the support YOU give toward those helping and supporting YOU NOW in any way, materially OR spiritually - is finally bouncing back to you. some as early as immediately. some support is coming back to YOU in later years or later incarnations or beyond the physical world.

Example:

if you fail to support your employer TODAY - you may find yourself jobless TOMORROW - leaving you with NOTHING for YOU and your family ! lack of loyalty and support as well as MISSING QUALITY CONSCIOUSNESS are a very substantial contributor to the many crashes of companies of any size at any time. NO company is TOO big to crash within a single day - even governments crash ! look at the previous german democratic republic, or many other governments.

find out what value in life are important to you and actively and financially SUPPORT those values that contribute to your and your family's wellbeing, to FREEDOM, peace and love in your society and on this entire planet.

with a substantial part of your taxes you are co-financing police, army, secret service and control - hence the opposite of LOVE, inner eternal peace and freedom. if LOVE and GOD is what you want - then you should support spiritual development with an equal or greater amount than you support army and police and governments !

in our eternal home in god is only LOVE, peace and eternal freedom. the sooner we learn to

"reign" with LOVE only the sooner we achieve the spiritual maturity to live at home in god.

the goals you support NOW are the acting forces on you in YOUR future.

Do you love your JOB and are YOU supporting your employer ?

your present employer is providing you with all the money needed to conduct your present lifestyle, HE is the one on earth to support YOUR family financially ! if you truly LOVE your job - then you are truly making others happy because the job you love is a job you want to be a true expert in and all experts of any field are a pleasure to have around.

if your employer is providing a NEEDED and USEFUL product or service to mankind. a product or service that makes

- communication easier
- life safer
- life more enjoyable
- more happy
- more secure
- more pleasant
- more SPIRITUAL

if your employer is supporting or re-establishing

- freedom of all
- holistic health of all
- the wellbeing of all creation
- the protection or healing of all nature - all planet - all creation
- directly and efficiently supports the FREE development of LOVE in all situations - between and among ALL

then your employer is truly spiritual, then he is providing a real important, a useful and MOST valuable service or product to ALL creation !

- and if so, then YOU should fully support YOUR present employer by INVESTING in his business, by donating and contributing to his company, by becoming a shareholder and invest at least one full monthly gross income every year for the progress and improvement of YOUR present employer. you should also support your employer by improving on a permanent basis YOUR professional expertise and skills. expert knowledge and expert skills is the very best assessment in any business - your very own, your family business or the business of your present employer.

EVERY sincere and honest self-employed person ALWAYS considers investment in HIS very own business the most valuable investment ! because every honest person ALWAYS works and fully supports the WELLBEING of all others - of HIS customers. a honest and sincere businessman in any field always wants to make others happy with all his efforts. such attitude of SERVING others

and making others HAPPY is a divine way of telling OTHERS and GOD

"i love you"

by making others truly happy, by SERVING others - you LOVE GOD, as god loves to see his children loving, helping and SUPPORTING each others ! it makes God HAPPY to see his children loving and helping and supporting each others !

if YOU want to make God happy - then support those who make God happy, support those who contribute to your happiness and to the happiness and overall wellbeing of ALL.

many of you have a physical guru somewhere on this planet, in Europe, USA or India or any other place on this planet - are you sure to truly support him proportional to his spiritual support for YOU ?

I am VERY sure most of YOU do NOT ! if i look at most of the present gurus on this planet i see them either conducting a very simple life, with little or no food, with no bed, no real physical home on earth at all and no or extremely little comfort at all - that's the life and LOVE YOU give them proportional to YOUR love for YOUR guru

or

i see them involved in money making to support themselves instead of focusing in supporting you with his spiritual services on a physical level or on spiritual level by divinely and lovingly guiding YOU from within - with divine bliss and love from God. it is YOUR missing or insufficient direct support of YOUR guru that causes him to waste a valuable part of his resources to support his own physical body and family instead being able to fully focus on supporting YOU for YOUR very own benefit. HE has to waste a part of his valuable spiritual resources AND that wasted part may be missing in YOUR personal spiritual progress by the end of YOUR present incarnation.

he - YOUR guru - will return home to god by the end of THIS last incarnation and he has no reason to EVER return back to this planet. HE has given as much as YOU supported him to give.

YOUR failure to to ALL you ever could have done in THIS very incarnation - THESE very days and hours - this your failure to do ALL is YOUR sole responsibility for eternity. never expect YOUR guru to come one last time because you may feel too lazy to do ALL at once - HERE and NOW. in these modern times ALL important spiritual teaching with PRECISE INSTRUCTIONS for your successful path of love home to god is published in a clear ORIGINAL that will survive all coming centuries and millennium. ONE precise teaching is enough for ALL.

whether or not YOU may decide to actually realize and apply all these teachings of love is YOUR responsibility and YOUR free choice. after YOU read and studied all theses chapters you now should know all your possibilities and all possible end results of your actions or inactions.

YOU will achieve what YOU support ! if you support it

- with your love
- with your expertise
- with your efforts

- with your time
- with your direct physical help
- with your financial help and contributions
- with your investments
- with your eternal life

your MISSING SUPPORT for him results in YOU receiving less spiritual support FROM him as he has to waste valuable resources for NON-spiritual tasks. YOUR missing support for YOUR guru results in YOU having to WORK what HE could have given you and finally it may most likely result in YOU making additional incarnations because failed to learn and PRACTICE very substantial and IMPORTANT spiritual lessons that ALL need to learn and apply for the remainder of eternity.

i see many of the present gurus conducting workshops, seminars or writing books just to maintain their own life and pay for their expenses HELPING YOU. many re-write or re-comment on books that already exist since a long time like the Gita or the yoga sutras of patanjali. just because they are easy to sell among thousands of god seekers and hence a sure source of income to survive on this planet.

but with YOUR HONEST and active support they all could achieve true god union and write their very own books instead of commenting on outdated books of ancient times. they could personally write AND publish books containing solutions of love for thousands of different situations in life and most direct teachings for people of THESE days living in TODAY's world

if you have OTHER priorities than supporting my father in re-establishing peace and love - in re-establishing UNITY among ALL - how could my father support YOU in achieving YOUR selfish, egoistic and destructive goals ? the wellbeing AND protection of ALL creation is always INFINITELY MORE important than the selfish relative wellbeing of any number of EGO !

WE all are learning for eternity - HERE and NOW !

What works for achieving goals in sport or industry ALWAYS works as well in achieving SPIRITUAL goals !

for the very first time in history of THIS planet the previously SECRET and sacred technique of Kriya Yoga has been given to ALL mankind in the Cyberspace Ashram as a proof of infinite love from my father to all of you. however the intellectual study and knowledge of these techniques included in diksha are in NO WAY all of Kriya Yoga ! to receive the remainder from within - YOU need to qualify. you need to qualify by

- practicing ALL the GIVEN techniques of Kriya Yoga EXACTLY and regularly with all your sincere love and honest efforts over an extended period of time to PROOF that you truly want to love for eternity
- by practicing all the teachings of love
- by ACTUALLY loving all
- by allowing all to love YOU

- by sharing ALL you have with the weak and poor ones on this planet
- by supporting all those who support GOD in establishing LOVE and UNITY among ALL parts of creation
- you need to qualify by setting a clear goal in your eternal life and by proving that you actually can achieve your goal - it is better to set a small clear goal and achieve it than to set a huge goal and fail ! BEFORE you start to make huge projects of nuclear power plants, space programs, cloned manpower or girlfriends, genetically modified food or human life or animal life - YOU should FIRST learn to control YOUR very own ego and turn it into a divine LOVER by achieving GOD UNION. then you will know limits and rules and divine principles and you will know ABSOLUTE PRIORITIES that are valid for ETERNITY
- by promoting solutions of LOVE ABOVE ALL and in ALL situations of life
- by STOPPING any retaliation, any punishment.
- by really contribute actively to the re-establishing of LOVE and unity among ALL by having established PEACE and LOVE among all YOUR enemies and friends alike, by being YOURSELF in LOVE with ALL

if you manage your spiritual goal as professional and efficient as millions of sportsmen, politicians and professionals do - then you will be spiritually as successful as they are in their field of expertise and finally you WILL achieve god union.

if however the results of the worksheets and questionnaires given in this chapter show that the goal you WANT to achieve is different from the goals you actually are supporting - then you failed to successfully manage your own spiritual path and your entire life and you should search a manager / coach for your spiritual path and life.

it is ancient tradition that father AND mother coach their children. can YOU guide YOUR own physical children back to God ? how could you if you fail yourself to find YOUR very own way home. hence it may be time to reconsider YOUR position - the position your very own pride, stubbornness and stinginess or laziness has pushed you into and you may find it just about time to completely surrender all to God and to allow a god realized guru to manage YOUR path to god. NOW - ASAP - before your time on earth is over again. to be a champion of YOUR soul you need repeated efforts - you need "time" to succeed. the earlier you start the sooner and easier you achieve your goal. the longer you wait the more karma and obstacles you may have created in addition to what already carry along NOW.

go to YOUR guru in person - -BOW to his feet and then LOOK INTO HIS EYES and ask him the following questions

- do you know god ?
- did you achieve oneness with god in THIS incarnation ?
- can you show ME the most loving and most direct path of love to God and GUIDE ME back home ?

if he looks into your open eyes and can CLEARLY and with a FIRM and loving voice say "YES !" to ALL 3 above questions - then surrender ALL your ego to him and follow all his precise instructions instantly. be ready to work very hard for many years, many hours every day - just like any professional does when wanting to become a leading expert or like any sportsmen does when wanting to become a world- or olympic champion.

if anyone of you ever want to ask ME - i can clearly answer YES from the very core of my divine heart - i know my father (God) and i have become ONE with him and i can guide anyone and any

number of humans and non-humans back home - in love, with love, for love, out of love for my father and ALL creation - because i KNOW that LOVE is the only solution for eternal peace in all creation and among all creatures my father ever has made.

