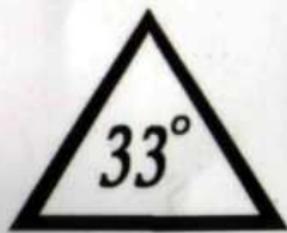


THE MIND



By The Grand Al Mufti "Divan"
Novle: Rev. Dr. Malachi Zodok York-El 33°/720°



ILL. Rev. Dr. **Malachi Zodek York-El**
Most **worshipful** Grand Master Of **Nuwaupian** Grand Lodge Internationally
S.G.H. "**Supreme Grand Hierophant**" Of The Ancient Egyptian Order And A Noble Of The Ancient
Arab Order Nobles Of The Mystic Shrine, Mecca Temple No. 1
Nuwaupian Grand Lodge Of Freemasonry International, Inc.

1 Timothy 6:15

~The Mind~

*Walk in the light of the sun as if all
can see you at all times*



*I came giving you what you want so
you would learn to want what I have
to give*

tfefirerw 11:1
~The Mind~

Presented To

Temple Name & Number

Desert

Oasis

Date

Don't try to change the wind or the sea, just change the said

A Personal Note From *The Inscriber*

I am The Grand Potentate Noble Rev. Dr. Malachi Z. York-El 33°/72°, Reverend of The Egyptian Church of Christ Inc., the Imperial Grand Potentate of the International Supreme Grand Council of Arab Shrinendom Inc., a Son of the Desert, Al Mahdi Shrine Temple No. 19 Desert Georgia, Oasis Macon. I am calling you to accept this wisdom that I have to give you, of the many teachings that I have inspired so many with *The Mind* and my mind from Isa Al Masih, the Messiah Jesus. He is the Potentate of Potentates, King of Kings, Lord of Lords (*1 Timothy 6:15*). It is one of the greatest scrolls, for it was a special gift given to me for you by the Heavenly Father and his heavenly host, who are your descendants down to you. However, you refer to them as your ancestors.

This scroll is a revised copy of the original scroll called *The Mechanics of the Mind*. The reason why I am bringing it forth to you again is because the first time in 1970 A.D. when I released it, it inspired many of thousands of minds out there. So I give it to my fellow travelers, and sons of the desert, in a spiritual form so that ye may overstand it more fully. Make note that all of the Biblical and Koranic quotes in this scroll are coming from the original Aramic (Hebrew), Greek and Ashuric/Syriac Galilean (Arabic) languages. You may refer to your own Bible, Koran, etc. Also make note that the foreign words used in this scroll are coming from our divine ancient Egyptian language called Nuwaupic. The reason for this is so that you may learn to speak your own language without other

The Mind

The essence of God, we call on the Son of God to break the spell, by way of these facts (order)

translations. This is your first step. Sons of God (Psalms 82:7-8, John 10:34-35), this scroll's purpose is a guide to improve your everyday living, everyday emotions, everyday sayings. Know that I am here to reform and guide, to break the spell of Leviathan (Kingu, Apophis) and put you back on the right path as we together through The Lord Jesus son of God, find our way home to the father. The devil has gotten into our lodges, temples, churches and mosques and propagated Satan or Lucifer's doctrine. We must restore the truth. So hearken unto the words, however it is only for those who want to listen.

This is just one of many divine inspirations, *The Sacred Wisdom of Tehuti, I am the way, Sacred Wisdom of Atum-Re (The Black Book), Sacred Wisdom of Tama-re (The Gold Book), Jesus Found in Egypt, The Luciferian Conspiracy, Your Potential, Degree of Mosesism, Degree of Christism, Degree of Muhammadism, Let's Set the Record Straight, Leviathan 666 parts 1&2, The Beginning, The Millennium Book, The Egyptian Supreme Being, The Hidden Symbolism of Freemasonry and Masonic Quiz Book & The Noble Koran* which were sent to me to give to you for proper guidance, and for keeping the remembrance of God Almighty, The Most High within your mind, body, and heart. Make the teachings of this scroll a part of your everyday life, don't just read it and put it down, study it intensively. And by all means give it to a friend, or child or parents, who are in need. This is universal knowledge, which I share with you all in the name of God.

*Scroll One
The Human Being
Mortal man
(19x3=57)*

Lo! All of ye children of God who have embarked upon the secret Masonic order,

2 I, Noble: Rev. Dr. Malachi Z. York-El 33°/720°, a Reformer.

I have been sent to you to break the spell and prepare you for the coming of the Messiah Jesus, the Saviour to all, Muslims Jews and Christians.

3 I am about to impart upon your mind the mechanics of what you call the matter organ or simply

"the brain", which works with the mind.

4 Know that your mind was a special gift given to you by your ancestors,

5 Whom I call your descendants,

6 For they came down to you from above.

7 They are called Eloheem, the Gods in the Bible, Neteraat by ancient Egyptians, Anunnaqi by Sumerians who are the Yahwehan (Lords) of the Old Testament, Angels of the New Testament of the Christians,

8 And Al Malaa'ikat, of The Noble Koran of the Muhammadans,

9 The ruler of which is

The Mind

Scroll 1:9

King of Kings of the Noble Koran,

10 Who is El Elohim, Anu, Allah, Yahuwa, Theos or God, to many.

11 All within The All,
12 Within the confines of these pages you shall embark upon the knowledge,

13 The wisdom, and the overstanding of the mind,
14 Which is working with the brain, and the nervous system.

15 Three out of your whole body: 1. mind, 2. brain, 3. nervous system and that's your being.

16 The brain is one of the most intricate of organs within itself,

17 And was created by God.

Scroll 1:24

18 This knowledge that I am giving to you, has never before been taught to you by any.

19 Remember, my dear companion in the Right Knowledge with Right Wisdom you receive the Right Overstanding,

20 And get Right Reasoning over all.

21 This is the science of your way of life, which are the facts of life.

22 Let me begin by giving you the nature of the homo sapien,

23 Who is the mortal man, the human being known as people; the human animal.

24 The children of Enos, the son of Seth (*Genesis 4:25-26*), who is called in tones Sheth (*The Noble*

The Mind

Scroll 1:24

Koran 7:172), and in 29 "Or if I were just able to get rhythm Shiyth, and his that job, wife Aqlimiyah (*Book of 30 "Or if I only lived here Enoch, The Holy Tablets 31 "Or there, then I would be Chapter 13*).

25 O ye children of Enos, know that ye all have fallen from a being, to a supreme being, to a human being, to a human to a man, to a mortal to a mammal, to an animal. Don't fall any further my children to become a beast

26 Study the scroll: **THE SACRED WISDOM OF TEHUTI.**

27 When the Human searches for happiness they invariably turn to external objects and events for satisfaction.

28 They merely think, "if we just have that car,

Scroll 1:36

32 They have no perception of the fact that the mind may only be still or at peace for a short time on attaining the desired object,

33 But eventually the mind becomes tired of its newly made toy, and seeks treasure elsewhere still in search of happiness.

34 However, know this my child; each time the external objects fail to bring happiness,

35 The human being may acquire new material possessions.

36 A position with more

The Mind

Scroll 1:36

responsibility, money, and a new dream home,
37 Being locked in 1. persons, 2. places, and 3. things.

38 However, my child, there always remains the same mind!

39 Your mind is an elusive animal to tame.

40 Many theories exist as to how it works yet the human process seems to remain intangible.

41 Why does one so often find him or herself caught in the same frustration, and the same problems?

42 It is said that this is a free society, but in truth, it is each Human Being's own desires and emotions that blind them.

43 Consider this Human

Scroll 1:47

Being a person who smokes cigarettes daily, claiming they are determined to stop "tomorrow".

44 How many years has the Human been caught in this parade?

45 The Human truly wants to be free of the habit,

46 But lacks the necessary control of his or her own mind, and the mind feeds off a reservoir of information, which you are connected to by the etheric cord.

47 You have:

1. in-telligence 2. out-telligence

1. in-formation 2. out-formation

1. terrestrial 2. celestial

The Mind

Scroll 1:48

48 In a sense, the mind is Being gives life to it. like a DVD or compact disc. It contains grooves, or impressions of sound and colour.

49 Impressions are formed when certain thought waves become habitual.

50 The benevolent example would be, if a Human Being passes a bakery and sees a chocolate cake in the window,

51 "How delicious" the Human says. "I will buy that cake."

52 If he or she ignores that thought wave and turns his or her mind to something else, then no pattern is formed.

53 However, if he or she identifies with the thought, the Human

Scroll 1:61

54 The Human Being buys the cake, and looks forward to enjoying it as dessert that evening.

55 Now, suppose the Human Being finds he or she must pass that same bakery

56 Every Wednesday and Friday.

57 Each time the Human being goes by,

58 He or she recalls that wonderful cake again, and purchases another.

59 Now ponder this:

60 What was originally just a flash in the mind, has become a force in his or her life.

61 Grooves in the mind are not necessarily negative.

The Mind

Scroll 1:36

responsibility, money, and a new dream home,
37 Being locked in 1. persons, 2. places, and 3. things.

38 However, my child, there always remains the same mind!

39 Your mind is an elusive animal to tame.

40 Many theories exist as to how it works yet the human process seems to remain intangible.

41 Why does one so often find him or herself caught in the same frustration, and the same problems?

42 It is said that this is a free society, but in truth, it is each Human Being's own desires and emotions that blind them.

• 43 Consider this Human

Scroll 1:47

Being a person who smokes cigarettes daily, claiming they are determined to stop "tomorrow".

44 How many years has the Human been caught in this parade?

45 The Human truly wants to be free of the **habit**,

46 But lacks the necessary control of his or her own **mind**, and the mind feeds off a reservoir of information, which you are connected to by the **etheric cord**.

47 You have:

1. **in-telligence** 2. **out-telligence**

1. **in-formation** 2. **out-formation**

1. **terrestrial** 2. **celestial**.

The Mind

Scroll 1:48

48 In a sense, the mind is like a DVD or compact disc. It contains grooves, or impressions of sound and colour. Being gives life to it.

54 The Human Being buys the cake, and looks forward to enjoying it as dessert that evening.

49 Impressions are formed when certain thought waves become **habitual**.

50 The benevolent example would be, if a Human Being passes a bakery and sees a chocolate cake in the window,

51 "*How delicious*" the Human says. "*I will buy that cake.*"

52 If he or she ignores that thought wave and turns his or her mind to something else, then no pattern is formed.

53 However, if he or she identifies with the thought, the Human

Scroll 1:61

Being finds he or she must pass that same bakery

55 Now, suppose the Human Being finds he or she must pass that same bakery

56 Every Wednesday and Friday.

57 Each time the Human being goes by,

58 He or she recalls that wonderful cake again, and purchases another.

59 Now ponder this:

60 What was originally just a flash in the **mind**, has become a force in his or her life.

61 Grooves in the mind are not necessarily negative.

The Mind

Scroll 1:62

62 There can be grooves in the mind which are uplifting,

63 As well as those which brings one down.

64 There must be a strive to develop love, compassion,

65 A sense of service and the will of God,

66 Cheerfulness,

67 Kindness, and many other qualities, which not only makes one's own life happy,

68 But which radiates to others.

69 Everyone wants to be at his or her best

70 Each person would like to think that he or she is perfect

71 Yet, despite repeated resolutions, every person

Scroll 1:76

finds so many times being less than what he or she would like to be.

72 The cause of this predicament is the EGO or as it is called **ankee** (אֲנָקֵה) in Aramic (Hebrew),

73 Or **al zhat** (الذات) in Ashuric/Syriac Galilean (Arabic),

74 And ego ($\epsilon\gamma\omega$) in Idumean (Greek).

75 And as we say in Nuwaupic (Egiptian) **thawut** (? تھوٰٹ).

76 The ego my **child**, is the cause of all bondage and is the chief barrier to the experience of reality.

Mind your mind for the jewels of your soul

The Mind

Scroll 2:1

Scroll Two

The Ego

(19x1=19)

the son of **Shakar** and **Mylitta**, the fallen angel “**nephilim**” (*Genesis 6:1-6*).

4 Reject him and his attributes, and let him, his children, and his seed (*Genesis 3:15*) not into your hearts,

5 For he and his seed would only lead you through the doors of misery (*The Holy Tablets Chapter 8 Tablet 3*).

6 However, through the **Masonic, Shrine, Eastern Star, and Shriner Ladies**, you can learn how to burn out the ego.

3 This is the attribute that is carried out mostly by the evil reptilian one, the serpent (*Genesis 3:1, John 8:44, The Noble Koran Chapter 114*) also known as the

Dragon Zuen, Lucifer, (*Isaiah 14:12*) or the devil (*Revelation 12:9*), he who is

8 The ego is the self-arrogating aspect of the mind.

The Mind

Scroll 2:9

9 It is the ego that **separates** the individual from unity with others and within him or **herself**, for the ego asserts "**I-ness.**"

10 The ego is the greatest obstacle to obtaining peace, for it is that which occupies the mind with whether we are better or worse,

11 Possess more or less,

12 And have greater or lesser power than others.

13 The ego is attended by desire, pride, Anger,

14 Delusion, **greed**,

15 Jealousy, lust,

16 Hatred, **racism**, and leadership. The 3 principles are in *Genesis 3:6*.

1. Good "Goods"

2. Pleasant "Pleasures"

3. Desire "Desirous",

Scroll 3:1

17 The ego is the most difficult aspect of the mind to control like shame (*Genesis 2:25*). Shame has no boundaries.

18 For its nature is such that it deludes even while one is striving to overcome it.

19 When the ego is subdued energies can then be utilized constructively for personal growth and the service of others.
Mind your mind for the jewels of your soul

*Scroll Three
The Power of Thought
(19x3=57)*

Lo! All of ye Humans project some kind of vibration to those around

The Mind

Scroll 3:1

thee.

2 Some are a pleasure to be with.

3 They seem to have a certain energy that they share with others.

4 Then there are those who are absorbed, by the negative and the depressed (*Genesis 4:5*),

5 And they seem to actually draw energy out of people in their environment.

6 The reason for this my child is because there is a power contained in thought.

7 Know ye that it is very subtle,

8 Yet it does exist and it is extremely powerful.

9 Whether a person is aware of it or not, the

Human being is constantly

transmitting and receiving thoughts.

10 This my child is why people have experiences of what you call ESP or extra sensory perception from time to time.

11 Some wish to call these experiences "coincidences", but they are not

12 Every thought has weight, shape, size, form, colour, quality, and power.

13 For example, a spiritual thought has a yellow colour.

14 While yet, a thought charged with anger and hatred bears the colour red.

15 A thought is like an object

16 Just as an apple can be given to your friend, or

The Mind

Scroll 3:16

to back,

17 So, also is it possible to give a useful powerful **were.**

thought to someone and take it **back.**

18 There is a power, an energy into which each

person can tap if the Human only knows it is available to them.

19 This force inspires, encourages, reinforces, nect ourselves with the and gives strength to all current and become a those who seek to grow in child of light.

a positive **direction.** 25 That literally means that

20 Many a Human **however-** the light force shines in the er, are unaware of this darkness and the darkness resource, or they have mis- has never been able to put conceptions about it it out or comprehend it.

21 They are like the farmer who moved to a house in Koran, the 57th chapter, the city and live in dark- 28th verse in part it says: ness,

22 Because he or she did

Scroll 3:26

not know what those

strange sockets in the walls were.

23 The light is there and available to all:

24 We need only to con-

the light shines in the darkness but the darkness comprehended it not (John 3:5)

25 That literally means that

the light force shines in the darkness and the darkness has never been able to put it out or comprehend it.

26 And again in *The Noble Koran*, the 57th chapter, the 28th verse in part it says:

The Mind

Scroll 3:26

Oft you we believe! Fear God, and believe in His mercy, and shall give you two portions (Muhammad/Jesus) of His mercy, and shall make a light (Jems) for you all in which to walk, and shall forgive you all (repentance); for God is forgiving, merciful.