Worksheets

if you are serious about your goals - here some [worksheets](#) for your computations to obtain real valuable FEEDBACK for YOU !

managing and coaching YOUR spiritual path and progress is only a little different from managing a company or coaching a sport champion.

Related topics and chapters

[checklist](#) | [step by step](#) | [search for guru](#)

[Overview all chapters](#) | [Home](#)

Worksheets

Please print and fill in ALL data to have your worksheet

- or

simply OPEN THIS PAGE in your HTML editor (for example in your netscape browser press Ctrl+E to open in editor mode) and fill in YOUR answer.

YOU NEED these results if ever YOU want to succeed - and the results will show AND proof YOU some valuable FEEDBACK DATA for YOUR spiritual benefit !!

My inventory - worksheet 1

do you know how much you OWN ? - write it down HERE in this table to find out

please USE ALWAYS the NEW value at the time of purchase

item	amount	% of Total A
how much was the price for your house or apartment I own		
how much is the overall price of ALL furniture and appliances		
transportation - motorcycle, bicycle, car, boats, others (NEW value when I actually purchased these items)		
radio, TV, Hi-Fi, video, walkman, personal computer, cell phones and other electronic equipment		
professional equipment (computer for professional use only, tools, trucks, cars for professional use only, office equipment, FAX, etc)		
how much did I INVEST for ALL your professional education, i.e. any education after elementary school or after age 16 - include ALL student loans you received, if it was FULL-time study then it should include ALL my living expenses and transportation for the total duration of my studies.		

ADD us \$ 10'000 (in my currency) - residents of Europe and USA/Canada add 30'000 us \$ for each year of full time study at high school, colleges, universities and other public school and other government subsidized schools. this is approximately the ABSOLUTE LOWEST MINIMUM amount in any country worldwide PER STUDENT per year that the taxpayers and industry have to pay for the overall investment and logistics in public schools (construction, furniture, equipment and maintenance of school buildings and its inventory, all salaries and pensions of instructors, teachers, professors, all research and development of school materials, learn and teaching materials.) THIS mount here is the amount OTHERS spend to finance MY studies, MY dreams, MY future ! one day sometime later in MY life I will be the one to return most or all of this to society for the dreams and future of OTHERS ! note that NOTHING in life is REALLY FREE in God's entire creation - someone always had to pay what I used my father with his his income OR taxes, others, friends, neighbors, slaves, GOD, ...		
all your toys, leisure-, recreation- and sport equipment and related accessories (skates, ski, surfboard, balls, tennis, swimming and diving gear, all sport dresses or sport suits)		
how much did I spend for ALL my presently existing furniture and appliances (IN my apartment or household)		
any shares and saving accounts, life insurance policy, etc		
other property or real estate, valuables, gems stones, gold, art work, ...		
any collection of what so ever (add here the actual sum of all really paid prices) - i.e. coins, antiques, stamps, others		
TOTAL A		100 %

My hours - worksheet 2

item	hours	% of Total
<p>how many hours have past since my 1st birthday (24 x 365 x number of years until TODAY)</p> <p>- this is the number of hours OTHERS (nature !!, my parents, angels, and many more) + God have worked and LOVED for ME until today in my present incarnation</p> <p>this is my TOTAL LIFETIME Z until today</p>		100 %
how many hours did I spend at school - ALL schools today - including hours needed for HOMEWORK		

how many HOURS did I invest in continuing education - life time until today ! to change to a new job or improve in an existing		
how many hours did I WORK earning MONEY since the age of 16 (how many hrs per week x the number of weeks of work per year x the years until today) - that's the amount of LOVE and support on the physical plane for society AND GOD YOU returned or contributed		
how many hours did I make kriya yoga (techniques only) - all lifetime until today		
how many hours did I spend for humanitarian organizations (UN HCR, UNFAO, UNICEF, ICRC, WWF, red cross, lifeguard, fire squad, ambulances, hospitals, clinics, emergency rescue teams, SOS children villages, orphanages, and similar institutions)		
how many hours did I watch TV until today		
how many hours did I spend for all leisure and recreational activities (dancing, surfing, swimming, hiking, diving, skiing, skating, playing or listening music, watching movies, computer games, chess, playing cards, any other games and other HOBBIES ... including all related travel times)		
how many hours did I spend chatting, directly or by phone or in internet		
how many hours did i relax or just hang around		
how many hours did i sleep		
how many hours did i spend in hospitals or at home during accidents and illnesses		

My lifetime expenses - worksheet 3

this includes ALL MY expenses for ALL MY life - for a life span of 50 years based on MY real expenses I had during the past 12 months

(if it is easier for you, then you may take the LAST fiscal year instead the last 12 months from NOW !)

how much did I spent for rent, mortgage AND maintenance, insurance, taxes, utilities (water, electricity, sewage, ..) of my apartment or house (if I own several - the total sum of all)	
how much did I spend for all my transportation, private and business - i.e. buses, gas, running expenses, insurance, taxes for cars and other vehicles, PLUS annual amortization of any vehicle used based on a life span of 8 years per vehicle.	

how much did I spend for all drinks and other luxury items - i.e. soft drinks, coffee, tea, beer, wine, candies, chips, chocolate, cakes, ice cream, crackers, ...	
all insurance premiums I pay - medical, pension, liability,	
all taxes I pay - i.e. church tax, property tax, income tax, sales tax and others	
how much do i spend for my family	
how much do i spend for my personal use	
SUM B - ALL above for ONE year	
SUM C - my lifetime expenses for 50 years - (B x 50)	
during my past lifetime i had some unique expenses like marriages, divorces, accidents, unique travels or unique investments - here I add the total SUM D of this	
SUM E = MY TOTAL lifetime expenses SUM C + D	

The final and ULTIMATE questions - worksheet 4

HOW MUCH did I INVEST ALL together in all my life since birth until today for MY spiritual growth and development AND for the reduction of PAIN and suffering on this planet ?

add all expenses for any spiritual seminars, workshops, spiritual or new age books or magazines, subscriptions, including all related travel and other expenses	
all my expenses to visit MY guru of MY choice including MY donations to MY guru	
my contribution made to receive diksha and all spiritual teachings from MY guru of MY choice	
ALL my financial contributions for the poor and needy outside your friends and relatives	
all contributions made for spiritual projects that I support	
TOTAL C of all above	
What financial promises did I make TO GOD when praying for the fulfillment of a wish that are still open after the wish has been realized - like " i will donate X monthly salaries to XYZ when i get THAT JOB, ..."	

MY final conclusions

NOW you can play with these above result and do some brain jogging and FIND your OWN CONCLUSIONS AND VALUABLE FEEDBACK - FOR your SPIRITUAL BENEFIT !

here some possible questions and exercises or comparisons YOU may want to do:

1. HOW do I compare in my spiritual path compared to an expert professional or a champion in sport in regard to MONEY invested and TIME / EFFORT invested to achieve MY spiritual goal of ending the circle of PHYSICAL REINCARNATIONS ?
2. HOW MUCH time AND money does a professional expert OR sport champion invest in receiving professional advice, teaching, coaching, care, vocational training, seminars, workshops, training camps, ... compared to what I spend for my spiritual success ?
3. how much are my lifetime expenses for soft drinks, coffee and ice-cream compared to the amount I offered to MY GURU for diksha ?
4. how much do I spend in my entire lifetime for jewelry, watches, after shave, perfumes, lipsticks, make up, luxury dresses, ... ? HOW does this amount compare to my total amount i spend my GURU for receiving all the spiritual teaching and initiation ?
5. If a professional expert or sports champion is spending more money to achieve HIS success than I have currently available for MY goals - MAY BE he is WORKING HARDER to earn MORE to finance ALL his efforts ? ? ? hence may be I may have to work HARDER as well to be as successful ON MY spiritual path as he is in his materialistic path ?
6. HOW MUCH did i receive from society in expert teaching during all my past education and training phases in my different jobs compared to the expertise I return to society and creation ?
7. HOW MANY TIMES did I have the feeling that i NEEDED and HAD guardian angels helping me to prevent disaster or just to guide me to success ? and HOW many times have I been PHYSICAL guardian angel for OTHERS in THIS life - helping, protecting or paying karmic BILLS for OTHERS ?
8. HOW does the total time of Kriya Yoga and / or God Yoga practice in MY life compare to the time spend for various other activities in MY life ?
9. HOW do MY total investment for MYSELF compare to MY investments to RE-ESTABLISH PEACE and LOVE in God's creation among mankind HERE on EARTH ?
10. HOW MUCH TIME do I spend to actively SUPPORT myself compare to the RE-ESTABLISHMENT OF PEACE AND LOVE in God's CREATION here on earth NOW ?
11. HOW MUCH do I spend to relief pain and suffering among the poor and needy of this planet compared to what I spend for my various pleasure and leisure activities ?
12. HOW do my overall investment in TIME AND MONEY to IMPROVE MY PROFESSIONAL EXPERTISE and QUALIFICATIONS compare TO TIME AND MONEY spend for all other items in my life ?
13. Is my professional work aimed to improve SPIRITUAL DEVELOPMENT ON EARTH ?
14. do I support my employer to the same degree I love that job and all the benefits and salary i receive from that job to support my personal goals and to support MY family ?
15. at the beginning of the chapter i asked you "1. what is YOUR first priority in life ?" - now that you have some pretty accurate numbers about your real life - are YOU really spending a SUBSTANTIAL amount of TIME, EFFORTS and MONEY toward achieving THAT number ONE goal in YOUR life

be HONEST to yourself - become aware of discrepancies between what you THOUGHT your goal is and what you really are heading toward. because the greatest investments YOU have are the real karmic goals you are sliding toward

you may want to make CORRECTIONS and SHIFTING PRIORITIES in your life to make sure

your time used, efforts and investments are directed toward the real and eternal goals your truly
WANT to achieve

god bless you

hans

Rejection and fear and the physiology to dissolve in Divine Love

Rejection of any object leads to increasing magnetism toward that object until you are fully absorbed by the object and overwhelmed by its power. This rejection can lead to increasing fear of the object of rejection until the object of rejection has reached you in your life and faces you. Whatever you fear, whatever you reject is attracted by your fear and / or rejection. The more you fear or reject it the more you attract it.

Rejection of anything means rejection of a part of God's divine creation. On your path to God you will learn to love absolutely everything and anything. God loves all of us, all of all his creatures of any kind - human and any and all other - physical and

beyond the physical plane. Absolutely all is made by God and made of God. All is made of Divine Love. ALL.

All experiences serve a Divine purpose. All mankind is learning to see and realize the sense of this Divine purpose.

In the first animated GIF below you see a typical person rejecting or fearing any experience, situation or any object. Let me give you first some examples of typical

fears:

- fear of loss of property
- fear of death
- fear of losing a partner, job, family member
- fear of illnesses
- fear of the opposite sex
- fear of getting raped
- fear of particular animals
- fear of particular situations
- fear of anything you ever could imagine or fear

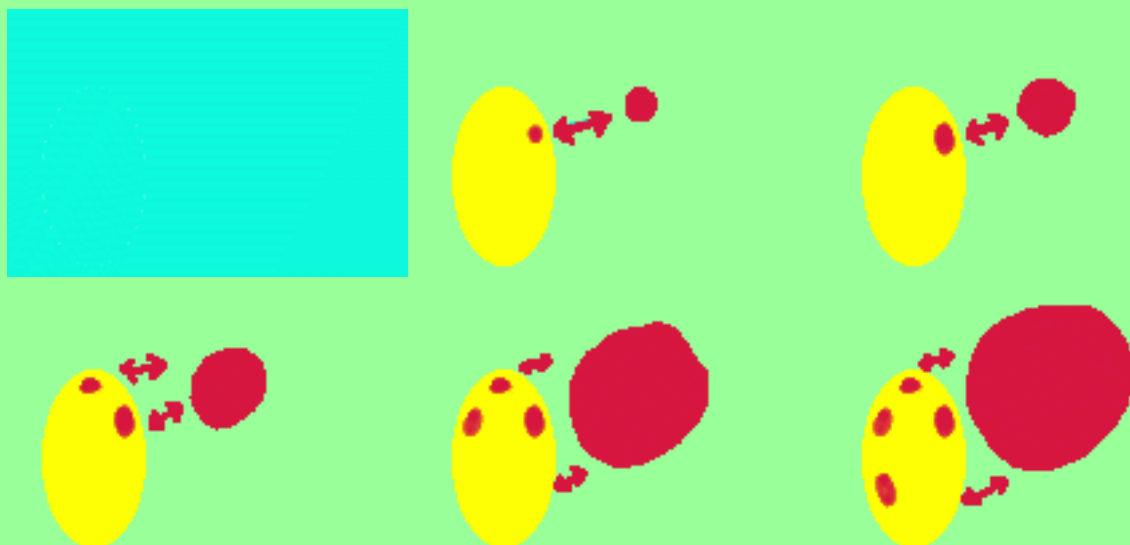
rejections:

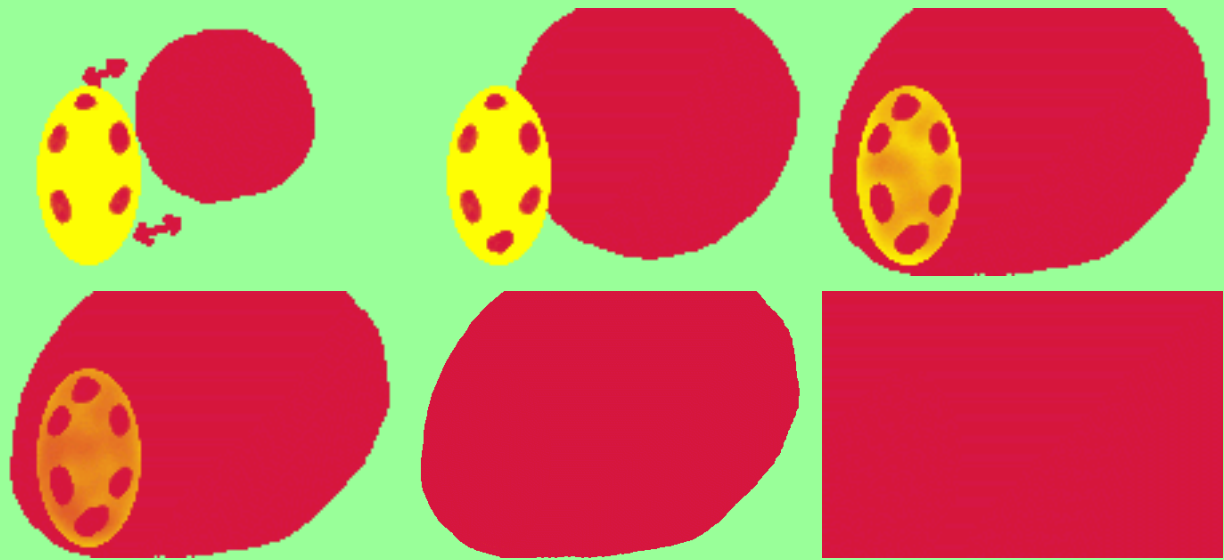
- to get married
- the opposite sex
- any partnership
- having children
- getting pregnant
- growing up
- take responsibility for all aspects of your life
- making use of your freedom
- love
- work
- drugs
- alcohol
- other cultures
- other persons
- other religions
- other races
- anything you ever could reject in your imagination and life

The object of fear or rejection is marked in the red symbol outside, the rear or rejection itself is represented by the red symbols inside the ellipse which shows a human lightbody in a simple way. The more you occupy yourself with your rejection and / or fear the greater the attraction of the object of fear / rejection and the greater the possibility to be overrun by it.

The following graphics are the layers from the animated ORIGINAL graphic.

To better understand you may want to see the same chapter in HTML version.





The animated graphic in GIF format can only be viewed in a browser. When printing this file this valuable information may be lost.

Whatever happens to you is what you attract. You will experience whatever you fear or reject until you have learned to dissolve it in Love. this however requires the readiness of approaching the object of fear and rejection and really learn to love it and practice and proof such love.

All mankind - all beings carry a copy or the object of rejection or fear in their own aura - during the course of all incarnations. The more often they focus on this object the greater the magnetism may get until the object has filled your life and your ego completely or until it has been dissolved in Love any time during the course of your incarnations. You may live even one or several incarnations exactly experiencing what you always have feared or rejected. Whatever it may have been.

Rejection against another race on this planet may result in one or several incarnation as a member of exactly that race. Rejection against the opposite sex may result in an incarnation exactly in a body of that gender. Rejection of a particular religion may result in finding friends or getting married to a person of that religion, or similar solutions to help you to dissolve all in divine Love that you have failed to otherwise dissolve in Love on your own.