(John 8:12,9:5, 11:9, 12:46, 2Cor. 4:4, Phil 2:15)

27 **The law of fate, my child there is a law in physics that states for every action there is an equal and opposite reaction.**

28 To express it popularly, it is said "what goes **around comes around.**"

29 Our Lord Jesus The Messiah known in Hebrew as Yashua Ha Mashiakh, whom Christians call Jesus, and **Muhammadans** call Isa, who is known spiritually as Sananda,

The Mind

Scroll 3:29

taught:

Therefore all things whatsoever ye would that men should do to you, do ye even so to them; for this is the law and the prophets.
(Matthew 7:12)

30 These are all expressions of the kw of fate, or cause and effect.

31 Whatever thought or deed comes from a person will be returned to the Human Being.

32 It may not come in the same form,

33 But sooner or later each person will confront the result of his or her own actions.

34 A generous and giving person draws a response of warmth and love.

Scroll 3:42

35 If the person is hateful, he or she will be disliked until he or she removes this negative quality.

36 This is law.

37 These reactions are not always experienced immediately.

38 Sometimes Human Beings, reactions are not easily learned, and negative patterns may be concentrated for many years.

39 A single lifetime my child may not be sufficient for one to obtain perfection.

40 Some people create a hell for themselves.

41 This is why some people may have it hard; and others have it easy.

42 One healthy and another is unhealthy.

The Mind

Scroll 3:43

43 One is cheerful and gion. mother depressed.

44 One extroverted and the other introverted.

45 One successful and the other unsuccessful.

46 It is neither cruel fate,

47 Nor a distant and unconcerned fate,

48 That set the stage for these situations,

49 But one's own fate,

50 THE YOU.

51 As revealed to our servant Ahmad, (*The Noble Koran* 61:6)

•2 Who is called in tones of Akhmad (*Songs of Solomon* 7:11) to you (Muhammad), it is from

53 And in rhythm God; and whatever bad happens to you, it is from yourself. Muhammad who is the son of Abdullah and Amina of Arabia, founder (*Muhammad*) to the whole of the Muhammadism reli-

Scroll 3:56

54 It is he who received The Qur'aan (The Noble Koran) from Allah (God) by way of the angel Gabriel he claimed.

55 He who bears the title Gabri'el the son of Rasi'el and Zamma'el, was the messenger of this great message called Al Islam, the rebirth of the religion of Abraham (*The Noble Koran* 2:130-131, 2:140, 3:94, 16:120-123).

56 Where it states in the 4th chapter, the 79th verse in part: "Whatever good happens to you (Muhammad), it is from God; and whatever bad happens to you, it is from yourself. Muhammad to the whole of humanity, and God is sufficient

The Mind

Scroll 3:56

as a witness."

57 A Human Being's life is his or her own responsibility.

Mind your mind for the jewels of your soul

Scroll Four Health and Relaxation *(10--20)*

— Oh my children, what I must impart upon your minds is the importance of a healthy 1. mind, 2. body, and 3. soul and proper relaxation.

2 Remember my child, the very words healthy and health begin with the word heal. To heal one's self is step one

3 To heal one's mind will

Scroll 4:14

heal one's whole body.

4 Relaxation is simply to learn to relax.

5 What ye must always remember is:

6 By taking proper care of your physical body you are protecting your inner spirit,

7 And by poisoning your physical body,

8 Be it through drugs,

9 Alcohol,

10 Cigarettes,

11 Junk food,

12 Sugars or salts, and I can go on,

13 You are doing serious harm to your spirit, and it becomes weaker and weaker.

14 Through the teachings of *the Masonic Order, Shrine, Eastern Star, and Shriner*

The Mind

Scroll 4:14

Ladies, you will be taught body are ceaselessly pumped with stimulants and depressants;

15 Know ye that proper exercise,

16 Proper breathing (*read I the book: "The Breath"*),

17 Proper relaxation,

18 Proper diet,

19 An intake of much water, and positive thinking are the requisite attendant that lead to a healthy, dynamic, and effective existence.

20 Proper relaxation is needed to maintain mental, spiritual, and physical health.

21 Many of ye think that relaxation involves leaving home for some exotic place,

22 Where the mind and here or there which

Scroll 4:29

23 And a full range of other damaging delights.

24 True relaxation comes from removing the stimuli visual edible and otherwise;

25 And tuning into the inner awareness.

26 Like any piece of sturdy machinery,

27 Human Being's physical and mental bodies can take quite a bit of abuse before giving any signs of protest,

28 Unfortunately, in western thinking it has become a practice to ignore the basic rules of health,

29 And to think that a pill

The Mind

Scroll 4:29

Scroll 4:37

relieves symptoms will additives that are eaten in actually bring about well-being.

30 Quite the opposite is true. Pain in the body is a warning like a red light on the instrument panel of a car.

31 Taking this or that compound of chemicals to remove the symptoms are the same as taking a hammer and breaking the light. 32 It does nothing to solve the problem, and in fact may make it worse while only giving the appearance of helping. Many chemicals ingested are not useful to the body, and cannot be eliminated and are therefore merely stored.

33 The medicines accumulate, along with the food

such abundance, on the average of 25 pounds per person, per year.

34 And they combine with each other to literally poison the system.

35 The effects may not be felt for many years. This does not mean that there is no need for modern medicine, yet herbs of your own are much better. But, often doctors are considered to have some form of absolute knowledge.

36 Too often, frequent visits to the local GP (general practitioners) specialist, or psychologist are substituted for living a healthy life.

37 Most of the diseases of the mind and body can be eliminated by following

The Mind

Scroll 4:37

Scroll 5:11

the five basic points.

- 38 (1)-proper exercise
- (2)-proper breathing
- (3)-proper relaxation
- (4)-proper diet with much water
- (5)-positive thinking-prayer and meditation

Mind your mind for the jewels of your soul

Scroll Five
Diet
(19x5=95)

Lo! Thou should ponder on taking proper diet for thy self, which ye can also learn through the teachings of the *Masonic, Shrine, Eastern Star, and Shriner Ladies of Al Mahdi Shrine Temple*.

2 Improper diet is another hindrance to spiritual progress. All foods have distinct energies.

3 Just as the physical body is formed from the gross physical portions of the foods that are eaten;

4 So the mind is formed from the more subtle portions.

5 If the food is impure, the mind also becomes impure.

6 Cigarettes,

7 Liquor,

8 Narcotics,

9 Fast foods and too much meat are the most detrimental

10 Meals should be simple, light and nutritious.

11 Seafood my child is healthy however, none in

The Mind

Scroll 5:11

excess.

12 Most people eat far more than necessary merely

Jy out of habit or for a sense of gratification.

13 An immoderate diet is the cause of the great majority of diseases (**disease**) that are encountered in modern society.

14 The mind is always looking for an excuse to avoid discipline.

15 Ye must always listen to the inner voice of the self.

16 There are two sides to

you;

17 180 degrees of agreeable

18 And 180 degrees of disagreeable.

19 One percent is all that is needed to shift your emotion.

18

20 To the one side starting the path of disagreeable action,

21 Or **very agreeable**.

22 You are in control.

23 Listen to the voice of agreeable things

24 Rather than the complaints of the disagreeable mind.

25 What goes into the human body

26 Correlates **directly** to the efficiency

27 With which the brain functions.

28 Studies have shown that certain red food colour,

29 Creates **hyperactivity** in children,

30 And that refined sugar can cause emotional instability.

Scroll 5:31

The Mind

Scroll 5:31

31 And this is what most start their children **on**.

32 These are just two examples of the substance that are heedlessly consumed

34 Without **overstanding** the effect on the body and mind; •

35 Each of which have two parts.

36 **THE BODY** is 1. voluntary, 2. involuntary,

37 That which you control and that which takes control of itself.

38 **THE MIND:** 1. good and 2. **evil**, which also try to take control.

39 Many intakes are bad although not categorized as harmful foods. These substances should be strictly avoided: marijuana,

Scroll 5:47

cigarettes, alcohol, drugs.

40 There is a growing awareness that our health is directly affected by what we eat

41 Almost any **dis-ease** can be cured by either a change in **diet**,

42 Or a short period of fasting and with no **medication** at all.

43 This is not only true of physical disorders,

44 But of many mental **difficulties** as well.

45 It is particularly important that pregnant mothers be aware of this,

46 For too often they do not **realize** the effect of their diet on the developing fetus.

47 Contrary to the popular concept it is not **vegetari-**

19

The Mind

Scroll 5:47

ans who do not get maladies in the western enough protein, world,

48 But rather heavy meat eaters who take in an excess of protein.

49 "Animal Protein" contains a high concentration of uric acid,

50 Which is a nitrogen compound similar to ammonia.

51 It is not water soluble and cannot be broken down by the liver.

52 Thus, though a certain amount is eliminated,

53 The great portion of uric acid is deposited in the joints.

54 The results of this is referred to as Arthritis.

55 Hardening of the arteries and heart disease are two of the most common

Scroll 5:61

56 Where the greatest amount of meat is consumed.

57 The culprit, my child is cholesterol that also cannot be eliminated from the body.

58 And thus forms fatty deposits along the walls of the heart and arteries,

59 Gradually thickening until they are clogged and inflexible.

60 The major source of cholesterol comes from the hundreds of pounds of animal tissue and its fats

that each person consumes each year.

61 Heart disease, hardening of the arteries, and arthritis are common infir-

The Mind

Scroll 5:62

mities, animal.

62 However, the one that strikes the most fear in the hearts of westerners is Cancer.

63 Many substances have been found to create cancer in animals,

64 However, results always seem to indicate that the amount consumed by the average person is insufficient to create cancer.

[65 What is not revealed is that the accumulation of these poisons over a period of years does cause cancer.

[66 These substances are innumerable chemicals that are injected into animals.

[67 These increase weight to yield more dollars per

Scroll 5:75

68 Nitrites, food colouring, artificial hormones,

69 And even arsenic is among the chemicals contained in animal flesh, by the time it goes on the supermarket shelf.

70 These plus the many other additives consumed by members of an industrialized society,

71 Collect in the body and are stored in the tissues.

72 Cancer occurs when the cells react to these excessive toxins in a sense,

73 Mutating into cells which reproduce uncontrollably.

74 So much for the horrors of the meat industry.

75 There are several other interesting physical and

The Mind

Scroll 5:75

spiritual reasons for not eating meat

76 One, is that it takes four times as much grain to feed animals,

77 Than for a Human to consume it directly.

78 This raises a moral question in regard to sharing our resources with poorer people.

79 Plants are the original source of energy for all living things,

80 As they store the energy from the sun through photosynthesis.

81 A person who does not eat a lot of meat not only takes nourishment from the original source,

82 But their diet is more economical with regards to cost and the best utilization

83 Seafood also is very good for you, but that too can be taken in excess.

84 Another more interesting fact is that a Human Being's digestive system is not one of a carnivore.

85 His or her teeth are designed through mutation, for biting and mashing original vegetables.

86 But after so much mixing, now many Negroes or Afro-Americans, Blacks have canine teeth for tearing flesh.

87 The lack of those teeth was the reason why a Human Being ages, tenderizes and cooks his or her meat to make it more edible.

88 Diet also alters the person's

Scroll 5:88

Scroll 5:88

The Mind

Scroll 6:5

son's very appearance from hu-man to animal, as well as his/her nature.

89 Meat eaters are much more violent

90 The human liver is proportionally smaller than that of a meat-eating animal,

91 And is not built to handle the filtering of animal poisons.

92 Also the alimentary canal, which is short in carnivorous animals to speed poisons through the body quickly,

93 Is quite long in a Human Being, as it is in any vegetarian animal.

94 Note, the untruth; that you need meat, or that you will lose weight if you don't eat meat

95 Herbivores are much larger than carnivorous animals.

Mind your mind for the jewels of your soul

*Scroll Six
Concentration
(19x3=57)*

Lo! Concentration my child is the act or process of concentrating.

2 To concentrate is to focus, center, to bring or direct one's mind toward a common center or objective.

3 Concentration is a very important principle,

4 One that you should practice and try to master.

5 For contrary to the belief

The Mind

Scroll 6:5

- that the art of concentration is simple,
6 Efficient concentration is not **easily** achieved.
7 Your world, oh **mortal**; is the materialization of the thought forms of divine **intelligence**.
8 It exists as vibration.
9 Just as there are waves of **heat**, light electricity, and energy,
10 There are also thought waves.
11 Thought has **tremendous** power.
12 Everyone experiences it to some degree.
13 It could be used a thousand times more effectively.
14 If one had a comprehensive understanding of the working of thought places in no time.

Scroll 6:25

- vibration,
15 The techniques for controlling **them**,
16 And the method of transmitting them to **others** at a distance,
17 Which is called **telepathy**, tele-path. The path through the mind to mind (mental) is,
18 One of your four higher senses.
19 By **overstanding** and realizing the powers of the mind,
20 One can see distant objects,
21 Hear distant sounds,
22 Send messages to any part of the universe,
23 Heal people thousands of miles away,
24 And move to distant places in no time.

The Mind

Scroll 6:25

- 25 There is no limit to the power of the mind!
26 Consider: when flowing loosely over a wide area,
27 Every force in nature moves slowly and with less power than if gathered in one mass and directed through a single restricted outlet.
•8 Dammed and accumulated, the once sluggish and leisurely flow of a river rushes out with amazing force through the stream.
•9 The warm rays of the sun focused through a magnifying glass becomes hot enough to burn objects.
30 Such is the power generated by the **concentration** of force.
31 This natural law is also applicable to a Human Being.
32 Mental concentration is the fixing of the mind for an extended period of time on one external point
33 There can be no **concentration** without something on which the gathered rays of the mind can rest
34 It must be a single object or idea.
35 People sometimes pride themselves on being able to think of two things at once.
36 The mind does not work this way!
37 Its oscillating waves are merely bouncing back and forth with lightning velocity between the two ideas.

The Mind

Scroll 6:38

38 The mind can only do one thing at a time
39 Anyone who imagines that a mundane chore such as dishwashing goes faster,
40 if they are thinking of palm trees and a sunny beach are fooling themselves.

4! Their mental waves are moving between the day-dream and the task at hand.

42 The attention actually given to the work is thus complex, and confusing slowed down, because of

the constant interruptions, 43 And the hands slow down too.

44 How much better to in less time.

keep the mind on one point and finish the job in half the time.

45 Everyone possesses the prevent or minimize the

Scroll 6:51

ability to concentrate to some degree. Example:

Conscious practice of this innate ability strengthens the thought currents, clarifies ideas and utilizes some of the immense latent powers of the mind.

46 What has been cloudy and hazy becomes clear and definite.

47 What was difficult, given to the technician, engineer, architect, or painter engaged in

48 One is able to work

49 To turn out more work

50 And to increase one's

51 Concentration can also prevent or minimize the

The Mind

Scroll 6:51

problems of senility.

After the age of thirty, a Human's brain cells dies off at the rate of 100,000 per day and are not replaced. It is vital to strengthen and make the best use of one's learning capacity.

52 With the utmost concentrated attention the surgeon operates on his or her patient

53 Deepest absorption marks the state of the technician, engineer, architect, or painter engaged in drawing the minute details of a plan, chart, or sketch in which accuracy is of the highest importance.

54 The same concentration is necessary on the

Scroll 7:00

spiritual path where the aspiration must deal with the internal forces.

The human who practices concentration retains clear mental vision. This is what is referred to as clairvoyance (clear-vision).

55 For progress to be made it must be developed to a very high degree.

56 Practice demands patience, will, untiring persistence, and regularity.

57 There are no shortcuts along the spiritual path.

Mind your mind for the jewels of your soul

Scroll Seven

Pleasure and the mind
(19x2=38)

The Mind

Scroll 7:1

Lo! I will speak to you on overeat, and leads to diseases;

2 Know ye that in *The Holy Tablets chapter ten, tablet twelve verse 147* it states:

The less pleasure you have, the less your burden of liberation will be.