By the end of any such attracted experience you will notice "I am" - "I survived it all" - and when you truly succeed on your path of Love you may even realize that it has been an experience of Love given by god to you as an answer to one of your previous prayers or just to help you on your path of Love to God. Your inner most core of your soul is anchored in God and always has been so. Hence you always are in absolute safety, whatever may "happen" to you. You will safely survive all your own experiences, all your own karma and all encounters with fear or rejection. But you may learn that fear and rejection can be avoided - hence all the emotional and mental stress involved with fear and rejection can easily be avoided.

Open yourself to God and learn to fully absorb the fear or rejection you carry within yourself in your

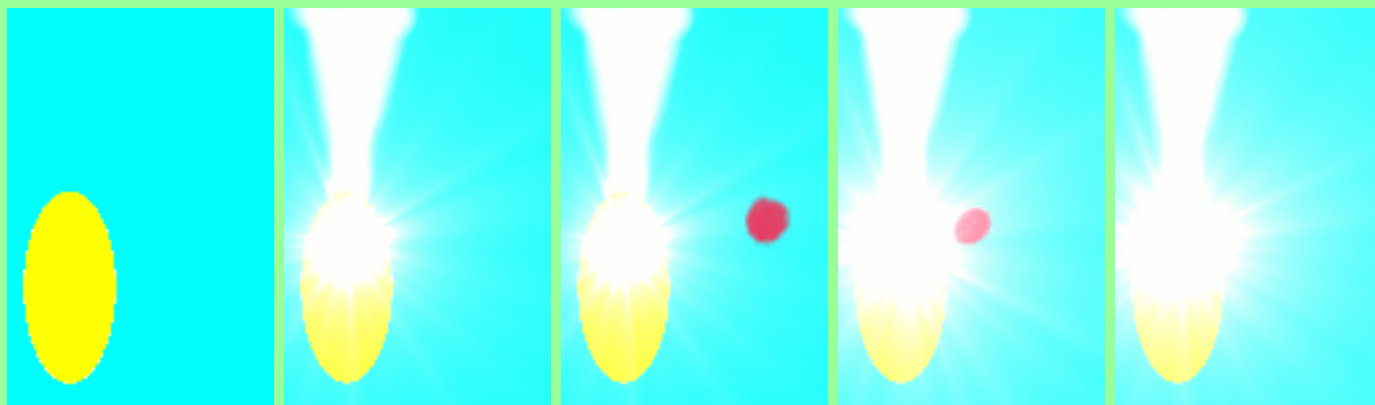
aura. Focus on the object of fear or rejection and open yourself continuously to God through your **Sahasrara Chakra** on top of your head. **Sahasrara Chakra** is your door to God. Absorb the fear or rejection that is within your aura and be ready to encounter the object of fear or rejection in Love and with Love. when facing your object of rejection or fear while being fully open to God and loving at the same time, all is dissolved in Love and freedom is the result. Freedom of any rejection and fear. To have dissolved all your rejections against anything and to have dissolved any fear of anything can only be achieved by the help of true opening to God.

This opening to God is achieved as a result of deep prayers and true readiness to have faith in God and truly encounter, meet, touch and absorb the object of fear or rejection. You will finally dissolve all fear and rejection by experiencing the object in one way or another. If you choose a path of Love you may give the experience to God and have God dissolve it in Love for you - within you.

the following animated graphic shows how this looks and feels like. Practice it in your life in any situation of your life and you may soon feel and experience how much easier life is getting by approaching everything with Love and dissolve anything in Divine Love. God is within everything you ever encounter. It is but your wrong or distorted perception that may temporary prevent your from realizing the Love within all around and inside you. It is but your very own and personal imagination that can cause any distorted perception and pain resulting from such distortion of your awareness and perception.

The following graphics are the layers from the animated ORIGINAL graphic.

To better understand you may want to see the same chapter in HTML version.



The animated graphic above shows you how the physiology of dissolving in Love works. Switch on your connection to God by loving all, by opening fully to all experiences waiting on you. Pray to God to experience but Love and to receive the gift of Divine Love in all and any situation toward all. Be ready to love all - whatever they do or whatever they have done - to you or anyone else.

Problem solving for your daily life

At first glance you may find the following proposal too simple or even impossible to practice. However it is in concordance with God's true nature - Love. It's the way God handles situations. Yes indeed, it is simple and quite often *appears* to be impossible to practice. However, you may soon find out how smoothly it works in any situation of your life - just keep practicing and improving time after time.

if you got stuck in a situation, if the road of life looks like a dead end road to you

quit struggling, quit fighting, quit arguing

and

start to love. Love is God's true nature,

Love is your true nature, because you are child of God - made to his image.

Restart your life as if you were reincarnating at this point of life. Learn from past situations, from past "mistakes", do something new and different by applying all the accumulated experiences of your past. Learn to look at your past "mistakes" as of lessons that you failed to understand or to learn successfully rather than calling them "mistakes". There are but learning situations in life - NEVER can there be any true mistake - only missed lessons. Remember what you do at school when you fail an exam - you learn more and repeat the topic until you pass in a way that satisfies YOU. All life serves but to teach you how to behave like an adult and Divine Child of God - made to his image !!!

Just remember what reincarnation does to mankind - it gives all of us another chance, again and again. We ourselves forget about our past and the past of all others, as well as all of our "enemies" forget about our past. We keep the essence of our past experiences and get another chance to improve and learn even more. To learn to love and handle all situation with Love.

if you don't know any further

if you feel like in a one way road and you can't see any possibility to return or change direction of your "destiny" - give the situation to God, ask him in a prayer to dissolve the situation and start loving yourself and all your Divine sisters. Yes, all others are your sisters - because they all are children of God. And because they are children of God, they are Divine. As Divine as your true nature is. Admit to them all the right to make "mistakes", because they all are learning to love. And they all are improving day after day. Give them tomorrow the chance and the right to behave and act differently than they did today, yesterday or the days before. They all may have learned a lot and may just be waiting to apply what they have learned.

Always remember - the only important lesson in life is to learn to love in any and all situations. It's the most valuable, the most precious gift that you can ever return to God - your Love.

If you want to go to court against someone

drop your cause,

give it to God and love.

Your ego only may be hurt by offensive actions or words of others - never your soul - your true being. Others however may help you to learn loving in all situations. They may do so by provoking you, by showing you your weak points in your behavior, they are teaching you and helping you. Be thankful they showed you another area to improve, another step to get closer to God. Thus they may turn out to be your best friends without you knowing and realizing it at all.

If someone is fighting you and you want to defend yourself

drop it - stop defending yourself - defense is an aggressive reaction to aggression. Defense is aggression - no matter what the cause. Your defensive reaction most probably may lead to another Karma for you to suffer any time later. Love can never even be touched by aggression. Learn to "absorb and dissolve" aggressive actions, words or thoughts coming from others toward you in your developing Love within, these are but what you have "distributed" among others in earlier days of your present or any previous incarnation. The more you dissolve these aggressions from others by just continuing to love more and more and asking God to assist you in improving the quality, the purity of your Love, the less "ammunition" others will have, because your Karma is "melting down" in the fire of your continuous Divine Love toward all aggressive situations.

Keep your mind and your emotions filled with Love - pure, Divine Love. Keep concentrating on God and his everlasting Bliss and Love for you and act as a channel of this Divine Love to all the persons involved in that particular situation.

if you don't know what to do at all

Love

- it's always right to love and it always works. Just do it with all the strength of your heart and all the strength of your soul and pray to god to help you to practice Love all the time. God is the source of all Love including all love you give to others or you receive from others.

Love is the solution, the end to all your problems. Once you have learned to truly love like a child of God, there will be no more need for problems to arise in your life, because you have learned to love.

The only purpose of any kind of problems to occur in your live is to teach you loving. The problems may keep coming again and again as long as you keep fighting, struggling, arguing.

Start loving today and keep improving day after day until you succeed. Be a Divine Child of God

and enjoy a life filled with Divine Love.

The chapter "[rejection and fear](#)" shows you a practical technique to dissolve in Love

- learn and apply it in all situations to free yourself.

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Open for God

Open for Divine Love and Bliss from God

The physiology to open yourself for the Bliss and Love from God and find instant relief from any pressure, illness and stress. This chapter and all future chapters of this site will teach you how to open again for all divine help offered to you.

After reading all of the previous chapters of this site of the Cyberspace Ashram - you now may be ready for more practical application of all you have learned so far. In addition you may now be ready to learn some practical exercises that help you on your path of Love to God - in Love - with Love. Please note that reading and understanding all previous chapters of the text "[on your wings of Love - on your way to God](#)" on this site is a real and necessary prerequisite to build up more success. All previous chapters are the basis of all following chapters. All is meant to be practiced at once and is part of ONE single spiritual tradition - the tradition of Kriya Yoga on your path of Love to God.

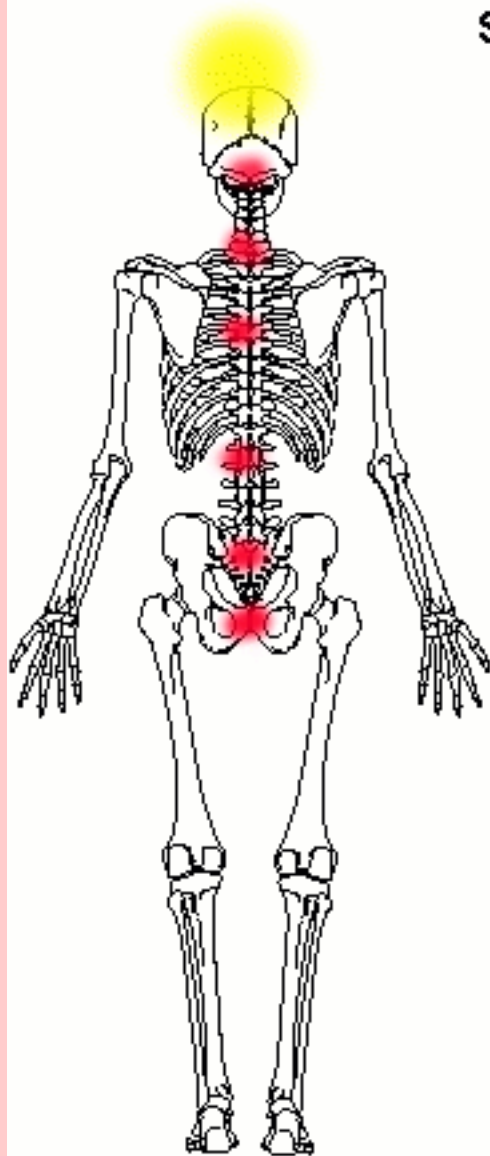
The very basis of success on your path of Love to God is to apply [Yama and Niyama](#) to the fullest extent in all situations of your life. To an extent and perfection leading to the complete and perfect fulfillment of the [Divine rules of life](#) described on this site.

Mankind's energy system is an open circuit system. One part being open to allow energy to flow in and another part to allow energy to flow out. The entrance of the energy coming from God is on top of your head - the chakra is called sahasrara chakra. This chakra is opened by YOU focusing on God and asking for his Love and Bliss - hence the sahasrara chakra is opened by devotion and Love to God.

The muladhara chakra is at the lower tip of your spine and is the opening for all energy to flow out again. All excretion like stool and urine are leaving your body on the lower side of the trunk of your body - the same applies for the metaphysical energy. Energy feeding your soul and all part of your lightbody is coming from top - from God entering your being through the sahasrara chakra and all "waste" and excess energy is leaving through muladhara chakra.

In the below graphic you see a view of a skeleton from the back. The red dots show the location of the entrance of the chakras into your spine. All these 7 chakras are in the horizontal center of the body. If you practice Kriya Pranayama and want to know exactly where the entrance into your physical of the chakra is - then simply ask God in a prayer to show you and be open for his guidance. You may then perceive his help by either seeing a light where all chakras are, or by feeling a vibration at its centers or by feeling any other sensation - like heat or warmth. To perceive such guidance may require advance performance on the application of yama and niyama and divine rules of life. But anyone really striving for Love and God will receive any guidance necessary to achieve the goal of his Divine desire.

Chakras



Sahasrara Chakra

Ajna Chakra

Vishuddha Chakra

Anahata Chakra

Manipura Chakra

Svadhisthana Chakra

Muladhara Chakra

How do we open for God, his Love and Bliss ?

The following exercise will show you how and lets you experience immediately how it feels. The following animated graphic shows you at the beginning an aura of a person with lots of stress and emotional turmoil. Like after a busy day or worries. Then you open up your sahasrara chakra and let God's Love and Bliss flow from top through your aura, through all of your body including your physical body, including all your cells of your body, your mind, your emotions, even your karma !! At the same time you open your muladhara chakra to allow all disturbing energy to flow out of your body. ALL.

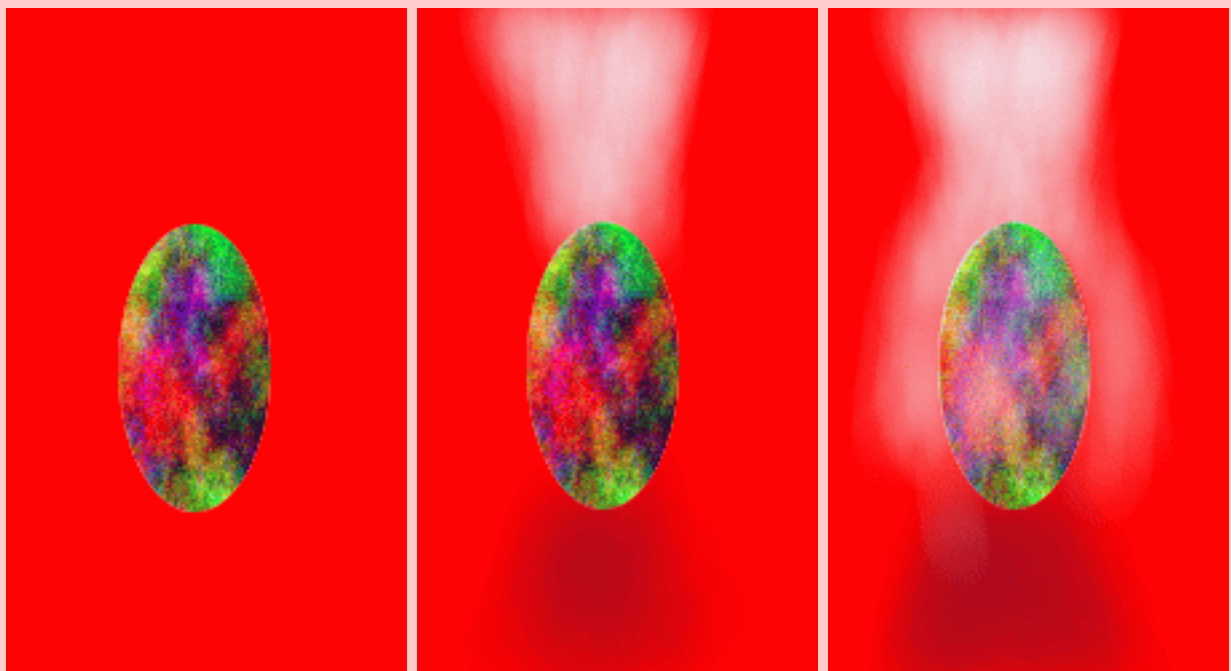
You need to have a real comfortable position for your body. God is anywhere, hence whether you are sitting or any other comfortable position is of least importance. However you should stay awake and be fully relaxed. Just to give this exercise a name, I will call it "lightshower". You may enjoy this lightshower every day, even several times a day, as much as you may enjoy a water-

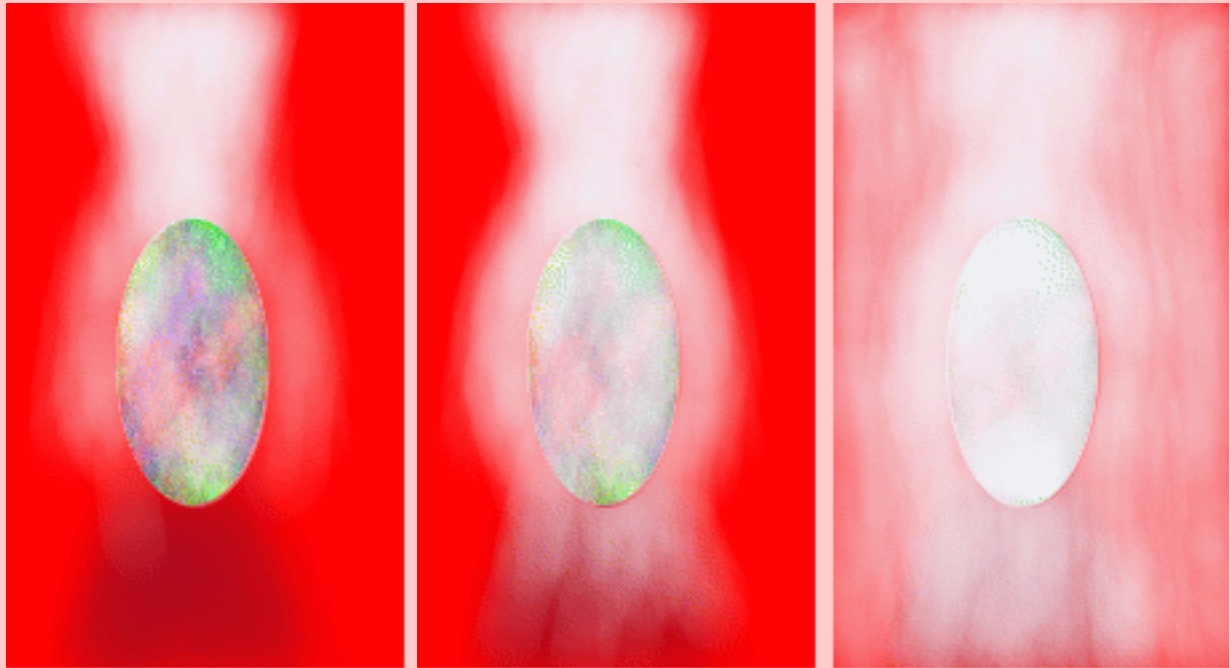
shower when working heavily. The minimum time to really benefit should be several from minutes up to an hour or even more.