3 Worldly pleasures intensify the desire for greater enjoyment.

4 The mind can never be satisfied no matter how much of man's pleasures are fed.

5 Emotions become dangerous when they become motion.

6 It is these emotions that make you fight; which lead to wars;

7 Emotions that lead to greed, cause you to you need stimulants to

Scroll 7:12

8 Or to eat yourself to obesity, or death.

9 Emotions lead to your need, and what you want; and sex leads to lust and luster.

10 You are exceptionally apt to get AIDS, or one of many other diseases today.

If you let your emotions be controlled by lust, or the luster of it makes you go out and buy a sexual instrument to give you pleasure. You desire to feel good. Then you become a pleasure animal, a sex

6 11 Then you will be an AIDS victim.

12 Because of the fact that you normally wouldn't, and regret it once you have AIDS.

13 Often you're over emo-

The Mind

Scroll 7:12

make you feel good shows tional you can get into a fight and have regrets, you have a kck of self-control.

13 And if the opportunity arises for you to have sex you'll take chances,

14 Not caring what the consequences might be, even possible death.

15 i When you're emotional and calm you're okay.

16 I'm not saying don't have feelings,

17 Do not cry or let your anger get you into trouble because you can't control your mouth.

18 When you are over emotional, sexually out of control you take chances you normally wouldn't, and regret it once you have AIDS.

19 Often you're over emo-

Scroll 7:26

tional you can get into a fight and have regrets, obese now has regrets mat they're fat and say,

21 'I wish I could lose weight.'

22 Like getting fat wasn't their problem from the beginning.

23 This is your own trinity: 1) me, 2) myself, & 3) I.

24 These emotions lead to other emotions like fear and regret:

25 A person with AIDS now realizes 'Tm going to die.'

26 The person who is obese, and has all this fat around their heart realizes with their added worry, aggravation, which increases the chances of

The Mind

Scroll 7:26

dying, say:

27 "I'm going to die."

Emotions link into motion.

28 When you give into your emotion, you give up a part of your divinity.

29 That means when you're upset by something,

30 You are no longer in control of yourself.,

31 And therefore you're under the rule of another. Remember:

Emotions

Gluttony-one can eat themselves into sickness and even death.

Anger-wars, taking things, this is mine, that is mine, I want this, I want

Scroll 7:36

that.

Lust-pleasures, comfort conscious, desires.

32 You can say out of your mouth, "I control my life".

33 However, you can be under control and lose your own divinity,

34 And surrender your divinity to another who is in authority.

35 The sayings: believe in yourself, then they say believe in God.

36 They told you who and what you are (*Genesis 1:17*), in the scripture of our apostle St. John the Divine called in tones Yowkhanan j and in rhythm Yuhanna, the 10th chapter, the 34th

The Mind

Scroll 7:36

worse' where it states in *John 10:34*:

Jesus answered them saying, is it not written in you law, I said you are Gods?

And again in the scripture, which was received by our King David called in tones Dawiyd, and in rhythm

Dawud, The *Book of Psalms* Mind your mind for the the 82nd degree, the 6th verse, jewels of your soul where it states *Psalms 82:6*:

I said you are Gods and all of you are children of the Most High

I For instance when you humble yourself to someone you are surrendering your divinity to them, but can regain it back.

I It is not like once you

Scroll Eight

The more it possesses, the more it wants

(19x1=19)

Lo! Without knowing it, Humans are exceedingly plagued by the insatiability of their own minds.

2 Most humans are about

The Mind

Scroll 8:2

as happy as they make up their own minds to be.

3 In order to remove this sort of trouble the **craving** for sensory stimulation must be removed.

4 Once the mind has been stilled and concentrated it no longer presses one to seek further pleasures.

5 The senses can be controlled through reduction of wants and activities.

6 Dietary discipline is essential.

7 Furthermore, one should avoid undesirable company as well as stimulants and **depressants**.

8 **Television**, cinemas, and newspapers, which **agitate** the mind. These influences should be reduced, and replaced with periods of

Scroll 8:13

sitting in silence and solitude.

9 There is really no right way to do wrong things.

10 By witnessing and tempering desires and emotions, the qualities of egoism, anger, greed, lust, and hatred are eradicated, which means to rip out from the roots, to destroy.

'The Mind: Best Friend: Worst Enemy'

11 One should not allow the mind to dissipate its energy uselessly, on vain thoughts, worries, imagination, and fears.

12 One thing you cannot recycle is wasted thoughts and time.

13 By manipulating the

The Mind

Scroll 8:13

mind one is able to bring it under control, and compel it to concentrate its powers.

14 However, one must not wrestle with it.

15 Lost time is never turned.

16 Struggle only sets more mental waves into motion.

17 The sum total of all the pleasures in the world is nothing compared to the bliss derived from meditation.

18 Feed your mind meditation,

19 And idle time will starve to death.

Mind your mind for the jewels of your soul

Saving Energy (19x1=19)

16 To reduce the out flow wasting of mental energies,

2 The senses must be subjugated.

3 One fourth of one's energy is diverted to digestion of food,

4 Which is often eaten for the pleasure of the taste buds rather than for sustenance.

5 Additional mental and physical energy is squandered in useless idle talking.

6 Learn control of the tongue my child;

7 By observing silence for an hour or two a day.

8 Our senses have been habitually overfed,

The Mind

Scroll 9:8

9 And geared to gluttony. music or television programs are found to leave the mind in an agitated state
The greatest of our faults is to think we have none.
10 One should examine all worldly habits
11 And curtail them sharply.

Fasting of the mind

12 Fasting of the mind is:
13 When the thoughts are weaned from attachment to the many fleeting sensations that they feed upon.
14 The senses do not convey the experience without the cooperation of the mind.

15 An agreeable exercise is to not allow the senses to come in contact with their object.

16 For example: if certain

Scroll 10:1

17 They should be eliminated.

18 By withdrawing the mind, the senses are also withdrawn.

19 Remember if you don't care where your life is going then any road will lead you there.

Mind your mind for the jewels of your soul

Scroll Ten

Attention
(19x1=19)

Lo! In everyday situations, one should develop the faculty of attention.

The Mind

Scroll 10:2

2 Concentration itself is a narrowing of the field of attention.

3 The entire attention is Brown into whatever is King done.

• The individual becomes lost in the job at hand.

5 One must concentrate on the work and rigorously shut out all other thoughts.

6 No work can be done successfully without calmness and concentration.

7 In this way the mind Becomes one-pointed.

8 Failure is a stranger to work done with perfect attention.

9 When one sits for meditation there should be no thought of job-related work,

Scroll 10:14

10 Therefore when doing job-reketed work household chores should never enter the mind.

11 In training the mind to attend only to the work at hand,

12 A person with an agreeable concentration can accomplish a task in half the time and with twice the accuracy that it would take the average person.

13 It is easier to pay attention to what is pleasant;

14 For the mind is naturally attracted to what pleases it.

The Holy Tablets chapter 6, verses 9-14 says:

When I work I should be as the strings of a guitar through whose soul the

The Mind

Scroll 10:14

the silence in the is why you were procre-
moment becomes har-
monious. (10) which of
you would be likened
unto a leaf who plays
when the wind blows,
when all else sings
together harmoniously?
(11) I never want to see
work as a curse of mis-
fortune for being disobe-
dient. I say to you when
you work then fulfill a
part of the distant dream of nature.
(12) The birth off, that
dream was the gift unto
you. (13) And you who
truly loves life will fore-
ver reside in labour.
If you truly love. (14)
Thus, through labour
will you loveth life, for it

Scroll 10:19

why you were procre-
ated through labour the
intimacy of life's inner-
most secrets will mani-
fest.
15 A beneficial exercise is
to fix the attention on an
unpleasant task
17 From which one may
have previously shrunk.
18 Under scrutiny, they
become interesting
19 And interest reduces
the unpleasantness. It is
very nice to be important.
However, it's more impor-
tant to be nice.

Mind your mind
for the jewels of your
soul

Scroll Eleven

The Mind

Scroll 11:1

From The Unreal
To The Real
(19x3=57)

Lo! There are experiences, my child that cannot be described.

2 Just as colours cannot be described to a blind Human.

I However, all ordinary experiences are limited by time, space, and the law of cause and effect.

• Normal awareness and overstanding do not transcend these bounds.

5 Finite experience is measured in terms of past, present, and future.

• The concepts of time are illusory,

7 For they have no performance,

Scroll 11:17

~ 8 Immeasurably small and fleeting.

9 The present cannot be grasped.

10 Both past and future are non-existent in the present,

11 And therefore are unreal.

12 Ye live in a world of illusions.

13 With meditation comes freedom;

14 Freedom from fear of death.

15 Most of ye mortals ponder that death is the end of existence.

16 However, in fact, death means only the extinction of the present name and form.

17 The greater the identification with name and

The Mind

Scroll 11:17

form,
18 The greater the fear.
19 Living a righteous way
of life induces detachment
from name and from
form.

20 It makes one aware of
the ever changing nature
of the body,

21 And of all phenomenal
existence.

22 In recognizing the
ephemerally of it all,

23 One realizes the impos-
sibility of holding on to
anything,

24 Including ones cumber-
some ego-identity.

25 When this need to
grasp disappears

26 Then the fear of losing
what one never really pos-
sessed vanishes, and

27 Immortality is within

reach. Remember real fear
is the lack of true faith.

"Ultimate reality"

28 My children, I have
introduced you to the exis-
tence of The All

29 What some call
Quantum physics.

30 Know ye that The All
alone is real. All gods, be
they called Buddah,
Krishna, Isis, Allah,
Yahweh, Horus, Adonai,
El Elohim,

31 Amen-Ra, Anu,
Khnum, Theos, Dios,
Oba-Tala, Rab, Mazda,
Eloheem, Osiris,
Allahuma, Supreme Being,
Atun, Creator, Sebet,
Shango, are all in ALL.

Scroll

The Mind

Scroll 11:31

fcve call the All is the
Source. God the father
who sent his son to Earth
to make a way for us all.

32 The world of illusion is
unreal, and idle worship is
unreal. Idol worship is not
evil for no idol can be
ALL.

33 And the individual soul
is eventually returned to
ALL,

34 For all things exist
within ALL.

35 From within ALL is
where you came.

36 And within ALL is
where you will return.

37 This ultimate reality is
beyond the reach of the
limited intellect,

38 And within the reach of
the unlimited intellect, and
the knowable world.

39 You must begin to
overstand a new physics;
40 It's called Quantum
Physics.

41 Renunciation alone;
42 The abandonment of all
worldly attachments

43 Can lead to knowledge
of the absolute.

44 This is achieved
through a process of nega-
tion of all worldly desires,

45 Identifications, qualifi-
cations, and extensions.

46 The precepts of Jesus
Christ, who some of ye call

Isa, or Yashua, Sananda,
Horus, Karast, Sonship,

must be practiced for you
are a child of God who is
in ALL. John 10:34-36: Jesus
answered them, Is it not written

in your law, I said, Ye are
gods? If he called them gods,

The Mind

Scroll 11:46

unto whom the word of God 53 No more words. No came, and the scripture cannot more talk. No more argue be broken; Say ye of him, whom ments, heated debates, or the Father hath sanctified, and discussions.

sent into the world, Thou blasphemest; because I said, I am the Son of God?

47 To attain freedom one must engage in solid spiritual practice.

48 The Messiah Jesus' teachings must enter your bones, nerves, cells, and interior chambers of your heart.

49 Lip-confession and the praising of his name as Jesus, is not only inadequate, and insufficient it is sinful.

50 It is pure hypocrisy.

51 We should become absolutely fearless.

52 This is life in reality.

Scroll 11:57

54 No more wandering. As he said *I am in the Father, and the Father is in me* (John 14:10) and you say I am All and All is in me.

55 Become the Christ

56 Live in truth. Enter silence. There is peace. Peace is silence.

57 **That's the Right Path, That's Right Knowledge which leads one to Right Wisdom and the Right Overstanding. Even**

The Noble Koran 4:159 tell Muhammadans that they also must believe by way of Jesus before they die. The Noble Koran

The Mind

Scroll 11:57

4:159 "And verily, from the in regard to oneself and family of the scripture from the universe.

Adam to Muhammad) there is 3 Just as a container creates the illusion that the believe by way of him (Jesus) space inside it is separate before he dies, and the day of resurrection he (Jesus) will be a 4 So me mind creates its witness over them." (Kor. own walls,

Chapter 110, 2:214, 61:13-14, John 3:18, 5:24, 8:21-24, 1 John 4:3, Rom 10:9)

Mind your mind for the jewels of your soul

Scroll Twelve
Self
 $(19 \times 3 = 57)$

Lo! There are various methods for realizing the self.

2 All are based on the removal of limiting ideas

Scroll 12:9

5 And hence, the illusion of separation from the self.

6 "Not This, Not This," is a method of analysis by negation or denial.

7 It is a means of approach.

8 By finding out what a particular subject is not like, one can move towards an overstanding of what it is like.

9 Through this process of negation, one can approach an overstanding of real happiness;

The Mind

Scroll 12:11

10 By realizing that it does with clothing or Jhairstyle, not lie in wealth, power, fame, or any other object this form of illusion from of worldly pursuit. time to time.

11 Through negation of everything that can be known via the senses,

12 One exhausts the mental modifications;

13 And finds the answer within.

14 Ultimately, direct experience is necessary,

15 For it is not a matter of intellectual overstanding.

16 A human is not his or her house,

17 Nor is he or she, his or her job.

18 For these are subject to change,

19 But a Human remains the same.

20 It is useless to identify experience are negated,

Scroll 12:29

21 Yet all are subject to fame, or any other object this form of illusion from

22 The real you, which is sometimes called the self is one's essential nature,

23 Is neither body nor senses;

24 The body and senses are mere external qualities of the self.

25 The serious spiritual person negates identification with all things of this world that are not real.

26 The Human negates the mind by saying:

27 "I'm not this personality,

28 "I'm not these desires, I'm not these fears,"

30 Until eventually, all things within worldly

experience are negated,

The Mind

Scroll 12:30

31 And nothing remains but the self. reaction should be,

44 "I am not invoked, I am only watching it happen."

32 In this kind of meditation union with the absolute is achieved by denial of body,

33 Mind,

34 Name,

35 Form,

36 Intellect,

37 Senses,

38 And all limiting adjuncts.

39 The true "I" remains,

40 Which is absolute existence, knowledge, bliss.

41 One should observe the play of life as though he or she were watching a movie,

42 But again, does identify with it.

43 Whatever situation one experiences, his or her

Scroll 12:52

reaction should be,

44 "I am not invoked, I am only watching it happen."

45 This entails introspection,

46 And close awareness.

47 The mind does not want to be watched,

48 And will soon slow down its activities,

49 But it does not give up without a struggle.

50 In many ways it will deceive and persuade one to stop watching it

51 It is such a powerful force that it is capable of dragging the attention wherever it goes,

52 Unless extreme watchfulness is practiced.

53 Many, many times it will divert the attention from its focus.

The Mind

Scroll 12:53

54 One must observe this John the Divine, *the 10th chapter the 30th verse:* "I and
with patience, *the father are one.*" (John
55 Then firmly return to *the father are one.*" (John
the witness state,
56 Taking care not to fight 3 And again in the Letters
the mind,
of Yuhanna, St John the
57 But only to gently guide
Divine *the 14th chapter, the*
9th verse: "He that hath seen
me hath seen the father." (John
it.
14:9)

Mind your mind for the jewels of our soul

Scroll Thirteen God Is One (19x2=38)

Lo! I am in All and All is in
me.