As the animated picture below shows, the longer you practice it, the more your benefits, the better you feel. you may try it NOW for a half an hours or longer and feel how much more relaxed and free you feel. It is however important that you open yourself to God in a sincere prayer and attitude of Love and devotion. Allow God to take away anything that is a burden to you. Anything and everything. You are his beloved child and it makes God happy to relieve you of anything that is a burden or bothering you. It is a pleasure to God to Love you and let all his Love flow through you. You may do it as often as you love it and as often as as long as it helps you. You may do it when traveling in buses, trains, when waiting or having some spare time during work. You may benefit from this lightshower anytime, anywhere. After a few days, weeks or months you may even start to feel the vibration of God's divine Love or you may see the light he is sending you while you open for his Love and Bliss.

The following graphics are the layers from the animated ORIGINAL graphic.

To better understand you may want to see the same chapter in HTML version.





Lightshower

This animated graphic can only be viewed in a browser. When printing this page the graphical content may be lost.

This is an excellent method to clean you of anything strange you pick up from your daily life before you reach your home. Afford yourself a lightshower before entering home to keep your home and family clean of any bothering energy. Bring all the Love and Bliss into your home and family. They will love it as much as you do.

If you are working with different customers in an office, you may practice a quick lightshower in-between 2 dates. After a few months or years of practice, you will succeed much more and a few minutes may make you feel much better. The more you open up completely, the more Love and Bliss from God is flowing through you and the more efficient this lightshower is getting. Preparing you for even more advanced Techniques such as Kriya Yoga. But even when practicing Kriya Yoga, you may first want to practice this lightshower for 10 to 20 minutes to be prepared for the God-realization technique of Kriya Yoga.

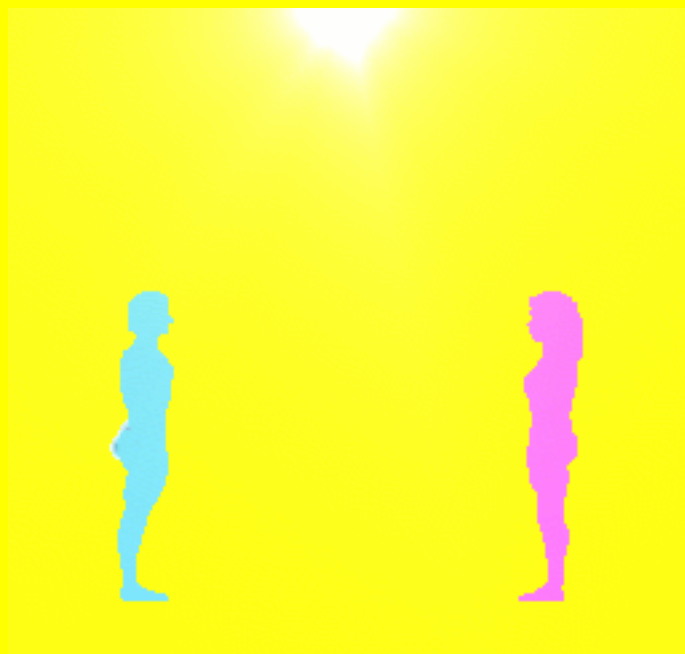
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Divine relationships and communication

How our attitude toward God and others affects our own well-being, health and spiritual progress.

Be open toward all and open toward God at the same time - continuously - to benefit most from all experiences God is offering you here and anywhere else and to spiritually grow in freedom and love.

Most people are closed toward God because most of their activities serve their very own ego and nothing else. Hence all there activities and relationship are ego-centric. The first graphic shows two typical persons closed to God and closed to each other. Whatever they do has little or no positive effect on their spiritual development.



Any interactivity or exchange of true Love is missing between the two persons above. Surrounded by god and Divine Love - all these two keep in mind are there personal interest and pleasure.

The next graphic show what interaction, communication and relationship between two or more such persons can result in



This is valid for most mankind on earth at the present level of spiritual development. Most people are to some degree obsessed by the energy of others. They are thus used, abused and possessed by the wanting, fears, desires and goals of others, partners of any kind, sexual partners, family members, friends, business, political, religion and more. Missing God-relationship always leads to a more or less degree of obsession - a condition where one person's aura is partially or (almost) entirely filled by the energy of their surrounding. By the energy from single persons, groups or entire society. This weakness due to separation from God can be created by creating ignorance about God's absolute truth resulting in persons orienting themselves toward earthly goals and - in case of emotional or material distress - grabbing hold onto physical helpers - some of which are abusing this situation to increase their own influence, power and might by creating or supporting dependency between themselves and the weak ones. Any person being separated from God can easily be influenced or even manipulated by anyone knowledgeable about techniques of hypnosis, the power of words, NLP and similar techniques - which all can be used for the benefit of spiritual and physical health and development of to create weakness and dependencies.

Any person can connect himself to God again. On his own and freely - any time - any where !!! The door to God is within you and far out of the reach of anyone else but YOU. You can re-connect yourself anytime again to God - if you truly and sincerely decide so. This desire to get in contact with God - the Divine source of all Love and Bliss - will open your sahasrara chakra as seen below in the graphic. Any deep prayer, any sincere wish to be loved by God and "please help me" from the depth of your heart is sufficient to open again for all Love and Bliss from God. Then you need to learn to practice this attitude continuously - throughout all your life - during all your activities of all kind. It is very easy to do so - very easy. More and more Divine Love will flow into your body, your mind, your emotions and all aspects of your being - freeing you more and more until you have reached oneness with God - in Love and freedom - eternally.



This Godrelationship is show above in the graphic. Whatever you do - anywhere and anytime, always - you can be in direct and conscious contact with God, receive guidance and protection from God - and - LOVE.

Such God-related person can easily open themselves to all mankind and all beings anywhere. This is shown below.



In Godrelation - fully open for God you can open yourself for all beings around you, open your body, mind, emotions, your "heart" and enjoy all manifestations of interaction and communication while learning from all experiences. all you do is guided by God and filled with his infinite Love and Bliss.



Such Divine interaction, communication on all levels during partnerships and friendships with any and all can be extremely beneficial and a source of divine learning for all persons related. In absolute safety and Love you can enjoy being a divine child of Love - made to the image of God - made in Love - made of Love. Learn and do by being and remaining open to God all the time, whatever you do, anywhere and always. Be free of any dependencies to move ahead toward your divine goal of freedom in God, all Divine Love necessary is waiting on you around you - just outside your aura - until you open yourself for all Love and Bliss. It is but you who can open for such Love and Bliss. It is your freedom to choose whatever you prefer.

This chapter is to give you the knowledge and skills to make a wise choice on your own. Freedom in God leads to union with the infinite source of true, eternal and almighty Love. Love is the single most powerful aspect of all beings. Once you have achieved such a state of true and eternal Love within - you will be free to do whatever you want, eternally and you will be enlightened by the consciousness of God to make wise decisions in all situations. Conscious Union with God frees you of any previous attachments to your physical body, hence all possible fears of losing your body is dissolved in the true experience of Godunion - dissolved in Love.

If you wish to enhance your freedom and progress on your path of Love to God, you may practice above Divine relationships and communication in all circumstances with all beings you encounter - with ALL. You will soon experience a change within yourself, your relationships and communications on all levels. Whatever people are saying or doing to you - open yourself fully, absorb and dissolve all with the Love flowing from God through you. Your learning from all experiences increases - anything can be given to God - anything and all - just open yourself continuously for God and all your surroundings. Your life will be filled with Love and Bliss - from God and all your surroundings as well.

[Overview all chapters](#) | [Home](#)

Kriya Yoga

**complete teachings and
initiation available**



Online



The Holy science of Self realization and God realization with

diksha

- Initiation -

to Kriya Yoga, Kriya Pranayama, Kriya Yoga Meditation,

and all Information you need to successfully

practice Kriya Yoga on your path of Love to God.

Self Realization and God Realization through

Kriya Yoga

The Divine tradition of finding and going

your way of Love to God

Initiation - Diksha - to Kriya Yoga according to traditional rules is given by God, by a Guru with a physical body or without one or through this web site if you can absolutely and fully devote all your life immediately to god by thoroughly following and realizing all

["Divine rules of life"](#).

To receive Diksha through this web site you truly and sincerely need to affirm God as your only goal and priority of your life and this present and any future incarnation. Love should be the single most important factor in your life. Love in its highest and most Divine manifestation ALWAYS leads to God.

If you prefer to receive initiation to the holy technique of God-realization personally and physically - you are welcome to visit me at my present location - the address can be obtained by e-mail directly before being ready to come - as the address may change every once in a while or during any possible travel to some remote countries.

To receive Diksha through this web site you will need to carefully and repeatedly read, understand and fully and successfully realize all that is written in all the various chapters and sections of this web site from the Cyberspace

Ashram at www.kriyayoga.com or one of its fully maintained mirror sites. Please understand that all - including the divine rules of life, yama and niyama and a thorough understanding of the physiology of your light body contributes to the success of Kriya Yoga. To study and make sure that YOU have ALL files and the full and complete original Initiation you are expected to have a full copy of the OFFLINE version of the file [god.zip](#) or the [Cyberspace Ashram MINI-CD](#) at home and repeatedly and thoroughly study all until you have all understood and a high degree of accuracy in mastering all techniques of Kriya Yoga as described in the file [god.zip](#) or the [Cyberspace Ashram MINI-CD](#).

More information will be found on the [download page](#) !

Kriya Yoga in its true and only content has been given a long time ago by god to all mankind. Due to limitations of communication in earlier millenniums, it always has been given through a physical guru. The only reason was to make sure that only the absolute true original is forwarded from guru to chela - [Chela is a spiritual disciple](#). While at the same time each Guru has and had the right to adapt the entire system and techniques to the very individual need of his Chela - the main part of Kriya yoga always remained and remains the very same. Some additional techniques may vary as there are several techniques available to achieve the very same goal to meet the individual need of a particular Chela.

To really assure that you have all information need to successfully complete your path of Love to God with the holy science of Kriya Yoga - a scientific method of Self realization and God realization - you should download the full compressed version of this entire web site - the file [god.zip](#) or [secure yourself the Cyberspace Ashram MINI-CD](#). Both contain all these important files, pages and graphics - you may find more detailed information about the download procedure of this file on the

[download page](#) of this web site.

Please note that all the most important parts of Diksha to Kriya Yoga is contained in the many graphics and animated graphics. Animated graphics can only be seen properly when viewed in a computer or other suitable device. When printed all of the information displayed through the several animated layers that are displayed will be lost. It is of utmost importance to view all animated graphics truly animated.

All important rules and descriptions are contained in the many text files and chapters of this site and should be printed for easy reference.

If you are searching for God - if you are searching for Diksha - please read ALL - carefully - completely and repeatedly

ALL - Every sentence - every word !!

And allow GOD all the time to guide and enlighten your awareness and perception to fully understand ALL in its TRUE and ABSOLUTE meaning !

You will find ALL you need on your path to God on this single web site or you may search other source to find the same path again. It always is your choice. This site is for all those God seeker who truly and sincerely can accept God as their only and prime Guru - while God may send you a physical Guru to further assist you - all your prayers should always be directed at God only. God knows anything and everything - absolutely all - as all is part of his divine creation - all is part of God.

The full content of this web site of the Cyberspace Ashram at www.kriyayoga.com or it mirror sites is part of Diksha and should be thoroughly studied and understood before starting to practice the techniques of Kriya Yoga. The Teachings and insight to God's Divine creation is the very basis of Kriya Yoga. These teachings are mainly contained in the section

- ["for Meditation"](#) and
- ["on your wings of Love - on your way to God"](#) and
- all [spiritual newsletters](#)
- the [spiritual FAQ](#) pages.
- and all other pages of this web site may be of help to you as well

finally - AFTER studying ALL and at the right time for YOU, when YOU are really ready and prepared - you will find one off the before mentioned sections - ONLINE and / or OFFLINE - the link to the actual entrance page for the technique of the holy science of KRIYA YOGA. PLEASE make sure YOU have FIRST studied ALL spiritual teachings of ALL these

before mentioned sections of the Cyberspace Ashram and have started to seriously learn to PRACTICE all these teachings BEFORE starting with the actual technique of Kriya Yoga.

if you have started to practice correctly and regularly ALL the above and have a deep and sincere desire to receive additional physical guidance by myself - you are welcome to join me for any time you feel spiritually beneficial for you. On the [what's new](#) page you always find my present location as well as additional information about how to contact me. Most of the time this may be in the Philippines, but if available funds by [contributions](#)

You may find other Gurus and God realization in the Internet by using search engines. Any true God-seeker will find his Guru if he is ready for the final steps in his spiritual development.

Pray to God and you will find a solution to any situation.

Initiation to Kriya Yoga is available to all serious God-seekers, however be ready to travel some distance to find your physical Guru or be ready to accept God as your Guru.

ALL techniques and teachings are FULLY and in every needed detail explained HERE ONLINE on THIS web site and in the file god.zip and in the Cyberspace Ashram MINI-CD - and GOD can give you all additional guidance !!! In any or the 3 before mentioned spiritual sources you will have ALL you ever need to succeed on your path of love to God in the most efficient and most loving way !

Remember that only a very few gurus have ever traveled from god to earth to help you. Be ready to work hard and steadily to achieve the highest goal ever possible - freedom in God through God realization. Kriya Yoga is the Vehicle leading you to this goal, your Divine Love is the "fuel" to accelerate your spiritual progress.

Warning

Practicing Kriya Yoga WITHOUT development of Divine Love would be like having a racing car or air plane WITHOUT fuel !!

The more you follow and realize the detailed teaching of developing Divine Love within YOUR SELF toward ALL and in ALL situations - the faster you may succeed in a very loving and efficient way on your path to God

If you search for a physical - God realized Guru - please remember that Mahavatars like Babaji and Lahiri Mahasaya had and still have many highly advanced spiritual disciples who have achieved God realization and are teaching now Kriya Yoga or fulfilling their individual part of serving God on earth and beyond. Only a very few of them or none at all at certain times may be found within an organization but most may act individually and freely serving God in the most efficient and most divine and mighty way.

The holy technique of Kriya Yoga is used to free your soul and its innermost divine being out of the circle of reincarnation and return you back home to your divine and eternal home in and with GOD, by dissolving all Karma through the practice of Kriya Pranayama and Kriya Meditation while developing the full might of true Divine Love within yourself - as well as following certain rules of life to acquaint again full harmony with the Divine Love of God.

Diksha to Kriya Yoga consist of explaining to the God-seeker several exercises and practicing them the first few times under supervision - physical OR spiritual supervision !!. The technique of Kriya Yoga is only given and explained by a Guru to his disciple upon personal request and consists usually of the following techniques

1. maha mudra
2. navi kriya
3. kriya pranayama
4. yoni mudra
5. meditation techniques

The initiation - diksha - to Kriya Yoga also includes:

- repeated purification of chakras and energy system

- teaching and explaining [Yama and Niyama](#) as the basis of all spiritual life and progress in Kriya Yoga on your way to God. This is completely done in a very comprehensible way in the various chapters of this Web Site.
- teaching of [Divine rules of life](#) such as described in the chapter of this Web Site
- establishing a relationship of Love between the God-seeking soul and the Guru
- various teachings and spiritual counseling on your way to God. All these teachings are contained in the various chapters of this web site at the Cyberspace Ashram [at http://www.kriyayoga.com](http://www.kriyayoga.com) or its mirror sites. Please read ALL parts of this entire web site. This entire web site will be a complete self contained teaching and golden key of LOVE to God for YOU
- additional spiritual teachings are given in the spiritual newsletters - you may subscribe ONLINE and also have a look at the [spiritual newsletter](#) archive to read previous issues

please also read and study the following sections carefully and completely

- ["for Meditation"](#) and
- ["on your wings of Love - on your way to God"](#)

Traditionally Diksha - initiation - to Kriya Yoga is always given on the basis of honest donations by all Gurus. No fees charged for any truly spiritual services. Different Gurus may practice their personalized individual way of teaching and guiding their disciples, this is part of being a FREE child of God and having realized God union.

Purely spiritual Questions

about Kriya Yoga practice and technique can be answered by using the Cyberspace Ashram's [Spiritual FAQ Forum](#)

Please make sure you have been reading FIRST through all the chapters of this site BEFORE placing any question. Most questions are answered in the various sections or the FAQ pages of this site or preferably on a individual basis by your Guru.

For physical initiation to this most powerful scientific method of God-Realization you "may" find a Guru near your place - but MOST LIKELY you may have to travel many thousand kilometers to the one Guru that has been attracted by your soul !! Once YOU have established a relationship of LOVE with your God realized Guru, you may wish to physically visit him on a regular basis - at least annually, but you will also FEEL his absolute and loving guidance beyond any borders and boundaries or distance. YOUR true God realized Guru is here and there and everywhere, where ever YOU are - until YOU are back HOME IN GOD, then GOD will be your Guru - for eternity.

If you are serious about God-Realization you may travel thousands of miles to find your Guru and obtain initiation to Kriya Yoga or additional spiritual guidance. You may find an Ashram's or a Guru's address through the help of modern search engines in the Internet - AFTER having asked GOD to guide you to the right one.

Please realize however, that God-Realization is free of any physical dependencies or membership of any organization or religion of any kind. God is open to all at any time. Love is the Key to God.