2 Yashua Ha Mashiakh
(Jesus the Messiah), Isa Al
Masih stated, as recorded
in the letters of Yuhanna
Bar Zabadiy, (John son of
Zebedee) whom ye call St.

44

Scroll 13:6

Absorption

4 There are no qualities in
the universes that are not
in the human body.

5 An atom is a complete
replica of the solar system,
6 with electrons encircling
a nucleus just as planets
revolve around the sun.

7 The atom is a micro-
cosm; small,

8 And everything that is

The Mind

Scroll 13:26

happening in the micro- 18 Before the sun and the
cosms of the human body planet earth came into
9 Is also occurring in Ta, existence,
also called Orb, Ereh, 19 They were gas mole-
T'erra, Eridu, and Ard, cules,
10 That ye mortals call the 20 And before evolving
planet Earth. into the molecular str.te,
11 And is also occurring 21 They existed in the
the universe. etheric or energy state.
12 Individual cosmic cre- 22 The water molecule is
ation and destruction are composed of the atoms of
taking place all the time. hydrogen and oxygen.
13 Instead of identifying 23 When atoms were
with the individual self, smashed in the cyclotron,
14 Which is only a tiny 24 It was discovered that
fraction of the universal scheme,
15 One can find his or her 25 Regardless to what
larger identity by merging extent scientists subdivide
With the Kosmos itself. atoms;
16 Making him or her a 26 They continue to find
kosmosan. smaller particles as quarks,
17 It is matter in its most 27 And even smaller parti-
subtle state. cles as bi-aps.

The Mind

Scroll 13:26

28 If the planet Earth and It's within itself.
 the sun were suddenly blown to pieces 35 Being a part of ALL is being ALL.

30 The matter would revert to energy, for where would you put
 31 Be called nothing less than, solid, liquid, gas. And 36 You can't take from All,
 as recorded in The Holy Tablets, it says in the 3rd from?
 chapter, the 9th tablet verses 22-26, where it states: (22) *Anu, Elyown Elyown El, it was you, who created and made first the three abodes.* (23) *One of gas.* (24) *The other of liquid,* (25) *the third a solid.* (26) *These are the homes of his beloved.*

32 Beyond these three is a state of nothing, ether.

33 Ultimately it would return to ALL. **Lo!** Oh ye Humans, ponder on this thought:

34 Being yet still a part of ALL, the journey is short

Scroll 14:1

Mind your mind for the jewels of your soul

*Scroll Fourteen
God is oneness
(19x2=38)*

The Mind

Scroll 14:1

granted leaves one in awe of the guiding cosmic to make it burn more intelligence.

3 Water, H_2O for instance, is made up of water; they will quench fire two hydrogen atoms and cool off the body. one oxygen atom. And this 7 If one professes of having any intelligence at all, Chapter 1, Tablet 8, Verses 28-29 says about the atom; herself, "what is the source (28) *The simplest particle of life* of this intricate engineer-is a quark of which atoms are composed. The atom is the smallest unit of an element that retains all of the elements properties. (29) All things are made of atoms, which are composed of quarks. It is the smallest substance. This is called Quantum Physics, my child. 4 When hydrogen by itself plants and exhale carbon comes into contact with dioxide. fire it reacts with explosive 12 In their bodies the oxygen combines with glucose

Scroll 14:11

The Mind

Scroll 14:1

IB

13 To produce energy for have been created by an various bodily functions. accident of nature.

14 Plants take in carbon dioxide, and release oxygen into the air that is then used by animals.

15 They take nutrients from the soil and the sunlight for photosynthesis.

16 A human eats the plants for nourishment and when he or she dies,

17 His or her body is returned to the earth to the Adama, of the ground, where it becomes food for the plants.

18 This is but one small example of the complicated and interdependent relationships that exist among all things.

19 It hardly seems possible that such a world could

have been created by an accident of nature.

20 Relationships like this exist throughout the Kosmos.

21 Consider the size of the universe.

22 It impossible that these miracles occur only on the planet Earth.

23 How many suns with planets can there be in this galaxy,

24 And how many galaxies can there be?

25 How large is this universe?

26 Its size cannot be imagined,

27 Nor can the number of planets capable of supporting life be counted.

28 Yet there are those known in the star constellations.

The Mind

Scroll 14:27

lation such as Orion to without an originating cause.

29 And from Rizq the 8th planet in Illyuwn the 19th galaxy,

30 From which I come forth to you,

31 By way of a markabah "a divine light", vehicle also called a sham.

32 There are physical laws that cause the planets to rotate,

33 And to revolve around the sun in certain precise ways.

34 These same kws cause whole solar systems, and

35 Indeed, even galaxies, to hurtle through space at tremendous speeds all in perfect coordination.

36 These laws cannot have accidentally come about

Scroll 15:1

37 Only a guiding intelligence could be responsible.

38 God is the source. The

All is in All. All is not an it,

a he or a she, All is. Read

the book *Sacred Wisdom of Tebuti* to get a clearer understanding.

Mind your mind for the jewels of your soul

Scroll Fifteen

The Creator

(19x10-190)

Lo! If someone were to ask, why God, The Creator is one,

2 He or she might answer that if there was a creator,

The Mind

Scroll 15:1

a God for this incident on Earth,

3 One could not always design his creation like the other,

4 Neither would they go by the same principles.

5 So we have a creator from many creators that gave you will.

6 In order for one to preside,

7 It would be necessary for the other to perish.

8 In this state, or step down of his leadership

making him a supreme. The king of kings, the

angel over all angels he who appointed the Arch angelic beings, the Al Malaa'ikat. God is the

Supreme.

9 The will of one or the

other must manifest the wishes of both or neither

one would not be possible; 10 And this would be a sign of frustration.

11 And obviously God who is responsible for the

intricate creation of all things of this cycle of refilling and replenishing the earth is beyond frustration.

12 And God is alone in his power, as God.

13 Only The All is the absolute.

14 And all creators are in All.

15 Your Allah, Rab

16 Horus, On,

17 Jehovah,

18 Dios,

19 Buddah, Confucius,

20 Brahma,

The Mind

Scroll 15:18

21 Shiva, Vishnu,

22 Thehos,

23 Tammuz,

24 Baal, Adonai,

25 Om, Osiris,

26 And all the others are in ALL.

27 As it stands, the universe is a very measured place;

28 Where everything fits within its particular pattern,

29 And in the design of all things is an obvious unity.

30 That could not be possible if more than one Creator took responsibility

for all creation. Each creator is assigned by the ALL to be the Creator, or Creators with one head as the angels with one deity about them all.

31 For there is life beyond Earth,

32 And new forms being discovered every day.

33 In the *The Noble Koran 2:133*, it states in part *The Noble Koran 2:133*,

34 Also in *The Noble Koran 2:163*, it states Don't make for him any

partners (*Exodus 20:3, The Noble Koran 3:63, 17:111*),

35 Or you say you shall have no other gods before me (*Exodus 20:3, The Noble Koran 11:50*).

36 I am a jealous God (*Exodus 34:14*).

37 That means there is more than one, and you're not to use but one.

38 If you are a Muslim you use Allah or Rab.

39 If you are a Hebrew,

The Mind

Scroll 15:38

Israelite, or Jew you use say Allah (God) is the Yahweh, Eloheem, greatest (*The Noble Koran Adonai*, or Ha-shem. 29:45). Then he is greater

40 And if you are a than others like himself.

Buddhist you use Buddah. 44 Everything inside of

41 As one deity, you are in ALL is a servant,

ALL. 45 Has no equal, no con-

42 All religions and their sorts, and no partners.

one god each are in 46 Because ALL is in ALL,

47 You cannot take from

43 Therefore, all sincere, it, and you cannot add to

spiritual, and righteous it

people know with strong 48 ALL has neither begin-

conviction the creator is ning nor end.

power, and has no associ- 49 ALL is.

ates in that power. So, he is 50 ALL has always existed

called "The Most Powerful" and will exist. Because

(*The Noble Koran* 22:39), ALL is outside of exis-

"The Most Gracious, The tence. All exist in ALL.

Most Merciful" (*The Noble* The out is outside time,

Koran 1:3). To be the most for time exists in ALL.

of anything means there is ALL did not begin. ATT.

more than one. According cannot end.

to Muhammadans, they 51 God is the beginning

Scroll 15:50

and the ending. The "alpha

57 And seek the protection
and omega" (*Revelation 1:8*, of those that could neither

1:11, 21:6, 22:13). If you help nor harm him.

58 The appointed one who appointed, and anointed Jesus the Messiah of the

you have an ending. ATT. New Testament, Tammuz of Ancient Sumeria, who is

Haru (Horus) of ancient Egypt.

59 In the depth of ignorance and backwardness, people sought help from objects made by their own hands. In Ancient Egypt,

Khnum, creator of the ka that yields the ba and akh.

60 A human wanted to reduce The Creator to his or her own level.

61 But how could an object or a human be responsible for all of creation?

The Mind

Scroll 15:61

62 So to assert that a heavenly bodies of this human was responsible, solar system orbiting properly.
63 Or that the universe accidentally came into being,
64 Thrives on the absence of logic and the abundance of ignorance.
65 God The Fashioner gave electric charge to the protons and electrons,
66 Designed the minute solar system of the atom like the one in which we live,
67 76 trillion years ago,
68 Gave light its speed, (186,272 feet per second),
69 Put a barrier around sound 1100 feet per second,
70 Blessed the sun with enough mass to create the gravitation that keeps the

71 God is The Fashioner.
72 There's a reason why 75% of the planet earth and 70% of the human body consist of water.
73 The creator put that balance there can you begin to overstand it?
74 When the oceans of the world all come rushing towards the shore,
75 Who synchronizes it?
76 If the world's waterways were to cease moving, how would the fish breathe?
77 God-The Fashioner, started the water moving and it has yet to stop on its journey home. Water is always moving towards

Scroll 15:77

Scroll 15:77

Scroll

larger masses of water. makes up water?
78 I could tell you something that would be real fascinating but it is very simple;
79 One thing that's unique:
80 Water is unique.
I 81 Let me tell you something unique about water.
I 82 Water is a symbol of personification.
I 83 It is in the atmosphere; you don't see its water
I vapor,
I 84 It goes from what is I considered invisible-a vapor,
I 85 To a liquid,
I 86 To a solid,
I 87 To ice,
I 88 To hot ice,
I 89 To a gas.
90 Ask yourself what 103 Water never stays any-

91 You're trying to think of an answer,
92 In order to look like you know something.
93 You forgot, I said I wanted to tell you something.
94 See it is the obvious.
95 The obvious abstract.
96 Water is a symbol of personification.
97 It's unseen.
98 You don't see it.
99 Then there's vapor, steam, condensation, over frozen hot ice.
100 Where did it come from,
101 And where is it going?
102 The mystery of water is that it's always going home-to water!
103 Water never stays any-

Scroll 15:102

where water is not

104 If I put it on the ground it will evaporate or seep into the ground,
105 Seeking out or seeping,

106 It is always going home to water.

107 It is pumping out of a source,

108 Looking for the source of water.
109 Look at it in a test tube.

110 Leave it for a hundred years.

111 It will constantly be on the move,

112 But it will eventually go back home to water!
113 The molecules turned

inside out

114 Thus the restless soul of a human being is fl

water.

115 Your brain, the blood, the breathing,

116 The digestive system, the circulatory system,

117 The respiratory system, urine, light, pulse, blood;

118 This is the restlessness of the human being.

119 You see, there's only one real thing in existence, change!

120 And the only thing constantly changing is water.

121 And where is the home of water?

122 I told you at the beginning, home is the vicious cycle.

123 Water is pumping out of a source, looking for the source of water!

Scroll 15:122

Scroll 15:123

Scroll 15:137

124 You used to know 132 When it was once these things. inside Adam's (*Kadmon, Zakar*), the grandfather of

125 When you had your Ibarathary gland you knew Enos brain, these facts;

126 And this just shows how out of touch you all in are.

127 The barathary gland part of the brain that is resided inside the hip- responsible for hallucinapocampus area of the tions.

128 Which is a cavity of tions are unconscious, the cerebellum.

129 The cerebellum is located at the lower part of the brain and is attached to the brain stem.

130 The barathary gland has connection with the appendix and the tonsils.

131 The hippocampus is j the tissue, which held the Ibarathary gland.

132 Portions of the gland were left on the nerve endings;

133 Although conscious perception does not occur in the cerebellum this is the

134 Also cerebella reac-

135 Meaning you are unaware that it happened,

136 And that's why even though the barathary gland is missing,

137 Portions of the gland were left on the nerve endings;

138 Because total removal would have damaged the nerve.

The Mind

Scroll 15:138

- 139 From the **cerebellum**, other dimensions (clairvoyance).
140 You had **seven** senses see, **feel**, hear, taste, smell, clairvoyance, and telepathy. *The Holy Tablets chapter seven, tablet one*, verse 10-13: (10) *Originally you had what was called Neter ta-ten.* (11) *tals.*
The seven senses that could activate seven higher senses. (12) *And even higher until you ascend back into divinity, but you are trapped by one sense touch.* (13) *Which is multiplied by deception to five.*
- 141 Humans do not have the four higher senses:
142 Mind perception (intuition),
143 Mental communication (telepathy),
144 Object reading (psychometry),
145 And clear sight-see in
- 146 But with the removal of your barathary gland you lost access to the Heavenly host, then you became humans or mortals.
147 An Enosite, a "human being" is a forgetful being,
148 Which is what happened when the barathary gland was removed.
149 When you get back your power we have to show you how to use it
150 But we have to control it
151 You have to prove your sincerity before it is returned to you, otherwise you may misuse it.
152 The barathary gland will be reinserted into

Scroll 15:151

The Mind

Scroll 15:151

- those persons worthy of returning home when the Messiah comes for them. 153 August 12, 2003 A.D. to June 26, 2030 A.D. On May 5, 2000 A.D. there was an alignment of the planets in this solar system. And the weather effects were felt the world over (*The Holy Tablets chapter one*).
154 When this gland is reinserted, it will not be in the hippocampus part of the brain this time,
155 But in the lower chin referred to as the sub-mental area meaning the "sub" or "lower" and mental that which reacts with the mind.
156 Remember, Enosite, of the ones who procreated them.
157 If he will, he can destroy this entire galaxy in a moment,
158 And if he wills, recreate it in an instant.
159 Nothing is too difficult for him.
160 For this has already happened.
161 An individual should observe and stand awed by the many wonders that God has fashioned;
162 And because the Heavenly host were pro-created,
163 He or she has to acknowledge their greatness,
164 A human being has to submit to the supremacy of the ones who procreated them.

The Mind

Scroll 15:164

165 Final analysis: Sir Isaac Newton, the English Mathematician and Scientist, had a skillful mechanic who made him a miniature replica of this solar system,

166 With balls representing the planets geared **together** by cogs and belts so as to move in harmony when cranked.

167 Later, Newton was visited by a scientist friend who did not believe in ALL!

168 Their conversation is related in the Minnesota technology:

169 One day, as Newton sat reading in his study, with his mechanism, on a large table near **him**, his infidel friend stepped in.

60

Scroll 15:176

170 Scientist that he or she was, he or she **recognized** at a glance what was before him.

171 Stepping up to **it**, he or she slowly turned the crank,

172 And with undisguised admiration, watched the heavenly bodies all move in their rektive speed in their orbit.

173 Standing offa few feet he or she exclaimed,

174 *'My! What an exquisite thing this is! Who mads it?'*

175 Without looking up from his **book**, Newton answered '**Nobody.**'

176 Quickly turning to Newton, the infidel said, 177 *'Evidently you did not understand my question.'*

178 *'Tasted, who made this?'*

The Mind

Scroll 15:177

179 Looking now, Newton solemnly assured that nobody made **it**,

180 But that the aggregation of matter so much admired had just happened to assume the form it was in.

181 But the astonished infidel replied with some heat,

182 *"You must think I am a fool,"*

183 *"Ofcourse somebody made it,"*

184 *"And he or she is a genius, and I'd like to know who he or she is,"*

185 Laying his book aside, Newton arouse and laid a hand on his friend's shoulder,

186 *"This thing is but a weak imitation of a much grander*

Scroll 15:190

187 *"And I am not able to convince you that this mere toy*

is without a designer and maker;"

188 *"Yet you profess to believe that the original from which the design is taken, has come into being without either designer or maker!"*

189 Now tell me by what sort of reasoning do you reach such an incongruous conclusion?

190 Echo the word of all the news bearers, **wisemen** (astronomers), sages and saints. La **elaha elah bil Kuluwm** (nothing would exist except by way of The All!)

Mind your mind **for** the jewels of your soul

61

The Mind

Scroll 15:190

*Scroll Sixteen
Freedom-Reality-Truth
(19x5=95)*

- Lo!** In their subtle or pure form, the five basic elements combine in definite proportions to form gross elements. It is these gross elements upon which the existence of the planet earth depends.
- 3 While this view may not seem to correspond exactly with modern science, by following the essence of the thought behind it, 4 One gains insight into the intricate relationship between matter, the physical plane and spirit, the spiritual plane.
- 5 According to the doc-
- trine of **quintuplicate**, 6 And one eighth of each of the four other subtle elements. The plane of force is in manifestation at this level.
- 7 An example of this can be seen clearly in the chart for gross earth;
- 8 In which the earth is composed of subtle **earth**, 9 And one eighth each of subtle ether,
- 10 Subtle air,
- 11 Subtle water, and subtle fire,
- 12 It can be seen that each element when **quintuplicated**, is not pure,
- 13 But contains a portion of each of the other elements.
- The word **quintuplicated** as defined by the

Scroll 16:13

Scroll 16:14

Scroll 16:27

American Heritage ties.

Dictionary is defined as: 18 These properties are **quin·tu·pli·cate** (*kwɪn'tuːplɪkeɪt*, *-tyooðəl-*) adj. of the subtle elements /*. Multiplied by five; fivefold*, within the gross elements, 2. *Being the fifth of a set of five* 19 And total twenty-five in *identical copies*. — number.

quin·tu·pli·cate. 1. *One of a set of five identical things*. 2. A stand this, let us examine set of five copies. [Latin *quintus*, *fifth*; see *QUINTU-* with quintuplicated ether.

PUS + (quadru)uplicate. 21 The five properties of ether are **grief**,

14 Each quintuplicated element produces a special effect according to its predominance.

22 Desire 15 Each contains qualities of the others, 23 Anger, 24 **Delusion**,

25 And fear, 26 Which are all generated in the ether,

16 And has a particular function in nature and a human being. 27 Which belongs to the space of the heart.

17 Further, each of these elements has five proper- the ninth power of nine. Containing both agreeable

The Mind

Scroll 16:27

Scroll 16:39

and disagreeable; good and duplicated ether.

evil. *The Holy Tablets chapter 34* Delusions is as pervasive, tablet one, verses 16-17 sive as water

states: (16) Nine ether is the 35 And belongs to that combination of all existing portion of water found in gases of nature. Nothing any- ether.

where can be as powerful as all 36 Finally, when we are existing gases. (17) Therefore, frozen with fear, the body nine ether is the original creator becomes inanimate and who grew all the universes. statue-like:

28 Grief is the chief part of 37 Thus, fear belongs to ether and so is happiness, the earth principle.

29 For which grieving the 38 The remaining twenty body feels like empty properties can be over-space.

30 Desire is fleeting like 39 Although the emotions the wind,

31 Therefore, it belongs to the part of air found in ether,

32 When anger arises, the 40 For this is where their body becomes hot. influences are directly per-

33 Anger belongs to that ceptible. part of fire found in quin-

64

The Mind

Scroll 16:40

Scroll 16:56

belong to the ether portion reduced to nothing as it is of the quintuplicated elements, they cannot be the analyzed and all temporary qualities are removed. self, which breeds selfishness.

51 It is merely a product of the five elements and there are twenty-five combinations.

42 They are negated and identification with them is not possible.

43 Say, 'I am not these emotions.'

52 Modern scientists and doctors only overstand the gross attributes of the body.

44 'I am not this body.'

45 'I am not these actions.'

46 'I am above, observing, controlling, witnessing.'

47 Abandon the idea of I-ness and my-ness and identify with the imperishable (atom) you,

48 Which is entirely different from the five elements.

49 Which is the knower, seer, and witness of all these products.

50 The physical body is play of illusion and igno-

65

The Mind

Scroll 16:56

rance.

58 Attachment to it is possessiveness and attachment, accepting the bondage, accepting the ment to its illusory principle of see, hear, taste, smell, and feel is illusion.

59 There is more to it than that.

60 You must overcome the 3 laws of confinement to the spell of ignorance;

61 Person, places and things.

62 These three bind your inner self to the outer world.

63 The world that's your bigger body called ecology.

64 The surrounding binds the deity, you,

65 But what you think you want and need,

66 And all you need is to know, you don't need things to be happy.

67 By negating the idea of possessiveness and attachment, accepting the ment to its illusory principle of see, hear, taste, smell, and feel is illusion.

68 One can achieve eman-

cipation, freedom.

69 Ignorance is responsi-

ble for all misunderstand-

ing.

70 And for all dissension.

71 Only true spiritual aspira-

tants can transcend it by

long, hard discipline

72 And by practice.

73 Because of ignorance

74 "You shall know the truth

and the truth shall make you

free (John 8:32)."

75 When you hear the

76 "I and my father are

one..."(John 10:30),

Scroll 16:74

77 It meant by eliminating must touch the auditory

body, name, nerve, to feel, is to touch

78 And external qualifications, 87 Which carry them as

79 We would eventually merge with the source,

80 From which we came, ALL.

81 For if you look at what is called your five senses,

which are:

82 See, hear, taste, smell and feel, you eliminate

most by a good look at them.

83 To taste, things must touch your taste buds.

84 To smell, things must touch your olfactory nerve

in your upper passage of

your nose.

85 To see, light must touch the optic nerve.

86 To hear, sound waves

The Mind

Scroll 16:94

Scroll 16:74

77 It meant by eliminating must touch the auditory

body, name, nerve, to feel, is to touch

the nerve fibers,

78 And external qualifications, 87 Which carry them as

79 We would eventually merge with the source,

80 From which we came, ALL.

81 For if you look at what is called your five senses,

which are:

82 See, hear, taste, smell and feel, you eliminate

most by a good look at them.

83 To taste, things must touch your taste buds.

84 To smell, things must touch your olfactory nerve

in your upper passage of

your nose.

85 To see, light must touch the optic nerve.

86 To hear, sound waves

89 You can become one thing.

90 Places are things and things exists.

91 And existence must be felt

92 The seventh plane, is

the doorway to the all,

93 The highest plane.

94 Many assumed that

these words applied only

to Jesus the Messiah, and

not to themselves.

95 Very few understood his

meaning.

The Mind

mm 6:94

Mind your **mind** for the jewels of your soul

Scroll Seventeen
That Thou Art
(19x4=76)

Lo! Oh, ye homo sapien,
bless children of God,
don't thou knowest that a word and its meaning are linked by a thought wave.

2 When the word "fire" is pronounced, the corresponding mind wave is energized and there is visualization of the concept.

3 The reverse also takes place. When one sees a fire, the mental image gives rise to the corresponding verbal utterance, "fire".

4 This relationship between word and meaning can be simple or complex.

5 It is simple when it generates the words primary meaning.

6 "*Thesun is hot.*"
7 If a child is asked to draw a leaf, he or she copies it from nature,

8 But an artist will draw it indirectly.

9 There are indirect relationships between words and meanings.

10 In the statement, "it is hot today," the implied

meaning is that the sun is hot.

11 Sometimes the dkect meaning of a word is disdng pنسد with,

12 And only the implied

Scroll 17:10

The Mind

Scroll 17:11

Scroll 17:28

meaning is taken into account,

13 The statement, "The house is on the river" does not mean that there is a house on the surface of the river,

14 But on the bank of the river,

15 The dkect meaning of a flowing river is discarded.

16 And the implied meaning "on the bank" is substituted.

17 Although the river and its bank are quite different things,

18 One being water and the other planet Earth.

19 There is a spatial proximity that created a relationship.

20 The implied meaning is based on the dkect meaning

21 Which is then discarded,

22 sometimes both the implied meanings are operative.

23 Imagine if a human being is at a horse show and asked,

24 "*Which horse is jumping?*"

25 He or she might receive the reply, "the white one is jumping."

26 A colour cannot jump,

27 However in this case, the dkect meaning "white" refers to the implied meaning

28 Both of which are relevant to the sentence.

29 The whole is understood to mean the white

horse is jumping.

30 Sometimes a portion of

The Mind

Scroll 17:28

Scroll 17:42

the direct meaning is 37 Dressed in a suit and retained and a portion is separated in time and discarded.
31 Assume mat ten years space by ten years and one thousand miles.

ago a certain singer named 38 Certain elements are Billy Paul lived in contradictory and must be Philadelphia,

32 And was last seen by a friend at Radio City Music Hall.

33 Now imagine that this same friend sees him years later as a wino in Atlanta, Georgia.

34 He says, "this is that same, Billy Paul."

35 There is a certain discrepancy in this statement, for the word "this" refers to the singer Billy Paul as he was known before.

36 It is associated with the idea of a successful professional person,

The Mind

Scroll 17:43

Scroll 17:59

44 The contradictory factors of time, space and external appearance are eliminated

45 While Billy Paul himself, the person, remains.

46 It is only the idea of a Mr. Billy Paul free of impermanent qualities that is non-contradictory.

47 Only after the mind had gone through this complicated process, which it does in a flash, can "this

Billy Paul" be identified with "that Billy Paul."

48 After "this Billy Paul" identifies with "that Billy Paul",

49 After the opposing associations of name and form have been set aside, this is what remains.

50 Billy Paul, the person self.

common to both, stands as the implied meaning.

51 "That thou art" can be understood only in light of this kind of reasoning.

52 "That thou art" does not refer to the direct meaning of the body,

53 Name,

54 Form,

55 Clothes,
56 Location,

57 Status, time and place are eliminated.

58 Note: even benevolence, agreeableness, or goodness is binding.

59 Chains may be made of gold or iron,

60 Nonetheless they are chains.

61 Most people misunderstood the body to their

The Mind

Scroll 17:60

62 They cannot **overstand** mean that God resembles "that **thou art**," a human **being**,

63 Because they kck the patience to consider deeply the significance of whose image are they? the words.

64 Words are double-edged weapons.

65 If misunderstood, they will be detrimental to one's progress;

66 Properly understood they can carry one across the depth of ignorance.

67 The significance of this creation?

"that thou **art**" can be grasped only after **long**,

68 Detailed and careful consideration.

69 Then it will be apparent that a human being was made in the creator's image,

70 It does not merely

72

Scroll 17:74

71 For he also created the animal, birds, fish in

deeply the significance of whose image are they?

72 Being men was the only thing created that was not called **good**,

73 And the God saw **that**, **light**, day, shadow hour, sea, animals were all good,

but not man. Why, if he is in God's image and **like-the** depth of ignorance. ness; why is it not said of

74 And God saw that it was good, because it was

not created good. You must become good.

75 But also, one must look into a human being and realize the Creator's nature is enshrined therein.

76 The body is a Temple.

The Mind

Scroll 17:75

The **head**, the dome, the racism, jealousy, egoism **heart**, the altar, the emotion are dispelled just as **dirti-**ness is dispelled by **cleanli-**the preacher of the word ness.

of God. You should be a word of **truth**, an abode of health and happiness.

Mind your mind for the **jewels of your soul**

Scroll Eighteen

Love

(19x2=38)

1 My child, true religion consists of more than **ritualistic** observances, baths and pilgrimages, but in **loving**.

2 Kosmic love, all embracing and **all inclusive**.

3 In the presence of pure Jove all distinctions and differences,

4 As well as all hatred,

Scroll 18:10

5 There is no knowledge higher than **love**.

6 There is no treasure higher than love, because love is truth, love is God.

7 One must strive to convert ones emotion into unconditional love for God,

8 Which is neither binding nor **selfish**.

9 The emotions, when channeled properly can be used to attain freedom.

10 One should transmute the lower emotions into unconditional emotions.

11 Emotions are weaknesses,

12 And must not be equat-

The Mind

Scroll 18:10

ed with divine **love**, bkd with only one **wing**;
 13 Which manifests as 22 But to hate another
 peace and joy.
14 The lower emotions are human being is to hate
 not suppressed, yourself, and that too is
 fair; for there are times
 15 However, but are utilized when you hate what you
 and sublimated. have done or done things
16 Without emotions there you hate to do.
 is no love,
 17 And without love one 23 A child of God realizes
 cannot approach that infinite that both love and **hate**, in
 love that is. order to be constructive,
 18 A child of God recognizes must be directed in the
 that both love and proper channels
 hate are the two most 24 And to do otherwise is
 powerful driving forces in destructive and **suicidal**.
 life.
 19 Both emotions are 25 I love **peace**,
 healthy and essential to 26 I hate war.
 life,
 20 And to possess only 27 I love **happiness**,
 one love or hate 28 I hate sadness.
 21 And be deprived of the 29 I love those who hate
 other is to be crippled as a 30 A child of God **there-**
 fore makes a careful dis- tinction between his or her

Scroll 18:28

The Mind

Scroll 18:29

loved ones,

31 And his or her enemies.

32 Through the higher emotions the devotee reacts out of the divine,

33 With purification the receptive heart receives the continual flow of divine love.

34 The barrier between the individual souls and the supreme soul is the ego, the ever present enemy.

35 It manifest as a feeling of **separateness**.

36 Through purification one does away with this feeling of **separation**,

37 For in the ecstasy of pure love and devotion,

38 The consciousness of the individual self is lost.

jewels of your **soul**

Scroll Nineteen
The Mind
 (19x11=209)

Lo! Oh Children of God, I am now about to take you on a journey of **overstand-**

ing, one of the best gifts that has been given to your specie,

2 And that is the mind.

3 The mind is neither **visi-**ble nor tangible.

4 It exists not in the phys-ical body as does the brain,

5 But in the spiritual place, or what is called the men-tal plane.

6 Its magnitude cannot be measured,

8 For it carries all feelings, ideas and impressions

Mind your mind for the

The Mind

Scroll 19:5

- from this life,
9 As well as intuitive knowledge of what is to come.
10 It is the mind that must be corralled and controlled in order to achieve that true peace of union.
11 The mind acts justly to its desires
12 And does not care about consequence.
13 It thinks of some pleasant looking or pleasant tasting food,
14 And must have some.
15 When warned of the poisons it contains,
16 The reaction is to disregard the warning find some excuse, and eat it anyway.
17 However, the self, pure consciousness, which is which ye abide, is only a
- beyond the mind,
18 Which is read from the mental, is the witness of all that is perceived, the plane of math and about it, the plane of reality.
19 But it neither acts nor reacts,
20 For all action and reaction takes place in the mind, which received its information from the mental reservoir,
21 Appearing and arriving as thought waves to the mind (*The Holy Tablets chapter seven*).
22 Thought, the most powerful force in the universe, initiates all action in the brain,
23 Activity carried out on the physical plane, in which ye abide, is only a