Please note that the traditional way of communication is a spiritual one. So it is up to you to open your heart and ask for Divine assistance for guidance on your way to God. God will send you anything you ever need to find and successfully go your way home.

All persons not yet initiated and wishing to received initiation may first read the books following and texts

- "Autobiography of a Yogi", by Paramhansa Yogananda - the first, original edition 1946 - you find a link at the BOTTOM of THIS page to order online this spiritual jewel in printed form.
- the COMPLETE electronic text ["On your wings of Love - on your way to God"](#).

A compressed original OFF-LINE version of the "On your wings of Love - on your way to God" including all important additional files from this Web-Site , in a single "zip" - format file for download OR on the Cyberspace Ashram MINI-CD is available from the Cyberspace Ashram.

details are given on the [download page](#). When you download, read, understand and realize these entire files from top to bottom - you will find all you need to receive diksha from God. All techniques of Kriya Yoga as mentioned above are fully and in every needed detail described and shown in the file god.zip or the Cyberspace Ashram MINI-CD - please read through all sections, through all chapters, through all links within these files from top to bottom - and you find and receive diksha to Kriya Yoga. Most of this sites texts are now also available in a printable single file wings.sdw (compressed its name is wings.zip in ZIP format approximately 300 kB) in Staroffice 5.2 or newer Format. This printing file can only be used in combination with the file god.zip or the Cyberspace Ashram MINI-CD to use all graphics contained in these electronic documents. Note however that any file having animated graphics - including all files for the initiation to Kriya Yoga are excluded from this printing file. At present this file wings.sdw consists of approximately 350 pages color print of spiritual teaching for your convenience and easier reading. you will find more information on the [download-page](#)

The electronic form is and remains the ORIGINAL form and is maintained on a daily basis whenever possible as long as this soul maintains a physical body ! To read directly from THIS electronic version is preferable over reading from print outs ! It is NOT possible for me to fully maintain on a daily or regular basis all printing versions to keep them FULLY up to date !!

While ALL the spiritual teachings are COMPLETE at THIS very moment - i may continue to fine tune, refine and beautify all existing texts as well as to write MORE chapters, draw more comprehensive and helpful graphics and publish more newsletters as long as i maintain a physical body on this very planet !



Love is all I can offer you on your path to God - if this is what you are looking for - you will find all information you ever need for your path of Love to God on this web site of the Cyberspace Ashram.

[Home - english](#)

Here you find ONLINE more [inspiring and helpful Books](#) from Sri Yukteswar, Paramhansa Yogananda, I.K. Taimni and other authors.

Your honest contribution / support and help of any kind is welcome

I love to love - I love to help people learn to love and solve all their life in Love. however please note that the spiritual services offered are offered in a very material world and for example this online cyberspace ashram is offered in a material way requiring continuous expenses of many many thousands of dollars. all MY life expenses are basically the very same as yours to support my physical body, living expenses, apartment, electricity, water, local transportation to internet facilities for taking care of the some 4000 e-mail annually, travel to remote areas, spiritual support offered in person to all visitors HERE - where ever i am on this planet and to maintain as well as possible this web site (server expenses, regular server control, online expenses, telephone, use of commercial internet facilities). all these expenses are covered only by YOUR contributions.

My life is devoted to promote Kriya Yoga and the path of Divine Love - to refresh the first and great commandment of Love across the planet - through many new, helpful and informative chapters of this web site, through workshops of divine Love and initiation to Kriya Yoga as well as to spend many hours to pray and meditate for peace and the spiritual welfare of ALL.

If you have but your Love to share with me - it is the single most valuable gift I ever could accept from you - if you would love to share anything else with me and all God seekers on earth, please feel free to do so.

At the bottom of this page you find some of the opportunities how you can help yourself the Cyberspace Ashram.

All I can offer you for all your help is - LOVE. All God ever can offer you for your helping me and all creation is Divine Love and Divine Bliss for you and your family.

Your HONEST contributions are used to cover the expenses to promote the message of Love through workshops, seminars, travels and new chapters published in the Cyberspace Ashram on this domain and its mirror sites, the publishing of regular spiritual newsletters - usually several issues per month ... and finally it also allows to cover all the expenses of my own life on this material planet.

My bank account for your contribution and support:

please note that the only way to make any financial support instantly available is by **WESTERN UNION**.

a transfer by **WESTERN UNION** is available within minutes after you sent the complete detailed information as outlined below - in full, cash and in US \$ (many of my expenses have to be paid in international currencies like US \$).

this instant availability of support allows me to immediately move on with my spiritual work as well as with the support of the poor and needy as done whenever funds are available sufficiently to allow so without further waiting and without all the additional expenses and delay of spiritual work caused by such waiting.

the second fastest method is a direct bank transfer to my new local bank account at **1st eBank**.

the permanent bank account at the UNION BANK of Switzerland is for larger amounts above US \$ 3000 as this account allows better and more reliable payments of foreign currency expenses and travel expenses.

here is the FULL and detailed address of my bank connection in Switzerland - this information IS sufficient for all bank transfers! for my complete personal address if needed, please see further below on this page:

UBS - Union Bank of Switzerland
Bahnhofstrasse 1
CH-5001 Aarau
Switzerland

account number:

348.065.M1D

account holder:

Hans Neukomm

the fastest bank connection for direct support of my spiritual work while here in the Philippines is the following. your contribution is usually available within one week after your transfer has been made.:

1st eBank
Rizal Ave, cor. Ortega St
2500 San Fernando City - La Union
Philippines

account Nr. 407 - 201 - 02223 - 7
account holder: Hans Neukomm

however:

NEW NOW ONLINE with your major credit cards - instantly per WESTERN UNION ONLINE - see bottom of THIS field !

the fastest and most efficient method and for ME easiest way to receive your contribution is by

WESTERN UNION MONEY TRANSFER

to my present address, payable in cash - if possible in US \$ (if you are in a US \$ country):

Hans Neukomm
P.O. Box 141

2500 San Fernando City - La Union

Philippines

if you do so, then please send me YOUR

1. full senders name
2. complete senders address
3. WESTERN UNION money transfer control number
4. amount and currency
5. if available your telephone number

please send above information by email to

hans@kriyayoga.com

within minutes after sending your email with all correct above information your contribution is available HERE at my location wherever in the country i am !

NOW and HERE - you can use your **major credit cards** for instant use of **WESTERN UNION** click [HERE to use the available ONLINE SERVICE](#) for **your most efficient method** to instantly help others or support my spiritual work, the Cyberspace Ashram and me.

from many countries around the world including India and other otherwise difficult countries, you can use Pay Pal to send money to my NEW Pay Pal account. it is the cheapest way to SEND money - specially for smaller amounts below us \$ 100 ! to send your contribution by Pay Pal just click on the banner below. my account name as the receiver is simply hans@kriyayoga.com !



my complete address for ALL above bank accounts AND western union transfers is

Hans Neukomm
P.O. Box 141
2500 San Fernando City - La Union
Philippines

Please do NOT use this above mail address for sending ANY letters, cash or checks, as about 25 % of personal mail got lost in the past AND because I am often weeks or months FAR away in remote provinces or other islands and can NOT retrieve any mail arriving at my mail box !!

only email does reach me efficiently !!

Love is my being and Love is all I ever can offer you in return for anything you give me - whatever it may be.

Divine Love and Divine Bliss is all you and your family ever may receive from God for any help you may offer me.

How you could support the Cyberspace Ashram with its own domain www.kriyayoga.com

Besides financial contributions:

- The Cyberspace Ashram has regular visitors from more than 80 countries in Africa, South America, North America, Caribbean Area, Arab countries in Middle East, Western Asia, South East Asia, Pacific islands, Russia and Europe. The only part of this planet missing so far is China - freedom to surf - freedom to access the free information resources of this planet is still censured in China - spiritual groupies are suppressed or forbidden by political authorities - Please help with your love and your prayer for this part of the planet and other similar areas in God's creation - on this planet and beyond.
- The single most important help you ever can offer to anyone - is your LOVE, your very own direct spiritual PROGRESS - and your prayer for solutions of Love and Bliss for all people suffering for ANY reason on this planet and beyond - in the entire creation. Please Love more and more intensely and expand your Love to include all creation. While loving all more and more - you will also realize that sometimes love also needs to be given in the form of material or financial help as well.
- The Cyberspace Ashram is a physical service requiring material investments and creating expenses as well as being my full time job - on a spiritual, personal, technical AND of course online level. Only with YOUR support can be continued what others and myself have financed in the past to make THIS web site available to YOU NOW. with YOUR help and support i will be able to continue to spiritually support millions of others in the future - contributing to the spiritual well-being of this entire planet ! To maintain a highest possible level of efficiency, high tech equipment, warranty and repair services from manufaturors, state of the art licensed software and accessories to support my work are welcome any time while a financial contribution however sometimes might be more efficient and easier to handle than hardware that needs transportation and custom import processing and often creates additional charges - it ultimately is up to you how to efficently support my work if you wish so.