Scroll 19:22

Scroll 19:22

- mirror of the inner workings of the mind.
24 That which is assumed to be reality,
25 The physical environment in which each person lives,
26 Is only a projection of the mind.
27 In truth, when the many mental modifications, are resisted,
28 One is no longer affected by the comings and goings of the world,
29 And self shines forth in undisturbed purity.
30 When the thought waves are still, the perceiver rests in his or her own true nature.
31 That state of pure consciousness is achieved when the mind is no longer modified by the activities of thought waves.
32 When the waves of a lake are stilled, one can see the bottom clearly.
33 Likewise, when the thought waves of the mind subside, one's essential nature becomes evident.
34 With the surrender of the ego the individual becomes an instrument in the hands of
35 God.
36 He or she takes neither credit nor blame for his or her actions,
37 For God does the action.
38 The devotee thinks of nothing but God.
39 God is his or her constant thought wave,

The Mind

Scroll 19:37

The Mind

Scroll 19:37

- 40 And fills every mental space.
- 41 Control of the mind,
- 42 And annihilation of the ego is the essence of all spiritual disciplines,
- 43 Including emotional ones.
- 44 Even on an essentially, emotional path, the intellect must not be neglected. D I E=Death!
- 45 If it is disregarded one can degenerate in fanaticism.
- 46 On the other hand, if it is transcended the devotees experiences, the highest state of supreme devotional ecstasy.
- 47 Your motivation should be the simple desire to love to serve God.
- 48 Only with this attitude Nobles of the Mystic Shrine, will the ego disappear.
- 49 One cannot attain liberation until all desires, including spiritual desire itself have been burned.
- 50 Pure peace is devoid of desire, ignorance and emotions.
- Desire
- Ignorance
- Emotion
- D I E=Death!
- 51 Pure love is love untied by lust, and it is difficult to develop,
- 52 Encompassing a pure desire to touch and embrace his or her physical and astral form.
- 53 This is encountered frequently in the poetry and writings of the Ancient Egyptian Order & Arab
- 54 If one human being

Scroll 19:53

The Mind

Scroll 19:53

- calls another a fool, actually give validity to them.
- 55 It is only a verbalization, 65 The
- 56 A vibration in the air.
- 57 But what a thundering thought wave it creates.
- 58 One simple unreal word wreaks havoc;
- 59 Throwing the physical and emotional bodies into chaos,
- 60 Destroying all happiness and peace.
- 61 One is not a fool because he or she is called a fool.
- 62 If a person were called a donkey, he or she would not grow longer ears and a tail.
- 63 Yet, it is not unusual for people to react in anger to such a statement,
- 64 And in the process,
- mind attributes meaning to words by which tie delicate degree of difference of the words are perceived by any of the senses,
- 66 Or by the mind, giving them a false reality.
- 67 Such reactions to meaningless vibrations is the cause of countless human troubles.
- 68 Overreaction to words and jumping to conclusions are weaknesses of the mind.
- 69 The thought waves must be restrained at all times.
- 70 One must be particularly wary of praise,
- 71 for this too is verbal

The Mind

Scroll 19:69

delusion, retains its underlying
72 And the ego is ever essence.
ready to pounce on any 79 The weaker a person is
opportunity to see itself as the less restrains he or she
better or different from has over **essence**.
others.
73 Not everyone is going 80 The mind is not **con-**
to feel the same way as one **centrated**,
who bestows a **compli-**
ment.
74 Inevitably the pendu- 81 The **perceiver** identifies
lum swings in the other with its **modification**,
direction,
75 And criticism **will** be 82 Then thought waves
heard sooner or later.
arise;
83 There is the immediate
tendency to identify with.
76 But true happiness 84 The thought waves
should not rest on praise spawn a host of others.
or **abuse**,
85 The mind is a slave to
its preoccupations
86 Identifying with the
same problem wherever it
77 For in **all** conditions, is.
your true essence is
beyond qualities and 87 The thought waves give I
beyond change. rise to countless others,
78 Just as water may 88 All in search of **happi-**
become steam or ice it still ness.

Scroll 19:86

Scroll 19:86

Scroll

89 But in fact, it is only knowledge based on
foolishness, for the very facts, can be proven in
rising of the thoughts three ways;
themselves destroys the 102 But none of the
peace that the mind **craves**. proofs may contradict one
90 There are five types of another.
thought waves. 103 Examine yourself the
91 Some of which are next time that you are
painful and some which angry or miserable.
are not. 104 Reason it out, and
92 The five kinds of note the modification of
thought waves are:
93 Right Knowledge 105 Gaining freedom from
94 Erroneous **overstand-** verbal delusion is essential
ing, for strengthening the
mind.
95 Verbal delusion
96 Sleep,
97 Memory,
98 Correct perception,
99 Interference,
100 And competent testi-
mony are proofs of correct
knowledge.
101 Right Knowledge, that 109 It is wisdom that I give
to you.
110 I am a student of a

The Mind

Scroll 9:108

great teacher.

111 I walk with the teacher.

112 I talk with the **teacher**.

113 I learn from the teacher.

114 And of course I **learn** to love the teacher.

115 Eventually an enemy comes and kills the **teacher**.

116 And it transforms me from a student to revengeful man, and I get a new attribute.

117 And I want revenge on the man or woman or thing that killed my teacher.

118 And I am set out on a journey throughout the **world**, seeking out the man who killed my teacher.

119 And I'm motivated by

that purpose.

120 I'm going to kill the man because he or she killed my teacher.

121 That's why I'm doing it.

122 I'm not a killer by nature.

123 I made myself a killer, and I have a justified reason now.

124 I'm going to kill this man.

125 Why **will** you kill **this** man?

126 Because he or she killed my teacher, and that is my **reason**.

127 That's my sole **reason**.

128 So after long hunts and travels, pursuits, I finally comers this man.

129 You follow me?

130 And I look him

Scroll 9:127

straight in his eyes as I take out my sword.

131 The man has terror in his eyes because he knows how close he is to death.

132 And I raise the **sword**, and I get the satisfaction of being able to end this quest,

133 And relieve myself of this anger towards this man or woman who killed my teacher,

134 And that is the reason why I'm going to kill this man or woman.

135 That is the only reason,

136 Can you **overstand** that?

137 The man, in fright and terror hocks and spits in my face.

138 What do I do now?

The Mind

Scroll 19:128

straight in his eyes as I take out my sword.

139 Should I walk away?

140 If so should you say, "I pursued this man for thirty years, and I finally got him **cornered**."

141 The man who killed my teacher.

142 He cut off my source of divinity or my connection with the **divine**,

143 And I want to kill him for that purpose.

144 For that purpose only, because he or she has interfered with my journey.

145 What do I do when he or she hocks and spits in my face?

146 Do you say, "**thank** you?"

147 Yes, you say "**thank** you."

148 Why do I thank him

The Mind

Scroll 19:146

or her?

149 Because you have another reason to kill him.

150 And if you kill him on behalf of yourself and not your teacher you will be a killer and not an **avenger**.

151 That's a thought.

152 You have another reason to kill him or her.

153 Something made you realize that it's stupid chasing him or,

154 To kill him or her just for spitting in your face.

155 How did he or she make you **realize** that it's stupid?

156 What do you do when this man hocks and spits in your face now?

157 You've already got your sword **out**;

158 Ready to chop his or

her head off because he or she **killed your teacher**,

159 Because he or she cut off your source of divinity.

160 Now he or she has the audacity to spit in your face?

161 Do you kill him?

162 Why would you kill him.

163 Why wouldn't you walk away?

164 I would **walk** away.

165 Walking away would be right,

166 But you don't know I why you are right and that I makes it wrong.

167 You are right.

168 Just say "**I walk away.**"

169 I took my sword and put it **away**, and I turned around and walked away.

170 And that's right.

Scroll 19:168

The Mind

Scroll 19:187

Scroll 19:169

171 But you have to know why you're right otherwise it is wrong.

172 The reason why it's right is because

173 My reason for pursuing this man or woman all of these years

174 Is because he or she killed my teacher.

175 Not because he or she spit in my face.

176 I would have to leave this man or woman and go back to where I started, regroup the **reasoning**,

177 And now pursue him because he or she spat in my face.

178 Otherwise if I **kill** him or her, I become a killer for the wrong reasons.

179 Thus, my justifications defeat themselves.

180 The wisdom is a holy human being was once insulted in front of his or her disciple,

181 By a non-believer who spat upon his face several times.

182 Not one muscle twitched,

183 Nor did his calm facial expression change,

184 Because he did not identify with his physical sheath.

185 His mind was centered in God.

186 Can you imagine the strength of that mind?

187 No matter what was done to him,

188 He responded with one thought,

189 That of pure love.

190 A true child of God

The Mind

Scroll 19:188

- will not react in anger 204 Repetition,
 191 For to him insult and 205 Exercise,
 praise are the same. 206 Singing,
 192 Restraint of thought 207 And meditation,
 waves does not mean sup- 208 On opposite,
 pression. 209 And positive
 193 Suppression jams up thoughts.
 violent emotions
 194 For various reasons, Mind your mind for the
 people abuse, jewels of your soul
 195 Suppressing anger,
 196 Or pain
 197 By smiling, Exchange anger for love and
 198 And carrying a stiff sorrow for joy (19x2=38)
 upper lip.

- 199 The restrained thought waves must be forgiven an outlet. **Lo!** A change in character occurs only through formation of new habits.
 200 They must be sublimated, 2 Control can be gained by non-attachment or by eliminating emotional reactions to situations and individuals.
 201 and channeled into, 3 Non-attachment does
 202 Such uplifting activities, 203 As chanting,

Scroll 20:2

Scroll 20:2

- not mean that there should be love or compassion, 12 It is this craving that creates pain.
 4 But rather that emotional thought waves are ignored. 13 Non-attachment does not necessarily mean the cessation of life in society.
 5 The thought waves may arise, but they are observed in a disinterested fashion,
 6 Then put aside. 14 It involves separating oneself from the binding emotions of that life.
 7 Non-attachment is a state of mind. 15 Renunciation is a great aid to the attainment of non-attachment.
 8 It is indifference of objects of the world. 16 By giving up objects of the senses,
 9 It involves being unaffected by the pull of likes and dislikes. 17 The mind is quickly stilled.
 10 Whenever the mind acquires a taste for a particular sensation or pleasure, it becomes attached to it
 11 The mind recalls the experience and desires repetition of it.

Scroll 20:19

The Mind

Scroll 20:19

21 Binding his or her hands,
22 And taping his or her mouth will not keep his or
her mind from dwelling on this treat
23 The basis of non-attachment is the internal realization of the worthlessness of the external world.
24 Objects and desires then automatically fall away.
25 But renunciation does not mean running away from society,
26 Duties,
27 And responsibilities,
28 As is sometimes assumed.
29 It means carrying on with one's duties in a dis-passionate,

30 Unattached way,
31 The more you want, the least you get
32 Those that must have are never really satisfied.
33 Desire is the lead to suffering.
34 Take less and don't be obligated.
35 Care for your mate however, not to the point where you're a pain to love and hard to live with.
36 Things will happen with or without you, so you don't have to be a part of it all.
37 That does not mean don't be a part Just don't have to be a part.
38 This world is temporary. Don't need it, or you will be bound to it all and it never really gives.

Scroll 20:38

The Mind

Scroll 20:38

Mind your mind for the jewels of your soul

Scroll Twenty-One Power, Knowledge and Control (19x1=19)

Lo! Humans, knowledge of something not only gives control over it, but over those who have no knowledge of it.

2 One buys a certain brand of toothpaste in preference to another out of ignorance.

3 The advertisers know human weakness.

4 They claim that one brand has more sex appeal than another,

5 And thus play on the weakness of the mind.

6 Everybody manipulates

power in this way.

7 Politicians concentrate their energies on outwitting each other and the public.

8 They come up with such slogans as "law and order" and "peace with honor,"

9 And bombard the public with their energy in order to control the mass mind.

10 Some yogis and swamis use such simple, silly tricks and devices,

11 As tiger skins to capture one's imagination,

12 And hence the mind.

13 If the mind can be tricked,

14 It can be controlled.

15 Laboratory experimentation is; in effect scientific meditation.

16 When the scientist dis-

The Mind

Scroll 21:15

Scroll

covers what has caused a 3 ye must always remember certain mysterious disease, ber that ye shall always 17 He or she will then take care of your spirits, have a basis for a cure.

18 There are principalities in high places trying to discover the secrets of nature take care of your physical body,

(Ephesians 6:12), 5 Which houses the spirit.

6 Three basic steps involved in spiritual practice are:

7 Severely simple living,
8 Self-study

9 Surrender to God.

10 Austerity does not mean physical abuse or severe rigors.

11 It refers to strict control for the senses in order to conserve energy for higher pursuits.

12 Austerity in this sense means fasting occasionally,

13 Rise earlier, instead of sleeping late,

2 And spiritual practice.

Mind your mind for the jewels of your soul

Scroll Twenty-Two Purification and Spiritual Practice (19x9=171)

Lo! Children of God, I am about to take you on a journey to learning the importance of purification, 2 And spiritual practice.

The Mind

Scroll 22:12

Scroll 22:27

! 14 And reducing certain physical comforts for the sake of greater control of the mind.

15 What keeps the mind flowing in the desired direction?

16 Surrendering to God's will.

17 One also surrenders the fruits of work performed.

18 This is selfless where one regards oneself as the instrument of God,

19 And serves humanity with no thought of either credit or blame. God does not work for you, he works with you.

20 Ignorance is the lack of awareness of reality. You can't really ignore a talking and moving person.

21 It is identification with the temporal world rather than with the imperishable self.

22 Egoism is the "I-ness and my-ness,"

23 Which creates the illusion that the physical body is the real you.

24 "Likes/dislikes" when a person is swayed by feelings of attraction and aversion

25 He or she is identifying with the material world,

26 And setting him or herself up for the pain of loss and disappointment.

27 Fear of death, or clinging to life, is binding and stiffening.

28 None can say when death will come.

29 Fear of death is useless imagination,

The Mind

Scroll 22:28

30 A waste of energy, true nature of the self is
31 And creates waves of identification with the pain,
32 Which exist only in the mind.
33 Ignorance is the cause of the above-mentioned afflictions.
34 Which follow it,
35 Whether they be latent,
36 Weak, for Suppressed,
38 Or aggravated.
39 The suffering that comes from egoism,
40 Attractions,
41 Repulsion,
42 And fear of death all stem from ignorance,
43 Regardless of the degree to which they manifest.
44 As the root of the other obstacles, ignorance of the

body and mind.

45 When ignorance is replaced by enlightenment,
46 All other causes of pain automatically disappears.
47 When in a state of ignorance, if a human being mistakes what is mundane, what is supreme;
48 He or she cannot differentiate between that which will bring pain to the mind and body
49 And that which will bring immortality,
50 Egoism is manifest when the individual cannot distinguish his or her self from his or her senses and mind.
51 He or she sees him or herself as separate from

Scroll 22:50

The Mind

Scroll 22:50

the rest of the human race, 60 He or she is never disappointed or unhappy.
52 Reacting to others with a sense of competition rather than cooperation.
53 Attraction is that which dwells on pleasure.
54 Most think of attraction and pleasure as positive I things,
I 55 But when associated with objects of the material world they inevitably bring pain.
I 56 Nothing in the physical world is permanent; 57 Hence the constant fear of loss,
58 And loss itself keeps those seeking pleasure in an unhappy state.
59 This is why the spiritual person learns to cultivate a dislike for worldly pleasures.
60 He or she is dwelling on illusory pairs- of opposites,
61 The result, ironically, is that by not seeking pleasure he or she is always happy.
62 Just as attraction brings pain, so does aversion.
63 The mental attitude of aversion is a negative one, 64 And often make a neutral situation appear as if it were one to be avoided.
65 It is not possible to avoid all distasteful circumstances.
66 When there are likes and dislikes, a person cannot be happy.
67 He or she is dwelling on illusory pairs- of opposites,
68 Rather than learning to be content in all situations,
69 And surrendering to

The Mind

Scroll 22:67

God's plan for his or her growth.

70 Fear of death is the continuous desire to live, which is rooted even in the

minds of the wise.

71 The fear of death is the overt and a great distraction to the mind, they can

72 Of letting go of the ego, be alleviated through regular

73 Even when all else is given up, there is still the clinging to life.

74 When these various afflictions are a minor dis-

traction to the aspirant; 75 They can be merged about an equal and opposite reaction.

80 Whatever is done to

75 They can be merged others will return to the back into their cause by doer. Most people are substituting the opposite finally creating new fatal mental modifications. situations.

76 For example, if egotistical thoughts arise, they can and its accompanying be combated by focusing afflictions.

on the all and you being a part of a greater love.

Scroll 22:80

77 If feelings of attraction or avoidance enter the

mind, then contentment or acceptance can be substituted.

78 If the afflictions are

79 The law of fate states that every action brings

80 Whatever is done to

81 This is due to ignorance

82 Before final emancipation, all debts of fate must

The Mind

Scroll 22:96

Scroll 22:80

be worked out,

83 Whether one decides to do so in the present life a form of hell or on the lower planes,

84 Which are referred to as hell.

85 Each must reap what he or she sows.

86 Various life experiences are due to the situations of fate that has earned him or her by his or her thoughts, words, and deeds.

87 They have pleasure or pain as their fruit,

88 according to whether there is virtue or vice.

89 Overstanding this, the spiritual person strives to do only agreeable actions, 90 And to accept peacefully the ill that comes his or her way;

91 So that all his or her seed of fate are burned,

92 And no new ones are sown.

93 Violence to others whether in thought word, or deed, must be avoided.

94 Non-injury means more than refraining from inflicting physical pain.

95 Mental pain can be far more devastating.

96 When one is established in complete harmlessness, even wild animals will approach in peace.

97 The function of truth is to maintain harmony through trust.

98 It is better to be silent than to tell a truth that will cause pain or that springs from a wrong motive.

99 A truthful person has

The Mind

Scroll 22:97

Scroll

power, for what he or she says comes to pass, **sessed, but with detachment.**

100 And his or her words becomes law.

101 Cleanliness also extends to the mind.

102 Only when the mind is

purified of all tilings can it be a pure mirror for clear reflections.

103 Laughter comes from **stimulation,**

104 But a smile comes from inner **peacefulness,**

105 Satisfied with itself, the mind needs nothing else for its **contentment,**

106 Which grows in proportion to awareness of the inner self.

107 The mind should not be affected by external objects.

108 They may be pos-

The Mind

Scroll 22:115

Scroll 22:140

clairvoyance.

118 Study of spiritual works and the holy tablets help to keep a person on the right path.

119 The book alone, however, can only take one so far,

120 And can lead to **intellectual pride.**

121 Surrender to the will of God is necessary for ultimately everything depend upon his grace.

122 when negative or harmful thoughts disturb the mind,

123 They can be overcome by constant pondering over their opposites.

124 One must be ever **alert**, always watching the mind.

125 When useless thought

waves arise, immediately replace them with positive thoughts,

126 Thus creating new mental habits that are conducive to spiritual growth.

127 Negative thoughts and emotions,

128 Such as violence,

129 Whether committed,

139 Whatever the degree of involvement, fate is still incurred.

140 This is why it is necessary to substitute positive subliminal thoughts the moment negative ones are caught arising in the **mind.**

141 One who is firmly rooted in non-violence radiates this conviction to others.

142 He or she is so powerful that not even violent

The Mind

Scroll 22:140

thoughts can exist in his or her presence.

143 The more a person flees from material objects,

144 The more they seem to come to them.

145 The purpose of this natural law is two-fold.

146 The first is so that he or she may be tested and confirmed in his or her renunciation.

147 The second is so that he or she, as a wise person, may appropriately dispense the wealth to benefit another human.

148 A human being is ever searching for happiness in external objects,

149 But it can only be attained when the mind is satisfied with what has

material plane can be iden-

Scroll 22:154

longer looking.

150 When the mind is stilled and contended, happiness is automatic.

151 When austerities, self-imposed disciplines, are practiced,

152 Great will is developed,

153 And the abilities of his or her physical body and senses are extended beyond what is considered normal.

154 Only by surrendering one's will, one's ego, one's life, to God is the super-conscious state attained.

155 The reality of an object is due to the uniqueness of change.

156 Each object on the

Scroll 22:154

tified and called a reality;

157 Because it is made up of its own unique combination of the three colours-red, yellow and blue.

158 An object is not dependent on one's mind;

159 For it still exists whether or not it is perceived by that mind.

160 The soul absorbs all of the changes through which the mind goes because it is the external witness.

161 All true knowledge exists permanently in the self,

162 While the mind is constantly being modified by thought waves.

163 The mind is something that can be observed as an object,

Scroll 22:169

164 And not the source of knowledge just as King,

165 Also called Sheshqi, and Lunar, which ye call the moon; is not a source of light but a reflection of the sun.

166 It cannot perceive two things at once.

167 Even though thoughts are formed in a split second,

169 So it is impossible for the mind to perceive itself while it perceives something else.

170 If one mind could perceive another,

171 then there would be cognition (awareness) of cognition, as well as confusion of memory.

Mind your mind for the

The Mind

Scroll 22:170

jewels of your soul

Scroll Twenty-Three
About the Mind
(19x4=76)

Lo! The mind can neither perceive itself, nor perceive another mind,

2 For if this were the case there would be complete confusion of the knowledge,

3 And memory of the different minds. The mind is but an instrument

4 All knowledge comes from beyond it,

5 From the mental.

6 Knowledge of itself comes through the self-cognition, which occurs when the mind is stilled,

7 The explanations that

the mind cannot perceive itself.

8 The mind is stilled and allowed perception of itself through the right knowledge gained by the self is then also known by the mind.

9 Then does the mind have full knowledge.

10 Obviously then, it is not intellectualization but i meditation that brings self-knowledge.

11 Mind, through filled with innumerable tendencies and desire,

12 Acts for the self,

13 For they act in conjunction.

14 Mind is directly associated with the self, so, it acts for the self,

15 While it is still full of

The Mind

Scroll 23:11

worldly thoughts.

16 Through discrimination, one can clearly understand that the soul and mind are not the same.

17 The world is full of avarice,

18 Hypocrisy,

19 Flattery,

20 Untruth,

21 Double-dealing,

22 And selfishness,

23 And those who profess to be friends are often one's greatest enemies.

24 Beware of self-proclaimed friends who came for money and other comforts,

25 When circumstances are affluent,

26 Then disappear when the tide has turned.

Scroll 23:31

27 These fair-weather friends give their own brand of advice,

28 Waste precious time in useless chatter,

29 And pull one off the spiritual path and down to their own level.

30 Of course, most people do not like to think that this is true.

31 Most would Eke to feel that their relationship is based on the fear of being alone and the desire for diversion.

32 One should cut off connections that are not beneficial and trust only the inner voice that dwells in one's heart.

33 Associate only with those own aspirations for perfections are uplifting

The Mind

Scroll 23:32

- and encouraging.
- 34 Useless talking and excessive debating should also be eliminated.
- 35 Diarrhea of the tongue wastes much energy that could be utilized for personal development
- 36 Too much talking makes a person restless.
- 37 And like a tape recorder cannot record and play at the same time,
- 38 A person cannot talk and learn at the same time,
- 39 The wise speak only a few words, and then only when necessary,
- 40 For by their very economy they will carry the most force.
- 41 To help calm, center and discipline the mind,
- 42 Silence can be observed
- for about two hours—, in addition to the time spent in meditation.
- 43 In order to be of the most practical value,
- 44 Silence is best practiced at those times when there is the most opportunity to talk.
- 45 People of an intellectual nature are often prone to unnecessary decisions and controversies.
- 46 A person who is unable to remain quiet easily becomes involved in heated debates,
- 47 Too many of which lead to enmity, hostility and energy drain.
- 48 When intellectual reasoning,
- 49 Which is normally concerned only with investigation

Scroll 23:46

The Mind

Scroll 23:46

- tion of the physical plane, is used for metaphysical inquiry,
- 50 It can lead the student to the threshold of intuition.
- 51 Past this point, however, it is of no use of transcendental matters,
- 52 And are beyond the reach of reason.
- 53 One must give up arguing,
- 54 Become silent and look within.
- 55 Fault-finding is likewise, a most detrimental habit
- 56 The mind of the person who is always poking his or her nose into the affairs of others is always outgoing and out of control.
- 57 No one can be intro-
- spective when the mind is engaged in activity of this sort.
- 58 Diligent applications to spiritual practice allow no time for managing the affairs of others.
- 59 Forget the shortcomings of other people, and work to improve yourself first
- 60 Life is precious and short.
- 61 No one knows when it will be taken away.
- 62 Every minute should be used for much higher purposes other than gossiping, and judging others.
- 63 Self-justification is another behavioral weakness to be overcome,
- 64 Along with its associated characteristics,

Scroll 23:62

65 Self-assertion, obstinacy, dissimulation and lying.
 66 Once these weaknesses become established in the framework of the personality,
 67 It is very difficult to eliminate them,

68 For the ego never admits to its own faults.

69 One lie covers another, an endless succession of vain attempts at self-justification.

70 Improvements come quickly,

71 And rapidly only when one learns to readily admit his or her faults,

72 Mistakes and weaknesses.

73 To have a petty-mind is closely associated with backbiting and trying to

Scroll 24:00

pull down other people,
 74 All are caused by jealousy and ignorance.
 75 This can easily be combated and eradicated,
 76 By always rejoicing in the welfare of others.

Mind your mind for the jewels of your soul

Scroll Twenty-Four

Uprooting Ego (19x3=57)

Lo! In scroll two, I have brought to your attention the knowledge on what ye all carry within your personality,

2 And that is the ego.

3 Now I must teach you how to uproot the ego.

4 It must be evident by

Scroll 24:1

now that righteous,
 5 Being a Child of God,
 6 Meditating, being saved,
 7 Or being religious entails far more than just making a claim,
 8 Sitting with eyes closed, and legs crossed, saying,
 9 'I'm God.' or lip confessions.

10 It demands rigorous introspection and an overhauling of one's personality

11 Life patterns and values.

12 Behavioural corrections and the uprooting of weaknesses are relatively easy adjustments to make.

13 The more obstacles, which lie deep within,

14 the emotional imbalances and personality

defects that nurture outward malevolent, disagreeable habits.

15 The petty obstinate egoism behind the mask of the human personality is one of the biggest hurdles to overcome,

16 For it veils the light within,

17 Supports surface thoughts,

18 And perpetrates its own habitual feelings and actions.

19 This lower self-arrogant nature must be whittled down,

20 For if it persists in retaining its limited, false values.

21 No amount of spiritual practice will bear fruit
 22 Too often people pro-

The Mind

Scroll 24:19

fess of being righteous, ice,

23 Yet they are unwilling to eradicate the lower nature, and change the old habits, to eradicate egoism a

24 Clinging to them they refuse even to admit the need for change.

25 This type of individual will never make any real progress,

26 For without radical transformation of the lower nature one goes nowhere.

27 It is not easy to change deeply ingrained habits,

28 And the sincere person who is just attempting to change often feels helpless against them.

29 By regular spiritual practice,

30 Untiring selfless serv-

Scroll 24:35

31 Association with spiritually minded people,

32 And strong determination to eradicate egoism a

powerful but selfless will is developed.

33 One must introspect and discover all weakness and defects.

34 The transmitting of lower nature to higher nature demands full and heartfelt dedication.

35 Sometimes the old personality attempts to reestablish itself

36 Even after years of purifying.

37 Obstinate self-assertive,

38 And self supportive by the lower mind and will,

39 It can make the aspirant

The Mind

Scroll 24:35

incorrigible,

40 Unruly arrogant and impertinent.

41 Identifying with the

ego, he or she breaks all the rules and disciplines,

42 Revolts against all things,

43 and all is ever ready to fight with those who are unwilling to respect his or her views and opinions.

44 Wallowing in self-justification, and denying faults and defect,

45 The person may be unaware of the effects of his or her actions,

46 For the intellect had been clouded by impurities,

47 not knowing what he or she means and not meaning what he or she says.

48 He or she is too self-willed and self-satisfied to see the error of his or her ways.

49 One who is not straight forward, and cannot keep discipline, or open his or her heart to others cannot

be helped by any teacher.

50 Nothing can help one who deliberately shuts his or her eyes against the truth.

51 Such a person, instead of making progress along life's path, remains stuck in the mirror of his or her own creation.

52 If there is any recognition that something is wrong,

53 The slightest attempt to improve,

54 Or even a slightly

The Mind

Scroll 24:51

receptive attitude,
55 Then the errors can be
corrected.

56 One who is frank with
his or her teacher and him
or herself, begins to realize
the nature and source of
his or her defects;
57 He or she is soon on
the way to improving his
or her life.

**Mind your mind for the
jewels of the soul**

Scroll Twenty-Five
The Emotions
(19x3=57)

Lo! First my children allow
me to give you knowledge
on emotions.
2 This knowledge came
from a divine scripture,

3 A scripture, which was
received by me, to give
unto you,

4 So that ye may have the
**Right Knowledge, the
Right Wisdom, and the
Right Understanding,**

5 Which will lead ye into
the **Sound Right
Reasoning,**

6 Which was given to you
by God.

7 The divine scripture is
called *The Holy Tablets*,
where it states;

8 In the *1st chapter, the 40-
42nd verse*, which reads as
thus: (40) *this is how the
events of creation and pre-cre-
ation were recorded: when life
existed in and beyond the stars.
The All is, was and will be!*

And felt *within a love*. A
divine love that is unknown or

Scroll 25:7

Scroll 25:8

Scroll 25:20

*felt by those disagreeable beings, standing is lost,
and thus emotions were. At the \ 6 And things are said and
first birth of emotions was the done without awareness or
birth of motion. (42) Things control.*

*gradually began to move about, 17 Anger does great dan-
and it was then that movement ger to one's own physical
and motion was conceived out of and psychic bodies.
triple darkness, for the light 18 As well as those of the
birthing the chaos.*

9 Of all the emotional bar-
riers,
10 The most devastating is of anger.

anger and is
20 Occasionally, a spiritual
11 The greatest enemy of teacher expresses a little
peace for it is the most anger outwardly in order
negative. to correct a student,

12 It is a modification of lust, and
21 But, this should not be confused with an emotion-

13 When one's desires are al outburst.
not gratified one becomes angry.

14 The mind then on the outside,
becomes confused, and
15 Memory and over- remains cool within,

The Mind

Scroll 25:20

24 For his or her motive is counterforce, the virtue of the growth of his or her patience.

25 Only when anger is the outcome of selfish or petty motives is it wrong.

26 Anger is very difficult to control when it has been allowed to grow and become habitual.

27 It is most easily controlled when it is a small ripple in the subconscious mind.

28 One should watch the mind carefully for signs of irritability;

29 Then control is no problem.

30 Frequent irritation over trifling matters is a sign of mental weakness.

31 this can be overcome by carefully developing

Scroll 25:36

32 Just as heat and light can be transferred into electricity,

33 Anger can be transferred into spiritual energies.

34 All vices, unwanted qualities and wrong actions stem from anger.

35 When anger has been controlled, all others die by themselves.

36 Anger gains strength with repetitions,

37 And in checking it one gradually strengthens the will.

38 By learning to remain silent even in the face of insult and abuse,

39 It becomes easier to check for emotion before

The Mind

Scroll 25:36

they take form.

40 Always speak moderately and if there is a possibility of a burst of anger during conversation stop speaking and do something else.

41 Words should be soft and arguments hard,

42 For if the words are hard they create conflicts.

43 Drinking cool water, or taking a brisk walk are excellent aids in combating anger,

44 As in maintaining silence for a long time.

45 Smoking,

46 Eating bad food

47 And drinking are irritants,

48 Which irritates,

49 And aggravates the problems,

Scroll 25:56

50 And are best avoided.

51 Family can bring out the worst in you.

52 Love ones know how to get inside and upset you.

53 Don't argue when hungry.

54 If you expect too much of others, you deserve the pain of a let down.

55 Do what you know you can, don't try to be the show off it can bring you problems.

56 if you go into crowded areas you're bound to find trouble.

57 you are in control of your emotions, and responsible for whatever happens to you. You are always where you are supposed to be. Look around

The Mind

Scroll 25:56

you.

Mind your mind for the jewels of your soul

Scroll Twenty-Six

Fear

(19x1=19)

Lo my child! Fear is the most debilitating emotion.

2 The student must always be willing to risk everything including his or her very life in the quest for spiritual perfection.

3 Timidity makes one absolutely fearful to become a deity.

4 A criminal who is fearless and totally indifferent;

5 And unattached to his or her body is more fit for righteousness in the face becoming a deity than a

nervous over cautious person.

6 His or her energies only needs to be re-channeled.

7 Fear is a product of imagination.

8 But nonetheless it assumes real forms and can be troublesome in a variety of ways.

9 Fear manifests in many shapes, such as:

10 Fear of death, fear of disease, fear of solitude, and fear of company.

11 Taking hold of the mind, imagination works havoc and makes one prey to all sorts of fear.

12 Fear of public criticism especially stands in a way

of a person striving for righteousness in the face of persecution,

Scroll 26:11

Scroll 26:11

Scroll 27:12

13 One must stick to his or her convictions.

14 Then only can one grow.

15 Fear can be overcome by self-inquiry,

16 Devotion to a higher cause,

17 And the cultivation of the opposite of fear, courage.

18 Positivity always overcomes the negativity,

19 And courage always overcomes timidity.

The Mind

Mind your mind for the jewels of your soul

Scroll Twenty-Seven

Discouragement

(19x1=19)

Lo! Know ye,

2 That a lack of faith is

one: 3 discouraging,

4 And it is a dangerous obstacle;

5 In the path of personal development

6 When these crop up,

7 The student is, in danger of slackening,

8 His or her efforts,

9 And giving up his or her practice altogether.

10 This would be a great mistake.

11 It must be remembered that;

12 There will always be periods when one's progress is more,

13 Or less apparent.

14 Whenever doubts arise,

15 The student should at once seek the company of spiritually elevating people,

16 And remain under their

The Mind

Scroll 27:12

influence for some time.
17 Conversing with people of firm,

18 And clear faith,
19 And practice, clears all doubts.

Mind your mind for the jewels of your soul

*Scroll Twenty-Eight
The Mind Itself
(19x5=95)*

Lo! My **children**, by now ye have received knowledge about the mind,

2 Which, as I told you works with the brains,

3 This journey that you are about to begin,

4 Is teaching you about the mind **itself**,

5 Negative thoughts seem

Scroll 28:10

to assail and attack with double force,

6 When the person striving for righteousness tries to rid him or herself of them.
7 This is the natural law of resistance.

8 **Eventually**, they will perish,

9 For negative thoughts cannot stand before positive thoughts.

10 The very fact that undesirable thoughts create a feeling of uneasiness when they arise,

11 Indicates growth and maturity,

12 For at one time,

13 These thoughts were welcomed into the mind.

14 However, they cannot be driven out forcefully or suddenly,

The Mind

Scroll 28:11

15 Or they will turn **bud** by sustained spiritual against you with increased practice, energy.

24 Good actions and 16 They wither away of awareness of the misery their own accord when, 17 The person persists in 25 Hatred, like anger is his or her practice with one of the fiercest foes of tenacity and diligence. the serious student and

18 The mind must be 26 Like greed or lust it is watched particularly when insatiable.

it is relaxed. 27 Though it may temporarily subside, it can burst out again with redoubled force.

19 Negative thoughts must be countered immediately with positive thoughts,

20 For ill thoughts are destroyed by good thoughts.

21 Just as it is easiest to stop an intruder at the gate,

22 So it is easiest to check a negative thought as soon as it arises.

23 It can be nipped in the because they are subtle as

The Mind

Scroll 28:26

well as powerful.
30 When millions of people are killed during a war, a mortal man does not weep,
31 Yet he or she weeps when his or her spouse dies.

32 This is because infatuation creates the idea of "mine,"

33 And the greater the attachment, the greater the pain.

34 When a person speaks of "my wife, "my son", or "my home",

35 He or she reveals an attitude of separation from the rest of humanity.

36 So long as there is identification with the ephemeral physical world,

37 Little progress can be

Scroll 28:43

made on the path of becoming a child of God.

38 Greed, which is closely linked with infatuation, is insatiable, and it agitates the mind.

39 Even though a human may be a millionaire, He or she schemes to become a billionaire.

40 Greed assumes various subtle forms.

41 If a moral man thirsts for name and fame,

42 This also is greed.

43 infatuations, attachment and greed are destroyed by vigorous self-inquiry,

44 Prolonged meditation and constant spiritual practice,

45 Another impediment to perfection is memory,

The Mind

Scroll 28:43

46 Or recalling past events.

47 To overstand this,

48 Assume for a moment that one is meditating;

49 In a solitary country setting,

50 If memories of a past holiday in New York arise,

51 And the mind is allowed to dwell on them,

52 For the moment;

53 One will actually be living in New York,

54 In a past time.

55 This applies also to day-

dreams.

56 Looking back to past experiences gives life to the memory picture,

57 Reinforces it and pulls the mind away from its true nature.

58 A GOD NEVER LOOKS BACK.

Scroll 28:66

59 This does not mean don't reflect on the Goods of the past.

60 In fact,

61 Listening to music of when you were a child;

62 And you remember your mom or dad,

63 Your grandmother or grandfather singing,

64 Or listening to the oldies; of their time,

65 The sound waves will reactivate dead brain cells.

66 It is one of the keys to rejuvenation,

67 Or the fountain of youth.

68 Get those old records and tapes out,

69 Put them on, and play them,

70 Play them, and reflect on when you were a child, full of

The Mind

Scroll 28:67

health.

72 It will give you new found feelings of youth.

73 It will actually make you younger in heart, body

74 And mind.

75 And the total opposite for those elders who listen to this new music,

76 It will remind you of your age and speed your death.

77 For aspirants traveling the spiritual path;

78 And dedicating all action to God.

79 There is no greater crime than using religion, 80 To take advantage of trusting people.

81 In fact religious hypocrisy is much worse than ordinary hypocrisy.

82 For the religious hyp-

octrine makes a mockery of spirituality,

83 And God,

84 Who is called by many names

85 By different religious denominations.

86 God is Allah to the Muhammadans,

87 Thehos to the Christians,

88 Yahweh or Hashem to the Hebrews,

89 Krishna to the Hindus, etc.

90 He or she needs to undergo a long;

91 And drastic course of treatment,

92 Imposed upon the mortal man by somebody else,

93 For he or she is too egotistical,

94 And devious to apply

Scroll 28:90

The Mind

Scroll 28:90

self-cure,

95 Or even to want it.

Mind your mind for the jewels of your soul

Scroll Twenty-Nine

Complications Of Daily Life

(19x2=38) ~

Lo! Unfavorable environments,

2 Uncongenial atmospheres,

3 And other obstacles do not necessarily lead to the defeat of one's efforts.

4 Rather, they can serve as trials, and aids in the development of such strong powers as discrimination,

5 Empathy,

6 Will,

7 And endurance.

8 On the other hand,

undesirable company is highly disastrous,

9 For such contact fills the mind with useless ideas, hate, racism, **sectism** etc.

10 To avoid being pulled into negativity,

11 The righteous person should protect him or herself carefully from any distracting influences.

12 People who lie and steal, or are greedy, or indulge in backbiting, and pass the time with idle gossiping;

13 Have no peace in the life of righteous person.

14 The elder use to say: *the more you notice a monkey, the more it will clown.*

15 Avoidance is safe. Avoid those disagreeables.

16 The healthiest

The Mind

Scroll 29:13

approach; is to strictly avoid them.

16 The term undesirable company includes more than just people;

17 It is anything that gives rise to negative thoughts, like bad music, dangerous sports,

18 All negative vibrations;

19 Rowdy surroundings,

20 Raunchy parties,

21 Gangs, the wrong places to be,

22 War, murder, certain types of books,

23 And CD's, DVD's with lots of killing and lust,

24 And songs that create discontent,

25 Movies and television programs centering on violence and sensuality,

26 All lead the mind astray, Mind your mind **for** the

Scroll 29:36

27 And fill it with desires it would not normally have.

28 One should even consider curtailing the reading of some newspapers,

29 For their intent,

30 As well as effect;

31 Is to tantalize the mind

32 With waves of unrest,

33 And sensationalism.

34 All of these distractions,

35 Draw the mind outward;

36 Rather than focus it inward.

37 They foster the illusion; that this world is a solid reality, and obscure the supreme truth,

38 Which underlies all names and forms.

The Mind

Scroll 29:37

jewels of your soul

*Scroll Thirty
Stumbling Blocks And
Stepping Stones
(19x1=19)*

Lo! Ye mortals must watch your mind very carefully,

2 Be vigilant.

3 Be on the alert.

4 Do not allow the waves of irritability,

5 Jealousies,

6 Hatred and

7 Lust to disturb you.

8 These evil waves are enemies of peaceful living,

9 Meditation, and

10 Wisdom.

11 The obstacles and stumbling blocks on the path of righteousness,

12 Can be easily overcome once an intelligent,

13 And comprehensive understanding of them has been reached.

14 One should always bear in mind,

15 That failures are but stepping stones to success.

15 One must train the mind propedy

16 And not be discouraged,

17 For the journey to perfection

18 Was never completed;

19 Through one shadow hour, which ye call night.

Mind your mind for the jewels of your soul

*Scroll Thirty-One
The Other Side Of The Planet*

The Mind

Scroll 30:19

Earth
(19x3=57)

Lo! Ye mortals have no knowledge of what exists on the other side of the **planet**,

2 Which ye call Earth.

3 One reason, is because,

4 Most of you don't care about anything except what is in the immediate presence,

5 This is one of the bad qualities that ye mortals carry.

6 Existence in the physical body is but a flash in the life of a **soul**.

7 The brevity of earthly life becomes more apparent the older a person gets.

8 As the seeker progresses on the path of righteous-

ness,

9 He or she begins to realize that all of existence is a spiritual experience.

10 The only purpose of the moving in and out of bodies is to advance towards perfection.

11 Death is simply another spiritual experience or phase through which the soul passes. It is also a sickness that can and will be **cured**.

12 During that period of transition referred to as "death" the body ceases to perform the life functions, it's **sick**.

13 The physical body is of the gross of earth plane,

14 For it comes from and is composed of the elements of the **earth**. So the

Scroll 31:12

Scroll 31:12

Scroll 31:18

cure's also here. True age **khil'ee-oy** (**Ψιλού**) for should be 120 years of 1,000 and the word koo-earth time for this body **ree-os** (**κυριος**) for lord or master. And also the *The Noble Koran 32:5*, which uses the

Ashuric/Syriac Galilean (Arabic) word **alf** (**الله**) for 1,000.

16 So God does have time. 1,000 years is one day to God. So God has a life span as the beginning and the end.

17 And the soul separates to exist on other planes.

18 Earthly existence is but a fraction of the experience of the soul.

19 Every person has three bodies:

20 (1) The physical body,
21 (2) The astral body, and

The Mind

Scroll 31:19

- the (3) casual body.
- 22 His or her own trinity.
- 23 the physical body is also called the food sheath, for it is composed of what is eaten,
- 24 And at the end of the life it returns to the food cycle.
- 25 The astral body is composed of the vital sheath, which contains all the energy;
- 26 The mental sheath, which contains all emotions and desires; life span is 1,000 years as the Lord (*Psalms 90:4*).
- 27 And the intellectual sheath, which performs the functions of analyzing the thinking.
- 28 The casual body is made up of the bliss
- sheath, for its nature is pure bliss.
- 29 The astral body, which interpenetrates and extends six to eight inches beyond the physical body,
- 30 Where it is frequently called in Arabic "**haalat**" (حالة) or "aura".
- 31 The physical body is the vehicle of the astral and the casual bodies,
- 32 While the soul is incarnate on earth in order to learn the lesser.
- 33 When death comes, the astral body, with the ether,
- 34 The mind, memories, past impressions, or thought waves,
- 35 And the senses which all exist in the astral body separate from the physical

Scroll 31:34

The Mind

Scroll 31:34

- body
- ences beyond the physical
- 36 And move out of the plane.
- Earth's plane to the higher planes, not merely a higher place but also to a higher level of vibration,
- 37 Where other types of knowledge are gained.
- 38 when death actually occurs, the soul accompanied by the astral body departs from the physical body, to spare its 1,000 year life,
- 39 And travels to different planes according to its gadur (قدر) meaning fate".
- 40 The results of good fate maybe the enjoyment of heavenly surroundings,
- 41 While the negative fate earns unpleasant experi-
- 42 After leaving physical life,
- 43 The soul's experiences correspond to the after-life
- 44 The plane to which the soul travels is most influenced by the last thought,
- 45 Prior to death, which is determined by the types of thought,
- 46 Which predominates throughout a person's life.
- 47 There can be no doubt that heaven or hell exist,
- 48 Both here and elsewhere although these are as much a state of mind as a solid reality.
- 49 A human being who has been selfish, greedy or

The Mind

Scroll 31:48

brutal in his or her dealings with his or her fellows,

50 Will exist on a lower plane where they must face the memory, and the fate effect of those deeds.

51 One who has lived a virtuous life travels to a higher plane to other planets, where the soul will have but to think of which it wants,

52 And to desire will automatically manifest from his or her thoughts.

53 But those who have transcended the idea of heaven rewards, who overstand the nature of birth and re-birth,

54 And no longer wishes to partake of the endless round of material pleasures and pains, travel to

even higher planes on to other worlds,

55 Where everything is of a purer and lighter vibration.

56 There is still pleasure, for these souls will have accumulated much agreeable fate.

57 But the experience is a learning one. This is the workings of the mind. Ye must seek out the scroll, *Is there life after death? scroll #124*, for in it, I give you the knowledge and the wisdom of death, and what happens on the other side of life

INDEX

AIDS, 28, 29, 111

aura, 124

barathary gland, 57, 58, 59

Christians, 1, 11, 118

clairvoyance, 58, 97

Concentration, 20, 23, 24, 25, 26,

Scroll 31:57

The Mind

27, 35

Death, 28, 29, 33, 37, 78, 83, 91, psychometry, 58
92, 94, 112, 118, 122, 124, 125, Quantum Physics., 38, 39, 47

126 Right Knowledge, 2, 40, 81, 100,
desire, 3, 4, 8, 28, 32, 39, 42, 46, 108
63, 64, 76, 78, 87, 88, 91, 94, 101, Sumerians, 1

109, 120, 124, 126 telepathy, 24, 58, 97

diseases, 16, 18, 28 Wisdom, 2, 3, 40, 49, 81, 82, 85,
Egiptians, 1 108, 121, 126

ego, 6, 7, 8, 32, 38, 73, 75, 77, 78,
80, 91, 92, 94, 99, 104, 105, 106,
107, 119

emotions, 4, 28, 29, 30, 32, 64,
65, 73, 74, 75, 78, 86, 87, 97, 108,
109, 112, 124

fate, 11, 12, 13, 94, 95, 97, 125,
126

greed, 8, 28, 32, 96, 115, 116,
117, 119, 126

homo sapien, 2, 68

intuition, 58, 103

Jesus, 1, 11, 39, 40, 41, 44, 53, 68

Jews, 1

meditating, 105, 117

Muhammad, 1, 11, 13, 40, 41, 52,
118

Muslims, 1

Neteraat, 1

peace, 3, 8, 40, 74, 76, 78, 79, 81,